

## Our Health THE FIRST CONCERN.



### WHAT NEXT FOR MOTHERS AND BABIES?

I didn't know the Government anything for mothers and babies," said a mother who had heard for the first time of a child health conference in her county. She traveled twenty miles to attend it, and returned including a trip across a mountain river in a swinging basket suspended from a cable, a baby in her arms. This is almost a classic in the story of maternity infancy work, so vividly does it show the keen need and the eager response to proffered help.

Thousands of mothers discovered a few years ago that, after all, the Government did do something for them and babies. By thousands they drove long miles, through storm sun, to child health conferences, find out, for instance, "why the baby has colic all the time"—and learn surprising news about regular feeding, cod-liver oil, sterilized bottles, and fruit juices. Or to find out why Johnnie's teeth are so bad because his diet lacks fresh vegetables. What they should do to make coming of the next baby less dangerous than that of the first. Or learn why the first baby died unless the ministrations of an ignorant superstitious mid-wife. Other thousands of women received home visits from the nurses, who also traveled weary miles—sometimes fording swollen rivers or riding along on and desolate trails—to bring help to mothers bearing their children in places hopelessly remote from hospital or doctor.

This is the kind of work that for seven years was carried on under the Sheppard-Towner Act jointly by State and nation. Two years ago, and half ago the nation dropped out, leaving it all to the States. Yet the United States was first of all the nations to recognize, by the creation of a Federal Children's Bureau, the protection of childhood as a function of government. Why, then, was it done that, did it draw out of an educational work for mothers and babies? Is there a good reason?

The question will be asked searching this coming winter when the Congress opens. And the organized women of the country will insist on an emphatic no.

One thing is clear: the work isn't being done. Many babies die, a baby mother die. In spite of the drop in the infant death rate, it is estimated that every year in this country we lose about 250,000 babies before one year of age, and that part of these deaths are preventable; and that sixteen thousand others die yearly of causes connected with childbirth, most of whom did not have died.

No, the Government didn't pull out of the work it is done. But let's call how it began.

### WHY BABIES DIE

When the Children's Bureau was set up in 1912 our Government was then ignorant about its babies. It didn't even know the number born each year, because only eight States had birth registration. It didn't know exactly how many died, though estimates indicated that about 300,000 died every year before reaching their first birthday. It didn't know accurately why those babies died.

The Children's Bureau began making surveys to get solid information on all these points. Everyone knows now what they are: first, that poverty kills babies—alms, dirt, low wages take away toll; but that ignorance kills babies, too, and that they can be saved if their parents know how to care for them properly. Another startling discovery was that conditions connected with childbirth were responsible for more deaths among women between fifteen and forty years of age than any other cause except tuberculosis, and that perhaps fifty per cent of these deaths were preventable.

The Children's Bureau attacked these conditions in many ways. They began to issue a series of bulletins—Prenatal Care, Infant Care, Child Care—written with the aid of the best specialists in the country. Millions of these have been distributed, free during the years. A traveling health clinic—the famous Child Welfare Special—carried the same truths about on wheels. Child welfare work already under way was stimulated. Baby Week campaigns and the Children's Year, sponsored women's organizations, in cooperation with the Children's Bureau, strove to hold up child care standards against the down-thrust of wartime the Children's Bureau pushed the extension of birth registration.

But more was needed. As early as 1917, Julia Lathrop, the bureau's first chief, had proposed a plan for the "public protection of maternity and infancy." It was actually this plan that was adopted by Congress in November, 1921, the Sheppard-Towner Bill. In between there was a long struggle to overcome the doubts and fears of legislators—a struggle in which women's organizations, such as the newly created League of Women Voters, the General Federation of Women's Clubs, and many others, took a leading and an energetic part.

## DO WHAT YOU CAN IN FOREST CONSERVATION.

The average person fails to see any reason why he should take special interest in such matters as conservation of natural resources, reforestation of areas denuded by the lumber industry or prohibition of pollution of our streams and rivers. He argues natural resources are exploited by capital for the creation of wealth; that forest areas are privately owned or controlled for the same purpose; and that rivers and streams are also being utilized for profit by a few. Therefore, he asks, "Why should I become interested any further than to approve means and measures to regulate and control those who are making money by using all these things?" He wants to know "where do I come in?"

Every man, woman and child does come in and to a greater extent than they may be aware. For instance, there is being paid for anthracite coal today a price that makes fuel a luxury, because, in a measure, its supply has not been conserved as it should have been, as witness the fact that millions of tons of river coal were salvaged during the strike. Again, the wastefulness of forest timber when it was so cheap and the present necessity of "long haul" transportation of what we are now using, have increased the cost of our homes practically a hundred percent. Still again, our rivers and streams polluted by industrial wastes, and sewage, no longer contribute to our food supply, and their waters cannot be used for manufacturing purposes, much less for drinking purposes, without filtration and chemical treatment. All this places a burden on us to remove which requires both public and private expenditure of money, of which we all pay our share.

Public right is, it is true, greater than private right, but of what avail unless public right is asserted. This was Roosevelt's proposition when he began his crusade for conservation of natural resources, reforestation of areas acquired for this purpose as public domain, and prohibition of stream and river pollution. It's the underlying principle of the observance of National Reforestation Week.

What if our coal mines are owned by great corporations—their products keep our factories in operation, our railroads, steamships, light and power plants. What if 97 per cent of our forests are privately owned—their products are utilized in a towering pyramid of industry and commerce. What if our streams are abused—they can be returned to their original service to man, besides supplying an abundance of cheaper power. Therefore, in these sources of wealth every man who earns a wage or salary is directly or indirectly interested, more so than he may think. Every man who is engaged in business dependent on the prosperity of the wage earner, is vitally interested if he will but analyze the problem presented.

Every person is interested, because of the cost of food, clothes, shelter, education, amusement, transportation, and so on. And the problem of conservation, reforestation and prevention of stream pollution will not be solved as they should be, until every person makes it his or her business to see that they are solved. The conservation of fuel has been forced upon us by circumstances which might not have obtained had laws been passed in 1902 when so emphatically demanded by conservationists. Our lumber supply would have been practically exhausted had not measures adopted in 1907 postponed the prospect till 1950. In creating national forest areas the government set the example to capitalists, and there are today nearly half a billion acres of reforested lands. Capitalist reforestation looks to private gain; only government reforestation will determine what that gain shall be—this, and what reforestation farmers and others may make.

Between the government and citizens as individuals in full co-operation there is a possibility that in 1950 one monopoly may be practically destroyed—that of lumber supply. It is here that you can come in to do your part, if you have only a small plot of ground. Every tree planted by so much reduces the control of the future lumber supply by the lumber kings even if they plant too. At present they are planting faster than the government and citizens combined, but can be surpassed if the people can see their own best interests, and take part in the government's purpose to reforest all denuded areas as rapidly as it is possible to do so.

This done ultimately reforestation should produce cheaper homes, cheaper everything in the construction of which wood is utilized.

There is an old superstition that nine holly leaves tied in a handkerchief with nine knots and placed under the pillow on Christmas night will cause the sleeper to dream of his or her future wife or husband.

The Sheppard-Towner Bill worked like this: There was an annual appropriation of \$1,240,000 of the Government's money for a five-year period. Not more than \$50,000 of this was to be spent in administration. Health 2.

The balance was to be divided among the States accepting the Act (there was nothing compulsory about it, of course)—\$5,000 outright to each State devoting \$5,000 of its own money to the work, and the rest, also if matched with State money, to be allotted among the States on the basis of population. Rather a modest appropriation, especially when one considers the huge sums running into scores and even hundreds of millions, that are freely granted as federal aid for roads, hogs, crops, business.

(Concluded next week.)

## FARM NOTES.

—Fruit growers should carefully store all equipment now. Picking bags will be safe from injury by mice if hung over a suspended wire. Liberal use of paint on ladders will prolong their usefulness. Broken equipment can be repaired later.

—Spinach varieties that taste good and are slow to shoot to seed were grown in 61 demonstration gardens supervised by vegetable extension specialists of the Pennsylvania State College. Leading varieties were King of Denmark, New Zealand, Long Standing Bloomsdale, and Virginia Savoy.

—Good dairy cows, well fed and cared for, will make money even under somewhat adverse market conditions. Test your cows this winter and get information on the working ability of each one. Then weed out the losers.

—Posts for rebuilding fences can be made now, piled on end, and allowed to season until spring. Select the wood that will last longest in the ground. Black locust, catalpa, black walnut, butternut, white oak, sassafras, and hart cherry are all good trees for this purpose. Sound dead chestnut is also desirable.

—Fall pigs need full feeding to insure rapid gains so they will be ready for market in early spring and out of the way of the spring-farrowed pigs. A self-feeder is a labor-saving device which will help to keep pigs on full feed.

—The popping of popcorn is caused by the sudden liberation of pressure produced by steam generated within the kernel. The best popping is obtained when the grain contains 12 to 15 per cent moisture. When stored in heated rooms, the moisture content often becomes too low for good popping.

—There are special advantages in buying and hauling lime now for use next spring.

Many manufacturers offer reduced prices or will give liberal time allowances in order to make sales during this off season. Roads are good and teams are in condition to haul maximum loads now, while the opposite may be true in the spring. There is more time for hauling now than when spring work demands every possible minute of man and team labor.

Comparatively little space is required for storing the lime until needed. If land is fall-plowed, ground, limestone or lump lime may be spread now and harrowed in next spring.

In the inspection of 47,576 colonies of bees in 7,395 apiaries located in 42 counties of Pennsylvania this year one out of every five colonies was found to be housed in illegal hives, states H. B. Kirk, chief apiary inspector, bureau of plant industry, Pennsylvania Department of Agriculture, in a report on the enforcement of the Pennsylvania Bee Law. Furthermore, one out of every fourteen was found diseased. In an effort to control disease, 2,163 colonies were burned.

In Perry county 1,680 colonies were inspected, 17 were found diseased and 581 were illegally hived.

—A single hard-fought battle may cripple quack grass temporarily, but victory comes from continual sniping and strategy rather than from heavy fighting, according to H. B. Hartwig of the New York State College of Agriculture.

The weed has fleshy creeping roots and when these roots are cut and covered with earth they sprout like so many potato eyes. In addition, the plant grows seeds. With these two ways of spreading quack grass maintains itself persistently once it is seeded, he explains.

The first move in the campaign is to plow shallow in the fall. The ground is then dragged, and the dragging is repeated often enough to keep the green leaves from showing. Do not disk, Mr. Hartwig warns, for disking cuts and buries the root pieces and only spreads the quack. When the quack is dragged often enough and no leaves appear the plants have no opportunity to store food and the continued dragging helps starve and weaken the plants. The exposure to sunshine also helps the starving process.

Repeated draggings in the spring should weaken the quack so a smother crop should complete the work. But many persons rely too much on the smother crop without weakening the quack first, he says. A little cultivation stimulates the quack and is worse than none. It is the continued work, well timed, with a smother crop to complete the rout after the quack is weakened that does the job.

There is a possibility that dairy men will soon be feeding fish oils as generally as do the poultrymen. The latter feed cod liver oil to avoid rickets in growing stock, to hold the health of the laying flock and to improve hatchability. It is now being demonstrated that fish oil that is rich in vitamin D will result in healthier calves, will increase the useful life of the cow and is, in a measure at least, a safeguard against breeding troubles. There is still an excess of cod liver oil over what is used for human consumption and for poultry. Investigations in the United States prove the vitichard oil, 4,000,000 gallons of which are produced annually from California sardines, is as rich in vitamin D as cod liver oil. Tuna oil, less abundant, is equally rich. Salmon oil is half as rich. The use of these oils in dairy rations should receive more attention from the research men on our experimental farms and in our colleges.

## THE WILD TURKEY AN AMERICAN BIRD

The turkey is strictly an American bird, the only species of the peacock family which is native to the New World, the naturalists tell us. Like the peacock and the prong-horn antelope, it is American to the very heart. When the first settlers landed on American shores wild turkeys were probably as numerous as carrier pigeons. Certainly they ranged from Ontario southward to Peru, from the Atlantic westward almost to the Rockies, and in droves sometimes numbering in the hundreds. To be sure, the Mexican and Central American bird was not precisely the same as that found farther north, being smaller and more highly colored, sometimes carrying plumage vaguely resembling that of the peacock. But all were of the same family.

The difference in the Northern and Southern birds, however, no doubt prompted the remarks of one S. Clarke who in 1678 said: "The Turkeys in New England is a long Fowle of a black color, yet his flesh is white; he is much bigger than our English Turkey; he hath long Legges wherewith he can run as fast as a dog, and he can fly as fast as a goose." England apparently knew only the smaller, Southern variety, imported from Mexico by way of Spain.

The English settlers made good use of the "long Fowle, of a black color." The turkey was so big as to be an easy mark for even the inaccurate firearms of the day. It had not yet been hunted into the uncanny wilderness which today makes it one of the most difficult of game birds to kill.

Today every State where wild turkeys are to be found has laws to protect them. Pennsylvania allows fifteen days of hunting a year, with a bag limit of one to a hunter in a season. In 1928 2362 turkeys were bagged, and in 1929 this total was raised to 3834. The turkeys are slowly coming back in this State. West Virginia, however, has more, and they are fairly plentiful in the remote hills of Virginia, North Carolina and East Tennessee. Florida's swamps still harbor a good many. The Ozarks of Missouri and Arkansas offer fair turkey shooting, and the pine woods of Arizona and New Mexico give haven to flocks of the Southern variety. Parts of Oklahoma and Texas still have turkeys, and the heavy woods along the Mississippi from Cairo on down have sheltered turkeys for generations and probably will continue to until reclamation opens the country to settlers. Generally speaking, the wild turkey will thrive and multiply in any wooded country if given proper protection from men with guns. Even domestic turkeys turned loose in the woods will, in a few years, take to the ways of their fathers.

But commercially speaking and from an epicurean viewpoint the wild turkey is virtually gone from the United States. America's Thanksgiving and Christmas turkeys come from the pens of America's farmers. Not one in 10,000 has ever tasted or ever will taste wild turkey. But everybody eats turkey, the tame ones. Here is one game bird which, while being wiped out by civilization has succeeded in leaving its strain as the national delicacy of its native land.

## MANY BOOKS IN SCHOOL LIBRARIES

There are today approximately two million books in the school libraries of the State according to a statement by Dr. James N. Rule, state superintendent of public instruction. Doctor Rule says: "The school library is an integral part of a truly progressive education. It is both a universal and an individual subject of study. It supplements every other part of school life. In itself it provides a background for the growth of a love for good reading, and the development of the habit of using the community library as a source for self improvement."

For thirty years preceding 1895, the laws of Pennsylvania forbade the expenditure of public funds for the purchase of library books for the use of pupils. Since the passage of a law in that year permitting school districts to use public funds for this purpose, school libraries have been steadily growing.

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