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Is Still Above Question We started in business primarily to make money, but principally to please a constituency that had tired of bad quality of groceries and feed combined with slipshod methods of business. We have learned that customers appreciate fair dealing much more than forced smiles. Upon these principles we hope to merit the trade of TERRY and YOAKUM county people. Ask anybody in Lubbock about us. Food for MAN and BEAST found at

Spikes & Way Grocery Co.

LUBBOCK, TEXAS

SANITATION AND HEALTH

In the School Room.

By Dr. J. W. Ellis

The following article from the pen of Dr. J. W. Ellis, was read by him before the Terry County Teachers Association at its last session, and was so appropriate to the subject and occasion that the Institute, by unanimous vote requested its publication. There is a general awakening to the importance of proper sanitation both in the school room and the private home, and we doubt very much if you have read an article on the subject that is superior to this one:

The question of sanitation and health is one almost wholly disregarded by state, town and families. Because of the neglect (for there is no excuse for ignorance) it is estimated that 25 per cent of our population go to untimely graves. With this knowledge staring them in the face; with a picture of broken families and its attendant grief, of young lives blotted out, not to mention the enormous expense involved, we have continued to pass this question by without a thought. Hence the necessity of a general awakening of the public to the importance of health and sanitation. Doctors have been agitating the question for years, but because of their relation to the public, have been only partially successful. It is up to the school teacher of the country to bring about the reform. This you can do by a little effort on your part, by instructing the young minds in your charge, who in after life will make use of the knowledge.

In dealing with this subject I shall try to avoid any set rules for your consideration, but will deal only with general propositions.

Let me speak first of the trust reposed by the parents in the teacher. Most of you are young and can not yet understand how we feel when we place our little ones absolutely in your charge. It is no less than criminal for you to knowingly subject them to danger of which they are not aware. The responsibility of their health, and even their lives to a great measure, rests on your shoulders. You will pardon a reference to my personal experience, but it illustrates my meaning. I met a young girl 17 years old, who was home from one of our state institutions to spend the Christmas holidays. She was beautiful and accomplished, and being conscious of these graces, she inspired those with whom she came in contact with a joy of living. She returned to school and roomed the first two weeks in January with another girl who was a consumptive. Before the month was out her health was gone, and in two months returned home a complete invalid. Before the next holiday came, they had carried her to the silent city of the dead. Had the teachers there lived up to their duties this girl would have been living today. You should, therefore, be constantly on the watch, for this disease among your pupils, and if even suspect it, it becomes your duty to insist upon a thorough examination that you may satisfy yourself that he is not tubercular. If a case should develop, it is criminal to subject yourselves and your pupils to the danger resulting from close association. The unfortunate one should be kept out of school room for his own good, as well as

their associates.

This disease as you all know is a germ which generally attacks the lungs of its victim, multiplying in numbers until there are millions of them in the lungs of the patient who expectorates freely and at any place when his condition demands it, and each time spitting out thousands of these germs, which after drying float in the air as dust particles to be inhaled by any one who happens to be in the right place.

If possible you should have the rooms swept after school hours, leaving the windows up for ventilation for several hours. This allows a great quantity of dust to escape and settle down and reduces the number of floating germs.

How to keep the children clean, is a delicate problem that has vexed many a teacher. Nothing adds more to the condition of health and happiness than cleanliness, nothing is more disgusting than a lot of dirty, filthy children. By a proper attention to cleanliness, you will be able to prevent some of those loathsome diseases and conditions for which the school room is noted. Let me suggest that you talk about this thing in the school rooms in a manner that will remind each child of the importance of soap and water.

I would condemn in severe terms the use of the open water bucket and dipper for obvious reasons and because the open bucket catches all the dust, filth and germs coming its way, and it is not even pleasant to think of the public drinking dipper. I would suggest the use of the closed vessel and faucet with a smooth glass from which to drink. Smooth glass does not catch and retain filth and germs so readily, and it is more easily cleansed. In fact, this should

be looked after several times daily by the teacher.

The infectious diseases, such as measles, whooping cough, diphtheria, etc., can not usually be detected until all those who come in contact with it are already exposed. But you can keep those from your school whom you know have been exposed, and if a child becomes indisposed do not think of it lightly but inquire carefully into its condition and if in doubt send it home at once. In fact, home is the place for a sick child, anyway.

Let us briefly look into some of the condition with which you are sure to come in contact.

Each one of you have, or will have in your school a boy or girl who is not doing the work you have a right to expect of them and you are at a loss to account for it. There is a condition of the eye called Presbyopia or near sight, or some other condition which requires an unconscious effort upon the part of the child to focus their eye upon an object, which effort after a time, produces headaches, or a feeling of disagreeable weariness which they soon learn to dread. These children become lazy and are never studious. You can, if you study your pupils at least suspect eye trouble and suggest the remedy to its parent. Ear troubles may cause a child to misunderstand part of the words of a sentence and therefore effect his power of understanding.

There is often small growths in the nose called adenoids which greatly effect the child's mental capacity and which is easily removed. Slightly aching teeth or enlarged tonsil can annoy a child more than the uninitiated may understand. Digestive troubles and constipation are great fact-

ors working against the mental development of children. No child can work to his capacity when suffering from these troubles.

The important question of selecting the diet is so greatly neglected that a word on this subject perhaps would not be amiss. How many of you teachers would be healthy and happy if compelled to eat such food as the majority of your pupils eat? Then it is not reasonable to expect good work on poor food. It is indeed very bad policy to attempt to reduce living expenses by robbing the kitchen. A laboring man cannot live on pasteries, for he would be sick in a week. Beans, bacon and potatoes are no less suited to the student. It is a very bad custom among our schools to carry a little lunch consisting of the left-over from a hasty prepared breakfast. As a result, they eat very little dinner, are extremely hungry for supper at which time they eat so much they can not look over their lessons, and do not sleep well, and when they arise there is no appetite, no energy or ambition. A careful and intelligent selection and preparation of the food, has a greater bearing on the destiny of a child than most people believe. You will not be able to regulate these things in your own students but you can sow seed that will bear fruit in other years by thoroughly impressing these things upon the minds under your charge.

I would call your attention to athletics and games. All great universities are now recognizing their importance, and they keep a man at high salary to direct them. Some of you are too lazy, some too dignified or too silly to get out on the grounds and take

(Continued on page 6)

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LUBBOCK, TEXAS

TERRY COUNTY HERALD

A. J. STRICKLIN
Editor and Proprietor,
Brownfield - - - Texas

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Geo. W. Neill, Clerk
Meets every 1st and 3rd Saturday night in each month in the Odd Fellows Hall

Church Directory.

METHODIST CHURCH

Preaching every 2nd and 4th Sunday at 11 A.M. and 7:30 P. M.

At Meadow every 1st and 3rd Sunday at 11 A.M.

Sunday School every Sunday at 10 a. m. Everybody invited.

Epworth League: Seniors meet at 4 p.m. Intermediate at 3 p.m. and Juniors meet with Mrs J. T. May at 3 p.m. every Sunday.

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Preaching at 11 a. m. and 8 p. m. on 1st and 3rd Sundays; at Midway on Friday night before 4th Sunday, and at Lou on Saturday at 11 a. m. before and on 4th Sunday at 11 a. m..

Sunday school at 10 a. m. E. L. Duke, Supt. Everybody cordially invited to attend.

Rev. J. H. Hill, Pastor.

CHURCH OF CHRIST.

Sunday school at 3 p. m. every Sunday at the Baptist church. Everybody cordially invited.

W. G. Hardin, Leader.

Put your shoulder to the old wheel again boys. New spokes have been fitted and the tires (shrunk). Get her started again and may she never quit rolling.

What are the knockers of West Texas to do for awhile now. But they may have to buy a ton more of coal than they figured on, and that is cause enough to knock-

County Treasurer's Report

OF TERRY COUNTY, TEXAS

We the undersigned, constituting the entire Commissioners' Court of Terry County, do hereby certify that on this, the 14th day of February, A. D. 1911, at a regular quarterly term of our said Court, we have compared and examined the quarterly report of A. B. Bynum, Treasurer of Terry County, Texas, for the quarter beginning on the 1st day of November, A. D. 1910 and ending on the 31st day of January A. D. 1911, and finding the same correct have caused an order to be entered upon the minutes of the said Court, approving same which is as follows to-wit:

JURY FUND

Balance on hand as shown by Treasurers' last report	\$20.17	
To amount received since said date	300.00	
By amount disbursed since said date		\$12.30
By amount to balance		307.87
Total	320.17	320.17
Balance on hand		307.87

ROAD AND BRIDGE FUND

Balance on hand as shown by Treasurer's last report	528.32	
To amount received since said date	7.50	
By amount disbursed since said date		326.02
By amount to balance		209.80
Total	535.82	535.82
Balance on hand		209.80

GENERAL FUND

Balance on hand as shown by Treasurer's last report	3987.49	
To amount received since said date	5644.42	
By amount disbursed since said date		1462.98
By amount to balance		8168.93
Total	9631.91	9631.91
Balance on hand		8168.93

WITNESS OUR HANDS, officially, this the 14th day of February, A. D. 1911.

- GEO. W. NEILL,
County Judge
E. L. DUKE
Commissioner Precinct No. 1
R. E. BURNETT
Commissioner Precinct No. 2
BEN BROUGHTON
Commissioner Precinct No. 3
W. H. BLACK
Commissioner Precinct No. 4

Sworn to and subscribed before me, by Geo. W. Neill, County Judge, and E. L. Duke and R. E. Burnett and Ben Broughton and W. H. Black, County Commissioners of said Terry County; each respectively, on this, the 14th day of February A. D. 1911.

T. J. PRICE
County Clerk, Terry County, Texas

(SEAL)

seeing through their miniture telescopes.

Way back yonder, when a mere rain was no great event in the eyes of humanity, and the good old people of those days were getting something more than their pro rate, there was a saying that "it was good on ducks and hirelings." Now it is good on land agents and prospectors.

Are people meaner than they used to be? Or do we have better news circulation and as consequence hear about crime over a broader area? We are going to offer a years subscription to The Herald for the two best articles on the above subject; one in the affirmative and the other in the negative.

Ranchmen pronounce the recent rains the best that has fallen in five years. They also say we are likely to have five or six years of splendid seasons in succession. If we do, there is no reason why there should not be ten people in Terry county at the end of six years where there is one now.

We had a pressing invitation to attend the Water and Irrigation Carnival, at Plainview on the 24th and 25th. Don H. Biggers who had the entertainment of the "press gang" in charge made it very clear that no pains

would be spared to show us a rattling good time. But standing in the mud and water over our shoemouhths, after the recent rains, to witness an irrigation demonstration would be the tamest kind of amusement. Now if it had been last summer, or even three weeks ago, it would have been a splendid concoction. Anyway we congratulate Plainview heartily for her progressiveness in this great enterprise.

The biggest bundle of information that ever came to our office under the same amount of posatge, arrived this week. It was the Texas Almanac and Industrial Guide, published by the Galveston-Dallas News. There is hardly a question asked by the general public concerning Texas its elections, manufactures, commerce, lands, measures, varied industries, and other statistics that are not fully and comprehensively answered somewhere between the lids of this compendium. It will pay for itself in a week as a ready reference, and every family and public library in the land should be supplied with a copy of this valuable book.

Lubbock Nursery.

I am to make last delivery of Nursery Stock in Brownfield for the season about March 10th. Fine season now. Send in your orders at once. And oblige.
John S. Abel
Nurseryman.

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The RANDAL

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Brownfield, Texas

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Mrs. J. R. HILL, Proprietor

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