

State Library

# THE POLK COUNTY NEWS

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\$2 a Year, Worth More

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## Notes From The State School Nurse

### THE PSYCHOLOGY OF HABIT

Habit formation, good habits, should be established in infancy. Mothers would not fall back on the excuse, "Yes, I know that but I don't have time".

If mothers only knew that it takes less time to form good habits than it does to break up bad ones, and to nurse the results of bad habits they would take time.

Beginning early in right habits of food, exercise, fresh air and personal cleanliness, these habits soon become automatic with children and they do not have to be constantly nagged and reminded.

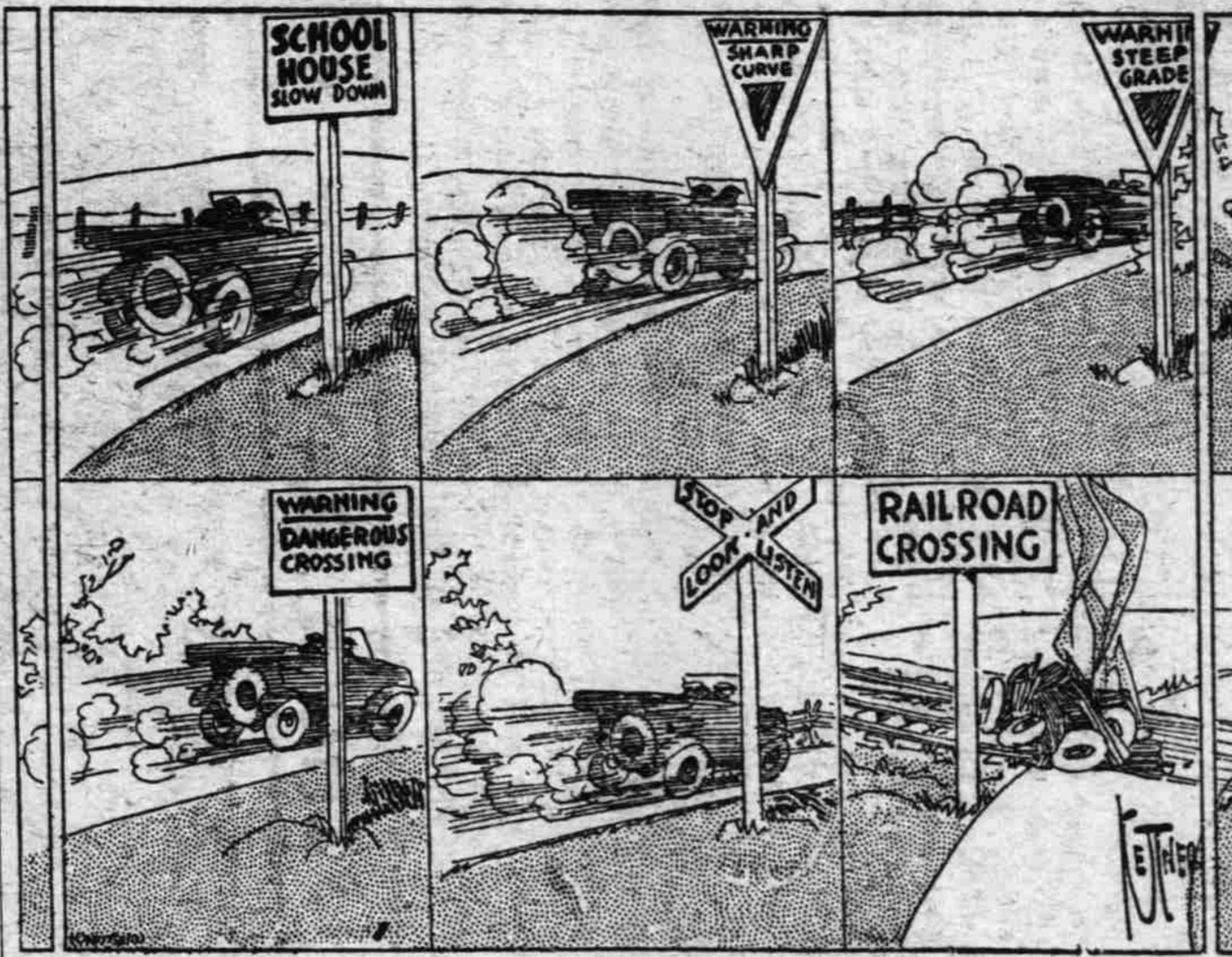
The use of the cleanliness tooth brush would become as automatic as the washing of one's face, were it begun at a very early age. We are told that teeth decay for two reasons only, either because they are dirty or the body has not been reinforced with bone-building food. The teeth should be washed at least twice daily.

Sleep, the period for organic reconstruction, is another fundamental. School children should sleep from eight to ten hours in the twenty-four, they should retire early at some regularly fixed hour, sleep each in a separate bed and in loose night clothes and with windows open, winter and summer alike.

Periodicities bladder and bowel evacuation should be fixed in early life. Constipation, "The curse of modern life", is due mainly to carelessness and is responsible for many ills.

Food habits should be established at the birth of the child, beginning with its milk and water diet in proper quantities and intervals and in addition, after a few months, the fruit juices, orange or tomato juice strained and given in certain quantities each twenty-four hours. Poor food habits constitute a great factor in producing retarded and defective children. Underweight should be regarded as a danger signal, as it comes either from some physical cause or from poor food habits as a rule. Ten per cent or seven per cent underweight should cause concern on the part of the parent. That children do not like this or that is no excuse for improper diet. When the child first begins solid food the proper food materials

## The End of a Perfect Day



should gradually enlarge his dietary and he would not have the choice of bad ones. Food habits become automatic, personal cleanliness becomes automatic, and so on; if we teach these habits early in life,

Personal cleanliness should be stressed also. It gives self respect, encourages good morals and is conducive to good health.

Insist on regular habits, especially those of bathing, exercise, rest, food, play. Make health a habit. "Habits must be controlled or they will control". The future of the child depends largely on correct habits. His real character is based on good habits, established early in life.

### Report of State School Nurse for Past Week

Schools visited— Lynn, Tryon white, Tryon colored, and continued Columbus school.

No. school talks 8.

Lighting good in 2 schools

Lighting fair in 1 school

Bubbling fountain in 1 school

Running water and individual cups in 1 school

Common drinking dipper in 1 school

Toilet facilities in all schools.

Defects found—

Vision 22

Diseased tonsils 149

Nasal defects 64

Number children with defective teeth 233

Other defects—eye strain, diseased lids, crossed-eyes, skin affection, anemia, hookworm suspects, poor nutrition, lameness, deformity, speech, gait, goitre,

bow-legs suspected curvature, very dirty teeth, and large number of children showing no attention to personal cleanliness.

### To Our Readers

When we bought our new printing material last spring we placed our order for an electric motor to run our newspaper press. The electric firm promised delivery in from eight to eleven weeks. We, depending upon delivery within this time, borrowed a motor with the understanding that we were to return it any time wanted. On last Saturday the owner notified us he had to have his motor at once. Our motor, bought last April not yet received, we are compelled to do the best we can and print on our job press until it arrives. Just how long this will be we can not say, but hope it will not be many days until we can again be in position to use our news press and print our paper in its usual form.

### Mill Spring

Rev. E. J. Jones filled his regular appointment at the Baptist church Sunday.

C. M. Dicus and wife, are visiting the latter's mother.

Wanted:—Fifty basket makers at once. Mountain Industries, Tryon, N. C.

George Vivian Brisco who has been in school at Round Hill, is visiting his parents.

Ere this is published we will be observing Thanksgiving.

All hats half price. Rhodes and Streadwick, Tryon, N. C.

### Mill Spring Route 1

The farmers of this section are busy gathering their crops and sowing grain.

The infant daughter of Oliver Wilson was laid to rest in the Big Level cemetery Friday. May God comfort them in this hour of sorrow.

Wanted:—Fifty basket makers at once. Mountain Industries, Tryon, N. C.

Floyd Dyer and Miss Zadie Ingle were happily married Monday last at the home of W. W. Womack. We wish for them a long and happy life.

Miss Dorcas Edwards of Burnsville, spent a few days last week with home folks.

Mrs. John Abrams spent Saturday night with her daughter Mrs. Quincy Powell.

Walter Elliott and Ancy Womack, made a business trip to Rutherfordton, Friday.

Lebanon school opened Monday last, with Miss Letha Barber as teacher. Most all the scholars are ready to enter.

Born to Quincy Powell and wife, Nov. 17th, a fine son.

Ralph Edwards and wife, spent Saturday night with the latter's parents N. E. Williams and wife, of route 2.

The revenue officers were in this section last Friday. We hope they will keep it up.

Bob Lynch was in this section last Sunday.

All hats half price. Rhodes & Streadwick, Tryon, N. C.

Talmage and Jessie Allen, have accepted jobs at Glendale, S. C., for the winter.

W. E. Elliott and family, attended services at Rock Springs, last Sunday.

### Columbus

J. A. Newman has gone to Greensboro, to accept a position as U. S. mail clerk.

Lindsey Smith and family spent Sunday with John Hutcherson and family.

Mrs. T. F. Williamson, from Asheville, N. C., has been visiting Mrs. R. M. McFarland.

Mrs. Jessie Rice was a guest for lunch at Mrs. A. H. Elliot's.

Wanted:—Fifty basket makers at once. Mountain Industries, Tryon, N. C.

### Daily Thought.

Talk not of wasted affection; affection never was wasted.—Longfellow.

all muffin cups one-half an hour. Serve dessert with sweetened cream. This part is one which the children will