

Education vs. Nutrition.

"Education versus Nutrition," is the heading of a cartoon presented in the latest *Bulletin of the Chicago Health Department*. It calls attention to the importance of proper nutrition, along with the education of a child.

The cartoon depicts a pale faced youngster toddling toward a school building under the weight of a huge book, many times the size of his tiny luncheon receptacle, which he carries in his other hand. Beneath the picture is printed the following:

"Health must not be sacrificed to education. What will it profit a child, the man, and a community if he gain a world knowledge, and lose his health? A wise community will safeguard its future well being by recognizing its obligation to its child citizens. There must be no underfed school children."

Children and Sweetmeats.

A discussion in the *British Medical Journal* raises the question as to the advisability of allowing children to eat sweets. Careful investigation of the effects of sweetmeats has led several specialists to believe that not only may the teeth be injured thereby, but that not infrequently the consumption of jujubes, chocolates, acid-drops, comfits, and so forth, brings about stomach troubles that indirectly affect the whole system. On the other hand, there are eminent medical authorities who deny the harmful effects of sweet-eating. There is, however, no doubt that the continued presence of sugar in the mouth is favorable to the development of microbes which produce acid-substances very detrimental to the teeth. Further, any process of fermentation set up in this way may very well react unfavorably on the stomach. But it has yet to be proved that the proper care of the mouth, and due use of the tooth brush, will not counteract such effects; if the hygiene of the teeth be neglected, they will certainly decay, sweets or no sweets.

In any case, this is a matter which merits the fullest investigation, for, considering how common dental disease and faulty digestion are at the present time, it has become of national importance. Now that public institutions are making special endeavors to care for the teeth of school

children in an efficient manner, everything that tends to forward their efforts in this direction is particularly urgent. Moreover, it must be remembered that all sugary substances are energy-producing, and for this reason it is important that sweets should not be forbidden to children—who use up so much energy by their restless activities—unless really adequate reasons can be found for so doing.

The Dust Problem.

In a recent number of *The Journal of the American Medical Association*, Dr. H. S. Anders, of Philadelphia, discusses this problem at length and relates the efforts made in Philadelphia to suppress this evil. Letters were sent to the Mayors of Baltimore, Buffalo, Birmingham (England), Berlin (Germany), Budapest (Hungary), Cleveland, Denver, Detroit, Dublin (Ireland), Leipsic (Germany), London (England), Minneapolis, New Orleans, New York, Paris (France), St. Louis, Stuttgart (Germany), Toronto (Canada), Vienna, (Austria), and Washington, D.C. A summary of the replies shows:

1. In a majority of the cities where results were satisfactory, the principal cleaning was done at night, or completed before six o'clock in the morning.
2. Thorough sprinkling preceded sweeping. Sprinkling was also done two to four times daily in dry (non-freezing) weather to lay prevalent dust.
3. Flushing wagons or flushing from curb to curb with hose is the method used in preference to sprinkling and machine sweeping in the best cleaned cities.
4. Hand sweeping by blockmen in daytime is always preceded by wetting with a hand sprinkler.
5. Piles of dirt are immediately removed while wet or damp in covered wagons.
6. Last, but by no means least, is the dustless operation of dust and dirt removal by automobile vacuum street-cleaners, on the principle of vacuum house-cleaning which is now rapidly taking place of the old dirty, dust-raising broom and feather-duster. In one hour as much surface can be actually cleaned as was imperfectly gone over with duty accompaniments by horse-drawn sweepers in six hours.

It is a hopeful sign of the awakening of