

Care of Mental Defectives Is Haphazard Endeavor

Federal Children's Bureau Emphasizes Need of Standardization of Care of This Class of Unfortunates in All Parts of the United States.

By Jeannette Rankin.

up of a wholesome race of people and to minimize the human wreckage which now abounds throughout the country, the childrens' bureau at Washington has made a partial survey of the problem of mental deficiency which promises to be significant in its effect. Already, as a result of the study made thus far, the bureau has shown in its recent publication, "Mental Defectives their protection. They will be found in the District of Columbia," the ap-palling social ravages of feeble-mindedness, and has drawn certain definite conclusions as to the sort of care required to check its amazing and con-

tinuous increase. Feeble-mindedness implies a defect in the mental processes of the individ-ual due to an incompetent development of the brain, and is either inherited or appears very early in the life of the individual. Persons thus handicapped may be generally classified in three grades, ranging from the lowest type of idiocy to the highest type of moron. According to the classification of the American Association for the Study of Feeble-Minded, the lowest type (idiots) includes those so deeply defective that their mental development never exceeds that of a normal child of about 2 years. The intermediate type (imbeincludes those whose development is higher than that of the idiot but does not exceed that of a normal child of about 7 years. And the highest type (morons) includes those whose mental development is above that of an imbecile, but does not exceed that of a normal child of about 12 years.

The idiots and imbeclies are so pronounced in their deficiency as to be realtively harmless to society, except as they are non-productive economic factors. The moron, on the other hand, appears to be normal, because his mental deficiency is not so startling as it their general instability, their inability to recognize any moral code, their thwarted intelligence and their tack of judgment they are unable to hold an industrial position for any length of time, and they are dangerous susceptible to the vicious influences of our social structure, but because they are more or less certain to become the

Our jails and prisons are filled with creatures of this type. A few, falling prey to the evil forces of society, commit serious crimes, and are imprisoned peat their misdeeds, and they are eventually brought back into penal institutions. The large majority, however, be numbered among the petty criminals. They are "serving time" in alls all over the country-60 days for 'non-support," 10 days for vagrancy, a few days for drunkenness, and told to "move on." Society, failing to recognize the problem of the feeble-minded, has accorded them the same treatment as is accorded to persons of normal mentality.

individual is as naive as a child. Without restraint, with all his natural tendencies unleashed, he knows no respect as are prompted by his environment. own place in the community, he is plexities to the lowest depths of existence, and he goes about unprotected, propagating his kind with alarming

It has been shown by experimentation that, owing to their negative character, feeble-minded persons need not be so expensive to society as they have been in the past, and that under super vision they cannot only be protected against the degrading forces of society, but they can be taught to be a selfsupporting, positive economic factor. This, however, is possible only under permanent custodial care, in segregatinstitutions; and, although it implies a substantial financial outlay for state to provide proper institutions, tial expense, economically, as well as

Although 34 states have already prowided institutions for the care of the feeble-minded, accommodating altogether approximately 25,000 persons, they are far from adequate, and cannot begin to take care of the hundreds of thousands of mental defectives who are now the victims of the most degrading influences in society. These



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N ITS efforts to promote the building | institutions have not been standardized in methods and equipment, and their scope has for the most part been exceedingly limited.

> In order that a community may protect itself against the weaknesses of the feeble-minded, a survey of the men tal defectives in each state should be made, with a view to determining their number and making provisions for in amazing numbers in almost every community. It has been estimated that 2 per cent of all the school children in the United States are mentally defective, as are a comparatively large per cent of all adults.

In the District of Columbia an incomplete survey showed 798 cases o mental defect, or 0.2 per cent of the enetnihe population. Four hundred and twenty-eight of these are at large in the community, and only 97 of them are in institutions especially designed for their care. Thirty-three per cent of the entire number of mental defectives are negroes, although the colored residents of the district comprise only 28.5 per cent of the total population. Owing to lack of adequate accommodations, many of these defectives are either "boarded out," or are sheltered in institutions which were not designed for their care, such as reformatories, hospitals and homes for dependents.

Many of these unfortunate defectives are being cared for in their own homes by poverty-ridden families, who can scarcely bear the burden of these nonearning individuals, who demand so much care and supervision. Many are attending regular schools, and are retarding the progress of their grades by their inability to comprehend what is being taught. Those who are at large have shown by their susceptibility to evil influence that there is a definite connection between mental defect and is in the lower types. However, owing delinquency. All of them have demonstrated the need for custodial care in fairness to themselves and to the com-

In seeking to standardize the care of mental defectives throughout the United States, and to show the practical economy of adequate provisions for their care, the children's bureau has outlined the organization of simple and apices of a feeble-minded progeny of practical institutions now caring for the feeble-minded, and has pointed out the successful treatment of the problem by such institutions as the Vineland, N. J., Training school, the School for the Feeble-Minded at Waverly, with long sentences. Finally they are Mass., and others, in which the colony released, but only to go abroad and rebining a custodial department, training school, industrial department and

The establishment of farm colonies, with ample acreage, is especially recommended, in which able-bodied persons may till the soil under supervision and may not only furnish provisions for the institution, but may help to support it by establishing a regular farm industry. Simple carpentry may also be taught, and with a reasonable amount of direction the inmates are Left to himself, the feeble-minded able to build cottages and barns and to be engaged in useful and remunerative occupations.

A proper recognition of the problem for society. He is a negative creature, of the feeble-minded and adequate knowing only such positive impulses steps to control it are fundamental to the progress of society. There is much Without power to compete with the to be done in this line in practically forces of society, and left to find his every state in the union, and much valuable information as to practical forced by the pressure of social com- procedure can be obtained by writing to the children's bureau at Washingon, Communications will be welcomed and cooperation in efforts to provide adequate facilities for caring for mental defectives will be eagerly extended

PLANS FOR BABY WEEK

Set for May 1-6.

Washington, March 24 .- (U. P.)-Plans to make Baby week celebrations throughout the country this year from May 1 to May 6, a huge educational movement for the reduction of mortal ity among women at childbirth are the result more than justifies the ini- under way at the children's bureau of the department of labor today.

Baby week celebrations in the past

have been directed more towards reducing infant mortality. The fact, however, that 15,000 mothers are dying annually from conditions incident to childbirth has opened up an even greater problem, the bureau an-Ignorance and neglect are nounced. the prime causes for this high mortal-"Many women," one official at the bureau said, "do not seem to realize how much their own health and the health of their children depends on the intelligent care of the mother before her baby is born. Baby week can help mothers in various ways and it will be made the starting point, this year, for certain concrete activities. Plans now being completed, will indude centers for mothers living in the country to gather and take pre-nata educational work. The needs of rural mothers are less generally understood than those of city mothers and a rural of reducing the mortality rate in sec tions far removed from the city.

By Lillian Russell. (Copyright, 1917, by Lillian Eussell.) IKE an electric current, joy and happiness thrill the muscles and fair and unreasonable as to expect nerves of youthful bodies. Under girls to fully suppress their joyous their influence boys and girls kick up spirits. "Go home and be happy," was and at the same time expel the breath their heels, clasp their hands and the instruction given by a doctor to a and count seven. Repeat this six dance, but aged persons, while they patient who sought relief from nerv- times.

Happiness

Keep Joy in Your Heart if You Wish to Show It

in Your Face and Be

Mindanel

Beautiful.

Says

may smile with the lips and twinkling ousness.

Happiness is a great tonic. eyes, are less effusive. When the spirit that gladdens the hearts of all fails to vibrate through your system, you can rest assured that age has you in its grip. Some people refuse to yield fully to the influence of joy and happiness be-

cause they believe it would be undignified to follow such a course. As people acquire age, society does not expect them to permit their legs and arms to express the happiness in their nearts. They are supposed to be too dignified for such a performance, but what respect has youth for this sort of dignity?

Girls laugh, clap their hands and their arms about each other when they are joyful. Their happiness overcomes them. It brightens and sweetens their eyes and faces and tints their cheeks. They permit their happiness to run riot, and are not ashamed of it. And why should they be ashamed? What eye, no matter how withered it may be, is not delighted by the sight of a happy and

It is natural for women to sing when they are happy. The angels are always pictured as singing in their happiness. Such song is evidence of joy, and is an outward indication of the spirit that controls the body. Why isn't it just as natural to clasp the hands and dance? It is quite as reasonable to permit our feet and hands to be joyful as our vocal cords.

It is healthful to be happy and joy ous. Depression and pessimism make work for the doctors. Optimism and happiness prevent and cure mental and physical ailments.

Let the girls sing in their happiness. Encourage them to dance and clasp their hands in their joy. It is better to sing than to groan and complain. We encounter a great variety of dispositions and natures. No two people

seem to be just alike, but it is never difficult to separate the light-hearted from those who continually wear lodestones about the necks of their spirits. When the hearts of young girls bubble over with joy and place every muscle in their bodies in action, you can feast your eyes upon the personification of happiness. Let the youthful spirit you witness reach your heart and mind and take a few years off your shoulders. So do not attempt to suppress the spirit of joy that so open-

ly manifests its presence,
Of course, girls can do many things

permit formality, absurd conventions, dignity and the craving arms of old age to squeeze the joy out of their

rights. Do not permit youth to monopolize all the happiness in the world merely because you are carrying a heavy burden of years. Cultivate happiness, and you will develop health and beauty. A woman is at her prettiest when she is happy. There is no more beautiful mantle than happiness.

To Cure Insomnia.

A splendid cure for insomnia is to room, and then stretch yourself out flat on your back, using no pillow. Now stretch your toes down, just as far as you can, then stretch your arms down just as far as you can at the sides. Keeping this tense position, raise your right hand and close your right nostril. Fill the lungs as full as possible through the left nostril. count three and expel the air. Return right hand to your side and relax all muscles while you count 15. Go through the same operation with the left hand. Do this five times, increasing to 10 times, as you feel able.

Deep Breathing Exercises. The first thing in the morning and the last thing at night, when you are clad only in your night dress, open your window and, standing straight, with your back against the wall, fill your lungs, breathing through the nostrils with the mouth closed, until lungs are able to hold no more. Retain breath while you count four. Expel it through the nose, counting

Do this five times. Next stand upright and turn out the toes, so that the heels touch. Place your hands on your hips, the thumb back in the soft part of the back on either side of the spinal column. Now draw in a deep breath and force the air down, so that you feel the air pressed out through the expansion of the lower part of the lungs. Hold the breath while counting four, expel while you count seven. Practice this movement six times...

Next stand upright, head up, shoulders thrown back, arms hanging at the sides. Now gradually raise the arms until they are high above the head. While you are performing this movement take a deep breath through the

four, then gradually lower the arms

Practice deep breathing constantly. condition that affects the closed, retain the breath a few seconds whole body. It is hardly necessary to and exhale through the nostrils. Lay urge young people to be happy. It is your hand on the abdomen when you their inherent right to enjoy happiness, take one of these deep breaths, and sifter is necessary; it is safer to get and youth has a habit of demanding its you will see the flattening effect upon this already compounded, the stomach.

> To Reduce the Bust. the busts. Any vigorous exercise in- drops of tincture of benzoin. volving the arms, muscles of the arms skin food also.

and chest, will help you get rid of

Complexion Powder.

Two ounces each of zinc oxide and der, 1 ounce each of talcum and orris root, suggestion of powdered carmine, powder such as you need. Suggestion: through bolting cloth. To make a velvet powder, a special

Yellow Neck. Gentle massage night and morning Apply this lotion: Four ounces of with spirits of camphor will reduce alcohol, 2 ounces of rosewater, 15

Furnishings For Sick Room

The Fountain

of Youth

By Dr. Lena K. Sadler.

(Author of 'The Mother and Her Child.'')
OR even slight indispositions and trifling disorders, the sick child should be cared for in a room free from hangings and unnecessary furnishings, to which dust clings. Clear off the dresser top, and after it is protected with several thicknesses of newspaper, cover well with a folded sheet. It then becomes a useful piece of sickroom furnishing for basins of water, glasses and medicines, which may be placed on it without danger of injury to its polished surface.

Take everything out of the room that is going to be in your way. In instances of infections or contagious disease replace valuable curtains with inexpensive ones that may be burned if necessary, and remove valuable paintings, bric-a-brac that later fumigation will harm or that gather dust during the days of illness.

Remember that the little one is to be in this room anywhere from a month o six weeks in case of contagious diseases, so put up some attractive, bright-colored pictures on the wall and have an abundance of books and magazines for his amusement during the shut-in days of convalescence. A few simple toys, including transfer pictures, picture puzzles and kindergarten papers, will help to pass away the long hours. A lot of fun can be got out of a bunch of burrs that can be stuck together to make men, animals, houses, etc.

Every now and then we read of as accidental fatality because of a misplaced poison bottle, Such accidents are all prevented by a bit of forethought. The medicine chest should be so placed that it is outside the reach of the smaller members of the family. that would be beneath the diginty of nostrils until the lungs can hold no The chest should contain necessaries older women, but women should not more. Retain the breath while counting for emergencies and certain medicine Second Half of Japanese Alphabet for Marking Linen

prescribed by the attending physician, and not to be loaded to the very edges of the shelves with the accumulations of years. Medicines, like bread, become stale, and should not be allowed to "hang over" from that measle case last fall or the diphtheria last spring. All poisons should be in specially selves suggest that their content is unusual. For instance, there are bottles that have been molded with points of glass projecting from the outside, which make them rough to the touch, and others are covered with a wire mesh or wicker. Such poisons as lysol,

Absorbent cotton, boric acid, alcohol, olive oil, soda mint tablets, vaseline zinc ointment, gauze bandages, needle and thread, sterile gauze, a package of baking sods, an ice bag, a hot water bottle, and other remedies the physician orders should be in the medicine

Aside from the giving of castor oil and the application of vaseline to the nose, or applying boracic acid to the tered to the baby without competent advice. We regret that there are nunerous widely advertised nostrums frequently sold as soothing sirups to be used during the teething or during attacks of diarrhea or cough spasms, croup or worms that contain dangerous drugs, and should not be given to children.

These dangerous drugs are chloral

even in the days of very high fever a wet sheet pack seldom fails to put baby to sleep, and can do no harm if roperly given.

A recently invented dish washing nachine can be attached to a faucet

Effect of the War on the Status of Modern Woman

Revolutionary Aspect of European Struggle Will Radically Alter Social Conditions to the End That Woman May Come Into the Ascendency,

prehistoric jungle the woman lost control of the family the cave man has had his day. He has gone out and captured, his, wife with a club. More lately he has wooed her with more manners but with equal superfority. He has been the ruler; he the one to take her and shelter her; she the one to "honor and obey"; her father the one to give her away.

Many women have objected strenuously to the obvious disadvantages for their sex in the present system of marriage, and now Eliza Burt Gamble, the famous student of feminine history and psychology and an authority upon sociology, says that the great European war will destroy marriage as it now exists and will really emancipate women from the influence of the cave man type of captor. and the total of the dead men mounts graded. higher and higher the future of women, indeed, becomes more and more of a question.

huge hole in the social life of Europe. all their lives?

Miss Gamble says: "After the war quences which have resulted from the sureness of a change present form of marriage.

at the present time has never re- than the revolution. Twenty-five milstricted men to the possession of a lion men have been called away from single woman. Monogamy as estab- the industrial work of Europe, and Mahed under male supremacy means yet," Miss Gamble says, "the removal one husband for one woman, while a of these men will not materially interman may have as many women as he fere with the useful industries of is able or willing to support. As wom- Europe, as is shown in the fact that en are still dependent upon men for their withdrawal has not greatly dis-the necessities of life the supply of turbed the industrial situation, and the former is regulated by the lemands of the latter.

meaning and significance namely, the by these men has been largely taken ownership and control of women. With up by women. the exception of physical force all the "It should be borne in mind that superfluous flesh. Exercise with the exception of physical force all the chest weights, rowing, swimming, boxing and fencing are excellent. the exception of physical force all the ceremonies, customs, ideas and usages of primitive marriages have been preceremonies, customs, ideas and usages under the new conditions which are of primitive marriages have been pre- approaching the constructive element served. When a woman marries she is developed in human society is again to or some other male relative. She forces which have been in control precipitate chalk, 7 ounces rice pow- promises to obey her master and ac- since the beginning of the historic cepts a ring as a badge of her depend-ence upon him. She relinquishes her fided to women and as it is by them own name and family, accepting as her transmitted to offspring, it is Sift | own the name and family of her hus- difficult to forecast the position which band. She follows him to his home, the women of the future will occupy,

VER since the days when in the where, as she is supported by his bounty, she is subject to his will and pleasure. Until women are economically free they will remain sexual

"Of all the forms of human slavery which have ever been devised there has probably never been one so degrading as is that which has been practiced within the marital relation, nor one in which the extrication of the enslaved has been a matter of such utter hopelessness. The present struggle of women for freedom shows how deeply rooted is the instinct which demands their subjection.

According to these opinions of the author, which appear in her new book, "The Sexes in Science and History," published by G. P. Putnam's Sons, women today are immeasurably lower in position than they were ages ago As this war rolls on year after year and they have been miserably de-

"Notwithstanding the fact that during the last 25 years marked progress is observed in the social and econ-The millions of men who die and omic progress of women, still the sexleave widows, fiancees or women ual position of the great mass of women with whom they in normal times en has steadily declined. So far as her would have married will leave a sex relations are concerned civilized woman occupies a lower position than Will the women thus left mateless re- that occupied by the female animal fuse to go through life without love The traffic in women is carried on or without children? Will they hold in every country on the earth. to former standards of conduct and Our sexual conditions and our present observe the old rules of morality? economic and industrial situation loud-Will they be content to be spinsters ly proclaim the degeneracy of our

That the current war will have some only the most robust among women effect upon woman's position it is will propagate the race. These wom- generally believed. It is too revoluen, as did the women under early or- tionary to be otherwise. The France ganized society, will choose their revolution did much to clear away the mates. They will exercise absolute degeneracy of the French nobility. control over the sex functions. Thus This fact tends to give weight to Miss will be avoided the terrible conse- Gamble's statement regarding the

"The European war has greater pos-"The system of marriage in vogue sibilities for changing social conditions many new occupations have been cre-"Marriage still retains its original ated by war. The work formerly done

'given' to her husband by her father assume command over the destructive

"Only One Easy Way To Remove Superfluous Hairs"

"A Secret That Makes Them to Just Dissolve Away Like Frost Before the Sun," Says the Great Beauty Favorite of the Valeska Suratt.

BY VALESKA SURATT.

HE usual method used for remov

ing superfluous hairs is barbar-

ous, to say the least. There are any number of things but many of any number of things which will remove these hairs-but many of them so irritate, burn and redden the skin as to make it a sight to look upon. It is no longer necessary to go at it in such a savage manner. Superfluous hair can now be removed by an application which is as safe as water, and never falls to remove a save between the same thought that not a save the same thought that not a bichloride of mercury and carbolic acid should be kept only in such bottles, so that even in the dark they may never be mistaken for ordinary medicine every hair so thoroughly that not a vestige of it remains to be seen. There is only one thing that will do this, and that is sulfo solution. This can be obtained from any drug store. The hairs are merely moistened with it for a few moments and then the hairs are seen literally to wither and dis-soive away and are wiped off, leaving a skin absolutely perfect, spotless, soft and smooth. This is the sensible method, and no matter how sensitive the skin, or how thick the hadr growth, it is always successful.

> FRETFUL—The trouble is that the ordinary wrinkle creams produce little or no results. Many of my stage triends have used my own formula with astonishing results in a few days. You can do the same. Get two ounces of eptol at the drug store and mix with one tablespoonful of glycerine and a half pint of water. You will see how

Many well-meaning, but ignorant, mothers are slowly, but surely, laying the foundations for serious nervous disorders, and are often making dope flends out of their little children. In the hands of ignorant people patent medicines are dangerous things. If you are going to give medicine to your little people, at least know what is in it, physician examine the baby and prescribe for its needs. Under no circumstances administer a patent medicine without first carefully reading the label, for the federal food and drug act requires the manufacturer of patent medicines to print plainly on the label of the bottle the name and amount of certain dangerous drugs are chloral

Mass feet and "mouth" withides will disappear. This will take 10 years from your appearance.

WAITING—I can see no reason for any good druggist not having the zintone for making up my skin beautify in formed any good druggist not having the zintone for making up my skin beautify in formed any good druggist not having the zintone for making up my skin beautify in formed any good druggist not having the zintone for making up my skin beautify in formed any good druggist not having the zintone for making up my skin beautify in formed any good druggist not having the zintone for making up my skin beautify in grown any good druggist not having the zintone for making up my skin beautify in grown any good druggist not having the zintone for making up my skin beautify in grown any good druggist not having the zintone for making up my skin beautify in factors any good druggist not having the zintone for making up my skin beautify.

MISS ADEPT—Don't waste time to "Secretary to Valeska Suratt.

MISS ADEPT—Don't waste time to "Secretary to Valeska Suratt.

Thompson bidg. Chicago, "And the hair will at the sent to you at once by mail.

The sent to feel and "mount of the hair will at the sent time."

The sent to feel and "mount of the hair tonics you have time."

MISS ADEPT—Don't waste time.

MISS ADEPT—Don't waste time.

With those hair tonics you have time.

The

hydrate, cocaine, heroin, chloroform, eucain, opium, morphine, alcohol, eannabis indica, or any derivatives of preparations of any such substances contained therein.

Mothers, avoid patent medicines; consult your physician. Never give a baby any medicine to induce sleep. Unless bables are spoiled, sick or hungry, they will go to sleep of themselves; and even in the days of very high fever a wet sheet pack seldom fails to put



MRS. S. G. M.—It is no wonder your face is red in spots, trying to pinch out blackheads. Try this and see them disappear in a few minutes; Sprinkle powdered neroxin on a wet sponge and rub this on the blackheads. It's magic. You can get the neroxin at any drug store. Steaming the face makes pores

MISS R. A. O.—No one can promise that anything will surely develop the bust in every case. The very best thing, however, is to mix two ounces of ruetone and half a cup of sugar in half a pint of water. Of this mixture, take two teaspoonfuls after each meal and on retiring. Wonderful results from this in a month's time have been obtained.

DOUBLE N.—There is not a single face powder I ever used that didn't have that "chalkiness" in some degree. That's why I have my own face powder. It's just like the softest down, and invisible, There's nothing else like it. It is now sold at drug stores as "Valeska Surgit Face Powder," at 50 cents, in white, flesh and brunetts tints.

purity of a rose All freckies, blemishes, red spots and muddiness will
positively disappear.

MRS, F. G. N.—The alkali in soaps
and ordinary shampoon dries up the
scalp and hair secretions. Don't use
them, If you want a wonderful cleanser
and shampoo that actually dissolves
and shampoo that actually dissolves
formerly the profuse perspiration in the
armpits, and removing all oder at once
by applying hydrolized tain to the affected places. Any druggist can supply you with this remarkable article.