

THE PUBLIC HEALTH

Harriet Fulmer R. N.

Every day inquiries come to our office which show that many people still misunderstand the work of the Public Health nurse. For instance, one set of physicians and dentists think the nurses are taking away their practice by giving free service to the community. The fact is that more patients, especially children, are going to the doctor's offices through the nurses, who are now paying the doctor, than there are being cared for free. In one community, last week, ten children visited their private physicians who would not have done so if not sent by the nurse. The same holds good with the dentist. If the physicians will take pains to read the "Parent's Notification Card," they will see that no treatment or diagnosis is given, simply the statement of the condition of the pupil observed by the nurse when she is weighing and measuring the child. She then sends a "Recommendation" that the child be taken to the family physician. Every case in school receives a home visit. The nurses are very enthusiastic about the co-operation of the parents.

Is your school on the list to receive 100 per cent in "Health and Sanitation" in May, 1920? The Public Health nurses are checking up on the following requirements of a perfect school: Seating, Lighting, Washing and Drinking facilities, Ventilation and Cleanliness, and Sanitary toilets. Any school can add 25 per cent additional to their markings if they own a pair of scales and measuring-rod, and where every child in the school has a birth certificate.

VERMIN

Vermin in the hair is entirely unnecessary. If long neglected, it becomes a disease, affecting the scalp and glands of the neck, besides making the child very nervous. If any one having the misfortune will apply to the Public Health nurse in his own School District, she will visit the home and give instructions as to how to get rid of these pests. Until she comes try the following: **TO FREE HAIR FROM VERMIN** (Articles needed)

Kerosene oil, Olive oil (Sweet oil), equal parts, half pint of each.

Mix the kerosene and sweet oil and rub the mixture well into the scalp. Then with a piece of muslin cover the hair and fasten it above the head. Do not bring the head in contact with a lighted gas jet or flame of any kind.

In the morning, wash the scalp well with soap and hot water, then wet the hair with hot vinegar; after which use a fine-toothed comb, wet in hot vinegar, to remove "NITS". Dry the hair with a towel before going out. Repeat this two or three nights.

Use vinegar daily until "NITS" are gone. Parents ought not to send children to school with vermin in the hair.

HEALTH ALPHABET

A is for ADENOIDS which no child should own.

B is for BREATHING to give the lungs tone.

C is for COUGH which we should not neglect.

D is for DENTIST who finds tooth defects.

E is for EVILS of foul air and dirt.

F is for FRESH AIR, too much cannot hurt.

G is for GARDENS where boys and girls play.

H is for HARDINESS gained in that way.

I is for INFECTON from foul drinking cups.

J is for JOY from the bubbling taps.

K is for KNOWLEDGE of rules of good health.

L is for LUNGS whose soundness is wealth.

M is for MILK, it must be quite pure.

N is for NURSES, your health to insure.

O is for OXYGEN, not found in a crowd.

P is for PENCILS, in mouths not allowed.

Q is for QUIET, which sick people need.

R is for REST, as part of our creed.

S is for SUNSHINE, to drive germs away.

T is for TOOTH BRUSH, used three times a day.

U is for USEFUL health rules in the school.

V is for VALUE of learning these rules.

W is for WORRY, which always does harm.

X is for EXCESS, indulge in no form.

Y is for YOUTH, the time to grow strong.

Z is for ZEST. Help the good work along.

SUFFERS SEVERE COLD

Henry B. Gates, of Wilmette, was confined to his home part of last week because of a severe cold.

ILLINOIS CLUB WOMEN IN BIG SAVINGS CAMPAIGN

Sixty thousand Illinois Federated club women are being lined up in the thrift and savings movement of the Government by Mrs. Frederick A. Dow, past state secretary of the General Federation of Women's clubs. Mrs. Dow has been appointed head of the thrift work among the Illinois Federated club by Mrs. William H. Hart of Benton, Illinois, president of the Illinois Federation of Women's clubs. Mrs. Dow has written to the presidents of the twenty-five districts of the Illinois Federation, asking them to appoint thrift chairmen. Ten of the districts are in Chicago and vicinity. These have been requested to appoint District and club chairmen. In the other districts outside of Chicago and vicinity three chairmen are to be named—for District, County and Club.

Mrs. Dow intends to place in the hands of all the Federated club women in Illinois all the data concerning the Government's savings campaign, stressing the importance of judicious buying, systematic saving and safe investment in Government securities.

Cards similar to the ones put in windows to call the ice man are being distributed through the chairmen. On one side of the card is "Boy wanted to earn Thrift Stamps" and on the reverse side "Girl wanted to earn Thrift Stamps." Many households frequently need the assistance of a boy or a girl run to the store, cut grass or weed the garden in summer, and sweep snow and empty ashes in winter and many other odd jobs. The children who respond to the sign call in the window are to be paid for their services in Thrift stamps.

CHRISTIAN ENDEAVOR VOTES TO BACK UP SCOUT CAUSE

The following resolution was adopted by the recent International Conference of the United Society of Christian Endeavor at Buffalo, N. Y.:

"We stand for the Boy Scout movement with whose program for manly strength and integrity we are in such hearty accord that we rejoice in entering upon a plan of the most intimate co-working, coveting the closest possible co-ordination."

VILLAGE OF WINNETKA SPECIAL ASSESSMENT NOTICE

In the Superior Court of Cook County, Illinois, General Number 347,811

Notice is hereby given to all persons interested that the Village of Winnetka, Cook County, Illinois, having ordered a supplemental special assessment to pay the estimated deficiency in the cost of the work and interest for the construction of a local improvement in the Village of Winnetka, County of Cook and State of Illinois, the ordinance for the improvement of Hill Road from the present pavement at the west line extended of Ridge Avenue, southwesterly to a line running at right angles to the center line of said Hill Road at a point 16.25 feet north-easterly from the intersection of said center line of said Hill Road with the south line of Section twenty (20), Township Forty-two (42) North, Range Thirteen (13) East of the Third Principal Meridian, including all street returns as far back as the street lines of said Hill Road extended, by grading, digging side ditches and grading the parkways, draining, constructing Portland cement concrete base, construct-

ing reinforced concrete culvert, constructing concrete end walls, curbing and paving with a bituminous macadam wearing surface on said roadway, all in the Village of Winnetka, County of Cook and State of Illinois, and which said ordinance was passed and approved by the President and Board of Trustees of the Village of Winnetka, Cook County, Illinois, on the eleventh day of September, A. D. 1917, and which special assessment proceeding was known as General Number 333,500, in the Superior Court of Cook County, Illinois, the ordinance for the same being on file in the office of the Village Clerk of said Village,

and the said village having applied to the Superior Court of Cook County, Illinois, for a supplemental special assessment to pay the estimated deficiency in the cost of the work and interest of said local improvement, according to the benefits, and a supplemental special assessment therefor having been made and returned to said Court, General Number 347,811, the final hearing thereon will be held on the third day of November, A. D. 1919, or as soon thereafter as the business of the said Court will permit. All persons desiring may file objections in said Court before said day, and may appear on the hearing and make their defense. Said ordinance

provides for the collection of said supplemental special assessment in five (5) annual installments with interest thereon at the rate of five per centum (5%) per annum.

Dated, Winnetka, Illinois, October 17, A. D. 1919.

HARRY I. ORWIG, Person appointed by the President of the Board of Local Improvements of the Village of Winnetka, Cook County, Illinois, (and such appointment approved and confirmed by the Superior Court of Cook County, Illinois) to make said supplemental special assessment.
FREDERICK DICKINSON, Village Attorney.

T31-2tc

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Evenings 7:30 and 9:00
Matinee, Tuesday 3:30

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EXTRA—PATHE NEWS AND COMEDY

Wed. and Thurs., Oct. 22 and 23
Evenings 7:30 and 9:00

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in "The Third Degree"
EXTRA—HAROLD LLOYD'S LATEST
EXTRA..... TRAVEL

Fri. and Sat., October 24 and 25
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Matinee, Saturday 3:30

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