

FIRST AID OUTFITS FOR SCHOOLS.

W. C. B. writes: "Will you please discuss first aid outfits for schools, taking up respectively outfits for: (1) A one room country school, 10 to 40 children; (2) a consolidated country school in which manual training and domestic science are taught, 60 to 120 children; (3) city elementary schools, 100 to 1,000 children; (4) high schools in which manual training, domestic science, chemistry, and physics are taught, 120 to 1,500 children; (5) manual training and trade schools in which there are woodworking shops, cooking rooms, forge and machine shops, printing shops, etc.? Some definite recommendations would be helpful."

In making up suggestions for a series of cabinets for schools I have had the help of Dr. A. M. Harvey, surgeon to the Crane company.

It will be noticed that the equipment recommended for country schools is somewhat more complete than that for city schools. The reason is that relief from outside sources is not so easily had as in the case of city schools. When help is summoned from the outside it will be longer in arriving, and an injured child being transported home will have a longer trip. The country school must be more nearly self-sufficient, and therefore for it a fuller equipment is provided.

In addition to the emergency cabinet I have added suggestions for some other equipment. This equipment will be found useful in promoting the efficiency and physical welfare of the students, but it cannot be classed as equipment needed for emergencies.

Emergency cabinet No. 1. (For one-room country school, 10 to 40 pupils).

Liquid green soap, one pound in two glass stoppered bottles.

One hand scrubbing brush.

Towels, one-half dozen, three-quarters yard long, 18 inches wide.

Alcohol, one pound.

Saturated solution of boric acid, one pound.

Tincture of iodine, four ounces.

Applicators, small jar of toothpicks with a small pledget of cotton on the end.

Adhesive tape, one yard, long, one inch wide.

Two, two ounce bottles of antiseptic dusting powder (boro-chloretone, talcum, or some such powder).

Sterile gauze (dry), one yard jar.

Bandages, one and two inch, one dozen each.

Safety pins, two dozen.

Scissors, one pair, with a two inch blade.

Ointment, two two-ounce jars white precipitate of mercury.

Aromatic spirits of ammonia, two two-ounce bottles.

One-half pound of Epsom salts.

Two ounces of syrup of ipecac.

Two ounces of diarrhoea mixture.

Two medicine glasses.

Two droppers.

Oil of cloves one ounce.

One ounce of Monsel's solution.

Two enameled basins (white).

One rubber tourniquet, 24x1/2 inch, or webbing 24x1 inch.

Two wooden splints, 30x4x3-16, and one wire gauze splint, 30x4.

Each package is to be plainly marked in English. The label on medicine must show the name of the medicine, its use and its dose.

The soap and hand brush are to clean the surfaces to be treated; also to clean the hands of the person giving aid.

The alcohol is used to supplement the soap in cleaning. It can be used to wash off carbolic acid and excess of iodine. Iodine is used on cuts, bruises, abrasions, wherever the skin is broken. It may be poured on a surface or in a wound or it may be applied with an applicator.

The dusting powder is to be used on chafing or excoriated surfaces.

The ointment may be used on ringworm and vermin on certain parts of the body.

The use of epsom salts is to relieve constipation when headache or dizziness is resulting from it.

Aromatic spirits of ammonia is to

be used whenever a stimulant is called for. It is of service when there is fainting or when there is shock following a severe injury.

The cooking soda is to be applied to burns, sunburns, stings and bites. The syrup of ipecac is to be used to produce vomiting whenever indicated and tickling the fauces with the finger has proved ineffective.

The diarrhoea mixture is to be given to relieve violent watery diarrhoea with cramping.

The oil of cloves is to be applied to the cavities of aching teeth with a pledget of cotton and a toothpick. A little alcohol sniffed into the nostril and the same side as the aching tooth often gives relief.

The Monsel's solution of iron is to be used to control severe nose bleed or local hemorrhage. It can be applied on cotton.

The rubber tourniquet is to be used to control spurting hemorrhages in the extremities. The splints are to be applied in fracture cases. The splint should be applied outside of the clothing and without making any effort to reduce the fracture. The sole purpose of the first aid splint in a fracture case is to permit the patient to be moved without injury to the soft tissues from the sharp ends of the bone.

In addition I would strongly advise that every school be provided with a first aid manikin. This shows the methods of giving first aid, especially the control of hemorrhages and the fixation of fractures. Aside from its use as a first aid help, it can be made use of for the purpose of teaching anatomy and physiology.

In addition to its first aid cabinet every school should have a welfare cabinet.

Contents of Welfare Cabinet.

One dozen packages of wooden tongue depressors.

One dozen wooden applicators with sterile cotton swabs for taking throat cultures.

One clinical thermometer.

One set of Allport's eye testing cards.

One wet and dry bulb thermometer (hygrometer).

Emergency Cabinet No. 2.—[For a consolidated country school in which manual training and domestic science are taught, 60 to 120 children.]

There should be everything as in the No. 1 cabinet and the following in addition:

Sixteen ounces of picric acid and solution. [Two grains to each fluid ounce.]

Neutralizing agents.

The picric acid solution is to be applied to burns. Unimportant burns are to be treated with soda or soda water; the severer ones with picric acid solution.

The neutralizing agents probably belong in the laboratories rather than in the first aid cabinet. What they are will depend on the chemicals in use. For acid burns and poisonings, alkalis are to be used. Such are plaster from the walls, whiting, soda.

For alkalies, acids are to be used—vinegar or the stronger acids.

For bromine burns apply alcohol.

For carbolic acid burns apply alcohol.

For nitrate of silver burns apply common salt.

Welfare equipment as for the smaller school.

Emergency Cabinet No. 3.—[For city elementary schools, 100 to 1,000 children.]

The cabinet should be supplied as in No. 1, except as to the following: Eliminate the tourniquet and the splints.

Although there is a much larger number of students than in the one room country school, it is not advisable to increase the quantities of the different drugs. It is easy to replenish as needed, and freshness is desirable.

The welfare cabinet to be the same as for No. 1. Instead of increasing the numbers of the different articles, it is better to duplicate cabinets as required.

No. 4.—Same as for No. 2.

No. 5.—Same as for No. 2.

SHAKE COMMITS SUICIDE IN BRADDOCK DRUG STORE

From the Pittsburgh Leader.

Residents of Braddock, Pa., are talking about a rattlesnake which committed suicide in a drug store window because of despondency.

The scene of the suicide was staged at a Braddock drug store and Joseph Butler, a clerk, witnessed the "tragedy." He tells the story. Several weeks ago, he declares, two rattlesnakes were put in the window on exhibition in a small glass case. The snakes were seen by many residents of Braddock who were interested in their movements and life.

The female had not been in the case more than a week before it died. According to Butler, the male refused to eat following the death of its mate, and it remained in the case as if dead for a few days. Then the snake began to show signs of activity and Butler was startled by a rattlesnake which was a few minutes later, he hurried to the window and could hardly believe the sight before his eyes. The snake was biting its neck and tossing itself against the broken showcase and, after continuing this performance for several minutes, collapsed and died.

DEFECTIVE CHILD STUDIES.

District Superintendent Allison, of the Chicago schools, thinks we have been too sweeping in our classification of below normal children. In consequence we do injustice to many children. For one thing, we brand them with an adjective of which some of the children and a great many of the adults know some part of the meaning. It harms the child with himself to know the significance of his tag. It takes away some of his opportunities.

In the second place, the treatment given is not best for that subnormal, although it is proper for the group.

Primarily, every child 2 years behind the grade proper for his age should be tested. He is retarded. The question is why is he retarded? It may be because he is a recently arrived foreigner and started late in his schooling. It may be that the cause is a mental or a physical defect, or it may be bad environment, or something else.

Unless the reason for the retardation is plain, the mentality of the child should be tested by the Binet-Simon test or some similar test. Professor Allison insists that the findings of that test should not be accepted as final. It is to be regarded as evidence.

To it the evidence of teachers and of home visitors is to be added and on the three items decision as to the classification of the child and its physical, mental and social treatment is to be based. In this opinion he agrees with Professor Holmes, of Pennsylvania college, and with Professor Sidis, of Harvard.

A certain percentage will fall into Professor Allison's sixth group—the defective—the noneducable. This group includes the morons, the idiots and imbeciles. While Professor Allison does not treat of this group since in theory in the Chicago system these are in institutions, we must not accept the statement that they are noneducable or nontrainable too literally.

An 11-year moron must not stop training at a nine-year development. Professor Goddard goes so far as to advocate special work for morons and other higher grades of feeble mindedness and training the subjects for that work.

In the Chicago tests 8 per cent of the 1,265 children were defective, and 11 per cent were on a border line between this group and the group above. Dr. Kohn, of the Bridewell, thinks that this border line group should be carefully studied and treated, each according to the decision in the particular case.

The Binet-Simon test is the best single test for these border line cases, but it will mislead if not supplemented by study of the sociology of the individual and his environment.

Professor Allison makes the following classifications:

Backward children because of unkindly mental gifts, able to become economically independent. This group will take to training in handicraft work.

Slowly developing children—natural—slow.

Retarded, because of physical defects or illness or other removable cause.

Of the 1,265 children examined 28 per cent were retardates, 13 per cent variants, 19 per cent slow developing, 21 per cent backward, as above, and 19 per cent defective or border line. In his judgment those above the border line cases and some of the border lines should be cared for in special rooms under special teachers, but in close touch with other school children. The less they are tagged the better.

Raising An "F-4" from Water.

In the Popular Science Monthly and World's Advance, Lieutenant Commander Julius A. Furer, who was in command of the work of raising the ill-fated submarine "F-4," tells of some of the great difficulties which had to be overcome before the death boat could be raised.

"When the 'F-4' was finally located the day following her disappearance off Honolulu on March 25, it seemed at first hopeless to salvage her on account of the weight to be lifted and the difficulty of making lines fast at the great depth of 300 feet. All attempts at dragging the vessel into shallow water, so that customary salvage methods might be employed, failed. The vessel had not even been moved by the dragging operations, so far as could be ascertained from the surface—fairly conclusive evidence that all compartments were practically full of water. That means that the submerged weight of the submarine was approximately 260 tons.

"Four specially constructed windlasses were installed on two bottom dumping mud scows—two on each scow. The lifting cables were passed up through the mud pockets and secured to the windlasses. Instead of securing the cables to the vessel loops of the cables were swept across the submarine and both ends were attached to four scows, two at each end, third the length from the bow and stern about the same distance from the

Bills for Social Welfare Ready for Congress

(Graham Taylor in The Survey.)

"Millions for defense, but not one cent for the nation to vigilance in the protection of its rights. A question which will confront congress when it convenes on December 6 is the relation of possible millions for defense to the social welfare of the nation's people. Surely the countries of Europe have come to realize that in equipping themselves for war the welfare of their people is by no means the least factor. Failure to secure early consideration of bills was one of the chief reasons for the disappointing results in social legislation before the last congress. The Palmer-Owen child labor bill, for instance, passed the House but the objection of a single senator—Overman, of North Carolina—killed it in the upper chamber. The second campaign for the bill is now going forward with vigor in the hands of the national child labor committee. The expectation is that Senator Owen and Representative Keating will introduce it.

National Child Labor Law.

The bill prohibits interstate commerce of goods in the production of which children under 14 have worked in mills, factories, canneries or workshops; children under 16 have worked in mines or quarries; children between 14 and 16 have worked at night or more than eight hours a day in factories. Those who are urging the measure point out that it protects not only the nation's children but enlightened employers as well, for it would remove any disadvantage which a manufacturer in a state with advanced laws may feel that he has in competition with manufacturers in states with lower standards. Another measure designed to regulate the conditions under which goods are manufactured through federal authority over interstate commerce is the bill concerning the products of convict labor. A state may regulate its own convict labor, but it cannot bar convict-made goods coming in from another state. The Boer-Hughes bill, as it was known at the last session, has passed the House four times. A year ago it was favorably reported by the Senate committee, but never came to a vote.

This bill and a new one designed to consolidate the prison activities of the federal government are particularly urged by the national committee on prisons and prison labor. At present these activities are scattered through various departments. The management of the three federal prisons and three jails and control over federal prisoners—some 4,000 of them in all—comes under the department of justice. All prison construction work is done by the interior department which also maintains a hospital for convicts, while the gathering of statistics regarding prison industries is under the department of labor. The new bill will provide for a commissioner of prisons in whose office would be concentrated all of the activities mentioned, with the duties of investigating administration, housing and social hygiene of prisoners, educational methods for their rehabilitation, systems of pardon and parole.

U. S. to Fight "White Plague."

Health measures before the next congress will include the bill to create a division of mental hygiene and rural sanitation in the public health service, which was considered last year, a bill to create a commission for the study of tuberculosis, and a bill to provide federal subsidies for local tuberculosis hospitals. The new duties proposed for the public health service by its own request are to deal with mental disorders, to encourage improved methods of rural and industrial sanitation, and to disseminate among farmers and others information for the prevention of communicable diseases.

The plan for a federal commission on tuberculosis has been endorsed by your sectional conferences on tuberculosis and the American public health association. They point out that last year, while \$18,000,000 was spent in the United States for institutional care and treatment, less

than \$2,000,000 was spent in the entire preventive campaign. They cite the success of Dr. Gorgas in eradicating yellow fever in Cuba and urge that if tuberculosis is attacked similarly by the federal government the next decade will see as marked reduction in the mortality from tuberculosis as we have already seen in smallpox and yellow fever. The plan is for a commission of eminent specialists vested with authority and financial support to make an intensive investigation into the etiology of tuberculosis.

The care of tuberculosis patients who come from other regions of the country has long concerned certain western states, and congress will be asked to recognize that the care of such consumptives is an interstate problem. The California association for the study and prevention of tuberculosis is promoting a bill designed to provide federal subsidies to local hospitals which care for such patients.

Would Stop Labor "Wars."

Industrial measures are expected to include those before the last congress and several new ones. Among the recommendations of the commission on industrial relations, those which will be pushed are probably indicated in the announcement made by Chairman Frank P. Walsh, who laid emphasis on the need for a federal law or, if necessary, a constitutional amendment, limiting the power of the courts to declare laws unconstitutional, for an act prohibiting interstate shipment of armed guards, machine guns and other similar weapons except when consigned to the military authorities of the state or nation, and for an act requiring the federal trade commission to consider as unfair competition the exploitation of labor through long hours, low wages, unsafe or insanitary conditions. The bill providing adequate compensation to all civilians employees of the government for occupational diseases as well as injuries, will be introduced again, drawn on the same lines as the Kern-McGillivuddy bill last year. The American association for labor legislation plans to make a special campaign on its behalf.

Federal regulation of employment agencies will be proposed again to do away with interstate abuses, particularly in the case of immigrant workers sent by employment agencies to work in other states. A federal license is proposed for employment agencies doing an interstate business and federal control through a commissioner of labor exchanges. The committee for immigrants in America is interested in securing legislation. Another bill for the federal authorities would enable them to enforce the treaty rights of foreign subjects and give federal courts power to act in all cases of treaty violations.

Stronger Immigration Laws.

Several other bills modifying the immigration law are expected to come up. Some of these deal with a situation created by the war and provide for letting down the bars to Belgian and other refugees who come to America because of military conquest of their countries. Another effort is expected to extend to all Asiatics the present exclusion laws against Chinese laborers.

Effort will again be made to secure the adoption of the Smith-Hughes vocational education bill. Its two large aims are to extend federal help to the states in providing vocational education and training teachers in this field, by grants of money and by establishing a federal board for vocational education to work with state boards. The proposed appropriations range from \$50,000 the first year to \$3,000,000 the eighth year thereafter. Favorable action is to be sought for the Abercrombie bill requiring the commissioner of education to promote plans to eliminate illiteracy. The campaign for the safety of passengers on steamships, in which the Consumers' league has been interested, will be further pushed and at its meeting in November the league voted to take the initiative in obtaining an investigation of the Eastland disaster.

PREPARATION COCOA TO BRING OUT ALL ITS DELICIOUSNESS

Many people have tasted cocoa and found it lacking in the elements they desire for a beverage to be used at every meal. Undoubtedly the cocoa was not properly prepared. Reasonable care should be exercised in the making. It is not difficult and the result well repays the labor expended.

Here is undoubtedly the best recipe for cocoa. It should be remembered, however, that for the best results only pure cocoa should be used. This cocoa comes in finely powdered form and contains 24 per cent cocoa butter.

For every two cups of cocoa desired use: Two cupfuls of milk, two teaspoonfuls of pure cocoa, three teaspoonfuls of sugar, two tablespoonfuls of boiling water.

Dissolve the cocoa in boiling water and when smooth add hot milk, let it boil up once. Stir well and pour into a hot pot. Serve with whipped cream or serve in small cups and place a spoonful of whipped cream on top.

Another delightful drink is cocoa egg shake.

The ingredients for this are: Two cupfuls of cocoa made according to the recipe just given, 1 egg, whipped cream. After the cocoa has become very cold add the well beaten egg, sweeten and strain. Beat well, pour into glass and serve. Place a spoonful of whipped cream on the top of each glass.

How to Dose Animals.

After thrusting a struggling porker into a barrel and pouring his medicine on and not in him, the amateur veterinary will do well to heed the following suggestion for giving medicine to animals which is printed in the current issue of Farm and Fireside:

"When fluid medicine is to be given to sheep, cattle, horses or swine, a practical and simple form of drenching tube can be made by taking a piece of rubber tubing one-half inch in diameter and about three or four feet long. Affix a tin funnel to one end of the tube and a piece of iron or brass tubing four to six inches long at the other end.

"When drenching, insert the metal tube into the animal's mouth back as far as the metal tube will reach, then operate the funnel and allow the drenching medicine to slowly pass into the animal's stomach. Care should be taken not to push the animal's head too high—just high enough to allow the

medicine to gradually flow back to the back part of the mouth.

"The medicine can be checked if flowing too fast by pinching the rubber tube.

"In most cases it is better to drench the animal while standing, and in the case of sheep, if the medicine is given in a standing position the gaseous remedy or similar work remedies will pass directly to the fourth stomach, whereas if the medicine is given when the sheep is placed on its haunches or in a sitting position the medicine has been found to be less effective."

College Life Shallow?

L. H. Harris in School and Society. Having lived in a fraternity chapter house, the writer knows something of the topics of conversation usually obtaining: the last dance, and the little queen that Bugs Inman toted, who was sure some bear at the fox trot; Ty Cobb's batting average; our chances in the bowling tournament; Slim Smith's slide to third last Saturday; the new neckties at Green's haberdashery; the latest capers of the estimable Charlie Chaplin; a deal with the Dells for the senior class presidency; this week's bill at the local vaudeville theater. Now, these topics all have their place, but that place should scarcely be the place of honor; nor do they very well come under Arnold's definition of culture as a knowledge of the world—to which should be added, the best that is being thought and done. Is there not some way in which this gallimaufry of trivialities which is superseded by more substantial stuff, and the latent cultural function of the fraternity made active?

Laws for Children.

From the Chicago News. Forty-five state and territorial legislatures and the congress of the United States in 1915 passed laws affecting children, according to the federal children's bureau, which made a survey of such legislation during the current year. Special reference is made to the impressive number of children's laws and to the number of commissions appointed to study and prepare for future legislation.

A few of the 45 states made notable advances. Alabama, for example, whose legislature meets only once in four years, enacted a new child labor law, a compulsory school attendance law, an excellent desertion and non-support law and a state wide juvenile court law remodeled its treatment of juvenile delinquents, recognized the principle of compulsory school attendance, passed the excellent child status law and appointed two of the state commissions already referred to. Kansas established an industrial commission to regulate hours, wages and conditions of work in four states—two at each end of the child hygiene in the state board of health; it also enacted a playground law and a mother's pension law.

IN DEBT FOR HER ENTERTAINMENTS.

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"Give a man a pipe he can smoke.

"Give a man a book he can read.

And a home is bright with a calm delight.

Though the room be poor indeed.

Give a man a girl he can love.

As I, oh my love, love, thee,

And his heart is great with the pulse of Fate.

At home, on land or on sea."

When you ask a mother of moderate means why she allows her daughter to have so many little home affairs and dress in the height of fashion, if she is candid she will tell you it is her duty as a mother to push her daughter. She wants her to be brought in contact with a class of nice young girls and men.

The root of it all is the hope that the girl will be seen to advantage and marry well. She braves her husband's censure and grumbling, believing that men do not understand the importance of such matters. She does not seem to realize that she is launching the girl on a tide of extravagance. The friendship of young folks is delightful, but if it is dearly paid for, there is little or no sweetness or comfort in it. Inviting a dozen or so of young folks to her home for cards one evening, dancing and games another, may be very pleasant for the girl, it might do very well for once or twice in a season, but if it is kept up every week or so in the year, the head of the household has a right to complain, father argues.

It costs money for refreshments. Young people have voracious appetites. When they find one family willing to stand such expenses they do not hesitate to come right along with no thought of returning the good time. The young men have these pleasures which they do not have to pay for and the young hostess learns all in good time that she is paying the piper for take the other girls home, while she has to pay good night to the whole crowd in a bunch. Many a young man who had been her guest might have been pleased to take her home had he met her at some other gathering.

The young men on their way home are the first to decry the extravagance of the girls who give too many affairs.

Young girls cannot be blamed for showing their mates good times.

It is the duty of their parents to explain to them kindly that when giving affairs assumes extravagance they are having pleasure at the expense of the family, cutting off their needs and their hope of saving something for a rainy day. Father is obliged to borrow from Peter to pay Paul; dodge his landlord; starve the butcher and the baker, a while, wears shabby clothes and keep a worried heart in his bosom.

The girl who has the constant entertaining bee in her bonnet is usually the last in her set to marry. When she does marry, she is apt to keep up the same extravagance she formed in her girlhood days. If the husband has a pocketful of money it is sad enough. But when he must work hard for his dollars, as her father did, such extravagance is a bar to his married happiness. Extravagance is a plant which grows like weed. The woman who indulges in it soon finds that the people whom she spends her money for are the first to turn their backs upon her if her husband is haled to a bankruptcy court.

Fathers and husbands should come to a kindly but firm understanding with their women folks, refusing to indulge them in whims which have no backbone. The careful wife and daughter lay the foundation for future prosperity. The man is happy who has no stack of bills come to him which he has not the wherewith to meet.

In the Azores.

Henry Bingham, in The Century.

The Azorean house, the cheerless barrenness of which explains the flight of the men to the cafes, is a house not only for a man and his family, but for his ox and his ass and all that is his, one roof covering all. When the animals—those poor, ill used Azorean animals, all of whom, even sheep, dogs, and cows, must bear burdens and draw loads—are banished to stalls in the garden, one front door and one common entrance hall still serves both man and beast. If one has an unreasonable antipathy to our dumb friends, he must be careful in accepting peasant hospitality for the night; for the morning light is sure to discover all the animals of the place nestling in and about his bed, from the huge, black pig and the tiny donkey down to cats, dogs, sheep and calves, half starved hens, clean, fat rats, and cosmopolitan fleas."

Switzerland spends more on relief of poor than does any other country.