Democratic Watchman.

Bellefonte, Pa., January 26, 1923.

THE HOSPITAL'S PLACE IN THE SMALL CITY.

A Plea for Community Hospitals to Serve as Centers of Health Activity and Preventive Medicine.

"Get him out of the city."

Ten years ago that was the doctor's unfailing prescription to the pallid product of the city streets.

And so the city boy's white shirts and dotted neckties were packed and he was hurried off to his grandmothers in the small town or country to be the envy and scorn of an overalled, barefooted, robust group of country cousins.

But what now?

Statistics show a reversal of positions. Recent surveys, in the States of New York and Iowa at least, reveal that it is the city boy who now enjoys the heritage of health, while often the boy in the smaller city or the country is the weakling. Sanitation, healthful sports, medical inspection in the schools, vigilance against bad teeth, prompt removal of adenoids and diseased tonsils—these are things that are making metropolitan centers safe for childhood. Water is pure; milk is inspected; defective plumbing is discovered and remedied; parks invite healthful play. The city boy, except in the meanest and most congested areas, has health within his grasp.

How to extend these attributes of health to the small town is an important question. Many medical men and public health and social workers are beginning to see its solution in hospitals—community hospitals. These institutions would serve their towns and the surrounding rural districts not simply in the emergency of sickness, but as centers of health activity and preventive medicine. They would be clearing-houses for all health agencies, schools of personal and public hygiene, motion picture theatres for health education, regulators of family diets, counselors in community health problems.

Further, these community hospitals would be the savior of the country doctor, that essential but fast-disappearing guardian of family health. Of this fact, Dr. S. S. Goldwater, former Commissioner of Health of the city of New York and now superintendent of Mount Sinai hospital, one of the largest and most progressive institutions for the care of the sick in that city, is convinced.

"The country practitioner is fast nearing extinction," Dr. Goldwater has declared. "The exodus of the physician from our smaller cities and rural communities is yearly becoming accelerated, and already vast areas of our country are lacking the medical attention of a single physician. Although our schools of medicine are turning out hundreds of splendidly trained yonug doctors, it is not as country practitioners. These men refuse to go to the communities where there are no hospital facilities to provide scientific care for their patients and to enable them to rise in their profession. And because the family doctor is dying out, the health of rural communities is joepardized."

Some statistics have recently been compiled which show the lack of hospitalization outside of metropolitan centers.

MORE THAN HALF THE COUNTIES HAVE NO HOSPITAL.

Fifty-six per cent. of all the counties in the United States have not a single hospital. Many of these counties are purely rural, but others include numerous towns and cities of appreciable size. This startling figure would be augmented to include 330 additional counties, if one were to disregard small private hospitals of less than 25 beds, many of which give the most meager and often unscientific care to the sick. There are only two States in the Union, Connecticut and New Hampshire, which have a hospital in every county.

The situation in regard to hospital facilities is most alarming in the south-central group of States, where there exists but one hospital bed for every 705 persons. In the State of Mississippi, where large industrial centers are few and the population is chiefly small-town and rural, there is only one bed to every 1,054 persons.

The ideal ratio between population and hospital beds is generally estimated at one bed to every 200 persons. In the large cities, even this ratio is frequently exceeded. The city of Omaha, for example, has a hospital bed for every 107 persons, and 70 per cent. of these beds are continuously occupied. Hartford, Conn., has one hospital bed for every 110 persons, with 81 per cent. continually in use; St. Paul has one to every 111; Baltimore, one to every 112; Richmond, one to every 114; and Boston, one to every 127. Chicago has one bed to every 214 persons; and New York, one to every 293.

Thus it can be seen that from the standpoint of hospital facilities, the larger cities are much more adequately supplied than the smaller towns. This is the more striking a contrast when it is remembered that sparsely settled districts make essential a larger number of hospitals than otherwise would be needed.

One current effort to relieve this situation is the prize architectural competition being conducted by The Modern Hospital for the best set of plans of a general hospital of from 30 to 40 beds. In announcing this competition, in which some of the leading architectural firms of the country are participating, the purpose was stated to be the stimulation of small hospital construction which is at the same time efficient in arrangement, creditable in architecture and in every way capable of functioning as a health center. It is expected that the jury will make its awards in Feburary, and that the prize plans will be published shortly thereafter.

If smaller cities are to follow the pace in disease control and preventive medicine set by the larger centers, they must extend public health education, get behind movements for increasing health facilities, hold out sufficient inducements to family practitioners to retain their services, and recognize the place the hospital is coming to hold in the elevation of the health standards of the community.—By Joseph J. Weber, in the American City.

FARM NOTES.

—This is the time to balance the year's books and to take note of the mistakes made that have been so costly. Begin the new year with a clean slate.

—"Never feed a little calf milk out of a pail from which you would not care to drink yourself," says a noted authority on calf feeding. Calf feeding utensils should be clean and bright at all times. Discard rusty and battered pails.

—All breeders of pure bred dairy cattle expecting to begin advanced registry testing next fall should be fitting their cows at this time. Keep in mind that a cow freshening in poor condition has a poor chance to make a good record.

—To raise "hothouse lambs" for marketing to select trade next February or March, breeding should be done now. Great care must be exercised in rearing lambs at that season, but the prices received for extra early lambs make it profitable.

—To save steps in unharenssing a horse remove the bridle and put it on the left arm; halter the horse. Loose the hames and pole strap, remove the collar and put it on the left arm, unbuckle all the other buckles and take the harness off, grasping the top hame-strap with the left hand and the back-band with the right.

—Extra care needs to be taken to keep the milk clean when the cows must stay up so much of the time. To do this successfully the stables must be kept clean. Clean milk cannot be drawn from a cow that is forced to sleep in a filthy bed. The curry comb and brush can do much towards removing the source of dirt.

—In the winter months there is danger of lice getting a start on hogs and cattle. The thick winter coats provide splendid homes and breeding places. Spraying with kerosene emulsion of half rain water destroys both lice and nits at once. There is only one precaution, and that is to make sure the kerosene is well emulsified.

—To Jersey and Guernsey cows feed one pound of concentrates for each three pounds of milk the cow gives daily. To Ayrshire feed one pound for each three and one-half pounds of milk. To Holsteins feed one pound for each four pounds of milk. If silage is available, feed three pounds of silage and one pound of hay per 100 pounds live weight of the animal. If silage is not fed, feed all the hay the cows will clean up readily at least twice daily.

—It is difficult to utilize straw where no stock is kept. If spread on the land and plowed under it leaves the ground so open that the succeeding crop cannot withstand periods of drought. If left in a pile it does not rot because the rains penetrate for only a short distance from the outside. About the only thing left to do is to burn it, which, in terms of permanent agriculture, is destructive. Burning of straw is wasteful. But where stock is kept, and the straw is used as feed or bedding, it can afterwards be applied to the land.

—The number of milk cows in the United States has increased by one-third since 1900, but there are only 221 cows per 1000 inhabitants today, as compared with 260 in 1900. The explanation is that human population has increased more rapidly than cow population. As against this, however, is the fact that milk production per cow was only 3646 pounds in 1900, while in 1922 it was 3945 pounds, thus making the supply available last year 872 pounds per capita, as compared with 364 pounds 22 years ago. Increased consumption per person has, however, much more than offset this increase in milk production, so that the dairy business of the United States is in a sounder position today than it was at the beginning of the century.

—Careful poultrymen like to know what it costs them to produce a dozen eggs, but it is not possible for any one to tell them. With certain information obtained through experimental feeding to start with, they must figure it out for themselves. Since the feed constitutes the principal cost, it is possible to get some idea of the real cost if the amount of grain used in making a dozen eggs is known. The United States Department of Agriculture has kept records that show about what amounts are used by general purpose fowls and Leghorns, and by using the local price for grain in connection with these figures the feed cost of a dozen eggs can be obtained with fair accuracy.

The grain consumed to produce a dozen eggs will vary a great deal, depending upon the skill of the poultryman, but it is assumed that he knows how to feed economically. The general purpose fowls and Leghorns used in this feeding work were kept on the test while pullets and yearlings. As pullets the general purpose fowls produced 130.5 eggs a year and 88.1 as yearlings. The Leghorns produced an average of 138.7 eggs as pullets and 124.9 as yearlings.

The general purpose pullet ate in a year an average of 6.7 pounds of feed per dozen eggs produced, and the yearlings ate 9.6 pounds. The Leghorn pullets ate 4.8 pounds and the yearlings 5.5 pounds. The general purpose pullets ate 1.9 pounds more feed in producing a dozen eggs than the Leghorn pullets, and the difference increases very rapidly with the age of the stock, the general purpose yearlings consuming 4.1 pounds more feed per dozen eggs than the Leghorn yearlings. The Leghorn yearlings produced eggs upon much less feed than the general purpose breeds. The value of the general purpose breeds for market or hatching and breeding makes them the most desirable for the general farmer.

PEAK NAMED FOR INDIAN GIRL

Honor Awarded for Valuable Services Rendered to Expedition Led by Lewis and Clark.

Sacajawea, which in the Indian tongue means "Bird Woman," was born in a little Indian village on the banks of Snake river, just west of the Bitter Root mountains, in what is now the state of Idaho, in 1790.

When Sacajawea was nine years of age, her people, the Shoshones, or Snake River Indians, were suddenly attacked by their foes, the Minnatarees of Knife river. While Sacajawea was making her way alone across the river she was caught and taken prisoner. Later she was sold as a slave to Toussaint Chaboneau, a French half-breed wanderer, at Brunswick, N. D. He married her when she was fourteen years old.

Sacajawea and her husband, and their papoose accompanied a party of white explorers, led by Lewis and Clark, on a long journey.

One day the Indian girl risked her own life to save some valuable papers, maps, instruments, books, magazines and medicine, when their boat nearly capsized. Sacajawea swam out and brought the articles back to the boat in safety.

When the travelers reached the land of Sacajawea's birth her presence saved the white men from being killed by the hostile Indians. Sacajawea also foiled a plot to steal all of the horses of the expedition by warning the leaders of the plans of the Snake River tribe.

A few years ago the geographical survey named for Sacajawea the great peak in the Bridger range, where she was captured during her childhood, and where she later pointed out the pass over the mountain now used by one of the great railways.

GROTESQUE DOLLS OF JAPAN

Little Girl Will Dress Up Cushion to Look Like Live Baby and Tie It on Her Back.

The Japanese have a genius for making dolls. They make them of anything—flowers, fruit, beans, even of a few wisps of straw. Their quaint humor finds free play in this field; the children are pleased with the odd ones, the more grotesque the better.

Tiny children draw and cut out surprisingly clever dolls from paper. A little girl will dress up a cushion and get some one to tie it on her back; one has to look twice to see if it is a real baby.

For the girls' doll festival in March of every year, and the boys' festival in May, such an array of dolls is set out as could not be matched for originality and beauty.

These dolls are extremely small, but represent with surprising skill and exactness the imperial court (in the girls' festival) or figures from history, myth, the drama or everyday life.—Asia Magazine.

How Male Albatross Makes Love.

Little is known of the habits of the albatross, although many persons are familiar with this bird as it is depicted in "The Ancient Mariner."

A distinguished British writer, in describing their mating habits, informs us that "when a male albatross makes love he stands by the female on the nest, raises his wings, spreads his tail and elevates it, throws up his head with the bill in the air or stretches it straight out forward as far as he can, and then utters a curious cry. While uttering the cry, the bird sways his neck up and down. The female responds with a similar note and they bring the tips of their bills lovingly together. This sort of thing goes on for half an hour or so at a time."

Admission to the Bar.

Each state prescribes its own rules and regulations with reference to admission to the bar. These are not uniform. Most of them require the applicant to pass an examination, and if he can do so and will subscribe to the oath of office he will be admitted to practice regardless of where he obtained his legal education. The oath of office is usually to the effect that the applicant will suport the Constitution and laws of the United States and the constitution and laws of the particular state in which he makes application for admission.

Word "Jade" of Spanish Origin.

The name jade is derived from the Spanish piedra de ijada, or "stone of the loins." Early Spanish explorers found natives of Central and South America wearing precious stones as amulettes, to protect them against pain. One of the most interesting jade ornaments worn in olden times was a girdle which gave out a musical tinkle when the wearer walked. Jade is thought to instill virtue into the heart of its wearer. Imperial personages were never permitted to remove their jade jewels, as each was worn for some symbolic purpose.

Informal.

At a school in the mill district of a certain manufacturing town in the East a teacher received first-hand impression of how the other half of the world lives. A little Russian was painfully progressing through his reading lesson till he was finally stumped on the word "plate." To help him the schoolma'am kindly inquired, "What is it mother brings in the bread on?" The little chap's eyes lit up with the light of understanding. "The newspaper," he said.

HARD TO GET BACK AT HIM

Editor Seemingly Had Maneuvered Himself Into a Position That Was Impregnable.

Back in the days of personal journalism the talent of the editorial writer was devoted not so much to the discussion of the merits of public questions as to vituperation of the leaders of the opposing party, particularly the editor of the vile opposition newspaper, writes Russell M. Seeds in the Indianapolis Star. In those days William R. Nelson, who later built up the Kansas City Star into a great property, and Samuel E. Morss, well remembered as editor of the Indianapolis Sentinel, were partners, publishing the Fort Wayne Sentinel. The Fort Wayne Gazette, the Republican morning paper, had recently been purchased by one Beecham, who, being of an inquisitive turn of mind, hunted up the private history and peccadilloes of Messrs. Nelson and Morss and stuck the data in his safe for a rainy day. It came right soon, for the fall campaign opened with an attack on him in the Sentinel. He came back with a broadside that was a scorcher.

Morss had got down to the office early that morning and was in such a hurry to get some early copy on the hook that he had deferred reading the Gazette. But in a few minutes Nelson came in in a towering rage and threw the paper down on the desk.

"Sam, look here at what that vile and dirty wretch has printed about us! It's the most outrageously scandalous stuff you ever read!"

"What's the use of getting excited over a pack of lies, Bill?"

"Lies, h—l. It's worse than that! That villain has told the truth!"

TEXAS TOWN CENTURIES OLD

Ysleta, Now El Paso, Has Tradition It Was Founded in 1540 by Spanish Explorer.

A tradition which has been handed down through many generations of West Texas and New Mexico pioneers has it that the little town of Ysleta, Texas, 18 miles southeast of El Paso, is the oldest settlement in the United States.

According to this tradition, Ysleta was founded in 1540 by Don Francisco Vasquez Coronado, famed Spanish explorer. This would make Ysleta twenty-five years older than St. Augustine, Florida, which is accredited as being the oldest city in this country.

Yet there are no official records to substantiate the theory of Ysleta's antiquity. It is old, the oldest town in Texas, no doubt, but its origin is traceable only as far back as 1682, authoritatively.

According to church records at Ysleta, the town was founded by Antonio Otermin, Spanish governor of New Mexico, about the year 1682.—Detroit News.

Eclipse Aided Columbus.

An eclipse is said to have aided Columbus on the Island of Jamaica a few years after he discovered America. The savages had taken Columbus and his companions prisoners and would give them no food. By his reckonings Columbus knew that an eclipse of the moon was coming. He called the Indian chiefs to him and told them that if they did not bring him and his companions food that very night he would take from them the light of the moon. At first they laughed at him, but when the dark shadow began to creep over the face of the moon they ran to him with all the food they could get together, beseeching him to forgive them and to order the moon to shed its light again.

This happened March 1, 1504, a date by which, according to modern tables of eclipses, there would have been an eclipse.

Masterpieces of Wood Carving.

In the Italian Renaissance masterpieces in wood carving were elaborate choir stalls, elaborately carved ceilings and minor works of industrial art, such as carved wedding chests. In Spain wood carving flourished to a still greater extent. Here the art first showed Moorish influence, but during the late Gothic period French, and in the Sixteenth century Italian influence. During the Seventeenth century polychrome sculpture in wood was perhaps the most characteristic form of Spanish sculpture. The masterpieces in the art were choir stalls and screens.

Chinese "Devil Drive."

Once in every 12 years the Chinese residents in the little city of Kuching, in the island of Borneo, exert themselves strenuously in a devil drive.

The devil driving is a beautiful affair in magnificent dresses and designs, for the devils are hunted by a great procession of floats carrying beautiful dressed young girls, loaded with gold ornaments and jewels. Other floats are adorned with vicious-looking paper dragons. Scattered throughout the mile-long procession are men carrying silk banners with threatening words written upon them to frighten the devils.

Modern Youth.

In front of a Broadway restaurant a ragged urchin was observed by a kindly disposed and prosperous individual who thought the youngster looked wistfully at the batter cakes being baked by the girl in the window. "Hungry, kid?" he asked. "Naw!" came the scornful reply. "Can't a fellow look at a swell dame without drawin' a crowd?"