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Text Of Dr. Newitt's Address To The Parent-Teacher Organization

For the benefit of parents who were not present at the recent meeting of the Parent Teachers Association in the Baldwin High School Tuesday of last week, Mrs. E. Stanton, president of the unit and her entertainment committee expressed their desire to publish the substance of his address which made up their program. The speech was made by Dr. A. W. Newitt, well known educator, who spoke as requested on "The Adolescent Period."
"A talk of this kind touches on the problems of parents and it was so splendid and so thorough that our committee is well pleased that the parents who were not present to benefit also," stated Mrs. H. E. Whalen, a member of the program committee.
The address, in full, follows:
"The metamorphosis from child to adult is accompanied by a profound change in the whole organism. There is hardly a structure in the body that is not materially changed. There is a rapid growth, often remarkable, which in itself fosters very often the resistance to disease. The larynx and vocal cords, in the boy, undergo a change which is heard on the school grounds. The glands of internal secretion, the parathyroid glands, are very active and there is a marked change in the mental attitude; so that
"In considering the health of the child at the adolescent period, there are several important conditions peculiar to this stage of a child's life."
"The onset of puberty should be preceded by a careful instruction of the child as to the meaning of the changes that take place at this time. The three pathological or abnormal conditions that often accompany puberty are, goitre, anemia and hysteria. These are much more common in the girl."
"Simple goitre is a swelling of the thyroid gland which as you know is situated at the base of the neck and just above the breast bone."
"The thyroid gland has a very important function in the body economy. Its product is not measurable or visible as for instance that of the pancreas, which is taken up by the blood as it circulates through the organs. Removal of the gland from the body produces phenomena which are more marked in the young. Growth is suspended, the bones and cartilage fail to develop, the sexual organs do not develop and there intervenes a very low grade of intelligence in the girl."
"Deficiency of iodine, which is characteristic of the gland, is impaired by disease after adult life has been reached. The disease is known as cretinism, while if the gland is impaired by disease after adult life has been reached the disease is known as cretinism, while if the gland is impaired by disease after adult life has been reached the disease is known as cretinism."
"The thyroid has the important function of regulating the building up of the tissues and the elimination of the waste products and it also augments the protective or immunizing power of the blood against disease."
"At the adolescent period this gland is called upon to do a great deal more work than before and the result is a simple enlargement, noticed as a fullness of the neck at the base. Normally this enlargement becomes more marked as the child grows older until in the adult it assumes its normal size."
"There is an element however, that is very important to its function and that is iodine. In so called goitrous regions, such as we live in, there is a deficiency of iodine in the soil and hence in the food we eat. The thyroid gland tries to make up for this deficiency by enlarging with the hope of compensating in that way. This growth gives rise to the condition known as simple goitre."
"The prevention of this disease is very simple and has worked out to be entirely satisfactory. It is simply the addition of a very small amount of iodine to the diet."
"This is accomplished through the efforts of the Michigan Department of Health who have induced manufacturers of common table salt to add the small amount necessary to their salt. This salt is now on the market known as iodized salt and it supplies the iodine without impairing the taste or seasoning qualities of the salt. If used continuously there will be no such thing as simple goitre."
"Anemia to a more or less degree is very often the cause of a multitude of symptoms presented by girls at the puberty. The special type of anemia called chlorosis is most often present. The symptoms that can be ascribed to this type of anemia are: loss of energy, disturbances of sleep, nervous irritability, headache, deficient appetite, application, shifting and irregular menses after eating, capricious moods, constipation, circulatory disturbances and puffiness of the tissues under the skin. The child who exhibits these symptoms are present with a variety of diseases, yet, when this condition is present, it is well to have a blood examination made to determine its presence or absence. The warning to be sounded concerning this condition is that the nervous irritability, deficient mental application and capricious appetite, which are recognized as impaired health and disciplinary measures used to the further detriment of the child. The child very often appears well nourished but the tissue is soft and flabby. Treatment and preventive measures are properly taken care of by your physician."
"Hysteria is that great complex of nervous symptoms which only one

PEOPLE'S COLUMN

Editor, Birmingham Eccentric, Birmingham, Michigan.
Dear Sir:

In last week's issue of your paper, one of your readers sets forth a plea for the submission of all types and grades to the prevailing if not unadmitted fashion of having themselves "bobbed."
It seems that your reader objects to having his immature hair cut, bobbed or his delicate skin brushed by branch or twig. I do not know much about biblical lore but I am reminded of reading somewhere in the Bible that God created everything and it was good. If this be it is reasonable to believe that a tree or a bush, being both harmless and beautiful, was one of God's gifts and it is also reasonable to believe that because of the fact that God made everything good, it is rather difficult to improve on this creation. Man has attempted it at various times but in most instances he has failed miserably and I believe this would be true if we attempted to improve upon the looks of our beautiful trees in Birmingham and some of the wonderful shrubs that have been set out by various residents of this city.
It seems that God in his infinite wisdom, created the trees and bushes for not only beauty but utility as well and it is reasonable to believe that by cutting and trimming and paring away at them, a certain amount of good is going to make it very beautiful.
"Perhaps your reader, like a good many of the rest of us, is so thoroughly engrossed in the mad rush for materialism that he is unable to realize that the things that God has made are good in themselves and that the things that man has made are not so good. If we are to keep our hearts and thoughts in God's hands, we should be content with what God has made and not try to improve upon it. If we are to keep our hearts and thoughts in God's hands, we should be content with what God has made and not try to improve upon it. If we are to keep our hearts and thoughts in God's hands, we should be content with what God has made and not try to improve upon it."
"Most of us are so steeped in materialism and materialistic ideas that we fail utterly to get the sort of enjoyment of the greatest of all beauties, the flowers, the birds and the trees."
I say, let them grow as they are. They cannot be improved upon and their natural beauty is growing by what makes them beautiful.
As for your paper, it is a foregone conclusion that if you and your readers who wrote the article, and myself, would not be reading it. More power to you.
A Constant Reader
Editor, Birmingham Eccentric
From some of the articles that have appeared in your paper and the reports of many discussions that have taken place in Birmingham recently.
(Continued on page 9)

Disease Your Greatest Liability Health Your Greatest Asset

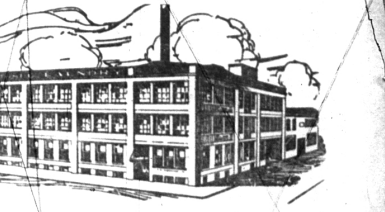
Is it not true that all you hope to attain of the good things of this world depends on the degree with which you can maintain high efficiency in your job?
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You must have good health to "get there" if you are ambitious.
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