

**THE RURAL HEALTH NURSE.**

Hats off to the Rural Health Nurse! Only a few years has she been with us but she has proven her worth. She has stayed "on her job" twenty four hours out of twenty four many a time. She has walked many a mile to relieve a suffering woman or child; she has travelled with a little old horse and a worn-out buggy; she has travelled with a mule; perhaps now she has a "Ford".

Hats off to the Health Nurse. It is a long and beautiful story of the little nurse who went into the mill community, during a typhoid fever epidemic and became the "good angel" of the community; the stories are long and beautiful of the Rural Health Nurse who has gone over the wide prairies, and up into the mountains to help in the fight against ignorance and disease. The Rural Health Nurse has given an educated and a consecrated service. Often, at first, she has been an unwelcomed visitor; often she has not been appreciated by the community. Now we know her. Now we appreciate her.

During the great world war, when the women of our country were united in service, through the Woman's Committee Council of National Defense, I began to watch the work of the Rural Health Nurse. Whatever she was serving I found her to be a blessing to the community.

During "The Children's Year" there came the week when the children in a certain mining section of one of the states, were to be weighed and measured. The mothers from the mining district, came into the little town, six, eight, ten little children clinging to their skirts. When for some great reason, the mother could not come, the father brought the children, for "the government has said all the children are to be weighed."

Local physicians gave their services, and there happened to be visiting in the town for a few days, a prominent eastern physician who also offered to assist. More and more his amazement increased as the children registered almost one hundred per cent healthy. The reason was soon discovered. The mining com-

pany had for some years employed a visiting nurse, who had taught the mothers prenatal care, who had taught the mothers how to care for their children.

We are Beginning to Realize That if we are to be a Healthy people we must take care of the health of All the people - in Both city and rural communities.

One hundred years ago the United States was a nation of farmers; there were few large cities. The largest cities, New York and Philadelphia, had a population of only about one hundred thousand people. As the number of large cities increased, as we became more and more of an industrial nation, more and more thought was given to laws pertaining to cities.

Cities have gone on and on with their improvements, and there yet remains much to be done, but united efforts in behalf of human welfare and human health in Rural America, have not kept pace with those put forth in cities.

Country children deserve good health as much as city children; country children deserve educational and recreational advantages equally with city children.

Many cities have mandatory laws which provided for medical and dental inspection in the public schools. In many cities there are school nurses giving most of their time to the school work, while this is true in only rural schools has demonstrated the Great Value of her services.

According to the United States Census, three out of every five children live in rural communities of less than 2500 people. Dr. Thomas D. Wood says, "More than half, about two thirds, of the school children of the United States, are attending rural schools. Country children attending rural schools, are, on the average, less healthy and are handicapped by more physical defects than the children of the cities, including all the children of the slums."

Dr. Wood gives a table showing health defects of rural and city children, this table based on reports of over a half million children.

TABLE

Health Defects of School Children, City and Country Children Compared.

Percentage from all available statistics.

DEFECTS	Country Children	City Children
Tonsils	28.14	16.42
Adenoids	23.4	12.5
Eye Defects	21.	13.4
Enlarged Glands	6.4	2.7
Ear Defects	4.78	1.28
Breathing Defects	4.2	2.1
Spinal Curvature	3.5	.13
Anemia	1.65	1.5
Lung Defects	1.25	.32
Heart Disease	.74	.40
Mental Defects	.8	.2

Dr. Wood says, "If rural America is to continue to be a satisfactory nursery of human life for the nation, it must be made beautiful and attractive; it must provide conditions favorable for the cultivation of the best.

The improvement of human health and welfare in rural America is a problem of the greatest significance in relation to our national welfare. It is a problem affecting national safety, national prosperity, national perpetuity. It is a problem dealing with the most essential and most endangered of all our resources. No factor is of greater fundamental importance for securing national preparedness either for peace or for possible war."

Obviously the Rural Health Nurse is the messenger who is to carry the gospel of health into the rural home, who is to examine the school children, who is to inspire and stir the rural school child to enlist in the Health Crusade.

Julia Lathrop has said, "The public health nurse must be a woman of broad training. She is really creating a new profession. She must know many things the hospital nurse does not know. She must have courage, independence and social understanding. She must use ingenuity in meeting practical conditions."

In all these qualifications the Rural Health Nurse has proven herself true. In the past so much has been required of her, that her duties have been many and varied. She has been the dietitian, the home demonstrator, the maid-of-all work, as well as the nurse, her activities have included pre-natal work, birth registration, instruction to mothers, supervision of sick and bottle-fed babies, improvement of sanitary conditions in homes, instruction classes for mid-wives, bringing babies and mothers to public clinics, supervision of tuberculous patients, assisting in control of epidemics, examination of school children, and not the least of

her work has been The Improvement of Sanitary Conditions in Rural School Houses.

Ruth A. Dodd, Supervisor of Public Health Nursing, South Carolina writes of her experience in a pioneer county in one of the states. "When I first found myself in this big County with only a horse and buggy with which to cover the ground, I had very much the same sensation that one might have who had been suddenly dumped overboard in the briny deep. But fortunately for me, one of the towns was planning a baby conference and asked me to assist. This conference was at least a "howling" success and gave me a starting point. Soon after, schools opened and we began medical inspection. We inspected sanitary conditions of school buildings and endeavored to correct the improper heating, lighting, ventilating and seating of those buildings that were injuring the children's health.

Along this line we had the seats changed in many of the schools; sanitary closets were installed throughout the county; sanitary towels and first aid cabinets were installed in many of the schools; the hot lunch system was tried out and most successfully, even in the little one-room schools; water coolers and individual drinking cups were insisted upon, and you would be surprised to know how many of the schools were found with the open bucket and dipper. Even in the second year of my work there, I found still two little schools with the bucket and dipper, and the teacher told me that the trustees had refused to buy the coolers. A short time after I had the opportunity to address a farmers' club in that neighborhood, and I knew that two of those trustees were present. So for their benefit I recited these rhymes:

"Little Jack Horner, went to the corner  
To get a drink from the pail;  
He picked up the cup; and took a

big sup,  
But the water was dusty and stale.  
Uncovered and warm, and causing much harm,  
The bucket stood open to all;  
Bad colds and the croup, and the cough with the whoop,  
Were scattered like leaves in the fall.  
The cup had been used, and sadly abused,  
By all of the children in school;  
For the trustees cared not, said that 'germs were all rot'  
And the State Board of Health was a fool.

But Jacky got sick, for he failed not to lick  
The germs from the edge of the cup;  
The people then said "Let's now go ahead,  
Since the thief's got the horse, we'll lock up".

They provided a way for clean water each day,  
Through a free bubbling fountain at last;  
Now the sickness they found distributed round,  
By the cups and the water is past".

Mrs. Dodd tells of her health talks to the children of the co-operation of the teachers, and of the inspection of the school children.

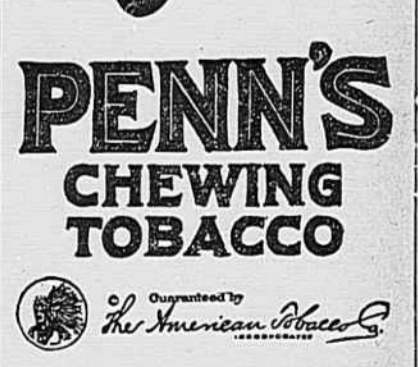
The school nurse should be welcomed to the public school. If we require children to attend school, we should so assist them to perfect physical health that they can assimilate the knowledge which is given them from day to day. Health work carried on in the public schools is not charity work. It should be a dignified and honored part of the public school system.

We look forward to the time when Every state shall have an efficient public health nursing service, when each community shall have its corps of Public Health Nurses.

Let us work to secure the Public Health Nurse in Our Community; let us assist her with equipment if she is not fully equipped; let us furnish the emergency layettes and Mother's Comfort Kit if she is not supplied, and let us not forget first of all to give her a Great measure of appreciation.

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**MARKET REPORTS SENT BY RADIO**

Quotations on Agricultural Products Are Broadcasted by Government Stations.

**KEEP FARMER WELL POSTED**

Government Aims to Make the American Farmer the Best-Informed Farmer in World—States Also Interested.

Washington.—The wireless is now being used by state and federal agencies to broadcast national and local agricultural market reports throughout virtually the entire country. Reports on the national markets are dispatched daily by the United States Department of Agriculture from wireless stations of the post office department at Cincinnati, Omaha, Washington, North Platte, Neb., Rock Springs, Wyo., Elko, Nev., and Reno, Nev. These reports are received by hundreds of amateur wireless operators. National market reports are also received by state bureaus of markets and agricultural colleges, supplemented with local market reports, and relayed by wireless telegraphy and telephone to farmers, shipping associations, newspapers, banks, and other agricultural interests.

The St. Louis university at St. Louis, Mo., was perhaps the first among educational institutions to broadcast market reports by wireless. Their reports are received by hundreds of farmers, shipping associations, banks, and other agricultural interests, and a telephone company in eastern Illinois which receives the reports telephones the news regularly to its 5,000 subscribers.

**Telephone and Telegraph.**

At Lincoln, Neb., the University of Nebraska and the Nebraska Wesleyan university are co-operating in broadcasting crop and market reports furnished by the state bureau of markets. Both radio telephone and telegraph are used. In Wisconsin the State department of markets broadcasts national and local market reports from the University of Wisconsin wireless station at Madison. At Minneapolis, crop and market reports are broadcast from the University of Minnesota radio station. The Minnesota college of agriculture has also assigned an extension representative to instruct the farmers in the use of wireless receiving apparatus. The college of agriculture of Cornell university has assigned an expert for similar work, and to assist rural radio clubs that are being organized in New York.

A high-powered transmitting wireless telephone has been installed in the office of the Missouri state market bureau at Jefferson City, Mo., and will disseminate market information. Government reports from the larger market centers of the country will be received by means of a "drop" from the leased wire system of the United States Department of Agriculture, and transmitted by radiophone to all sections of Missouri. Demonstrations intended to interest farmers, dealers and shippers installing the necessary wireless receiving apparatus will be held in various rural communities of the state. It is anticipated that telephone of newspapers, chambers of commerce, agricultural agents, high schools, and co-operating associations will be among the first to install receiving sets.

**Complete Program.**

A most complete program in the dissemination of market reports by wireless is being planned by the state bureau of markets in Ohio, a specially-constructed radiophone transmitter of the most improved type being installed in the radio station of the University of Ohio for that purpose. The Texas markets and warehouse departments are also planning a market news service by radiophone for farmers, dealers and shippers in Texas, arrangements being made to use the radio equipment of the University of Texas at Austin.

The first national market report to be broadcast by wireless anywhere in the world was sent out by the United States Department of Agriculture from the radio station of the United States bureau of standards only a little over a year ago. The department soon demonstrated the practicability of utilizing the radio for disseminating market information, and rapid progress in expanding the work has been made possible through the co-operation of state and federal agencies. To make the American farmer the best-informed farmer in the world is the aim of these agencies, and equal progress during the coming year will go far toward securing that result, say officials of the federal department.

**Raises Big Hog.**

Westfield, N. Y.—Local pride in accomplishment looms large in the breast of the majority of the inhabitants of this village, and it is made manifest in varied instances. The latest is that Jay Anderson of East Main road has raised a hog weighing 411 pounds, and undressed 500 pounds. This means a growth of two pounds for every day of its life, the hog being nine months old. The hog was a Jersey red, and Anderson challenges anyone to beat this record.

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