

THE EFFECTS OF MALNUTRITION.

The problem of nutrition is older than the human race. The survival of plants and later of animals was conditioned upon their finding proper food and favorable environment.

In many revolutions the food question has been the potent factor in stirring people to overthrow their government. As never before in modern time the subject of food and nutrition has come to the front. It is one of the most pressing world problems. War conditions have made this more pronounced. We have before seen results of prolonged underfeeding of individuals. Whole nations are now suffering from this, and we are able to verify this saying by glimpses we get from reports of conditions in other countries. The causes of these effects bear most heavily upon children. Their power of resistance is lower than that of the adult. Underfeeding, though prolonged, is not as dangerous with adults as children.

The health, growth, and physical development, and to a considerable degree their mental development and progress, depend upon the kind, amount and preparation of food they get.

Much has been done in recent years to reduce higher mortality, especially in case of infants; still there remains much for us to do. To do this, it has taken time, organization, money and effort. Most of the efforts have come through educational means. These conditions were brought to our attention most forcibly as consequences of the selective draft with the finding of so many who were unfit.

Most well-thinking people agree that the wealth of a nation, state or city is its children; still it is one that has been sadly neglected. Now where will the responsibility of this crime rest? I say partly on the home, partly on the state and a share on the medical profession.

The failure of the home may be the result of several causes; ignorance regarding simple principles of nutrition. The weak indulgence of children by parents permit, the formation of tastes and habits in the selection of their food, and manner of eating detrimental to health and growth.

Economic conditions are responsible for a large number of undernourished children. The public press, clubs, nurses and others have been fighting this enemy recently. In schools older girls are taught something about food and cooking. But what has been done has barely scratched the surface.

In the past, the physician was consulted only in case of illness or accident. No one thought of seeking his advice at any other time. This fact remains in some instances. His office was only to relieve aches and pains, thus it seemed he knew little of matters of diet. We feel that a decided change is coming about; for in the past few years we are told that one phase of nutrition which in many places is recognized as a physician's field, is infant feeding and hygiene.

If the home has failed, and if the medical profession has failed, it now rests with the State to take a hand. While much has been done, and is still being done by private agencies to promote matters of health, the State should make available for its humblest citizen the best modern science leading to health of children.

In school a retarded child is below its grade for his age. This may be due to late entrance, financial conditions, etc. But in a number of cases recent experiments show that most cases are the results of malnutrition. As home-makers and fighters against this dread, I have listed

Rockefeller Foundation Makes \$75,000 Gift.

(By The Associated Negro Press.)
Cleveland, O., Jan. — Miles Memorial college, Birmingham, Ala. has been made the beneficiary of a \$75,000 gift of the Rockefeller Foundation, according to an announcement made here on the occasion of festivities in connection with the 67th birthday anniversary of Bishop Charles Henry Phillips of the C. M. E. church.

Bishop Phillips and the church workers of Alabama who have labored with him are given credit for arousing the interest of the Foundation so that the present gift resulted. Each year there has hitherto been conducted in Alabama educational rallies at which large amounts were subscribed for Miles college a few "Don'ts" based on this subject:

TEN DON'TS FOR THE HOUSEWIVES.

1.—Don't boil tea. Use a hot earthen tea pot. Pour boiling water over the tea leaves and let steep for 3 minutes.

2.—Don't cook coffee for half an hour. Make it fresh each time. For plain boiled coffee, 3 minutes slow boiling is sufficient, for coffee made with egg, five minutes boiling is long enough. It might sound primitive, but green coffee roasted and finely ground as needed gives a better flavor than most can coffees.

3.—Don't give coffee or tea to the children. "Cambric" tea will satisfy them and since it is nothing but hot water, cream and sugar, no harm results from the use of this beverage. Milk should always be given. "Cambric" tea and cocoa may be given for a change.

4.—Don't make cocoa by simply boiling water over it. Use 1-4 water and 3-4 milk. Cook sugar, water and cocoa together until thick, this swells the starch grains of the cocoa and prevents it from settling in the bottom of the cup. Scald milk. Add to other mixture, place in the top of a double boiler and beat well with a Dover egg beater before serving.

5.—Don't fry eggs until they are crisp and brown. Use only a small amount of fat in frying pan. Cover tightly and remove as soon as coagulated. The steam from the egg will cook the top of the egg which is often served raw when cooked uncovered. Try scrambling eggs in the top of a double boiler for a better flavor and texture. For a change, poach eggs in milk and use the milk to make a sauce to serve with the eggs.

6.—Don't always fry potatoes. Starch coated with fat is very hard to digest and if used too often will cause harmful effects. Boiling, baking, creaming and scalloping are ways more nutritious and desirable.

7.—Don't serve pie too often. It is an undesirable dessert for children for the same reason mentioned above. Serve the filling minus the crust, garnished with fruit juices or soft custards.

8.—Don't serve pancakes too often. Use only a small amount of fat while baking them. (We do not fry them.) The extreme heat decomposes the fat making it undesirable for food and the cakes will be more easily digested if only a small amount of fat is taken up.

9.—Don't serve half-cooked cereals. The cellulose of the grain should be softened by long, slow cooking to prevent irritating the walls of the stomach.

10.—Don't serve half baked or burned bread. The burned bread will be wasted and the half baked hard to masticate causing the organs of the stomach to be overworked.

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Richmond Elks Prepare for Convention.

(By The Associated Negro Press.)
Richmond, Va.—With the coming of the New Year comes cheering news from the officials of Elksdom of this city, who have not only begun making preparations themselves for the big Elk Convention to be held here in August, but have aroused the entire city is aflame with men, hotel keepers and the like are beginning to show great interest and are looking forward to great things from the Elks. Capital City Lodge No. 11, it is reported, is planning to build a new home which, it is believed will be ready by this time. Williams Lodge No. 11 has acquired the property next door to the present home, which they plan to convert into one and when it is completed they claim it will be the last word in club houses as it is their hope to make the finest Elk home in the South. The entire city is aflame with the prospects of entertaining Elks from all over the land.

The Rev. J. F. Boulden, of Natchez, Miss., was the first man to petition Congress, asking the right of franchise, and the first Emancipation Celebration. The petition was granted and the first celebration took place January 1, 1865. He made the first Republican speech that was ever delivered in his town, and was a member of the first Republican convention in the State, which met at Vicksburg, July, 1867.

FIND ABRAHAM'S BUSINESS RECORD

(By The Associated Negro Press.)
Philadelphia, Pa., Jan.—The most ancient business records ever kept by man, one a ledger similar to those used today, have been found by a joint expedition of the British Museum and the University Museum at Ur, of the Chaldees, the buried city of Abraham, according to a report received in this city from C. Leonard Woolley, head of the expedition.

At the last rally \$50,000 was raised. It is now proposed to raise another \$75,000 to meet the Rockefeller gift and thereby make available \$150,000 for the college which will do much in helping the institution to retain its front-rank position among the schools of the South. Dr. George Leonard Wood is president of the college and Bishop Phillips is chairman of the board of trustees.

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The Rev. H. Garnett, of the Presbyterian Church, was the first Colored man to preach in the capital of the United States.

SEVERELY BURNED.
Mr. Hannibal Howard 926 Walnut Street, was severely burned about the face and hands several days ago. It seems that he threw some gasoline in an open furnace door which caused the flames to leap out and set fire to him. He is much improved at this writing.

MANTLE OF SLEET.
For the first time in several years, Columbia was covered on last Wednesday with a white mantle of sleet. It was considered the most disagreeable day of the year.

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