

—he has never been up to the normal standard and can never be brought to it. The number of children who are not up to the normal standard is appallingly large. In a recent survey in Toronto, 32,453 children in the schools, about one-third of the total number, were examined, and among those 538 were found to be more or less mentally defective, while in regard to 150 more there was reason for doubt. In some parts of the city the percentage was much higher than in others; as high as 11 per cent. was found in one school.

In determining the mental efficiency, or deficiency, of the children a number of tests are used. Questions adapted to the normal age of the children are asked, etc., and a record kept of the total number of marks gained for correct answers. In making these tests great care is taken before saying that a child is mentally defective, before 8 years of age. Legally there has to be 3 years difference between the "mental age" and the physical age of the child.

Adenoids and diseased tonsils cause retardation, but this never amounts to more than 1 to 2 years in the mental age. Remove the trouble and the child immediately improves mentally. Illness and malnutrition cause retardation, but the children will improve mentally as soon as the cause is removed. Mental defectives never become normal.

A great many mental defectives have physical defects, e. g., a high and narrow palate, malformed ears or hands (e. g., the index finger may be the same size as the little finger), and the muscular control is poor. These defects are not always an indication of mental deficiency, but usually they help in diagnosis.

There are three main groups of mental defectives. (1) Idiots. These are not able to protect themselves against physical dangers. They never advance past 3 years mentally, and can't take care of themselves at all. Sometimes they are the result of in-breeding. (2) The imbeciles that have a mental age of from 3 to 6,—the type of defective Barnaby Rudge was, with shuffling gait, etc. Many of these can be taught to do simple things; in one institution they have been taught to make shoes. But these people are not safe in a community. They have no moral sense. They are likely to steal, set fires, and so on. (3) The highest type, or "moron," with a mental age of from 6 to 11 years. These are the greatest source of danger. To the casual observer they often pass as normal. Of the 538 deficient children found in Toronto, 40 were imbeciles, the others were morons.

It has been estimated that 85 per cent. of the insane are in institutions, but only 15 per cent. of the feeble-minded, yet these last are as dangerous as the others. People are afraid that the insane will hurt them physically, and so shut them up in asylums; the feeble-minded are let run loose. Five generations ago a feeble-minded man in the United States married a feeble-minded woman. Their career has been traced. Up to this time they have had 717 descendants, of whom 612 have been feeble-minded, criminals and paupers, who have cost the country \$1,350,000. This is only one case. If we got after such cases and prevented their continuance it would help to lower the "luxury" taxes.

A girl at 15 married a man with the mental age of 4 years. She is now 28, and has had 10 children, 7 of whom are living, all feeble-minded. Another mother with a mentality of 7 years came to Toronto in November with 6 children, \$2, and a bag of potatoes. She had had \$10 out of which she had paid the railway fare. She could not count money, and was found, after 2 weeks, in a room furnished with one blanket.

The mentally deficient child does not learn to walk and talk as soon as the normal child. At 5 they seem stupid; at 10 have a mental age of about 7; at 16 a mental age of about 10. The physical age keeps getting further and further ahead. In Toronto it was found that about 50 per cent. of the deficient children were of foreign-born parents.

Special classes are recommended for these children. They are happier there. For one thing there are no "tail-enders." Then pains can be taken, by trained teachers, to teach them as much as possible. They are taken on camping

trips and so on. Some of them can be trained to make things with their hands, and it has been found possible to train quite a number of the morons to some useful industry, weaving, broom-making, etc.

Complete segregation, of course, is advised. The feeble-minded are happy in institutions, and are prevented from reproducing their kind.

Dr. Dandeno at this point said that a "Report of the Inspector of Age Classes for Ontario" has been prepared and can be got by writing to the Department of Education for it.

Dr. Clarke, continuing, said that the average of mental deficiency in Toronto districts was 1.66 per cent.; some districts went as low as .75 per cent., and one as high as 11 per cent. It was expected that that locality would run high in mental deficiency. Why? Because every humanitarian organization in Toronto knows it as notorious. Venereal disease is high there. It is a locality of poverty, disease, dirt,—everything is wrong there. That district is the result of mental defectives. It is going steadily downwards, becoming more and more tumbledown.

Another district in Toronto was once known as "Shacktown," but the people who built the shacks, as a beginning in life in this country, were of different calibre. They are working upwards, becoming more and more comfortable and prosperous.

In the West a great deal of investigation has been carried out in the rural districts, and similar conditions have been found right out on the farms. In some cases there are poor farms, tumble-down homes, mentally deficient parents and children; in other places there are good homes, well-kept machinery and no defectives at all among the children.

The occupation of the parents of defective children has afforded some interesting study. It has been found that a great many of these children have parents who do routine work, requiring very little mental effort.

In reply to a question regarding the mental tests in the schools, Dr. Clarke said that a child of 7 is asked to name the days of the week—asked what day precedes certain days, etc. He is asked to count his fingers, and to tell the differences between certain things, e. g., wood and glass, a fly and a butterfly.

For the 8-year test the child is asked to write his name, to write simple sentences. Then there is what is called the "base-ball" test; a round field is drawn on paper and the ball "goes over the fence." The child is to go and get the ball, and almost invariably the mentally deficient child fails to go outside the field. Another test is to get the child to count backwards from 20 to 1. Another is to ask the child to tell the similarity between certain things, e. g., iron and lead, and another to ask for definitions, e. g., "What is a soldier?"

For the 9-year test ask the child to give the date, day of the week, month, year,—to name the months. He is then asked to make sentences containing 3 words, e. g., "tree," "green," "summer," to make change in money; and to arrange a series of blocks according to weight.

The 10-year test requires copying simple drawings. Also reading certain sentences and seeing how much the child remembers afterwards. There is a stock vocabulary of 30 words, whose meaning the normal child is expected to know.

The 11 and 12-year test requires a definition of words such as "envy," "revenge," and the re-arranging of mixed-up sentences.

The 14-year test sets simple arithmetical problems—a rather difficult proposition for the mentally deficient.

Measurement of Intelligence, a book by Terman, gives a number of good tests. These test for feeble-mindedness, but sometimes the actually insane go through them like lightning.

Dr. Clarke emphasized that classes for the feeble-minded should be very small, so that a great deal of personal attention can be given by the teachers to the defectives. He thought there should be special farm colonies for these unfortunates, and that various crafts should be taught them, as many are quite good at work with the hands.

Your Health.

BY "MEDICUS."

READER, Ont., writes as follows: Dear Medicus—Have been a very interested reader of your articles and will be very grateful if you can help me. Ever since my last baby was born I have never really felt well. Two and sometimes three times a week I have most awful headaches. I have four children and have always a bad time at birth. Just lately when I try to lift anything, even a small pail of water, it seems as if someone was putting an iron band around my body just over my ribs and pulling it tight. My appetite is not very good.

Answer.—Dear Reader: "From your letter I would conclude that you have had very severe labors and perhaps all your four babies have been fairly large. The result has been a torn perineum, and as a consequence of this tear, there is a certain amount of prolapse of the uterus and perhaps of the stomach.

"Symptoms.—Because the support to the pelvic organs has been injured, whenever you lift anything heavy, or strain, all the organs of the abdomen sag down. This throws a strain on the ligaments that run from these organs to the back, and backache is a common symptom. Because the stomach sags down, it does not do its work properly, and, as you say, the sight of food makes you sick at times. Often the patients complain of sour stomach or heart-burn.

"Because the uterus sags down it often presses on the rectum and causes constipation, or on the bladder and causes frequency of urination. There is often a discharge from the uterus—leucorrhea or "whites," which is inconvenient but not serious, not 'weakening.'

"The most serious result is on the nervous system. You have headaches. Often the unfortunate women become irritable, lose their happy disposition, and life looks dull and drear. Then you will find these women working their heads off, just to forget their troubles, their aches and pains.

"Treatment.—Drugs are of no use, and may even be harmful, especially the patent medicine. Too often they soothe because of the large amount of alcohol present. So, don't take any medicine unless for constipation (Liquid Vaseline or Russian Oil is perhaps the best). If you are anaemic, iron (Pill Blaud, 3 grains, one after meals) and three good substantial meals a day, whether you feel like it or not.

"If you have a torn perineum, an operation by a competent surgeon is the only remedy. Before I would decide on an operation, I would suggest that you strengthen your abdominal wall. Why? Because your abdominal muscles, if strong, help very much to hold up all the organs inside. If you have an operation and your abdominal muscles are weak and flabby, you may not get the relief that you anticipated. How can you strengthen these muscles? Massage,—but that is too expensive and you can't get it in the country. Better than massage is exercise. Try this one for a month, and if you care to persevere I will tell you of others. Every morning before you are dressed, lie flat on your back with your hands by your side, and raise yourself up slowly, and don't let anything rest on your toes to help you. Repeat this six times. That isn't asking very much, but if you will keep that one exercise up for a month you should be able to notice that your abdominal wall was becoming 'as hard as a board.'

"Another thing I would do, and that is get back your former weight. (You didn't say in your letter that you were thinner than usual, but I feel safe in making the guess). Eat plenty of bread and butter—an extra slice after each meal (instead of a dose of nasty medicine), weigh yourself every week and keep a record.

"Lastly, develop a spirit of equanimity. I think you have done wonderfully well. It is a wonderful asset, so cultivate and water the little flower continuously, constantly.

"Yours very truly, "MEDICUS."

The Fashions.

How to Order Patterns.

Order by number, giving age or measurement as required, and allowing at least ten days to receive pattern. Also state in which issue pattern appeared. Address Fashion Department, The Farmer's Advocate and Home Magazine, London, Ont. Be sure to sign your name when ordering patterns. Many forget to do this.

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Name.....
Post Office.....
County.....
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Number of Pattern.....
Age (child or misses' pattern).....
Measurement—Waist.....Bust.....
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Cut in 4 sizes: 4, 6, 8 and 10 years.
Size 10 will require 4 yards of 27-inch material. Price, 15 cents.
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Cut in 3 sizes: 16, 18 and 20 years. A 20-year size will require 7 1/4 yards of 27-inch material. The width of skirt at lower edge is 1 1/8 yard. Price, 15 cents.

