BAN ON BARE LEGS URGED

CHICAGO, Feb. 15.—The battle of bare legs is on. An edit issued by a New York public school principal that no child would be permitted to enter a classroom without stockings in the winter time has aroused a nation-wide controversy. On the one side are those who believe that the road to health is made easier thru bare heads and bare legs. Pitted against these are doctors and students of child health who see an arch foe to health in the bare leg fad.

Supporting Miss Regina Burke, principal of School District No. 39 Bronox Borough, New York, who placed the ban on bare legs, are many specialists on child diseases who point to the danger of bone diseases, lung and kidney trouble being caused by exposure of the knees and declare that parents who think they are hardening the child are really risking their health.

"I consider it a crime to expose a child's knees or legs to the cold winter air," said Dr. Manuel G. Siesman of Chicago. "Chilling always brings congestion and that induces infection. Parents are jeopardizing their children's lives when they fail to cover their knees in cold weather. Fat children especially have the least resistence to cold. They have a low metabolism. Underweight children also should be protected by wearing long stockings in winter.

Dr. Henry C. Niblack, of the Chicago Health Department, a child specialist, sees a great peril in children wearing socks during the winter. "More diseases probably are caused thru exposure of the knees than through any other reason," saidDr. Niblack. "Rheumatism, arthritis, and colds generally can be traced to this cause. I cannot condemn the practice too strongly."

"Some parents think children look smart in bare legs and half socks," said Dr. Paul Luffie, of Chicago. "How frequently you see a mother in a heavy fur coat and wollen hose with a little girl in baby doll pumps and little half socks wrinkled about her ankles. For what they consider the stylish appearance of the youngster they are running a great risk of wrecking the child's health. In the summer time, it is all right to have bare knees because of the health-giving power of the sun's rays, but bare knees in the cold damp winter weather may result in a case of arthritis. People have enough trouble with their knees without exposing them any more."

Dr. Adolph G. De Santis, of the New York Post Graduate School and Hospital, pointing to the danger of contracting pneumonia from exposure, says "As an exciting cause exposure to cold or dampness must be considered as a potent factor."

The danger of becoming a victim of rheumatism through exposure of this sort is emphasized by Dr. William W. Waddell, of the University of Virginia Medical School, an authority on children's diseases.

"Anything which tends to lower body resistence should be considered as a predisposing factor in rheumatism, such as exposure in a cold damp climate," he says. "Few parents realize that between the ages of five and nine years heart disease causes more deaths than do any of the so-called children's diseases, with the single exception of diphtheria, and between the ages of ten and fourteen this disease causes more deaths than four of the principal diseases of childhood combined. Since rheumatism is the most frequent cause of heart disease, it is very important that parents properly protect their children."

ATTENTION, ASSOCIATE MEMBERS

The attention of all associate members of the Chestertown Volunteer Fire Company that their dues for 1930 were due and payable as of January 1st, 1930. The Secretary of the Association, Mr. Clarence Newsome, is arranging to send statements to every member of the organization reminding you of your obligation. Please do not wait for this. Call on Mr. J. S. Kreeger, treasurer of the Association, and pay your dues of $3 a year and receive your receipt. There were 134 members of the Association last year. We are depending upon every one of these members to renew their membership and we are hoping that a very large number of additional members will be secured for this year. Please bear this notice in mind, and call on Mr. Kreeger without delay, and if you desire to become a member, call there also and receive your application blank. Let's boost the Fire Company this year for the good it has done during the past year.

Respectively,
T. D. BOWERS, President.

Shows Stars' Distance

A parsec is a unit of length used in expressing the distance of stars. One parsec is almost exactly 206,265 times the mean distance of the earth from the sun. A star is at a distance of one parsec from the earth if its annual parallax amounts to one second of arc.

SETH PARKER SAYS THIS

One day a couple of years ago a circus stopped over to Steuben and give a performance. The flags were out and there was popcorn and pink lemonade and all the fixings what goes with circuses, but it weren't such a happy time for a little red-headed freckled fellow what lived there. All there was in his family besides himself was a mother and seeing she weren't well she had about all she could do to git enough money by doing folkses washing to feed the little feller wthout thinking of circuses.

Well sir, he made up his mind there weren't never going to be a circus come to town again that he didn't see, so he set right to work saving up pennies and by the time the circus come around the next year he had twenty-four pennies all saved up to see it with. The morning it came to town he was down at the lot and all that day he watered horses and hammered on stakes. They give him two tickets for the night's performance and you never saw such a happy feller in all your born days. He beamed all over and hopped up and down and then he lit out for home to tell his mother he had two tickets and was ging to take her to the circus. Instead of waiting for her he told her to get dressed and he'd be right back. He just wanted a couple of extra minutes at the circus so he run back to the grounds.

He went around to the side of the main tent where the band was playing and he knew that inside the canvas was all the dreams a boy could think of. It just seemed he couldn't wait so he lifted up a corner of the tent flap and peeked inside.

There they was. Camels and elephants and clowns and fer a moment it took his breath away and then there was a puff of smoke, and the little fellow crumpled up on the ground. One of the guards had been drinking some liquor and had seen him and thinking he was trying to sneak in under the canvas he'd shot him.

When they went around to pick up the little fellow they found the two circus tickets in one hand and the twenty-four pennes tied up in a handkerchief in the other. There weren't no circus in town that night.

That's the little story I kind of wanted you to know about it. I've heard of late some of this dickering about taking away personal liberty and the Constitution really didn't allow it and all them sort of things. Now I ain't much up on Constitutional Law and there's probably lots I don't know about this personal liberty business but if we stop something like the story I told you from happening now and then I think it would be a pretty good idee to do it.

It seems to me that we have just about enough craziness about, without selling it in quart bottles.

Scumgullion—I want three gallons of anti-freeze radiator solution.

Garageman — But, sir, no auto takes that amount, even in the coldest weather. What kind of car have you?

Scumgullion—It isn't for my car—it's for my apartment.

KENT HIGH IN CHILD HEALTH

The importance of examination of pre-school and school age children is forcibly brought out by the fact that out of nearly 7,000 children examined throughout the State only 1,476 were found to be free from gross defects.

In Kent county with is population of 17,000, 343 pre-school children were examined. Only one county in the State (Harford) had their pre-school conferences in a larger number of places than did Kent. Another interesting comparison is that between Kent with its population of 17,000 having very nearly as many children examined as had Washington county with its population of 90,000. The difference was only 29 in favor of Washington.

These statistics just show that Kent and Queen Anne's counties are being very thoroughly combed. The Deputy State Health Officers and the County Nurses are doing the pre-school work in an intensive manner.

Lists of pre-school age children, especially those intending to enter school next fall, are already being compiled by the staff in order that all children may have as fine an opportunity as possible to enter school without physical handicaps.

The Kent County Hospital has done much to make corrective work possible at a small expense. Dental work is also being emphasized and hope of a part-time dental clinic is being entertained by State and county papers.

Examination of children in class rooms is holding down communicable diseases to a remarkable extent.

World-wide authorities claim the greatest progress in the medical world is not the cure of disease but the prevention which has come to the fore in the last decade. Kent is making a splendid exhibit of the truth of that statement.

Mrs. Gabber—It says in the newspaper that an earthquake has destroyed the entire town of Pizzikzykisky in Poland.

Mr. Gabber—How was the name spelled before the earthquake.

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HURLOCK - CHESTERTOWN - TOLCHESTER

EFFECTIVE SEPT. 3, 1929

All runs daily and Sunday unless otherwise noted

READ DOWN / READ UP

P.M.	X A.M.		A.M.	P.M.
	7.00	Lv.....HURLOCK.....Ar.		8.00
	7.25	.....FREDERICALSBURG.....		7.45
	8.00	.....DENTON.....		7.05
	8.20	.....GREENSBORO.....		6.45
	8.30	.....GOLDSBORO.....		6.35
	8.45	.....INGLESIDE.....		6.20
	9.00	.....SUDLERSVILLE.....		6.05
	9.15	.....CHURCH HILL.....		5.45
	9.30	Ar.....CHESTERTOWN.....Lv.		5.30
4.15	9.35	Lv.....CHESTERTOWN.....Ar.	10.40	5.25
4.30	9.50	.....FAIRLEE.....	10 25	5.10
4 40	10.00	Ar.....TOLCHESTER.....Lv.	10.15	5.00
P.M.	A. M.		A.M.	P. M.

X This run one-half hour later on Sundays

TOLCHESTER - CHESTERTOWN - CENTREVILLE

EFFECTIVE SEPT. 3. 1929

READ DOWN / READ UP

A. M.		P. M.
10 15	Lv.....TOLCHESTER.....Ar	4 40
10.25	.....FAIRLEE.....	4.30
10 40	Ar.....CHESTERTOWN....Lv.	4.15
Daily Except Sunday		Daily Except Sunday
10 40	Lv.....CHESTERTOWN.....Ar.	3.55
10.55	.....CHURCH HILL.....	3.40
11.20	Ar.....CENTREVILLE.....Lv.	3.15
P. M.		P. M.

A

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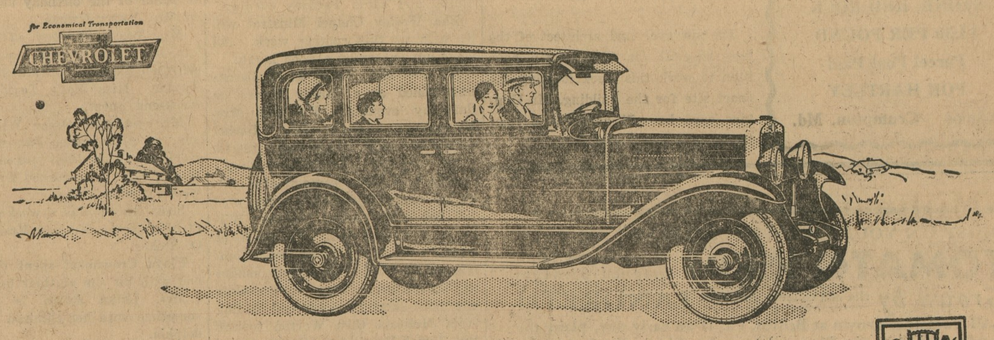

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