

ARDEN SHORE IS HAVEN FOR BOYS

Supervising Physician Describes Procedure to Bring Health to Undernourished

CAMP EVERY WINTER

Bring Out Working Boys Who Are Ailing

EDITOR'S NOTE: Accompanying is the second of a series of special articles regarding activities at Arden Shore, the rest camp for Chicago tenement people, maintained near Lake Bluff as the north shore's own charity. The Arden Shore association, which has chairmen and workers in each of the north shore villages, will soon make its annual solicitation for funds. There will be no campaign in Wilmette, since the Community Chest provides a quota for the association, but the other villages will be canvassed within a few weeks.

BY DR. C. BRANNICK

(Supervising Physician, Arden Shore)

The subject of nutrition has long been an important feature of social medicine, and the nutrition class is now a familiar adjunct of schools, dispensaries, and other social agencies.

About six years ago the Arden Shore association began an interesting experiment to further this idea by opening a winter nutrition camp for boys. It is open approximately eight months of the year. The boys are admitted on the recommendation of the Medical Examiner in the Vocational Guidance, and Certificate Bureau of the Chicago

Board of Education. At this bureau, children who for economic reasons must leave school between the ages of 14 and 16, apply for a working certificate. In accordance with the state laws, such certificate must be refused if, on examination, the child is found physically unfit for work. Malnutrition is a frequent finding in these examinations, and it is the more markedly malnourished of this group who arrive finally at the Nutrition camp.

Adapt Selves Readily

One of the many pleasant surprises encountered in working with the group is the easy acceptance of the camp regime. The explanation lies partly, of course, in the psychology of group thinking and action: if everyone is doing it, it can't be so absurd, after all, for a boy of 15 to lie down for two hours in the middle of the day; and when the rest is taken in a bed which is practically in the open, the absurdity is still further lessened. But very largely the explanation lies in the fine spirit of the individual boy, who reasons that this is expected of him, therefore he must do it

Once accepted, of course, the regime is actually enjoyed. Early rising is easy when some 40 other boys are getting up at the same time and having a good deal of fun in the process. A generous breakfast is considered the correct thing, so one must conform, though previously he may have been one of that great multitude who "never can eat breakfast." The morning school period passes quickly, since here the rigidity of the ordinary school discipline may be relaxed, and there are recess periods for recreation and mid-morning lunch. A half hour of play precedes the mid-day meal, a substantial dinner; another period for play follows and by this time the majority, if judged by the ease with which they fall asleep, are ready for the two hour rest period. They rise happily and therefore noisily

to take the afternoon lunch of crackers and milk and to prepare for the main recreation period of their day.

Offer Varied Sports

This recreation may take almost any form,—a long hike, a game of football or baseball, indoor games in the gymnasium; in the winter season skating, coasting and even skiing on a very moderate grade.

The only exercise required of all is the morning setting-up exercises. Where there is no contraindication, however, relatively vigorous exercise in the open air is encouraged, the form and extent being left as much as possible to the choice and judgment of the individual boy. Children, as a rule, tend to "seek their own level" in the matter of exercise, and experience has shown that there is a certain staying quality in the weight gain of the boy who exercises vigorously, that is lacking in the gain of the boy of more sedentary habit.

This permission of choice in recreation is part of the general policy of the camp to encourage the exercise of self-authority and self decision in the individual boy.


Accomplish Purpose

Certain questions arise; "Does the camp accomplish its purpose?" "Do the boys gain in weight?" You should

see their charts! The average gain is a pound a week, with the heaviest gains, as would be expected, in the first weeks of the stay. The record to date is held by a tall boy of heavy frame who gained 14 pounds in his first two weeks.

Is it not an expensive form of nutrition class? Relatively, no. These

boys are learning the fundamental rules of mental and physical health at the age most favorable for retaining impressions. Consciously or unconsciously, they are going to pass on much of what they learn. The work of the Camp reaches a much larger group than is represented in the hundred boys admitted each season.



Winnetka Congregational Church

Perhaps you ought not to join this Church May 3rd

At three-thirty tomorrow, in the CHURCH LIBRARY Mr. Richards will hold an informal open conference designed to help those who are uncertain about this to reach a correct conclusion.

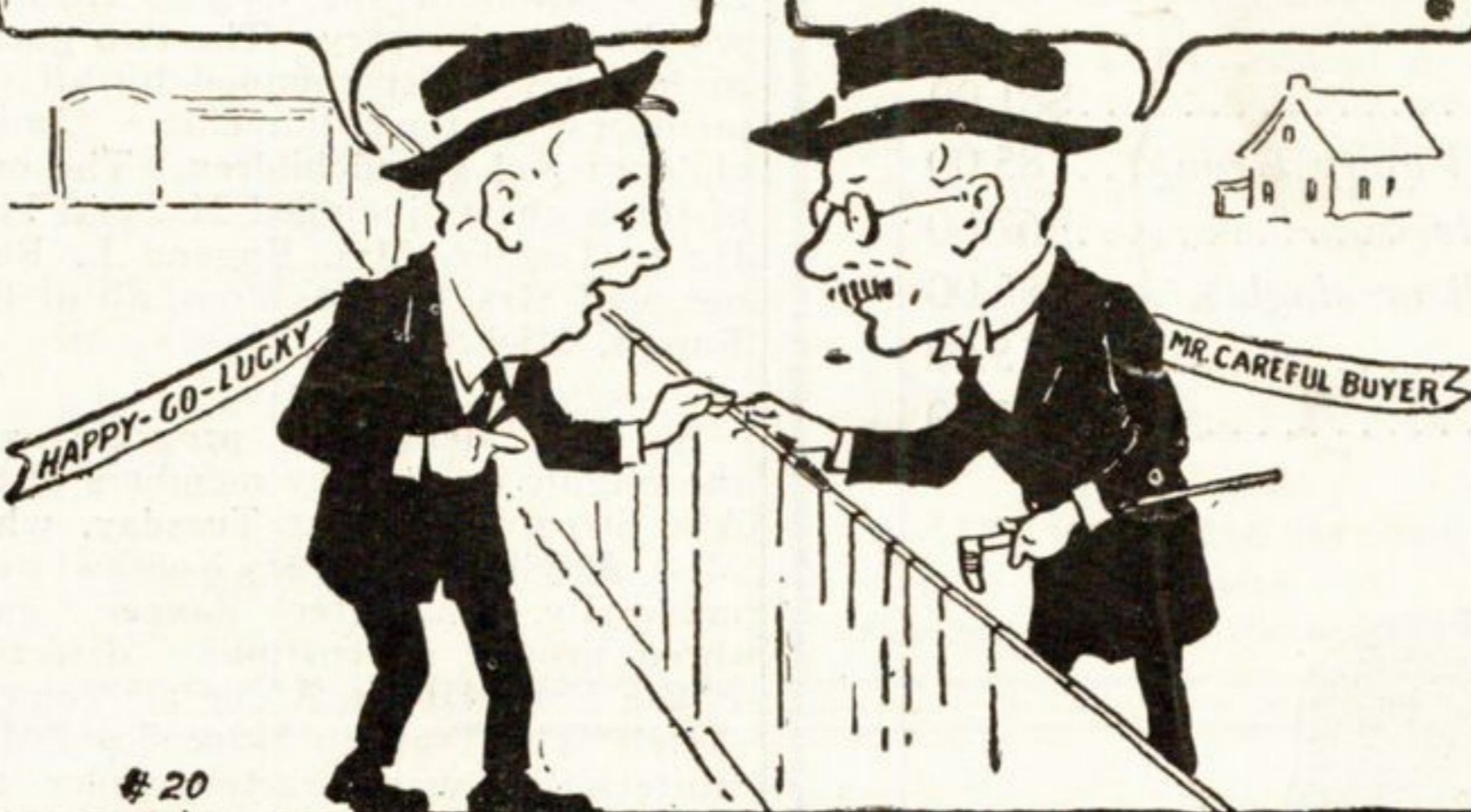
MINISTERS
 James Austin Richards
 James William Frederick Davies
 Raymond Allyn Smith, Musical Director

THE WAY TO A MAN'S HEART IS THROUGH HIS STOMACH!

Phone Winnetka 920-21-22

Yes, I just had an argument with my wife. I said she seemed to have the same kind of meat for dinner every day in the week. And she bawled me out and said that if I can locate a shop that sells any kind of a variety, she'll buy there and if I can't to keep quiet!

Well, here's where you put one over on her, Happy! You tell her to go to PETERS MARKET and she'll find they sell everything imaginable in the meat line and the biggest variety; all fine fresh cuts at reasonable prices!



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ONE that will hold you FOR a while—he says a MAN out in Wyoming one DAY found a big rattle SNAKE pinioned under a ROCK and he took pity on IT AND released it and THE snake followed him HOME and became a great PET and it watched things AROUND the house like a REGULAR watch dog, and ONE night the man woke UP suddenly and there WERE sounds of someone CHOKING in the room and WHEN he turned on the LIGHTS here was the snake COILED around a burglar's THROAT and it had its TAIL out of the window RATTLING for the POLICE!—and may we just ADD here that we are DOING a rattling good BUSINESS now in MOTHS balls, and Moth PROOF garment bags; better GET yours right away.

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Lee Adams

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