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How to Establish a Health Centre

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is a most interesting account of a Health Centre established in one of the towns across the border, which is a good example of what might be done in many of our Canadian communities.

Bridgeton, New Jersey, is a city of approximately 15,000 inhabitants. The surrounding territory is settled by farmers. There are about five villages within a radius of ten miles of Bridgeton, each having a population from 300 to 1,000 persons. After the war, Bridgeton's large and enthusiastic Red Cross organization decided to continue its work for humanity and therefore established in Bridgeton a Health Centre.

The centre secured commodious floor rooms in the centre of the town. These are used for offices, rest room and comfort station, nurses' lounge and class room for teaching the Care of the Sick, the holding of clinics and for general health purposes.

Two Red Cross Public Health Nurses are hired. One of these was assigned to give one-half of each day to school work and the other half day to home and bedside nursing. A second nurse was assigned to bed-nursing and child welfare work. In order to make the most of the nurses' time a small automobile was purchased. This was marked with the name of the Red Cross and the address, "Public Health Service."

Three rooms of the Public Health Centre are used by the farmers, particularly their wives and families, as a rest room and meeting place. After the farmer's errands have been accomplished there is always the open door and a comfortable chair until the husband arrives. The various family health problems may be presented to the nurses on duty who freely give safe counsel, and very excellent results have been obtained.

A third nurse has been requested by the Red Cross and when she has been assigned, the school nursing service will be extended to four of the village villages.

In Bridgeton, the Board of Education pays for the time the nurse devotes to the school work. The Boards of Education in the farming district will be asked to take over a portion of the expenses of such health service when it has been demonstrated to them that this service is of value. In the Bridgeton schools much has been accomplished by the nurses. Eyes that have needed glasses have been fitted. The nurse in many instances has found it necessary to visit the home and explain in detail to the parents just why the expenditure for the child should be made. Undernourished children have received proper nourishment through the instrumentality of the Red Cross Nurse. Parents were only too glad to be told why their children were weak or stunted in growth. Children and adults in the first stages of consumption have had the advantage of a trained nurse and that means proper instruction in preparing food and in the care of such persons. A charge of 50 cents for each visit is made, but it is only accepted when the person receiving the service can afford to pay.

The Bridgeton Health Centre has secured a woman as a social service worker. She is one of their own citizens and as soon as her course is completed she will begin her duties, and those responsible for the work are confident that most excellent results will follow.

During the present summer, the nurses have been visiting the various farms to make a survey of living conditions and the health of each family, particularly the health of the children. All this data will be indexed and recorded. Such aid as can be given by an organization that has for its object the improvement of the public health, will be extended to the families requiring assistance.

From a few visits a month, this health service has grown to cover from three to four hundred visits per month and these do not include visits to school children.

The Hired Dollar.

men who boldly bargain for man's cringe at hiring dollar labor. It looms up to them as a monstrous thing forever set in wait for them. They do not realize that the power of debt work as mightily for a man as it against him. More men have risen in debt than have fallen through it. Debt carrying disaster in its wake is so in the vast majority of cases just one or two reasons; either the man who borrows goes too far beyond depth, or he secures the money to spend it in some enterprise in which he is not thoroughly versed.

If a man operating a farm cannot make, year in and year out, enough to allow himself a margin beyond the interest on the money invested, he is not fitted to his business; for it is this margin that presents his worth to the man. Failing to secure this margin for his personal security would be far better off to sell the land and equipment and invest in a safe-bearing paper.

Few men mount to positions which in size match their full capacity. It is doubtful that there exists a man who has not the ability to manage a business a trifle larger than the one he heads, provided of course he has made some measure of success.

One Middle West farmer of large acres thinks that the stumbling block of so many farmers is that they have the wrong goal. They make it their aim to get out of debt. Once they have taken the icy plunge they harass themselves until with heart-breaking sacrifice they have paid off every dollar. He believes they should increase their debt as rapidly as they can with sound judgment.

The man who is courted by the banker is the man who borrows, not because he is a prospective victim of the foreclosing mortgage, but because the intelligent heavy borrower is usually a big money maker.

Look through closets carefully for signs of moths or other pests.

Sunshine will keep milk pails clean and fresh, it won't hurt to let it in the barn.

Plants making the house and yard attractive, flowers add actual money to the place. Plant some tulip bulbs this fall.

SCHOOL

The way of others who may be seen. See Rom. 14: 13-21.

35. Who Hath Woe? The moral rendering of the Hebrew is "Who hath (or who saith) oh? Who (or saith) alas!" Oh, and alas, strife, and complaining, and hands without cause, and redness of face are the lot of those who drink excess.

The mixed wine was prepared by adding various aromatic herbs and spices for the purpose of heightening flavor and increasing the strength of the wine. Maspero, describing the Egyptian practice, says, "The wines, the most delicate, are not drunk in their natural state; they are mixed with aromatic and various drugs, which give them a delicious flavor and tenfold to their strength. This operation is performed in the hall, over the eyes of the revellers. An earthenware mortar before a table pounds the stone mortar the intoxicating substances, which he moistens from time to time with some essence. His companions have poured the contents of the amphorae (i.e., wine jars) into these bowls of chased silver which he holds to their chests. As soon as the mumbled paste is ready they put it into each bowl and carefully dissolve it. The cupbearers bring the cups, draw out the wine, and offer it to the guests." The wine when it is served, the description is of wine at its best, when it is most attractive. It is red, it sparkles, it glides smoothly over lip and tongue. The Revised Version renders the last clause of verse 31, "when it goeth down smoothly." Its attractiveness and its pleasant flavor but conceal its poison, which is like that of the serpent. The intoxicated person sees strange things (Rev. Vers.), and out of his distorted fancies he speaks perverse things. He becomes giddy and nauseated as one afflicted with sea-sickness.

When he awakes from his drunken sleep he congratulates himself that he has not felt the blows of some companion or adversary who have inflicted upon him. He decides that he will seek the wine yet.