

OUR HOME PAGE

Your Home and You

By HELEN KENDALL

A REVOLVING CLOTHES RACK.

We women are beginning more and more to take advantage of the many ingenious contrivances introduced into the world of clothes by modern shops and departmental stores. The necessity for handling so many gowns, wraps, hats, blouses and furs has brought about the invention of all sorts of devices for the proper care and display of wearing apparel, and the clever woman is quick to see the convenience of these devices and to adapt them.

For example, one woman of my acquaintance has been able to secure one of those little twirling metal standards on which dainty neckwear is shown in the shops. She says there is no other way to keep her collars and cuffs, chemisettes and gimpes so crisp and unsoiled. When laid on top of each other in a drawer, they are sure to be crumpled, but the little swinging horse keeps them immaculate.

Another contrivance which she has borrowed from the shops is the revolving rack for gowns, coats, and wraps. We all know those handy

double bars, with their two lines of frocks, which are snugly tucked away behind sliding glass doors and can be drawn forward and revolved when one is scanning their contents. This woman, who happens to have a good deep closet at home, inquired from the manager of one of these department stores as to where she could purchase one of the racks, and promptly had one installed for her own use.

"On one rack I keep all my street suits, heavy coats, and everyday apparel, and on the other my dinner gowns, evening dresses, pretty wash frocks and negligees. These daintier garments are hung at the back of the closet, leaving the more practical things in front where they are quickly reached and help to protect the delicate articles from dust. The rack pulls forward easily on a grooved track in the top of the closet, and revolves at a touch, bringing any garment into view. It doesn't take up as much room as the long straight rod from which hangers are generally hung, and keeps all of the articles in better order because they are not so crowded together."

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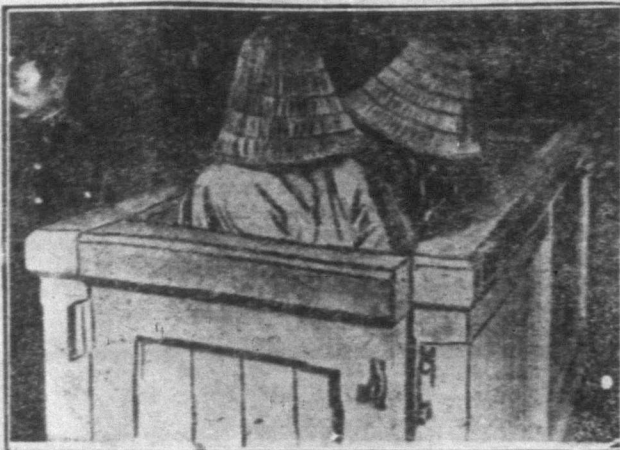
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When Japanese women are brought to trial on criminal charges, they are forced to wear baskets over their heads while in the dock.

HOME NOTES ON HEALTH

By ROYAL S. COPELAND, M.D.

HOW ST. VITUS'S DANCE MAY SOMETIMES BE BANISHED

There are afflicted children who have lost control of the voluntary muscles. Without apparent reason and without knowledge on the part of the victim that the thing is to happen, the face is drawn into horrid grimaces, the eyes wink rapidly, the head is jerked to one side, the shoulders are raised, the arm jerks or some other muscle or set of muscles is acted upon, to the amazement of the onlooker and the unhappiness of the patient.

This disease is called "St. Vitus's dance." It is so called because it was thought to be cured by a pilgrimage to the shrine of St. Vitus. The doctors call the trouble "chorea."

It is usually found in childhood, between the ages of five and fifteen years. Excitable, nervous children are more often affected. Fright, anger, grief—some sudden and deeply felt emotion—may bring on the first symptoms.

Among the causes of chorea many things have been suggested. Heart disease and rheumatism have been counted important factors.

Whooping cough, scarlet fever, and anaemia are not to be disregarded as causes. The importance of these common diseases is too often overlooked. The worst thing about them is the multitude of possible after effects. Chorea is one of them.

Eyestrain should be thought of as a cause. A great many spasmodic twitches of the face and head have

disappeared after the fitting of proper glasses or the correction of defective eye-muscles.

In the care of these patients there is much to be done. In the first place the poor little sufferer should not be laughed at or made to bear the agony of ridicule. He must be so placed as to escape this misery, otherwise the cure will be much delayed. Common humanity should point out the importance of this suggestion.

The general health of the child should be promoted in every way. Many a poor youngster is the victim of underfeeding or of improper feeding. Undernourishment from either cause is a fruitful reason for the trouble. A quart of pure rich milk every day will go far toward a cure.

The teeth should be examined by a competent dentist to determine, especially, if there are any unsuspected abscesses. In the public schools the great majority of children have defective teeth, cavities, abscesses or disease of the gums. Relief of the tooth disturbance may cure the chorea.

The tonsils and throat should be examined. Adenoids may be present. The intestinal tract must be cleansed, because disease here may be responsible for chorea.

Happiness, music, fresh air, sunlight, moderate exercise and good food will amazingly aid recovery.

WOMEN'S EMPLOYMENT AND INFANT MORTALITY

New evidence bearing upon the question of the influence of the industrial employment of mothers upon infant mortality will be made available in a report entitled "Infant Mortality Results of a Field Study in Baltimore, Md., Based on Births in one year," soon to be issued by the Department of Labor through the Children's Bureau. The material relates to births in Baltimore in one year and includes in regard to each infant information as to mother's employment, nationality, economic status, type of infant feeding, and other details that might throw light upon the infant mortality rate.

The evidence indicates that the mother's employment away from her home either during the months immediately preceding the confinement or during the infant's first year of life is detrimental to the infant's health. The employment of the mother during pregnancy was found to be associated with a markedly high stillbirth rate, a high rate of premature births, a high mortality rate during the first month of life, and a high mortality from causes peculiar to early infancy—causes which are directly related to the health of the mother before birth. The stillbirth rate among births to mothers who were gainfully employed in industrial pursuits during the year preceding the birth was over twice as high as the rate among the births to mothers who were not so employed during that period. Of the births to these mothers 6.7 per cent were stillbirths, as compared with only 3 per cent of the births to mothers not employed. Of the live births to mothers employed away from home 6.2 per cent were premature, as compared with 5.7 per cent of those to mothers not so employed. The mortality rate during the first month of life was 7.3 per cent among the babies of mothers employed away from home, or nearly twice the rate, 3.9, among the babies of mothers who were not so employed; and the mortality rate from causes peculiar to early infancy among babies of mothers employed away from home was 57, as compared with a rate of 37.2 among babies of mothers not so employed.

The common belief that the employment of the mother is especially harmful if continued until a short time prior to the confinement is confirmed by this new evidence. Among the births to mothers employed away from home in industrial occupations the excess mortality from stillbirths

and from causes peculiar to early infancy was greater in the cases of mothers whose work continued until just previous to the confinement. It is of interest in this connection that nearly 40 per cent of the mothers who were employed from home were employed until within two months, and 26 per cent till within two weeks, of the confinement period.

The employment of the mother too soon after confinement also appears to be a factor in the infant mortality rate. The mortality rate among the babies included in this study whose mothers were employed away from home during the babies' first year of life was found to be one and one-half times the rate among babies of mothers not so employed. In determining this figure allowance has been made for the fact that the mothers who are employed are largely of nationality and income groups in which the mortality rates from other causes than the mother's employment are high.

Breast feeding is a principle element of care denied the baby whose mother works away from home. A much larger proportion of the infants of mothers employed away from home were artificially fed than of those whose mothers did not work. That this artificial feeding has serious consequences is apparent from the fact that the mortality among artificially fed babies averages between three and four times that among breast-fed babies.

That the low earnings of the father bear the principle responsibility for the employment of the mother is shown by the marked contrast between the several income groups in respect to the proportion of mothers employed. Of the mothers in families in which fathers earned less than \$450, 29.2 per cent were gainfully employed away from home during pregnancy, while only 1.2 per cent of the mothers in families in which the fathers' earnings were \$1,250 or over were so employed at that period. The contrast is equally striking in the case of employment following the birth. Of the mothers in homes in which the fathers' earnings were less than \$450, 22.1 per cent were gainfully employed away from home during the infant's first year of life, as

compared with only .6 per cent of the mothers in homes in which the fathers' earnings were \$1,250 or over. The greater prevalence of mother's employment in the low income groups is evidently a factor in the high infant mortality rate which characterizes families with low incomes.

Previous reports of the Children's Bureau on infant mortality have shown a definite connection between

income and infant mortality. As the income increases the infant death rate decreases. This Baltimore study based on a larger group than the previous studies, permits a closer analysis of the single factor of employment of mothers. The importance of this factor may be realized from the fact that even within the same income groups the mortality rate is higher for babies whose mothers are employed outside the home.

HOME EDUCATION

"The Child's First School is the Family"—Froebel.

PETER'S GARDEN

Peter's mother had a garden of beautiful flowers. It was the delight and joy of the whole neighbourhood. Little Peter loved it as much as anybody, but he caused his mother endless annoyance by picking half-opened buds, bruising delicate blossoms and breaking off foliage through his persistent handling and touching of the plants, in spite of her admonitions to keep away from them.

How to preserve her lovely flowers and yet satisfy Peter's love of them was a problem to his mother, but a happy solution was found in her decision that he should have a little garden of his own.

Accordingly, then, at planting time Peter's mother told him of her plan, and to his delight she presented him with a miniature set of garden tools. He helped to dig up the earth in his allotted small space and was untiring in his efforts to make it smooth and fine. Peter accompanied his mother on the trip to the seed store and revelled in the seed packets with their flowery illustrations, from which were finally selected seeds that would mature quickly and give an abundance of blossoms: such as nasturtiums, larkspur, poppies, marigold and phlox.

With his mother's help and careful guidance, Peter planted the seeds and then began the watchful waiting for the first signs of plants in his very own garden. His mother taught him how to water it gently and one day showed him how to make a border around the garden of shells and small

stones, which required careful matching and placing and occupied many happy hours.

Great was Peter's delight when the tiny plants began to appear and daily he reported the progress of their growth. "Mother, the poppies are ahead of all of them," he told his mother. Peter kept all weeds out of his garden as his mother had taught him to do and watered it whenever necessary. After long weeks of care buds began to appear on the plants, and Peter and his mother speculated daily as to which one would blossom out first. By and by the tiny garden rivalled his mother's larger one, with its mass of gay colors, and Peter's joy was very great when his mother gave him a small pair of scissors and showed him how to cut flowers carefully. He loved to gather a bouquet for her to use on the table, or to select an especially lovely flower for his father to wear in the buttonhole of his coat. But he was happiest of all the day he gathered a beautiful bouquet of all the different kinds of flowers in his very own garden and carried it to his grandmother for a birthday gift. And Peter's mother was as happy as Peter himself, not merely because her flowers were no longer molested by small hands, but because her little Peter was learning so much about nature, was experiencing the joy of possession and the still greater joy of sharing his possessions with others.

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