

# Copeland's Health Talk

Dressing Up Baby

BY ROYAL S. COPELAND, M. D.

(United States Senator and Former Health Commissioner of New York.)  
A baby with a wise mother is a fortunate baby. Every good mother desires to be well informed, as well as wise, in the application of her knowledge. Every mother is good.



There! Where are we now?  
Well, anyway, I want to help these good mothers, and if there is anything I can say to widen their knowledge or help to solve their little problems I shall be happy. I know, too, that to aid them in the care of their babies will be the thing that will make them happy.

What shall we discuss today? Suppose we confer together about what to do with babies in order to protect them against the cold.  
Not long ago I had an interesting letter from a Pennsylvania woman complaining about the short socks and bare knees of young children. She says it is a shame to permit children to go about blue with cold. Of course, she is right.

But it is not about the older children we are to talk today. That subject we will discuss on another occasion.  
What is the proper way to dress a baby for its outdoor life?  
Of course, there must be an abundance of coverings to keep out the chill of winter. I doubt if many mothers fail to provide such garments. The chief fault I have to find is with the time these garments are applied.

When the mother is doing her own work and must take care of herself and her baby too, there enter many problems. She must comb her own hair and get ready for the street, besides getting the baby ready. Before she puts on her own hat, heavy coat and gloves, it is easier to get the baby ready for the outing.

This is a mistake. To wrap up that tender youngster in coat, hood, leggings and mittens and then to leave it ten or fifteen or even twenty minutes, while she is making her own toilet is utterly wrong.

On giving serious thought, you can see why. The child is sure to perspire physically. Then she runs, plus the heat of the house, the infant will nearly roast. The consequence is that the sweat pours out, causing the intimate garments to become damp.

What happens when the child is taken out into the air? The surfaces will be chilled, of course, due to the evaporation of the moisture. No doubt many a case of snuffles can be traced to the lowered resistance caused by repeated experiences like this.

The tender skin becomes chapped and chafed by reason of the procedure. All in all it is bad practice. The mother must make her own preparations for the street before

wrapping up the baby. This may be a bit awkward and unless the good woman keeps cool mentally she will perspire physically. Then she runs the danger of exposing herself to the evils I have suggested may attend the infant.  
But if she prepares her hair, puts on her hat and is all ready for the outing with the exception of coat and gloves, it will take but a moment to apply them. This will permit taking the child out-of-doors almost immediately. That is the way it should be.  
Of course, I need not point out the importance of ample coverings in bitter weather. Make sure they are chosen with reference to the thermometer.

Answers to Health Queries.  
V. O. Q.—What should a girl 17 years old weigh, who is 5 feet, 1 inch tall?  
2.—How can I reduce?  
A.—For her age and height she should weigh about 112 pounds.  
2.—Weight reduction is merely a matter of self-control as regards the diet. Exercise is, of course, essential.

N. W. Q.—I am 14 years old, 5 feet 4 1/4 inches tall, how much should I weigh?  
A.—You should weigh about 118 pounds.

### Connie's Next?



Townsend Netcher, rich young Chicagoan, who, it is authoritatively reported, is soon to become the husband of Constance Talmadge, motion picture star.

### LONG TERM FOR STATE SCHOOLS RATED UNLIKELY

State Capitol Hardly Thinks Legislation Will Better The Schools.

Raleigh.—An eight months school term for the entire state by legislative enactment is not regarded here as more than a remote possibility, despite the detailed and definite statement issued Monday by the North Carolina Education Association, in which the association claimed that an eight months school term would lower taxes, rather than increase them—provided the state equalizing fund would be boosted to from \$5,000,000 to \$7,000,000 a year or more.

However, there are a number of obstacles in the part of the eight months school term through the enlargement of the equalizing fund, which are bound to have weight with the incoming general assembly.

First, perhaps, is the fact mentioned last week in a statement from Governor-elect O. Max Gardner, that already 75 per cent of the children in North Carolina are in schools having terms of eight months or more, and a statement made during the same week by Odus M. Mull, of Shelby, and a member of the 1929 general assembly from Cleveland county, and generally credited with being as close to Governor Gardner as anyone in the state, that it was not likely that this legislature will either authorize the submission of an amendment calling for the eight months term, or provide it through legislative means, since there is already adequate machinery for any counties that desire it to have an eight months school term.

These two statements by Governor-elect Gardner and Mr. Mull are least not in favor of compelling those counties that do not want more than a six months term to have it, and to leave the question of an eight months school as it now is—on the county option basis.  
Not that Governor Gardner and Mr. Mull are not in favor of a longer school term—for both of them are in favor of the longer term. But they evidently think it best for the longer term to come about gradually, at the instigation of the counties themselves, than to bring it about all at one time by state-wide edict.

It is also generally understood that both Governor Gardner and the majority of the members of the general assembly are in favor of a liberal equalization fund. But whether they will be in favor of an equalization fund large enough to provide an eight months school in all the counties in the state is another matter. For it is admittedly no easy task to find the revenue sources necessary to yield the \$4,000,000 or \$5,000,000 above the usual amount necessary that would be needed to support an eight months school throughout the state.

The plan as proposed by the legislative committee of the North Carolina Education Association sounds simple and plausible, and undoubtedly would do what the committee claims—lower taxes on land in the counties for the support of the schools. But it would also saddle the expense of the taxes removed which in turn, would be passed on to business and industry. And business and industry already are clamoring that they are bearing all of the tax burden that they can stand in the state, and then some.

Another drawback to the committee's plan is that it proposes to raise the increased revenue by means of a sales tax on various commodities, such as cigarettes and manufactured tobacco products, and upon generated electric power. For while tax experts agree that the sales tax is undoubtedly a legitimate tax, it is also agreed that it is in reality a tax upon the consumer, and that it is also a difficult tax to collect and administer.

But still another obstacle in the way of imposing a sales tax in North Carolina is first the fact that North Carolina general assemblies have consistently been opposed to any form of the sales tax, and have refrained from imposing it. Second, it is being recalled that something over a year ago, Governor Gardner expressed himself as being decidedly opposed to the sales tax, in an address before the North Carolina Retail Druggist Association in Greensboro.

So everything considered, it is generally agreed here that the omens are not propitious for the eight months school term by legislative enactment.

#### Offsetting The Sharks.

(From The Wall St. Journal.)  
A loan bank was started in Pittsburgh as a civic enterprise by leading business men to offset the loan sharks and to make it possible for working men and women to obtain loans at low interest rates as readily as wealthier citizens do in regular banks. The director of this loan company have declared an extra 1 per cent Christmas dividend, making 7 per cent paid in dividends this year. Branches of this company have been opened in two adjacent towns.

### Pastors Opposing Religion Revision

New York.—New York pastors of various denominations, with one exception, raised a chorus of protest from their pulpits against the statement of Prof. Harry Emerson Barnes, of Smith college that modern science demands a revision of religion and a new concept of God.

The one pastor who agreed with Prof. Barnes was John Hayes Holmes of the Community church who said "we should have a religion to fit our times."

Prof. Barnes made his plea for a new religious foundation in an address before a sectional meeting of the American Association for the Advancement of Science, which is in session here.

"We must cease talking of God," he said. "We must supplant theology by mental hygiene." "Science has shown it to be difficult to prove the very existence of God."

Cardinal Hayes from the pulpit of St. Patrick's Cathedral, said that "it is the fashion of the day to see conflict and contradiction between religion and science," but that "true religion reverses true science, rejoicing in its unfolding of the beauties of nature because it makes manifest the omnipotent intelligence of God."

Rev. Christian F. Resner, Methodist, charged Prof. Barnes with being "unfair, because he is not familiar with modern theology." "As well might I undertake to criticize science in that field which he displays."

"Little Minds" Cause Trouble.  
Rev. Dr. Harry Emerson Fosdick, Baptist said:  
"It is the little minds in both

### Coolidge Gives Pardon



Former Representative John W. Langley, above, of Kentucky, received a full pardon from President Coolidge. Langley had been sentenced to two years in the federal prison for conspiracy to violate the prohibition law.

camps who cause the most trouble. The foremost religious minds are becoming more scientific and the foremost scientific minds are becoming more religious."

Rev. Dr. Henry Darlington, Episcopal, said: "Science and religion are not at war, as the ill-informed think, but are co-operators for the general good of mankind. Science builds the machinery. Religion decides how it shall be used."

### BEST DRESSED WOMAN SPENDS \$75,000 YEARLY

Asheville Citizen.

Here is bad news for the girls. It costs \$75,000 a year to be among the best-dressed women of the world, and even when that blissful condition is attained, it's nothing but a source of weariness of the flesh and vexation of spirits, because it takes up so much time and exertion that the queen of clothes has neither leisure nor strength for anything else.

The sad tidings come from Mrs. Paul Dubonnet who, as Mrs. Jean Nash, was known as "the best dressed and most extravagant woman in the world." On a shopping tour in New York she told a reporter all about it. "I go to the shops," she said, "and I order several dozen dresses. They all need special hats, shoes and stockings. Then I fit and fit until I am worn out. At Chanel I stand for hours. Then at Reboux I try on hat after hat. There is the endless process of cutting the felt an inch over my eye, pulling it down over my ear. The clothes come home. I haven't time to wear them all. By then, I've seen other clothes that I like better. I order them. It is most discouraging."

Rising from the inanities of grief over the trials brought on by extravagance, Mrs. Dubonnet gave worthwhile advice to the woman who can not afford to compete in the lists of the best-dressed but wants to be

well dressed. "First," she said, "buy only a few clothes at a time. Second, buy simple but exquisitely fitting clothes. Third, take time with fitting. Fourth, have always one perfect costume."

The woman, she said, who lead the world in raiment spend at least \$75,000 a year on the job. "A decent wrap," she remarked casually, "costs \$50,000, and you simply can't get a mink coat that's fit to wear under \$12,000. But, she added, any woman of "moderate means" needs not despair. "She can dress well on \$10,000 a year if she buys no furs and no jewels."

This means, of course, that dress can be a vice and a dissipation. The woman who endures Mrs. Dubonnet's pains and trials for the hollow honor of being among the "best-dressed" gives her life to the business. Of what avail to excel in clothing and have neither time nor strength left for the real things of life? Mrs. Dubonnet in giving an interview has preached a powerful sermon.

#### The Peanut Farmer.

(From The Lumberton Robesonian)  
Some farmers up Maxton way made a pretty good thing out of peanuts this year. They shipped some time ago a car load which placed \$6,000 in their pockets. The peanut growers had better luck than those who raised other truck crops, though they report that the heavy rains in September packed the ground so that many peanuts were lost. Between 90 and 100 acres were planted by nine farmers and farmerettes who organized a peanut association.

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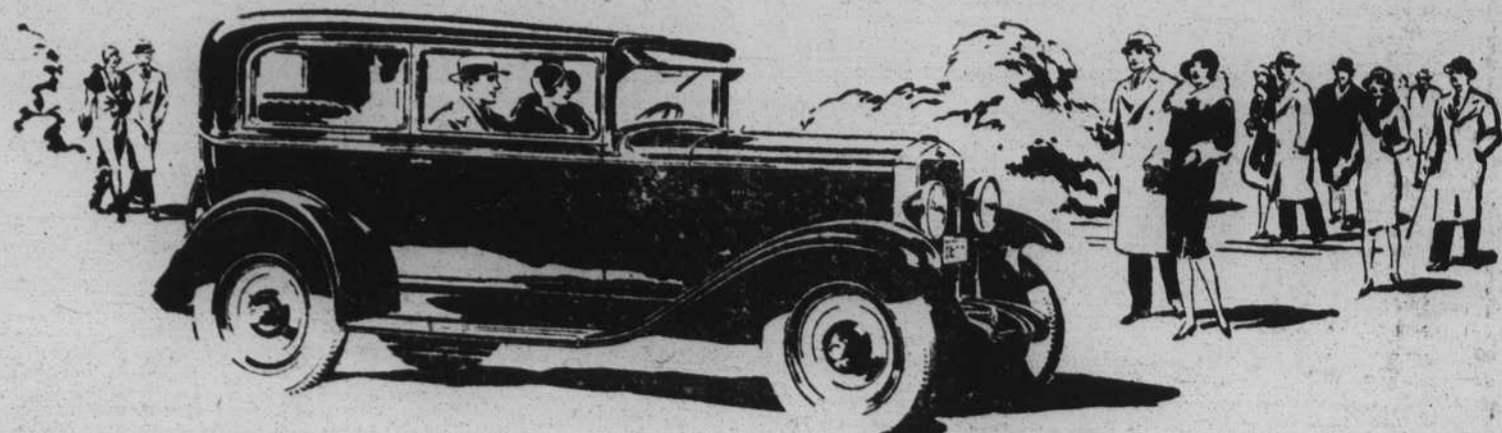
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—RAY PRIEST  
Detroit Times

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