

## BIGGEST NATION BEGINS TO LEARN OF BIRTH CONTROL

SHANGHAI, China, July 4—China, most populous nation of the world, is beginning to have a birth control movement.

She is beginning to have it, that is to say, in the modern sense of the word. For long in the past individual Chinese, despite the premium population set upon large families, have practised various forms of family limitation, based upon unscientific, often superstitious information.

But now, under the guidance of educated leaders, there is developing an effort—microscopically small as yet in a nation so large as China, but not insignificant—to preach the necessity of birth control as a national economic and social policy; and with it an experimental effort to dispense birth control information and supplies through professionally supervised clinics.

### Five Clinics in Operation

At least five such clinics, catering primarily to the poorer classes, are now in operation—three of them having been established within the past few months.

One, the oldest, is in Peiping, where it was launched some years ago with the co-operation of attaches of the Peiping Union Medical college. Another has been operating for a year at the famous Ting Heien mass education centre near Peiping, where the program not only includes birth control education for husbands and wives in attendance, but preparing them to spread the information in their home villages.

In the Drum Tower hospital at Nanking, a Protestant missionary institution, a third clinic was established a few months ago. Here in Shanghai a birth control league has been organized and has succeeded thus far in setting up two clinics, one in the Chinese Red Cross hospital, the other in a Protestant mission hospital. The league just now is driving for funds wherewith it hopes to provide two

more clinics before the end of the year, both in industrial areas.

### Wealthy Secure Information

The activities of these clinics, of course, do not constitute the whole modern birth control movement in China. In the big treaty ports educated, well to do Chinese are able to secure information through private doctors. Some of this information inevitably seeps back into interior cities. But as yet few doctors are equipped to present more than old-fashioned advice. Indications are that, although among western returned students and other Chinese whose lives are in the modern mode, scientific birth control methods are followed by a significant and growing minority, nevertheless the majority of the metropolitan educated classes remain little touched by the movement.

Since all the clinics thus far established have dealt at first hand only with some scattered hundreds of applicants (I have heard an estimate of less than 2,000 clients for all five clinics just listed) and since with the exception of the Ting Hsien centre these are all in big cities, away from the agrarian villages where most of China lives, it goes without saying that the birth control movement to date has not affected more than the tiniest fringe of China's millions.

### Too Early for Large Results

But as one of the leaders of the crusade has put it, there cannot be a stage of wide influence until a stage of experiment and introduction has been passed. The fact that the stage of experiment and introduction, even on so small a scale, has begun, and is growing, leads advocates of the movement to hope in the future. At the same time this initial stage has been sufficiently impressive to draw spirited critical fire from some of those who oppose contraception on theological grounds.

Charges and countercharges typical of debate on birth control in Amer-

ica have entered this phase of the discussion, on both sides of the argument. In addition there is here, from those advocating the practice, special emphasis upon the special problem of population and poverty in China, where the cities are packed with massed crowds and still more crowds in poverty, where farm land is so precious that large families must live on tiny parcels of earth, where the problem of food supply looms large, where because of scarcity and numbers infant mortality is appalling, where for the same reasons child abandonment is all too prevalent.

But there is other than theological opposition to birth control in China. First of all, there is the traditional Chinese desire for sons to keep the torch of family worship aflame. The daughters are not so much wanted and often are counted complete liabilities. But the urge for sons is great and the whole cult of family and filial piety and ancestor worship is so interwoven in the Confucian traditions of the land that China promises a slower acceptance of birth control than might be expected without it.

Yet in this phase changing times are effecting a gradual but profound evolution of thought. The extreme premium put upon children in China—how ever enshrined it became long centuries ago in spiritual and ethical tenets—undoubtedly grew in large degree from economic considerations. Chinese economy has been a family and village economy and sons were good old-age insurance. That status still obtains. But now the economic life of China, while still overwhelmingly local, steadily is becoming less so with the advance of transportation and the struggling growth of infant industries.

That the old Chinese family system is breaking down and giving way to one in which individual independence increases, that it is changing, in other words, to a family system more easily comprehensible to westerners is one of the basic social facts of China today. This of course is much more apparent in the big cities of the coastal region than in interior cities and immensely more apparent than in peas-

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ant villages. But even in the interior little by little, alteration is in progress.

It is stressed too, that conservative though the Chinese temperament is, it also is wedded to the Confucian doctrine of the mean, which might be summarized as the conviction that extremes are uncivilized, unprofitable, unreasonable, unworthy of the superior man. The Chinese are an immensely practical people. For this reason it is held by many they will not be likely to oppose a program like birth control if they become convinced that it coincides with economic necessities.

Other, much more simpler, barriers exist, however, including the ignorance and poverty of the masses and the fact that China as a whole has such an infinitesimally small body of modern medical practitioners. Regarding the practice of medicine Dr. J. Tandler, professor of anatomy at the University of Vienna, who has been lecturing at the National Medical College, Shanghai, has summarized:

"Apart from the few medical men educated in China or abroad in modern medicine—who practice mainly in the large cities—the available physicians are poorly educated men, whose knowledge is not founded on either anatomy, physiology or pathology, but is empirically accumulated and transmitted from generation to generation. They naturally endeavor to protect their own interests and are therefore usually strongly opposed to any innovation, be it of a material nature or concerning personnel."

## Of Interest to Women

## USE CAUTION IN ADDING FRUIT TO BABY'S DIET

### Applesauce and Prune Pulp May Be Given To Infants—Stew Berries For Three-Year-Olds

About this time of year mothers are wondering what fruits may be safely given young children. Should they be raw or cooked; canned or prepared at home? How much is plenty? When are fruits dangerous? And so on.

Little babies under six months had better stick to orange juice, prune juice and tomato juice. The time for enlarging baby's fruit diet is usually about six months. Applesauce and stewed prunes then come along to brighten life.

Both must be cooked thoroughly and with very little sugar. They should be strained, and the first dose is one teaspoonful. Once a day is enough. After a few days increase the amount slightly if the fruit agrees with baby.

### Give it at Noon

We are, of course, talking about a well child. Don't experiment with new foods when he is ill. If one of the other and either apple pulp or prune pulp is too laxative stop it. Or reduce the amount. If he cannot take care of it at all, wait until he is older to give it to him. Around his near-noon feeding is the best time to give it. If all goes well he can be having as much as two or three tablespoons of the fruit by the time he is seven or eight months old.

This diet is not usually varied much except under specific order, until the baby is a year old. Then he gets into second grade. A well known baby specialist recommends cooked apples, peaches, pears, and even sweet cherries or plums.

Any fruit that is sour and requires too much sugar is bad. Rhubarb, for instance, he seldom suggests on that account. He says that dried fruit is good too. Skins are best removed, then crush the fruit finely or strain it. Two or three tablespoonfuls may be given with the supper at five o'clock. He also varies this with a little ripe banana, mashed, of course. A child this age will bolt things whole, and that is never good for him.

Raw fruit is allowed most babies at a year and a half if they are well and other diet changes are not impending. As usual it must be started in very small amounts and must be crushed. It may be given alternately with the

cooked fruit, if desired. Begin with a tablespoonful of the new fruit and gradually increase. Eliminate skins and seeds. To the list of fruits used formerly the specialist now adds grapes, which must be seeded, skinned and crushed. If it tends to stimulate the bowels too much give up all raw fruit until later.

### Fruit Must Be Ripe

At three years cooked or raw fruit may be given up to five tablespoonfuls. Pineapple juice is good but the pulp is too fibrous. You may add to the fruit diet now grapefruit juice and apricots. But all and any fruit must be ripe and sweet. The things to avoid for the child of this age are raw berries and melons, although raspberries may be stewed and strained. Stewed strawberries and blueberries are all right too. Never use spice in cooked fruit for young children.

Canned fruit, unless specially prepared for babies, contains too much sugar to be suitable. Older children can take care of a great variety of fruit. But in hot weather, watch that they don't "stuff" on it when they are too hot or the fruit is too green.

### Making A Rose Jar

The real rose jar has two lids, the one fitting down closely into the jar, the other over the outside. The jars themselves are of various sizes and kinds, ranging from the small ornamental ones decorating a shelf of the whatnot, to the large more ornate ones occupying an entire corner of the spacious living room.

The preparing of one is a somewhat tedious task, but if it is carefully done the essence of the ingredients will last for years. In fact, you may do as you will to the jar but the scent of the rose will cling to it still" long after it has been prepared.

The rose petals should be gathered early in the morning, while the dew is still upon them, and they should be scattered on a table or paper in a cool airy place and left to dry for several days occasionally being tossed lightly about so as to insure perfect drying. To prepare a quart rose jar requires an enormous amount of petals, as they shrink in the drying. However one may dry them in lots, and as each lot of them is ready, pack them into a stone jar with a small amount of salt sprinkled over each one-half inch layer. After the last ones have been added the entire amount should be allowed to remain in the jar for about ten days, being thoroughly stirred every day. Then the jar should be placed in a dark corner and kept closed for about three weeks, after which the formula for the real rose jar may be prepared. The following formula calls for two quarts of dried petals.

Combine 1-4 ounce each of pulverized mace, allspice and cloves, a small grated nutmeg, 1-2 ounce of finely crushed cinnamon bark, 1 ounce of powderedorris root, and 1-4 pound of dried lavender flowers. Stir these well and then, after arranging a layer of dried petals in the rose jar, cover it with a layer of the mixture and continue doing so until all of the two have been used. As the contents are being added a few drops of rose oil, bitter, almond and geranium will enhance their value. When the jar is filled it is well to pour into it an ounce of good cologne or rose extract. Then it should be closed and the lid removed when one wishes to enjoy its odor.

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