

**THE CARE OF THE FEEBLE-MINDED**

The havoc wrought by the non-care of mentally deficient is terrible and is coming to be widely known. They are the cause of half the crime in general, two-thirds of prostitution in particular, two-fifths of venereal disease, and a large proportion of illegitimacy and of sexual vice.

The cost of caring for the fruits of this havoc in maintaining courts, gaols, prisons, reformatories, industrial farms, and rescue homes is a heavy burden on the taxpayers and on private charity.

Prevention is always more worth while than cure even where cure is possible, and feeble-mindedness cannot be cured, though in time it can be prevented.

Let us consider first what to do with mentally defective children of school age.

They cannot be trained in the same classes with normal children. They lag behind, become discouraged, and get no benefit themselves. They retard the normal children. They become a nuisance to the teacher taking far more than their share of attention and all to little purpose. They are the source or occasion also of demoralizing school discipline, and usually also of abominable lewdness and vice among the other children.

What then is to be done? In cities and other large school districts there is no serious difficulty. They should be examined and tested by a capable doctor who has had special training in dealing with mental disease and deficiency, and sorted out into classes that may be called "special" or "industrial" or "auxiliary" by way of human camouflage. There should not be more than about fifteen in one class or room. The teachers of these classes require special training of course, the teaching has to be concrete, to a large extent manual, and more or less of the Kindergarten type.

Such classes are popular with the children. They solve the problem of truancy. Many of the normal children pleased to be allowed to attend. Vancouver deserves the credit of having established these classes in a systematic way. When the writer last heard they had some two dozen of them. Many of the children mentally below par can in these classes get training enough to enable them to be self-supporting.

But this method cannot meet the need of such children in the country, and in smaller centres. For these special provision must be made in one or more Provincial Schools established for this purpose.

The Child Welfare Department of the Province should have power to discover, examine and arrange for the specialized training and permanent care of mental defectives. Manitoba's new and constructive Child Welfare law gives such authority and provides the necessary machinery: a Director of Child Welfare, a specially trained medical Examiner, and a Board of Selection to determine what is to be done with each child.

A plan of this kind systematically and well worked for a generation will enormously reduce if not eliminate the problem of the feeble-minded.

Second, the adults also should be discovered, examined, and the worst of them segregated and so prevented from multiplying their kind.

On industrial farms they can be self-sustaining. The large home at Waverley, Mass. with 2000 inmates, is practically so. And the inmates of both sexes and all ages are happy and contented, and though neither walled nor bolted, nor barred in, never run away. The Spring City, Penn. one with 1000 inmates is altogether self-sustaining. So are many others.

Every Canadian Province should have at least one such institution, one or more.

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**THE COOK ROOM**

**Cracker-Balls for Soup**  
Mix 1 beaten egg with 1 cup of fine cracker crumbs, 1-3 cup water and 1-2 teaspoon alt. Shape into balls and simmer in soup about 10 minutes before serving.

**Raisin Caramel Apples**  
Pare, core and halve 6 tart apples and arrange in a broad saucepan. Cover with 1 cup seeded raisins, 1 cup light brown sugar, 2 tablespoonfuls butter, cut into bits; add 1-3 cup water and bake in moderate oven until the butter and sugar form a rich caramel.

**Oyster Fritters**  
One beaten egg, 1 cup milk, 1 cup flour, 1-2 teaspoon salt. Mix thoroughly. Cut oysters in halves if large and stir them into batter. Drop large spoonfuls in hot lard and fry a golden brown.

**Fried Scallops**  
Take 1 quart scallops, put into a saucepan and cook until they begin to shrivel. Drain and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in beaten egg and again in crumbs and fry two minutes in deep fat. Drain on brown paper.

**Sweet Potato Puffs**  
Boil 6 medium sized sweet potatoes

until tender, peel and mash. Add 1 teaspoon powdered sugar, 2 tablespoons melted butter, 1 saltspoon salt and 1-3 cup chopped meats. Beat with a fork until very light, then fold in the beaten whites of 2 eggs quickly. Remove in custard cups, place in pan of hot water and bake 20 minutes in hot oven.

**Mock Cauliflower**  
Chop together 1-2 small head cabbage and 1 stalk of celery. Cook 20 minutes until tender, with water enough to cover. When tender add 1 cup of milk. Season with salt and pepper and small piece of butter.

**Mock Cherry Pie**  
Boil together 1 cup chopped cranberries, 1 cup seeded raisins, 1 cup sugar and 1 cup water. Boil 10 minutes, then thicken with 1 tablespoon flour, made smooth in a little water. Cool and add 1 teaspoon vanilla and pinch of salt. Bake with two cr sts.

The more a man's head gets to look like an egg, the more responsive he becomes to the influence of a chicken.

Little Bo-peep can lose her sheep  
But I know how to find them.  
I'll advertise and they'll come home  
Wagging their tails behind them.

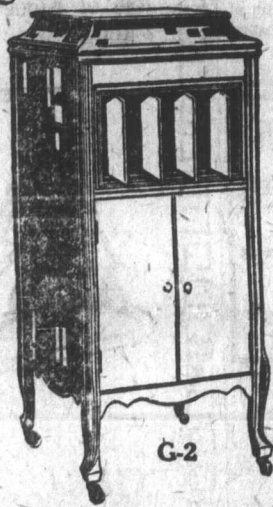
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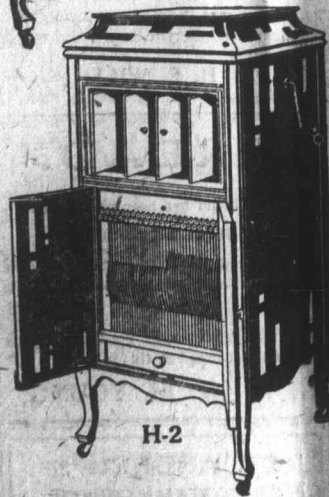
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