

MALNUTRITION AMONG THE RICH

Percentage Larger Than of Poor Children—Dr. Veeder Blames it on Craze of Keeping Up With the Crowd.

(Boston Globe)
Many children in this country are suffering from malnutrition, "not because they lack the proper amount of correct food, but because of the complexity of modern life," according to statements by Dr. Borden S. Veeder of St. Louis at the meeting in Convention Hall yesterday afternoon of the section on causes of children of the American Medical Association. Furthermore, he declared, the number of children suffering is considerably larger among the "lives of wealthy parents than among poor."

minution of too frequent dances, ties and attendance at the movies, he said, together with insistence on extra periods has brought about rapid improvement in the condition of many of child patients. The subject of his address was "The Role of Fatigue in Nutrition of Children."

he fatigue and resultant malnutrition, he asserted, are often not due to physical exercise, overwork or over-ty, but are caused by "the American craze for keeping up with the crowd," he said, has victimized parents well as children.

he application of remedial measures, continued, needs great care and understanding, for "the more you lay down nite restrictions in a set programme



you are defeating your own end."

"The importance of rest and relaxation is not thoroughly understood," he said, "by either nutrition workers themselves, teachers or parents, and there is much need of propaganda in this matter as there is in the matter of good clothes, proper food and similar things."

The amount of sleep a child gets, he continued, has much to do with malnutrition, but is an individual concern and cannot be tabulated in a set table. There should be a minimum, however, he remarked, and "in the treatment of my patients I require a minimum of 15 hours of sleep for children one to two years of age; 12 hours for children two to four; 11 for those four to six; 10 for those six to ten, and nine for those 10 to 14."

Dr. Veeder's paper followed one by Dr. Frank D. Dickson of Kansas City on "The Relation of Posture to the Health of the Child," in which Dr. Dickson had stressed the ill-effects of incorrect posture, and had outlined methods used by him in correcting those defects. Aside from corrective efforts through the use of apparatus, exercise and balancing of shoes, he pointed out the need of gaining co-operation of parents and teachers.

Warm discussion followed the two papers, Dr. Fritz B. Talbot of Boston agreed in the emphasis placed on "the vicious circle of fatigue and posture," but urged that physicians "do not get carried away with enthusiasm for correcting postures when there may be need of surgical operations back of them."

"The children inherently have poor postures," asserted Dr. C. F. Wahrer of Fort Madison, Ia. "I would like to say that the fault lies with the parents, but then the parents have never been taught any better. We must inform the public, and especially the parents, that they must correct the postures of their children. If you're told 'it's none of your damn business,' go right ahead

anyway."

Here Dr. Wahrer delighted the large audience with graphic mimicry of the postures of "young women nowadays," and of others. "This posture like an old hay wagon and waddling like a duck won't do, he declared. "This palmaric old Government must take the matter up. It makes a lot of difference the difference between us and our brother, the ox. Let us continue at the work and hope that we can bring a change for the better."

Dr. John A. Foote of Washington urged the importance of nutrition in correcting defects, pointing out that the necessity of proper food is always present. Dr. C. H. Johnston of Grand Rapids, Mich., re-emphasized Dr. Veeder's statement that malnutrition occurs more often among wealthy children than among poor.

"Textbooks teach us," he said, "that poverty, malnutrition and tuberculosis go hand and hand, but I have found in tests in Grand Rapids that malnutrition is much more common among the rich. Among a certain number of rich children examined 40 per cent showed malnutrition, while among the poor only a little over 20 per cent showed it."

The nutrition of children must be the fundamental consideration in the treatment of fatigue and faulty posture, added Dr. Sherbin, a woman member of the Kansas State Board of Health.

"A child has to have healthy muscles before he can lift himself into a correct position," she continued. "There are many other causes of bad posture which haven't been mentioned here."

"Parents are everlastingly tying their infants in the cradle instead of letting them play as they should; then there are wrong clothes, and there are rooms without any chairs for the child to sit

down in, so that he has to stoop over on the floor when he reads and plays. "You give him a kiddie-car to run about with and develop his legs, but provide nothing for him to develop his arms with."

Dr. E. J. Huenekens of Minneapolis asserted that much malnutrition and incorrect posture is due to faulty home environment, where too often, he said, "you find a neurotic atmosphere."

Dr. Veeder closed the discussion by stating that he recognizes the presence of many other important factors in the matter of malnutrition, but that he believes "this fatigue which is so hard to define and which is not caused by the accepted factors of over-work, over-play or over-exercise," has not been emphasized enough.

A paper showing the incidence of heart disease among 946 school children in the lower East Side of New York

city and the effects of curative exercise, nutrition and other methods of treatment, was read by Dr. Robert H. Halsey of New York. Dr. Frank C. Neff of Kansas City, chairman of the section, presided.

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