

Child Welfare And Public Health

Articles on Child Welfare and Public Health will appear weekly in this column. Furnished by the Local Red Cross Branch.

TOLD BY RADIO

One of the health talks broadcast to fall fairs in Ontario by the "Star" Public Health material from the Institute of Public Health, London, Ont., prepared by request of the Provincial Board of Health through Dr. J. J. Middleton.

Our Feeble-Minded Friends

Lady Byng, the wife of the Governor General stated recently that no one thing in Canada needs more active intelligent consideration than this—"What shall we do about the feeble-minded children"—who, remember will be feeble minded adults in a few years more.

Crippled and deformed children—crippled in leg, hand, blind or mute or otherwise handicapped—these our hearts go out. We are glad to help to send flowers to them, to help them across the street to build hospitals where there defects may be corrected, the feeble-minded, those crippled and deformed, not in leg or arm, but in mind—those cannot be helped—their defects cannot be corrected; and worse than all, many of them transmit their feeble mindedness to their children.

The girls or boys have lost an arm or leg, or who have become crippled through infantile paralysis or otherwise—such when they marry have perfectly well sound children—such defects are not hereditary. We all know this to be true.

Some cases of feeble-mindedness are like this—those cases in which the child is born bright but becomes feeble-minded as the result of an accident or disease. In these cases the children such a feeble-minded children may have will not inherit that feeble-mindedness.

About one third of all cases of feeble-mindedness are of this kind—that is acquired after birth by a child born normal and in this one third of the cases the children do not inherit the disease.

But in two-thirds of our cases of feeble-mindedness in the disease or accident is responsible but the child is born feeble-minded because one or both of his parents is feeble-minded. Mr. Baker, City Clerk of London, Canada, refused a marriage license to two feeble-minded persons who insisted to marry. He knew that they would produce feeble-minded children. He was severely criticised for so doing by some people but the majority of us believe he was quite right.

Why should we allow more feeble-minded children to be born? If you have poor stock amongst cattle or pigs or chickens you can kill them off. But we cannot do this with feeble minded children—the only thing we can do is to prevent the marriage of feeble-minded people who are sure to have such children.

We want immigration into this country of good British stock—but beware of introducing here feeble-minded whether British or otherwise.

This is a matter which concerns the farmers very vitally—and the boys and girls of today also, for they will be the adults of Canada before long. If you let feeble-mindedness grow and flourish and be imported into Canada now, what kind of population shall we have here for your children to deal with when they grow up. The Dominion and the Provincial Boards of Health, the Department of Education, the Women's Institutes are interested in this immensely important matter of feeble-mindedness. From one to three percent of the population now is feeble-minded. Two thirds of them are of the hereditary class. Help us to check the further increase of this our most serious disease.

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Sunday School Lesson

MARCH 16—WHAT ISRAEL ACCHEIVED UNDER DAVID

Scripture Lesson—1 Sam. 16 to 2 Sam. 24 (2 Sam. 5. 1-12 printed). Golden Text—1 rellight to do thy will I my God.—Psa. 40:8. Devotional Reading.—Luke .19. 12,26.

THE TEXT EXPLAINED

Light from the Commentaries

1. Then came all the tribes—Probably no long interval elapsed between the death of Ish-bosheth and the election of David. Saul and Jonathan, Abner and Ish-bosheth were dead. No one remained of the house of Saul capable of taking the lead; and David was already the ruler over a large portion of Israel. The Philistines and perhaps the remnants of the Canaanites were restless and threatening. Safety demanded that the nation should unite under the sovereignty of the vallant son of Jesse.

2. They anointed David King—The book of Chronicles contains further interesting details about this assembly at Hebron (1 Chron. 12. 23-46). The numbers of fighting men sent by each tribe are preserved, amounting to a total of nearly 350,000. Stress is laid on the unanimity of feeling, and the general rejoicing with which David's anointing was celebrated in a three days' festival.—Kirkpatrick.

6. Jerusalem.—Political, civil, and military considerations pointed to Jerusalem as the most suitable capital for the united kingdom. (a) Its position within the territory of Benjamin yet close upon the leaders of Judah (or, as some think, partly in one tribe, partly in the other), was excellently adapted for binding together the two royal tribes and conciliating the good will of Benjamin without alienating Judah. (b) Its situation was virtually central, not only with regard to these two great tribes, but for the whole land. It was on the ridge of the back-bone of hills, which extend through the whole country from the desert to the plain of Esdraelon. Every traveler who has trod the central route of Palestine from north to south must have passed through the tableland of Jerusalem. (c) As a military post it was unrivalled. It stood on a rocky plateau surrounded on three sides by deep ravines, forming a natural fortress of almost impregnable strength.—Cambridge Bible.

11. Hiram king of Tyre.—Hiram 1, the friend and contemporary of Solomon whose reign is given by ancient and modern authorities as 968-935 B. C. The ambassadors of Hiram were no doubt those usually sent with friendly greetings at the beginning of a new reign. By them, we may suppose, David sent a request for materials for his palace and for the necessary craftsmen.—Kennedy.

LESSON THEMES

For some reason it is difficult to realize that David was a man of action rather than of reflection. This no doubt arises from the impression made by his life as a shepherd and minstrel. But he was also an athlete and man of physical valor, as Goliath realized to his sorrow. He was a warrior and statesman and as a military and national leader he made his great achievements. The chief of these may be noted as follows:

The Subjection of Canaan.—The occupation of the land of Promise was stoutly disputed by its inhabitants at every point. The rural regions were settled first, the subjugation of the walled cities and fortresses came later. The most formidable and because of its position th emost important was Jerus. It was in a very strategic position in the very heart of the land. This great stronghold was taken by David and was thereafter known as Jerusalem, the City of David.

The Unification of the Nation. The next step was to unify the nation which still had to contend with its tribal differences and jealousies. This was accomplished in part by the selection of Jerusalem as the new capital city. Gibeah, where Saul reigned, and Hebron, the first capital of David, were tribal cities. Jerusalem was on neutral ground and well suited geographically to be the capital of the whole nation. The capture and establishment of Jerusalem as the national centre affected favorably the surrounding nations as shown by the friendship of Hiram, king of Tyre.

The Development of Resources. This unification of the nation made possible a better development of its resources. It made

Bible Thoughts

For Today

MARCH 16 THOU SHALT LOVE THE LORD thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself. This do and thou shalt live. Luke 10, 27, 29.

MARCH 17 THINE, O LORD, is the greatness, and the power, and the glory, and the victory and the majesty; for all that is in the heaven and in the earth is thine;—thine is the kingdom, O Lord, and thou art exalted as head above all.—1 Chronicles 29:11.

MARCH 18 IF THOU DRAW OUT thy soul to the hungry, and satisfy the afflicted soul; Then shall thy light rise in obscurity, and thy darkness be as the noonday; and the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones.—Isa 58:10, 11.

MARCH 19 I HAVE FOUGHT A GOOD FIGHT I have finished my course, I have kept the faith. Henceforth there is laid up for me a crown of righteousness.—2 Timothy 4:7.

MARCH 20 FEAR THOU NOT: for I am with thee; be not dismayed; for I am thy God; I will strengthen thee; yea, I will help thee, yea, I will uphold thee with the right hand of my righteousness.—Isaiah 41:10, 6

MARCH 21 BLESS THE LORD, O my soul, and forget not all his benefits; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies.—Psalm 103:1, 4.

MARCH 22 I SOUGHT THE LORD, and he heard me, and delivered me from all my fears. This poor man cried, and the Lord heard him, and saved him out of all his troubles.—Psalm 34:4, 6.

possible a better organization of the national life, which, as already mentioned, was weakened by tribal jealousies. It is declared (2 Sam. 8. 15) that "David reigned over all Israel." Blake commenting on this verse, observes: "The first thing pointed out to us here is the catholicity of his kingly government, embracing all of Israel, all people. He did not bestow his attention on one favored section of the people oversight of the rest. He did not, for example, seek the prosperity of his own tribe, Judah, to the neglect of the other eleven. In a word there was no favoritism in his reign."

The Preparation for the Temple. In keeping with his policy of the political unification by change of capital David sought the religious solidarity of the nation by preparing for the building of the temple, thus making Jerusalem the religious center of the nation. These preparations were on a magnificent scale and embraced the gathering of a great fund of money and the assembling of rare and costly building material. Thus the nation became one in its religious hopes and aspirations.

The Use of the Psalter. There are 173 psalms which are inscribed "to David." It is uncertain whether all of these are from his hand. Some psalms are unquestionably those of David, but his chief service to the Jewish people was emphasis placed upon his use in the service of the great temple for whose construction he had labored with such care. In the temple worship the psalms expressed the profound aspirations and prayers of the Jewish people and thus strengthened the religious bond which made a unit of the Hebrew people. Fully recognizing the diverse authorship of the Psalms, still David is justly regarded as "the father of Jewish psalmody." The prominence give into these religious lyrics in the life of the people was David's most important contribution to the cause of religion.

HOT BEVERAGES AND THEIR PREPARATION

Except for the sugar and cream that may be taken with it, tea possesses no nutritive qualities. It is somewhat stimulating, and very mildly exhilarating. The principle and the essential oil, which gives fragrance, are the desirable elements. Tannin, a bitter astringent substance, is the undesirable element. The problem in making tea is to bring out the stimulating qualities and fragrant oil, and to avoid the tannin.

This can only be accomplished by pouring freshly boiling water over the tea for five minutes. Water under the boiling point will not

GRATEFUL PARENTS POUR OUT THANKS TO TANLAC



The value of Tanlac as a family medicine and tonic is again very forcefully demonstrated. This time in the home of Mr. and Mrs. Joseph E. Kaake, 2436 Kirby Ave., West, Detroit, Mich., where father and mother and every member of the family have been benefited by the wholesome and helpful ingredients of the famous preparation.

Recently, in speaking for herself and children, Mrs. Kaake said: "For more than a year our three little ones—John, age 6, Elwyn, 4 and Marguerite, 2—had been so peaked and lifeless that we were seriously worried about them. Their stomachs were upset, appetites poor, the color had left their cheeks, their nights were restless, and during the day they would just mope around, taking no interest in play or anything else. "They began to eat and sleep better almost from the first dose of Tanlac, and have picked up now until you couldn't find three healthier or more active children in all Detroit. They eat ravenously, their color of health has returned to their cheeks, and they just want to be on the go all the time. I have also taken Tanlac to build me up, and it never seems to fail." "As to my personal experience with Tanlac," said Mr. Kaake, "I simply can't express in words the great help it gave me. About a year ago I was a victim of an actualy having fifty-one on me. I was so played out that I could do a bit of work for weeks. I suffered with most unbearable headaches and stomach pains, and got so weak and discouraged that I felt discouraged. "Tanlac corrected my stomach disorders, woke up my appetite, cleaned my blood and toned my system so that the boils went away, and nothing of the kind bothered me since. I have gained 28 lbs., and I eat, sleep and feel like a brand-new man. We had given Tanlac a fair trial and found it wonderful, and if anyone doubts our statement they can write for a sample. We wouldn't think of being without Tanlac." "Tanlac is for sale by all good druggists. Accept no substitutes. Over 40 million bottles sold.

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develop the flavor, and if the leaves remain in the water over five minutes, the tannin is apparent. If the leaves are boiled, tannin will be extracted in quantity.

By freshly boiling water, is meant water freshly drawn and boiled at once. Using a tea ball is one of the best methods to make tea. It can be attached to the coffee or nozzle of the pot by the chain, and at the end of five minutes be withdrawn. Scald the pot before setting away, and again before using. The proper preparation of tea will vary with quality and taste. Usually, one teaspoonful will be ample for each cup of freshly boiled water. Earthenware china, silver or aluminum are all satisfactory material for a teapot.

Coffee Has No Food Value Like tea, coffee has no food value except when milk and sugar are used. Tannin is also present in coffee, but in less quantity than in tea, and is not extracted so readily as from the delicate tea leaves.

When roasting, the beans throw off moisture and develop flavor. Coffee, also possesses a mildly stimulating effect, due to caffeine and the essential oil. To make good coffee requires a pure brand of coffee and a perfectly clean coffee pot, free from discoloration. To make coffee in a coffee pot, allow one tablespoon of medium ground coffee for each cup of boiling water. Heat the pot, add coffee, then pour over the boiling water. Set over the fire; bring to the boiling point, and remove from the fire. Let stand in a warm place for five minutes. Add one-fourth cup of cold water to make the coffee when one is tired.

Stimulation in Cocoa Theobromine is the stimulating element in cocoa beans, and is much less pronounced in its effect than the corresponding principle in tea and coffee. The high percentage of fat, together with other food principles places this beverage in the class with foods. As a rule when making cocoa or chocolate, follow the recipes found on the package. However, it will well to bear in mind that boiling will greatly improve it. Beat constantly with an egg beater while cooking will thoroughly mix the ingredients and prevent a thick skin rising to the surface. Like tea, coffee and chocolate meat has a stimulating principle. This is soluble in water and when extracted makes a beverage that stimulates the appetite. Being easily digested beef tea is good for the convalescent, and beneficial of cold water to make the coffee when one is tired.