

4. To inform the Editor of the Journal from time to time of any activities that are going on in her province that might be interesting for publication in the Magazine.
5. To keep in touch with the Development of Nursing Profession in the province. To assist as far as possible in getting State Registration and proper legislation for Nurses.
6. Should there be at any time any Unit of Reserve Nurses for national emergency in her province the T. N. A. I. District Secretary will be asked to keep such a register.
7. It is advisable that each T. N. A. I. District shall have its own small committee that the Local Secretary be convener of such.
14. *Duties of Selection Committee* :—To scrutinise the applications for membership and to vote for the election of new members.
15. *Quorum*.—One-fourth of the members of the Executive Committee shall constitute a quorum. Twenty-five members of the Association shall constitute a quorum.

HEALTH VISITORS' LEAGUE SECTION

The Community's Responsibility Toward the Child of School Age

Prepared by the Metropolitan Life Insurance Company, New York City.

"The Youth of twelve years of age is the community's most precious possession." The hundreds of thousands who listened in one Sunday afternoon in late November heard this message from Dr. S. Parkes Cadman as he dedicated a community building in Brooklyn to the service of the youth of that city.

And this thought is given to us repeatedly by our foremost students of social history. The boy or girl of adolescent age, in the formative years of his life, is a great treasure house of possibilities. His way may lie in the fields of science, mastering the elements and giving to the world new services for the betterment of mankind. He may be a Pasteur, a Michael Faraday, a Darwin, a Steinmetz. Or in later years he may beautify life through his inspiring interpretations on the canvas or in the realm of music—a Sergent or a Beethoven, or, in the world of letters, as a Tennyson or a Thoreau. *She* may be a Florence Nightingale, an Elizabeth Barrett Browning, a Judge Allen.

Great worlds lie ahead. To the community is given the great privilege of protecting this young life as it unfolds, and of helping it discover its inherent powers.

The school years are the years for the dreaming of great dreams that, persisting through manhood and womanhood, change the histories of the world. The community opportunities which are open to these young boys and girls may be the touchstones that call forth their best capabilities.



Realizing fully the opportunity and responsibility that rests upon its shoulders, the intelligent community frequently takes stock of the situation—stands off a bit from itself in order to see how it is meeting the everyday needs of its youth. It puts to itself some very searching questions and appraises itself in the light of the answers which it can make with all honesty.

THE CHILD'S RIGHT TO HEALTH

The first claim which children make upon society is the right to health. In this age of keen competition and the tremendous demands of social and industrial life, it is most important that the growing child be physically prepared to meet the daily trials which maturer years are sure to bring. He must be surrounded by health on every hand—in the house that is his home, in the school, in the streets of the city or the roads of the town.

Health in the Home.—"Better Homes" has become the slogan adopted by many forward-looking civic groups. We plead for greater emphasis on these words and for a meaning broader than one which includes merely the attractive arrangement of furniture and the use of labor-saving devices.

By "Better Homes" we mean those homes where the laws of health are observed, where the nature of the dwelling encourages the free admission of light and fresh air, where cleanliness is the rule of the home, where the food the children eat is fresh and pure, where the water and milk they drink are free from contamination.

The observance of these health laws is not left to mere chance by the progressive community; its statute books carry ordinances regulating the character of building which may be erected, compelling periodic inspection of food markets, prohibiting the distribution of milk which does not measure up to a specified standard and requiring the constant testing of the water-supply.

But the mere presence of these laws on the statute books is not enough. No child is assured of healthful living conditions unless these laws are conscientiously carried out. Every group which is really civic minded may therefore profitably concern itself with the consideration of, the housing and food laws of its community, as well as the enforcement of these laws. After all, how many of us really do know what provisions are in effect in this community of ours with regard to food and dwellings? And if we are familiar with them, have we ever considered how effective they are in insuring health to the children of our community? Would an investigation show us that further legislation was necessary? Or, perhaps better provisions for its enforcement? Perhaps here is a definite opportunity for us to work closely with our local health officer to the end that the general health of the community will be improved.

Adequate Recreational Facilities.—But, given a healthy home and a food supply which is safeguarded, no child is assured of a healthy life unless he has an opportunity to spend his play hours under healthful conditions.

What are our children doing after school? The honest answer to this question will serve as a good working basis on which to build a community's recreational program for the children of school age. The normal boy or girl enjoys active play. If the neighborhood children are not occupied in this wholesome way after "school is out," it is time for the neighborhood to earnestly study this situation.

We all know that play affects both the mind and body of the child and that its physical benefits cannot be over-estimated. No amount of drills, breathing exercises, or posture work in the schools can take the place of vigorous, spontaneous play out-of-doors. And when play is rightly supervised, children

learn something of order, obedience, self-denial, and discipline as well, and play becomes a practical school of citizenship.

The question of playgrounds and recreational facilities should, therefore receive the earnest thought of those communities that are sincerely interested in the child's right to health and moral development. There are the Boy and Girl Scout movement, the Y.M.C.A., Y.W.C.A. and many other organizations which are helping to meet the recreational needs of children. These should, of course, be encouraged in every community, but in most places the question needs to be handled through governmental as well as extra-governmental measures.

The statistics for 1923 disclosed the fact that 20,000 children were killed in all kinds of accidents in the United States during that year, many of them while playing. Is it little wonder, then, that a nation-wide movement has been started for public playgrounds, which will help to keep the children off the streets and which will make automobile traffic easier and safer? If playgrounds cannot be provided, streets closed to traffic are urged.

It is the progressive community that realizes the fact that it owes every child a safe and happy place to play in. As a group of women interested in community betterment, we may very appropriately inquire as to how this community is meeting the problem of the child's play hours. What share is our own community taking in the campaign for playgrounds and play streets?

Is that young child, who is soon to be a grown-up citizen among us, to be deprived of the development which comes to both his mind and body from wholesome out-of-door play? Or are we willing to face this question frankly and see that he has his chance? Do we need more play space and better recreational opportunities? It may be that, after investigating this matter more thoroughly, we will want to seek the advice of the Playground and Recreation Association of America which is making this problem its special concern.

Health and the School.—The subject of the health of the child while he is at school requires an entire paper. In passing we might note that the spotlight of public attention is being turned on this important question, and as a result, boards of education and boards of health in many communities are pushing health programs admirably with the active assistance of the leading civic groups within these communities. Teachers are learning how to teach health. Children are being taught health habits in the class-room and a nation-wide movement appears to be in progress for the building of better school structures that are in themselves more conducive to health.

As club women and mothers, a very important thing for us to remember is that no child will profit by the health instruction given in the schools unless an effort is made in the home to carry out this instruction in everyday practice.

Community Health Campaigns.—Before leaving the question of the community's responsibility toward the health of the school-age boy and girl, something should be said of the value of community health campaigns—clean-up campaigns, the health examination campaign, and other general health efforts, and, in addition, campaigns for the prevention of specific diseases such as diphtheria and small-pox.

These are preventive measures which are enthusiastically recommended by our most eminent medical experts. Parents everywhere should be informed of the wisdom and importance of having their children successfully vaccinated against small-pox and immunized against diphtheria, two diseases which may be prevented if people will but profit by recent scientific findings.

Campaigns such as these, undertaken by local health officers, are activities which may very legitimately be supported by any women's club. Would it not

perhaps be wise for us to discover what percentage of the children living in our community have been vaccinated and have received the toxin anti-toxin treatment?

DEAR FELLOW-MEMBERS OF THE H. V. L.

First of all, let me wish you all a "Happy New Year," rather belated though these wishes will be by the time they reach you.

I expect we are all a good deal troubled by discharging ears at our Welfare centres especially at this time of the year, often the sequel of bad colds.

The treatment of the acute stage of otorrhoea is not, of course, within the province of the Health Visitor, but she may be called upon to assist the mother in clearing up a chronic discharge.

The best method, I know is, after cleaning away the discharge with a dry swab, to pour into the child's ear daily 1 tea-spoonful of warm glycerine with one per cent carbolic added, and to keep the child lying on its side for 10 or 15 minutes, to allow this to soak in. When the discharge becomes much less, stop the glycerine, dry the ear carefully and blow in boracic powder. This simple method will often clear up a ear surprisingly quickly.

The following simple notes suitable for a Health Talk to mother at your classes may be of use to you. I have copied them from 'National Health' an excellent paper published monthly at 5 Tavistock Square, London, W. C. 1.

Tonsils and Adenoids

Introduction—

Adenoids and enlarged tonsils are very common among all children, but especially among town children they may be the cause of a great deal of trouble.

Their presence may be suspected when there is a constant running from the nose, frequent catching of colds, a thick voice as if the child had a potato in its mouth, snoring at night, mouth breathing, and a vacant expression. The more serious results are extension of the inflammation to the ears, with running from them and eventual deafness. An unhealthy, septic condition of the tonsils may ultimately lead to general ill-health, glands in the neck, and more particularly to rheumatism.

Causes of Enlarged Tonsils and Adenoids—

Most of us like to know the cause of things. Let me tell you a little about adenoids. One of the chief causes of disease in general is infection with some sort of disease germ. Influenza and the common cold are due to this cause. The living germs are breathed in with the air and unless they are immediately destroyed they will grow and multiply, and produce the disease which is peculiar to them. Nature has provided a very efficient means of protection against such diseases by providing at the back of the nose and in the tonsils a special trap to catch these germs and special apparatus for their destruction. The so-called mucous membrane in the above-named situations is composed of a white sticky material called lymphatic tissue, which is the wonderful means of killing living germs. If a great number of germs are admitted to the nose and mouth with the air which is breathed in, this sticky mucous membrane becomes coated thickly with them and has a great deal of work to do in destroying them. The more germs there are to destroy—that is to say, the dirtier the air—the more work has this tissue to do, and the more liable is it to be over-worked and later to become inflamed and diseased.