

Helping The Blind

Here's a new way to make a book. You eat the cereal from a breakfast-food box, sent from Maryland, then you punch little dots in the pastboard box and there you are. Not very readable to the usual person, but to the blind orphans in the Maryland Orphanage at Alexandropol, the book is a treasure. One of these books is on view at Maryland Headquarters, Near East Relief, 14 West Franklin St., Baltimore. Through some Baltimore people, some real books for the blind, magazines and a Braille typewriter, have been sent; more things are needed, writes Miss Pauline Jordan, in charge of the school.

In her letter, Miss Jordan says the children are reading almost everything in Armenian and Robinson Crusoe in Russian. A new brush-making shop has started. The music is progressing and the little blind ones were invited to play at a government concert at the big fortress at Alexandropol. The new blind school, writes Miss Jordon, is almost finished, the industrial and music room having been occupied for some time. She says the revised Braille alphabet in English is used and the American plan of teaching is followed.

Miss Jordon says that 50 per cent of the work in the future at the orphanage will be vocational, mainly tailoring, machine knitting, brushmaking, lace-making (principally fillet) for the grls, and carpentry, shoemaking, tinsmithing, bookbinding and ironwork for the boys. She would like to get hold of some up-to-date programs suitable for the work at the schools.

MILLINGTON

Miss Helen Tyler returned home last Monday after spending several weeks with relatives in New York.

Mr. and Mrs. Albert Ogden, of Darby, Pa., visited friends in town this week.

Mrs. Eva C. Sykes and Miss Florence Comegys are spending a week in New York City and Schenectady, N.Y.

Mr. and Mrs. Leonard Robinson and little son, Marvin, spent the past ten days with her parents, Mr. and Mrs. Jarman, of Crumpton.

Mr. Hiram Bamberger and two sons, of Lebanon, Pa., were guests last Monday of Mr. and Mrs. George Barnes, near town.

Mr. Franklin Stevens, of Darby, Pa., visited his parents, Mr. and Mrs. J. B. Stevens, near town, this week.

Miss Dolly King returned home on Friday of last week after taking a six weeks summer school course at State Normal School, near Towson, Md.

Mr. Joseph Mallalieu is quite ill at his home on West Cypress St.

Miss Margaret Bowers spent this week with friends in Baltimore.

Rev. and Mrs. D. J. Moore, of Trappe, were guests this week of friends in town.

Miss Dorothy Taylor is visiting relatives at Franklin City, Va.

Miss Fanny Hurtt, of Brooklyn, Md., was the guest last week of Mr. and Mrs. S. T. Pippin.

Miss May Green, of Holmesburg, Pa., spent this week with Miss Mattie Hazell.

Miss Charlotte Ogden, of Darby, Pa., visited Miss Mary Stevens and Miss Florence Dixon near town this week.

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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.

FINAL TALK.

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IN this final talk to mothers, the writer wishes to outline briefly how the rural districts of the State may make child-bearing safer for their women and the rearing of a larger number of healthy children possible.

It is realized that the giving of advice is comparatively easy and that the living conditions in rural communties on more or less isolated farms make it difficult for mothers to take the best care either of themselves or of their children.

There is, however, in this field the strongest natural human force to appeal to, namely, maternal instinct, which when aroused and shown the way will assist in improving the present situation.

Need Is Really Great.

THE need is really great. In 1921 in rural Maryland 1,877 children died under 1 year of age, that is more than one in 10 live births and there were almost an equal number of dead-born babies, so that the loss of potential human lives under 12 months of age is about 3,500, or one in every five.

Again, during the same year 118 women died from some complication associated with child-bearing. In the same age period, 20 to 40 years, 246 women died from tuberculosis, 32 from heart disease, 24 from pneumonia and but 14 from typhoid fever, so that next to tuberculosis, child-bearing, which can be made comparatively safe, ranks as the most dangerous condition that can happen to the women of the State at their most active period of life.

In the same year 16,436 infectious diseases were reported. This number probably represents a small proportion of those which actually occurred. When we recall what sorrow and suffering each death brings to the family and friends, and that every death means a larger number of patients who survived similar illnesses, many of them to continue for long periods of ill health, it would seem to be the part of wisdom and economy to inquire if there is not something more that can be done in Maryland to conserve the lives and health of the women and children.

Much More Can Be Done.

FORTUNATELY we know that much more can be done. In many places and in several countries this total of sickness and death has been greatly reduced, and this has been accomplished by methods which are easily available in Maryland.

These tried methods in general are:

First—Widespread interest in and information about all child health.

Second—Direct aid to mothers in keeping themselves and their children well.

The first method involves an appreciation of the value of health in general and of well children in particular in any community, whether district, county, village or town.

Men Must Help.

THE men who are interested in better farms, in good schools and roads must extend their support to improved sanitation and better child care. Every county in Maryland should have a trained sanitarian giving his whole time to improving the health of the county. A fair appraisement of the expense now borne by the county commissioners and the public because of preventable unsanitary conditions, illness and death would amount to a large sum. Competent sanitary supervision of a community pays for itself many times over. Any community can have as low death rate as it is willing to pay for.

We believe, too, that the chivalry of the men in Maryland can be appealed to and when this is aroused they will see to it that the women of the State will have a fair deal. It is not fair to permit these women to continue child-bearing and rearing of children on the isolated farms of the State without more instruction in health at this critical period. Other communities are furnishing this aid—Maryland can do so likewise.

To Spread Gospel Of Child Care.

THE children's bureau, through the distribution of literature, through information published in the county papers, through public meetings in various centers throughout the State, is endeavoring to spread the gospel of child care so that as far as possible every mother may become familiar with the fundamental principles of safe child-bearing and child nurture.

Even more important to the present generation of mothers is the furnishing to them of direct aid through personal contact with a trained and tactful woman—the *public health nurse.* This somewhat recent addition to the health forces should be multiplied throughout rural Maryland.

The job of the public health nurse is not primarily to nurse the sick, although she does not leave a home where there is illness without making provision for the care of the patient, but rather to help to keep people well. *She works under the direction of physicians* and brings to their attention many cases at the beginning of illness who would not otherwise so promptly consult a doctor. Only one who has followed a public health nurse on her daily rounds can appreciate what a boon she is to the community.

Visits Perplexed Mothers.

SHE takes time to visit many a tired and perplexed mother and advises her about her own health and that of her children, instructing her how to prevent the spread of infectious diseases, how to care for the tuberculosis patient and how to remedy any insanitary conditions. She encourages her to seek medical aid for the child who needs treatment for defective vision, who is undernourished, who is a mouth breather, or living under some other physical handicap.

She comes as a sympathizing but skilful friend to the expectant mother, helps her to make satisfactory arrangements for her confinement and brings comfort during the anxious period of waiting. She instructs mothers singly and in groups, in personal hygiene and home sanitation and explains at first hand the printed directions furnished by the Health Department.

More than this, the public health nurse is relied upon to assist in the health consultations that may be organized by the Health Department in her territory and to cooperate with various organizations, women's clubs and mothers' and teachers' associations interested in promoting health.

Nurse For Each 5,000.

EVERY county in the State should have a public health nurse for every 5,000 people, supported by private or public funds and assisted in her work by the State Health Department.

The children's bureau is actively concerned in increasing the number of these nurses because it knows from experience elsewhere whenever they go that the incidence of disease and death diminish and a larger proportion of children keep well.

If these informal talks have been helpful to any mothers, and above all, if they have pointed out that it is the duty and privilege of those who "know and have" to help the others women in the community to take better care of themselves and their children, the writer will be abundantly rewarded.

TALKS to MOTHERS about THEIR BABIES



By DR. J. H. MASON KNOX, JR.,
Chief, Bureau of Child Hygiene, Maryland State Department of Health.

BIRTH REGISTRATION

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NOW that the period of waiting is over, and, under the skillful guidance of obstetrician and nurse the baby has arrived safely, there are still a number of important matters that must be considered, as they have to do with the return to normal health and activity of the mother and the proper growth and development of the baby.

You may think that it is not so important to consider these things as soon as the baby is born. This may be true of your baby, which perhaps is surrounded by every comfort, but there are many babies born in Maryland without these comforts, and some of them are so weak and feeble that only prompt medical and nursing care can pull them through to vigorous childhood. How are these needy infants to be reached unless health officials and nurses know about the birth and have the address of the baby?

Saving The Babies.

YOU will recall that a quarter of all the deaths that occur in the first year of life take place in the first week. Many of these young lives that now flicker out in the early days could be saved if an experienced nurse were at hand to properly advise the mother. At this time she can best point out the value of maternal nursing, and in these first days alone can she show the mother how to prevent the dreaded infection of the baby's eyes, which produces such a large proportion of blindness.

It is planned to have such nurses available in the county districts of the State as they are now at hand in the city, and the best way for each mother to help is to see to it that her baby is promptly reported as the law provides.

OUR country has been very slow among the civilized countries of the world in realizing the value of early birth registration. It is really a matter of good bookkeeping or keeping accurate record of the most precious assets that the country has—namely, the lives of its citizens. It is very important to know what proportion of the babies born die of the various complaints to which they are subject. This cannot be told unless we know how many babies are born.

It is likewise desirable to know the birth rate among the various races of peoples who come to America as immigrants, and how this rate is lowered in the varying climates of the country and under different industrial conditions. All these important facts depend upon the accurate recording of each baby born.

Registration Important.

THERE are, too, many legal reasons for birth registration. Sometimes an inheritance of valuable property depends upon one's ability to prove the date of birth. Whether the child is old enough to leave school and go to work; to serve in the army or navy, to be married abroad are also determined by a proven age, dependent, too, upon the birth certificate.

Maryland in recent years has entered the so-called registration area of the country because of the accuracy of its vital statistics, but there is still much to be done in securing prompter returns to the Health Department of these facts at a time when it can render the greatest service to the people.

If you live out of the city and are in doubt as to whether your child has been registered, inquire directly of the State Department of Health.

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Notice is hereby given that the undersigned has obtained from the Orphans Court for Kent County letters of administration on the personal estate of

W. J. ROLPH,

late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 14th day of January, 1924, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 10th day of July, 1923.

WM. T. JONES,
Administrator.

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DR. M. E. PARSONS

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