

MANY THOUSAND CHILDREN ENTER HEALTH CRUSADE

Few Simple Rules, if Lived Up To, Will Prevent Illness, is Theory Leaders Work Upon.

"Education among us consists too much in talking and not enough in training," someone has very wisely said.

The "modern health crusade" of the National Tuberculosis association, through which school children are taught habits of health and hygiene by the actual performance of health chores, is going a long way in correcting this fault in education as far as health matters are concerned, its directors claim.

A total of 38,000 Oregon school children were enrolled in the modern health crusade last year, the state being represented by all types and sizes of schools from the tiny rural school to the big city school. This year, although the first semester is not yet closed, more than 15,000 children are enrolled. This particular branch of the work of the Oregon Tuberculosis association is directed by Miss Elizabeth Hopper.

WHAT CHILDREN DO

Here are the health chores to which the children must subscribe, if they would be classified as health crusaders:

I washed my hands before each meal today.

I washed my face, ears and neck and I cleaned my fingernails.

I carried a clean handkerchief. I kept fingers, pencils and everything unclean and injurious out of my mouth and nose.

I brushed my teeth thoroughly this morning and after the evening meal.

I drank four glasses of water, but no tea or coffee.

I was in bed 10 hours or more last night, and kept my window open.

I tried to eat slowly and only wholesome food, including milk, vegetables and fruit.

I went to toilet at regular time.

I tried to sit and stand erect.

I tried hard to keep neat, to be cheerful, straight-forward and clean-minded, and to be helpful to others.

I had a complete bath on each day of the week checked.

The performance of these chores for two weeks gives a child the title of page; after five weeks' performance they become squires and receive a button; after 10 weeks' performance they become knights, with a more ornate button, and after 15 weeks' practice of the health habits they become knight banners and receive a handsome gilt button.

HABIT, NOT KNOWLEDGE

The new course in health and hygiene

CHILDREN PLAY THE GAME OF HEALTH



Pupils of the West Portland school, who recently presented the little playette, "The Seven Keys to Health," as a part of their work in health and hygiene. These children are members of the modern health crusade, the juvenile work of the Oregon Tuberculosis association.

offered in the public school course of study, issued this year by J. A. Churchill, superintendent of public instruction, opens the way for the modern health crusade and intensive nutrition work in a bigger and more comprehensive way than has hitherto been possible. The crusade brings into the school room a distinct influence serving to reinforce the work prescribed by the text books. Health is not so much a matter of expensive knowledge of facts as of will to comply with a few simple laws from day to day until compliance becomes habitual. The crusade system supplies the will by interesting the child.

Teachers and principals, almost without exception, give every assistance to Miss Hopper in the work, realizing that the inculcation of habits that make for better health, means higher scholastic standards. Miss Lella Howe, a teacher in Estacada, said of the movement: "It was my privilege to carry on this work last year and I found it a wonderful aid in arousing the children's interest in better health."

Both the country child and the city child take to the health chores like the proverbial ducks to water, and there is always great rivalry between different rooms and different classes for the highest number of those having honor buttons. Miss Hopper is much in demand as a speaker at county teachers' institutes and during the fall was a speaker at the following institutes: Morrow, Marion, Lane, Deschutes, Harney, Curry, Clackamas, Gilliam, Wheeler, Hood River, Linn and Multnomah.

Turkey Costs Sag 10 Cents Pound in Market in Chicago

(By Universal Service) Chicago, Dec. 16.—Turkey prices hopped on the toboggan and began sliding down toward Christmas.

The exact difference between Thanksgiving and Christmas, it was announced, this year will not be reckoned in weeks but in dimes.

"The housewife will be able to buy her Christmas turkey 10 cents a pound cheaper than her Thanksgiving fowl," W. T. White, produce manager of Morris & Co., said today.

The price has dropped 3 cents a pound within the past 10 days according to Mr. White.

Roseburg, Dec. 16.—More than 100,000 pounds of turkey was placed on the market here today for the Christmas trade. Large lots of birds came in from all parts of the country. In spite of the unsettled condition of the market, from 30 to 34 cents is being paid. No outside buyers are in the field and local merchants are buying on commission for outside concerns. The birds are extra fine quality, only a few of the finest bringing the highest price of 34 cents. The farm bureau pool received the bulk of the turkeys and will ship about four carloads.

RACING MASTER DEAD

London, Dec. 16.—(I. N. S.)—Lord Marcus de la Poer Beresford, former master of the royal family's racing stables, was found dead in bed today. The Evening News printed a report that a phial containing poison was lying at the bedside.

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