From Monday's Daily

Editor and Mrs. G. J. Heinze of Tower City, spent Saturday in the city and while here the editor called at the Times-Record office.

B. R. Pfusch has purchased the Earl Shannon residence on Ninth avenue and has acquired a very nice piece of residence property.

Editor P. R. Trubshaw was a passenger to Wimbledon this morning and will spend the day there greeting his many friends in the neighboring town. He expects to return tonight.

Miss Maria Murphy, who has been confined to her home for several days with a wrenched hip, has recovered enough to again take up her studies at the High School.

Mr. E. B. Wolff was called to Morris, Minn., yesterday by the death of his sister, Mrs. J. W. Bailey, who passed away at that place on Saturday night.

The Junior Class of the High School held a food sale at the old post office building on Saturday. They seemed to be receiving a good patronage and reports are that they netted a tidy sum for their efforts.

Cliff Ferguson was down from Jamestown yesterday spending the day with his relatives in the city. Clifford reports a very good patronage at the Jamestown store.

N. F. McNulty, the popular Lindsay Bros. salesman, was a Valley City visitor on Saturday, stopping here on his way to Fargo to call on his customers in the city.

George JeuDeVine and Melvin Lee, both of Fargo, arrived in the city on Friday night on No. 3. They spent the week end in the city visiting relatives and returned to Fargo yesterday afternoon by motor.

Mr. and Mrs. Gust Olson autoed down from Cooperstown Saturday afternoon and visited Sunday with the Olsby family. They returned home Sunday afternoon.

A. N. Brekke, of the American Type Founders Co., of Minneapolis, is a Valley City visitor today and while here paid his respects at the Times-Record office. Mr. Brekke leaves for Carrington tonight.

A group of 26 motorcyclists from Fargo arrived in the city about 1:30 yesterday afternoon, staying in the city until about 5:00 o'clock. They were a part of the motorcycle club of Fargo and came to the city for a Sunday tour.

Dr. C. E. Johnson leaves tonight for Fargo where he will spend the next three days attending the State Dental Meeting. He will return on Thursday night and may again be found at his office above the Middlewest Trust Co., on Friday morning.

Henry T. Murphy of Bismarck, stopped in the city yesterday to spend the day with his brother, Willie Murphy. Henry is returning from Chicago where he has been attending a meeting of the general agents of the Hartford Insurance Co. He returned to his home at Bismarck last night.

The Boy Scouts are today distributing invitations to the Baby Clinic and literature to all mothers of children under school age. If any mother is missed she can get free literature at the Valley City Clinic, or, if she will phone to Mrs. S. A. Zimmerman she will be supplied with the literature.

Governor R. A. Nestos was a Valley City visitor on Saturday night. The governor stopped in the city over night, going to Lisbon yesterday morning to spend the day. He planned on returning to the city this morning and going to Fargo. From there he goes to Lakota to attend the funeral of Ex-Senator A. J. Gronna.

Rev. Besle of Grand Forks, will arrive in the city tonight on No. 3. He will speak tonight at the Norwegian Baptist Church and discuss the advisability of changing that church from a Norwegian Baptist church to an American Baptist church. A good attendance at the meeting is desired.

Walter Gilbert, our third sacker of last year, who has signed a 1922 contract with the Hi-Liners, arrived in the city last night for training. "Gil" is a mighty good player, in fact one of the best in the state, and is always popular with the fans. Manager Sampson feels quite elated in being able to get him to return to this city.

M. L. Ladbury came down from Dazey Saturday and left that evening on No. 8 for Fargo where he went to visit his parents, Mr. and Mrs. M. L. Ladbury, who are sick in a hospital in that city. The Times-Record editor hopes that the ailments of Mr. and Mrs. Ladbury are of a minor nature and that they will soon recover.

H. M. Velzy, A. A. Gad and R. D. Blanch were Fargo visitors on Friday, going down to the Gateway City in the interests of the local U. C. T. council. Mr. Blanch returned on Friday night but Mr. Velzy andMr. Gad stayed over until Saturday night. They report great interest among the Fargo travellers and jobbers in the coming U. C. T. convention in this city.

Yesterday was the beginning of Child Welfare week, and several of the churches made special mention of the program for the week. Dr. S. A. Zimmerman spoke at the morning worship of the First Congregational church, making an excellent address on the evil of malnutrition in children, and suggesting some remedies for the cure. His talk was much enjoyed by those present.

Bishop J. Poyntz Tyler officiated at All Saints' Episcopal Church last evening. The Bishop confirmed nine adults and three children, and admitted James W. Nielson and A. M. Sanderson as Lay Readers. He also gave the benediction on the new baptismal font and alms basin. There was a very large congregation present. The Bishop preached a very timely sermon in which he emphasized the need of Christian influence and character.

There was a good crowd of golfers at the Country Club yesterday afternoon enjoying the game and the exercise which it affords. The course is in good shape now and the formal opening for the season was held on Saturday. A number of players were present and were divided into twosomes, the club professional setting the handicaps for the different players. We are unable to learn the winners of the event but those who were there report an enjoyable afternoon.

This week, from May 8 to 14, has been designated as Better Advertising Week and it will be the endeavor of the various advertising clubs of the country to impress upon the merchants the value of advertising, both nationally and locally. We have a number of statements by prominent men who have seen the value of advertising as applied to any business. Space will not permit the use of them all but a short statement by G. M. Stadelman of the Goodyear Tire and Rubber Co., on the revolution of advertising gives some idea of the growth and development of that very necessary adjunct to a successful business. The past twenty years have seen a veritable revolution in advertising. It has seen the technique of advertising come into being, and advance with great strides. It has seen the morale and morals of advertising reach and maintain themselves on as high a plane as those of any other business or profession today. But advertising has only started on its way. From a somewhat doubtful occupation it has become the studied and honored profession o fcareful, clear thinkin gmen. And it will go on in its developments until its rules and maxims have become close to a science.

With such organizations as the Associated Advertising Clubs of the World, The Audit Bureau of Circulations, the Association of National Advertisers, Inc. and the advertising press to point the way, advertising cannot go back. It must go forward swiftly.

In the last twenty years advertising has settled for itsel fthe question of its right to exist. It has proven itself one of the most efficient and mobile factors in today's business.

Considering the weather and the fact that yesterday's game was a practice game between some of the players and townspople there was a good crowd out at the ball park in the afternoon. The fans seemed satisfied with the offering and were kept busy forming their opinions of the various players. There were about 15 players in uniform yesterday, and, while some of them certainly will not be offered contracts, the game showed the fans that there is considerable good talent to choose from. Boe, Finch and Boardman each tried their hand at pitching. Buck Enger has not had any baseball training yet this year and did not care to take a chance on injuring his arm by takig a turn in the box so he held down second. Lenhart from Ruso, who is trying out for a position with the Hi-Liners held down third yesterday, although his regular position is short stop. He is a real athlete, fast on his feet and a heavy hitter. Yesterday was his first appearance in a Hi-Liner uniform but he certainly made a hit with the crowd. Klein and Racicot were in center and right fields respectively and showed the fans mid-season form, mighty few balls getting by them. Racicot is somewhat handicapped with a sore hand which was split in practice two or three days ago but will soon be in shape again. A boilermaker, whose name we did not learn, occupied the left garden. He did some running. The fans urged the management to hand him a contract. The men who have signed contracts for the season are expected to report for duty today and the middle of the week should give the management some idea of the probable lineup for the season.

Harding And Budget Director Dawes Present Report In Senate Today And Claim Saving Is Result Of Budget System.

Washington, D. C., May 8—Government expenditures for the fiscal year ending July 1st, were reduced $1,600,000,000 below those in 1921 according to Director Dawe's report to congress today, in collaberation with President Harding. Of this amount $907,500,000 represents a saving in routine business of the government, the President said. Dawes, in his report declared that $250,134,853.03 of that amount could be fairly credited to the budget system. Outstanding items follow: United Shipping Board $96,300,700; War Department, $41,022,000; Navy department, 41,195,000; Postoffice department, $13,940,000; Veterans Bureau, $18,797,000. Expenditures of the fiscal year 1921 for routine government business, totaled $2,673,435,000, for the fiscal year 1922 registered a drop of $1,765,875,000. While the total reductions amount to $907,500,000 the bureau claims credit for saving only $250,134,835.

DISCUSSED BETTER HEALTH PROBLEMS

The following paper was read before the last meeting of the Child Welfare Department of the Community Club by Mrs. Josephine Nelson, R. N., of the State Teachers College.

THE UNDER NOURISHED CHILD OF SCHOOL AGE — 10 PER CENT UNDERWEIGHT

The draft revelation opened our eyes to the need of child welfare work, when we found out that one out of every three of our young men were physically unfit. It made us realize that we must do something to correct this state of affairs.

The Children's Bureau at Washington inaugurated a Children's Year, and no doubt many of you remember the program of weighing and measuring of children that year during the wan. It was estimated by the best of authorities that three out of every four children in this country had some physical defect which might have been prevented or corrected. They were also found to be just a little underweight, that is, not quite up to the standard. We have about 15,000,000 of these children in this group and out of this number we have about 6,000,000 malnourished children, 10 per cent or more under weight. These are the children that demand immediate recognition and attention. These children that do not measure up to the standard, in later years, are the men and women who do not measure up to standard. It was surprising to most of us to know that these 6,000,000 undernourished children **did not** come from the slums in the cities and the poorer homes throughout the country, but many were found in the well-to-do families and from the country where fresh air is so abundant. For instance in Chicago a school in the stockyard district 16 per cent of the children were 10 per cent or more under weight, while a school in the vicinity of the University of Chicago showed 57 per cent under weight.

There is a general feeling among parents that the child's ancestors are to blame for his condition. If you speak to some of them about it they will usually tell you that it runs in the family to be thin, that the child takes after Uncle Hiram or Grandmother Jones, others that he will outgrow it. It is quite a task to rout them out of their satisfied attitude, that all will be well if we just leave them outgrow it.

Sometimes children do apparently improve in later years if they happen to live under better conditions. But I want to tell you what happens in the mean time. Dr. McCullan of Johns Hopkins University has made some interesting experiments with or giving them improper food and if animals—rats, guinea pigs and so forth. He showed that by starving kept in this undernourished condition for some time they never really develop into normal animals even though later feeding brings them up to apparently average size. The internal organs of these animals become sagged from lack of muscle tone and become displaced, and do not right themselves with later feedings and care. They also do not reproduce like normal animals.

Since much of our knowledge of physical processes has been obtained from work with these smaller animals it may very well be that the same conditions prevail in the human species; and that children whose physical handicaps are not removed, who are over-fatigued, underfed and improperly fed have some of the results in their physical development as shown in these undernourished animals.

The decidedly underweight children when young are usually the children that break down in high school or college and often leave school sooner than they should, drifting into idleness, bad company because they have not the energy to carry on trades or professions. The high school children of the adolescent period offer more of a problem than do the children of the elementary school because the condition of the undernourishment has been of long standing and bad health and food habits are more firmly fixed.

Dr. William R. P. Emerson of Boston who has been carefully developing through many years, methods for the treatment of the under-weight and under-nourished child gives five principal reasons for malnutrition and to every one's surprise improper food or lack of food is not the most important reason.

His first reason—Physical defects—especially those of the breathing passages. Free to gain is Dr. Emerson's slogan. We must remove these defects before we will get any results from our nutrition classes or special diets. For example a group of under-nourished children was sent out from New York to an open air camp. Some of the children gained beautifully under these ideal conditions. The ones who did not were examined and found to have one or two or even three physical defects. I would not need to go to New York for an example for we have examples right in our midst.

It has been very interesting to watch our monthly weight chart in the Training School. Several of the children had tonsils and adenoids removed in the fall term and were then 10 per cent and more under weight. They are now steadily climbing to the top and are almost normal weight. Other children that were under weight from bad health habits or food habits are also coming to the top with the aid of the good health and food habits taught by the instructors and the cooperation of the home. We, however, have a small per cent that does not seem to improve. In looking up their record we find that they have one or more physical defects and are not free to gain.

Tonsils, adenoids and bad teeth seem to be the principal defects—but many secondary defects may arise from these three mentioned defects. It would take too long to go into detail, but I will enumerate some of the defects that follow adenoids. Adenoids look like a little head of cauliflower colored red. They grow in the back part of the throat where the nose and throat join. They stop up the nose and make the child breathe through the mouth permitting much dust and germs to enter the body in this way.

Chronic nasal catarrh, earache, and that always means that the child is in danger of getting deaf—swollen bridge of the nose,—high narrow palate, called church roof deformity, irregular, projecting teeth, poorly developed upper jaw. Chronic inflamation of the throat—enlarged glands of the neck, becoming inflamed principally by drainage into them from diseased tonsils, adenoids, teeth and become larger from overwork. Increased liability to tuberculosis—defective articulation, unhealthy tonsils and teeth, cause heart disease, indigestion, rheumatism, bowel and lung trouble. Another defect such as eye strain, frequently means nausea and loss of appetite.

His second reason—Lack of home control—I think you have had talks along this line but will say that the parents must assume the intelligent direction of the family. We find very sad conditions sometimes where the parents wont permit the children to carry out a health program.

His third reason — Over-fatigue — Rest is as important as food in the child's development. There is overstimulation, movies; activities out of school, such as classes, clubs or lessons. He is up too much late at night to get proper nourishment from his food. Nervous excitement of all sorts are quite as disastrous in their effect on the children of the well-to-do families as on those of the tenement homes and other similar places.

His fourth reason—Defective feeding—This includes lack of food, improper food and faulty food habits. More of our children suffer from improper food and faulty food habits than from lack of food. The main part of the diet for the under weight child should consist of body building foods, such as milk, bread, cereals, fruit, and vegetables, especially leafy vegetables. A day should not go by without the child eating some of each of these foods. Much could be said of the importance of milk in the child's diet. It contains all the food material needed for growing bones and muscles. Not less than a pint of milk should be given a day and if possible, a quart. Milk should be whole, and not too cold. Warm milk is more easily digested. Some children rebel in taking milk in any form and until a child can be taught to like it milk should be given in the form of cocoa, milk soups, custards, etc. The morning and afternoon glass of milk in the schools is so very fine and I feel sure that we will find many schools adopting this plan. We are sure then that they are getting at least their pint of milk a day. We hear very good reports from the Lincoln school where they have adopted this plan.

Dr. Emerson has proved that for the under-nourished child five smaller meals are better than three heavy ones, a mid-morning and mid-afternoon lunch consisting of milk and graham crackers or a sandwich of bread and butter or peanut butter. Lunches of this sort do not take away the appetite for regular meals as sweets do. These lunches should be followed by a rest period which is especially good for the nervous and over-stimulated child.

Bad food habits, such as drinking tea and coffee, eating too fast, and not having meals at regular times. Children will make their meals on one article of food if they like it and here is where the guiding hand is needed. This reminds me of a story of a boy about ten years of age that was asked by his teacher to write a thanksgiving menu. This is what he wrote:

A Boy's Thanksgiving Dinner

An eight-year-old lad was asked to write what he considered a good dinner bill-of-fare for Thanksgiving, and here it is:

First Corse—Mince Pie.

Second Corse—Pumkin Pie and Terkey.

Third Corse—Lemon Pie, Terkey, Cranberries.

Fourth Corse—Custard Pie, Apple Pie, Mince Pie, Chocolate Cake, Ice Cream, Plum Pudding.

Desert———Pie.

Fifth reason—Faulty health habits such as insufficient sleep, sleeping with windows closed, not keeping the body clean, infrequent bathing, (bathe at least once a week) and unsanitary mouth, lack of out door play. A child should have a bowel movement every day, preferably in the morning.

The scales are of course the best means of detecting the under-nourished child but there are certain signs which distinguish these children even without the knowledge of weight. They have over-serious faces, bad color, dark circles under the eyes, fatigued posture, with hollow chest, protruding shoulder blades, and prominent abdomen. About 60 per cent of such children have spinal curvature which is usually overcome when the mal-nourishment disappears.

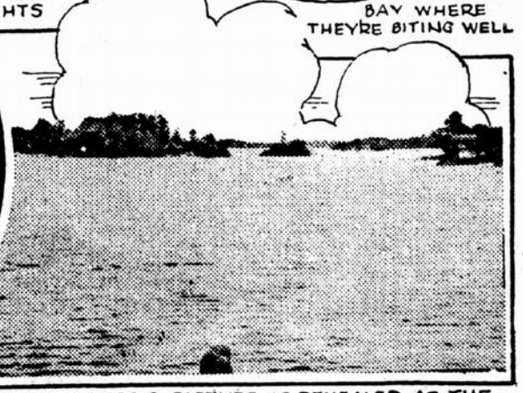
We are sometimes a little hard on the child that does not stand straight, with chest up, allowing the lungs to expand, because we think it is just a careless habit. But usually you will find that these children are undernourished and just don't have the energy to take a good posture. Flat feet and flabby muscles are other signs of malnutrition. After the child is free to gain, the program is simple, possible and cheap. A wise old phsician once said of the cure of tuberculosis, "It is just living as every body should live all the time."

INDIANS' PLAYGROUND NOW WHITE MAN'S SUMMER RETREAT

TENTING DE LUXE AT OAK ORCHARD – TENTS HAVE RUNNING WATER AND GAS LIGHTS

A QUIET KAWARTHA BAY WHERE THEY'RE BITING WELL

ALWAYS SOMETHING DOING. TODAY IT IS A TUB RACE



A CHARMING KALEIDESOPIC PICTURE IS REVEALED AS THE LAKE STEAMER PASSES THROUGH BOUCHINK NARROWS BETWEEN STONY AND UPPER STONY LAKES

Kawartha, the "Bright Waters and Happy Lands" of the Indians who roamed Ontario's woods i. the long ago, is still a summer playground. A dozen lakes—Balsam, Cameron, Sturgeon, Pigeon, Bald, Sandy, Chemong, Deer, Lovesick, Stony, Clear and Katchewanooka—compose a seventy-mile chain of enchanting waterways and from this main chain depend many more smaller lakes connected by rivers and brooks.

Along the forest fringed shores where Indian camp fires used to flare to the tom-tom of savage drums, burn brightly through these summer lights the camp fires of white folks to the strumming of ukeleles, for countless camps and cottages, yes, and pretentious dwellings of city folks, who flee to this wonderland when summer approaches, are scattered through Kawartha.

This summer land has several gateways, the principal ones being Bobcayeon at the junction of Sturgeon and Pigeon Lakes at about the center, and Peterborough on the east on the Otonobee River, the outlet of Katchewanooka. Leaving Peterborough by boat, travelers have the unique experience of passing through the world famous Peterborough Lift Lock. Many prefer to enter this summer paradise by its middle door at Bobcaygeon, because of its picturesqueness and easy access.

Delightful resorts are scattered along the shores of all the lakes. Several good hotels and numerous cottages make Bobcayeon popular with summer visitors. An unusual luxurious resort is Oak Orchard on Buckhorn Lake, while two comfortable hotels face each other across Buckhorn Falls, one of them having a cottage colony. Park Hotel at Burleigh Falls is very popular with the fishing fraternity as excellent fishing is to be had in the surrounding waters. Stony Lake is a veritable summer colony. Its shores and many islands are dotted with cottages, running the gamut from shack cabins to rather palatial affairs Then too, there are dozens of hotels ranging from fisherman's lodges to fine summer hotels. Stony Lake always presents an animated scene being covered th . .oes and motor boats and great gayety mark its summers.