



THE DOCTOR SAYS . . .

### Most Mothers Can Nurse Own Babies

By W. G. BRANDSTADT, M.D.  
Written for  
Newspaper Enterprise Assn.

When it was learned about a century ago that infants could be fed by formula, wet nursing as a profession was doomed. Formulas have brought nourishment to millions of babies but have led far too many mothers to nurse their babies halfheartedly or even to avoid trying to nurse them. What was lost sight of was that breast feeding has many advantages over formula feeding.

First, there is freedom from bacterial contamination. Breast feeding is economical and requires no elaborate preparation. Then, too, the breast-fed baby is less likely to develop exzema and allergies. Mother's milk contains antibodies against many of the infectious diseases to which the mother has acquired an immunity.

One of the most important advantages is the strengthening of

the deep bond of love between mother and child.

Breast feeding cannot be allowed, however, if the mother has tuberculosis, severe debility, an infected breast (if only one side is infected, the other may be used), or severely retracted nipples.

Almost every mother can nurse her baby if she and her doctor wish it. One of the chief reasons many mothers do not nurse their babies is that doctors and nurses do not take the trouble to tell them the advantages and urge them to try it. If a mother is able to nurse her baby for only two months, this gives the baby a far better chance at a healthy infancy than if the effort is not made.

The baby should first be placed at the breast when he is not more than six hours old. Demand feeding, rather than the once popular four-hour schedule, is a great help in establishing the flow of milk. Giving the baby supplemental feedings of formula because he is not getting enough milk from the breast causes him to work less vigorously at nursing and this in turn gives less stimulation to the flow of milk. One of the main reasons for failure of breast feeding is giving up too soon.

One or both breasts may be used at a single feeding. If the flow of milk is inadequate, both breasts should be used. In this case the baby should start a feeding with the breast used last in the previous feeding.

To fail to nurse your baby because you are afraid it will spoil your figure is nonsense and to fail for other trivial or selfish reasons is to be deplored.



MRS. BEULAH ELLIOTT



SAM REDKEY

### Glue-Sniffing Probe Asked

SALEM (UPI) — The State Board of Health will be asked to look into dangers of "glue-sniffing" if a resolution introduced today in the Oregon House is approved.

The board would be requested to report back to the house with recommendations on legislation.

# Altamont Teacher Named President Of Klamath OEA Unit

Mrs. Beulah Elliott, Altamont Junior High School teacher, has been elected to serve as president of the Klamath County Unit Oregon Education Association.

She will serve with Sam Redkey, vice president; Charles Woodhouse, secretary; Freda Kemnitz, treasurer. Sidney Ratzlaff has been named legislative chairman. Lois Hartley and Glenn Terriere will be delegates to the Representative Council. Christine Murray has been named publicity chairman.

They will be installed at the spring meeting of the association. The nominating committee included Lois Hartley, chairman, James Scott and Francis Scapple.

The speaker, Robert Van Houte, president of the Oregon Education Association, addressed the group on the Oregon plan and its implications for teachers. He stated that today in education there are three major developments affecting all teachers in Oregon. These developments are in the areas of professional competence, professional responsibility, and civic duty. The Oregon plan is one means of improving the professional competence of teachers.

To improve the instructional program within the schools, those districts that are participating in the Oregon plan are experimenting with team teaching. Two, three, and four teacher teams have been organized to enable teachers to pool their resources in an effort to enhance the teaching of subject matter.

Another innovation involves the scheduling of students. The aim here is to adjust the school program to fit the needs of students.

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Under this plan students are enabled to spend more time on a particular subject than was possible under the Carnegie system with its rigid time divisions.

Another feature of the experimental program is concerned with variable grouping. Schools participating in the Oregon plan have been experimenting with different groupings of students to de-

termine which kind of arrangement best meets individual differences.

In addition to the Oregon plan, the speaker commented, there are other ways of improving professional competence. In some school districts where much emphasis is being placed on the development of greater professional competence, teachers are being employed for 11 or 11½ months.

Under this plan, teachers are given contracts to teach for 180 to 200 days. Then they begin the following summer schedule: one summer teaching; one summer working on projects related to the improvement of curriculum; one summer attending summer school; and one summer travel-

ing. By this means, teaching can become a full-time occupation. To complement this employment policy, districts have effected substantial changes in the concept of in-service training. Supervisors are working with individual teachers to develop programs that better suit individual needs.

In the past few years, the speaker noted, the teaching profession has shown greater concern about professional responsibility. Teachers have recognized the need to clarify the extent of their responsibility to the student. Van Houte stated, "We need to know what happens to the student when he graduates or what has happened to him in the second grade." He added, "This role has been thrust

upon us by society. The teacher is the only parent some children have." He then noted the changes that are being made in the certification laws. In this regard he observed, "Teachers want to improve themselves. Older teachers will want to meet new standards whether they are required or not."

In dealing with the subject of professional ethics, Van Houte emphasized that the first application of sanctions in Oregon by the teaching profession was against a teacher who had broken a teaching contract by failing to appear for his assignment or to notify the board of education of his decision not to appear. "It is obvious," argued Van Houte, "that we are assuming more and

more responsibility to see that standards are maintained." Van Houte concluded his speech with a plea for teachers to accept responsibility for civic affairs. He cited figures to show that in about two decades 88 per cent of the population will be living in a few megalopolises. In these huge cities municipal governments will have enormous problems to solve. One contribution teachers can make toward solving these problems is to do their best to get the proper people to serve in government at every level. He concluded, "If our form of government is to survive, we must have an educated citizenry. The teacher's role is to do the educating."

**Rev. Neumann Services Held**  
Funeral services were held Jan. 21 in the Memory Gardens Funeral Home, Medford, for Rev. Fred Charles Neumann, 62, of Central Point. The pastor died in Vallejo, Calif., while visiting a brother.

He was a brother of Mrs. Thomas (Myrtle) Chaburn of Merrill.

Rev. Neumann was pastor of the Ashland Free Methodist Church from 1952 until his retirement in 1958. Following that time he had been employed on a part-time basis by the Oregon State Forestry Dept. He was a native Oregonian.

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### Jacoby On Bridge

NORTH (D) — 23	
▲109764	▲K85
▲A3	▲K62
WEST	
▲83	▲EAST
▲Q7105	▲J74
▲J12	▲KQ1085
▲AQ104	▲J83
SOUTH	
▲AKQJ	▲A32
▲764	▲J75
No one vulnerable	
North East South West	Pass Pass 1 Pass
3 Pass Pass Pass	Pass
Opening lead—♥Q	

### Spade Bid Gets Okay

By OSWALD JACOBY  
Written for  
Newspaper Enterprise Assn.

Since the spade suit out-ranks all others it would appear that any time you have any excuse to bid spades you should do so. In the early days of contract this principle was followed. Early books on the game recommended that if a player held two biddable four-card suits he should open the higher ranking.

It didn't take long to find out that when you held four spades and four clubs of about the same strength a club opening was far more advisable. It didn't take much longer to find out that in many cases a three-card club opening was a preferable to a bid in a four-card spade suit.

Today, most experts won't open four-card spade suits and the few who do, only open these four-carders when the suit is very strong and there is no other satisfactory opening bid.

Thus, even for a player who does not open four-card spade suits the South hand is a proper third hand spade bid. South plans to pass at his next turn and his partner's jump to three spades does not change his mind.

It is just as well that he passed spades, but South has no trouble making three. He has an anxious moment when he leads a club to dummy, but West has the ace and dummy's king of clubs is a winner.

### CHRD Sense

Q—The bidding has been:  
South West North East  
1 Pass 1 Pass  
2 Pass 3 Pass  
4 Pass 5 Pass

You, South, hold:  
▲AK107♥A976♦KQ104♣3  
What do you do?  
A—Bid six hearts. Your partner is inviting a slam and you have the strength to warrant bidding it.

**TODAY'S QUESTION**  
Instead of rebidding three hearts your partner rebids three diamonds over your two spades. What do you do?

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