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Sunshine for Babies

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Sunshine for Babies
By EDNA ARNSTRONG

Of all the precious things in the wide
universe children are called unanimously to agree
that of all these things the healthiest, happiest, friendliest
and the greatest percentage existing in
fourth of the cases of rickets developed
over the country are called unanimously to agree
vitamin.

It was found that the rats suffering with
rickets, producing by consuming a diet
ineffective in the rickets-preventing vita
mum, everyday bright out-of-door sun-
ner, the price is nothing,
which produces such important
shine.
This factor is available to all.

Dr. Alfred F. Hess, one of America's
leading nutrition specialists, estimates
that as many as three-fourths of our
children suffer from rickets in the first
two years of life. This deficiency need
not necessarily be rectified by anything
that we commonly think of as the character-
istics of rickets, that is, large heads,
softened bones enlarged at the extremi-
ties, and such deformities as bowed legs,
but it may be in a milder form determin-
able only by use of the X-ray or care-
fully clinical examination. Rickets in this
mild form is possibly the result of a self,
results in increased susceptibility
to other disease and infection, especial-
ly those of the respiratory tract. It may
also be a loss of immunity to grippe
and pneumonia.

Much has been said and written about
vitamin—those essential little known
substances found in very minute quan-
tities in food stuffs. At present expe-
riments are busy trying to isolate and
chemically identify them. But tho we do
not know their form or chemical com-
position we do know that if these elusive
elements are missing from the dietary
that the results are very readily notice-
able and most unfortunate. One of the
foremost and best known of these vita-
mins has been found in cod liver oil and
possesses antirachitic (rickets-preven-
ing) properties. Puppies fed rations of
cooked white corn meal and oatmeal
together with casein (protein of milk) and
cooked white corn meal and oatmeal
which cod liver oil supplies—showed
inhibited growth and bones poorly cal-
lified. With 5 cc. of cod liver oil per day was added to this ration the
puppies grew successfully, showing that the cod liver oil supplies the miss-
ing vitamin. Cod liver oil may be given
to babies, under physician's directions,
with equally successful results.

During the past year we have come to
recognize another factor in addition to
the anti-rachitic vitamin which plays
very important role in the prevention of
rickets. This factor is available to all.
It may be given to the baby almost ev-
ey day of the year, the price is nothing,
and the results are most astounding!
This significant and unbelievable something
which is so important that its conse-
quences is nothing but "sunshine",
everyday bright out-of-door sun-
shine.

How was this important discovery
made? Doctors and scientists have
found that as many as three-fourths
of the cases of rickets developed
during the summer months while the re-
maining three-fourths developed during
the winter and summer months of the year, the greatest percentage existing in
March. It was thought at first that this
increase in susceptibility to rickets dur-
ing the winter months might be due to
seasonal alteration in the milk supply,
but using rats as experimental subjects,
this conception was proven erroneous.
It was found that the rats suffering with
rickets, produced by consuming a diet
adequate in the rickets-preventing vita-
mum and the results are most astounding!

This factor is available to all.

Investigators are of the opinion that it
is the ultra-violet rays (the shortest light
rays of the sun) that possess these bene-
ficial properties. These rays exist during
the period of greatest susceptibility to
rickets, little ultra-violet light reaches
the earth. This is probably due to the
fact that these rays are readily absorbed,
and atmospheric pressure, moisture,
smoke and dust play a great part in their
absorption. Also during the winter
months the babies do not play out of doors
as much or as often as they do during
the warm summer days and so do not
receive the short ultra-violet rays as they
might. Sometimes a solarium is
available and children play in the sun-
light which filters thru the glass, but
these same investigators proved that the
beneficial ultra-violet rays are entirely
absorbed and do not pass thru window
glass. The sunlight must impinge di-
rectly on the skin if the results are proof of the procedure;
it is well worth the little effort involved.

We urge that children be permitted to
play out in the bright out-of-door sunshine
for at least one-half hour every day thru-
out the entire year and especially during
the winter months. We want all our
babies to be blue ribbon prize winners.
It should be easy to stamp out this wide-
spread nutritional disorder of infants
with such readily available inex-
ensive preventive, you may take your
choice of preventives, either the cod liver
oil, which causes deposition of calcium
in the bones in the same way the ultra-
violet rays of the sun do, or put the
precious baby out-of-doors so that the
blessed sunshine may bathe his body
daily. But let us keep our children out-
doors in the sunshine as much as pos-
sible, for this method is so simple and
the results so wonderful!

Conference of Extension Specialists

By VIOLA JAMMER

Miss Grace E. Frysinger, of the Divisi-
on of Methods from the United States
Department of Agriculture, a woman of
national reputation, spoke at the annual
conference of Extension Specialists, Coun-
cy Agents and Home Demonstration
Agents held at Iowa State College, Oc-
tober 16, 17 and 18. Her subject was one of
utmost importance to the winter months
in their fields: The Analysis of a County to
determine Extension Progress.

She suggested a plan for measuring success
in the program so that workers
might compare their accomplishments
with their fundamental aims:
1. To organize rural people, industri-
ally, politically and socially for rural
betterment.
2. To improve present practices
among the people.
3. To bring about improved thinking
by giving broader visions of national
and international affairs. The welfare of the
rural people being assured so far as
they get this wider outlook. The people
need larger thinking—they have shown
much already in the social development;
but they need even more so that their
programs may give them large returns
in terms of dollars, better living de-
velopment, etc.

Large thinking means thinking in
terms of standards along every line of
contact. It means a larger horizon. It
means responsible leadership; an intelli-
gent leadership being necessary in
every community to work out well balanced
programs.

Miss Frysinger spoke of the measure of
good citizenship as being physical, fit-
ess, mental alertness, economic effi-
ciency, social consciousness, and spiritual
poise.

As a final analysis of the methods
being carried on, she suggested that one
ask one's self these questions:
Is the program sound?
Is it a long time program?
As a means of carrying out this pro-
gram efficient?
Are we utilizing time most efficiently?
Upon having taken this inventory of
our methods, we may see if our methods
are efficient and producing results. The
analysis of the local needs should be the
basis upon which to develop a program
that will lead to the most worth while
achievements.