GALENA

Mr. Wm. Moore, Miss Florence Murphy and Mr. Granville Ward, of Philadelphia, spent the holidays at the home of Mr. and Mrs. J. L. Caldwell.

Mrs. Joseph Craddock, and little son are spending some time with her parents, Mr. and Mrs. Jas. Davis, Sr.

Mrs. Alfred Greenwood is spending the week at Betterton.

Miss Annie Hayes is spending a few days with her sister, Mrs. Wm. Petticord, in Locust Grove.

Miss Mary Smith, of New York, spent a few days with her mother, Mrs. Kate Smith.

Mr. and Mrs. Richard Woodall spent the holidays at the home of Mr. and Mrs. Holt Woodall.

Mr. Edward Caldwell and Miss Anna Caldwell spent the holidays at the home of their parents, Mr. and Mrs. J. L. Caldwell.

Mrs. Katie Hyland is visiting her friends in Dover.

Mr. and Mrs. Granville McCaulley and little son, Dennis, of Prices, spent the week-end with Mrs. Eva McCauley.

Miss Gladys Culley spent the week-end with her parents in Rock Hall.

The Willing Workers held their monthly meeting in the chapel on Tuesday evening. All spent a very enjoyable evening.

Mrs. Blanche Cochran, of Baltimore, spent a few days of last week with her sister, Mrs. Joseph Boyd.

Quite a few from here attended the Children's Day service at Locust Grove last Sunday evening.

Quite a few from the neighboring towns attended the memorial service in Galena; also visited the playground where exercises weer held in the evening. The Cecilton Band furnished the music for the evening program. Everyone seemed to enjoy everything during the day.

STILL POND

Mrs. Arthur Allston, of Wilmington, spent last week-end with her nephew, Mr. Carl Norris.

Mr. and Mrs. Wm. Penn Toulson, of Vineland, N. J., spent seevral days this week with his mother, Mrs. Susie Toulson.

Mr. and Mrs. Harry Bedwell and Mr. Bedwell, Sr., of Philadelphia, Pa., visited Mrs. S. B. Parrott this week.

Mr. and Mrs. Arthur Allston, Jr., and two children and Miss Laura Allston spent last Sunday with their aunt, Mrs. Sallie Norris.

Mr. and Mrs. Howard Rasin, Mrs. L. B. Harper, Mrs. S. B. Parrott, Mrs. Wm. Thompson, Mrs. Carson Greenwood, Mrs. Chas. Wallis, Mrs. Bertha Shallcross and Mr. A. J. Hackett attended the Sunday School Convention at St. James Church on Thursday of this week.

Mr. Thomas Mann spent several days this week in Baltimore.

Mr. Ernest Stillwagan, of Philadelphia, spent Wednesday of this week with Mr. and Mrs. Carl Norris.

Don't forget the Children's Day services tomorrow evening. A good program is being prepared.

The regular monthly meting of the Ladies Aid Society will meet at the home of Mrs. S. C. Crew on Wednesday afternoon, June 6.

The district meeting of the W. F. M. S will be held in the church next Tuesday, June 5. A very interesting program has been arranged. Everybody welcome.

We are anxious that the children, as well as the grown folks, see the pictures to be shown in Hurlock's Hall on Saturday evening, June 2 So come out and bring the family.

The business and social meeting of the E. L. will meet on Friday evening of next week in the S. S. room.

We are planning for a community lawn fete in the near future, so watch for future notice.

KENNEDYVILLE

Mr. Marcus Hedley and wife, of Marcus Hook, spent the week-end with their parents, Mr. and Mrs. Joe Oliffe.

Presbyterian Church services: Preaching at 11 o'clock by Rev. B. B. Staats, pastor.

Children's Day service this Sunday evening, June 3, at the M. P. Church.

Mrs. Henry Boggs spent Decoration Day with her son, Paul Boggs, and family at Hartlety, Del.

Mr. G. R. Raisin and wife motored to Swarthmore, Pa., and spent Sunday with relatives.

Mr. West Basil and Mr. Ellis Bevans, of Annapolis, spent Sunday with D. C. Kelley and wife.

Mr. Delbert Robinson and wife, of Baltimore spent the week-end with their parents, Mr. and Mrs. Robinson.

Miss Scott, of Philadelphia, has returned home after a pleasant visit with Mrs. Augusta Hessner.

Miss Sue Johnston, of Washington, D. C., visited her mother during the week.

Mrs. D. C. Kelly and Miss Edith Walls are spending some time at Annapolis.

We have quite a number on the sick list and wish them them a spedy recovery.

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TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,

Chief, Bureau of Child Hygiene, Maryland State Department of Health.

EXERCISE

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NATURALLY the expectant mother wants to know how much exercise it is safe for her to take. Is it necessary for her to lead a quiet retired life, or can she continue her work and may she engage in outdoor exercise as well?

In the first place, unless the mother's occupation has been very strenuous or exciting, there is no reason why it should not be continued at least during the early months of her waiting period. It is important that she should not brood or have any anxiety over her condition, and nothing helps the proper normal state of mind so much as accustomed occupation and seeing selected friends.

Especially is it important that she should have an abundance of fresh air. Two hours a day walking in the open is not too much. It may be wise, of course, to begin this exercise at shorter periods, increase it gradually up to the maximum, and then diminish the amount of exercise in the last weeks.

WOMEN who have led unusually active lives should modify their activities at this time. Dangerous sports requiring great exertion should be given up, and in general no exercise should be carried on up to the point of fatigue. Gardening is to be highly recommended in most cases, and the continuance of moderate household duties whenever possible with the windows open.

Mental diversion is particularly important, and everything that is possible should be done to encourage a happy, placid life. Each woman, of course, is a law to herself, and should receive particular instruction as to what she should do from her doctor. He knows her disposition and strength.

IT IS often asked whether waiting women can travel. This depends, of course, upon the nature of the traveling, whether it involves exposure or great exertion. In general, it is perhaps wise to avoid traveling during the first four months and during the last month of the waiting period. The doctor's permission should, of course, be first secured.

The mother at this time needs a large amount of sleep and provision must be made for this. She tends also to tire easily, and it is better to intersperse short periods of work or other occupation with intervals of rest. In this way, she comes to the end of the day without a feeling of exhaustion.

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Chief, Bureau of Child Hygiene, Maryland State Department of Health.

TOXEMIA.

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ABOUT half of the deaths to mothers associated with child birth are due to two serious conditions—Toxemia or poisoning, often resulting in convulsions, and infection or child-bed fever.

More than sixteen thousand women lost their lives in the United States in 1921 in child birth. In approximately eight thousand the death was due to these two serious conditions, both of which are preventable. Our country loses more of its women at this time than almost every other civilized country in the world. The average citizen simply does not realize the unnecessary risk which he is permitting the women of the country to take when they become mothers.

Fortunately both of these diseases usually can be prevented, and almost never occur to women who have had good care during the whole period of waiting and at the time of confinement.

IT has been pointed out how important it is that the kidneys should be kept in good condition, as during the up-building of a child's body, the amount of waste that must be excreted by the mother is much greater than usual. If for any reason the action of the kidneys is sluggish, these waste products are retained in the body, the woman becomes poisoned, and a condition develops which is called Toxemia.

The most common symptoms of this trouble are:

1. Severe and repeated headache.
2. Frequent dizziness.
3. Constant vomiting.
4. Puffiness of the face, particularly of the eyelids, swelling of the hands or extreme swelling of the ankles.
5. Blurred vision.
6. Muscular twitching, which may go on to general convulsions.

THE surest way to detect the retention of poisoned products is by an examination of the urine. If this is done at regular intervals by the doctor, he may ward off the trouble even before any of the above symptoms arise. The determination of the mother's blood pressure is another aid in diagnosis. A woman with a high blood pressure should be especially watched. In any case, even if but one of the danger signs just spoken of develop, the doctor should be called at once. Unless the condition has been allowed to go on for a long time, it will yield to good medical treatment. It almost never occurs in women who have had satisfactory prenatal care.

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,

Chief, Bureau of Child Hygiene, Maryland State Department of Health.

KIDNEY FUNCTION

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DURING all of the period of waiting the kidneys have extra work to do, for there are waste products both from the mother and the baby, which must be eliminated through these organs. It is especially important, therefore, that the activity of the kidneys should be normally maintained. Considerable waste material is eliminated through the bowels and the skin. These organs, also, therefore, should be kept active.

IF THE mother does not pass three pints of urine daily, the probabilities are she is not drinking enough water to satisfactorily carry away the waste products.

It is important to remember that abnormalities in the kidney secretion can only be detected by chemical tests and by the microscope. Therefor, the patient cannot tell from the appearance of the kidney secretion that anything is wrong with the kidney function.

THERE are certain alarming complications, notably those which end in convulsions, which may occur during the waiting period. These conditions can be detected most readily in the early stages through careful examination of the urine, and often prevented before they become dangerous. It is, therefore, necessary and only fair to the mother and her unborn child that this tell-tale secretion should be examined by the doctor at regular intervals. Usually he requests a specimen sent to his office each month during the early months and twice a month in the two months before her confinement. If this practice could be universally carried out, many serious tragedies could be avoided.

The doctor may ask that the specimen be brought of the total amount carefully measured and passed within 24 hours. This often gives him more information than a single specimen.

Blood Pressure.

ANOTHER valuable indication of danger is obtained by the "blood pressure," which the doctor can determine by a very simple test. High blood pressure may put the physician on his guard in time to avoid trouble, even when the urine is apparently normal. Many physicians desire to take the blood pressure at the same time the kidney secretion is examined.

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