

Fewer Deaths in First Year Here

Oregon Ahead of Nation and Marion Ahead of State in Reduction

Marion county is doing its share to uphold the Pacific northwest's record for being one of the healthiest sections of the country for young children. Health department records for the last 16 years here show that this county's infant mortality rate not only has been steadily improving but also has consistently been better than the average for Oregon as a whole.

This improving infant death rate alone indicates that Marion county's children enjoy good health, in the opinion of Dr. Vernon A. Douglas, county health officer.

"The children in our county are receiving good care, pure milk, fresh air and in most cases adequate amounts of vitamins," he explained. "Parents are learning how to give their babies more scientific care, to arrange modern feeding schedules and to protect them from childhood diseases."

33.4 Per Thousand is Rate

A survey made of the health unit's work here last year by the Commonwealth foundation of New York revealed that the infant mortality rate had dropped from 55.4 per 1000 live births during the five year period 1920-24 to 40.6 in the period 1930-34. Marion county's infant death rate last year had dropped to 33.8 and to date this year has been 33.4.

This county's infant mortality rate during the three five-year periods 1920-1934 was found by the Commonwealth workers to compare with the statewide rate as follows:

Period	Marion county	Entire state
1920-24	55.4	56.4
1925-29	43.2	49.2
1930-34	40.6	43.1

Parents' Habits Pattern of Baby

The parents' life will be mirrored in the baby. If he sees his mother and father as calm, fairminded, honest and courageous persons, he will possess these qualities. If he is brought up in a home of discord, the effect of that home will leave its mark upon his character. General rules for parents are:

- Be what you want your children to be.
- Expect that he will do the right thing, and give him credit for it when he does.
- Always keep your promises to him.
- Do not show fear in his presence or suggest fears to him.
- Never lose temper when correcting him.
- Do not baby him.
- Teach him to do things for himself, to be self-reliant and gradually more independent of his parents.

Regular Bedtime Habits For Child All-Important; No Debates Needed When Nighttime Routine Is at Hand

The best way to handle the vexing problem of getting a child to bed is to handle it as no problem at all. The child must sleep; ergo, the deed of getting him to bed must be done, quietly, efficiently and without undue attention.

It is foolish for a parent to go over each day the matter of going to bed as though it required an argument. Sleep is imperative; therefore the child must be regular in his bedtime habits.

A sure way to make it difficult to get the child to bed is for parents, to be irregular in their bedtime hours. Statements such as: "I hate to go to bed and I hate to get up in the morning" confuse the child and are soon picked up by him as excuses for not making a prompt retirement when night comes.

No Choice Permitted

Parents should not ask questions such as "are you ready for bed?" They should firmly state: "Time for bed now," and proceed as though here was a fact which needed no discussion. No opportunity for choice should be allowed; putting away the toys, undressing, tooth-brushing, are not matters for debate; they are accepted functions of each day's life.

The child wishes to feel secure when he goes to sleep. Parents need not be present invariably when the child awakes but they should never promise son to be and break their promise. Mothers can overcome uncertainty in the

child by stating: "I shall be out when you awaken but I will return at a certain time."

The child should not be rushed to bed nor should he be strapped into bed or pinned between the covers. No child wants his freedom of movement interfered with. Oftentimes the father, home from work, can assist the mother in putting the baby to bed thus affording the baby a change in caretakers, giving the mother time to prepare the evening meal and providing the father an opportunity to become acquainted with his offspring.

Child Can Soon Help

At the outset, in the going-to-bed-routine, the adult must take the full responsibility. Soon the child can take part in the program. He can pull off a stocking, bringing chuckles of glee. He can pull an arm from his dress himself. Pulling off a garment which has been loosened and slipped down is a fascinating occupation for an 18-month old child. It is only a short time until the child can crawl into his own bed, pull up the covers and snuggle down, willing to let himself drop off to sleep. By the time he is four his parents will be surprised at his own independence.

Parents by all means should avoid making the child dependent upon a particular toy or plaything in going to bed. Some children must have a doll, or a certain blanket, or a smooth ribbon to

Warm Wraps Need For Motor Rides

Lively Colors Popular in Youngsters' Outfits; Zipper Bag Good

Although youngsters are usually exceptionally warm-blooded, they still must be protected against cool evening breezes and drafts when motoring with father or mother.

Wraps for boys are confined to sweaters and they may be found in an astonishing range of colors and designs. The toddler may be more comfortable in a light woolen knit suit over which he may or may not wear an additional sweater.

Girls are following in the footsteps of their mothers this season and have added bright reds, blues and greens to the pastel colors to which they have been partial in the past.

Flannel coats for cool days and evenings and picnic coats for mid-summer are plain and swag-

ger, many of them double-breasted. They come with matching berets or off-the-face bonnets which tie under the chin and are devastatingly becoming. If your baby boy or girl is still a baby, you will want a zipper bag, with or without a hood, for outdoor expeditions. They come in fancy beacon cloth weaves and in silk for summer. The snugly enclosed bag keeps baby's feet and hands warm and protected.

Stork Shows Slight Preference to Boys in County

The stork paid 923 visits to Marion county during the year which ended March 31, health department records reveal. Of these visits, 239 were made between January 1 and April 1 of this year.

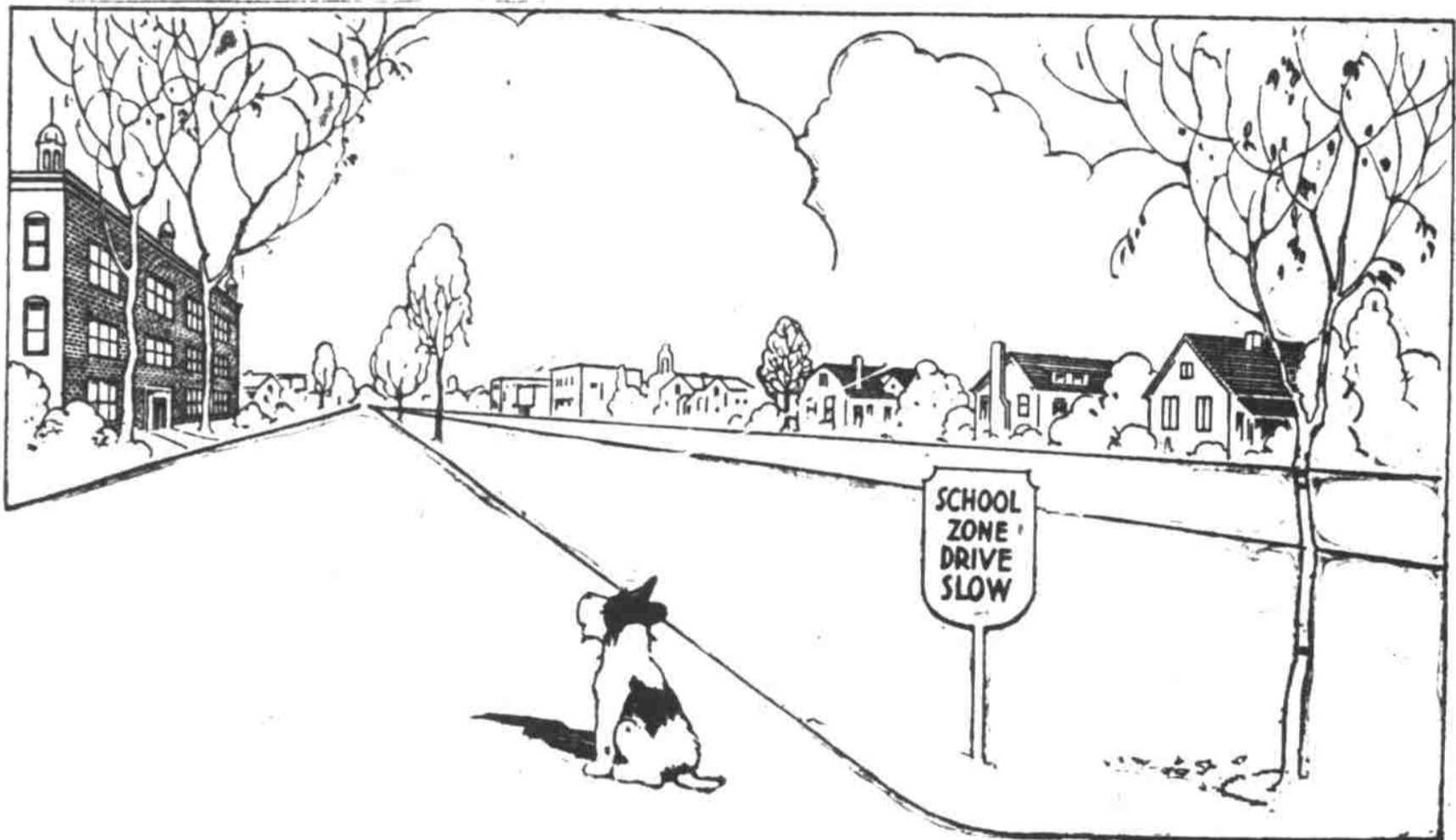
The big bird who presides over baby's first one-pin hitch is slightly partial to boys, the records further show. He brought to Marion county 471 boys and 452 girls during the 12-month's period.

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Needs Daily Nap

Little children need a nap every day. When babies are taken into the outdoors for their naps, their eyes should be shaded from the sun. All children have certain natural traits which should be encouraged equally. There should be vigorous active play, "pretending," and creating or making things.



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