

## Dr. Milk Bottle

### CHARACTERS:

*Dr. Milk Bottle*

*Helen*

*Mary*

*New Mary*

*Ruth*

*Lillian*

*Aids:*

*-Protein*

*-Lime*

*-Fat*

*-Sugar*

*-Magic Triplets (1, 2, & 3)*

*(Dr. Milk Bottle should be dressed in a white bottle-shaped gown made over hoops to represent a bottle of milk. The aids should be dressed in white; all their movements must be quick and their tones business-like. Helen, Mary, Ruth and Lillian should all be dressed as school girls. Mary is tall, thin and pale. New Mary is healthy, red-cheeked and happy, but otherwise as much like Mary as it is possible to find her for she represents Mary after Dr. Milk Bottle's treatment. The roll of honor is made of cardboard. "Physically Fit" is printed at the top. There are lines for four or six names. In the lower right-hand corner is an enlarged copy of the milk carpenter, and in the left-hand corner a milk bottle with a face, arms, and legs to represent Dr. Milk Bottle.)*

### SCENE I

*(Enter Helen, a bright and happy girl swinging her books. From the opposite side of the stage is Mary, a tall thin girl, listless in action and speech.)*

HELEN: Come up to the park with me, Mary. Junior A's are going to practice for tomorrow's athletic meet. Watch us get ready to win!

MARY: I can't. I'm too tired.

*(Ruth and Lillian, happy and enthusiastic, rush up behind Mary and Helen and join in the conversation.)*

RUTH: I tell you! Go home, drink a glass of milk and rest up a while. Then come and see me win the swimming race—4 o'clock sharp.

MARY: Oh, I haven't time! It takes me so long to study. Besides, I hate milk. It doesn't agree with me.

LILLIAN: There must be something the matter with you then. Why don't you see Dr. Milk Bottle?

DR. MILK BOTTLE: (*Enters.*) Who's calling me? Dr. Milk Bottle! Dr. Milk Bottle! Dr. Milk Bottle! That's the cry all day! Well, here I am. I'm a busy man. Where's the patient?

HELEN, RUTH, & LILLIAN: Here she is!

MARY: (*Looks alarmed, backs away, and in frightened, halting tones addresses Dr. Milk Bottle.*) I-I-I'm very well, thank you. P-p-p-please don't come any nearer. I'm glad to see you, Dr. Milk Bottle. Good afternoon, sir.

DR. MILK BOTTLE: You girls run along. Have a good time. (*The other 3 girls run off.*) Well, now, Mary, I'll call my aids in to examine you. Something's wrong, Mary, something's wrong.

(*Aids rush in and without further orders put Mary through a quick physical examination. They sound her chest, examine her posture, test her muscles, look into her eyes, and make her poke out her tongue. Mary objects in her own weak way.*)

PROTEIN: She's flabby. Notice these poor little muscles. Sure sign she has no energy, little vitality. She is in lack of protein and other Aids, sir. Give her cheese and teach her to like the thick curd of sour milk—finest stuff in the world—full of protein.

LIME: Growing too fast, Mary, but not strong enough. Build both ways—tall and strong; take care of bone material—get the very best lime. You'll find full quantity and quality in every glass of milk. Let's see your teeth. A good set. Take care of them. Plenty of lime! Finest thing in the world, sir.

FAT: Hands cold, eyes lifeless, posture listless and drooping. Why, you're as thin as a rail! You need fat—fat, that's the stuff! Eat bread and butter—never mind the price. It'll pay! And I say, Mary, drink milk, whole bottlefuls! That'll make you fat.

DR. MILK BOTTLE: Drink your milk slowly, Mary. Don't gulp it down. Have a pint a day, at least. Come on, Sugar, this is a nice girl. I want you to help her.

SUGAR: Ever stop to taste the sugar in a glass of milk, Mary? It's there—a smooth, creamy sweetness—fat and sugar in milk! Drink milk and still more milk. Why, Mary, you'll wake up and make the world hum!

MARY: (*Points to the Triplets who are dancing merrily around her.*) Who are these? How happy they look!

DR. MILK BOTTLE: Nobody knows much about them, but they are called the Magic Triplets—the Vitamins—and they are your very good and much needed friends.

MAGIC TRIPLET 1: We've been busy with you all right, Mary. You've grown. That's our work. But we need more lime, fat, sugar and protein to carry out our plans for you. Get a greater quantity of these things on hand by drinking more milk—

MAGIC TRIPLET 2: Eating green vegetables and fruits and custards.

MAGIC TRIPLET 3: Milk in any form and all forms will build you up, strong and healthy; a lover of work, a good sport.

DR. MILK BOTTLE: I certainly want all you little carpenters to get to work on her.

MARY: (*Shows great signs of alarm*) Please, Dr. Milk Bottle, don't let them cut me up and hammer nails into me. I-I-I like you, Dr. Milk Bottle.

DR. MILK BOTTLE: (*Becomes gentle and sympathetic.*) Why, my child, we build—we don't tear down. I've been looking at that bit of color on your breast—a piece of Old Glory—and I've decided to make you fit to wear it. Want to be a good American, I take it?

MARY: If you please, sir, my father has taken out his papers; he is a citizen, so I am an American.

DR. MILK BOTTLE: Yes, yes, yes! But a good American must be strong in body and mind. He must be full of the energy that makes a person want to work and play. Then, too, he must have a kind heart that urges him to try to please other folks.

SUGAR: Tis the sugar in the milk that makes life sweet.

FAT: And the fat in the milk that keeps your heart warm.

DR. MILK BOTTLE: And your stomach, too.

ALL MAGIC TRIPLETS: (*They seize Mary by the hand and whirl her around in a circle, first one way then the other, as they sing.*)

We Magic Triplets dance in and out  
And whirl you all about.

PROTEIN: Muscle building, that's what protein's for, and to help give energy!

DR. MILK BOTTLE: (*In mock consternation.*) Bless me! Very important you think yourselves! Are you carpenters working yourselves up for a strike?

AIDS: (*Face one another in pairs and keep time to the rhythm by throwing their arms upward and downward as they recite in concert. When they recite the last line they surround Dr. Milk Bottle and spread out their empty hands before them. They smile throughout the jingle.*)

Oh, such a thing to think of us,  
Your carpenters who never fuss,  
Who work right on from sun to sun,  
Without our pay, for work is fun!

DR. MILK BOTTLE: That's the spirit; that's the spirit! We must work right on. This building must be repaired. We'll take Mary to our other helpers. Brother Iron must put some red blood in these cheeks. The Laxative Brothers and water will clean out her intestines and kidneys.

(*The Aids surround Mary again, take hold of her arms and legs as if to force her from the stage.*)

MARY: But I'm tired, I can't keep up with you people.

PROTEIN: Oh, yes, come right along, right along.

DR. MILK BOTTLE: Your friends won't know you when we bring you back.

PROTEIN: We'll give you milk, plenty of milk.

LIME: Twice a day at least.

FAT: Butter your way through life.

SUGAR: Bread and cereals.

FAT: Butter, butter her path through life.

AIDS: (*In sing-song tones recite as they hurry Mary off the stage*)  
Fresh air, sleep, work, and play and milk,  
Fruits and green vegetables, plenty of milk!

## SCENE II

(*Ruth, Lillian, and Helen return to the stage.*)

LILLIAN: Mary returned from the mountains today.

RUTH: Have you seen her? Why, here's Dr. Milk Bottle.

*(Dr. Milk Bottle enters from the opposite side of the stage. Beside him walks the New Mary, full of life and energy. She runs over to her three friends and Helen points to the girl at Dr. Milk Bottle's side.)*

HELEN: I wonder who that girl is.

MARY: Oh, girls, I've had the most wonderful time! But I want to get back to school. I'm going to join the Athletic League and the Swimming Club and—

DR. MILK BOTTLE: Not so fast, not so fast! Don't overdo matters.

*(The Aids stand near, smiling.)*

FAT: Keep your weight.

PROTEIN: Join everything—work, play, hustle!

LIME: Keep your teeth white and your spine straight.

SUGAR: Keep a-movin' and a-smilin'.

ALL MAGIC TRIPLETS: *(Shaking their fingers at Mary.)* Stick to Dr. Milk Bottle, fruits and green vegetables and we'll stick to you.

FAT: Butter your way! Eat butter, that's the stuff!

PROTEIN: Dr. Milk Bottle, I move that Mary's name be placed on our roll of honor.

ALL MAGIC TRIPLETS: We second the motion.

DR. MILK BOTTLE: It has been moved and seconded that Mary Younger's name be placed on our honor roll. All in favor?

AIDS: Aye, aye, aye!

DR. MILK BOTTLE: The motion is carried. This, Mary, is the highest honor we can bestow upon you. You are fit to serve the greatest country in the world.

*(Protein brings in the roll of honor, and Dr. Milk Bottle points to Mary's name as he speaks.)*

AIDS: Three cheers for Mary! *(Pointing to Mary and keeping time with the right foot.)*

Twass milk!

Twass milk!

Twass milk that did the deed!

*(A procession is formed. Dr. Milk Bottle leads. The Aids in couples joining right hand of one to left hand of the other in the style of "London Bridge" come next, then Mary with the banner, carried high, and lastly the three friends. All sing the Health Jingle as they pass off the stage.)*

ENTIRE CAST: *(Singing to the tune of "London Bridge.")*

Fresh air, sunshine, lots of milk,  
Lots of cream,  
Lots of bread,  
Exercise and hours of sleep,  
Make you healthy.  
Bathing daily , rain or shine,  
Warm or cold,  
Morn or night,  
Open the pores and keeps you fit,  
My dear children.

**THE END**