

THEY'RE CALLED CRIMINALS



'Juvenile' Delinquency Is 'Public' Delinquency, Claim Child Psychologists; Parents and Authorities Held Responsible

By JOSEPH W. LABINE

IT HAPPENED in a midwestern community. Jim was a farm youth who wanted good clothes, candy and cigarettes. His position in life made such luxuries impossible but Jim found a way. Occasionally he'd take (not steal) a chicken from his mother's flock, selling it to the village meat dealer.

Jim began having the luxuries he desired. His dad bought him an old car and Jim instantly became a hero among the community's younger crowd. But one luxury led to another and eventually Jim was taking (not stealing) more chickens. When his mother's supply began diminishing Jim used to take chickens from nearby farmers.

Eventually the meat dealer became suspicious and had Jim arrested. At seventeen, this boy who wanted nothing more than a few luxuries was sent to the reform school for stealing chickens. Who knows what may happen when Jim is freed?

More pertinent still, perhaps, is the question of who is to blame. The neighbors pity Jim's parents and moralize about his deplorable delinquency. Perhaps it was just unfortunate circumstance; maybe no one is to blame.

In crowded Boston the investigator will stumble on a somewhat similar problem. That staid old Massachusetts city is battling the menace of young "thrill thieves," boys and girls who steal automobiles for break-neck midnight rides in a mad, heedless and puzzling search for thrills. The cars are not stolen to sell but are usually found abandoned or wrecked when the joy riders have finished with them. What causes this peculiar mental "kink" in modern adolescents?

But the most fascinating—and probably, fundamental—phase of juvenile delinquency is the boy "gang," a group of neighborhood youngsters who join forces for well-meant companionship and often end up behind prison bars. More than one child psychiatrist, seeking the basic cause of child crime, has placed his finger on the old wooden shack which sits unnoticed on a vacant lot, a "hangout" for boys who have no other source of recreation.

Kept Diary of Loot.

One psychiatrist, living in an eastern city, purposely frequented an area where gangs flourished. His story makes interesting reading: "First of all, I had to gain the boys' confidence by taking part in their every-day activities. After that it was merely a matter of observation. "There were two 'smart' boys in this particular gang who obtained their start from stealing. They went into a store and while Joe attracted the manager's attention, Tom 'lifted' a green record book. This was their diary, after a fashion, in which was kept a complete record of the gang's criminal activities. "A few months later I succeeded in getting possession of that diary by telling Tom about a survey I intended to make. An interview was arranged at a downtown hotel, where the boy was made to feel his importance by the gift of a cigar. He handed over the diary. I can tell you, it was rich with criminal escapades!"

That's juvenile delinquency. But in the mind of J. Edgar Hoover, director of the federal bureau of investigation, there's another answer. Hoover, who may some day have to cope with adult criminals who are today child criminals, calls it public delinquency!

His analysis is not without logic. What's the Cause? "Our youthful criminals of today," says Mr. Hoover, "come from homes broken by death or divorce—from homes where discipline was often an unknown factor—from homes where there was little or no opportunity to see anything but the drab side of life—or from homes where parents, by their own laziness, lack of common sense, disrespect for law, or bad example, care-

lessly tossed their children into the maw of crime."

The experience of several cities who have approached child crime from an intelligent viewpoint, bears Mr. Hoover out. Chicago, while far from a crime-free city, has aided boys to "go straight" by giving them proper attention.

Chicago park police are a separate organization from the regular city police department and are trained to encourage juvenile activities on city-sponsored playgrounds. "A soft ball instead of a gun" is their motto. Boys caught stealing or destroying park property are not arrested but are turned over to the park recreation director for discipline.

The Parents' Responsibility.

So much for the public's part. But how about the parents from whom every child must get his fundamental background? Psychiatrists point out that many a youngster has been forced into a life of crime because

he was misused at home and had to look elsewhere for recreation. What many parents forget, say the specialists, is that the physical fact of fatherhood or motherhood does not endow a man or woman with supernatural qualities. The art of parenthood has to be learned the same as anything else.

Listen to Dr. Paul Popenoe, noted counselor on family relations who feels proper parental treatment will dissuade potential child criminals:

"The first thing for a parent to do is to keep the emotions of anger and severity on cold storage. A surgeon can't give away his emotions when he has a serious operation to perform, and a parent can't go blind with feeling when he has a problem to deal with in relation to his children.

"Parents need patience in dealing with their youngsters. They can't treat their children as something to be kicked about or locked up in the closet. They are human beings. When they misbehave, their action must be considered as a symptom, the same as a fever or an ache, and not a cause. If parents go into causes, they very likely will find themselves to blame."

Will Delinquency Decrease?

The problem of juvenile delinquency is especially pertinent right now because soon thousands of school children will be released for the annual vacation, many of them left to their own ingenuity to find summer recreation. But each year this problem becomes less pressing, because more communities are instituting comprehensive playground programs for children of all ages. Designed to keep youngsters busy all day, these activities encourage healthy bodies, clear heads and—at night—drowsy eyes that welcome sleep.

Today's 'teen age generation is a problem because public responsibility for juvenile delinquency was not recognized until a few years ago. Who can tell but that tomorrow's youngsters, aided by the healthy recreation their communities now sponsor, will forego crime for a nobler life?

It's possible, so long as we remember the trouble isn't juvenile delinquency, but public delinquency!

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Miss Genevieve Owens (left), 17, and Mrs. Ethel Strouse Sohl, 20, who confessed they had killed William Barhorst, a bus driver, in a holdup that netted them only \$2.10. The killing took place at Belleville, N. J.

WHAT to EAT and WHY

C. Houston Goudiss Discusses FOOD PRESERVATION and Explains How to Protect Your Family Against the DANGERS of TAINTED FOOD

By C. HOUSTON GOUDISS

6 East 39th Street, New York.

A DISTINGUISHED nutritional scientist once remarked that it is a small favor to keep people alive on a poorly chosen diet. For with the wrong food, they may not get one-fifth of their potential efficiency into their lives; they will drag themselves through miserable days, never knowing the joys of physical fitness nor enjoying the abundant health that comes from a perfect balance of nutriment.

The Perfect Diet May Not Be Safe to Eat

But even the homemaker who plans an ideal diet may be undermining the health of her family by feeding them spoiled or tainted food which carries the deadly germs of disease.

We frequently hear stories of death or serious illness caused by food contamination.



And it is significant that the improper care of food in the home is most often responsible. One physician has gone so far as to state that there is no estimating the number of persons who, while not sick in bed, feel "rather poorly," "not strong," or "kind of run down" because improperly preserved food gives them insufficient nourishment and their strength is exhausted in combating the action of germs.

Homemaker's Responsibility For Food Sanitation

An enormous amount of time and money is expended to put foodstuffs in your kitchen in a fresh, palatable and safe form. Laws govern the manufacture, transportation and merchandising of every food product and an elaborate system is maintained for the inspection of meat. But all this care can be undone if food is not adequately refrigerated in the home.

From the moment that meats, fruits, vegetables and groceries reach your kitchen, the responsibility is yours, and you will be guilty if your husband and children suffer ill effects from eating tainted food.

Causes of Food Spoilage

Spoilage in food is due to the ravages of a vast army of micro-organisms which cause it to sour, decay or putrefy, depending upon the nature of the food.

There are three classes of micro-organisms which develop in food—bacteria, molds and yeasts. All three are notable for their minute size, rapid growth and wide distribution. Yeasts and bacteria can only be seen with the aid of a microscope.

Not all micro-organisms are the enemies of man; some are useful in the preparation of foods such as cheese, sauerkraut and bread. These need not concern the homemaker. But the harmful bacteria

will flourish wherever conditions are favorable to their growth.

There are two important factors governing food preservation. One is the maintenance of a constant temperature of from 40 to 50 degrees Fahrenheit—under no circumstances should food be stored at a temperature higher than 50 degrees, or bacteria will multiply so rapidly as to make it unsafe to eat. The other is to maintain the proper degree of moisture in the air—neither too much, which encourages the growth of micro-organisms, nor too little, which dehydrates fruits and vegetables.

Appearance of Food May Be Deceptive

The great danger of food that is improperly stored is that it may become spoiled without advertising that fact. Appearance is seldom a reliable guide and unless your refrigerator is efficient, food may become unfit for consumption before spoilage can be noted by sight, taste or smell.

All types of protein foods harbor bacteria which multiply rapidly at temperatures higher than 50 degrees. Under favorable conditions of moisture and temperature, bacteria double their number every 20 to 30 minutes, and a single bacterium can produce a million bacteria in 15 hours.

Safeguard Children's Milk

Milk is the most perishable of all foods, because it is an ideal medium for bacterial growth. If this master food is to be kept safe for children, it must be stored at a temperature not higher than 45 degrees.

Careful studies show that there is very little increase in bacteria when milk is held for as long as 48 hours at a temperature of 40 degrees. But when the temperature was allowed to rise to 50 degrees, almost 30 times as many bacteria developed, and at 60 degrees, the bacteria multiplied more than 8,000 times in the same period.

Foods That Spoil Easily

The rapid multiplication of bacteria also occurs in other foods having a high protein content, including meat, meat broths, fish, gelatin, custards, creamed foods, peas and beans. It is important that all these foods, as well as milk, be kept in the coldest part of the refrigerator, as a few degrees in temperature make a great deal of difference in preventing spoilage.

Once food has begun to deteriorate, it must be discarded or it may endanger health. Cooking will not make spoiled foods fit for consumption.

How to Prevent Mold

Molds are another form of spoilage that the homemaker must constantly battle. Mold will grow on almost any substance, but is particularly likely to occur on acid foods, as lemons, oranges, tomatoes and berries; on neutral foods, such as bread and meat; on sweets, notably jellies and preserves, and on salty foods, including ham or bacon.

Molds may develop quickly or slowly, depending upon the temperature and degree of moisture. They thrive under the influence of warmth and moisture and may remain invisible to the naked eye for as long as 36 hours. All molds are white at first, but as they mature they change color, becoming blue, red, or assuming various shades of brown.

To the bacteriologist, these colors have different meanings. To the homemaker, they all tell the same story—that through improper storage food has lost its appetite appeal and palatability.

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

Mold growths may be destroyed by boiling temperatures. They may be retarded by keeping food in the cold, dry circulating air provided by an efficient refrigerator.

A good refrigerator is the best investment a family can make. It enables you to take advantage of bargain prices to buy food in quantity. And it safeguards health by preventing contaminated food from finding its way to your table.

An efficient refrigerator also preserves the flavor and texture of meats, fruits and vegetables, so that you enjoy these foods at their best. But its greatest contribution to human welfare is the preservation of food so that it will nourish your body instead of poisoning it.

Questions Answered

E. W.—It's a fallacy to assume that brown sugar is "more nutritious and healthful" than granulated sugar. It is true that brown sugar contains traces of mineral elements, while white sugar contains practically none. But the amounts are variable and never significant. Regardless of color, sugars make their sole contribution to the diet through their carbohydrate content. The caloric value of white sugar is a trifle higher than that of brown, the difference amounting to 91 calories per pound.

Mrs. S. T.—When thoroughly chewed and given a proper place in the diet, cheese is usually well digested. Experiments performed by the United States Department of Agriculture demonstrated that an average of 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed.

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New Beauty for the Home

Self-polishing wax for the household is practical—protective—and popular! Its already wide use is increasing yearly, throughout the homes of the country. And it is the efficient, up-to-date homemaker who regularly applies this amazing product to the floors of her home. The unusual feature of a good self-polishing wax is the maximum beauty it affords, with the minimum labor—both in application and upkeep. It's on in a jiffy—dries thoroughly in 20 minutes—and results in resplendent floors that gleam like satin, look like new, and "dress up" the entire house. A quality self-polishing wax is urged, however, for it is richer resistant to dust and dirt, its moisture content lasts longer, and shows up to more glowing advantage the natural color and pattern of the wood. Yes, a good self-polishing wax is truly a domestic gem that is inexpensive—time and trouble-saving—and definitely beautifying!

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Do You Want to Know Where to Find the Different Vitamins?

Get This Free Bulletin Offered by C. Houston Goudiss

READERS of this newspaper are invited to write to C. Houston Goudiss at 6 East 39th Street, New York City, for his new "Vitamin Primer" which tells the facts that every homemaker needs to know about vitamins. In simple chart form, the functions of each vitamin are explained, and there is a list of foods to guide you in supplying your family with adequate amounts of these necessary food factors. A postcard is sufficient to carry your request.

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