

### 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.

IN ITS efforts to promote a wholesome race of people and to minimize the human wreckage which now abounds throughout the country, the children's 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 in the District of Columbia," the appalling social ravages of feeble-mindedness, and has drawn certain definite conclusions as to the care which is required to check its amazing and continuous increase.

Feeble-mindedness implies a defect in the mental processes of the individual 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 (imbeciles) includes those whose development is higher than 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 imbeciles are so pronounced in their deficiency as to be practically 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 is in the lower types. However, owing to their general instability, their inability to recognize any moral code, their thwarted intelligence and their lack of judgment they are unable to hold an industrial position for any length of time, and they are dangerous to society, not only because they are susceptible to the vicious influences of our social structure, but because they are more or less certain to become the apices of a feeble-minded progeny of appalling numbers.

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 punished with long sentences. Finally they are released, but only to go abroad and repeat their misdeeds, and they are eventually brought back into the environment. The large majority, however, are to be numbered among the petty criminals. They are "serving time" in jail all over the country, and are "non-support," 10 days for vagrancy, a few days for drunkenness, and told to "move on." Society, failing to recognize the prodigious numbers of them, has accorded them the same treatment as is accorded to persons of normal mentality.

Left to himself, the feeble-minded individual is as naive as a child. Without restraint, with all his natural tendencies unleashed, he knows no respect for society. He is a negative creature, knowing only such positive impulses as are provided by his environment. Without power to compete with the forces of society, and left to find his own place in the community, he is forced by the pressure of the most complex to the lowest depths of existence, and he goes about unprotected, propagating his kind with alarming freedom.

It has been shown by experimentation that, owing to their negative character, feeble-minded persons may have been in the past, and that under supervision they cannot only be protected against the degrading forces of society, but they can be taught to be self-supporting, positive economic factors. This, however, is possible only under permanent custodial care in segregated institutions; and, although it implies a substantial financial outlay for a state to provide proper institutions, the more they justify the initial expense, economically, as well as socially.

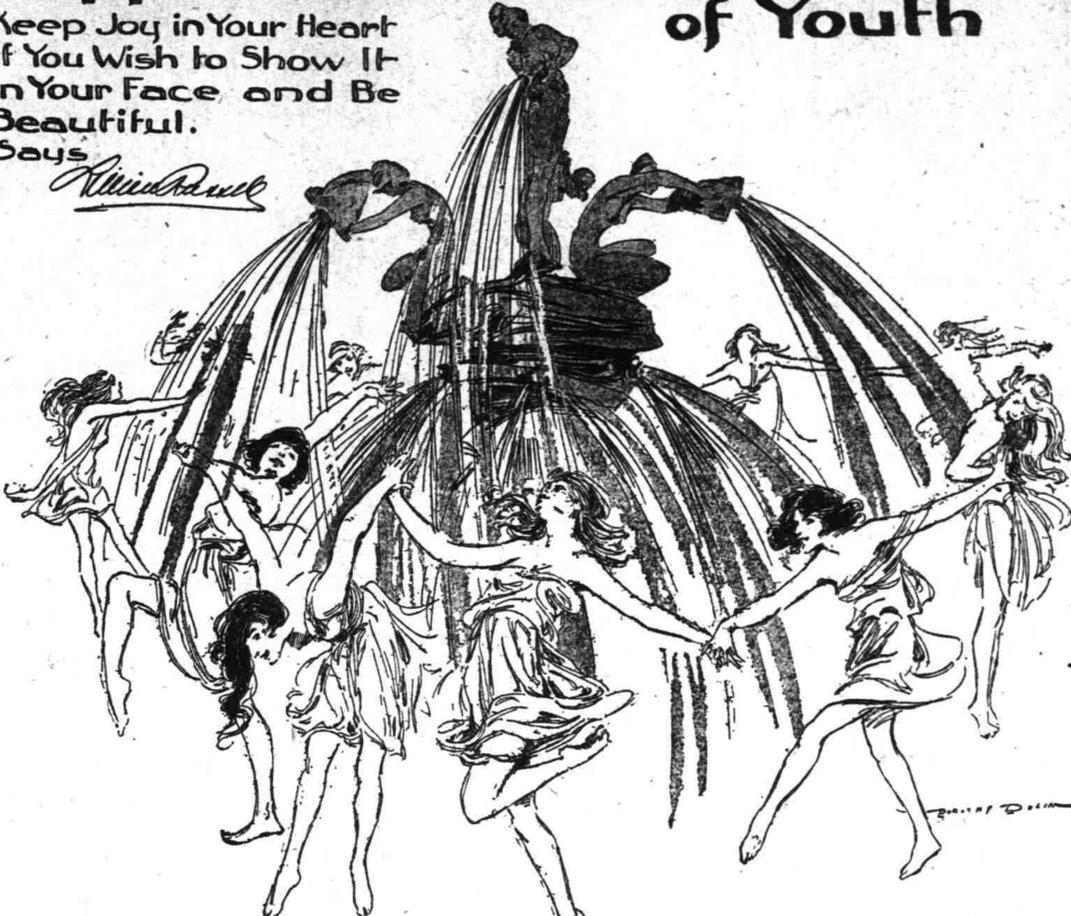
Although 34 states have already provided institutions for the care of the feeble-minded, accommodating altogether approximately 25,000 persons, they are far from adequate, and cannot begin to take care of the hundreds of thousands of mental defectives who are now the victims of the most degrading influences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

CUTICURA WILL MAKE IT ALL WELL. Don't let your little ones suffer or fret because of rashes, eczemas, irritations or itchings. Give them a hot bath using Cuticura Soap freely. Then anoint affected parts with Cuticura Ointment. The daily use of Cuticura does much to prevent these distressing troubles. Sample Each Free by Mail. With 25¢ box of the skin. Address: Cuticura, Dept. 10, Portland, Oregon.

## Happiness - The Fountain of Youth

Keep Joy in Your Heart if You Wish to Show It in Your Face, and Be Beautiful. Says

Alfred Russel



KEEP an electric current of joy and happiness thrill the muscles and nerves of youthful bodies. Under their influence boys and girls kick up their heels, clasp their hands and dance, but aged persons, while they may smile with the lips and twinkling eyes, are less effusive. When the spirit that gladdens the hearts of all falls to vibrate through young systems, you can rest assured that age has you in its grip.

Some people refuse to yield fully to the influence of joy and happiness because 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 hearts. 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 throw their arms about, not only when they are joyful. Their happiness overcomes them. It brightens their eyes and faces and tints their cheeks with a rosy glow. They are happy 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 animated girl?

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 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 sing their joy as our vocal cords. It is happy to let the girls sing in their happiness. Encourage them to dance and clap their hands in their joy. It is better to sing than to groan and complain. Let the girls sing in their happiness.

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 leaden stones about the necks of their spirits.

When the hearts of young girls bubble over with joy and content, every muscle in their bodies in action, you can feast your eyes upon the personification of happiness. Let the youthful spirit 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 openly manifests its presence.

Of course, girls can do many things that would be beneath the dignity of older women, but women should not

permit formality, absurd conventions, dignity and the craving arms of old age to squeeze the joy out of their hearts, and they should not be so unfair and unreasonable as to expect girls to fully suppress their joyous spirits. "Go home and be happy," was the instruction given by a doctor to a patient who sought relief from nervousness.

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 have plenty of fresh air in your bedroom, and then stretch yourself out flat on your back, under a blanket. 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. Now raise your right hand and close your right nostril. Fill the lungs as full as possible through the left nostril, and then breathe through the right nostril. Repeat 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 your lungs are able to hold no more. Retain breath while you count four. Expel through the nose, counting seven. 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 nostrils until the lungs can hold no more. Retain the breath while counting

four, then gradually lower the arms and at the same time expel the breath and count seven. Repeat this six times. Practice deep breathing constantly. Take deep inhalations with the mouth closed, retain the breath a few seconds and exhale through the nostrils. Lay your hand on the abdomen when you take one of these deep breaths, and you will see the flattening effect upon the stomach.

To Reduce the Bust. Gentle massage night and morning with spirits of camphor will reduce the busts. An vigorous exercise involving the arms, muscles of the arms and chest, will help you get rid of superfluous flesh. Exercise, with chest weights, rowing, swimming, boxing and fencing are excellent.

Complexion Powder. Two ounces each of zinc oxide and precipitate chalk, 7 ounces rice powder, 1 ounce each of talcum and orris root, suggestion of powdered carmine. Mix with a few drops of rose, make an excellent powder such as you need. Sift through bolting cloth. Suggestion: To make a velvet powder, a special sifter is necessary; it is easier to get this already compounded.

Yellow Neck. Apply this lotion. Four ounces of alcohol, 1 ounce of rosewater, 15 drops of tincture of benzoin. Use skin food also.

Furnishings For Sick Room. 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 measles case last fall or the diphtheria case of the year before.

All poisons should be in specially devised bottles that in and of themselves suggest that their content is unusual. For instance, there are bottles of glass projecting from the outside, which make them rough to the touch, and others covered with a wire mesh or wicker. Such poisons as iodoform, 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 bottles.

Absorbent cotton, borax acid, alcohol, olive oil, soda mint tablets, vaseline and other necessities, handkerchiefs and thread, sterile gauze, a package of baking soda, an ice bag, a hot water bottle, and other remedies the physician orders should be in the medicine chest.

Aside from the giving of castor oil and the application of vaseline to the nose, or applying boric acid to the eyes, no medicine should be administered to the baby without competent advice. We regret that there are numerous widely advertised nostrums frequently sold as soothing syrups 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.

Many well-meaning, but ignorant, mothers are slowly, but surely, laying the foundations for serious nervous disorders, and are often making desperate friends 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 ones, at least know what is in it.

Let some conscientious, scientific 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 which it may contain.

These dangerous drugs are chloral hydrate, cocaine, heroin, chloroform, eucalypti, opium, morphine, alcohol, camphor, nuxvomica, 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 babies are spoiled, sick or hungry, they will go to sleep of themselves; and even in the days of very high fever, wet sheet pack seldom fails to put baby to sleep, and can do no harm if properly given.

A recently invented dish washing machine can be attached to a faucet and used with dishes placed in a kitchen sink without employing a dishpan.

### 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.

EVER since the days when in the 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 superiority. He has been the ruler; he the one to take her and shelter her; she the one to "obey, obey, 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 Elizabeth Bury Gamble, the famous student of feminine history and psychology and an authority upon sociology, says that the great European war is leading marriage as it now exists and will radically emancipate women from the influence of the cave man type of captor. At this war about a year after year, and the total of the dead men mounts higher and higher the future of women, indeed, becomes more and more of a question.

The millions of men who die and leave widows, fiancées or women with whom they in normal times would have married will leave a huge hole in the social life of Europe. Will the women thus left matchless refuse to go through life without love or without children? Will they hold to former standards of conduct and observe the old rules of morality? Will they be content to be spinsters all their lives?

Miss Gamble says: "After the war only the most radical among women will propagate the race. These women, as did the women under early organized society, will choose their mates. They will exercise absolute control over the sex functions. This will be avoided the terrible consequences which have resulted from the present form of marriage."

"The system of marriage in vogue at the present time has never restricted men to the possession of a single woman. Monogamy as established under male supremacy means one husband for one woman, while a man may have as many wives as he is able or willing to support. As women are still dependent upon men for the necessities of life the supply of the former is regulated by the demands of the latter."

"Marriage still retains its original meaning and significance, namely, the ownership and control of women. With the exception of physical force all the ceremonies, customs, ideas and usages of primitive marriages have been preserved. When a woman marries she is given to her husband or her father or some other male relative. She promises to obey her master and accept a ring as a badge of her dependence upon him. She gives up her own name and family, accepting as her husband's the name of her father-in-law. She follows him to his home."

"The European war has greater possibilities for changing social conditions than the revolution. Twenty-five million men have been called away from the industrial work of Europe, and yet," Miss Gamble says, "the removal of these men will not materially interfere with the useful industries of Europe, as is shown in the fact that their withdrawal has not greatly disturbed the industrial situation, and this, too, notwithstanding the fact that many new occupations have been created by war. The work formerly done by these men has been largely taken up by women."

"It should be borne in mind that under the new conditions which are approaching the constructive element of the revolution in human society is assumed command over the destructive forces which have been in control since the beginning of the historic period. As this element has been confined to women, used as it is by them transmitted to offspring, it is not difficult to forecast the position which the women of the future will occupy."

"Notwithstanding the fact that during the last 25 years marked progress is observed in the social and economic progress of women, still the sexual position of the vast mass of women has steadily declined. So far as her sex relations are concerned civilized woman occupies a lower position than that occupied by the female animal. The traffic in women is carried on in every country on the earth. ... Our social conditions and our present economic and industrial situation loudly proclaim the degeneracy of our time."

"The current war will have some effect upon woman's position. It is generally believed. It is too revolutionary to be otherwise. The French revolution did much to clear away the degeneracy of the 'ancien régime.' This fact tends to give weight to Miss Gamble's statement regarding the sureness of a change."

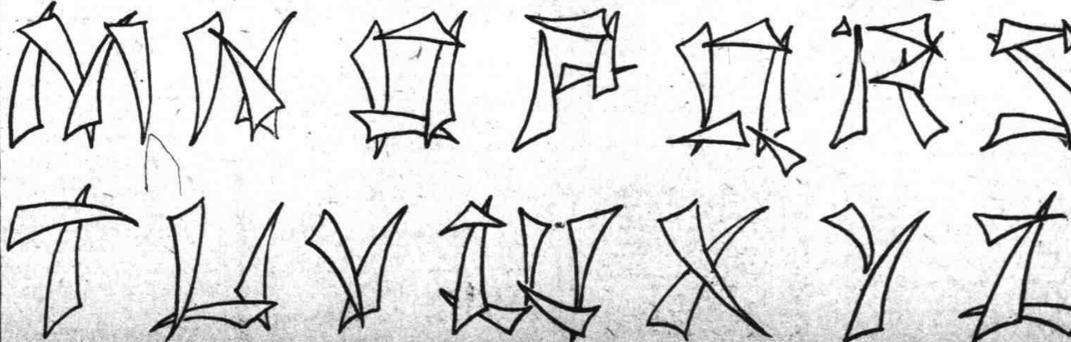
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### Second Half of Japanese Alphabet for Marking Linen



These letters, which should be heavily padded before embroidering, are available for a variety of uses in needlework.

### "Only One Easy Way To Remove Superfluous Hairs"

A Secret That Makes Them Just Dissolve Away Like Frost Before the Sun. Says the Great Beauty Valeska Suratt.

THE usual method used for removing superfluous hairs is barbarous, to say the least. There are any number of things—but many of them are 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 to it in such a savage manner. Superfluous hair can now be removed by an application which is safe as water, and never fails to remove 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 Vaseline. This can be obtained from any drug store. The hairs are merely moistened with it for a few minutes, and then they are seen literally to wither and dissolve away and are wiped off, leaving the skin as soft and smooth. This is the sensible method, and no matter how sensitive your skin is, the hair growth, it is always successful.

MRS. F. G. M.—It is no wonder your face is red in spots, trying to pinch out blackheads. Try this and see the result. You can get the Vaseline at any drug store. Steaming the face makes pores large.

MRS. R. A. O.—No one can promise that anything will surely develop the bust in every case. The very best method for making up my skin beautifully is to use Vaseline. I have used it for years, and it has made my skin so soft and smooth. I have used it for years, and it has made my skin so soft and smooth. I have used it for years, and it has made my skin so soft and smooth.

MRS. G. P.—Better order one of the beautiful Suratt "moisture" pillows now while they last. They are so soft and comfortable, and they have my friends supplied with the special price of fifty cents. Send your order to Valeska Suratt, 1000 Broadway, New York City. You will get it by return mail. These pillows are my large pillow, and they are done elegantly in orange and purple.

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 Suratt Face Powder." At 50 cents, in white, flesh and brunette tints.

MRS. F. G. N.—The alkali in soaps and ordinary shampoos dries up the skin and has secretions on the face. If you want a wonderful cleanser and shampoo that actually dissolves the dirt and grease from your face, grow, mix a teaspoonful of castor in a half cup of water. You can get equal by applying hydrolyzed soap to the affected places. Any drugstore can supply you with this remarkable article.

MRS. F. T.—It is an easy matter to control the profuse perspiration in the armpits, and removing all odor at once by applying hydrolyzed soap to the affected places. Any drugstore can supply you with this remarkable article.