

[Home](#)[Contents](#)jameslindlibrary.org

Records

[Title Page\(s\)](#) [Key Passage\(s\)](#) [JLL Article\(s\)](#) [Context](#)

[Download key passages/title pages as a PDF](#)

Leighton G. McKinlay PL (1930). Milk consumption and the growth of schoolchildren. Department of Health for Scotland. Edinburgh and London: HM Stationery Office.

Title pages



DEPARTMENT OF HEALTH FOR SCOTLAND

Milk Consumption

AND THE

Growth of School Children

REPORT ON AN INVESTIGATION IN
LANARKSHIRE SCHOOLS

BY

GERALD LEIGHTON, O.B.E., M.D., F.R.S.E.
Medical Officer (Foods)

AND

PETER L. McKINLAY, M.D., D.P.H.
Medical Officer (Statistics)

EDINBURGH :

PUBLISHED BY HIS MAJESTY'S STATIONERY OFFICE.

To be purchased directly from H.M. STATIONERY OFFICE at the following addresses :
120 George Street, Edinburgh ; Adastral House, Kingsway, London, W.C.2 ;
York Street, Manchester ; 1 St. Andrew's Crescent, Cardiff ;
15 Donegall Square West, Belfast ;
or through any Bookseller.

1930.

Price 3d. net.

49-217

4. SELECTION OF CHILDREN

The selection of the 20,000 children for the purposes of the investigation was a matter of importance. The question was fully discussed with the school medical officers of the Education Authority of the County of Lanark, who were ultimately responsible for the selection made. The schools were all situated in industrial and densely populated parts of the county, but not specially selected on account of the distress prevalent in any special area. It should be said, however, that at the period of this investigation, unemployment was rife throughout the district, and it was estimated that approximately one-third of the children came from homes where the parents were entirely unemployed or only partially employed. In all, 67 schools came into the scope of the investigation. The numbers selected in these schools varied from a minimum in any one school of 200 (100 feeders and 100 controls) to a maximum of 400 (200 feeders and 200 controls).

It will, of course, be understood that before the actual feeding of these children began, each of the schools was visited by the school medical officers of the Education Authority, who explained to the head teachers all the details of what was proposed to be done, and this constituted a very important part of the preliminary work.

Both the milk-fed children or "feeder" group and the "control" group were drawn from children from 5 to 12 years of age (both years inclusive). The selection of the actual children, however, was left to the head teacher in each school, to whom it was explained that the selected children should be a representative group of all, and not the most ill-nourished or of any other outstanding character. In the same way it was explained to the teachers that the "controls" should also be representative of the average child. Likewise it was laid down that the sexes should be, as far as possible, balanced in each age group.

As a matter of fact, the teachers selected the two classes of pupils, those getting milk and those acting as "controls," in two different ways. In certain cases they selected them by ballot and in others on an alphabetical system. In any particular school where there was any group to which these methods had given an undue proportion of well-fed or ill-nourished children, others were substituted in order to attain a more level selection. The school medical officers were definitely of opinion that each school had furnished a very fair average of its ordinary scholars, both as regards the children receiving the milk and also as regards the "controls."