

1930

Child Health May Day

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Child Health May Day

By Anafred Stephenson

May Basket day brings with it a new meaning this year—that of Child Health Day.

President Hoover in his proclamation states that "Whereas the future of our nation rests with the children of today; and Whereas the good health and protection of childhood is fundamental to national welfare, and the march forward of our country must be upon feet of children; Therefore, I, Herbert Hoover, do hereby designate May First as Child Health Day and do invite the people of the United States and all agencies and organizations interested in this most important subject to make every reasonable effort to bring about a nation-wide understanding of the fundamental significance of healthy childhood and of the importance of the conservation of the health and physical vigor of our boys and girls throughout every day of the year."

This proclamation recalls to mind the tremendous success of May Day attained in 1929. Not merely did every state as a whole plan for it, talk for it, work for it; but tiny communities, remote from centers where the plans were made and help was available, held their May Day celebrations. Nor did they cease their efforts with a single day's activities. As a result, thousands of preschool children were immunized against diphtheria, examined for physical defects, and sent to doctors or clinics for the correction of remediable defects.

It is the aim of the Committee this year to reach and even surpass the goal of 1929. Parent co-operation in the community program for child health, summer round-up campaign, protection against diphtheria, interest in the creation of a Child Health Division in the State Department of Health, prevention of childhood tuberculosis and heart disease and child health activities of the Four-H Club work are all subjects to be particularly emphasized in the program this year. It is hoped that Child Health Day in 1930 will be a day of joy for the children—a day when a more determined effort at disease prevention and health promotion may be made and a foundation laid for a structure that shall prove to be a thing of beauty and a source of health and happiness for years to come.

The Child's Bill of Rights, written by President Hoover, has become the slogan and ideal of all those interested in Child Health May Day. "The ideal to which we should strive is that there shall be no child in America:

That has not been born under proper conditions.

That does not live in hygienic surroundings.

That ever suffers from under-nourishment.

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or yellow or rose should be placed where they will harmonize with the planting.

Gray-barked dog wood may be grouped with clumps of golden-barked or red-barked varieties. The last mentioned, *Siberica*, by name, has coral-red bark and white flowers followed by porcelain-blue berries.

Some of our questions on gardening are answered in two good books to be found in nearly every library:

Home Flower Culture by Prof. E. C. VOLTZ.

The Garden Month by Month by Mabel CAOT SEDGEWICK.

Briefly stated the points stressed in this article have been: Plant for the view out of doors as if it were another room, for a continuous supply of fresh flowers and for winter bouquets in those colors that will complete the color harmony within your home. Suit the color, texture and line to the container and to the place of its use. Choose the most permanent materials available. Experiment with color harmonies in the garden and in cut flower arrangements.

When the time comes to plant, with plans in mind and plants in hand, let us put on a smock the right color, of course our gloves and sun shade, and go to work in that warm rich soil. We can let go all nervous tension and lose ourselves completely, to find new life in the gifts of the garden, only one of which is its glorious gift of color.

The Tragedy of Errors

(Continued from page 3)

Ada (curiously): Can you wear collar-less dresses?

The Short Coed: Yes, my neck is short but not too thin. Oh, yes, and I must wear softly gathered sleeves to conceal my thin arms but never sleeveless numbers. I could wear a net bertha or a cape with that sleeveless dotted voile, though, couldn't I? I'm glad I like full skirts and ruffles, for I guess they are just right for my type. And thank goodness I can wear plaids, although I must be careful, of course, not to get too big plaids as they call attention to my thinness.

Ada gave instant attention at the mention of plaids.

The Plump One: Well, stout people like me can wear plaids, can't they?

Susie (looking whimsically at the big plaid coat on her plump friend): No, big plaids must be worn only by the average figure.

Ada (in a grieved tone): Oh, I do love plaids. But what did she say about those printed dresses? Do you s'pose she would say my dress has too large a design?

Susie (regretfully): Yes, I'm afraid she would. She said that stout girls

must avoid the large patterned fabrics, and that the tall ones could wear them better than any other type. The fine, small prints were suitable to my type and your type could wear a medium sized figure if the design were not in sharp contrast to the background.

Ada (blushing but game): Tell me more.

Tilly Tall (interrupting): You, Ada, can wear what I can't. I must wear lines that will be horizontally placed across my costume and you must avoid them. Short stout people, whose necks are short, should never wear long-haired fur collars on coats, nor deep cuffs. Tailored necks are best, it seems, and if a fur must be worn, it should be one that is short-haired like beaver or perhaps mink. Was there anything else you wanted to know?

Ada was at first too busy making mental notes of all these corrections of her physical defects to answer.

Ada (finally): What did she say about the long skirts that everybody is wearing?

Susie: Well, she says that the long flared skirts are becoming to nearly every girl but that the long skirts with even hem lines are better for the short girl than any other type, as they suggest length of limb. They also help to conceal thick legs and ankles. The skirt which is long in the back and short in the front only calls attention to ugly ankles.

Ada (grinning): Well, I'm glad that I met you. I'm just going to get a dress and now I know what not to get.

Tilly and Susie: Power to you. We'll be doing the same soon.

Child Health May Day

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That does not have prompt and efficient medical attention and inspection.

That does not receive primary instruction in the elements of hygiene and good health.

That has not the complete birthright of a sound mind in a sound body.

That has not the encouragement to express in fullest measure the spirit within which is the final endowment of every human being."

This Bill of Rights aims at a high goal, which, if reached, would go far in realizing the dream of America—that of making American youth strong and well.

And what part can we, college coeds, play in furthering this great movement? Doubtless all of us have small brothers, sisters, nieces or nephews. Why not write home to them personally (my! how it would thrill them) and tell them about what a wonderful thing this May Day is going to be? Tell them to enter the spirit of the day, have an examination, and be in the pageant. If big sister at college thinks it's the thing to do, then Jimmie or Mary Jean will straightway become interested and spread the news to the "neighbor kids."

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