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The New Spirit

Published by the Class 1916
Mississippi Normal College



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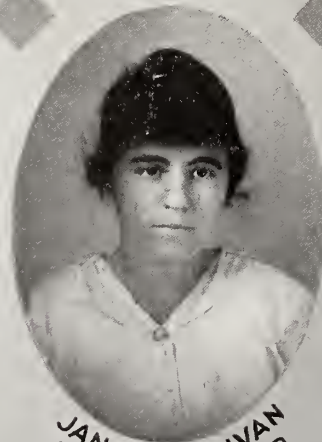
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Foreword

THE class of 1916, in sending out this year book, offers the magazine section containing discussion of health topics with the hope that its contents may give some helpful suggestions to those interested in bringing about better sanitation in rural Mississippi.

The editorship, articles, and management are the work of the Diploma Class. And the ideas, suggestions, and material in general grew out of our study, practice, and observation in the class rooms, dormitories, inspection tours, and extension work at the Normal College.



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LOU ELLA ATKINS
Tate County

Health and the Ancient Greeks

GREEK mythology tells us that in the golden age mankind lived unacquainted with cruel diseases. Historically this is untrue, yet the Greeks were an extremely healthy people. They were deeply religious, and because they believed that a perfectly developed and agile body was pleasing to the gods, they observed the laws of health more strictly than any other ancient people.

Hygeia, the goddess of health, was held in great veneration by the ancients. Her statue was placed in the Acropolis by the side of Pallas Athena, goddess of wisdom. She was represented holding a cup of nature in one hand and a serpent—emblem of health—in the other.

The Greeks, while displaying simplicity and taste in their dress, at the same time modeled their costumes in accord with the laws of health. Hats were rarely worn. The robes were usually made of linen and were loosely draped upon the body, so as to allow it perfect freedom of movement. Sandals or light boots protected the feet, but in no way bound them.

These people also ate very simple food which consisted principally of figs, fresh cheese, wheaten porridge, asparagus, green vegetables, all kinds of fruits, olive oil, ducks, and quails. Confectionery was forbidden and wine might only be taken in moderate quantities. In Sparta, the state regulated the eating by instituting public meals.

The Greek was no sluggard. He went to bed early, and before sunrise was dressed and ready for the street. His leisure hours in the early morning were spent in the open, talking to his friends in the streets, or riding in the country. After the noon meal, he always enjoyed his nap during the heat of the day. Late in the afternoon, he visited a gymnasium, where there were grounds for many sports. He also frequented the theater, a favorite place of amusement. This was built on the side of a hill, and the performances took place in the open air.

Education formed a very important part in Greek life. He believed in a well rounded education. In order to produce a healthy race, the girls were given the same kind of physical exercises as the boys.

One of the chief exercises in the gymnastic schools and at sports, was jumping. Along with this, running, quoit-throwing, wrestling, and boxing contests were common. Great honor accompanied the crowning of the victor with laurel wreath.

Thus we see that the ancient Greeks were "fresh air fiends." Their religious festivals, out door pageants, their social recreation, their educational games and contests—all were carried on in the out of doors. In fact living thousands of years later, we are just beginning to profit by their example, and as a result we have now our Y. M. C. A. gymnasias, college stadia, open air theaters, field day sports, inter-collegiate athletics, and Olympic games.

LOU ELLA ATKINS.

Moses, the Great Sanitarian

MOSESES, the great leader of the Hebrews, fifteen-hundred years B. C. taught that prevention rather than cure was the part of wisdom in handling disease.

In carrying out this idea he taught that cleanliness, isolation, and disinfection by burning are necessary.

The priests and common people were required to bathe at stated periods. If the priests had touched anything unclean they must wash their flesh with water; on being purified they were required to wash themselves with much water and put on clean linen; before going in the tabernacle they had to bathe and put on clean clothing. The common people were commanded to bathe their flesh and wash their

clothing. They were required to keep everything about their camps scrupulously clean. All excreta from the body was buried without the camps. No particles of food were kept until they decayed. Every person that had any kind of disease was required to show himself to the priest, who made a careful examination and pronounced him "clean or unclean". If the disease was leprosy, scall, or any kind of contagious disease, the afflicted one was isolated without the camps for a specified time. He was examined from time to time at regular intervals until he was well. This was done regardless of person—even Miriam, the sister of Moses was exiled from the camp for a time.

The clothing of a person infected with a contagious disease was laundered. If still found unclean it was burned. A leper's house was thoroughly cleaned, closed up for a certain length of time, and if any danger of contamination was thought to exist, the house was destroyed.

The old adage "cleanliness is next to Godliness" is true. God, in giving the laws to Moses, gave the laws of personal hygiene, along with the laws of love for God, and worship. Although Moses did not realize that he was teaching hygiene and sanitation his methods have proved to be wise, and have been modernized so that they are still affective in various types of disease.

Moses has received credit for being the great law-giver, and a great leader; but he has not received due appreciation as a great sanitarian. We, thirty-four hundred years later, are seeing more clearly every year, the good common sense demonstrated in his laws of personal hygiene and general sanitation. Moses was truly a forerunner of all our modern methods of sanitation and principles of eugenics, which make it possible for us to live and enjoy the blessings of health and the pleasure of clean environment.

SUSIE GRAHAM BOND.



ESCAR L. BOOTH
Itawamba County

Health in Rural America

DR. Thomos Wood, Chairman of the committee on health problems in education and public instruction, reported that country children are less healthful than city children. The study of conditions surrounding the education of the children of this country results in exposing facts and conclusions both startling and significant.

More than half of the twenty million school children in the United States are attending rural schools. Country children attending rural schools are less healthy and have more physical defects than those of the city schools. And this is true, in general, of all parts of the United States.

If rural America is to continue to be a satisfactory nursery of human life for the nation, it must be made attractive and healthful. It must provide conditions favorable for the cultivation of the best. The improvement of human health and welfare in rural America is a problem affecting national safety

and prosperity. It is a problem dealing with the most essential and most endangered of all our national resources. Statistics show that in every health item the country child is more defective than the city child. This is contrary to popular opinion.

The claim that the health of the people in the country is not so good as the health in the city finds further proof by an examination of the health of the State of New York. Since 1910 the death rate in rural New York has been greater than in New York City. The science and art of human living, have advanced much more rapidly in cities than in country districts. The country home and country school are, on an average, less sanitary and healthful than the city home and school. The home is, as a rule, insanitary in many respects. It is often very badly ventilated and the dwellers for many hours of the day breathe bad air. Country water and food are less wholesome than water and food of the city.

That country children deserve as much health and happiness as city children is an assertion that needs no argument. Yet we find that in those features of physical and moral outlook the activities of the public authorities are limited practically to the schools of the cities. This is indicated by the following table:

HEALTH WORK IN CITY AND RURAL SCHOOLS OF THE UNITED STATES.

Activity	For City Children	For Country Children
Medical inspection laws in 24 States	Mandatory for cities only in 12 States.	Mandatory for rural schools in 7 States
Mandatory laws	Apply to all cities	In 7 States
Permissive laws	Enforced in most cities	In 6 of the 13 states having such laws
Medical inspection practiced	In over 400 cities	In 13 States, in parts of 130 counties
Dental inspection by dentists	In 69 cities	Permitted in 2 States, but not yet provided
Dental clinics	In 50 cities	In one rural county, (St. John's County, Florida.)
Clinics for eye, nose, throat, and other defects	In cities	None
Nurses	750 in 135 cities	In 12-20 rural districts
Open air classes	In cities only	Little provision in rural schools
Athletics and recreation; organized, with appropriate facilities and equipment	Practically all cities and large towns	In a few scattered schools in 9 States
Warm lunches in schools	In over 90 cities in 21 States	

ESCAR L. BOOTH.

The Emergency Kit for the Rural School



ALBERT BROWNING
Holmes County

THE emergency kit is an important factor in the rural school equipment. In fact, no school is fully complete without it. Since medical attention is not in reach of every rural school, every possible convenience should be provided in case of emergency or accident. When a serious accident occurs, the emergency kit is not intended to take the place of calling a physician or surgeon, but may be provided with helpful means of relief until skilled assistance arrives.

There are many ailments and accidents that are common among school children. Such ailments as toothache, earache, insect bites and stings, cuts, bruises, and sprains, that may not be immediately

serious, but may become serious and place an effectual check on the school work if neglected. The antiseptics furnished by the emergency kit may prevent any serious development if used intelligently. Every teacher should possess such training as would enable him to apply simple and practical remedies for the minor defects and accidents.

The emergency kit can be constructed and furnished at a very small cost. Any man or the school boys can easily make the cabinet. A chest, box, or a shelf, with lock and key, will serve as a cabinet. Then the contents can be supplied.

The Hygiene Department of the Mississippi Normal College suggests the following emergency kit:

1. Turpentine (3 or 4 oz.)
2. Bandages 2½ in. wide and about 6 yds. long)
3. Several yards of clean white cheese cloth
4. Rubber adhesive plasters (Z. O. plasters on spools)
5. Absorbent cotton
6. Soap, towels, and basin or pan
7. Tinct. Iodine (4 oz.)
8. Oil of Cloves (for toothache)
9. Spirits of Camphor
10. Aromatic Spirits of Ammonia (½ teaspoonful in water for headache or after fainting)
11. Alcohol (for burns)
12. Boric acid solution 4 per cent. (for burns and inflamed eyes)
13. Teaspoon and small medicine glass
14. Scissors
15. Pins (straight and safety)
16. Needles and thread
17. **Common Sense and Self-control.**

ALBERT BROWNING.



D. P. COOLEY
Wayne County

The Relation of Hygiene to the Rural Schools of Mississippi

THE hygienic conditions of the rural schools in Mississippi have long been neglected; but now the time has come when the people are aroused to this responsibility.

Almost three centuries ago our rural school system had its birth. During all this time, the people have believed very much in education. Even though the pioneers have pushed out to occupy new territory, they have never failed to erect school houses. Born as they were in the travail of poverty, and nourished not infrequently through sacrifice almost of the very necessities of life, it is no wonder that the rural school served its purpose in those days.

Since those times, our nation has gone through a marvelous, social and industrial transformation. The time has changed. Hygienic conditions are beginning to demand the attention of the rural schools of today.

Conservation of health should be the first responsibility of the school. The relation of a sound and healthy body to success and happiness is so vital that the matter of hygiene constitutes one of the most important problems of education. The last few years have seen an unprecedented interest in hygiene and public health. As a people, we are awaking to the fact that it is possible to live long, more happily and more successfully by obeying certain simple hygienic laws governing the functions of our bodies.

The rural school owes to its pupils and patrons three things: (1) to make hygienic conditions in the school itself such that no harm can come to the health or physical well being of the pupils; (2) to remedy such physical defects as are present; (3) so to instruct in the laws of hygiene that the physical habits and standards outside of the school may result in the highest efficiency at home.

Medical inspection, lighting, heating, ventilating, seating, water supply, school buildings and general provisions—all play an important part in the hygienic conditions of the school. Each has a separate duty to fulfill and if not fulfilled, one factor has failed to perform its task. These things should be regarded as the most significant things that we can bring before the people.

The schools in Mississippi have been greatly handicapped in securing the proper hygienic conditions, but the last few years have brought and are bringing about a wonderful change in the practical application of hygiene to the rural school problems. Even though the hygiene of the schools and their surroundings be made perfect, this is not enough. For hygiene must, after all, become a matter of personal standards, and of the demands of the individual for the conditions that favor health and longevity.

The above things mentioned will be the chief aims of the rural schools of the future, for they are the most concrete and important in education. Then it remains with us, the workers of the present, to determine when the cause of the rural hygienic condition shall triumph; for triumph it must sooner or later.

D. P. COOLEY.

Balanced Ration for the Rural Family



ALMA COX
Neshoba County

A BALANCED ration is one which furnishes the right proportion of each of the required elements of the body. Proteins constitute a class of food which are tissue building. These are such foods as meats, beans, peas, fish, milk, eggs, butter, and cheese. Carbohydrates, which give heat and energy to the body, are starches and sugars. Fats, which also give heat and energy, are animal and vegetable products.

We can readily see that the body needs all these forms of nourishment. As a general rule, we have enough to satisfy our appetites, and perhaps, we have too much to eat. But does the food we eat furnish what the different parts of the body demand?

If we eat carbohydrates only, how are the tissues to be built up? Weak, stunted and diseased bodies are more apt to be due to insufficient and poorly balanced rations than to any other cause.

Do you know that imperfect digestion and accumulation of waste products in the body are the cause of nearly three-fourths of all diseases? Pellegra, the disease which has been the cause of so many deaths for the last few years, is caused, scientists tell us, by the lack of a balanced diet. This disease attacks the body which has been long nourished with a small protein and large carbohydrate ration.

As a rule foods poor in protein are used because foods rich in proteins are more expensive. But even though protein foods are more expensive, they are cheap when compared with the cost of medicine, of human energy, and human life.

A balanced meal does not necessarily mean a costly meal. By spending a little time in planting and working the garden, by canning vegetables and fruits for winter use, and by making use of milk and butter and poultry products, any one can have a balanced meal all the year round at little cost. The invention of the modern canning machine makes it possible for every housewife to can her own food stuffs. Several families may own one canning machine and in this way inexpensive and wholesome food may be provided.

In the spring of the year the garden can be planted in beans, peas, tomatoes, potatoes, lettuce, and other vegetables. With these vegetables can be had fresh fruits from the orchard. In the fall, the garden can be planted in turnips and lettuce. By doing these things, the farmer provides for his family not only cheaper rations but balanced rations; the result is less medicine and better health.

The following menu for one day makes up a well-balanced inexpensive ration:

Breakfast		Dinner	
Peaches or Baked Apples		Beans or Peas with Pork	Cornbread
Corn Meal Mush	Cream	Stewed Tomatoes	Mashed Potatoes
Eggs	Biscuits	Lettuce Salad	Buttermilk
	Cocoa or Milk		Cooked Dressing
			Pudding
Supper			
Preserves		Bread	
Rice	Milk	Butter	

ALMA COX.

Open Air Schools



ETHEL DORRILL
Leake County

THE fact that there are many pupils in school who are irregular in attendance and who fail to keep up with their grades has attracted the attention of many educators, philanthropists, and physicians. Upon investigation it is found that many of these pupils are tubercular or are frail, thin, and anemic.

Knowledge of the value of cold fresh air, wholesome food, and rest as the cure of tuberculosis suggested the establishment of fresh air schools for these deficient pupils, New York, Boston, and Newark leading in the movement.

In September 1911 an open-air school was established in Newark for children having pulmonary tuberculosis.

The building consists of a pavillion with a roof, open on all sides but having protection in a wall extending three feet from the floor. Near the pavillion there is a building for the storage of the

pupils' equipments and for the desks, seats, and blackboards. Nearby another building consists of a rest-room and kitchen; the basement contains sanitary drinking fountains, wash basins, and toilets.

The corps of workers consists of two teachers, a janitor, and his wife who acts as cook.

When the pupils arrive in the morning a light breakfast is served; then the temperature of each is taken. Those of the two-hundred whose temperature is not abnormal put on outer garments, caps, sweaters, gloves, and overcoats—such as the season demands; and go to the pavillion where classroom instruction is given about three hours. The pavillion is not heated at all; when the pupils begin to get cold, they remove their desks and take physical exercises.

Those who have temperature as high as 99.5 are compelled to wrap themselves comfortably and recline in their chairs on the open porch.

At noon class-room instruction ceases, and a hot substantial dinner is given the pupils, after which they retire to the rest room where no conversation is allowed for an hour and most of them sleep. After the rest-period an hour is given to manual training and other occupational studies.

A medical inspector visits the school daily, weighs each child, examines him for infectious diseases and consults with teachers and nurses in reference to those who require special treatment. The school nurse visits the homes and shows parents the value of ventilation and cleanliness.

From September 1911 to July 1913 the following results were obtained: 60% of the pupils enrolled have been cured and 39½% have improved. The averaged gain in weight has been 8½ lbs., and the average gain in hemoglobin is 7½%; 33% have been transferred to their regular classes in the public schools and 81% have received promotion.

Since fresh air is so effective in the cure and progress of tubercular children, should it not be supplied abundantly to all our pupils? Our schools can easily adopt many of the features of this fresh-air school. We can keep our windows wide open, regulate the heat properly, give our pupils physical exercises and rest periods, and disseminate hygienic information among our patrons.

ETHEL DORRILL.

The Model Organization in Pearl River County



IRMA DORRILL
Leake County

THE model organization in Pearl River County is conducted by a force consisting of 1st, an assistant county superintendent; 2nd, a farm demonstrator; 3rd, a home economic agent; 4th, all-time county physician; and 5th, two stenographers. The work is not entirely new; farm demonstrators, county health officers, and home economics teachers have been at work in some sections for several years. However the method of conducting the work is new. This staff is working co-operatively as an organized body with the school as a center and is trying to unify the work of the school and the home. Its primary aim is to bring about better living conditions.

Of all these workers the County health officer and the home science agent aid the people more directly in reference to hygiene and sanitation in the home and school. The county health officer gives his entire time to this work, for which he is paid an ample salary. His aim is to teach prevention of diseases rather than cure; he visits the schools and discusses with the children the economic and social value of public health and teaches them that they have a large part in promoting it. He shows that malaria can be prevented by oiling and draining ponds and screening bedrooms; and that typhoid fever can be checked by destroying flies and their breeding places. He also emphasizes the importance of proper light and ventilation. Then he visits the homes and investigates the sanitary conditions; and if he finds that they are not what they should be, he points out the defects and suggests the remedy.

At the beginning of the school session he examines each pupil for any physical defects such as enlarged tonsils, adenoids, spinal curvature, defective hearing and sight, decayed teeth, tuberculosis, and various skin diseases. After this examination is made, he makes a report to the family physician; and the parents are expected to have the defects remedied.

The home science agent also gives her entire time to her work. She visits the schools of the County and assists teachers in organizing poultry, sewing, and cooking clubs for the girls. She also organizes the women of the different communities into Clubs adapted to their special needs. One aim of these Clubs is to train the members in the method of selecting and preparing foods; to teach them the way to secure hygienic conditions for the homes especially in regard to cleanliness and ventilation; and to give them some intelligent information in the care of children.

It is logical to suppose that the result of the work mentioned above will be better living conditions for better conditions are to come about by the home and school uniting their efforts in having high standards in community hygiene, sanitary homes, well prepared food, and children with strong healthy bodies.

IRMA DORRILL.



The Harrison Anti-Narcotic Law and Future Generations

WHEN the American people took possession of the Phillipine Islands, they found the people suffering from the use of opium. The United States at once started a movement which ended in 1915, in an agreement of thirty-four nations to stop the opium traffic. This movement was started by an international convention, the first one meeting at Shanghai, China.

At this first meeting of the nations interested in this opium law, it was found that the United States was open to considerable criticism for permitting the importation of so large an amount of smoking opium, the revenue on this drug prior to 1909 being \$27,000,000. This fact caused Congress to pass the Opium Exclusion Act of 1909.

But this act was not sufficient to suppress the opium trade. Hence, to perfect this inadequate

legislation, Representative Harrison of New York, introduced the bill which bears his name. This bill was passed by Congress December 17, 1914.

The title of the bill is an "act to provide for the registration of, with Collector of Internal Revenue and to impose a special tax upon, all persons who produce, import, manufacture, compound, deal in, sell, or distribute opium leaves, their salts, derivatives, or preparation".

This bill went into effect on the first of March 1915. Every person after this date who imports, manufactures, sells, or gives away opium or cocoa leaves or any drug derived from them must register with the Collector of Internal Revenue and pay a special tax. Every transaction must be recorded. If a doctor sees it to be wise to give some narcotic to a patient he may do so, provided he does not go beyond the amount prescribed by law, and provided he records the name of the person and number of grains given. Government blanks must be used in all records kept. The physicians, dentists, and veterinarians are not the only persons that must keep records. The druggist who fills the order must also keep a record.

When we realize that the progress of the people depends on the efficiency of individual and that the efficiency of a great number of individuals will be impaired, if habit forming drugs are within the reach of every one, we know that this nation-wide legislation will mean much to the future generation. As has been intimated, personal or individual efficiency is the unit of national efficiency. But it must be remembered that private, or individual well being is conditioned upon matters over which only society as a whole can exercise control.

Then this is how the Anti-narcotic law will aid the individual man. In the first place, it is a national law, enforced by the national government. Then its purpose is to keep narcotics from the individual. This means a better individual; hence, a more efficient people.

Statistics show that a great number of the insane are insane from the excessive use of habit forming drugs, or are children of opium fiends. This drug weakens the mind not only of the person using it but it also weakens the mind of their descendants. But, when the effects of this law takes place, we will have an efficient people.

Then, from this efficient people a generation will come free from the courses that follow after dope fiend parents. No longer will our hospitals and asylums be filled with people who are insane from the effects of narcotics. But, on the other hand, the money used in keeping the asylums going can be put to educational purposes.

W. G. EDWARDS.

Baby Welfare

THREE hundred thousand deaths a year and half of them preventable! Think of it, one hundred and fifty thousand babies in the United States dying each year, that might be saved! Ignorance is responsible for a large part of this needless sacrifice. What is to be done? Teach the mothers what they ought and need to know.

Impure milk is the cause of a large per cent of the deaths. Milk, for the Baby, at least, must come from healthy cows and must be handled with the greatest care. Here are a few rules for obtaining pure milk: First, use a small mouthed pail to milk in. Second, sterilize all milk things and dry immediately. Third, cool the milk as quickly as possible after milking and keep it cool. Fourth, the milker must always keep clean. Observe these rules and baby has a chance. In feeding Baby it is always easier to feed him than to hear him fret, but remember more babies are over fed than under fed. Find out how often and learn how your baby ought to be



MARY FALCONER
Wayne County

fed, then follow the rules.

Baby needs clean water as well as clean milk and this is often forgotten. Boil the water and then cool it. Give it in a bottle between feedings.

Baby should have a warm tub bath at least once a day. In hot weather a cool, extra sponge helps to keep him cool and fresh. Plenty of fresh air is always needed. During the winter keep Baby in a well ventilated room which is aired at least twice a day and take him out as often as is possible. Let him sleep in the sunshine, well wrapped up in pretty weather. In summer Baby can stay out of doors almost all the time. Keep him out of the hot sun but in the open air. Fresh air rarely harms while foul air always harms.

Birth Registration is one of the rocks upon which the Better Babies Movement rests. Mississippi entered upon this forward movement in 1912, and is one of the leading states of the twenty-eight, which have this law.

"Baby's Welfare" is a subject every one is taking an interest in now. The whole country lately observed "Baby Week." If you have not already been doing something to help this cause, hurry up and do something. Start a "Mother's Club" and study about your babies. Read all you can. Have a nurse tell you what she will. Have a "Better Babies Contest," and find out just where your baby stands.

We are concerned a great deal about better stock, better roads and better farms, but what is more valuable than *Better Babies*?

Join the nation wide movement and do something to save the Baby.

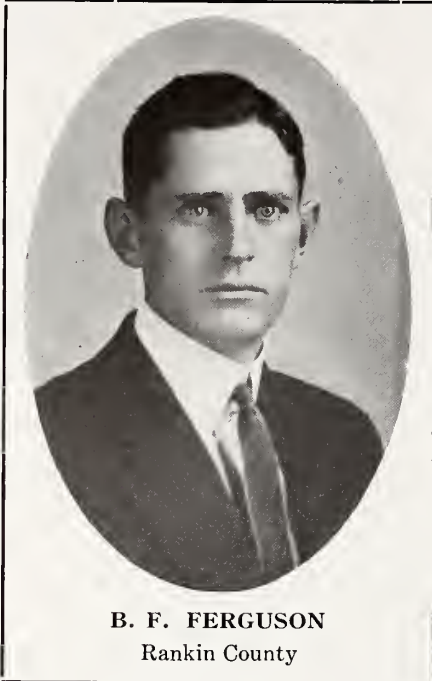
THE MOTHER'S CREED.

ANONYMOUS.

"We believe:
That God gave us our children as a precious gift;
That constant watchful care of them is our full duty;
That we should guard well their health;
That we should train them to right living;
That we should give them the best education we can afford;
That we should give them much chance to play;
That we should pray daily for their welfare;
That our deeds should be the right models for them to follow."

MARY FALCONER.

Eye Strain Among Children



B. F. FERGUSON
Rankin County

DURING recent years compulsory education, followed by medical inspection, has opened the eyes of patrons and teachers to the fact that many dull children are simply physically defective. Defective vision has hampered school children in their work more, perhaps, than any thing else. School children with bad eye sight who have been treated as delinquent and have been properly fitted with glasses have taken an interest in the work and often lead their class.

The subject of eye strain among children has been seriously overlooked and we have not been cognizant of this prevalent malady in the home and school room.

It is estimated that twenty-five per cent. of the children in school have defective eye sight; and

there is grave reason to believe that the home and school serve, on the whole, to increase these defects instead of remedying them.

Many homes are not provided with sufficient light. The children are forced to study by fire or by lamps which are not provided with globes. And in many instances where globes are not lacking, the lights are not sufficient. The light must be clear and at the same time soft to prevent a glare. The lamp should be so arranged that the rays of light will come from over the left shoulder of the child.

In many schools even on the side exposed to the sun, the windows are not protected with shades. And where shades are provided, they are not adjusted to protect the eyes of the children. In placing the desk, the teacher should see that the children do not face a strong light.

Children should not be required to study long without resting their eyes. They can rest them by taking them off their work and looking at some distant object for a while.

The type should be large enough for children to read at a distance of eighteen inches at perfect ease. Especially is this true with young children, since their eyes are more easily injured, and excessive strain of the muscle may cause myopia.

Attention should also be given to the character of the paper used. The paper should be as dull as possible in order to avoid the confusion effects of the glossy surface.

Children's eyes should be examined at least once a year by a competent oculist and all children who have defective eye sight should be tested at once. The teachers should test the eyes of the students often, for children may not detect any defect in their eyes in time to prevent serious injury. This can be done by use of test cards which can be had for a few cents.

There is nothing about children that should be more carefully guarded than the eye sight. There is nothing that will compensate them for the loss of their sight. Parents, teachers, and physician should all join in a crusade against needless eye strain among the children at home and school.

B. F. FERGUSON.

What Should be Done With the Epileptic?



DOVIE FOSTER
Webster County

EPILEPSY is perhaps the most distressing in its manifestations and render its victim most dependent of all recognized deficiencies of the human body.

It is a disease which appears in sudden attacks, causing convulsions which include the whole or a large part of the body. Epileptics are dull of mind, as a rule, and many are insane. A few are exceptionally bright between attacks. Much has been said as to the causes of epilepsy, but the consensus of opinion of those who have made careful study of this question is: that heredity has something to do with it; that general bodily disturbances, such as intoxication from alcohol, lead, morphine, and other narcotics together with general irritability due to local conditions—eye-strain, toothache, intestinal

parasites, and nasal growths are all conducive to the development of the epileptic state. A fractured skull sometimes causes epilepsy, in which case, a surgical operation may give relief.

In Mississippi today, epileptic children sit side by side with other children in the public schools. It is clear from an understanding of the nature of the disease that the subjects—should not be required to undergo the same mental and physical strain as other children that the excitement coincident with the life and work of the normal child at school is not the best thing for the epileptic.

Epileptics create a dangerous atmosphere for normal children, due to the power of suggestion. Think of the effect upon nervous children of seeing an epileptic have a *spell* at school!

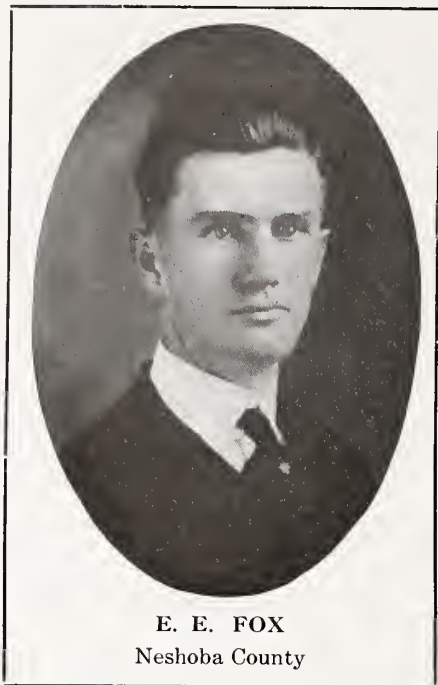
They should not be placed in the insane hospitals, 'herded with the bunch,' because it has been demonstrated that the two classes are not congenial, having a dislike for each other which sometimes brings serious results. The influence of epileptics is also detrimental to the other inmates for the same reason as it is to normal people.

There is no question but that epileptics should be segregated into colonies as is done in many states. Individualization would greatly aid in the successful treatment of these unfortunates. If segregated into colonies where the sane and insane can be separated and where medical supervision and care, proper diet, a little work, and regular habits obtain, the life of the epileptic becomes much more bearable and he is in much better condition than where he remains at home.

Ohio was the first state to segregate her epileptics when she opened the Gallipolis Hospital for Epileptics in 1891. New York, Massachusetts, New Jersey, Pennsylvania, Indiana, Missouri, Texas, Connecticut, Kansas, and Virginia have since then segregated their epileptics. Unfortunately, Mississippi has taken no steps in this great social movement.

Does it not behoove every teacher, parent, and all others who have children under their care, as well as every loyal citizen of Mississippi to agitate the question of segregating our epileptics who have been so long neglected?

DOVIE FOSTER.



E. E. FOX
Neshoba County

Mental Inefficiency--One Cause

AMONG the many habits that affects and derange the mind is that of cigarette smoking. One author says that some of the most familiar marks of the habitual smoker are:—"chronic hoarseness, lack of appetite, dyspepsia, pallor from impaired blood, rapid and intermittent pulse, pain in the region of the heart, disinclination for healthy athletic exercise, mental weariness, slowness of thought causing muddled ideas, and defective memory."

The poison of tobacco affects the whole human system, but the controlling organ, the brain, seems to be the hardest hit. This is very conspicuously emphasized in the fact that a great per cent. of

the employers and superintendents of the nation's most responsible institutions, departments, and concerns now unconditionally require their young men employees to be total abstainers from cigarettes. Mr. E. H. Harrison, head of the Union Pacific Railroad, says, "Officials may as well go to a lunatic asylum for their employees as to hire a cigarette smoker." In John Wanamaker's store the blanks to be filled out by boys applying for position, read: "Do you use tobacco or cigarettes?" A negative answer is expected and is favorable to the applicant. The Assistant General Manager of the Cumberland Telephone and Telegraph Company has issued the following order: "You are directed to serve notice that the use of cigarettes after August 1, will be prohibited, and you are further instructed to refuse to employ anyone who is addicted to this demoralizing habit."

Judge Stubbs of Indiana says that every year boys by the hundreds are brought to him for judgement, and that manliness and good conduct can be aroused and stimulated in most boys, no matter what the offense of which they have been guilty, if only they are not cigarette fiends. When a boy has become addicted to the use of this form of tobacco, the disease is in his blood and brain, his moral fiber is gone, he is listless and indifferent in school, and often fails in his work. Of 4117 boys received into the Illinois State Reformatory, 4000 were in the habit of using tobacco and over 3000 were cigarette smokers.

Now, from the requirements of these practical men who are leaders in the world of finance and industry, and from the testimony of leading jurists, as well as from our own experience and observation we are convinced that the cigarette habit is baneful; and it devolves upon us as teachers to instruct the boys of our State in the bad physical and mental effects of tobacco; to use our influence to prevent in them the formation of such a habit, and to throw around them a good environment by effective legislation in regard to cigarettes.

E. E. FOX.

Relation of the Playground to Health



S. M. FURLOW
Copiah County

NO school can do the best work unless the children in that school are healthy and have the physical ability to sustain mental strain. This question of health is one of the greatest problems confronting teachers, and one that cannot be put aside. In working out this problem, out door exercise presents itself as the most successful means of providing the children with strong, healthy bodies; and, without a doubt, school athletics is to be commended as a way of securing this exercise.

It is a recognized fact that the condition of the mind while exercising is a very important factor in determining the results that will be obtained. In this, athletics is superior to all other kinds of exer-

cise, for it produces excitement that stimulates the mind, and at the same time gives it the relaxation from work and worry that it so much needs.

Instead of giving only the skillful players among the large boys and girls an opportunity to use the equipment furnished, each school should have a large, well equipped play-ground sufficient to accommodate the entire school. If it is impossible to have one this large, the several classes may use it at different times through the school day.

For the greatest efficiency, the ground should be carefully planned and the equipment placed so as to permit of the greatest number of games. Inexpensive equipment—as basket ball and tennis courts, base ball field, jumping pit, and standards for high jump, for the larger pupils; sand-bins, see-saws, ropes for jumping, and swings for the smaller ones will be found practical and sufficient.

Unless properly conducted there is a very great danger, however, that the results from exercise will be illness instead of improved health. While playing strenuous games on the school yard, the children should not be allowed to use the clothing that they will wear the rest of the day, for it becomes damp from perspiration and will cause colds on account of the child's becoming chilled after he stops playing. The use of athletic suits, which can be obtained at very little cost, prevents any bad effect of this kind.

Another important thing is to have bathing facilities for use after participating in the games. The great good resulting from the increased ability of the children on account of better health would many times pay for the cost of fitting out the bath rooms.

Each child should have a physical examination by a competent physician and be allowed to participate in the games only as his physical condition permits. Then, the teacher should be very careful to allow no one to play too long and hard, thereby weakening his physical condition and destroying the very effects sought for.

With these precautions, athletics offers to our schools great opportunities for making the boys and girls strong and healthy, thereby laying a foundation that will be invaluable in later life.

S. M. FURLOW.

The Great White Plague

VERA GALBREATH
Forrest County

TUBERCULOSIS or consumption, as it is often called, has come to be known as the great white plague, from the fact that it is so wide spread, and that 50,000,000 die annually, in the world. People do not either realize the danger or refuse to think about it. If yellow fever, or smallpox, or scarlet fever breaks out in town then newspapers publish an "Extra" with glaring headlines, and the greatest alarm is felt. Yet little attention is given to tuberculosis, a disease much more deadly.

It is now known that tuberculosis is not ordinarily an inherited but an acquired contagious disease. It is preventable, can be checked, and is curable if treated in the incipient stage, but is fatal when too long neglected. It is during the period when tuberculosis exists without making itself felt

that the infected person has best chance of recovery, but the period in which he least suspects that he needs medical help. That is why it is called "the dangerous period."

It is not as dangerous as the latter stage, but it deludes the victim; he believes himself well when he is really tubercular. Dr. Tredeau, who was the founder of the fresh air Sanitarium in the Adirondack Mountains for the treatment of incipient tuberculosis, has proven conclusively that the disease can be cured.

How are you to know that you have it? First, by the loss of weight, a cough, and fever. The best thing is to consult a physician, demanding a thorough examination. If, the physician finds that you have tuberculosis, refuse to be frightened. Be hopeful, cheerful, and patient. Your state of mind will have much to do with your physical condition. Do not listen to talks, or suggestions of others. Avoid all patent medicine "cures", and artificial stimulants. Only these are necessary:

- Fresh air, day and night.
- Plenty of sun shine.
- Wholesome food with an abundance of fresh milk and eggs.
- Rest for body and mind.
- Personal and household hygiene.

If you have not tuberculosis you might express your gratitude for your continued health by lending a hand to those civic health movements, which are trying to bring the blessing to your less fortunate fellow men, and to protect you from exposure to it.

In every city the Women's clubs, civic organizations and schools are trying to educate the public to the golden rule of the antituberculosis league:

- Don't give tuberculosis to others.
- Don't let others give tuberculosis to you.

They are also asking, "Will You Help Build the Fence to Protect the Citizens Against Tuberculosis?"

VERA GALBREATH.

The School Garbage Can



W. W. GOLDEN
Smith County

A GARBAGE CAN is to receive and collect all such waste as the remains of lunches, waste paper, and dirt swept from the floor. Any loose papers on the floor or yard are collected with a sharp stick, not with the hands. The can should be emptied regularly into a hole in the ground, where the trash is burned. The contents should not be burned in the stove or on the open yard. A fly trap attached to the can is the most effective means of catching flies.

A garbage can should be made of zinc or some metal that may be cleaned or sterilized occasionally. A close cover should be kept over the can as it

cannot well be screened, and the danger of spreading disease is very great because of its use as a common depository.

The can should be put into the most convenient place for the children. Just outside of the door is a good place if it is dry there. The children can then reach it from indoors and out. This convenient position removes all temptation to throw refuse on the floor and yard, and makes its usefulness more effective than if it were placed in some obscure place. Children will soon learn to look for a can.

After this arrangement has been provided, it is not difficult to create among the children a desire for a clean house and yard, and a pride in keeping it clean. When this spirit is aroused among the children, the teacher's work is practically over. They will soon resent any attempt to spoil the appearance of the room or yard by throwing fruit, parings and paper on them. Paper will be more easily kept off the floor if the waste basket is kept near the teacher's desk to collect waste for the garbage can.

The school garbage can wields a still greater influence than this. The greatest influence it has is on the homes of the school children. When a little girl learns to appreciate the use of a garbage can at school, in a very short time she will look with horror upon the old custom of throwing dish-water from the kitchen window, and will provide a bucket into which she puts the refuse and sees that it is properly disposed of. The house is no longer allowed to go for days with paper or other useless things on the floor; a trash basket receives it as it accumulates. The yard is kept clean from paper and debris of any sort.

The use of a garbage can leads to a habit of cleanliness, and a pride in things beautiful, which will create sanitary and beautiful homes, and consequently a happy, healthy, and prosperous people.

W. W. GOLDEN.



LULA GRICE
Lincoln County

County Hospitals for Tubercular Patients

THE prevalence of tuberculosis in Mississippi is alarming. Statistics show that in the year 1913 there were twelve thousand cases in Mississippi, three thousand of which resulted in death.

The financial loss from tuberculosis is probably greater than that from any other disease. Unhappily, the greater part of this expenditure is wasted. The practice of traveling or changing locality for climatic advantages results, in the majority of cases, in little or no really permanent improvement of the patient.

From a social standpoint tuberculosis is a great menace. Disease of any kind is detrimental to the social state. Especially is this true of tubercu-

losis, because it is a lingering and wasting disease, which, aside from its fatal nature, is always accompanied by much distress, unhappiness, and suffering. Therefore, if by any means this disease could be eradicated or held in check, nothing should be spared to attain this result.

The first thing that concerns us as Mississippians is the possibility of permanent cure under climatic and other prevailing conditions in our state. That patients can be cured without leaving the state has been fully demonstrated. As an instance, the work of Dr. Boswell, of the Department of Public Health of Prentiss County, might be mentioned. He successfully treated a number of cases and is deeply interested in the extension of the work. In fact, very few patients are advised to travel in search of a more advantageous climate, because but few are financially able to remain long enough for permanent benefit.

As it has been shown that the disease can be successfully treated at home, it now remains for some plan to be devised by which home treatment can be carried on in organized and systematic way. By this means the patient would be given the advantage of the best treatment, and while removed from his immediate home, would not be removed from friends and acquaintances. There the patient could remain long enough for a permanent cure without being taxed by enormous expenses. The hospital would also prevent the spread of the disease through contagion.

The greatest benefit that is derived from hospital treatment is the education that the patient receives by hygienic living. The county hospital would further serve to educate the people in hygienic prudence and would be a factor in the intelligent and co-operative effort by which tuberculosis may be eradicated.

We are to be congratulated that the legislature has passed a bill for Mississippi to have a state hospital for tubercular patients. This is a small beginning, the appropriation being only \$25,000, but we hope it will lead to the establishment of county hospitals.

LULA GRICE.

Necessity for Proper Heating Facilities



T. J. GUY
Noxubee County

THE proper heating of the school room is one of the most important problems to be solved by the rural school. Time and progress have brought about a great change in the way the buildings are heated. In the days of our fore fathers, the school house was heated by a big fire-place that extended across the whole end of the building. This old fashioned fire-place served its purpose for that day. This fire-place gave plenty of ventilation, a thing as important and necessary as heat, but it did not give a uniform degree of heat to the entire room. In order that a school room be in condition

for a student to do his best work, the heat must be evenly distributed. One child must not be freezing while the other is baking.

There are several modern up-to-date ways of heating that give satisfactory results. In many of our city and consolidated schools, the buildings are heated by furnaces, hot water, or steam. All these save the first are good where people are able to have such an equipment.

Our rural schools, however, have not developed to that degree of efficiency as yet. Unless one of these systems of heating is installed, at least a properly jacketed stove is required. No unjacketed stove should be tolerated in any school. These jackets keep the room evenly heated. The jacketed stove should have a direct fresh air inlet about twelve inches square, opening through the wall of the school house into the jacket against the middle or hottest part of the stove.

The exit for foul air should be an opening at least sixteen inches square on the wall near the floor, on the side of the room where the stove is located.

In using a stove one should keep a pan of water on it in order to preserve the humidity of the atmosphere.

In order to know how to regulate the temperature of the room, it is necessary to have a good thermometer in a convenient place so that the teacher or child helper may see when the room is too warm or too cool. The temperature should not be allowed to go to either extreme, the correct temperature being about sixty-eight degrees. If a teacher will pay attention to the thermometer, this uniform degree may be easily kept.

The school room should always have plenty of fresh air, a thing as necessary as plenty of heat.

T. J. GUY.



LUCILLE HATTEN
Harrison County

Captain of the Death Brigade

THERE are probably few diseases whose symptoms are more generally recognized than pneumonia. The stabbing pain in the chest, the cough, the blood-colored expectorations, the rapid breathing, all stamp it as a disease of the lungs. Our most universally accepted term for it, pneumonia, is merely the Greek equivalent for "lung fever."

Our deadliest enemies are lung diseases; together they count for one-third of all the deaths that occur in a community. Ever since accurate statistics have been kept, pneumonia has been the second heaviest cause of death, the first being tuberculosis. About ten years ago it was noticed that the second competitor in the race of death was overtaking its

leader, and this ghastly rivalry continued until about three years ago when pneumonia forged ahead.

For a long time this disease was believed to be caused from exposure to cold or a wetting. There were two reasons for this: one, that the disease is most common in winter time, and the other that it most frequently begins with a chill.

The cause of this dreadful disease is a tiny inoffensive looking little organism of an oval shape which has come to be called pneumococcus or "lung germ." It nearly fills the prophesy of the Scripture that "A man's foes shall be they of his own household," for it has as its favorite home the human mouth. We can hardly believe that some of them may be found in the saliva of every human being; there they stay watching for the least opportunity to seize their victim.

These germs may be scattered by expectoration for, if kept moist in saliva and not exposed to sunlight, they will live as long as two weeks. If exposed to sunlight, they die within an hour.

We find, then, that this germ grows only in dark damp places. This explains the fact that pneumonia is largely an occupational disease. Since these things are true, is it any wonder that the man who works in the mines all day without the needed fresh air and sunshine, or the woman who lives in the slums with perhaps twenty others in the room and ceaselessly bends over the sewing machine or wash tub for hours at the time should contract a severe case of pneumonia?

When once this disease has a foot-hold, its course is short, sharp and decisive. For this reason exceeding care must be taken to prevent it. The principal factors in this disease are those which tend to build up the vigor of the body and its power of resistance. It is further evident that just as "No chain is stronger than its weakest link," so, in the broad sense, no community is stronger than its weakest group of individuals. We know, too, that the germs, however numerous, are powerless for harm except to people who are below par. No other disease is so eager to seize the weaklings. In the bright sunny home the pneumococcus will find no abiding place. They cannot live where there are sunlight and fresh air; hygienic conditions reduce the risk of infection.

Pneumonia is one of our most serious and most fatal diseases, yet it is one about whose cause, spread, and cure the general public is showing increased intelligence and interest every day. It is only a question of time until it can be completely under our control. Let us all do our part in smiting this great Captain of the Death Brigade.

LUCILLE HATTEN.

Alcohol, Crime and Poverty

IN 1909 an international conference on alcoholism was held in England to which most of the nations of the world sent scientific men as delegates. Comparing the results of investigations made in all parts of the world, and finding that these results agreed, the medical leaders drew up a report defining the nature of alcohol as follows: "Exact laboratory, clinical and pathological research has demonstrated that alcohol is a dehydrating, protoplasmic poison, and its use as a beverage is degenerating and destructive to the human organism. Its effects upon the cells and tissues of the body are depressive, narcotic, and anaesthetic. Therefore, its use should be restricted in the same way as the use of other poisonous drugs."

Alcohol is the direct cause of more crime than all other forces combined. According to modern

views, criminality implies, to some extent, defective mentality. Alcohol impairs the highest mental faculty, and at the same time it stimulates various lower propensities and passions. As an agent therefore which influences the passions and lowers the moral standards, it makes for the commission of crime. Emperor William II of Germany said: "I can assure you that during the twenty-two years of my reign, I have made the observation that the greater number of criminal cases submitted to me for adjudication, up to nine-tenths, are traceable to the consequences of alcohol." A lord chief justice of England said: "If sifted, nine-tenths of the crime of England and Wales could be traced to drink." Dr. T. D. Crothers, superintendent of Walnut Lodge Hospital, in Hartford, Conn., said: "All authorities agree that from seventy-five to ninety per cent of all criminality implies to the use of alcohol."

But the effect of alcohol does not stop with the users themselves. Scientists having investigated the effect of alcoholic parents upon their children have made the following statement: "Of children born to alcoholic parents eighty-three per cent are abnormal. That is, one out of every five will be hopelessly insane; one out of every three will be hysterical or epileptic; and more than two-thirds will be degenerate." The same scientists having investigated thousands of cases, have made the following statement: "Of children born to parents who are total abstainers, eighty-nine per cent will be normal, while only eleven per cent will be abnormal."

Is alcohol a source of poverty? Answers to questions sent lately to every almshouse in the United States show that fifty-one per cent of inmates of almshouses became paupers through drink. It is estimated that the paupers of England cost the nation \$50,000,000 annually, as a result of alcoholic drinking. The United States pays over \$2,000,000,000 annually to provide for the added crime, pauperism, idiocy, and insanity produced by alcohol.

The teachers of Mississippi should help educate the youth of our state on the effects of alcohol upon the human body. Hon. Richmond P. Hobson said: "Not a class or grade should be allowed to pass without educational instructions in the facts of alcohol."

GROVER HOOKER.



GROVER HOOKER
Union County



RENA HUGHES
Webster County

The Dental Clinic of the Normal College

THE Mississippi Normal College in line with the spirit of the times, organized this session a Dental Clinic.

The Forrest County Dental Society consists of four dentists who are giving their assistance free of charge to the Normal College physician to assist her in giving the Diploma Hygiene Class demonstrations in oral hygiene.

One of the dentists comes to the college once every two weeks, and examines the teeth of the children of the Practice School and of the Arnold Line School, a near by rural school, where extension work is being done in hygiene by the Normal College physician. He makes the examinations before the Diploma Hygiene Class, and gives the children a practical and interesting talk on cause, the prevention, and the results of decay in the teeth. The dentists approach the children by different means every time they talk. In one talk, the dentist illustrated the effects of a decayed tooth on the sound teeth next to it by a big sound apple and an apple that had been bruised and was decayed. Such object lessons make his talks much more interesting to the children. With the apples before them, they understand a great deal better what he is saying about the teeth and can see the reason for this decay in the teeth.

The members of the Diploma Hygiene Class make engagements and chaperone these children to the dentist's office, where the repair work is done and the teeth cleaned; and a tooth brush is given to each child.

The generous co-operation of the Forrest County Dental Society in giving their service free of charge to this educational and philanthropic work will bring great results. We student teachers in training at the Normal College get not only valuable information but practical experience in this important branch of health work so sadly neglected in rural communities.

RENA HUGHES.

Fighting Malaria



W. E. JOHNSON
Smith County

ONLY during the last few years have we realized that we must fight the mosquito in order to rid our land of malaria. The more efficient the battle we wage, the greater the profit, for each victory means a saving of time, labor, and doctor's bills.

The mosquito is the only means that the malarial parasites have of getting from one person to another. From this we see that if all the mosquitoes were killed there would be no more malaria. Since this seems impossible in this warm country, we must prevent the mosquito from securing and carrying the parasites.

Preventive work can be done in two ways. The first is to kill or hinder the growth of the mosquito. To do this, all boxes, cans, trash piles, brush, bushes, weeds and grass, which serve as sheltering places for the mosquito during the heat of the day, must be destroyed.

Second, all the breeding places, such as rain barrels, cans, cisterns, reservoirs, stagnant pools, lakes, ponds and marshes must be drained. Those places that cannot be drained should be oiled. Enough oil to put every two weeks a thin coat on the surface of the water will not cost much and it more than pays for itself when we consider how many malarial carriers it kills by preventing the little wiggly-tails from getting air. Those places that can be neither oiled nor drained should have fish put in them. The fish will eat larvae.

A third method in the extermination of malaria is that of screening our doors and windows. Any medium sized home can be screened for less than \$40 and the screen will at the same time serve a second purpose, that of keeping out the most dangerous of all man's enemies, the house fly.

Since the mosquito must first be infected before infecting others, it would not be necessary to prevent malaria if we should prevent this infection. The ways in which this can be done are: First, keep the malarial patient in a screened house; second, see that the patient is absolutely free from malarial organisms.

After a person has become infected with malarial parasites, the following treatment has been recommended by the Hygiene Department of the Mississippi Normal College: "Free purgation in the beginning is necessary to make the after treatment more effective. Quinine given in 5-grain doses, every 2 hours until 20 grains have been taken—best results are obtained when the quinine is given throughout the night, and the effect of the quinine is not so uncomfortable. It is said that the organisms are weaker in the dark and therefore respond more readily to the poisonous effects of quinine. The quinine treatment should be continued a much longer time than is usually done, at least thirty grains a week for a period of six weeks. If every person affected with malaria would persist in taking quinine for the required length of time, Mississippi would soon have to import this disease from other states."

It may seem that fighting malaria is not a very profitable business to those concerned; but when we realize that our state lost over \$3,000,000 due to malaria in the year 1915, as shown by statistics, each one should strive to do his part in the prevention work. As a result there will be a conservation of great economic values to our state.

W. E. JOHNSON.



EVAN E LONG
Clarke County

Co-operation of Parent, Family Physician and Teacher for Medical Inspection

MEDICAL inspection is an extension of the activities of the school in which the teacher, physician and parent join hands to safeguard the child from disease; to render him healthy, happy and vigorous; and to insure for him the vitality that will best enable him to take full advantage of the free education offered him by the State.

Medical inspection is founded upon the intimate relationship between the physical and mental conditions of the child, and the consequent dependence of education upon health conditions.

The medical inspector, or county health officer, visits all the schools regularly throughout his jurisdiction and examines the children for physical defects. He discovers the trouble while the child is yet young; and he and the teacher discuss it with the parents, who promptly have their child treated and by so doing ward off a disease that threatens his life, or an infirmity that will hamper his usefulness.

A surprising number of children will be found to be defective in eyesight and as a result are seriously handicapped in their school work. Many will be found to have defective hearing, decayed teeth, adenoids, enlarged tonsils and glands of the neck, hookworm, or other physical defects which have a great and formerly unrecognized influence on the welfare, happiness, and mental vigor of the child.

The Normal College has medical inspection in general, both of the Practice School and College students. Every student, both of the Practice School and the College proper is examined for hookworm, adenoids, defective eyesight, tonsilitis, and other defects.

Dental inspection is one of the most important phases of medical inspection. First in Germany, next in England, and more recently in the United States, dental inspection has been inaugurated, and school dental clinics established. The Normal College has a dental clinic that is doing a great deal for the children of the Practice School and for the education of the college students in oral hygiene.

Aside from the practical benefit to the children who are not normal physically, the medical inspector is of untold value to the teacher and the parent educationally through his lectures, his conferences, and his supervision in matters of health and prevention of disease. The cooperation of three forces means for a community an awakened civic consciousness, and a clean wholesome life.

EVAN E. LONG.

Sanitary Survey and its Effects Upon the Community



ANNIE LONGEST
Pontotoc County

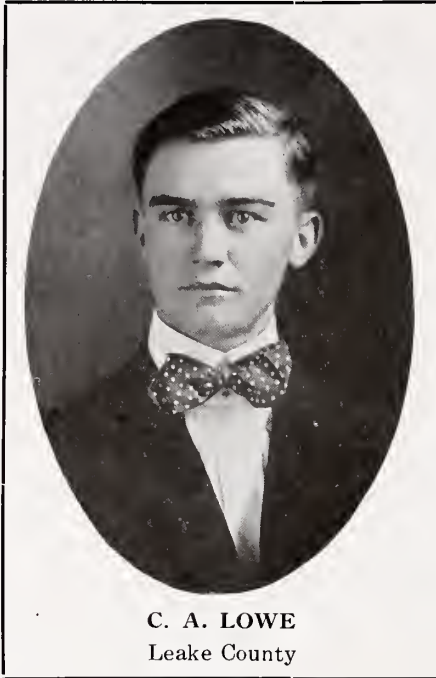
RECENTLY the State of Mississippi has been doing some wonderful work toward improving the health of its people. In addition to the regular tasks of the county health officers, the State Board of Health has been sending out men to make campaigns in almost every part of the State, for the purpose of delivering lectures, securing data on the existing conditions of the communities, and examining the children for hookworm, in order to find out as nearly as possible the infected areas.

In connection with this work the following statistics were gathered during the year 1914: White deaths in State, 7,442, making a rate of 8.9 per 1000 while the number of negro deaths was 14,043 making a rate of 13.1. Of the easily preventable diseases, typhoid fever was responsible for 625 of these deaths, malaria for 1,030, pellagra 1,192, (which was an increase of 47 per cent over 1913), tuberculosis 2,490, and hookworm 6. According to the figures the number of deaths caused by the last was many times less than that caused by any of the above named diseases. But perhaps more people suffer from this infection than any other, and to it the attention of the campaigners has been largely devoted. Out of the seventy-nine counties of the State, seventy-seven have had the privilege of having a member of the State Board of Health visit the schools, make lectures, examine children, and treat those found to have hookworm free of charge. Some counties were found to have only a few cases, while a number had above seventy-five per cent infection.

If no other work had been accomplished, the cost saved the people by free treatment of patients with this one disease would several times pay the money spent on the campaigns.

Bolivar County is making specially good progress in a survey for malaria, the Government co-operating with the County.

ANNIE LONGEST.



C. A. LOWE
Leake County

Sanitation in the School Room

SOME wonderful changes have been made in the rural schools within the last quarter of a century. The old type of school building has been replaced by a modern, well equipped building surrounded by a large yard for play grounds and school gardens. Although these changes have been made there is one of vital importance that is yet to be made—the care of the school room.

Are the school rooms properly kept? Are the school children and teachers as healthy and happy as they should be? The answer to the latter depends upon the answer to the former. If the school room is not kept clean, the heating and ventilating not properly adjusted, and the light not regulated, we need not expect to find healthy occupants of that school. We should not expect to be healthy and happy in our home

if it were kept as the school rooms are now kept; so we need not expect the children to remain healthy, mentally alert, and eager to go to school under the present condition. The school is the home of the children for a great part of their waking hours during the school year. Their home then is dirty; the desks, seats, window sills and other furniture are covered with dust; the light is not properly distributed; the heating and ventilation are poorly regulated; and the yard and surroundings are not kept clean. This condition obtains in a majority of the rural schools.

Besides the loss to the child in efficiency there is that loss in happiness which should characterize the associations of child life. His days are spent in an unpleasant and uncomfortable school room all because some one failed to do his part. The school and grounds should be as beautiful, attractive and pleasant as the best private home because the only difference is, the school is just a larger home—it is a community home. We are prone to think of life as beginning at some future date. Students say that they will do so and so when they finish school but they fail to realize that as their life is in school so will it be in later life. Are the schools training their pupils for a higher and nobler life through training them in better living?

This work is left to the teacher. These are the things that are necessary to be done: 1. The temperature of the room should be kept approximately at 70 degrees F. 2. All rooms should be swept at the close of each day's session using some approved preparation effective in the preventing the rise of dust. 3. All furniture and any other place where dust settles should be dusted with an oiled cloth in the morning before the children come. 4. The floor should be scrubbed with soap and water every four weeks and the interior of the desks be kept clean and free from dust at all times. 5. All blackboards and erasers should be cleaned and dusted daily. 6. The windows should be washed at least every six weeks and a shade supplied for every window. 7. Fresh drinking water should be supplied and the cups and other water utensils kept sanitary by scalding them. 8. All wash basins must be kept clean and if common towels are used at least one clean one per day should be furnished. 9. The yards should be kept clean and attractive. 10. Have a garbage can and waste-paper basket and use them. 11. The out houses should be kept sanitary and free from all obscene marks.

Do anything and everything to make the school clean, wholesome, healthful, attractive.

C. A. LOWE.

Making Hygiene Work Practical



ELLA McDADE
Kemper County

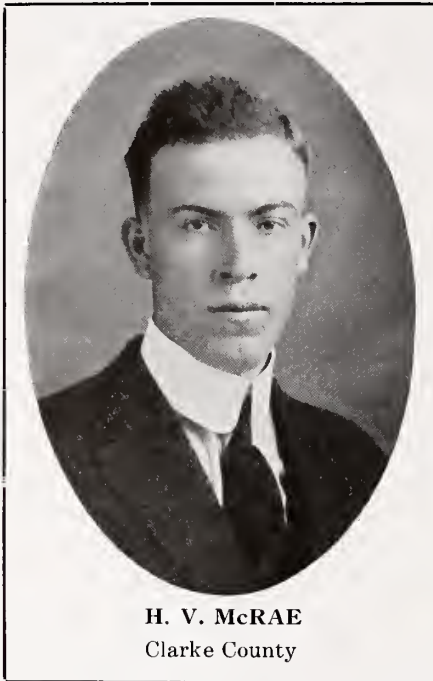
It is an old and accepted fact that to know how to do something and to do it are two entirely different things. This holds true in the teaching profession as well as any other, hence the greatest trouble has been and is to get students to put into practice the theories they learn in school. This is especially true in the teaching of such subjects as require some practical work for their mastery, e. g. Hygiene. It is an easy matter to teach the proper way to keep a home and its surroundings clean and sanitary, but it is a difficult proposition to get students to put their theoretical knowledge into practice. Indeed a census of school children would show that at least ninety per cent. of them do not really apply the knowledge of hygiene learned in school.

In devising ways and means of getting children to apply their knowledge of hygiene at least one has been found that has proved satisfactory wherever tried. This is a system of giving credit for practical work done at home. But in order to prepare a receptive mind for a plan it is necessary that the teacher prove to the students that she is really interested in them, their health, and homes. She must visit the students in their homes, see how they live, and get their parents interested in better methods of living. When this has been done, the hearty co-operation of the parents will be given and the success of the work assured.

In the average school community the teacher may give credit for good work done at home by the student and look after the work herself. But in most cases it would be advisable for the teacher to organize a certain number of students into a band of inspectors. These inspectors are given cards which have on them an enumeration of the different kinds of work for which credit is to be given. When a home is visited, say once a week, the inspector will have a separate card for each student which shall designate the particular work for which he is to receive credit. The inspector can get the needed information for grading by personally inspecting, when possible, such work as floor scrubbing, gardening, dusting in bed room, etc. Where work is assigned that is not practical for inspector to estimate, such as milking, churning, feeding, killing flies and mosquitoes, and helping with sick people, the parents can furnish the needed information for giving the proper grades. This plan has an advantage in that it will develop a spirit of individual responsibility in the inspectors and a desire to make everything better on the part of all concerned because these grades count as a part of the grades given for the regular school work.

Credit may be given for sleeping with windows open, brushing teeth, cleaning nails, clothes, and bathing, making fly traps, and iceless refrigerators. This would apply to both sexes. Then for boys, credit can be given for feeding, milking, carpentry, etc. For girls, credit can be given for sweeping floors with a dampened broom, making bed and keeping a neat orderly house, preparing lunches and home cooking. Credits may be given for other things, but special emphasis should be laid on the work which tends to make better health.

ELLA McDADE.



H. V. McRAE
Clarke County

The School Lunch

CHILDREN usually have plenty of food, but often it is not of the right kind. There are children in every school, the inadequacy of whose diet is shown in part by anemia, underweight, enlarged glands, and similar conditions. The loss of education and training through absence is far greater than that of children of the same age in a better state of health. A school lunch served at recess satisfies the physical need of the child, and refreshes him for the further mental strain of the morning's work.

An idea of the value of the school lunch first originated in Switzerland and later was taken up in Germany and America. In order that we may see what the lunch is doing in the many city and rural schools, an example of one of the lunches served in

the primary department of the Mississippi Normal College is given:

Practical lessons in the food values of the articles served; and their sources were given in this department in the serving of the lunch. The older children whose ages range from ten to fourteen prepared the lunch. A discussion of table etiquette was conducted by the hostess, the residing physician. The two larger girls served the lunch, while smaller ones passed a napkin to each pupil.

It was noticed when the older girl came in with a tray filled with dainty sandwiches, that the children had very eager faces. In the meantime while each child was eating his lunch, the hostess correlated nature study by discussing the value of sunshine and rain to lettuce, and to our bodies; also how bread sustains life. This lesson correlated physiology, nature study, mathematics, sociability and table etiquette. The cost of the lunch was worked out and put on the board by the pupils.

In States where the school lunch is an established part of school life, much home work has been done in connection with school work. Pupils bring to the teacher reports of home practice and also samples of food cooked by recipes obtained at school. Such foods as eggs, cereals, and vegetables are generally used. The equipment for these schools has been paid for by entertainment and public contribution.

Extension of the lunch system should result in an enlivened interest in economy, sociability and healthy children. The demand for courses in home economics in rural schools is constantly increasing. The study of food values and costs, growth and manufacture and sanitary handling may all be profitable results from the lunch.

H. V. McRAE.

Fakes and Their Cost



LYDIA MAGRUDER
Forrest County

A PPROXIMATELY \$500,000,000 are spent annually in the United States for medicine, eighty per cent of which is spent without the advice of a physician. The fact that the larger part of this amount is spent for patent medicine means that practically \$400,000,000 are wasted annually in the United States for patent medicine.

Take an instance of financial waste which is a common one. The stout woman picks up a popular magazine and her eyes are quickly attracted to the slim graceful figure of "Lucile Slender," who advises all large women to take her treatment at a cost of only seven dollars, and rid themselves of ungraceful and undesirable avoirdupois. It reads like this. "No dieting necessary, no change in your mode of living, absolutely harmless, and positively not a

medicine!" The stout woman enviously eyes the attractive advertisement and decides to become like the girl in the paper, so she pays her seven dollars for the following: A few brown pills which after chemical examination proved to be only cathartics; a few pink pills which were nothing more than a tonic, consisting of red pepper, menthol, and bitter principles; a powder which was only a strong alkaline for skin cleansing purposes. She lost all right—*money*, not flesh.

Scientific tests have proved the absolute worthlessness of many other patent medicines—such as those advertised to cure. "What ails you any time and any where," those of, "Twelve years medical test and ten of public use," those that are, "Sure cure for everything," "Makes you look ten years younger," or "The baby cries for it."

Most of these fakes have been found to sell for about ten times what they cost. That is how a big part of the money of the United States goes. As long as such advertisements and sales are tolerated, the American people will pay the price, not only financially but physically. And the sad thing is, that the very poor are the ones who, feeling that they are saving a doctor's bill, are duped by quack remedies.

These "harmless" treatments bring *dollars* to the proprietor,—*not health* to the consumer. Practical reasoning on the part of the reader of such advertisements ought to prove their absurdity. The idea of preparing one kind of medicine, and labeling it, "Sure cure for everything." No two human mechanisms in the world are alike, and a person who can make one medicine to "Cure anything at one time" should retire from practice just there at the climax of his career.

Ignorance on the part of the people accounts for their being humbugged. We need an educational campaign against ignorance and superstition to awaken people to the fact that they are being humbugged. Legislation more stringent than the Pure Food and Drug Act should be made by individual states, looking to the eradication of patent medicine.

LYDIA MAGRUDER.



BONNIE MARTIN
Pike County

The Relation of Home Science to Health

HOME Science is a direct application of the principles involved in the abstract science; (chemistry, bacteriology and hygiene) to the urgent every day problems of home.

To a great extent, the health of the family depends on the cooking done in the home. Greasy and poor cooked food impairs ones digestion and thereby decreases his earning capacity. Few foods are wholesome unless cooked in the proper way. For example: Pie crust, unless properly made and cooked is one of the most indigestible foods that can be eaten.

The primary aim of home science is not to teach cooking alone, but to teach the care and cleanliness of food, home and clothing. Nourishment alone cannot sustain life. The body must have oxygen. In order that the home be filled with the abundance of fresh air the windows must be kept open. The sun should shine into the home as much as possible, for sunshine is a disinfectant and will destroy harmful germs.

By observing the principles of hygiene as taught through home science, the human race has been lead to a higher standard of living. More specific care is given to the cleanliness of the home and the body, and to the preparation of food. The hygienic value of fresh air, baths and exercise has brought our bodies up to a higher physical standard. It is absolutely necessary that our bodies be bathed several times each week so that the pores of the skin may be kept open and able to discharge the impurities from the body. The muscles must have some sort of exercise. This exercise might be furnished entirely through many daily activities, but recreation is preferable sometimes.

Since the progress of a nation is dependent upon the condition of the home, modern arrangements and inventions should become the rule instead of the exception. The labor in the home can be reduced by having a gasoline engine run water for use. Flies and mosquitoes can be kept out by screened doors and windows. To prevent the rise of dust particles on which injurious germs are carried to the floors are swept with a broom around which is a dampened cloth.

To be a good house-keeper, a woman must know hygiene through domestic science, that is the use and place of foods in the dietary: the best methods of securing pure, nutritious foods. She must know the relation of cooking to digestion; the relation of germs to disease; and a plan by which the body may have pure air; sunshine and clean water.

BONNIE MARTIN.

A Means to Health and Energy



CLARA MATHEWS
Simpson County

BOTH the man who lives in the crowded city and the one who lives in the open country work all day, and the cells of the body are torn down and need to be repaired. In order to repair the broken down tissues and cells, there must be a great amount of oxygen present, for oxygen keeps the fire of life burning. Oxygen can be supplied only by fresh air.

Persons need fresh air when they are at rest as well as when they are at work, for the oxygen taken into the body with every breath restores the broken down tissues by burning up the waste material and enabling the blood to supply these tissues with new material. This process of repair is carried on best when the body is at rest, and not only are the tissues repaired and made ready for use; but energy is also stored up to be ready, when needed, to start anew the battle of life.

People are beginning to realize that the night air, of which so many have been afraid, and the lack of which has sent so many persons to a consumptive's grave, is not a harmful monster carrying malaria, lagrippe, and other things to persons who happen to come in contact with it; but is the best means of arousing the heart, deepening the breathing, and increasing heat and energy, and many other things that contribute to the health of a person and enable him to bid defiance to the millions of germs that are lurking everywhere ready to strike him down with tuberculosis and other deadly diseases.

As night air is not harmful, but beneficial because it is purified from having the sunshine all day, people are employing the best means of obtaining this beneficial air by constructing sleeping porches. For it may not be realized that though air is continually passing into the rooms through open windows and doors it is not necessarily all fresh; the walls of the room prevent a perfect circulation of air and naturally there will be some impure air left in the rooms because of this.

The sleeping porch is not a luxury to be thought of only by people of wealth, but is a necessity any one can have who will do a little work. It costs very little, and almost any porch can be converted into a sleeping porch by constructing a wall to extend from the floor to about one-third the distance to the ceiling and screening the remainder. It should be protected by good substantial curtains, but if these cannot be had something else can be substituted. It is possible where the family is small to use only a part of the porch by screening and walling up a space large enough for a bed, but where the family is large the whole porch can be used and made into rooms by curtains for partitions.

The sleeping porch is an ideal place for the baby of the family to sleep during the day when the mother is busy, for he will be protected from flies and mosquitoes and will have the benefit of fresh air also.

The best wire for screening is the number sixteen wire mesh as it prevents all small mosquitoes from going through. Copper wire is the most durable but it is expensive. The next best is the galvanized, and lastly the common iron wire may be used. If none of these may be had, mosquito netting may be used but it must be well protected. This can be done by means of curtains made of tent-cloth and saturated in linseed oil. These curtains will keep out the rain and prevent the wind from tearing the netting during the day when the porch is not in use. It is well to have a door leading from the sleeping porch into the bedroom.

CLARA MATHEWS.



M. E. MATTOX
Itawamba County

Closing Schools for Epidemics

P E R H A P S there is nothing more demoralizing to school children than the epidemics of contagious diseases. The teacher as a leader of the community is expected to manage the school under such conditions.

The greatest asset to a teacher in such cases is a practical knowledge of the contagious diseases and the means by which they are communicated. It is necessary that the teacher have scientific knowledge of these diseases in order to deal intelligently with the situation that arise.

It is not an epidemic of smallpox that the rural teacher generally has to deal with. The epidemics that are most common are those of colds, which are very disastrous to the schools. In order to prevent these epidemics, the common use of articles such as pencils, books, drinking cups, and towels should be prohibited. The room should be kept at a temperature of about sixty-nine degrees. The school room should be kept in a perfectly hygienic condition, as this will be a great start for better health and more efficient work.

There are epidemics which will confront the teacher occasionally and which will require an uncommonly large amount of tact and COMMON SENSE as well as a knowledge of the disease in order to be able to manage it. Some of these are epidemics of measles, mumps and whooping cough. The thing that the teacher can do is to cooperate with the County Health Officer in preventing the spread of the epidemic. The schools should never be closed on account of these diseases but should be made a place of safety for parents to send their children, to keep them from contracting the disease. The children can be kept up with better in school than out of school. This can be done by having the homes where the disease is present, quarantined. The teacher should know the whereabouts of his pupils each day. If a pupil is absent a day he should be required to give a reason. A pupil who has been exposed to the disease should be required to stay at home until the time has passed for all danger of his taking the disease from his last exposure. By using COMMON SENSE from the beginning it will not become necessary to close the schools.

In case of epidemics that can be checked by vaccination, the children should be required to be vaccinated. This will enable the teacher to carry the school on without having to close it and will greatly reduce the danger of the epidemic.

It is always better not to close the school, as the demoralization that accompanies a holiday only makes conditions worse. The children can be managed better by continuing the work in school.

M. E. MATTOX.

Colds



R. M. NICHOLSON
Neshoba County

WHAT are these things we call "common colds?" What is the cause of them? Are they contagious? Is it necessary to give attention to these colds?

Dr. Woods Huthinson, who is considered by some of our best physicians as being a good authority, says: "The present attitude of the most thoughtful physicians may be graphically indicated by the flippant riddle maker 'When is a cold not a cold?' and the answer, 'Two-thirds of the time.' This we are certain of already: that the majority of the so-called colds have little or nothing to do with exposure to low temperature; that they are entirely misleading and that a better term for them would be "fouls." Colds are caused by influenza and other bacilli and not by the "horrible draft," as is so commonly believed.

The production and spread of the bacilli or germs are favored; by poorly ventilated and over crowded rooms, by a low temperature and damp atmosphere. Since colds are contagious, the best way to contract one is not out of doors [or even in draughty hall-ways, but in close stuffy bed-rooms, sleeping cars, churches, and theaters.

Besides the conditions around public places that favor these bacilli there are several things about some of our homes that favor the production and spread of these germs also. They are favored in the homes: by careless use of the towel, wash-basin, and drinking dipper; by careless sneezing without the use of a handkerchief; and by the failure to scald thoroughly the silver and dishes.

Any one who has a cold should eat less, stay in the open air more, take less exercise and keep the body at a more even temperature. On the other hand, one who wishes to keep from having a cold should be so clad as to avoid extreme temperatures of the body. He should stay out in the open air as much as possible, and he should keep in the skin at all times its full supply of blood.

One should be careful how he treats a cold. It is the indifferent attitude toward colds that sometimes causes partial and probably total deafness. It was the indifferent attitude that called into existence this little verse about "catching colds."

"Catching colds and getting well
'Twas about all they had to tell
Of this life, it seemed to me
All the way from A to Z.
Some one asked them 'How d'ye do?'
And they only got two answers,
If the truth was told,
'Getting well' and 'catching cold.'"

R. M. NICHOLSON.



LAURA OTT
Harrison County

Health Maxims

TUBERCULOSIS is contagious; avoid it.
TUBERCULOSIS is preventable, prevent it.
TUBERCULOSIS is curable; cure it.

Eat less; chew more.
Night air is good air.
Swat the fly!
Legislate and sanitize.
Nature does her part;
Do thine.
Feather dusters move dirt;
An oiled cloth removes it.
Fresh air makes healthy brains.

A dollar kills a million mosquitoes.
Dirt and disease; twin brothers.
Cure! The voice of the past;
Prevent! The voice of the present.
Preventable diseases retard promotion.
Bad teeth; bad health,
Carry your own drinking cup.
Sound bodies conquer disease.
Cultivate cheerfulness.
Wealth lost; nothing is lost;
Health lost; all is lost.
Only circulating blood is useful.
Clean school-rooms make sanitary homes.
Health is the greatest blessing.
Medical inspection is economical.
Germs love dampness and darkness.
Advocate fresh air schools.
Look out little bare feet,
Hook-worm will get you !
Alcoholic drinks weaken the body.
No flies; less sickness.

DUST
DIRT
DAMPNESS
DARKNESS
DIRTY

BRING

DEATH



J. H. PANNELL
Union County

Hygienic Advice

Tune: Bonnie Blue Flag.

GET out into the sunlight.
Breathe freely God's pure air.
Give all your muscles exercise ;
'Twill make your body fair.

CHORUS:

Hurrah! hurrah! contend for health and joy.
Come join in the hygiene work
And help disease to destroy.

Learn well the art of cooking.
Prepare your food aright.
Don't eat till you're in misery
And ruin your appetite.

Eat food that's most nutritious.
Eat food that's pure and clean.
Avoid the use of tea and wine
And coffee mixed with cream.

There is a king of evil.
His name is Alcohol.
He'll ruin your health and wreck your life,
If in his grip you fall.
Be careful lest he'll get you,
He's shrewd in deadly schemes;
He's advertised throughout the land
By crooks and fakes and fiends.
Tobacco and narcotics,
You must not use at all;
They'll wreck your nerves, destroy your health,
And cause you soon to fall.
Yield not to drugs and drinking
When you are feeling pain,
But ask the "Doc" for wise advice, —
Your health he'll help you gain.
Drink plenty of pure water,
And cleanse your body well,
For germs are always lurking 'round
For some good place to dwell.
Your teeth must have attention,
At least three times a day.
Learn well the way to use the brush
Which keeps them from decay.
When flies commence their buzzing,
And "skeeters" begin to hum,
Be sure to screen your windows tight,
And doors of every room.
When ready for retiring,
Lift up your windows high.
Pure air will give you happiness
And health just where you lie.
Eight hours each night sleep soundly,
No matter where you dwell.
For sleep is one essential thing.
That keeps men wise and well.
If this advice you follow,
You'll live for many years,
You'll neither suffer from disease
Nor weep life's bitter tears.

J. H. PANNELL.



ETHEL PARKER
Clarke County

An Interesting Experiment in Bolivar County

BOLIVAR County, Mississippi has been selected as the place to demonstrate the fact that even the worst cases of malaria can be overcome by scientific methods. The Government is cooperating with the State Board of Health in inaugurating this work. A large force of scientists, bacteriologists, and clerical helpers are devoting their entire time to this work. They are under the supervision of Dr. Leathers, State Health Inspector of Mississippi, and Dr. C. C. Bass, a noted malarial expert of New Orleans.

The plan of the authorities in charge is to get rid of the malarial organism from the infected person rather than to try to eradicate the mosquito.

To rid Bolivar County of all the mosquitoes would be a Herculean task which would take years to accomplish. Consequently taking a small area of the County at a time and examining the blood of every person for malarial organism, and then treating the infected ones, appears to be the most practical plan.

The results of the investigations that are being made show that thirty per cent of the persons examined are infected. Twenty per cent have symptoms of malaria, ten per cent have no chills at all. These ten per cent are far more dangerous than the others, because they are unconsciously carriers of the disease. Quinine is administered regularly to the persons who are infected.

The people have co-operated most heartily with the physicians in their work. The Health Board hopes to eradicate malaria entirely from Bolivar County. It will take from a year to a year and one-half to complete this work. If the plan proves a success, it will be adopted by the other counties of the State.

To show the vast importance of this work from an economic standpoint, consider what the disease costs the County each year. The census of 1910 showed that Bolivar County had a population of about fifty thousand. Since, according to these experts, thirty per cent of the people are infected with malaria, then fifteen thousand people in the County are victims of this disease. Estimating the cost per year for each person infected at ten dollars, malaria alone cost the county one hundred and fifty thousand dollars each year. If we take into consideration the loss in decreased efficiency of these people and the increase in population, the cost becomes much greater.

What is true of Bolivar County is in a measure true of other counties. Then, this question should receive careful consideration from all the people of our State, and they should stand ready to co-operate with those who are waging this great campaign against malaria.

ETHEL PARKER.



RUBY RANDLE
Harrison County

Typhoid Fever

TYPHOID is due to a bacterial microbe, bacillus typhosus.

This germ when taken into the alimentary canal with food or drink multiplies in the intestine and invades the body proper producing a poisonous substance which causes fever, and otherwise injures the human organism.

Typhoid cannot be contracted by inhalation. The germs which are cast off in abundance with the various excreta from the body of a patient find fresh victims in many ways; through water which has been contaminated by seepage and imperfect sewerage; through milk where the germs come from the dirty hands of the careless milkers; through oysters grown in harbors where sewers are discharged; through food containing germs brought by flies. In fact, these germs cast off from the body are preserved only in filth. Therefore, typhoid is a disgrace to any community.

Persons may become carriers of the disease without having been ill. This fact was proven in the well known case of "Typhoid Mary," who gave the disease to the families where she was employed as cook.

We see, therefore, that unaware we are often in the presence of danger; that *Cleanliness* is the first means of *Prevention*; and that we should maintain high vital resistance through hygienic and wholesome living.

The first necessity of every home is a sanitary toilet, which should be closely screened and disinfectants should be used regularly.

Typhoid germs are often distributed by flies. Their breeding places should be destroyed or kept covered with lime. A scrupulous cleanliness should characterize the entire premises of a home and the house should be screened.

For the rural districts where typhoid is so prevalent there are some practical rules of prevention:

Keep away from all known or suspected cases of typhoid.

Wash hands thoroughly before meals.

Use drinking water from pure sources.

Avoid bathing in polluted water.

Use pasteurized or boiled milk instead of raw milk.

Select and clean vegetables with care.

Be vaccinated against typhoid in all cases in which exposure is known.

Exercise strict control over disinfection of typhoid excreta.

Regard human waste matter as dangerous and prevent contamination of food or drink.

Insist on the co-operation of all persons with an efficient health officer.

Require a reasonable degree of isolation of typhoid patient.

Swat the fly!

RUBY RANDLE.

SWAT YOUR FLIES.

(Tune: Black Your Boots.)

Swat your flies, swat your flies, swat your flies today, sir.

Clean them out, clean them out, till I'm worn and bent, sir.

Knock them here, knock them there, knock them all about, sir.

Burn them up, burn them up, till they're dead and gone, sir.

Screen them out, screen them out, screen them out today, sir.

Starve them off, starve them off, till you are free and safe, sir.--Oliver Spicer.



J. H. REEVES
Lincoln County

Relation of Consolidation to Hygiene

BEFORE the consolidation of rural schools performs its mission as a means of improving the minds of the country children, it must make some improvement along the line of rural sanitation. Without a great deal of strict attention to some simple rules of hygiene, the mind of a child is wholly unfit to do the mental work presented in a consolidated school.

When several small schools are brought together in one central school it means a new building. This new building means, or should mean a modern building with modern equipments and conveniences.

Proper light and ventilation are matters of architectural construction. Because of this good ventilation a comfortable temperature may be maintained in the room.

With the larger schools the warm lunch is no longer an impossibility. The time is fast coming when there will be few people, even in the remotest country communities, who will not know the value of this warm lunch.

Then when there are just a few big schools in the country, as a consequence there will be more funds, and adequate medical supervision will be possible. Under the care of a good physician there will be fewer sufferers from bad teeth, weak eyes and spines, besides fewer little stunted bodies as a result of adenoids and hookworm. In case of epidemics a medical supervisor will see to the vaccination and isolation of proper cases.

When children are carried to school in wagons, even though it is a long cold drive, they reach the school house without cold wet feet. Many a child has a severe cold on account of his having to sit all day with damp feet. The popularity of the auto trucks is putting aside the complaint of many that the drive is long.

Besides the practical advancement, a better and fuller course of study handled by an efficient corps of teachers will give instructions not only to the children but also to the parents as well. There are very few children who will not do enthusiastic work in text book hygiene under a good teacher. Through this instruction at school, people at large are made more interested in getting rid of the flies, mosquitoes, and other carriers of disease.

Comparatively little can be accomplished toward bettering health conditions without education of the people; and this work cannot be accomplished with the little one teacher school as an agent, but it will be comparatively easy when consolidation of schools win the day.

J. H. REEVES.

Relation of the Negro to the Hygiene of Our Homes

IN Mississippi there has been much organized effort in recent years on the part of physicians, educators, and government experts to improve sanitary conditions. But this work has not been altogether effective. It has not reached the people who need it most, the negroes.

The negroes come into our homes as farm hands, laundresses, cooks, and various other kinds of servants. The large death rate among our negroes, which is from sixty to eighty per cent greater than the death rate among our white people, is for us a serious matter for two reasons; first, from a humane standpoint; second, from the standpoint of self preservation.

The negro as farm hand brings diseases into our home by eating in the kitchen and by playing with the children. His poorly kept premises make insanitary surroundings for the white family. As a carrier of hook worms, typhoid, or tuberculosis, his use of the premises is a source of infection.

The negro laundress carries our clothes into her home and launders them with the clothes of her family, which brings tuberculosis and other disease germs into our homes. I once knew of a case where a physician was called into a home to see a child sick with diphtheria. The negro mother was ironing clothes and laying them on the foot of the sick child's bed. The physician asked whose clothes they were and found that they belonged to a white family not far away. The clothes were fumigated and sent to the laundry.

The negro cook brings diseases into our homes in infected clothes and on her hands and then gets them into our food. If she is a victim to an infectious disease she is a menace to the home. She sleeps in unkept and insanitary houses. She plays with and nurses our children and in this way gives them diseases.

The negro nurse also gives diseases to the children, for she feeds them, nurses them, and plays with them. Even tho she be perfectly healthy, unless she be intelligent and possesses an awakened conscience in matters of health, she will take the innocent sweet baby into places of disease; she will bring it in contact with infected surroundings; she will allow it to be handled and caressed by the public.

We ought to do all in our power to improve the health conditions of the negroes in our midst, by helping to save them from the ravages of disease. Besides inaugurating measures for making sanitary their homes, and their mode of living, we should give them through their schools, church societies, orders of brotherhood and other organizations practical instruction in hygiene.

This is the white man's burden at the present time in Mississippi.

R. D. REYNOLDS.



R. D. REYNOLDS
Wayne County



T. J. ROWAN
Copiah County

Water Supply of Rural Schools

THE status of education for the leading cities is rapidly becoming the ideal towards which the rural schools are working; but there is still one important factor in the progress of education, the hygienic conditions, which is not stressed sufficiently.

One of the least thought of, yet most important problems of rural schools, is the water supply. It has been demonstrated in recent years that impure water is a menace to health.

The principal source of water supply for the one teacher rural school is the open well. Heretofore this means of water supply has been looked upon as

above suspicion, and no doubt many wells are absolutely innocent of any contamination and yield excellent water; but we now know that many wells are contaminated. Some undoubtedly contain water, which originally impure, coming from a long distance through the soil has become purified by filtration. Others, however, are in more direct connection with objectionable sources, and are utterly unfit to serve as a water supply. Much sickness in our rural communities is caused by wells which were so situated as to receive waste material from barns, stables, and other insanitary outhouses.

Springs are usually sources of pure water, but care should always be taken to ask whence comes the water which the spring yields. Springs are often found on hill-sides; in such cases they should be protected from the possibility of surface pollution, since in this way many springs become infected with typhoid germs.

Then since pure water is essential to health, the question is, what is the best means of securing pure water for the rural schools? It has been found that the best method of securing pure water is a bored well located and protected from direct or indirect insanitary sources. In a consolidated school it is possible to have an artesian well, which if properly cased and enclosed at the surface with a concrete curbing, will protect the water from all germs. However every school can have a deep well, and if the ditching is done, so that all waste material will drain away from the well, there will be no danger of seepage. Such a well should be kept covered so as to be protected from all waste material. Wells like these insure pure water, and prevent many diseases, thereby increasing the efficiency of our rural schools.

THOMAS JAMES ROWAN.

Examinations--Their Physical Effects



OLIVE SPICER
Pike County

IN recent years there has been a strong movement to abolish examinations, or at least to limit them on account of the many accompanying evils.

The harmful results of examinations are overpressure caused by the strain of cramming, disorderly thinking, and the fostering of bad habits of study. In one of the nearby colleges a certain girl was completely broken down in health because of the long hours and taxing examinations, and had to be sent home by the resident physician. This is only one of the many similar incidents.

Hygiene requires that examinations be given to strengthen the students and not to set a standard for the school. Frank Sechrist of Massachusetts says, "It is often a punishment, meted out to those who are the least prepared, not an opportunity to reveal joyous mastery. The final examinations should test mastery—the power to use ideas, the power to do." Since examinations are necessary, they should be of such nature as to meet the ends for which they are intended.

Professor Paulsen, a famous German educator, suggests that examinations begin with easy, simple, definite questions. The missing of a question and answer in the beginning frequently confuses and upsets the student. Paul Monroe of Teacher's College tells us that no examinations should be given below the sixth grade and that these should last only forty minutes. He also stresses good sanitary conditions of the room used, and questions that test ability and power of straight forward thinking.

The Normal College follows a plan that greatly eliminates the bad effects of formal examinations. A wholesome attitude toward them is created by placing less stress on them and more on the actual class work. Examination grades have a value of only one third in the general average of the term's work. Stress is also minimized by allowing for the test only the time of one recitation period.

Frequent written class tests are of the same nature as the final ones, thus making the student free from undue excitement regarding the final tests.

Any rural teacher can follow this plan in a modified way and attain far better results than come from long, technical, nerve-racking examinations.

OLIVE SPICER.



NORA STEVENS
Clay County

Pasteur's Influence on Hygiene

THE recognition of the natural cause and development of disease has been one of the greatest triumphs, not merely of pathology, but intelligence. It has done more to diminish that dread of the unknown than any other advance made in modern times. It adds to our courage and power of protection in many ways; first of all by revealing to us the cause of disease, usually some careless habit on the part of some individual or community; and the next by proving to us that nearly all diseases have a definite beginning and a definite end and are of themselves self-limiting, either by exhaustion and loss of virulence on the part of their cause or by the resisting power of the body.

In early times it was the general belief of those who did not accept as literal the Biblical account of the Creation of the world that many forms of life could arise without genealogy. This theory or idea is generally spoken of as the theory of spontaneous generation. Among the early Greeks we find that Anixmander or Milites held that animals were formed from moisture. Later, probably about 1660, Redi made some experiments with meat which proved that larger animals were not generated spontaneously, but that micro-organisms were and from them the larger animals were developed. This theory was in vogue until the advent of Pasteur in 1860 who by experiments proved beyond a doubt that the theory of spontaneous generation was not true. His experiments proved that in the air, soil, and water existed micro-organisms and these were the direct cause of disease and its spread.

A new era in the history of medicine began with the work of Louis Pastuer. Pasteur, although by inclination and training a chemist, was early led by his chemical researches to the study of micro-organisms in their various processes of decay and putrefaction; and finally to an investigation of diseases produced in beast and man. Later he took up the study of scientific methods of preventing and curing diseases. Viewed from any standpoint, his researches are of the profoundest importance. He introduced the experimental method and used it with telling effect upon bacteria and allied micro-organisms. From an obscure position interesting only to the professional biologist, Pasteur raised these micro-organisms to a place of greatest interest on account of their significance in the production of changes of greatest importance to man.

Pasteur's name will always be felt in the domain of preventive medicine. And that influence will finally verify one of his own sayings: "It is within the possibility of man to rid the earth of germs."

The word *Pasteruize* has worked into our dictionaries from Pasteur's great name. It is meant the process of sterilizing or ridding food or any substance of germs. It is something for a man's name to stand in the dictionary to the end of time for *health*.

NORA STEVENS.

An Account of the Survey of Union County



LELIA ETOILE STEVENS
Clay County

THESE were only three counties in the United States in 1914 where surveys were made. One of these was in Maryland, one in Indiana, and the other in Union County Mississippi. This county was chosen because of its large per cent of white people and the exceedingly small per cent of blacks.

The aim of this survey was to show the people of this county as well as of others what could be done along the line of public health. It consisted of a survey of the county to prevent an epidemic of typhoid fever, and to show how typhoid fever could be eradicated.

Government experts were sent down from Washington to carry on the work. The county health officer worked with them. The President of the Mississippi Normal College became very much interested in the work, so he decided to send the college physician there to get new ideas on the subject, that she might put them into practice at the college.

In this survey the people were taught the causes and prevention of typhoid fever. The fact that typhoid fever was a filth-borne disease was impressed upon them. They were shown that the fly was the common carrier of the disease; and the importance of screens, sanitary closets, and clean premises in general was constantly preached to them. Every house in the country was visited, a thorough examination of the premises made, and personal talks were given to the family. They were told that by carrying out these few principles, the disease could be prevented.

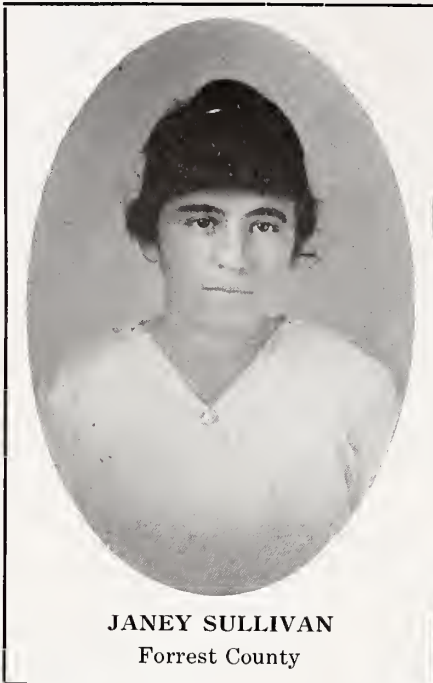
Through health bulletins, news paper publications, and public addresses, much was done to enlighten the people generally about the causes and prevention of typhoid fever, and the importance of sanitation in general.

In addition to this work done in the rural districts, very rigid laws concerning sanitation were passed in the towns. Community clubs were formed by the women and they heartily co-operated in the work.

This survey has done a great deal for Union County; but still more important is the great example that has been set for other counties of Mississippi.

Forrest County has recently made a survey looking into the eradication of the hookworm. Government and State experts are now making a survey in Bolivar County to eradicate malaria. Doubtless other counties, recognizing the economical value to these three counties in increased efficiency and prosperity, will inaugurate such surveys.

LELIA ETOILE STEVENS.



JANEY SULLIVAN
Forrest County

First Aid

THERE is nothing so important in the presence of an accident or emergency as that some one with coolness and information should take charge and begin to set things right. Bystanders should be urged not to crowd, but to leave room for breathing and action. Any screaming or wailing should be stopped. Then as many persons as are needed—AND NO MORE—should be called to assist the injured person. Next the sufferer should be placed in a comfortable position, lying down with the head a little raised, after which an investigation may be made to find out what is wrong. Everything should be done gently and without excitement or agitation.

While awaiting the doctor, clothing may be loosened or cut away; efforts at restoration may be made; a stretcher or other means of transportation may be provided. One thing, however ought not to be done; that is to give large quantities of whisky, as is the custom with people who know nothing but want to do something. If stimulants are needed, the non-medical had better use coffee, hot water, or milk. Another important point to be observed is NOT TO DO TOO MUCH.

Upon fainting the person must be laid out flat at once. The head must be lower than the body, while heavy wraps, collars, or corsets should be loosened or removed. Bathing the face and holding camphor to the nose to help stimulate the respiratory system. After fainting spells, a half teaspoonful of aromatic spirits of amonia with a table-spoonful of water may be useful.

The treatment of burns may be considered under two heads. The first is for the moment of the accident. When clothes are on fire the wearer must lie down and be covered with a rug, blanket, or any woolen thing that will exclude the air and smother the flame. It is especially important to keep the flames from the face. Burns are best treated by applying a cloth soaked in a solution of baking soda in the proportion of a table-spoonful to a pint of water. This usually allays the pain more effectually than anything else that is known. In an emergency, damp earth or soapy water may be used.

Sprains are sometimes trifling injuries and require no treatment but a little rubbing or a rest. At other times they are more serious and require careful treatment; in all forms of sprains rest is the most important; and next in value is the moist application. In a sprained wrist, place the fore arm on a straight splint, padded with cotton so as to make the surface soft, and lightly secured with soft bandages or broad strips of sticking plaster.

The first thing to do in the discovery of poison is to send for a doctor. Meanwhile the following directions should be carried out: first, a large quantity of luke warm water should be given, then if vomiting has set in it should be encouraged; if not, it must be provoked. The simplest way to do this is to give lukewarm water. Any water will do. Water in which the hands—or dishes for that matter—have been washed may, by its very repulsiveness, acts more quickly than anything else; and if soap has been used, it will be all the better for that, as soap is an antidote for many poisons.

JANIE SULLIVAN.



GEO. H. THATCH
Forrest County

Oral Hygiene

ONE may naturally infer that oral hygiene means proper care of the teeth.

The teeth are of prime importance. If the food is not properly masticated, the digestive fluids cannot act to an advantage: and ill health is the result. Splendid health is nearly always indicated by good teeth. Therefore the preservation of the teeth is a means of conserving one of our most valuable allies in the fight against disease.

The care of the teeth should begin at home; and, if this were the case, there would be no problem for the teacher to solve. With that class where this is not the case, the teacher has some work to do.

The solution offered to this problem is neither new or original. It has been successfully tried. This solution is found in a tactful and consecutive appeal to the interest, pride, and individuality of the child.

The interest may be obtained through songs, poems, stories, and hygiene drills and programs. The latter may include tooth brush brigades organized in military style. The teacher may appeal to the pride of the child through the personal element. He can impress upon the child the difference in appearance between the people who have good teeth and those who have bad teeth. In connection with this he might introduce the element of punishment for neglect through keen pain and loss of money. The child will then take the initiative, and individualism will triumph. The arbitrary method is artificial. If the above psychological principles are properly applied the result will be the habit of cleaning the teeth regularly, effectively, and automatically.

In this work patience and skill are necessary on the part of the teacher. If the habit of caring for the teeth is to be permanent, time will be required for its formation. Also with this might be mentioned the tooth brush. An exceedingly stiff brush should not be used. It irritates the gums. It should be concave in shape in order to remove particles from the crevices of the teeth. The child should be taught to brush perpendicularly.

At least twice per year the child should be taken to the dentist and have his teeth examined and thoroughly cleaned. This will cost but little and will save much. It is better to pay a small sum now, accompanied with but little pain, than to pay a large dental bill—later accompanied with keen pain. Some simple preparation would be helpful if it is used properly and contains no narcotic.

In conclusion, it might be said that a great work in educating the public in oral hygiene has already been done and that we are getting better results every day. The work must be done in the schools; and, if the teachers do not co-operate, the blame will be on them.

GEO. H. THATCH.



ALBERTA UNGER
Holmes County

The "All Time" Health Officer

FEW people realize what it means, financially as well as physically, to be sick. Many millions of dollars are expended annually for medicine by the people of the United States, eighty per cent of which is spent without the advice of a physician. The best way to correct this economic loss and raise the efficiency of the American people is to have persons employed whose sole duty it shall be to inform the people along the lines of hygiene and sanitation.

The weakest phase of the health organization of Mississippi is the lack of interest on the part of the public in the position of the County Health Officer and the small salary he receives. Under the present system of county health departments of this and other States, the services of trained men can not be procured, for those who are efficient cannot afford to

give their time for the amount a County Health Officer receives. Until the office is made worth while, and the salary is large enough to justify the supervisors in requiring the entire time of the incumbent, the opportunities for good that the office offers rural Mississippi will not be realized.

Health work is no longer an experiment, but it is a real, live subject with the most practical plans and results of any work of the present day. That the people of Mississippi are realizing this fact is shown by the increased appropriations of the legislature for the State Board of Health. This money is being spent in order to teach the people what to do and how to prevent diseases and so decreases the death rate caused by preventable diseases. In order to make his plan possible the appointment of the "all time" health officer is necessary. It is far wiser and more economical to employ a man and have him give all his time and attention to this work, than to have one who gives only a part of his time and consequently accomplishes practically nothing. A "part time" in any thing is more or less a failure, and in nearly every part of the government today, the entire time of each employee is required.

The broadest field for this work is in the country where the people have the very best opportunity for health yet are more unhealthy because of the ignorance of the first principles of hygiene. In towns the people are forced to dispose of their garbage and sewerage properly, while in the country there is no sewerage system at all. Education and direction in this matter as in that of pure water supply is a part of the work of the County Health Officer. The hope of ultimately accomplishing the great end of a healthful home for every Mississippian is placed in the school teacher and the "all time" County Health Officer.

ALBERTA UNGER.

The Eradication of Hookworm in Forrest County



LOYETTE LUCILLE WEBB
Pike County

ONE of the hopeful signs for the next generation is the growth of health organizations among the people at large. As physicians are deeply interested in the study of health and disease, naturally they were the first to see the importance of preventive medicine, and in its development have been the pioneers. Along the technical lines they will retain most of the leadership, but as the sociological aspects come into increasing importance, both the leadership and the work will be carried on by the so-called laymen.

The leader of the work of the eradication of hookworm in Forrest county has been Dr. R. N. Whitfield, assistant director of public health, connect-

ed with the Mississippi State Board of Health. He has recently completed three years' work in the rural communities of Forrest county. More work, proportionally, toward the eradication of this disease has been done in this county in these three years than in any other county in the South.

The following table taken from the records shows that the decrease in the number of hookworm cases has been nearly fifty per cent.

Year.	Examined.	Infected.	Per Cent.
1912	2536	1329	56.4
1914	1501	594	39.57
1915	2233	684	30.63

Dr. Whitfield claims that one more years' work in the county would practically rid it of this disease and be of \$10,000 value to its citizens.

This decrease has been due to treatment, to the construction of sanitary toilets, and to better information concerning hookworm disease, gotten through lectures and printed pamphlets.

Not only has this dreaded disease been greatly reduced, but the standard of living among the rural residents of the county has been raised to a noticeable extent. Their general health conditions are better in every respect.

In this intensive campaign for better living conditions, one-third of the total area of the county has been worked. Many of these homes have been visited a dozen times before any response has been obtained. Of the 704 homes visited, 398 had no toilets and 297 has insanitary ones. At the present stage of the work 478 of the 704 homes have constructed sanitary toilets and other homes that had not been reached have copied the model. A special carpenter was employed to construct these buildings.

This sanitary work will not only do away with hookworm, but will greatly decrease the amount of typhoid fever and other intestinal diseases.

The Normal College has taken a very strong stand toward the eradication of hookworm. In the Hygiene class the students are given the practical work of examining and treating children in the neighboring communities for hookworm. The resident physician instructs these classes and supervises them in their practical work.

No student is granted a certificate or diploma from this College until he or she has been examined for and found free from this disease or has taken the treatment prescribed by the physician.

LOYETTE LUCILLE WEBB.



I. A. WILLIAMSON
Neshoba County

Municipal Sanitation in Mississippi

THE dependence of one citizen of a town upon his neighbors's cleanliness, of both him and his neighbor upon the surrounding of an adjoining plant operated by a corporation, and of all three on the condition of the streets and public building of the town itself makes life, health, and happiness a matter of co-operation. But co-operation follows conviction, based on education.

The "Clean up Campaign" is a very happy solution of this problem, for it is a means of correlating and co-ordinating all forces for the work of making a clean and wholesome city.

Through the courtesy of Mrs. J. H. Price (ex-president of the State Federation of Women's Clubs), I am able to give an account of the movement that made Magnolia the banner town of Mississippi in the Clean up Campaign of last Spring.

Public sentiment was aroused in Magnolia by appealing to the pride of the housekeepers in the appearance of their homes; and by placing garbage cans at various places over the town into which waste paper and the like might be thrown. The Women's Clubs planted trees and flowers on the streets and school grounds; helped to buy a street sprinkler; inspected dairies, markets, the jail and the poor-house. In these ways the subjects of beauty and sanitation were constantly kept before the people.

When it was decided that the town would enter the "Cleanest Town Contest" sympathy and co-operation followed readily. The first step was to lay the plans before the town council. The council promised co-operation in means, and in the passage of ordinances necessary to realize the plans. Next a mass meeting was called at which speeches were made to arouse community pride and an ambition to make Magnolia the banner town in the "Cleanest Town Contest;" a central committee, composed of two men and two women with the town health officer as chairman was appointed, whose duty it was to plan the work in detail and appoint subcommittees composed of both men and women to look after private premises, public buildings, fences, vacant lots, sewerage, dairies, streets and alleys, railroad right-of-way, and stores.

Under the direction of these committees the public buildings were thoroughly cleaned; the stores were scrubbed and given a coat of paint on the front, and their windows, shelves, crockery and tin were washed. The streets were put in perfect order—all bridges overhauled, ditches cleaned out, weeds cut, and trees trimmed.

Markets were double screened, and grocery stores, restaurants, bakeries and drug stores screened and cleaned. Vacant lots were cut and raked; fences repaired; private premises cleaned to perfection; and logs piled in orderly heaps. The Board of Supervisors made an appropriation sufficient to bring the court house and jail up to the requirements of the State Board of Health. Every outside closet was made sanitary. A prize was offered for the cleanest premises in negro town. The co-operation was wonderful and without exception. So completely was this campaign made that the sanitary inspector confessed that he had to hunt for something to mark against the town. It is hoped that every town in the State will try Magnolia's plan.

Mississippi stands as one of the foremost States in her effort to solve the problem of Municipal Sanitation. With an efficient sanitary inspector, Dr. Willis Walley, to champion the cause, to inspect the towns, and enforce the regulations governing sanitary conditions, we hope to become a more healthy, a happier, and a more efficient people.

I. A. WILLIAMSON.

Milk and How to Keep It



BEULAH WILLIAMS
Lincoln County

MILK contains all the important constituents of a complete food—protein, fats carbohydrates, mineral matter, and water; and compared with other foods it furnishes these nutritive elements in forms that are more easily and thoroughly digested when taken into the body than any other common food.

Taking the nutritive value into consideration, of all foods, milk is the least expensive in the rural district; and, even where one has it to buy outright, it is economy to use a certain amount each day.

Because it is rich in protein, the great tissue builder of the body, and because it is easily digested, milk is almost indispensable to infants and growing children.

It is a problem to keep milk pure and sweet, even for a short time during our warm summer days. Especially is this true of the rural house-wife who does not have the ice box in which to keep her milk supply.

To her and to any others who may not have an ice box, the use of the iceless refrigerator is recommended as being the next best and most sanitary, as well as inexpensive means of keeping milk fresh and sweet.

The government authorities offer the following plan for making an iceless refrigerator in a convenient size. The frame is two feet high, one foot wide, and one foot long with a door in the side $22\frac{1}{2} \times 8$ inches. The sides, ends, top of frame, and door are covered with screen wire to keep out flies and other insects. The bottom is made solid and serves as a shelf, a second shelf being placed one foot above bottom.

A cloth of medium weight material is made to fit loosely over the frame and at the top of each side pocket-like folds are made. When spreading this cloth over the frame, care is taken to place it so that the four sections of the cloth will correspond to the four sides of the refrigerator.

An aluminum pan is then filled (and kept filled as necessary), with fresh water and placed up on top of the refrigerator, after which the pocket-like folds are caught up from the side sections and folded over into the pan of water.

It may be necessary to pad these folds or flaps with a thin layer of cotton if the cloth does not readily absorb water.

Capillary attraction draws the water down through the cloth, and thereby keeps the sides wet. The refrigerator is placed in a draft; and the air, passing through the wet cloth, greatly lowers the temperature on the inside, thus keeping cool, even on an August day, the milk which is placed on a shelf inside.

BEULAH WILLIAMS.

A Necessity in Every Home

RIVERS WOODWARD
Forrest County

AT some time even the best regulated families have illness. But the question is: Is the home prepared to care of the sick? Often, on account of lack of proper attention, the patient suffers more than he otherwise would. The smallest of homes could have one room, for sickness, even if it is used as a bedroom. The cost of fitting up this room is a small consideration and within the reach of most families. It is not so much the number but the kind of articles provided.

A room with south windows is best, on account of greater abundance of sunshine. To insure quiet it should be as far away from the living room as possible. A fireplace not only adds to the cheerfulness and ventilation, but provides a place for burning trash. The floor should have no covering, except

small rugs. An iron bedstead is best, placed near the center of the room so that it may be conveniently reached from all sides, but not so that the glare from the windows will shine directly into the patient's eyes. A single bed is preferable. Avoid all unnecessary furniture, but provide the following very essential articles: A hot-water bottle, an ice bag, a good granite bed-pan, and pieces of linen to use for the patient.

The one cleaning the room should be very careful about the dust caused by sweeping. Clean the floor and furniture with damp cloths.

One of the most important things in caring for the sick, is the making of the bed. In making the bed, have the bottom sheet drawn tightly over the mattress, to prevent wrinkles. Then put a rubber sheet across the bed about the middle, and over this have a double sheet. Use for covering, only a sheet, a light weight blanket, and a spread all of which can easily be laundered.

The dishes used in this room should *never* be used elsewhere. In some cases it is necessary to have them disinfected before they are returned to the kitchen. If possible, the meals should be prepared separately from the others.

All sputum ought to be burned. Individual paper cups, made by the nurse, can be used for this purpose and immediately thrown into the fire. In this way, there is no danger of spreading the disease.

An equipment like this will add greatly to the efficacy of the medical treatment and the care of the room and patient will be very much easier.

RIVERS WOODWARD.

The Health Chart



MAY H. YOUNG
Holmes County

THE concrete not the abstract makes an appeal to the child; he likes pictures. For him the printed page has more meaning and interest when illustrated. We all know with what keen zest the little boy reads the stories told through the pictures in the "Funny Paper." Why not place before him pictures that tell life stories of Health?

If the child makes his own pictures, so much the better. He loves to draw, to color his drawings, to make things. And he also has a strong collective instinct. The teacher can use for educative purposes these native instincts, in having the child to make booklets and charts. In planning a chart, getting information, collecting material, wording his story, executing and placing his drawings, the child exercises individuality and develops selfconfidence. Another pedagogical value is founded in the correlation of school work in hygiene, drawing, manual training, spelling, and english.

Making charts does not require expensive material. The child can get wrapping paper and paste it on cardboard. He should give the statistics and hygienic truths in catchy terse sentences or phrases, printing the more important items in large type or contrasting letters. Pictures clipped from newspapers or magazines can be pasted on as illustrations, or they can be outlined and colored with crayon. The older pupils with some training in drawing and manual training can make pen and ink sketches on white cambric firmly mounted. A white window shade which can be rolled up when not in use makes an attractive chart.

A chart on the *Common Drinking Cup* might show how it is a source of infection for typhoid, tuberculosis, diphtheria, and other troubles. A *Baby Welfare* chart could be both attractive and instructive. *Malaria* as a subject offers many possibilities for effective lessons on the mortality and loss of efficiency it causes; and the sanitary measures for its prevention. Fresh air, good food, wholesome living, together with absolute cleanliness, and caution against infection, in the fight against *Tuberculosis* could be graphically presented by the chart. The serious danger in *Hook-worm*, and means of infection are subjects that could be forcefully given through pictures.

The chart given on the next page is an illustration of this phase of health work done in the hygiene class at the Normal College.

MAY H. YOUNG.

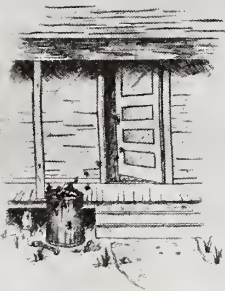


Two Enemies Of Man

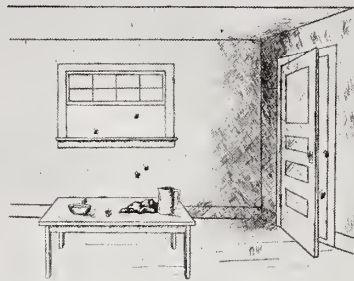


Flies carry Typhoid and Tuberculosis.

Mosquitoes transmit Malaria.



Sources



Danger



Prevention



May H. Young

College Groups

STUDENT OFFICERS



C.L. SUMNERS



S.M. FURLOW



C.C. MOORE



C.P. FREEMAN



JENNYE ROBINSON
SECRETARY



I.A. WILLIAMSON
PRESIDENT



MAMIE WOOD



J.G. BLAKE
CHAIRMAN HONOR COUNCIL



RUBY RANDLE



C.A. LOWE
VICE PRESIDENT



MAY YOUNG



C.R. McLEOD



W.G. EDWARDS



W.L. CARTER



WILLIE E. TURNER



ALICE FENDLEY



GRACE MILLS



DELLA M. CONVERSE



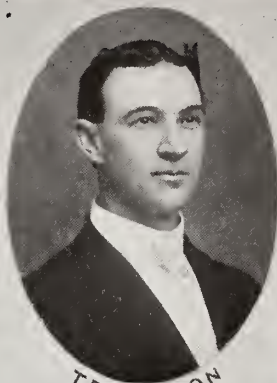
COLLEGE GROUP - CERTIFICATE CLASS



J.N. MEMILLIN
ENGLISH



PEARL CAMPBELL
HOME SCIENCE



T.F. JACKSON
AGRICULTURE



JESSE MAY LOMAX
OBSERVATION

FACULTY



ALMA HICKMAN
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DELORA HANEL
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HISTORY AND LATIN



W.F. BOND
HISTORY

Y.W.C.A. CABINET



OLIVE SPICER



RUBY RANDLE



JENNYE ROBINSON



GENEVIEVE ADAMS



NELLE ROBINSON



LILLIE WILKERSON
V. PRESIDENT



ANNIE LONGEST
PRESIDENT



MARION CHAFEE
TREASURER



OLGA BRUMFIELD



GRACE MILLS
SECRETARY



LOUELLA ATKINS



W.L. CARTER
1ST. BASS



GROVER HOOKER
2ND BASS

QUARTETTE



S.E. SUMRALL
1ST. TENOR



J.H. PANNELL
2ND. TENOR

Young Woman's Christian Association

“Come that they might have life, and that they might have it more abundantly.” From the beginning of its history the Y. W. C. A., of the Normal College has had for its purpose the helping of girls to grow into a full, well rounded life.

On Wednesday night the girls of each dormitory assemble in the lobby for prayer service. These meetings are conducted almost entirely by the girls. By doing things for themselves they get better lessons in leadership, and really get more good from their own talks than from those of experienced speakers because each girl must do her own thinking, and it goes without argument that when we put time and effort on a thing we usually remember it longer than when it is given to us by some one who has already thought it out. Two Sundays each month all the girls meet together in the chapel for the regular Young Woman's Christian Association meetings, which like their prayer services are their very own. Special attention is given such subjects as confront the college girl.

It is generally understood that when people work together for a common cause, it helps them to be more sympathetic, and kind to other people, thereby developing a wholesome, social atmosphere among them. Some work of this kind has been done in preparing for the bazaar each year. Each girl makes an article, and gives it to the association. A general sale is made, the proceeds of which are put in the treasury. Some of this money has been used to help girls who had heavy expenses at the infirmary. Some goes to help send delegates to Blue Ridge and I. I. and C. conferences.

Another phase of the work lately taken up is that of the “Eight Weeks Club.” The problems of helping girls back in our home communities are studied. We learn how a college girl may, during the summer, do much to help her friends in many ways; how to organize clubs to meet once a week, and talk about, or read together some good literature; how to play games (for often girls do not know how to have a really good time), and how to plan together for the improvement of the community, such as planting trees or flowers around the school building, or improving sanitary conditions in the community.

To give the students a broader view of the Bible, and what is being done toward the spread of the Gospel, and to give them a higher ideal in life, courses in Bible, Mission Study, and Voluntary Study are given. Instructors teach the Bible Classes and superintend the other work; but students are being trained as leaders of these classes. They get the best methods for religious work, which they will be called upon to do as teachers.

The Y. W. C. A., is a great socializing force in the College. It makes a home like atmosphere for new girls, gives them a welcome and looks after them when they arrive. During the session several receptions are given. One committee looks after the sick, another committee solicits new members, and yet another enrolls girls for Mission and Bible Study Classes.

Y.M.C.A CABINET



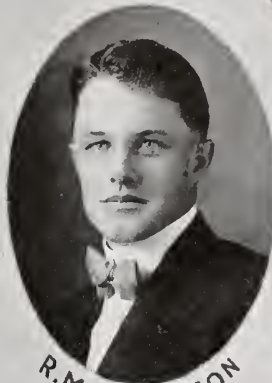
J.G. BLAKE



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VICE-PRESIDENT



T.A. SEWELL
SECRETARY



G.R. TOUCHSTONE



C.A. LOWE
TREASURER



J.P. WELBORNE



W.E. JOHNSON



I.A. WILLIAMSON

The Young Men's Christian Association at the Mississippi Normal College

HERE are several student organizations in the Mississippi Normal College, but one of the greatest organizations, if not the greatest, is the Young Men's Christian Association.

Many parents fear to send their boys to college, because they think that the boys will not be under good Christian influence.

The Young Men's Christian Association has been called the "Six Day Church", because it looks after the boys the other six days that they do not attend church. It is certainly a great ally of the church. It takes the place of the home for the boys while they are in the dormitory. It is bringing about a full realization of what it means to have a physical, mental, and spiritual salvation.

The purposes of the Young Men's Christian Association of the Mississippi Normal College are:

1. To convert unsaved men.
2. To get saved men into the church.
3. To familiarize men with the teachings of the Bible.
4. To make every man a better man, and every Christian a better Christian.
5. To develop Christian leadership.
6. To develop social leadership.
7. To provide for a wholesome recreation for the students.
8. To inspire and encourage young men.
9. To establish and maintain a high standard of morals.
10. To prove the practicability of religion.

The work done in the Bible Study Department of the Association has been very satisfactory. At least ninety-five per cent of the young men in the college have been enrolled in some Bible Study or Mission Class this session.

The Association has been doing some social-service work this year, such as visiting the jail, supplying the men in the jail with good books, and administering to their needs in every way possible. The young men have been very active in contributing labor, and money to the unfortunate of the college campus and near-by community.

It was our great privilege to have the Student's Conference of Mississippi meet with us this session, from October the 21 to the 24 inclusive. This conference was attended by a large delegation from all the leading colleges of the state, and from a number of the high schools. The conference was led by Dr. W. D. Weatherford of Nashville, Tennessee. Among the other distinguished leaders were Messrs C. G. Hounshel of New York, Harris Masterson a returned missionary from China, and Will H. Nelson, secretary of the Young Men's Christian Association at Mississippi A. and M. College. The great address given by these men have meant much to our Association this year.

But whatever may have been the success of the Association this year, it is not due to the officials, but to the support and co-operation of the members of the Association, other students, and the faculty. Our Association is very fortunate in having at all times, the sympathy, interest, best wishes, and support of the faculty.

DEBATING TEAM



C.L. SUMNERS



W. R. MEGAW



C. R. McLEOD



J. V. DABBS



J. G. JACOB



H. G. HOWELL



M. M. Mc GOWAN



G. PRITCHIE
ORATOR



WARD LUNA

Inter-Collegiate Debates

THE Mississippi Normal College, established for the purpose of training young people for leadership, places a premium upon initiative and independent work on the part of each student, as very essential means of development. In their work in the literary societies, as in other organizations, the students work without much help from the faculty.

As a preparation for public occasions the students have preliminary contests which have a two-fold value. They offer to the whole membership an opportunity to try for a place on the debating team; and they give those winning places on the team training for a battle of the wits, and familiarity in handling the subject. This plan brings much better results than the usual one followed, that of being coached by a professor.

Among the interesting features of the year's work are the inter-society debates. Two years ago, however, the Prestonian and Platonian Literary Societies, recognizing stimulus that an inter-collegiate contest brings to this kind of work, arranged for a series of five debates with the A. & M. College and Mississippi College. This series has just closed. The Normal made a good record. She won three out of five with both the A. & M. College and Mississippi College.

The representatives of the Normal, the subjects for debate, and the results are tabled below:

1914

With A. and M. College.: Resolved, That Mississippi should have a system of Compulsory Education. T. H. Stanley, B. F. Valentine, Negative. A. and M. won.

With Mississippi College: Resolved, That the signs of the times indicates the overthrow of the Constitution. R. S. Weems, Mel Rhine, affirmative. Mississippi College won.

1915

With A. and M.: Resolved, Ehat the President of the United States should be elected for one and only one term of six years. C. L. Sumners, S. P. Powell, affirmative. Normal College won. W. T. Shows, T. H. Stanley, negative. Normal College won.

With Mississippi College: Resolved, That the present convict labor system in Mississippi is slavery and should be abolished. C. H. Bishop, J. C. Whitehead, negative. Mississippi College won. Harris Cook, M. D. Dunlap, affirmative. Normal College won.

1916

With A. and M.: Resolved, That immigration into the United States should be further restricted with a literacy test. J. G. Jacobs, J. V. Dabbs, negative. A. and M. won. C. R. McLeod, C. L. Sumners, affirmative. Normal College won.

With Mississippi College: Resolved, That the United States should own, maintain and operate a Merchant Marine. W. R. McGaw, H. G. Howell, affirmative. Normal College won. M. M. McGowan, Ward Luna, Negative. Normal College won.

On May 12, 1916, G. P. Ritchey, with "Progressive Mississippi," as his subject will represent the Normal College in the State Inter-Collegiate Oratorical Contest.



MISSISSIPPIAN LITERARY SOCIETY



PRESTONIAN LITERARY SOCIETY



PLATONIAN LITERARY SOCIETY



SHERWOOD BONNER LITERARY SOCIETY

Base Ball



First Row—Left to Right: Applewhite, Gunnell, Rawls, Rowan, Guy, Dabbs, Scott.

Back Row: Moore, Taylor, Anderson, Sewell, Patton, Welborne.

Games

Clark Memorial College	- - -	3	Normal	- - - - -	12
Clark Memorial College	- - -	4	Normal	- - - - -	3
Clark Memorial College	- - -	2	Normal	- - - - -	3
Clark Memorial College	- - -	0	Normal	- - - - -	1
Clark Memorial College	- - -	1	Normal	- - - - -	2
Ellisville A. H. S.	- - -	7	Normal	- - - - -	3
Ellisville A. H. S.	- - -	2	Normal	- - - - -	3
Millsaps	- - -	12	Normal	- - - - -	3
Millsaps	- - -	3	Normal	- - - - -	1
Mississippi College	- - -	1	Normal	- - - - -	2
Mississippi College	- - -	4	Normal	- - - - -	3
"Ole" Miss.	- - -	10	Normal	- - - - -	3
"Ole" Miss.	- - -	6	Normal	- - - - -	0
"Ole" Miss.	- - -	5	Normal	- - - - -	3
Union University	- - -	5	Normal	- - - - -	3
Union University	- - -	3	Normal	- - - - -	8
Union University	- - -	3	Normal	- - - - -	5
Purvis A. A. S.	- - -	1	Normal	- - - - -	9
Durant High School	- - -	3	Normal	- - - - -	19
Spring Hill College	- - -	8	Normal	- - - - -	1
Spring Hill College	- - -	2	Normal	- - - - -	3
Spring Hill College	- - -	5	Normal	- - - - -	2

Basket Ball--Boys'



Names—First Row: Left to right; Rowan, T. J.; Coleman, F. M.; Caldwell, F. M.; Furlow, S. M.; Peacock, R. V.

Back row: Guy, T. J.; Dale, V. C.; Sumners, C. L.; Powell, W. C.

Games

Ellisville A. H. S.	- - -	22	- - -	Normal	- - -	21
Ellisville A. H. S.	- - -	8	- - -	Normal	- - -	38
Ellisville A. H. S.	- - -	41	- - -	Normal	- - -	31
Ellisville A. H. S.	- - -	32	- - -	Normal	- - -	31
Chamberlain Hunt Academy		9	- - -	Normal	- - -	26
Chamberlain Hunt Academy		10	- - -	Normal	- - -	36
Chamberlain Hunt Academy		6	- - -	Normal	- - -	50
Chamberlain Hunt Academy		12	- - -	Normal	- - -	36
Wesson A. H. S.	- - -	36	- - -	Normal	- - -	22
Wesson A. H. S.	- - -	26	- - -	Normal	- - -	16
Wesson A. H. S.	- - -	18	- - -	Normal	- - -	34
Millsaps	- - -	66	- - -	Normal	- - -	18
Millsaps	- - -	60	- - -	Normal	- - -	28
Millsaps	- - -	32	- - -	Normal	- - -	37
Millsaps	- - -	7	- - -	Normal	- - -	33
Laurel Y. M. C. A.	- - -	45	- - -	Normal	- - -	13
Laurel Y. M. C. A.	- - -	22	- - -	Normal	- - -	27
Hattiesburg High School	-	27	- - -	Normal	- - -	28

Girl's Basket Ball



Names—Front Row: Left to right; McCleskey, Wilson, Fisher
Back row: Dale, Wood, Bailey, Andrews, Touchstone, Dixon, Moore, Coach

Games

Normal	-	-	-	-	29	-	Hattiesburg High School	2
Normal	-	-	-	-	15	-	Miss. Woman's College	11
Normal	-	-	-	-	11	-	Miss. Woman's College	14
Normal	-	-	-	-	19	-	Purvis A. H. S.	10
Normal	-	-	-	-	10	-	I. I. & C.	22
Normal	-	-	-	-	10	-	I. I. & C.	22

Foot Ball



Names—First Row, Left to Right: Fox, Barnett, Taylor, E. S.; Welborne, Furlow, Rowan, McLeod, C. R.

Second Row: Coleman, Touchstone, Mayfield, McDonald, Guy, Lowe, Williams, W. B.

Back Row: Coach Dille, Dale, Edwards, Thompson, McLeod, I. M.; Campbell, Dunahoo, Sumners, Howerton.

Games

Poplarville A. H. S.	-	6	-	Normal	-	-	-	-	-	0
Poplarville A. H. S.	-	0	-	Normal	-	-	-	-	-	12
Perkinston A. H. S.	-	0	-	Normal	-	-	-	-	-	26
Spring Hill College	-	33	-	Normal	-	-	-	-	-	7
Mississippi College	-	55	-	Normal	-	-	-	-	-	7
Wesson A. H. S.	-	0	-	Normal	-	-	-	-	-	55
Gulf Coast Military Academy	3	-	Normal	-	-	-	-	-	-	0
Guls Coast Military Academy	6	-	Normal	-	-	-	-	-	-	7



TENNIS CLUB



TOMATO CLUB



YOUNG WOMAN'S GLEE CLUB

MARTIN PRINTING COMPANY
HATTIESBURG, MISS.



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