Conference of Extension Specialists

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Sunshine for Babies

By EDNA ARIDGROWN

Of all the precious things in the wide universe, health is undeniably among the topmost. We all desire to be healthy, happy, bright-eyed children who will take the first prize! Health is the first requisite for a blue ribbon because it is the true basis of happiness and, therefore, our baby first of all must be sturdy and vigorous of body.

Child specialists and physicians over the country are calling unanimously that as much sunlight as possible should be provided. The apprehension that one of the most prevalent forms of malnutrition in infancy is rickets—characterized by failure of the bones to take up calcium from the blood and so harden properly—has caused a national movement to secure increased susceptibility to rickets, little ultra-violet light reaches the earth. This is probably due to the fact that these rays are readily absorbed, and atmospheric pressure, moisture, smoke and dust play a great part in their absorption. Also during the winter months children do not go out of doors as much or as often as they do during the warm summer days and so do not receive adequate ultra-violet rays as they might. Sometimes a solarium is available and children play in the sunlight which filters through the glass, but in other cases they do not get this beneficial ultra-violet rays are entirely absorbed and do not pass through window glass. The sunlight must impinge directly on the body, not on rickets-preventing or rickets-healing value.

Children suffering from rickets and tuberculosis of the bones and joints are being treated in hospitals in England and in Switzerland by direct exposure to sunlight. For at least one-half hour every day throughout the entire year and especially during the winter months. We want all our babies to be blue ribbon prize winners. It should be easy to stamp out this widespread nutritional disorder of infants and young children with such easily available inexpensive preventive measures. You may take your choice of preventive measures, either the cod liver oil, which causes deposition of calcium in the bones in the same way the ultra-violet rays of the sun do, or put the precious baby out-of-doors so that the blessed sunshine may bathe its body daily. Let us keep our children out of doors in the sunshine as much as possible, for this method is so simple and the results so wonderful!

Conference of Extension Specialists

By VIOLA JAMMER

Miss Grace E. Frysinger, of the Division of Methods from the United States Department of Agriculture, a woman of national reputation, spoke at the annual conference of Extension Specialists, County Agents and Home Demonstration Agents held at Iowa State College, October 16, 17 and 18. Her subject was one of high importance, particularly to the winter farmers in their fields: The Analysis of a County to Determine Extension Progress.

She suggested a plan for measuring success and progress so that workers might compare their accomplishments with their fundamental aims:

1. To organize rural people, industrially, politically and socially for rural betterment.

2. To improve present practices among those people.

3. To bring about improved thinking by giving broader visions of national and international affairs. The welfare of the rural people being assured the more so far as they get this wider outlook. The people need larger thinking—they have shown much already in the social development; but they need even more so that their programs may give them large returns in terms of dollars, better living development, etc.

Large thinking means thinking in terms of standards along every line of contact. It means a larger horizon. It means responsible leadership; an intelligent leadership being necessary in every community to work out well balanced programs.

Miss Frysinger spoke of the measure of good citizenship as being physical, mental, moral, social, economic, efficiency, spiritual and poise.

As a final analysis of the methods being carried on, she suggested that one ask one's self these questions:

Is the program sound?

Is it a long time program?

Are our means of carrying out this program efficient?

Are we utilizing time most efficiently?

Upon having taken this inventory of our efforts, we may see if our methods are efficient and producing results. The analysis of the local needs should be the basis upon which to develop a program that will lead to the most worth while achievements.