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HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

Keeping school children up to a normal standard of health and efficiency is an important part of public health work at the present time. One reason for the urgent necessity of this work would seem to be due to the fact that, as a rule, very little medical or nursing supervision is given to the preschool child, and consequently it arrives at school age with its physical defects, if any, uncorrected. The medical supervision of school children is at the present time much more in vogue than the supervision of the preschool child. This is, in a sense, regrettable, because if the defects were corrected earlier, they would not cause so much trouble, and it often happens that when the child has arrived at school age, the defects have already caused irreparable damage. A squint, for instance, unattended to in early childhood, will result in defective vision which often cannot be successfully treated after the child has reached the age of five or six years. Numerous cases have come to the attention of child welfare workers where a squint was alowed "to right itself," and in consequence the child a year or two later has practically the use of only one eye.

Within the past year or two, an attempt has been made in all well-organized health centres, to continue the work of child welfare through the preschool period. In the early days of the movement, the scope of the work was largely limited to infants and the period from birth to the attainment of one year of age. It is now recognized, however, that the child between infancy and school age cannot be excluded from any system of control and supervision if the best results are to be obtained. It is, consequently, now the aim of all complete schemes for the workers to keep in touch with the children aged one year to five years and to endeavor to conserve their health during the early years of growth and development, when so many chronic and disabling diseases are apt to originate, if there is a failture to observe the early signs of perverted health.

The movement in favor of conserving infant and child life is now viewed on even broader grounds. The desirability of watching over the health of the expectant mother, of bringing to full term the large number of premature births that are known to occur, and of providing skilled attention at the time of birth is everywhere recognized. The solution of the problem of infant mortality is to be found through a variety of means. One is increased educational facilities for mothers, and especially young mothers, to learn the art of child-craft, another is breast-feeding, another is regular and periodic examination by the family physician. Some means must be found for providing the necessities of life in the way of wholesome food and healthful surroundings for the mothers of the poorer classes who are fighting year in and year out against destitution and want.

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Origin of the Piano Recital.

Public pianoforte recitals now form so large a part in the life of musicians and music-lovers that we do not always realize they are a comparatively recent development. Private recitals of various kinds, and generally of an informal nature, have been common since the days when David played the harp before King Saul, and as a rule they have been in the houses of the rich and noble. The first public pianoforte recital in London was given in 1768 by John Christian Bach, a son of the composer of the B minor Mass, who settled in this country as a teacher, winning a great reputation for his command of graceful and light music and being generally known as "the English Bach," just as John Field, the Irishman living in Russia, was known as "the Russian Field." The custom did not become general for three-quarters of a century after this, however, and it was Liszt, who was born in 1811, who first really made them an important feaure in a pianist's career.

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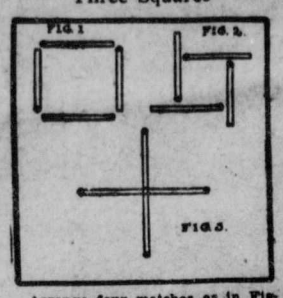

Arrange four matches as in Figure 1 and tell your friends that that is the easiest way to form a square by using four matches. Tell them that another square can be formed by using four matches only. They will not have much difficulty in discovering that the matches may be arranged as in Figure 2. Tell them, however, that the matches may be arranged in an entirely different way and another square formed. They will have difficulty in finding the third method which is that illustrated in Figure 3. The square is formed by the ends of the matches.

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