

Mr. Vincent Astor's Practical Memorial ^{for} His Father

Mrs. Vincent Astor Tells of Health and Happiness Brought to Invalid Children of the Poor



A Group of the Small Convalescents at Holiday Farm.

"My father gets nine dollars a week—when he works."

Holiday Farm cares for such children as these: On Christmas forty-four sat down to a turkey dinner. Of these only ten would have had any Christmas joy at home.

Interested in the home and making annual as well as special and occasional contributions to it are Miss Mary R. Callender, Mrs. Henry G. Chapman, Mrs. W. B. Dinmore, Miss Dinmore, Mr. A. E. Gallatin, Mr. and Mrs. Vincent Astor, Mr. and Mrs. R. P. Huntington, Mrs. Garrett Kip, Mr. Ogden Mills, Mrs. William Church Osborn, Mrs. James Roosevelt, Miss Ruth V. Twombly, Mrs. J. E. Aldrich, Mrs. G. B. Alexander, Mr. William L. Allen, Mr. A. T. Asher, Mr. Henry G. Barby, Mrs. George D. Beatty, Miss Sadie Belloni, Mrs. E. J. Berwind, Miss B. C. Brooks, Mr. William Kelly Brown, Mrs. Andrew Carnegie, Mrs. H. T. Chambers, Mrs. J. J. Chapman, Miss Allie Cramer, Miss Julia D. Dawson, Mr. Walter Decker, Mr. David Dows, Mrs. Tracy Dows, Master Olin Dows, Mrs. E. K. Dunham, Mr. Charles Ferris, Mr. Henry Grube, Mr. Frank Herrick, Mrs. F. D. Fitch, Mrs. Gerald L. Hoyt, Mr. R. P. Huntington, Mrs. Mary Adams Johnston, Miss Elizabeth Lynch, Mr. C. E. McCarty, Mr. A. C. McCurdy, Mr. Marshall, Mrs. Douglass Merritt, Miss Ethel D. Merritt, Dr. George N. Miller, Mr. Peyton F. Miller, Mrs. W. Starr Miller, Mrs. L. A. Mitchell, Miss Montgomery, Mrs. L. P. Morton, Mrs. Thomas Newbold, Mr. S. H. Olin, Mrs. Willard D. Straight, Mrs. Zabriskie, Mr. Franklin Olmsted, Miss Julia Olmsted, Mr. Henry Parrish, Jr., Mrs. Frederick Pruyn, Mr. A. M. Quick, Miss Mary G. Radcliffe, Mr. F. Rickert, Mrs. Archibald Rogers, Mrs. John S. Rogers, Mrs. H. Ruge, Mrs. David Rumeby, Mrs. M. V. B. Schuyver, Mrs. Stewart, Mrs. R. B. Suckley, Mr. A. Lee Wager, Mr. William F. Wey, Mr. Eugene Wells, Mrs. William Woodward.

Among the gifts to the invalids from other children were a playhouse and a copy of "Little Folks" by Miss Alice Astor; a punch and Judy show with ice cream, vegetables "from their own garden," a barrel of pears, a barrel of apples, a doll, a sack and twelve pairs of stockings, six pairs of shoes and a radioicon. The officers of the Holiday Farm Association are: President, Mr. Vincent Astor; vice-president, Miss Ruth Morgan; secretary, Mrs. R. P. Huntington; treasurer, Mrs. Tracy Dows. The executive committee is composed of Mr. and Mrs. Vincent Astor, Mrs. Tracy Dows, Miss Elsa Howard, Mr. R. P. Huntington, Rev. F. K. Little, Miss Elizabeth Lynch, Miss Ruth Morgan, Miss Ethel Merritt, Miss Julia Olmsted, Miss Margaret Suckley, Mrs. William Woodward.

By Helen Astor.
(Mrs Vincent Astor.)

THIRTEEN years ago Miss Mary Morton, daughter of Vice-President Levi P. Morton, established Holiday Farm, at Rhinecliffe-on-the-Hudson, in New York. The home grew out of a need which Miss Morton recognized—that a child who had been ill might still be a victim of the illness if discharged too soon from a hospital.

A child that had been ill may have become reasonably well, but yet be weak—too weak to withstand the onslaughts that conditions of crowded tenement life make upon the physical constitution. A patient should never be discharged from a hospital until completely recovered and provided with a fund of resistance against the environment that menaces health.

But this desideratum cannot be reached by overcrowded city institutions. Those who are no longer acutely ill must give way to those who are suffering more than themselves. Those who in favorable conditions will recover must give way to those who must have care or die. Therefore those in the lesser state of need must make way for the greater. It is upon this proposition that Holiday Farm, Home for Convalescent Children, was built.

Last year Mr. Vincent Astor, desiring to erect a memorial for his father, Colonel John Jacob Astor, who was lost in the Titanic disaster, conceived the idea of building a new home for the institution and of enlarging its scope. The home was erected at a cost of about \$100,000.

Holiday Farm is eighty-five miles from New York. Far enough to escape the noises, the tainted air and the feverish momentum of city life, yet within three hours from the home of the patient by train, or less, if, as sometimes happens, the automobile of one of the owners of country homes near Rhinebeck is offered for the return of the little one.

The weak point of convalescent homes, as of hospitals, is that the patients must too soon give place to others. The distinguishing characteristic of Holiday Farm—what makes it unique—is that the little ones who have been ill remain until they are well, no matter how long that is. If they are quite well after a fortnight, very well. If their recovery requires two months, three, four, six, they remain unmolested until the cure is beyond question and they possess a fund of reserve vitality.

Boys are admitted from the ages of four to nine. Girls from four to fifteen. When the girls have recovered their health an effort is made to find a home for them in the neighborhood which has given them health. On the domestic staff of many homes within a radius of twenty miles from Rhinebeck are young women whose names are on the registration books of Holiday Farm.

But if the children must return to their homes those who are actively interested in the Home for Convalescents have arranged that they shall do so with memories of simple, pleasant and healthful living. The terraced lawns slope to a brook which runs through the farm. The grounds are shaded by tall, old trees. Twelve swings, gliding settees and sand box, an out-of-door glass-enclosed playhouse beneath a tree whose branches sweep the ground are there for their amusement. For the play spirit is encouraged for the building of health. The old house which originally sheltered the institution provided for twenty little invalids. The larger new one, erected on the site of the old, has a capacity of fifty.

Most convalescent homes close in October. Holiday Farm is always open. Pale little children learn there the delights of coasting and sleighing.



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Mrs. Vincent Astor, a Pillar of the Convalescent Home.

There is a kindergarten within doors. If the little invalid's stay is long, his or her education need not be neglected.

The rooms are large, and air and light have freer access to them than in most institutions of the kind. There are perfect heating and ventilation, which are valuable aids to sound and rapid convalescence. Out-of-door sleeping porches are further aids.

Children go to Holiday Farm through the channels of New York City hospitals. All the nations of Europe and China and Syria are represented. Many children go who are fighting the weakness following operations for appendicitis. Others are slowly recovering from typhoid and other fevers. Preventive work is sometimes done, for children have been spared the operations and the fevers by the healthful surroundings and nourishing food given in time.

Every effort is made to give the children the benefit of the latest discoveries of science and the best methods of care of the sick. The matron, Miss Ada C. Lynch, paid visits to convalescent homes to study their problems and their means of solving them. She made a study of expenditures, learning that Holiday Farm had eliminated waste to the point of being run a little more economically than the average similar institution. Its expenditures are about \$12,000 a year, or 45 cents a day, for each child. Rules are reduced to the minimum, because they sometimes hamper the full usefulness of convalescent work.

Last year 686 children were cared for

Holiday Farm house, Built by Vincent Astor as a Memorial to His Father.

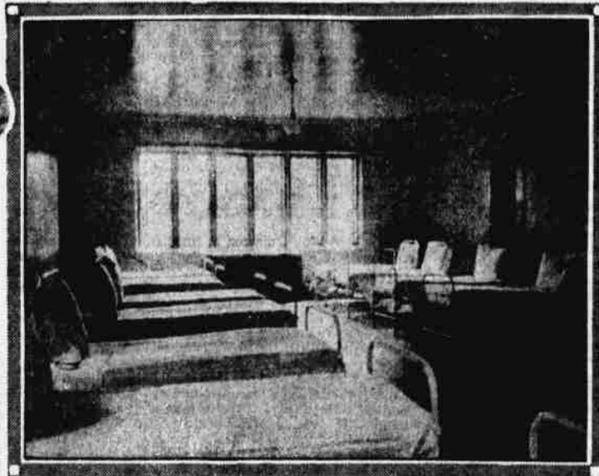
ers went from the New York Mission and from Saint Bartholomew's. The Charity Organization, the Union Settlement, the Cathedral of St. John the Divine contributed. Twenty-two of the patients came from miscellaneous sources.

Many incidents that strike the human chord occur at Holiday Farm. For instance, thither went little Catherine, aged seven, ill-nourished, under-sized, exhausted. Turning a grave and prematurely aged face upon her questioner, she said: "My mother had rheumatism. I did all the housework for the family until I broke down. Then a visiting nurse sent me here." Little Catherine stayed at the home until she had rested. Reports of her said she had gained four pounds a week after receiving this impetus toward new vitality.

One little stranger in our land went to the farm after an operation for appendicitis. To a small American who was making the journey from New York to the home with her the little foreigner, hugging a moth-eaten muff to her thin breast, boasted: "Our family are rich."

Said the American child: "How much money have you?" To which the little stranger replied: "My mother's got a job scrubbing for eight dollars a week."

"That's nothing," said the American.



One of the Light and Air Flooded Dormitories.



A Little Patient Growing Well Without Being Hurried.

at the farm. Of these 506 returned well. Twenty-nine were improved. Forty-two are still in the home. Nine did not improve.

The small patients go from Roosevelt Hospital, from Harlem, Gouverneur, Bellevue, the Presbyterian, St. Luke's and New York hospitals. The Bureau of Child Hygiene sent some patients. Oth-

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How You Can Make Your Clothes Waterproof

A FRENCH scientist has lately discovered an effective method of making garments absolutely waterproof. The process is simple, durable and inexpensive, and does not injure the appearance of the cloths. It consists of a very slight impregnation of the fiber of the cloth with wool-fat. This is dissolved and diluted in a neutral, anhydrous and volatile liquid.

Take five or ten parts of Adeps lanæ, procurable at almost any drug store, liquefy it in a little chloroform and dilute with ninety to ninety-five parts of gasoline.

Immerse in this the entire garment, squeezing or stirring it for a few minutes, then wringing out and drying in the air.

To make bags, leggings, articles of coarse cloth or canvas

waterproof smear them thoroughly with a mixture of tallow with fifty per cent vaseline.

Red vaseline is best, since it costs less and gives an attractive khaki color. The paste is applied much like shoe blacking and is then rubbed in vigorously with a brush to make sure of an intimate contact.

Shoes, also, should be waterproofed, especially for the winter and wet spring months. Any of the reliable brands of waterproofing oils on the market will be found satisfactory, provided they are applied often enough—after every trip in the rain or snow. The old-fashioned method of rubbing in tallow is still efficient, though not so convenient to use as the commercial brands.