

THE PUBLIC HEALTH

Harriet Fulmer R. N.

The Health of its Citizens is The Greatest Asset of a Community

Disability, sickness, and death costs the United States one hundred million dollars annually, and the sadness and sorrow, and physical pain are not included in the total.

Has your township a Public Health nurse? If not, you will find such an investment the best and most far-reaching of any you could make. She ought to be recognized in every community, on the same plane as your school teachers. Her services are just as valuable. Here are a few of the things she does to help the rich man's child and the poor man's child:

1. Educate the public in the care and prevention of sickness.
2. Prevents and relieves tuberculosis.
3. Helps to prevent poverty.
4. Does the follow-up work of hospitals and dispensaries.
5. Saves lives of mothers and newborn babies.
6. Saves lives of industrial workers.
7. Prevents contagious diseases among children.
8. Does emergency service in serious epidemics.

Modern Health Crusaders

On October 1 will begin the biggest drive ever started in Cook county in the war against illness and dirt. The Rural Public Health nurses of Cook county aided and sponsored by the Country Life directors, will start to organize "The Modern Health Crusaders," in every school in Cook county, upon invitation of the school trustees or the teacher.

There are eleven chores which must be done a sufficient number of times during the two weeks to receive a mark of 75 per cent which entitles the boy or girl to the title of page, and five weeks—squire, five weeks for knight, and five weeks for knight banneret.

The following are the chores, and it is easy to see that when a child has done these chores daily over a period of fifteen weeks, his health habits have become pretty well established.

1. I washed my hands before each meal today.
2. I washed not only my face but my ears and neck, and I cleaned my finger nails today.
3. I tried to keep fingers, pencils and everything which might be unclean out of my mouth and nose.
4. I drank a glass of water before each meal, and before going to bed, and drank no tea, coffee nor other injurious drinks today.
5. I brushed my teeth thoroughly in the morning and evening today.
6. I took ten or more slow deep breaths of fresh air today.
7. I played outdoors, or with windows open more than thirty minutes today.
8. I was in bed nine hours or more last night, and kept my window open.
9. I tried to sit up straight, to eat slowly, and to attend to toilet and each need of my body at its regular time.
10. I tried today to keep neat and

cheerful constantly, and to be helpful to others.

11. I took a full bath on each day of the week that is checked thus X.

N. B.—This list is attached to a score card for each day of the week, and kept in the child's home where the child and its parents together check off daily the chores he has done.

Please encourage the children in your home.

World's Skating Record

A skater in Stockholm, Sweden, has established a world's record by traveling 10 miles in 31 minutes 7 1-2 seconds, according to Popular Mechanics magazine.

Not a Chance in the World.

"A good husband ought to tell his wife all his faults," is the advice given husbands of more or less doubtful status by a Milwaukee authority on domesticity. But the average husband will have to be very, very quick about it or the average wife will tell him first.—Pennsylvania Grit.

Daily Thought.

Life is not made out of money, and friendship, and talents, and patronage, and family influences, and good chances, and good positions, and good health, and good nature; it is made out of faith, virtue, knowledge, temperance, patience, godliness and brotherly kindness and love.—Inninger.



The Job of Insulation

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NOVEMBER ELEVENTH MAY BE A HOLIDAY

A movement is under way in the state of Massachusetts to make "Armistice Day," November 11, a legal holiday. Governor Coolidge has notified the American legion that he will take the matter up with the executive council.

Take Lesson from Hen

The hen that lays an egg a day is a gold mine for her owner. Take a lesson from the hen! Lay up for your future by investing regularly in War Savings Stamps.

Opens Dentist Office

Dr. George Ambuehl has opened a dental parlor at Fourth street and Linden avenue, in the office formerly occupied by Dr. Swartz.

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THE RUBBER STORE



Wet Umbrellas

THE green cord that connects your telephone to the bell box is an essential part of telephone equipment.

There are many ways in which this cord can be so injured as to interrupt the service.

Almost all forms of moisture are conductors of electricity, and a wet umbrella with its folds touching this telephone cord will short circuit the wires and cut off service. Recently, after a heavy rain, ninety-six telephones were put out of order by wet umbrellas coming in contact with the cord. A carelessly handled glass of water, an overflowing ink-well, rain from an open window, the careless mopping of office floors,—any one of these may cut off your telephone service.

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Northbound limited trains leave Winnetka at 6:29 A. M. and every hour thereafter until 11:29 P. M. On Saturday afternoons, Sundays and Holidays every 30 minutes. The running time from Winnetka to Kenosha is 57 minutes—to Racine 1 hour 11 minutes—to Milwaukee 1 hour 56 minutes.

DINING CARS—Leave Winnetka at 8:29 A. M., 12:29 P. M. and 5:29 P. M.
Leave Milwaukee at 7:45 A. M., 11:45 A. M. and 5:45 P. M.

Express Service

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SOME YEARS AGO ELBERT HUBBARD WROTE

"As the years go by and we increase in mentality and spirituality, I am sure that we will demand fewer things and better things,

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