

called Russian tallow which is used by the mothers of poor children to anoint the babies' chests, which are then covered by a piece of dirty brown paper, six flannelette garments, a thick frock, a pinafore of extreme grubbiness, and a pelisse, and then the child, being warmly wrapped up, it is brought to the out-patient department suffering from bronchitis and a rash, which are both almost invariably attributed to the teeth. When the protectionists come in I trust fervently that Russian tallow may be heavily taxed. I believe that a great deal of the bad development of the children of the poor is due to too much clothing, and too little soap and water.

There is, to my mind, nothing so depressing as the medical out-patient department of a children's hospital. One after another, the children of all ages are brought in for the "bottle of strengthening medicine," the cod liver oil, "sime as the larst doctor giv'." Every infant sucks a "comforter," every child has some mess of glucose and aniline called sweets. Sugar is good for children, and an excellent food, but it should be taken at definite times. Children always like sweet things, and there is no harm in their having fruit, jam, treacle, sugar, and bread and butter, which they nearly always love, but such things should be taken at meals and not in between, nor in snacks whenever they tease for them. Most children eat too often. I see very little real want of food in London, but I see a great deal of starvation owing to infants and children, and grown people, too, getting food they cannot digest. I find the poor always have money for beer, for tobacco, for patent foods, and patent medicines, while they cannot afford milk, porridge, or such nourishing foods. Among the well-to-do one finds far too much of "little and often" about children's meals. I do not quarrel with the little, but I do object seriously to the often. What children want is plain, fairly varied diet which they can easily digest. Remember, it is not the survival of the fittest but the fittest that Nature aims at.

The final complement of these is exercise. We are always talking about physical culture and drill for children, but the important point about physical development is how and when they are taught. The strong child will develop himself, the weakly child needs the greatest care and attention.

Finally, I may say: Air your children's lungs and bodies rather than your own or anybody else's fads, give plain wholesome food, let children run about and play their own games in their own way, and, if special physical culture is needful, be careful how and when it is taught.

## Work of a Sanitary Inspector with Tuberculosis.\*

By MRS. JOHANN VON WAGNER,

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With no mortgage on fresh air or trust to monopolise the supply, it seems unnecessary to have the largest death rate from a disease which is entirely due to the lack of air and light. When the general public know more about the laws of health, dark, unwholesome dwellings will not be able to be let more, even if advertised at cheap rents, because disease is too dear for most people, especially at the expense of young life.

At the present time we have improved building laws, so that wet cellars, dark, unventilated halls, air-shaft rooms will, perhaps, soon be a crime of the past.

Cleanliness—real surgical cleanliness, as known in hospitals—will have to be introduced into households to safeguard the family. Sanitary chemistry will do a great deal to improve household hygiene. Underfed and neglected children, such as found in drunkards' homes, should be taken care of in proper institutions, and the tendencies for an early grave will be lessened.

The lack of cleanliness I hold responsible for much tuberculosis in our congested tenement house districts. Suppose I wish to be clean, and my neighbour does not wish to be clean, does not recognise his or her duty to the community, expectorates in public places, is not clean in dress or person, in or outside his dwelling, I shall surely suffer, as all humanity forms one chain not stronger than its weakest link.

Clean air, clean water, clean food, clean utensils, clean bodies, clothes, homes, and streets, and the record of preventable diseases will become a part of our past painful history.

The musty smell of damp cellar air, the collective odour of six or twelve family cookings, the bedroom odours from overcrowding, all that we notice on entering the usual tenement house, the pernicious habit of two or three members of one family, or boarders, sharing one bed, the fear of night air, and soon we see the decline of health and the beginning of tuberculosis. The absence of sunlight in the day and the lack of fresh air at night are mighty factors in developing germs.

The mother, who is most confined at home, is usually the first victim, the baby and other members of the family following,

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