striving for stardom. We congratulate Dr. DeVoist upon his ingenious plan.

COOK PORK WELL.

The United States Department of Agriculture has issued a warning against eating pork or any product containing pork unless it is well cooked. Uncooked pork frequently contains parasites of microscopic size, known as trichinae, and persons who eat uncooked pork run the risk of contracting trichinosis, a most painful and distressing disease, which sometimes ends fatally, in spite of any treatment. The health of patients who recover from the acute stages of the disease is often permanently impaired.

What Inspected Pork Means.

It is important to remember that uncooked pork is likely to contain live trichinae no matter how healthy the animal from which it came may have that of the surrounding air or water.

How Long to Cook Pork.

The following rules for cooking pork by boiling is based on careful experiments carried out some years ago by a Danish investigator:

Cook meat 18 minutes for each pound of weight if put into boiling water, keeping the water boiling throughout the cooking process. If the meat is put into cold water, deduct half the time required to bring the water to a boil.

Examples: How long should a 10-pound ham be boiled if placed in boiling water? Ten multiplied by 18 equals 180 minutes, or 3 hours. How long should a 10-pound ham be boiled if placed in cold water and if 1 hour is required to bring the water to a boil? Ten multiplied by 18 hours minus 30 equals 150 minutes, or 2½ hours after boiling begins.

POPULATION, DEATHS A

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Population
Total deaths
Death rate per 1,000 population
Measles
Rate
Typhoid fever
Rate
Scarlet fever
Rate
Whooping-cough
Rate
Cerebro-spinal meningitis
Rate
Diphtheria
Rate
Tuberculosis
Rate
Lobar pneumonia
Rate
Broncho pneumonia
Rate
Influenza
Rate
Cancer
Rate
Organic heart disease
Rate
Bright's disease and acute nephritis
Rate
Diarrhoea and enteritis under two years
Rate
Deaths under one year
Rate per 1,000 births reported

VITAL STATISTICS FOR MONTH OF FEBRUARY, 1921

With a Comparison of the Same Month, 1918, 1919, and 1920.
Estimated Population July, 1921, 403,418.

	1918	1919	1920	1921
Total deaths	628	737	855	477
Death rate per annum	18.01	21.16	25.57	14.19
Principal Causes of Death.				
Typhoid fever	2	0	1	0
Measles	0	0	16	1
Scarlet fever	0	1	4	2
Whooping cough	9	2	0	3
Diphtheria	7	4	4	4
Cerebro-spinal meningitis	1	2	1	1
Influenza	14	171	170	6
Tuberculosis—all forms	78	82	59	64
Cancer	39	38	38	36
Cerebral hemorrhage	42	42	50	37
Organic diseases of heart	90	109	107	75
Lobar pneumonia	83	52	80	28
Broncho pneumonia	1	29	54	31
Diarrhoea and enteritis (under two years of age)	5	4	24	13
Brights disease	60	47	70	37
Puerperal state	4	9	12	7
Automobile accidents / Other accidents	35	25	18	3
All other causes				10
	158	119	161	129
Still births	28	33	28	24
Age Distribution.				
Under one year of age	66	60	71	55
One to five years	37	38	64	22
Five to ten years	9	23	19	8
Ten to thirty years	62	108	114	53
Thirty to sixty years	224	283	279	163
Over sixty years	230	225	308	186
Total	628	737	855	477
Births Reported.				
White male	300	256	365	325
White female	305	278	327	321
Colored male	29	29	30	21
Colored female	28	31	33	25
Total	602	594	755	692
Birth rate per annum	19.03	17.03	22.58	20.58

COMMUNICABLE DISEASES (By Months)

	Cases Reported Feb., 1921	Jan., 1921	Dec., 1920
Measles	28	19	9
Scarlet Fever	101	141	105
Diphtheria	78	97	84
Typhoid Fever	0	1	2
Phthisis Pulmonalis	83	88	75
Whooping Cough	47	53	33
Chickenpox	110	89	134
Cerebro-Spinal Meningitis	2	1	1
Smallpox	12	21	8
Mumps	179	152	93
Influenza	4	6	3
Trachoma	3	1	2
Inflammation of the eyes of the new-born	2	1	1
Acute Anterior Polio-myelitis	0	0	0
	648	670	550

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CINCINNATI

Sanitary B[redacted]ulletin

VOL. 6 APRIL 10, 19[redacted] No. 4

NUTRITIO[redacted]

The Basis of Medical Inspection in the Cincinnati Schools

The constant decomposition of all life [illegible] whereby [illegible] and the power of [illegible] must be compensated by a [illegible] constantly [illegible] in renewal [illegible] pair of body [illegible] Whatever [illegible] replacement of [illegible] body cells produce [illegible] nutrition to a degree [illegible] cordance with the inhibiting [illegible] rebuilding of tissue is [illegible] oxidation of foods whereby heat is liberated. The heat given off equals in amount the quantity of protein, fat and carbo-hydrate oxidized. Therefore we use the calorie or heat unit in computing the values of various foods. The calorie, defined, is the quantity of heat required to raise one liter of water one degree centigrade in temperature. Body building or renewing for the average man requires a daily properly balanced diet which will produce about 2,500 calories or heat units. A child of ten or twelve years requires food the caloric value of which is reckoned at about 1,600.

It is in the interest of the growing child that this article is written. The nutrition of children is a matter of graver concern than that of adults. Economically and potentially the conservation of child life is of far greater moment. The perpetuity of our nation depends altogether upon how we care for our children. Nutrition of the child involves not only the renewal of waste body cells, but an unhampered, and a more finely balanced complex of body functions in order to promote normal growth of stature and general development.

But a child is not interested in health for health's sake. He is incapable of understanding, except very vaguely, the [illegible] the rules insistently [illegible] no matter how [illegible] they are dressed. He will [illegible] under compulsion or artful persuasion the health habits laid down for him, and then only intermittently unless closely watched. Many novel plans have been tried to engage and hold his attention, such as chalk talks and health "fairies," and similar "stunts." He is invariably entertained, but the permanent benefit is debatable.

The best method yet devised to stimulate the child's own interest in his physical welfare was hit upon quite by chance in the Cincinnati schools when, in October, 1919, the Health Department, one of whose functions is the medical inspection of school children, undertook the weighing and measuring of pupils in all schools equipped for that purpose. Thus began the making of nutrition the basis for our work. Some 15,000 were weighed and measured, 16 per cent of whom were found suffering from malnutrition. This group was composed of those who were 10 per cent under weight for height and age. The measurements and weights of all children, whether malnourished or not, were recorded on charts posted on the wall of each classroom. These, compared with what the normal weights should be (also recorded on the charts), revealed to the child the quality of his physical status expressed in terms that he could understand. The adoption of this single physical quotient did the trick. A wholesome rivalry was immediately engendered among the underweights to bring their weights up to normal. The full realization came to

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