

Palama
Settlement



1926

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Palama Settlement



1926

Annual Report, 1926

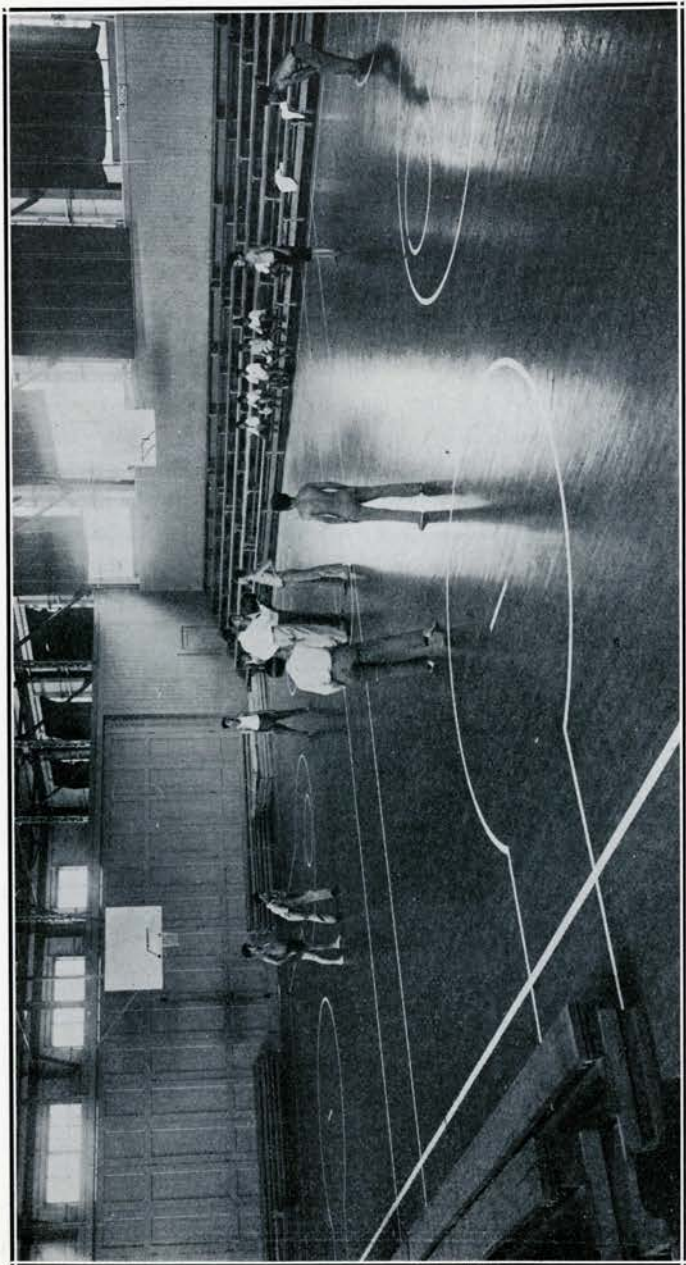
February 21, 1927.

*To the President and Members
of the Board of Trustees,
Palama Settlement.*

GENTLEMEN:

When we closed our books December 31, 1925, the financial outlook was somewhat discouraging. Our current liabilities on our building and operating account amounted to almost \$95,000.00. I am glad to be able to report that when we closed our books on December 31, 1926, our total indebtedness on our operating account was \$6,750.00, which amount has since been reduced to \$5,000.00. This was made possible through the sale of the Annex property, as also by the generosity of friends of the Settlement. Today our new plant is clear of all debt and had we received the amount promised us, we would also be clear of debt on our operating account.

The year 1926 was the first calendar year in our new environment and plant, and in consequence it has been to a very large extent a year of adjustment. Where our old quarters served one person, the new serves easily five; this is particularly true of the Recreation Department. The gymnasium, swimming tank and athletic field are used by not only the people of the Palama neighborhood, but by a great many clubs and organizations of the city; this greatly increased use of the new plant has called for readjustment of our work and has brought problems which had to be met and solved. The problem this year will be to give as many boys and young men an opportunity to indulge in sports and recreation of various kinds. The placing of teams in the so-called major leagues has a



A PRACTICE GAME OF BASKETBALL IN THE GYMNASIUM

definite value, but it is of far greater importance to see that the hundreds of young people who are not particularly proficient in any one line of sport are given a chance to work off their pent-up energy in some healthy form of recreation. More and more intramural games will be fostered and the young taught the value of team work and clean sport.

One of the most serious problems in the Recreation Department has been that of personnel. The idea is prevalent that anyone who can play one particular line of sport well is fitted to be a physical director. This, in the experience of the Settlement, is a myth. It takes more than proficiency in any one line of sport to be a competent physical director. The so-called practical coach who does not know the human body and human psychology very often does more harm than good, and until our local boys and girls are properly trained they will never be able to compete against those who have had the proper scientific training. This statement is not made to belittle our local young people, but rather to emphasize the importance of having them properly trained. With local background, personality and proper education, our young people should be able to compete with the best from the mainland or elsewhere, and it is only as more of our own boys and girls decide to go in for this line of human endeavor, that not only the Settlement, but other agencies also will be able to solve the problem of securing efficient and stable workers.

MEDICAL DEPARTMENT

From the report of the Medical Director, Dr. N. M. Benyas, it will be seen that even in this department, "The year has been one of adjustments and recovery both in the administration and general policy. The entire administrative effort of the year was to introduce more efficient methods, to establish a better regime and a brighter atmosphere, and to raise the standards of the new

nursing personnel, i. e., to include public health training." The wisdom of the policy outlined by the Medical Director is already evident in the work of this department. More and more emphasis is being laid upon public health training and experience and those with such training and experience are of great value to the Settlement and the community.

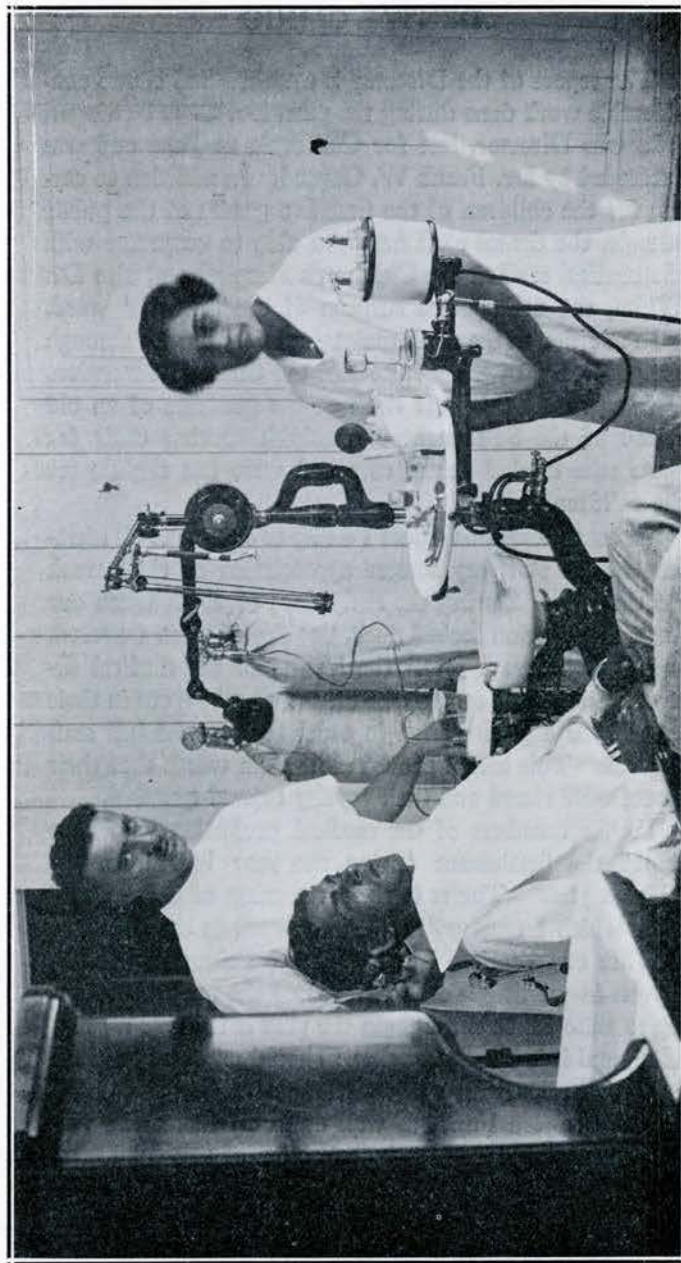
In the near future it will be necessary for proper administrative purposes to reorganize the field nurses in three centers—one situated between Moiliili and Waikiki, one between Punchbowl and Kakaako, and one as at present at Palama. Each of the centers should be under the administration of a field supervisor who will be held responsible for the work of the nurses in her section. This will admit of better and more efficient supervision and instruction of nurses.

The report of the Medical Director is attached hereto and will give you some idea of what was accomplished during the year.

FRESH AIR CAMP

The new policy of having two groups of children at the camp for five weeks for each group proved a wise one. While it was not possible under this scheme to take care of as many children as under the old policy, the net results were of a more permanent nature. To quote the Director, the advantages were, "first, better discrimination was used as to the eligibility of each child admitted; second, more attention for the improvement of each individual could be given at the camp; and third, a longer period for necessary gain under every favorable condition was offered each patient."

The report of the Director, which is attached, gives more detail than is possible to include in a brief report. In addition to being used during the summer, various groups and business houses continue to use the grounds and buildings of the camp for recreation and picnic purposes.



ADULT DENTAL CLINIC

DENTAL CLINIC

The report of the Director is attached and shows considerable work done during the year. Dr. C. J. Farlinger, who was Director, left for California in June and was succeeded by Dr. Frank W. Osgood. In addition to caring for the children of the first five grades of the public schools, the dental staff has been able to cooperate with the medical staff at the Children's Hospital and also Dr. White, the orthopaedic surgeon of the Shriners' ward.

In addition to the clinic maintained very largely through the generosity of the Trustees of the Strong Foundation, it was possible this year through the goodness of an old friend of the Settlement to establish another chair for those who needed dental care and were not eligible for the children's clinic.

In concluding this report I desire to express to all members of the staff my sincere appreciation of their work for the year. During the early days of 1926, when our financial situation looked dark, not one of them wavered, and I will always recall the loyalty of the medical director, nurses and others who offered to take a cut in their salaries for a given period in order to keep the full staff at work. This action proved more than words that their hearts were sound and their loyalty beyond question.

To the members of the medical profession who have helped the Settlement during the year I wish to say "Thank you." Theirs is the satisfaction of a duty well done, which I trust will have its reward in the future.

What our Welfare Fund means to Palama is hard to express in words. To be relieved of the burden of having to raise funds throughout the year is in itself a great relief, and it is but fitting that I should express my gratitude to the Executive Committee and Secretary of the United Welfare Fund, as well as to all those who volunteered their services in the collection of this fund.

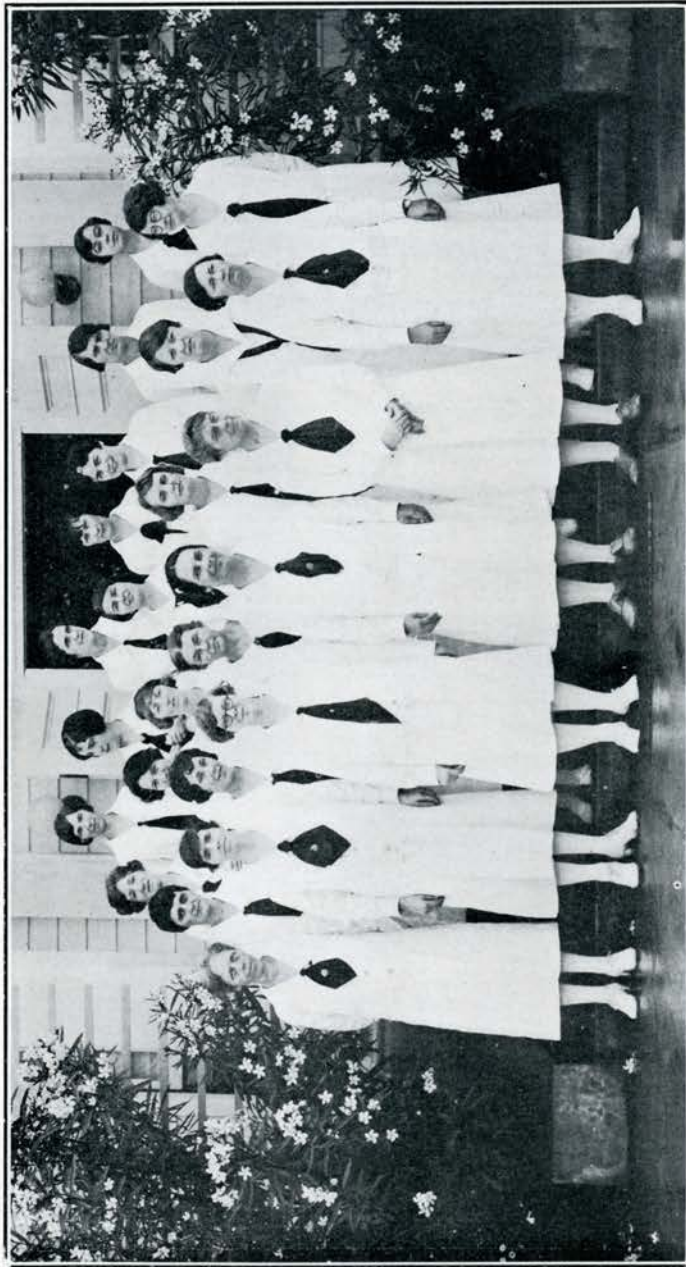
There have been several changes during the year in the staff, due in a large measure to the fact that it was

not possible to get workers with training and vision. I will welcome the day when we can secure local product trained for this type of work.

For all of the services rendered by you gentlemen of the Board of Trustees during the year I would render thanks and assure you that with your continued assistance the workers of the Settlement will endeavor to serve the community to the best of their ability.

Respectfully submitted,

JAS. A. RATH,
Head Worker.



THE NURSING STAFF

MEDICAL DEPARTMENT

MR. J. A. RATH,

Head Worker, Palama Settlement.

DEAR SIR:

The Medical Director's annual report is herewith respectfully submitted:

The past year has been characterized by steady progress, despite the grave situation of the early months, when, with the city government at a standstill, the possibility of financial support from that source being withdrawn had to be faced. This would have meant immediate curtailment in the medical and nursing service in order to effect economy of operation. It is a credit to the nursing staff particularly that this crisis was braved without any lessening in efficiency and quality of its work.

To the generosity and foresight of yourself and the Board of Trustees is owed the credit for a final remedying of a very trying situation.

The year has been one of readjustments and recovery both in administration and general policy. The entire administrative effort of the year was to introduce more efficient methods, to establish a better regime and a brighter atmosphere, and to raise the standards of the new nursing personnel, i. e., to include public health training.

Early in the year there was installed a centralized system of purchases, custody and distribution of medical supplies, thus securing a closer supervision and control of expenditures, with very gratifying results.

The Medical Department has been conscious of its responsibilities to the extent that methods have been standardized, objective goals set and proper guidance of workers emphasized. The work as a whole has increased greatly in effectiveness by organizing in such a way as to prevent gaps and duplication of effort, and general inefficiency.

It has not been possible to undertake much new work this year, but much has been done to strengthen our entire work. Such achievement is usually inconspicuous, but it is nevertheless rendering the work we offer more valuable.

The results of the year's work can be given only partly in figures, even though health statistics at best are deceptive guides.

I am therefore submitting the following for the purpose of providing some understanding of the various departments and the problems of expansion that are connected with them.

PRENATAL CLINICS

It is certainly obvious that the earlier that preventive work is begun, the greater the returns which may be expected from them. Preventive work with infants should give more return than preventive work with elderly people. Similarly, preventive work that is begun at the time when the mother first becomes pregnant will yield the greatest return of all. At present 35 per cent of the infantile deaths in the first year of life occur during the first week. These deaths may and can be reduced by prenatal care to at least one-half that figure. No other part of our work needs as much development as this department. Our methods for giving this care are well standardized and it remains for us to educate more mothers to seek it in early pregnancy.

Three clinics are in operation—one at Queen's Hospital, another at the Maternity Home, and a third at the Settlement.

A number of cases were referred to us by private physicians for follow-up during this period.

OBSTETRICAL SERVICE

The attendance of a nurse at delivery is of great assistance both to the mother and to the physician. It ensures

those preparations that are necessary to care for the newborn infant so that it will receive close attention during the time when the physician is occupied with the mother. In the absence of a nurse and in the presence of the untrained midwife, there is always the attendant dangers of untrained observation, chilling, and reception of septic infection.

The midwife problem in this community is a deplorable one. Conservatively, over one-half of the births in our city are attended by them. We are, therefore, stressing this service particularly to eliminate the "untrained" midwife.

This service—a rotating 24-hour service, in which some twenty-two physicians served the past year—is a highly valued one and more calls are coming in constantly from medical men with private cases.

With the tremendous mortality which occurs during the first week of life, the value of infantile care and proper instruction of the mother by a highly trained person is obvious and cannot be stressed too much. That breast feeding is essential for the best results is apparent from the fact that the mortality among breast-fed infants is one-sixth that among bottle-fed infants. Equally important is the proper care of the mother, for improper attention during the days following delivery is responsible for many of the cases of maternal sepsis and death.

BABY CLINICS

One of the valuable aspects of these clinics is the examination of the infant by the physician, who is interested in keeping the child well, and the assistance of the nurse, who will help the mother in carrying out instructions. The ratio of infants under one year of age registered in the baby clinics to the total number of babies born here gives some idea of the proportion that is under medical and nursing supervision. There can be no facts of great-

er consequence to the parents and to the community as a whole than that the mortality of babies under proper supervision is one-third that of babies without proper supervision. This explains why three babies in one American city will die to only one in some other city.

An indispensable part of this service is the ministrations of our nurse in the home. Her role as a reconnoiterer ever on the lookout for the first indications that a baby is not doing well, cannot be assumed by anyone else. The extensiveness of these visits can best be expressed by stating that over 25,000 were made during the year. It must, of course, be understood that this may mean that as many as twenty visits may have been paid to one child and only two or three to another.

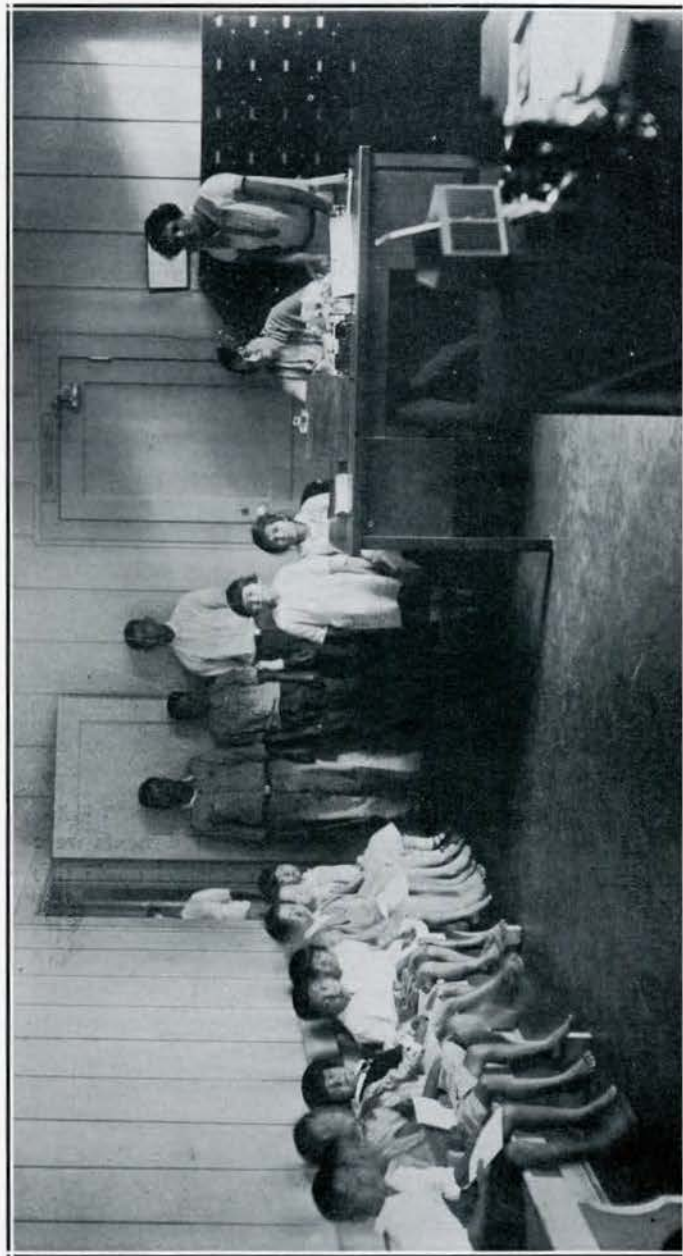
The influence of such factors in the development of these clinics, the type of nursing service and the racial and economic conditions of the population are undoubtedly reflected to some extent in the number of nursing visits.

DERMATOLOGICAL CLINIC

This department has made very rapid strides and is of invaluable help, judging by the increase in the number of cases. It has continued to carry out effectively the same regime as described in past years.

A noteworthy feature is the number of cases treated with radium. Successful treatments have been given to a number of cases of a form of scar, called *Keloid*, which has a tendency to spread, grow hard and thick, and is not amenable to surgical treatment because it almost always returns after operation larger than before. Various disfiguring birthmarks and a miscellaneous group not amenable to other forms of treatment have also had the benefit of radium.

The X-ray has proven a valuable adjunct in the treatment of certain types of skin cases, with varying success.



RECEIVING DESK

ADULT DENTAL CLINIC

This clinic maintains the service of a full-time dental surgeon, and has proven one of the most valuable departments.

The work may be classified as extractions and operative. Every effort is made to save all teeth possible, and especially is this the case in the younger patients. Canal treatments are performed both in the deciduous and permanent teeth of children of preschool age and those of the upper grammar grades. The latter type are really the follow-ups of the dental clinic proper.

The operative procedure consists mainly of prophylaxis, amalgam fillings, as well as synthetics, extraction of various and abscessed teeth and roots.

The marked improvement in many of the children after their teeth have been properly cared for is most gratifying and conclusively proves the importance of having a clean, healthy mouth.

This clinic is growing by leaps and bounds, and as many as 120 extractions have been performed in one day in addition to numerous fillings.

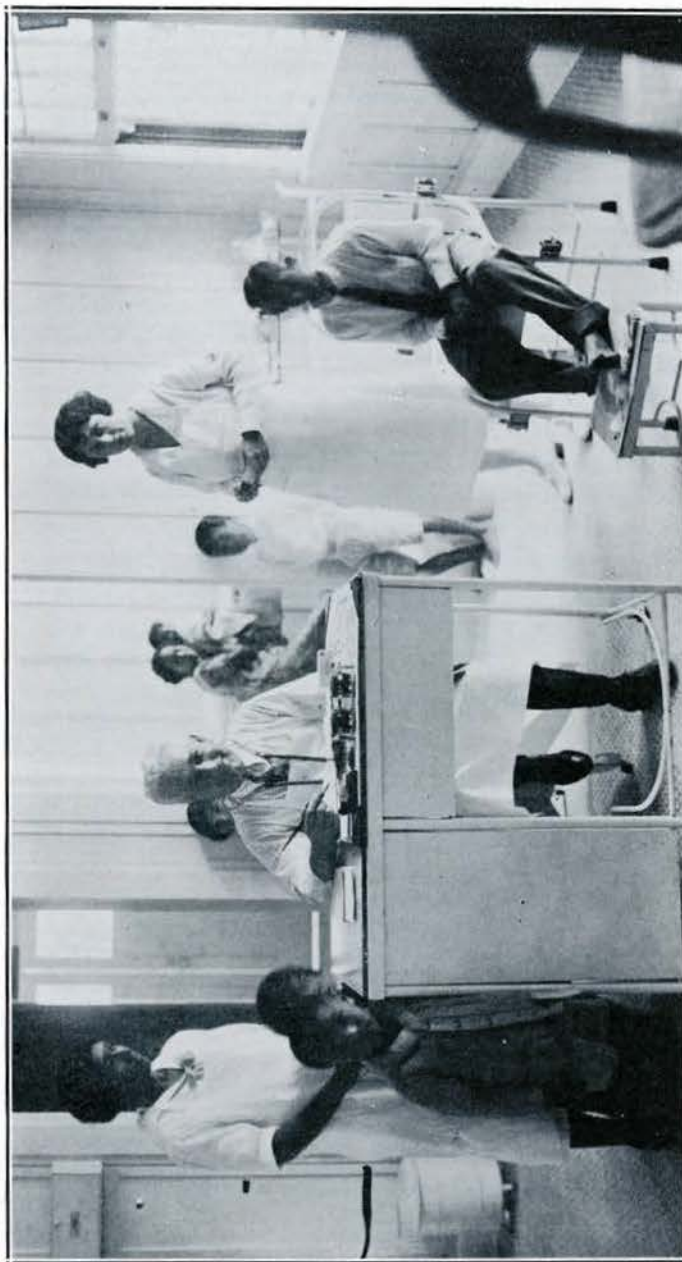
All dental work outside of the jurisdiction of the dental clinic proper is performed here.

A great number of chronic cases who have been registered in the dispensary for years and whose ailments were traceable to defective teeth have been cleaned up in this department, with splendid results.

X-RAY

Following the general trend of the increasing number of cases seen at the various clinics, the number taken care of in this department has increased quite markedly.

The personnel of the department has changed through the year, and certain days were severely taxed in its efforts to keep up with the work. It is earnestly hoped that this department will be augmented by a physiotherapy



GENERAL DISPENSARY

department in the near future to take care of certain types of cases.

The treatment cases showed no marked increase, but it is hoped that the scope of this department will be widened in this respect.

The total number of chest cases showed a marked increase and was of material help in making definitely positive diagnoses.

The orthopedic department as well as the general clinic have called on this department continually with gratifying results.

GENERAL CLINIC

The marked increase in the number of patients treated during the year clearly shows the service which the medical department is rendering to the community.

The liaison with the other departments has been of material advantage and of infinite value to the patients.

The varied types of cases have so largely taxed this clinic that we are seriously thinking of setting off additional sections for detailed study of cases that require an unusual amount of time—particularly a gastro-intestinal and heart section.

Outside calls, as heretofore, are made when necessary, and even involve night summons.

EYE, EAR, NOSE AND THROAT CLINICS

The service in these clinics held twice a week has been materially strengthened by new equipment and facilities. Statistical figures show an increase in the number of cases passing through this department.

Folliculosis and chronic otitis media seem to predominate among the cases treated. The number of refractions has also increased.

A very striking figure is the decrease in the number of trachoma cases we have heretofore had.

With its work so thoroughly organized, we look forward this year to a more comprehensive study and some light in the more rapid convalescence from acute infections of the ear.

ORTHOPEDIC DEPARTMENT

This department has steadily grown since its inception. It has enjoyed the most excellent cooperation from the Shriners' Hospital for Crippled Children. A few very rare conditions have drifted into this clinic which Dr. White, in charge, has felt very grateful for.

Numerous fractures, deformities and congenital malformations were properly attended.

CHEST CLINICS

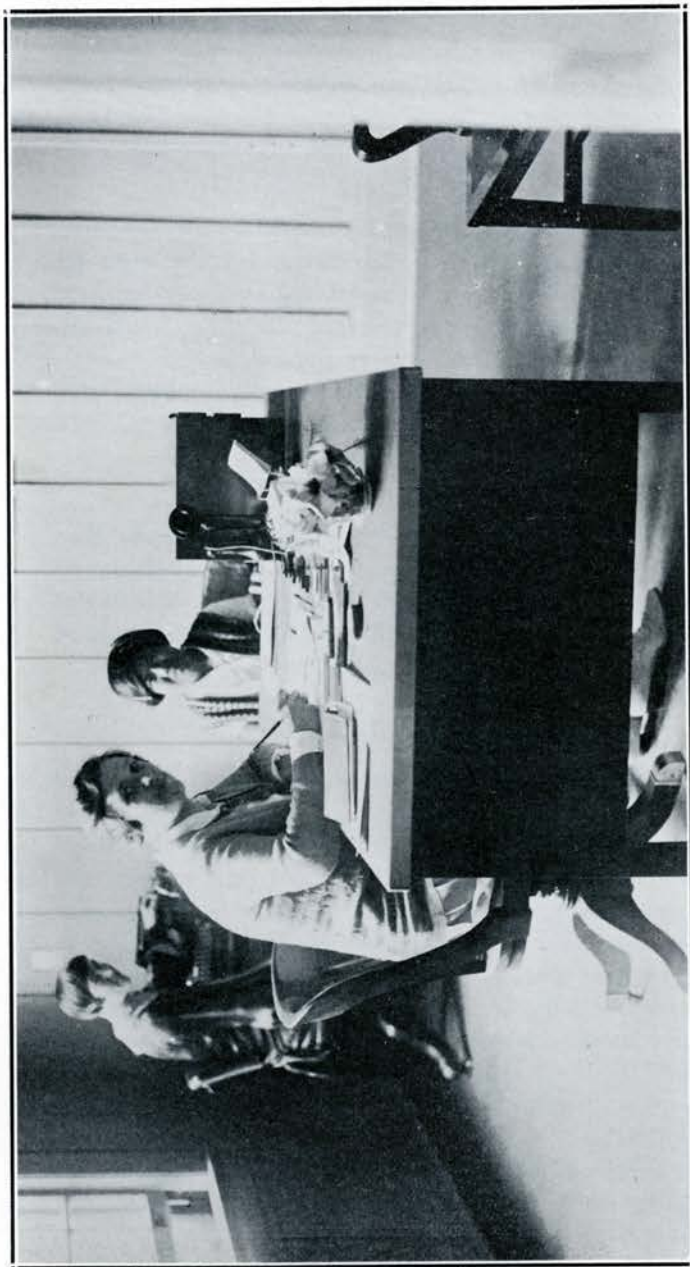
No greater tribute can be paid this department than that in the past year 72 active cases of tuberculosis and 37 suspects were reported to the Board of Health from this clinic. The Board of Health and Leahi have furnished excellent cooperation with these cases.

PRESCHOOL CLINICS

Under ideal conditions, each infant should be graduated into this clinic after two years of age—otherwise to have supervised the infant's health from the time of conception until the age of two years and then to have him escape this supervision until such time as he comes under the attention of the physician at school age would be permitting much of our previous effort to be wasted.

And so with this ideal in mind, all those we are able to keep under observation are given a periodic physical examination and medical attention is secured for the correction of such physical defects as decayed teeth, diseased tonsils, etc.

Undernutrition is usually the commonest defect found in childhood, and the usual steps are taken to remedy this disorder.



MEDICAL SOCIAL SERVICE DEPARTMENT

All of our fourteen baby clinics are preschool clinics, and two distinct preschool clinics are operated at the Settlement and Castle Kindergarten. The results have been of extreme value.

PSYCHIATRIC DEPARTMENT

This department was not particularly active during the past year owing to the clinician in charge having been away on leave of absence.

There is probably no better opportunity for the study of this type of case than that offered by the abundance of material in our adult patients who come to the dispensary, physically unfit, economically pressed, and whose state of mind is probably psychoneurotic. The needs to realize this development are additional diagnostic and therapeutic equipment.

The tendency toward community care and to regard so many of the "so-called" conduct disorders as a part of the practice of psychiatry make it urgent that this department should grow to greater proportions and fulfill a wider service.

LABORATORY

Without adequately trained personnel, we cannot progress in this department, though with limited facilities the quality of service rendered has been very efficient. In a limited way it has proven imperative in the simpler laboratory demands.

At present the X-ray technician has also charge of the laboratory.

The joint Queen's Hospital Bulletin with the Palama Clinic Section has gained more popularity than ever. It has no doubt proven, in part at least, a favorable factor in health thoughts and an outlet for interesting health and community data.

Very few complaints have been brought to our attention by private physicians, and all were immediately adjusted to everybody's satisfaction. A very good sign—judging by actual numbers—of satisfactory service.

ACKNOWLEDGMENT

The Director takes this opportunity to record his sincere appreciation of the cordial and friendly cooperation of the medical and nursing staffs and various agencies, and particularly his personal gratitude to yourself, the medical committee and department heads for their constant helpfulness and advice, thereby making this work extremely pleasant.

We owe much to the interested assistance of volunteers who have rendered valuable aid.

Our deepest gratitude goes out to the medical profession, who cheerfully and generously give of their valuable time and thus assure our success.

Lastly, we deeply thank the staff of the Fresh Air Camp, who always render cheerful, pleasing and valuable assistance.

Respectfully submitted,

N. M. BENYAS, M. D.,
Medical Director.

Preschool Report—1926

Preschool Total Registration 1926.....	854
Number remaining January 1, 1926.....	349
New 1926	505
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	854
Discharged 1926	333
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Remaining January 1, 1927.....	521
Number of Clinics held 1926.....	590
Total attendance 1926.....	5,701
Average attendance	9.66
DISCHARGED	
Moved	115
Uninterested	105
Mother unable to come.....	17
To schools	62
Overage	34
	<hr/>
Total number discharged.....	333

Prenatal and Maternity Report—1926

<i>Duration of Pregnancy When Admitted to Clinics</i>		<i>Nationalities of Admitted Cases</i>	
1 Month	9	A. B. G. R.	3
2 Months	20	Chinese	12
3 Months	31	Filipino	53
4 Months	31	Hawaiian	15
5 Months	50	Caucasian-Hawaiian	15
6 Months	48	Asiatic-Hawaiian	16
7 Months	45	Japanese	37
8 Months	52	Korean	33
9 Months	15	Porto Rican	51
		Portuguese	51
		Spanish	9
		Others	6
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Total	301	Total	301

<i>Record of Deliveries</i>		<i>Nationalities of Delivered Cases</i>	
Doctor and Nurse	40	A. B. F. G.	4
Nurse alone	12	Chinese	16
Private Doctor	37	Filipino	57
Hospital	117	Hawaiian	20
Midwife	43	Caucasian-Hawaiian	16
Family	50	Asiatic-Hawaiian	14
Not pregnant	4	Korean	31
Moved	7	Japanese	35
Uninterested	5	Porto Rican	50
Kapiolani Home	10	Portuguese	59
Army Doctor	1	Spanish	12
		Russian	2
		Others	10
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Total	326	Total	326

<i>Disposition of Cases</i>		<i>Number of Clinics</i>	
Normal babies	252	Total attendance	1,189
Premature	12	Average attendance	9
Stillborn	6	Males	158
Miscarriage	6	Females	130
Not pregnant	7	Not pregnant	7
Moved	9	Moved	2
Uninterested	7	Uninterested	9
To private Doctor	8	Salvation Army	1
Instrumental	9	Miscarriage	3
Face presentation	2	To private Doctor	6
Foot presentation	1	Died	1
Secondary hemorrhage	1		
Salvation Army	1		
Deformed	1		
Died	4		
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Total	326	Total	317

Doctors in Attendance

Dr. Batten	1
Dr. Bell	1
Dr. Benyas	4
Dr. Benz	4
Dr. Black	1
Dr. Culpepper	2
Dr. Faus	2
Dr. Fronk	5
Dr. Hayes	1
Dr. Hodgins	1
Dr. Jensen	1
Dr. Kilbourne	1
Dr. Lam	1
Dr. Lee	1
Dr. McVeagh	1
Navy Doctor	1
Dr. Phillips	8
Dr. Saunders	3
Dr. Wynn	1
Dr. Strode	1
Dr. Jeffreys	2

Private Doctors

Dr. Alsup	1
Dr. Batten	3
Dr. Benz	3
Dr. Black	3
Dr. Culpepper	2
Dr. Davis	1
Dr. Fennell	1
Dr. Fronk	2
Dr. Hayes	2
Dr. Hodgins	1
Dr. Jeffreys	3
Dr. Lee	5
Dr. Lam	1
Dr. McVeagh	2
Dr. Phillips	1
Dr. Saunders	4
Dr. Schattenberg	1
Dr. Yang	1

Summary—1926

CLINICS

NUMBER OLD CASES

Dispensary	8,881	
Ear, Eye, Nose and Throat.....	678	
Skin	307	
Chest	103	
Orthopedic	66	
Psychiatric	17	
Adult Dental Clinic.....	1,657	
Total.....		11,709

NUMBER NEW CASES

Dispensary	2,966	
Ear, Eye, Nose and Throat.....	459	
Skin	123	
Chest	57	
Orthopedic	49	
Psychiatric	22	
Adult Dental Clinic	1,754	
Total.....		5,430
Total Number of Old Cases.....	11,709	
Total Number of New Cases.....	5,430	

Total.....17,139

NUMBER TREATMENTS GIVEN

Dispensary	11,847	
Eye, Ear, Nose and Throat.....	1,137	
Skin	430	
Chest	160	
Orthopedic	115	
Psychiatric	39	
Adult Dental Clinic	3,411	
Total Treatments Given.....		17,139

Kindergartens	7,209	
Dispensaries (Outside)	3,973	

Examined (Outside)	11,182	
	9,733	

Total.....20,915

Dispensary and Special Clinics.....	17,139	
Kindergartens and Outside Dispensaries.....	20,915	
Maternity	1,189	

Total.....39,243

FRESH AIR CAMP

MR. JAMES A. RATH,

Head Worker of Palama Settlement.

DEAR SIR:

The Waialua Fresh Air Camp is used mainly for the benefit of the undernourished children of this island during the summer months, from the middle of June to the first of September. Throughout the remainder of the year it is open to any large or small parties who wish to take advantage of its facilities. Many organizations, business houses, schools and small parties have availed themselves of this privilege, and it is rare that a Sunday or holiday passes without some persons using this lovely spot.

In making an annual report, there is always great satisfaction in being able to show an increase of members from the year before, but this cannot be done for the Fresh Air Camp, as during the summer of 1926 there were only 126 children admitted as against 317 of the year 1925.

A new plan was tried, that of having a smaller group of children during the season, and having a longer period for each group. Instead of five groups of two weeks' duration for the summer, two groups for a period of five weeks each were held. There were many advantages in this decision—first, better discrimination was used as to the eligibility of each child admitted; second, more attention for the improvement of each individual could be given at the camp; and third, a longer period for necessary gain under every favorable condition was offered each patient.

Every child admitted to the camp came with a card of his social history signed by a physician proving his eligibility. These cards were of great assistance in recording the history of the child while at camp and would be

of great aid for the follow-up work after his return home.

In order to prevent the parents from taking the children away before the end of the period, no child was admitted without the parents' written consent to the five weeks' duration. In only two cases was this agreement broken and in each case the camp reaped the benefit thereby.

A particular effort was made to have those children admitted who were recovering from the removal of tonsils or from homes of tubercular parents. Most of the older children sent showed serious cases of malnutrition and tubercular tendencies themselves.

As there were only 63 children in each group, accommodations were less crowded than heretofore. Three army cots were placed in each of the small cottages, and sixteen boys slept on the pavilion, a plan they enjoyed if the cots were not placed too far apart. However, it took eternal vigilance on the part of the workers to keep the inmates of the cottages in their own individual beds rather than crawling over into their companions' because they were "scared."

Much stress was laid upon the rest periods twice a day in order to give the overtaxed bodies the required relaxation. The children slept on the pavilion floor the first part of the summer, but later on, as there was comparatively no rain, each brought out his cot and slept under the trees, and this plan was much more satisfactory.

Very few active games were allowed, but as there was a plentiful supply of table games, and as the Library of Hawaii sent out a very good selection of books for all ages, the children were easily pleased.

It is not practical to send boys twelve years of age or more to a camp of younger children—they do not feel happy, and when they gain enough to feel well, they are too bored with the simple games of recreation and have very little interest in gain in weight. There was one very striking exception to this fact, however; a boy of thirteen years became a leader with both the boys and

girls and was most anxious to gain—so much so, in fact, that he bribed some of the girls with candy that had been handed out during the week, to wash his clothes and do his share of the sweeping so that he would not have to expend any more energy during the day than was absolutely necessary in order to gain in weight. He did make a splendid record, but it might be added that the girls who helped him gained in weight also.

The dentists of the Palama dental clinic each came down for a week to give necessary treatment for some children who had never visited a dentist before. This was a great help to the child's comfort and also made the toothbrush more popular, as in former years this article was more of a luxury than a bathing suit. One of the local firms donated a very fine quality of toothbrush for those children who had "forgotten to bring" theirs. It will probably be possible another year to have all this dental work done before the child is admitted to the camp.

The nationalities of the camps were 23 Japanese, 20 Portuguese, 15 Korean, 13 Hawaiian, 12 Chinese, 11 Porto Rican, 12 Filipino, 5 Spanish, 5 Chinese-Hawaiian, 4 Americans, 2 Portuguese-Hindu, 1 each American-Portuguese, Spanish-Portuguese, Spanish-Hawaiian and Australian. Race distinction plays no part with the children, nor does the financial standing of the parents, who are taking more personal interest in their child's welfare, and are making more of an effort to bear some of the burden of the expense.

The staff of workers cooperated in every way for the welfare of the children, from the nurse to the assistant in the dining room, and were directly responsible for the success of the camp; Miss May Bowron, the nurse, Misses Winifred Webster and Elizabeth Rath as recreational directors, and mention of the two young men who performed extra tasks about the camp should not be omitted.

When the second group of children arrived, they were such a very pathetic group of pale, thin, lifeless children,

that it seemed for a couple of days as if no response could be expected from them—even good food made no appeal to their appetites. In order to encourage the necessary gain, cod liver oil was given twice a day to those who seemed the most needy, and for the second group, more than half of the children had to be given the tonic for a couple of weeks.

Of the 126 children, 73 gained $3\frac{3}{4}$ pounds each or more during the five weeks; 26 gained 5 pounds each and more; and 114 children made the normal gain of four ounces and more per week. Three children lost in weight—a Japanese girl who was continually ill; a Portuguese boy of heart trouble and poor health; and an abnormal boy with whom it was impossible to make any improvement. Two children remained the same in weight at the end of their stay after gaining and losing in the interim—a Japanese boy from the country, who needed further care, and a Filipino girl with a very discontented disposition. A crippled child of the country district who gave every indication of being a petted and spoiled child only gained one-quarter of a pound, but in other ways he showed a marked improvement. The greatest gain was 9 pounds for a boy; a girl gained $8\frac{1}{4}$ pounds, and 17 others gained more than 6 pounds.

The follow-up work has been the more difficult task, but the Settlement, through its field nurses, has been able to watch the growth of the children in their homes to some degree. It is very difficult to keep the children interested in coming to be weighed regularly unless one can keep in close touch with them. Of a record of 67 children who have been weighed since the camp closed, 29 have gained, 35 have lost, and 3 have remained the same in weight. The gain has been much slower than during the summer, and the loss in most cases has not been very great; but it is apparent that if these children could have even a longer period under the same observation, they would succeed in establishing a normal weight and stronger constitution, making them more fitted to with-

stand illness and their unfavorable environments. The camp also would not have so many repeaters, who have seemed to depend upon this annual outing for their welfare from one year to another. A child who is undernourished does not always make a steady gain; the least bit of extra energy expended causes him to fall back, showing very clearly that the five weeks is not sufficient for him to become firmly enough established to continue to gain when he returns to his former environment. The weaker ones have to succumb, as has been demonstrated by two or three of the cases who were at the camp last summer. They are so frail and delicate that it seems clearly the survival of the fittest, but when plenty of air and sunshine, plain, wholesome food, and healthy living conditions are all that is necessary to make strong, well children, should we not make more of an effort to carry on this work even farther?

Respectfully submitted,

RAGNA H. RATH,
Matron.

GIRLS' RECREATIONAL DEPARTMENT

MR. JAMES A. RATH,

Palama Settlement, Honolulu, T. H.

MY DEAR MR. RATH:

The following is a report of the Girls' Rrecreational Department from January, 1926, to January, 1927:

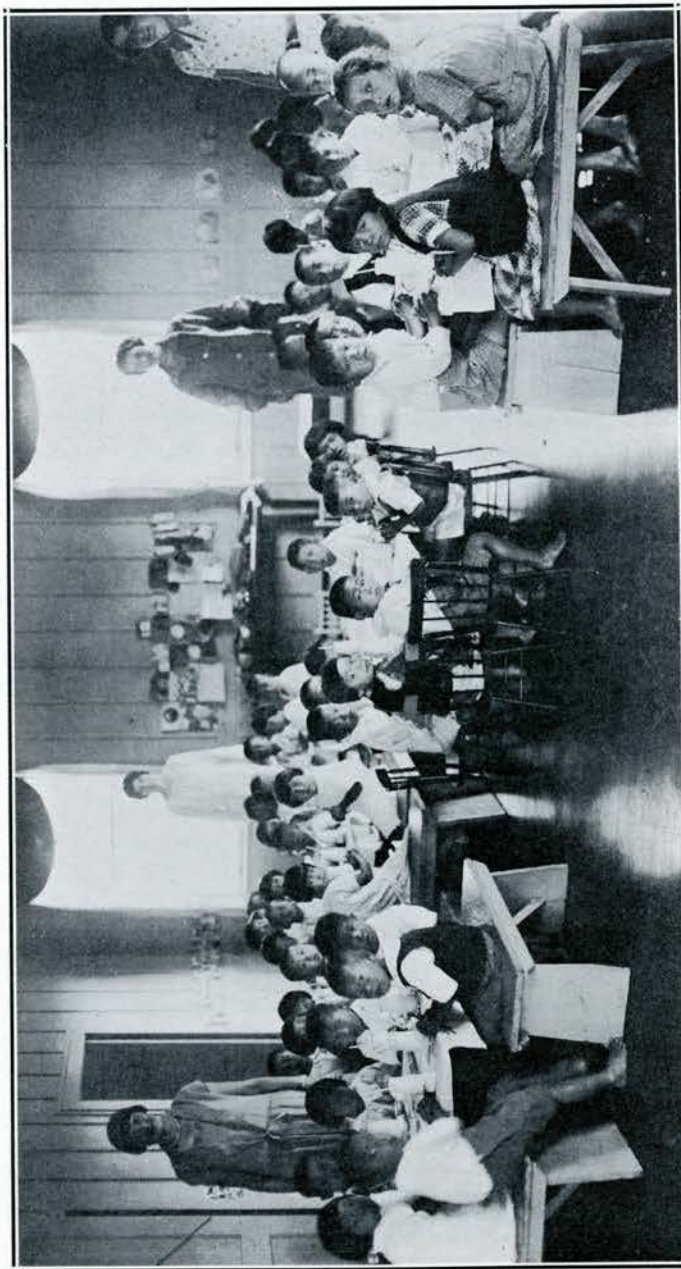
Miss Esther Kopke and Miss Gladys Newton had charge of the girls' work until June 1st. From then on Miss Dorothy Petley, Miss Pauline Brown, and Miss Ruth Kruger have carried on the work of the department.

The second week in June a girls' field day was staged. Over sixty girls entered the athletic events.

Miss Dorothy Mitchell came in June to take charge of the playground.

The event of August was the circus, the boys' and girls' departments cooperating. A thousand people attended the circus after a very successful parade in the afternoon. The public park cooperated by loaning us monkeys and Daisy. Our own "human" horse, ostrich, and giraffe, made with the help of gunny sacks and wire, did their share to make it a real circus. What is a circus without pink lemonade and a band? The Palama circus had both. The Boys' Industrial School Band gave the parade the necessary spirit. The only difference between our parade and a real one was that we started on time and went the advertised route. Although the tickets were only five cents each, the gate receipts were \$125.00. Expense of lights, tent, lumber, etc., \$70.00; profit, \$55.00.

On Labor Day an annual field day was held. One hundred and sixty girls took part in the various events. Emma Muragin took the highest number of points, so her name was engraved on the silver loving cup.



NUTRITION PERIOD IN THE KINDERGARTEN

Miss Koto Nakamoto joined our force in October as a part-time worker in order to visit the Oriental homes, mostly Japanese. Through Miss Nakamoto's efforts we began a morning kindergarten. Forty-three children registered the first morning. The parents paid thirty cents a week per child, kindergarten being held three mornings a week, from 9:00 to 11:30. The child was served a bottle of milk and a graham cracker for his morning lunch. Each child was given a medical examination and a weight chart is kept. The average daily attendance is 45 out of an enrollment of 56.

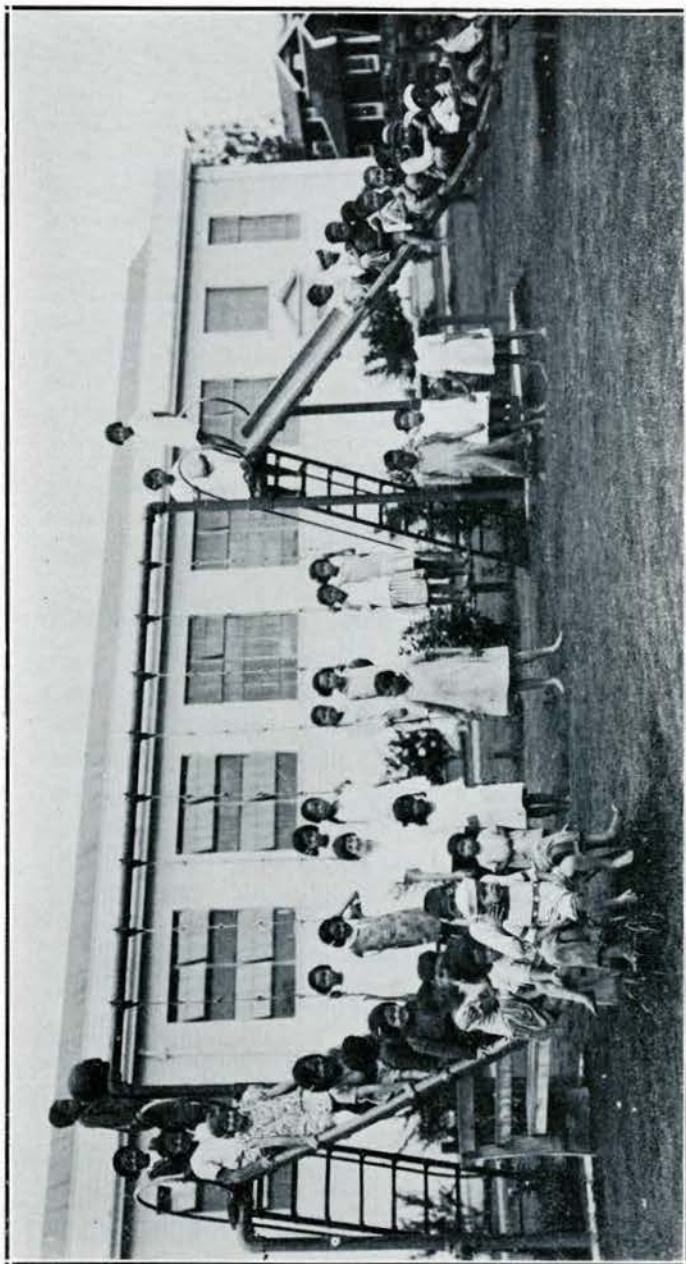
October 13 the city-wide swimming meet was held. Three girls under twelve years of age were taken to Puna-hou tank for the final meet. Dorothy Tanaka took third place in the 50-yard race.

October was ended with a big Hallowe'en party in the gymnasium. Four hundred and fifty children were present and a glorious time was had by all.

Volleyball season began in November. Our girls played McKinley, Kaulewela Mission, and various Girl Reserve groups. Each club had a Thanksgiving party. The Girl Reserves gave a Thanksgiving party, inviting the Pua Lane Club. Thirty-seven boys and girls played games and danced in the girls' club rooms.

For our Christmas tree a fine pine tree was sent to us from the Forestry Department. The club rooms were decorated and each club had its Christmas party. For the kindergartners, crinolin stockings were made and stuffed with nuts, raisins, prunes and toys. Each made a picture frame and pasted a kodak snap of the kindergarten children in it to be given to their parents. The boys' Pua Lane Club entertained the Girl Reserves at a Christmas dinner. The younger girls had their Christmas parties on various afternoons.

Since the first of the year Mrs. George Kellerman has taken charge of our kindergarten and conducts classes five mornings a week. Forty cents a week is now being charged to cover the expense of milk and equipment.



A PART OF THE IDA BEATRICE CASTLE PLAYGROUND

Miss Gertrude Biedenweg joined our staff as an assistant.

The Palama Girls' Athletic Club was formed. Basketball opened the season, the girls playing the Kauai High School on January 15 at Palama, and on January 27 playing a return game on Kauai. The Palama girls received the larger score each time, this being possible under the able coaching of Mr. Ben Clark.

The girls are divided into clubs according to their choice and age. A very active Girl Reserve group meets every Tuesday with a membership of 25. Girl Scouts meet on Thursday with an average attendance of 10. Awapuhis, Bluebirds, Brownies, Roselani and Cooking clubs meet at their respective hours. The Mothers' Club meets every Tuesday. Their last project was making rag rugs, which they sold before Christmas. Many women have been supplied with maids through our employment bureau.

One hundred and fifty books from the Public Library are circulating through the Palama station.

The schools in the Palama district have been visited and all the girls invited to take advantage of the Settlement. Each week some visiting is done in the homes, thus getting acquainted with the children's home conditions and also letting the parents meet us.

The swimming hour every day at three o'clock for girls has been taken advantage of by many. Miss Dorothy Mitchell has given swimming instruction during the low-tide hour and also has trained some of the girls for meets. The Palama tank is where all the girls take their Girl Scout swimming tests.

The girls' gym is loaned to the Normal and University of Hawaii for basketball practice at different hours during the week.

Three hundred and sixty-eight new members have been taken into the Settlement. An average attendance of 1,100 a week, with a total attendance since June 1st of

49,561, and an average attendance of 650 per week in the playground shows an increase over last year's records.

Our staff has been increased to seven members, and we hope our constructive work has increased in proportion.

Respectfully submitted,

RUTH D. KRUGER,
Director, Girls' Work.

AUDITORS' REPORT

THE TRUSTEES,

Palama Settlement, Honolulu.

GENTLEMEN:

We have completed the audit of the accounts of the Palama Settlement for the year ended December 31st, 1926, and have to report as follows:

CASH

The cash on hand was counted during the course of our examination and was found to be in agreement with the balance reflected by the cash book. The amounts shown by the accounts to be on deposit in current account with the Bank of Hawaii, Limited, and the Hawaiian Trust Company, Limited, at December 31st, 1926, were reconciled with statements rendered by the respective institutions.

INCOME

Contributions from the United Welfare Campaign, the City and County of Honolulu, the Strong Foundation, and the Chamber of Commerce of Honolulu were verified and found to be correctly recorded. Other income was checked with the evidence in support thereof.

DISBURSEMENTS

The expenditures for the period were compared with the vouchers on file and were found to be fully supported.

GENERAL

We examined the securities representing the investments of the Settlement and found them in order. At the

time of our examination no further investments had been made on account of the Milk Bottle Fund as referred to under our report dated January 14th, 1927.

All transactions having been completed with regard to Asylum Road Fund Account, we have transferred the balance thereof as at December 31st, 1926, to General Fund.

No depreciation was taken in the accounts for the year 1926 on the undernoted assets:

Buildings
Equipment
Automobiles.

The additions and postings necessary to certify the accounts of the General Ledger and the Trial Balance thereof at December 31st, 1926, were checked.

We append the following statements relative to the accounts:

Exhibit A. Balance Sheet as at December 31st, 1926.

Exhibit B. Statement of Income and Expenditure Accounts for the year ended December 31st, 1926.

Schedule I. Details of Expenditures, for the year ended December 31st, 1926.

Respectfully reported,

YOUNG, LAMBERTON & PEARSON.

PALAMA SETTLEMENT
BALANCE SHEET
 As at December 31st, 1926

Assets		
CURRENT		\$ 9,564.89
Cash	\$2,364.89	
On hand	\$ 250.96	
The Bank of Hawaii, Limited.....	165.04	
Hawaiian Trust Company, Limited.....	1,948.89	
Bills Receivable: City and County	7,200.00	
ENDOWMENT FUND INVESTMENTS		7,290.00
Palama Settlement—Sundry Stocks.....	\$ 3,500.00	
Fresh Air Camp—Sundry stocks.....	3,500.00	
Property Fund—Sundry stocks.....	210.00	
Milk Bottle Fund—Bond.....	80.00	
FIXED		433,583.23
Real Estate	\$ 89,407.81	
Buildings	276,011.01	
Equipment	53,714.09	
Artesian well	4,022.32	
Automobiles	7,853.00	
Tennis courts	2,575.06	
		\$450,438.12

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Liabilities		
CURRENT		\$ 7,094.47
Accounts payable	\$ 344.47	
Hawaiian Trust Company, Limited—Note.....	6,750.00	
ENDOWMENT FUND		8,797.12
Palama Settlement	\$ 3,500.00	
Fresh Air Camp	3,500.00	
Dental Equipment	1,500.00	
Milk Bottle	297.12	
GENERAL FUNDS		434,546.53
Balance January 1st, 1926.....	\$ 58,632.54	
Add:		
Readjustment—Insurance Rebate.....	\$ 830.71	
Donations toward 1925 Deficit.....	10,105.00	
Sale of Annex Property.....	\$53,000.00	
Less: Book value thereof	40,495.22	
Asylum Road Fund—Transferred	336,665.76	
	\$360,106.25	
Excess Income over Expenditures—per Exhibit B.....	15,807.74	
		375,913.99
		\$450,438.12

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PALAMA SETTLEMENT
STATEMENT OF INCOME AND EXPENDITURE
For the Year Ended December 31st, 1926

INCOME

CONTRIBUTIONS		\$127,199.62
United Welfare Campaign	\$ 76,000.00	
City and County of Honolulu	24,000.00	
Sundry Donations—Other Islands.....	1,900.00	
Chamber of Commerce of Honolulu.....	25,299.62	
	<hr/>	
INCOME FROM ENDOWMENTS		2,830.78
Alexander Estate Endowment.....	\$ 2,678.15	
C. M. Cooke Endowment	152.63	
	<hr/>	
Men and Boys' Department		1,187.15
Women and Girls' Department		109.30
Membership Drive		2,208.20
Sundry Rents		1,074.93
		<hr/>
		\$134,609.98

EXPENDITURES

Administration	\$ 29,984.60	
Medical	68,552.21	
Dental Infirmary	25,652.95	
Social	18,991.22	
Fresh Air Camp	6,316.81	149,497.79
		<hr/>
Operating Deficit before Special Income		\$ 14,887.81
SPECIAL INCOME TO BE APPLIED AS UNDERNOTED:		
Administration	\$ 394.95	
Medical	3,852.23	
Dental Infirmary	28,850.38	
Strong Foundation Grant.....	\$ 24,000.00	
City and County Grant	3,000.00	
Sundries	1,850.38	
	<hr/>	
Fresh Air Camp	665.00	33,762.56
		<hr/>
NON-BUDGETED EXPENDITURES:		\$ 18,874.75
Baby Week Conference	\$ 28.14	
Loans and Relief	95.50	
District Nursing—Milk	891.05	
Upkeep of Grounds	393.77	
Depreciation—Equipment	200.00	
Depreciation—Automobiles Sold	297.50	
Asylum Road Expense.....	1,161.05	3,067.01
		<hr/>
Transferred to Exhibit A		\$15,807.74
		<hr/>

PALAMA SETTLEMENT
DETAILS OF EXPENDITURE

For the Year Ended December 31st, 1926

	Adminis- tration	Medical	Dental Infirmary	Social	Fresh Air Camp	Total
Salaries.....	\$ 22,721.86	\$ 60,080.44	\$ 20,983.13	\$ 16,628.47	\$ 2,530.40	\$122,944.30
Light, Heat and Power.....	1,935.05	368.37	178.74	2,482.16
Insurance.....	201.16	290.73	47.00	538.89
Office Supplies.....	1,275.65	810.92	122.15	148.41	11.14	2,368.27
Telephone and Telegraph.....	882.18	584.60	144.00	33.00	1,643.78
Departmental Supplies.....	794.01	3,146.00	2,016.18	999.62	2,522.27	9,478.08
Transportation.....	1,595.07	848.24	250.00	177.53	2,870.84
Auto Expense and Upkeep...	426.26	895.79	315.06	1,637.11
Relief and Entertainment....	715.84	294.15	1,009.99
Repairs and Upkeep.....	458.11	347.76	58.60	281.13	252.91	1,398.51
Remittances to Mainland Or- ganizations.....	219.66	219.66
Rent and Taxes.....	34.30	107.60	19.50	144.00	487.50	792.90
Laundry.....	39.37	294.18	332.52	245.44	123.32	1,034.83
Incidentals.....	281.15	399.12	398.20	1,078.47
	\$ 29,984.60	\$ 68,552.21	\$ 25,652.95	\$ 18,991.22	\$ 6,316.81	\$149,497.79