

The Physically Fit Family

By GRACE HEIDBREder

DOCTOR CAROLINE HEDGER is connected with the Elizabeth McCormick Foundation of Chicago. Previous to her present work she was a practicing physician, but when asked to take this position she accepted because she saw the great possibilities of such work. Her lecture to the women attending the Farm and Home Short Course was upon the "Physically Fit Family."

Much attention has been given the physically fit individual but little to the family unit which is really the underlying essential of a physically fit member of the unit. Kansas is leading the states in this locality, sponsoring the fit family. At the state fair each year a prize is offered to the most fit family, the slogan being "Fitter Families for Future Firesides." A thoro physical examination, a mental test, a medical examination, and laboratory tests are given the entire family entering the division. A prize is given the most fit family. Other states are passing measures and legislation providing for the future generations. Education is helping the general public to realize the importance of having the child well born and well reared. The increasing number of feeble-minded people and of premature babies is alarming. The exact cause is unknown but individual states and the federal government are taking steps to remedy the existing conditions. The federal government passed the Shepard-Towner Bill and the states are providing homes of various kinds to take care of the afflicted, but often these are inadequate. Feeble-minded persons are not capable of reproducing fit families and at present the inadequate institutions and eugenic laws are the only means of prevention.

The mother, the hub of every family, must be well and fit. Thru the ages women have been martyrs. It was fashionable to be ill and faint at the least cause,

Elizabeth McCormick, the only daughter of Cyrus McCormick the second, died of appendicitis when she was eleven years old, and instead of building an elaborate tomb, her father established a million dollar fund for child health, calling it the Elizabeth McCormick Fund.

There are over thirty workers employed by the fund, each in his respective line of work. Among the employees are two lecturers, two physicians, nutrition specialists, two educators, and an office force. The fund has a five year contract with the Michael Reese Hospital for eight beds for five years, to study metabolism.

The mailing office of the fund is at 48 North Dearborn, Chicago. Anyone wishing information may secure literature from this office.

but women have come to realize the foolishness of such actions and are much more physically fit than the women of 20 years ago. The girl must be made to realize that health is not made after marriage but must be had and cared for from childhood. Even too strenuous mental work is detrimental to health.

Doctor Hedger cited one incident of a personal friend of hers, who was a research student of medicine, who is married now but cannot have a child. Every possible investigation has been made to find the cause. Because she is a student and thinker, she came to Doctor Hedger one day and said, "I believe I have found the cause of my not being able to have a child—I put into research and study the energy I should have reserved for my child." If that is a truth it is food

for that for every woman.

The child is imitative, therefore it is necessary for the parents to be very careful of their habits, both physical and moral. The child is ready to copy the posture of the parent; the prevailing mental attitude and the general conduct of the father and mother. Therefore it is important that the family be healthy minded, socially healthy, and morally healthy. Educate the child to take life in his own hands and build it accordingly. To do this, the above facts are essential, plus a knowledge of a balanced diet. Children should be taught to eat the things they need from the time they are weaned at nine months, not eight or nine years later. It may be necessary to correlate various methods for individual children but if taught to eat proper food as youngsters better health as adults is probable. However, the fact that children are imitative makes it necessary for the parents to be equally careful of their diet. Children are very likely to eat as their parents do.

Doctor Hedger gave eight points as a standard for a healthy family:

1. The father and mother must be well.
2. Have at least enough children to replace father and mother.
3. The children should be well born.
4. The children should be born when both parents are in reasonably good health.
5. The child should be breast fed.
6. *The child should be weaned at nine months, and educated to eat proper food.*
7. Co-operation of family health with medical attention.
8. Co-operation of family health with community:
 - a. Thru the schools.
 - b. Thru the right kind of recreation.

Early Spring Markets

By MARVEL SECOR

SPRING brings a wealth of fruits and vegetables to our tables from distant states, to fill in until the home food-stuffs are in market. Refrigerated transportation has made it possible for Iowa housewives and their neighbors to serve fresh products that are raised in other parts of the country.

The majority of people today are healthier and therefore more efficient because they put into their daily diet foods that used to be luxuries. Canned goods cannot take the place of fresh fruits and vegetables, which contain C vitamin for health.

Prices of foods vary according to the weather, freight and crop conditions. Asparagus, rhubarb, strawberries, Brussels-sprouts, peas and string beans are probably too high priced for the average family table at this time of the year, but often high prices are discounted by few-

er doctor bills. Our bodies need fresh green vegetables the year round.

Tomatoes are very rich in vitamins whether they are cooked or raw. They are still quite expensive when bought fresh but are rich in food value. Celery sells for ten cents to twenty-five cents a stalk and comes from Florida and California. Lettuce and spinach are plentiful and inexpensive. Cabbage costs only a few cents a pound and is valuable for its mineral and vitamin content.

Cauliflower is a little more expensive than cabbage but can be used for variety. Sweet potatoes are shipped from Texas, Alabama and the Carolinas and can be bought for ten cents or less a pound. Egg plant costs only a little more now than it costs later in the season. Carrots are reasonably priced and are sweet and good. They are being used

uncooked in salads as well as made into attractive cooked dishes.

Dandelion greens continue to hold their place in the diet for furnishing iron and minerals. It takes but a short while to find enough for a meal, and they cost nothing but the time to get them. They flourish in one's own lawn or garden, and should not be shunned because they are so plentiful.

Artichokes, shallots, endives, and kohlrabi are not as commonly used as some of the other vegetables but are winning a place for themselves in the well balanced menu.

There are many choices of good things found in the spring markets which will whet the appetite and bring added health, if the housewife will but realize their nutritive value.