Democratic Watchman.

Bellefonte, Pa., July 16, 1920.

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions.

1. Name three milk products.
2. What is Pasteurization?
3. Name two diseases which may be carried by milk.

MILK

Old Eph Brown, long haired, lean and given to argument was holding forth to an open-mouthed group of loungers. "Ye may talk as ye please about pasteurized milk, ye can't have it in winter time fur there's no paster fer the cows to eat. An' I leave it to Doc. George over there if it ain't so."

"I am afraid Mr. Brown has misunderstood," smiled the Doctor. "The word 'Pasteurize' has no relation to grass or meadows, but has reference to a certain treatment of milk that was advised by a celebrated scientist, named Pasteur, who discovered that if milk were heated to 145 degrees and kept at that temperature for a half hour, disease germs it might contain would be rendered harmless, while the food value of the milk would not be lessened."

"Well I'll swan," said Eph.

The doctor added, "To be of value, pasteurization should be done soon after milking. Germs multiply rapidly and throw off poisons called toxins. Late pasteurization, while it destroys the germs, does not destroy the toxins. Such milk is not good for any person and is particularly unsafe for babies."

Eph interrupted, "Say, Doc, I've raised children and grandchildren, and none of 'em ever had pasteurized milk, as you call it."

"That shows what strong children can stand, but it is no argument against making milk safe.

"Over in Blain township there was a farmer who kept a few cows and peddled milk in Averageton, four miles away. He didn't groom his cows, he didn't wipe their udders with a damp cloth before milking, and he did not pasteurize his milk. He regarded such practices as 'new fangled foolishness.'

"One hot summer day his grandchild took suddenly sick. When the doctor came, he said, 'bad milk.' As he picked up a milk bottle and gave it a sudden twirl, numerous specks were seen moving about the bottom.

"The grandfather was hard to convince, but when the laboratory report showed an extraordinary high number of germs present and when a dozen other babies along his route sickened, he believed. He told me the other day that it almost cost the life of his grandchild to convince him, but you should see his place now. Clean cows, which have been tested for tuberculosis; clean stable; clean hands for milkers; clean buckets and pans, always cleansed in boiling water or by steam; a small pasteurization plant; clean milk bottles and clean caps. After the milk has been pasteurized it is kept at a low temperature."

Dr. George went on his way, but he had sown seed in fertile ground.

Eph Brown started immediately on a campaign of education—his methods were neither diplomatic nor elegant, but he kept at it. It wasn't long until the whole community was talking milk. The Woman's Club, composed largely of young mothers, called a meeting and invited an expert to speak to them.

He told them the food value of milk was greater in proportion to its cost than anything they could buy. That housewives usually measure the food value by the depth of the cream line on the bottle. This, he said, was unreliable in milk that has been pasteurized, but is of some value in raw or untreated milk.

State laws regulate the amount of cream or fat in milk and prohibit the use of adulterants.

"Every town," he said, "has the power to pass ordinances requiring milk men, not only to have a license to sell their product, but to conform to the sanitary regulations concerning the handling of milk, which have been laid down by the State Department of Health.

"Typhoid fever, diphtheria, scarlet fever, and other diseases may be transmitted through milk, which has been infected either from the hands of the milkers, from flies, from the water used in cleansing utensils and in numerous other ways. The remedy is intelligent supervision, the enforcement of the milk ordinances, which includes, of course, pasteurization to destroy the germs."

He advised the appointment of a live committee to supervise the milk situation of the community and to make sure of the enforcement of the laws which were made for the protection of the people.

He spoke of the nutritional value of milk products such as butter, cheese, and ice cream, and advised a pint, or more, of clean, wholesome milk daily, for each growing child.

Public interest did not cease with the close of the meeting. The committee appointed were active and on the job. The babies of Greensward are going to have a chance, and it all came about because old Eph Brown thought cows on pasture gave pasteurized milk.

JAMES M. COX. FRANKLIN D. ROOSEVELT.

Cox and Roosevelt Standard Bearers.

After Being in Session Ten Days the Democratic National Convention, on the 44th Ballot, Nominated Governor James M. Cox, of Ohio, for President, and Franklin D. Roosevelt of New York, for Vice President, Respectively.

James M. Cox, three times Governor of Ohio, was nominated by the Democratic national convention at San Francisco as the party's candidate for President of the United States, and Franklin D. Roosevelt, assistant secretary of the navy in the Wilson administration, was nominated as the candidate for Vice President.

Cox's nomination was made at 1.43 o'clock on Tuesday morning, July 6th, on the 44th ballot, after one of the mot gruelling contests that ever characterized a Democratic convention. McAdoo led in the vote up to and including the 38th ballot, Attorney General Palmer being the man credited with preventing a nomination sooner by his persistency in staying in the race in the vain hope of finally winning the nomination. But after the 38th ballot he withdrew and on the 39th ballot Cox forged slightly ahead of McAdoo. Every succeeding ballot he showed steady gains until the 44th. On the final roll call he secured 702 votes and as the roll was not nearly complete it was evident that he would be nominated, when one of the delegates made a motion that the regular order of business be suspended and Cox's nomination be made unanimous, which was done.

The convention then took a recess until Tuesday noon when Franklin D. Roosevelt was nominated as the candidate for Vice President. A dozen or more names were favorably mentioned in connection with the Vice Presidency but all were withdrawn, leaving Roosevelt a clear field and his nomination was made by acclamation.

THE PRESIDENTIAL CANDIDATE

Governor James M. Cox, of Ohio, Democratic presidential candidate, is 50 years old. He likes dogs, golf, huning, fishing, and hard work. The governor is robust, weighs about 165 pounds and is stockily built. He is a good conversationalist and appreciates a clever story.

The nomination of Cox is likely to bring into the presidential campaign for the first time in thirty-six years the personal and family relations of a candidate.

The fact that Mr. Cox has been divorced and rewed is likely to be raised as a moral issue by those who oppose divorce. This with the "wet" issue, will cause complications of a character which are not altogether political.

Aside from his domestic relations his career has been typically American.

He is editor and publisher of two large daily newspapers, a farmer, a business man, and has the executive ability of three terms as governor and the legislative ability of three terms as congressman.

The last time he was elected governor he ran 75,000 votes ahead of the congressional ticket, and was the only Democratic state officer elected.

Governor Cox was not a rail-splitter in his youth. He was a printer's boy or "devil" on a paper which he later bought, using his savings and credit.

He was born in Jacksonburg, Butler county, O., March 31, 1870. His early days were spent on a farm. His parents were Gilbert and Eliza Cox, His parental ancestry was English, and his maternal German.

"Jimmie" Cox first went to the district school at Jacksonburg, and later to the high school at Amanda, Butler county.

He entered newspaper life as a newsboy. Later he went from printer's boy to become a county school teacher, but returned to the "game' at Middletown, O., as a reporter.

For a time he worked as a reporter and copy reader on the Cincinnati Enquirer.

Mr. Cox's first taste of politics was obtained in Washington, when he acted as secretary to Congressman Paul J. Sorg, from his home district, the third Ohio. His success in, and liking for politics thru this connection created the desire to become a member of congress. Congressman Sorg's term expired in 1898, and Cox bought his first newspaper, the Daily Dayton News. In 1903 he acquired the Springfield Press-Republic, establishing later the Springfield News. With these two properties Cox formed the News league of Ohio, of which he is owner and editorial director.

Governor Cox married Mayme L. Harding, at Cincinnati, O., May 23, 1893. She is not a relative of Senator Harding, Republican nominee. Later the pair were divorced. Several years afterward he married Miss Marguretta Blair. His first wife, in 1914, married Richard H. Lee, then president of the Cleveland Automobile Club. Lee led the fight in the Ohio Legislature on Governor Cox's auto license law.

Mr. Cox is a member of the Episcopal Church. His home is at Trailsend, Dayton, O.

Mr. Cox became Governor of Ohio simultaneously with the adoption of a new constitution, for which he had worked. The salient points of his administration, as brought forward by his friends are five in number.

They point out that in the face of the increased cost of government during the war and the loss of revenue from the liquor traffic, he kept the fiscal aflairs of the state on a solid footing without increasing taxes or invoking a single new source of income. This is ascribed to a new budget system adopted in 1913, evolved because Governor Cox saw the need of such a fiscal plan when serving on the appropriations committee in congress.

In the crusade against the high cost of living, he proceeded against and secured the conviction of cold storage operators who were holding food overtime. During the coal famine of 1917-1918 he worked successfully to ameliorate the suffering of the people of his state.

The strike situation in Ohio was met competently. Peace and order were maintained during the steel strike without infringing the rights of free speech, without property damage and without the use of a single soldier.

To meet the depletion of farm labor caused by the exodus to the cities, he arranged for a large purchase of farm tractors thru private agencies, called a meeting of farmers at the state capital and conducted a tractor school, under the supervision of experts, so that within two weeks more than 6000 tractors were put into use in the state.

VICE PRESIDENTIAL CANDIDATE.

Mr. Roosevelt was born in Hyde Park, New York, January 30, 1882, the son of James and Sara Delano Roosevelt. He is a distant relative of Colonel Theodore Roosevelt on his father's side, and of the Astor family thru his mother.

He attended the Groton School and was graduated from Harvard in 1904 and the Columbia Law School in 1907, being admitted to the New York bar during the same year. He practiced at first with Carter, Ledyard and Milburn, of New York, and then became a member of the firm of Marvin, Hooker and Roosevelt.

Mr. Roosevelt first sprang into political prominence in 1910, when he was chosen by Democrats of the twenty-eighth New York State senatorial district to oppose Senator John F. Schlosser, of Beacon, a candidate for re-election. Roosevelt was successful.

He rolled up a majority of 356 in the Democratic landslide which carried John A. Dix into the governor's chair.

One of the stories still told by local politicians of Mr. Roosevelt's first campaign is that he corralled the farmer vote by running on a platform which advocated uniform apple barrels.

Mr. Roosevelt was re-elected in 1912 but resigned his seat March 17, 1913, to accept the appointment as assistant secretary of the navy. His most noted exploit in the state senate was his leadership of the insurgents who opposed the election of William F. Sheehan to the United States senate. After three months' deadlock James A. O'Gorman was elected with Mr. Roosevelt's concurrence.

Since Mr. Roosevelt's appointment to the navy department he has spent most of his time in Washington, returning during the summer months and on holiday trips to visit his mother.

He has never relinquished the deep interest in Hyde Park, however, and is still one of its foremost citizens and leading parishioner of St. James' Episcopal Church, which the Roosevelt family has attended for years. He is a frequent visitor in Poughkeepsie, and active in county Democratic councils.

Mr. Roosevelt married Anna Eleanor Roosevelt, niece of the late Colonel Theodore Roosevelt and daughter of Elliot Roosevelt, March 17, 1905. They have five children. Mr. Roosevelt divides his time when at home between his family, his interest in local affairs and tennis, for which he displays his chief sporting enthusiasm. He is democratic in manner and is popular throughout the county.

In New York, Mr. Roosevelt is a member of the City, Harvard, Knickerbocker and Racquet and Tennis clubs, while he is affiliated with army and navy, metropolitan and university clubs of Washington. A few weeks ago the degree of doctor of laws was conferred upon him by Pennsylvania Military College, Chester, Pa.

The nomination of Governor Cox, will naturally make Ohio the big battleground of the presidential campaign and will also carry to that State the distinction of being the home of another President, inasmuch as both of the candidates are residents of Ohio. Six Presidents have claimed that State as their home, namely, Grant, Harrison, Hayes, Garfield, McKinley and Taft, and either Cox or Harding, whichever is elected, will be the seventh son of Ohio to fill the presidential chair.

Colonel House having said nothing in Texas for the last six months is now over in Europe, and will repeat all he has said.

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