News of the Churches

BAPTIST CHURCH
Ira McMillion, pastor.
Sunday school 9:30 a. m.
Morning worship 10:45 a. m.
Training Union 6:15 p. m.
Evening worship 7:00 p. m.
"Hour of Prayer" Wednesday evenings at 7 o'clock. The pastor's subject for Sunday morning will be "Scorned Love." You are invited to attend these services.

CHRISTIAN CHURCH
Last Sunday was another successful day in the Carlisle Christian church; 226 were in Bible school and a fine audience were shiped at the communion and preaching service.
The peak achievement of the day was the "Youth Week" service held at 7 o'clock. A good audience heard with pride, the various parts of the program; of special interest were talks by Laura Jean Reid and Charles Dixon. Others taking part were Lucy Nell Henry, presiding, Jean Humphrey, song leader, William Edward Sexton, organist, and Betty Campbell, as soloist. Young people filled the choir and did the ushering.
Sunday's sermons will be morning, "Sad Passages From the Bible." Evening, "Sacred Stumbling-blocks."

CHRISTIAN SCIENCE
"Mind" is the subject of the lesson-sermon Sunday, Feb. 23. The Golden Text is "O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!" (Rom. 11:33).
Among the citations which comprise the lesson-sermon is the following from the Bible: "For to be carnally minded is death; but to be spiritually minded is life and peace." (Rom. 8:6).
The lesson-sermon also includes the following passage from the Christian Science textbook, "Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Mind, the only I, or Us, the only Spirit, Soul, divine Principle, substance, Life, Truth, Love, the one God; not that which is in man, but the divine Principle or God, of whom man is the full and perfect expression." (P. 591).

METHODIST BROADCAST
One of the South's most popular preachers, Dr. Clovis Chappell, pastor, First Methodist church, Charlotte, N. C., and author of best-seller books of sermons, will be the speaker on The Methodist Hour Sunday morning February 23rd at 8:30 (Eastern Standard Time.
Dr. Chappell has served nine of the largest churches in the Methodist church and is the author of more than twenty five books of sermons. Wherever books of sermons are read, or men talk about how sermons should be written, mention is made of one of Dr. Chappell's books. Possessor of a clear, simple, incisive style, one that appeals to rural as well as city congregations, Dr. Chappell speaks of things eternal in words understood by those in the temporal.
He will speak on this 50 station broadcast on "The Beautiful Friendship." Music for this program will be furnished by the choir under the direction of John Hoffman with George Hamrick at the organ. The Methodist Hour

BANTA
(Mrs. Walls McCowen, Cor.)
Mr. and Mrs. Mason Bryant spent Friday with Mr. and Mrs. Walls McCowen.
Robin, Bobby and Roy Vaughn, sons of Mr. and Mrs. William Vaughn of Carlisle spent last week with their grandparents Mr. and Mrs. Lawrence Woodard.
Mr. and Mrs. Albert Moran and sons spent Sunday with Mr. and Mrs. Mason Bryant and daughter Phyllis, center a few days with Mr. and Mrs. Adrian Anderson Sunday night.
Mr. and Mrs. Lawrence Woodard will move next week to their home they purchased in Bourbon county.
Mr. and Mrs. Albert Moran and sons spent Sunday with his parents, Mr. and Mrs. Orbo Moran of Larkin.
Mr. and Mrs. Stanley Caswell and children and Miss Ethel Caswell were guests of their parents Mr. and Mrs. Will Caswell, Sunday.
E. M. Hamm spent Sunday with Mr. and Mrs. Walls McCowen.
Those on the sick list are John Bringear, Walls McCown and Willie Gilbert.
Miss Oddie Woodard has returned home from a visit with her brother Jackson Woodard and wife of Mt. Sterling.

Quarters Expanded At Eastern
Richmond, Ky., Feb. 14—College authorities of Eastern Ky. State Teachers College announced today that living quarters for an additional 100 men will be available by the opening of the spring quarter which opens March 26.
Six new buildings, each housing sixteen men, have been erected near the college gymnasium. Each of the buildings is divided into twelve rooms, with two boys assigned to each room. Each group of four boys will have a combination living-study room. Each building is provided with hot and cold water and complete bath and shower facilities.

BLUE LICKS
(Miss Alma Barnett, Cor.)
Mrs. J. B. Delaney of Cincinnati spent a few days last week with her parents, Mr. and Mrs. Jesse Hughes.
Mrs. Martha Tribble of Dayton Ohio who has been a patient at the Mayo Memorial hospital in Paris, returned home over the week end much improved.
Mrs. Effie Purcell is spending a few weeks with Mr. and Mrs. Lawrence Rogers of Louisville.
Thaddeus Selby spent a few days recently with Willie Jett of near Cynthiana.
Mr. and Mrs. John McQuern have moved to this community.
We extend our sympathy to Mrs. Raymond Kine and family in the loss of her husband.

CATHOLIC INFORMATION
Do Catholic Medals Keep Off Lightning?

"Keep off lightning! Why, medals, being made of metal, would more likely attract lightning, wouldn't they?"
"But an old Catholic woman I know wouldn't think of leaving off her medal for fear of being struck or drowned or something.
"Yes, and I don't doubt that that same old woman has her own ideas about Relativity, Diphtheria and the causes of the World War; yet you'd hardly quote her as an authority on those subjects, would you?
"But, after all, in a way she may be right about her medals. They, of course, have absolutely no power in themselves. They are lifeless matter. But if, knowing the medal to be blessed to inspire trust in God's loving care, your old Catholic woman, in simple faith which amounts to a prayer for protection, wears the medal with a sense of security, who can say that our all-intelligent God will not answer and preserve her from harm?
"And last, it likely too, that the wearing of a reminder of Christ or a saint will allay her fear and thus perhaps, as a by-product, result in a better-ended dinner, despite flashes and crashes from the skies? Who knows?"
A fear-shaken soldier, before the battle, brings forth a picture of his wife, his child or his sweetheart. He looks at it fervently. He kisses it fervently. Mere paper, mounted on cardboard—and inspires him to go forth valiantly to victory or to death. Those relics—mementoes of your hat to the American flag who stand with reverence before the Statue of Washington, Lincoln, who lovingly preserve the wedding-ring of your greatest grandmother—you who have sentiment, imagination, and loyalty surely you must see the Catholic viewpoint on medals, pictures, statues and relics—mementoes of Christ, our God, and of the beloved heroes of Christianity.
There is a vast difference between the supernatural and the superstitious. All wisdom subscribes to the first. Ignorance alone subscribes to the second. Ignorant, superstitious Catholics, of course there are, but taken as a whole, Catholics do not fear black cats, walking under ladders and Friday the 13th, and are free from the silly weaknesses that lots of other people.
If it's anything Catholic, ask a Catholic.

The Redemptorist Fathers
St. John Mission House
617 E. Main Street
Carlisle, Kentucky.

ORDINANCE NO. G-7, SERIES 1946
CITY STREET PLAN WHICH STATE AND FEDERAL HIGHWAYS ARE ROUTED IS PART OF THE STATE HIGHWAY SYSTEM.
AN ORDINANCE authorizing the Mayor of the City of Carlisle, Kentucky, to enter into agreements with the Department of Highways of the Commonwealth of Kentucky, for the purpose of obtaining the cooperation of the Kentucky Highway System.
BE IT ORDAINED by the City Council of the City of Carlisle, Kentucky:
SECTION I. That whenever the Commissioner of Highways of the Commonwealth of Kentucky, by authority of Sections 177.041 to 177.047 inclusive of the Kentucky Revised Statutes, shall find any streets or portions thereof, including bridges and bridges, as connecting links of State or Federal maintained highways, or necessary feeder streets thereto and thereby undertakes the future maintenance, repair, construction or reconstruction of such streets and bridges or viaducts in the manner provided by the aforesaid statutes, the Mayor of said City is hereby expressly authorized, instructed and directed to enter into any and all contracts and agreements with the said Department of Highways necessary to carry out the purposes and provisions of said Statutes.
SECTION II. Should the Department of Highways construct or reconstruct any streets in said City, such work shall be done by said Department as the agent of said City, as set out in KRS 177.043 (3).
Passed by vote.
W. C. Talbert.
Mayor
Attest:
Arthur Mullikin.
City Clerk
2-13-2.

HELP WANTED IMMEDIATELY
Men and Women for Factory and Office Work
Applications taken at our Office Between the hours of 8:00 A. M. and 5:00 P. M. Monday through Friday.
8:00 A. M. to 12:00 Noon Saturday.
Wald Manufacturing Co.
Incorporated
MAYSVILLE, KENTUCKY

CASH
For Dead or Disabled Stock
HORSES $8.00 — CATTLE $10.00
Small Stock according to size and condition.
Reverse Charges to Darling
Phone 15
Darling & Company
Prompt Service

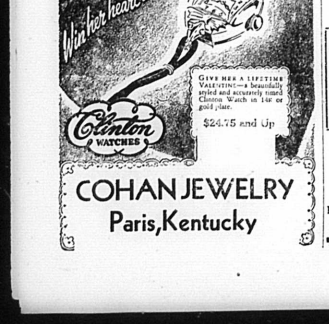
A Complete Market Service For Your Livestock
Cattle-Sheep-and Hog Sales
Mon., Tue., Wed., and Friday at 1:00 P. M.
A dependable market for your shoats and butcher hogs—buyers from several states. Major order and packer buyers represented to assure top market prices for all classes of cattle, hogs and sheep. A new and modern enclosed sales arena.
BLUE GRASS STOCKYARDS CO.
Phone 3835 Lexington, Ky.

ORDER YOUR CHICKS NOW!
Hatching Twice Weekly
Our flocks did not have any reactors
Better Livability — Quick Growth
Baby Chicks
Started Chicks, one and two weeks old.
Ky. U. S. Approved Pullorum Passed
MT. STERLING HATCHERY
E. High Street Mt. Sterling, Ky.

Leave Your Order Now For Spring
HARD-TO-GET MERCHANDISE

CERTIFIED PLASTER	Bag $1.10
PLASTER BOARD	Ft. 4½c
BRICK SIDING	Sq. $3.75
GREEN ASPHALT SHINGLES	Sq. $6.00
90-LB. GREEN ROLL ROOFING	Roll $2.75
65-LB. SMOOTH ROLL ROOFING	Roll $2.45
NAILS (all sizes)	100 Lbs. $7.00
OILEX OUTSIDE WHITE PAINT	Gal. $4.50

Hybrid Quality Field Seed
Red Clover, Sweet Clover, Alsike, Korean Lespedeza, Sweet Clover, Alfalfa, Timothy, Orchard Grass
Per Bu. $3.35
FULL LINE
FEED PEP AND UBIKO
POULTRY AND LIVESTOCK FEEDS
TOBACCO SEED
PLANT BED FERTILIZER
TOBACCO FERTILIZER
Semesan, Agrico, Vigoro, International and Purina Barley
You Always Save Money at
L. C. McLoney & Sons
Phone 51 S. Church St.
Cynthiana, Ky.



GIVE HER A LIFETIME VALENTINE—a beautifully styled and accurately timed Colonial Watch in 14k or gold plate.
$24.75 and Up
COHAN JEWELRY
Paris, Kentucky

Kroger
a Good man in a Good Job
Your Kroger store manager is a merchant—In charge of a big, modern, well-stocked store for which he has full responsibility. A salaried man, he earns from $2,500 to more than $5,000 a year. A member of fraternal and business organizations, he takes an active part in community affairs. A good man in a good job, you can rely upon him at all times.

Kroger Bread	Clock Twinfast	2 large loaves 25c
Scotlight Coffee	Hot-Dated	3 lb. bag 1.03
Kroger Flour	Baking Tested	10 lb. bag 73c
Kraft Velveeta	Cheese	2 lb. pkg. 99c
Kraft Dinner	Easily prepared	Pkg. 13c
Spiral Cakes	Assorted Varieties	Each 25c

MEAT		PRODUCE	
BREAKFAST BACON, sliced	Lb. 63c	50 lbs. COBBLER Potatoes	$1.49
PORK SAUSAGE	Lb. 43c	ROME BEAUTY Apples, 3 lbs.	35c
CHUCK ROAST	Lb. 45c	NEW CABBAGE	lb. 7c
SMOKED BACON	Lb. 37c	YELLOW ONIONS	10 lb. bag 32c
Tuna Fish, Golden Strand, Grated	35c	TOMATOES	tube 25c
Libby Fruit Cocktail, No. 2½ can	36c	Kroger Peanut Butter	2 lb. jar 55c
Lima Beans	2 lb. pkg. 50c	Cherriots	7 oz. pkg. 12c
Jackson Lima Beans	No. 303 can 13½c	C. C. Rolled Oats	48 oz. pkg. 24c
Sun Gem Dill Pickles	qt. jar 19c	Kroger Beverages (plus deposit)	10c
Patsy Prunes, small	2 lb. pkg. 45c	Hershey Cocoa	lg. pkg. 28c
Avondale Sauerkraut,	No. 2 1-2 can 12½c	Biaquick (small)	25c
Libby Bartlett Pears No. 2½ can	42c	Buckwheat Pancake Flour A. J.	20 oz. pkg. 18c
		Heinz Tomato Soup	12c
		Sliced Apples, Comstock Br.	28c
		C. C. Pumpkin	No. 2½ can 17c

PUBLIC HEALTH NEWS

Carlisle, Kentucky — Annual Report—Nicholas County Health Department — February 20, 1947

Public Health News
ANNUAL REPORT
Nicholas County Health Department
Carlisle, Kentucky

Office	City Hall
Telephone	37
B. F. Reynolds, M. D.	Acting Director
Mrs. Doris Fisher	R. N.
Hubert Hutton	Sanitarian
Mrs. Maude Seamands	Clerk

Report In Newspaper Form
This Public Health News report, which was formerly issued in booklet form and which ordinarily was sent only to officials and contributing agencies, is again being put out as newspaper form in order that it may be available to the greatest number of the reading public at a cost commensurate with our allowance for this item of work.
As stated in our last year's report, the success of a health department is measured largely by the degree of public support it receives. We are glad to report that ours has been most cooperative. Naturally, the more aware our people are of what the health department is and does, the more support they will give us. This newspaper style in reporting the activities and accomplishments of the department is designed to awaken or sharpen the interest of the people generally in public health and the services at their disposal, so that we may serve them to the greatest good to the greatest number.
Your health department is eager to serve you, in every way it can, for the enough good health work of the prevention of disease and better environmental conditions. Your continued interest and cooperation is solicited.
We feel that a very good has been accomplished by the Nicholas County Health Department even with the shortage of personnel we had in our department. We only had one nurse all year, and a part of the year the nurse was supplied from Fayette County Health Department, in the person of Miss Elizabeth Peddicord, who came here on clinic days twice weekly in the absence of the Director. We deeply appreciate this service and wish to express our thanks to Miss Peddicord, who also whether he is in danger of being a menace to health, or a source. In many a household there is someone, a member of the family, who has an aunt, a grandparent, a boarder, or someone else who has been ailing in chronic form and does not know it.
Tuberculosis commonly start's trouble in youth. But usually there is no sign of it at first and the only way to be sure is to X-ray the chest. If the tuberculin test is positive, the person should be X-rayed to be sure that no damage is being done. In high schools about one out of every three students is found to be infected and should all be X-rayed. In older groups the number of positives is usually greater.
Tuberculosis is a serious disease. Each year it kills about 200 persons in the United States. It spreads from one person to another. We must try to find all the spreaders. As long as there is a single case among our people we are in danger. We must also try to find tuberculosis in its very early stage, before it has done much damage to the lung, for then it is easily cured. If left to fester, the disease gets worse and worse.
Do not delay. Have your child tuberculin tested. If you put it off you may lose the best chance to keep him well. If you cannot afford to go to your family physician for the test, see your health department.

Infant And Pre-school Hygiene
Twenty infants were admitted to medical service. 31 to nursing service, and there were 35 visits to medical conferences. There were also 41 field nursing visits and 21 office nursing visits.
In pre-school children, 22 were admitted to medical service. 39 admitted to nursing service, and there were 51 field nursing visits, with 31 visits to medical conferences. There were 28 office nursing visits in connection with these cases.

The Health Department Is Yours
The Health Department is yours—make the most of it. Use the many services it has to offer. It is here to serve the people of Nicholas county. If you have a problem in which it can be of assistance, whether a health problem or one of sanitation, consult with the personnel of the department. They will be glad to be of any assistance within their scope of work.

1450 Immunizations Given By Nicholas Co. Health Dept.
Fourteen hundred, fifty immunizations against communicable diseases were given during 1946 by the Nicholas County Health Department. The number shows a goodly number in proportion to population. Yet many of our people are not taking advantage of this free immunization service offered by the health department and consequently are taking chances on contracting communicable diseases which the department cannot too strongly urge our citizens to secure this service.
During the year 166 persons were immunized against Smallpox, 101 against Diphtheria, 914 against Typhoid, 52 against Whooping Cough, 1 against Measles, and 186 were given Tuberculin tests, all of whom were given chest X-rays.

The Tuberculin Test
The tuberculin test is a harmless skin test. It shows whether or not the tuberculosis germs that cause tuberculosis, or consumption as it used to be called, are present.
The doctor puts a drop of liquid under the skin or injects into the skin. If in two days there is a raised spot which may be red or itchy, the test is positive. If no such spot appears when the test was made, the test is negative. This means that there are tuberculosis germs somewhere in the body. Sometimes the test is not clear.
A positive test does not mean that you have tuberculosis. The germs in the body may be doing no harm whatever. Or, again, they may be. The test does not answer that question. But no one should worry simply because he has a positive tuberculin test. It is merely an indicator. Then, why should the test be made?
One good reason why it should be made is to learn if a person is living with someone who has tuberculosis. The germs got there from someone who has the disease. Living with such a person day after day is dangerous. The test gives us a clue. If positive, then the question to be asked is, "Where did the person get the germs?" Every effort should be made to find out where, and also whether he is in danger of

The Family Doctor
Your Health Department was set up to offer such service and advice which would tend to prevent disease and its spread. But, when disease actually strikes you or members of your family, it is to your family physician that you turn to combat the ravages of disease. By and large, your family physician and your health department understands your particular problems and how best to cope with them. In him you have implicit faith and your trust, because he has proven on numerous occasions, a period of time that he is never failing and never-lacking when alert, ready to help you, your home and the lives of you and your loved ones.
During these strenuous war-time days, the family doctor faces a tremendous task. Many doctors have gone to war, increasing the burden of those left behind who must work longer hours and administer to many more patients to make up for the medical personnel now engaged in war activities. It is still possible for the local doctors to take care of the immediate needs of our people if the public will cooperate and help the doctors to use their time to the best advantage.
Help your doctor to help you. Here are a few simple rules:
1. Make appointments and go to the doctor's office whenever possible. He is set-up to do better work there and will not be required to lose valuable time making house calls.
2. Take care of minor infections and diseases at once. To delay in seeing the doctor may mean a long and serious illness.
3. Don't call the doctor at night unless absolutely necessary.
4. Don't seek the advice of untrained people.
The prescribing of medicine is a fine art and the compounding of medicine a science. Use your doctors and druggists to best advantage.

Maternity Service
Fourteen cases were admitted to antepartum medical service, and 4 of these cases admitted to antepartum nursing service. Visits to these cases totaled 4 by the nursing staff, with 20 visits by antepartum cases to medical conferences and 1 case to a private physician.

IN MEMORIAM
During the fall of 1946, Carlisle and Nicholas County suffered a grievous loss in the passing of one of our physicians, Dr. E. A. Campbell. We can ill afford to lose a citizen of his character. His loss is all the greater because of his profession. In no other field of endeavor is it as loss so widely felt in the midst of the shortage of doctors. His place will be hard to fill, both as a man and as a physician.
We desire to make this public acknowledgment of the loss we feel and to join with his many friends in expressing our deepest sympathy to the bereaved family of Dr. Campbell.

Methods Of Combating Overweight And Underweight Are Described
The Causes Of Overweight
The most common causes of overweight are too much food and too little exercise. Any unusual accumulation of fat caused by lessened activity, such as sometimes occurs at puberty and the menopause and during pregnancy or convalescence from an illness or malnutrition, may also be a factor in overweight. Overweight is frequently a handicap to a person's health. Orthopedic defects, such as fallen arches, poor posture, and bone disease, which limit physical activity, may contribute to overweight. Or, sometimes overweight is caused by disease of the glands of internal secretion. Although in some individuals overweight seems to be hereditary, this is probably due to a hereditary type of body build aided by environment. While bony structure cannot be influenced greatly, overweight usually can be prevented or corrected by a dangerous factor in such cases, though it may be more difficult to accomplish results.
The Danger Of Overweight
Certain diseases, such as diabetes and diseases of the heart and kidneys, long have been known to be associated with overweight. So definite has been this association that Life Insurance companies have been reluctant to place standard insurance on people with more than moderate overweight and, where it is excessive, insurance has been refused altogether. This practice is based upon statistics which consider overweight a very serious disability. In addition to being a menace to health, overweight is a burden to carry about. It causes fatigue and bodily discomfort. In children and young people, more than a moderate degree of overweight interferes with exercise and play, limits participation in the normal activities of the group, and may result in personality difficulties.
Danger In Taking Reducing Drugs
It is dangerous or foolish to use commercial obesity cures or reducing drugs without a diet reduction without diet or exercise. Such cures have no value unless accompanied by these two factors. Many manufacture. Therefore, such products as "reducing" soaps, creams, salts, pills, powders, ointments, rollers, or beads are useless or dangerous.
Glandular extracts, particularly those from the thyroid gland, and drugs which have a similar effect on the body should be used only under the constant guidance of a physician.
How To Reduce Safely And Surely
First: A thorough physical examination by a physician superior to all efforts at weight reduction. It is important to be sure that the overweight is not accompanied or caused by any serious disease of the heart, kidneys, blood vessels, or other organs. The possible presence of diabetes, anemia, or glandular insufficiency should be carefully determined.
Second: The determination of the amount of overweight and the approximate length of time in which it can be eliminated. A moderate steady loss is better than a large quick one. One and one half to two pounds a week is usually a sufficient loss.
Third: The planning of a diet which will be adequate to protect health and at the same time result in a loss of weight.
Fifth: Exercise suitable for each person, as suggested by the doctor.
Sixth: Weekly weighing to check the results of the program.
Special Care Needed By Young People
Although overweight in children and young people should not be neglected special precaution against bodily injury should be taken in reducing their weight. A thorough physical examination and constant supervision by a doctor are very important, since the bodies of children and young adults are still developing, and unwise limitation of food may result in serious harm. According to statistics for the year 1941 among white persons in the United States, tuberculosis is the chief cause of death of girls over 15 and young women and with the exception of accidents and unspecified violence—the chief cause of death of boys between the ages of 15 and 25 years old and of men between the ages of 25 and 45 years old. Poor nutrition, one of the factors in the lowering of everybody's resistance to disease, young people ought never to take the risk of reducing on their own responsibility.
The Body's Need For Food
The body requires a definite amount of energy to support its internal processes, such as maintaining body temperature, digestion, and the circulation of the blood, as well as for all forms of exercise. Food is the fuel which supplies this energy for the body. Furthermore, more food is eaten than can be used by the body. If it is turned into fat. If less food is taken than is needed for its energy requirements, the body will use its own fat to make up the lack. These are the normal results of eating and arranging food allowances for reducing and increasing weight.
Both the total value of food and the body's energy needs are measured in a heat unit called a calorie. The energy requirement for a normal adult engaged in a sedentary occupation is from 2,200 to 2,800 calories a day for a man, and from 1,800 to 2,300 for a woman. For those who are overweight and wish to reduce, the amount of food eaten should supply from 1,200 to 1,600 calories a day. The exact amount will depend upon the size, age, activity, and the rate of loss of weight of the individual. For most people a loss of 2 pounds a week is sufficient. Sometimes at the beginning of weight reduction, in spite of a low calorie diet and increased exercise, there is no appreciable loss in weight for a period of a week or two. This is because the body fat is being replaced by water. Continued persistence this condition will right itself.
In addition to energy, food must provide the body with many other things. It must build up the children, for the maintenance and repair of body tissue and blood, for the smooth functioning of body processes; and for the protection of health generally. These needs must be met even in a reducing diet. The following list of food allowance should include:
1 pint of milk—skimmed milk or buttermilk may be used as a beverage or in cooking.
1 egg.
Citrus fruit or tomato juice.
One other fruit.
A raw salad and at least one green vegetable.
A small serving of potato.
Some butter or fortified margarine.
At least one serving of meat or fish.
6 to 8 glasses of water (unless the doctor advises against it).
Usually (particularly if skimmed milk or buttermilk is being used) doctors consider it advisable to add one of the cod-liver oil concentrates or a halibut-liver oil, both of which have little or no calorie value.
Food Selection
In planning the day's food it should be decided into which meals those essential foods will go, and their calories should be computed first. Choice may then dictate the selection of the foods to make up the rest of the day's allowance. All foods may be chosen from these groups, therefore, it is important to know the caloric content of the various portions of different foods. Fortunately, most of them can be measured in 100 calorie portions, which simplifies counting. After a short time it is possible to gauge the amount of food in a portion, although at first it may be necessary to measure.
A pamphlet on the subject of Overweight and Underweight is available at your health department.

Public-Minded Officials, Public-Spirited Citizens
It is said that "A prophet is not without honor save in his own country."
That perhaps often expresses our attitude toward those in high places about us, whom we feel we free to criticize but whom we sometimes fail to laud.
Nicholas county, by and large, has as fine an aggregation of officials, both city and county, as can be found anywhere; men and women who devote themselves unstintedly to the duties at hand, often for small recompense and seldom appreciated.
The same holds true for our public-minded men and women, whose services are great and without whom a well-ordered community would be impossible.
It has been the experience of your Health Department that when it was found necessary to call upon these officials and citizens, that they, without question, gave their support fully and freely.
Your Health Department wishes to take this opportunity to thank publicly all of these men and women who have contributed to the success of the public health program, without the assistance of whom the department could not have attained the measure of success during the year just closed.

General Sanitation
Three hundred eighty four private premise inspections were made and 49 private premise nuisances were abated. Routine visits were made to the schools, milk and water supplies checked and food establishments visited. There were 83 public eating place inspections with existing nuisances abated from time to time. One hundred and four water samples were tested, milk samples routinely tested, and two dogheads sent to laboratory for rabies examination, neither one of which tested positive for rabies.

Vital Statistics For 1946
Mrs. Maude Seamands, local Registrar of Vital Statistics, in addition to her work as Clerk of the Nicholas County Health Department, reported the following vital statistics of births and deaths for the year:
There were 138 births, of whom 131 were white and 7 were colored. Of this total, 81 were males and 57 were females. Seventy-two babies were delivered in hospitals, 2 by midwife. There were 79 deaths.
Parents are invited to consult with the local registrar at any time they desire in connection with their children's birth certificates.

Clinics Held For Food Handlers And Others
During the year, food handler clinics were held, at which the Nicholas County Health Department gave physical examinations and took laboratory specimens for 92 food handlers. In addition, the department gave examinations for physical fitness and took laboratory specimens for 37 other persons.

Communicable Disease

Consultations with Physicians	$ 10.00
Field Visits	460.00
Immunizations	725.00
Venereal Disease	322.00
Tuberculosis Control	208.00
	$1,725.00
Maternity Service	82.00
Infant and Pre-school Hygiene	194.00
School Hygiene	650.00
Adult Hygiene	129.00
Sanitation	350.00
Crippled Children	61.00
General Sanitation	1,002.00
Milk Sanitation and Milk	190.00
Laboratory Specimens	3,065.00
Grand Total of Services rendered for year	$7,505.00

Free Literature At Health Department
Citizens of Nicholas county are invited to take advantage of the numerous pamphlets on hand at the health department dealing with various diseases and public health subjects.
The department is indebted to the Metropolitan Life Ins. Co., and its representative here, Mr. Charles Shrout, for this valuable material.
Also to be had at the health department are many government, mental publications relating to sanitation, dairying, etc.
Any of the above material will be given to you, without charge, by merely requesting it of Mrs. Maude Seamands, Clerk of the Health Department.

Outline Of Nicholas County Health Department Activities
(1) COMMUNICABLE DISEASE CONTROL—(Including Tuberculosis Venereal Disease)—This activity is carried on by the department through receiving reports, conducting epidemiological investigations, maintaining records and contacts of communicable diseases, administering biological agents for active immunization of non-immune and susceptible individuals, procuring specimens for laboratory examination from both cases, contacts and suspects, and last but not least, by an educational programme carried on throughout our school system and to the general public, by talks, motion pictures and newspaper articles.
(2) MATERNAL HYGIENE—It is the purpose of this service to ease the pain and suffering of all expectant mothers. We provide a nurse for visits in the home, through education and demonstration, helps the patient regardless of her economic status. For the low income group, we maintain this service in the home of the patient at weekly intervals. In addition it is our purpose to see that all wives of service-men receive the special aid, hospitalization and medical attention which are now proffered by the Federal Emergency Maternal and Child Health Program.
(3) INFANT AND PRE SCHOOL HYGIENE—The purpose of this service is to find and attempt to correct any defects or any physical defect which these children might have. The department through contact with children and parents in the home, or at special clinics, advise them on communicable diseases, health habits, nutritional problems etc., and refers them to their family physician for corrections which are needed.
(4) SCHOOL HYGIENE—This service is planned to discover through periodic examinations of these children, any physical defect, and to urge its correction by private physicians, or in the case of indigents to proper public agencies.
(5) VITAL STATISTICS—This service receives, separates and analyses reports of the various causes of death in our county, from which we find the communicable diseases, health habits, nutritional problems etc., and refers them to their family physician for corrections which are needed.
(6) SANITATION—This service is planned to discover and to urge its correction by private physicians, or in the case of indigents to proper public agencies.
(7) LABORATORY—This service is provided to examine individuals who harbor or may harbor infectious bacteria; in addition, many physical defects, milk, and cheese are analyzed to determine their quality and fitness for human consumption.

Pre-School Immunizations Advised
The Health Department considers it extremely important that parents to have their children immunized against diphtheria, whooping cough, smallpox and typhoid fever during the pre-school years, beginning with diphtheria and whooping cough immunizations at the age of six months, and following with smallpox and typhoid immunizations. This service is given free by the health department.
During 1946, Nicholas county had some communicable diseases against which there are no immunizations. Among these were 1 case of poliomyelitis and 3 cases of brief fever. There is a vaccine for immunizing against scarlet fever, but it is not advised by the health department because, (1) nursing all dogs, (2) muzzling all dogs, and otherwise kept in restraint, and (3) rigid inspection and quarantine at borders and ports of entry.
Here at home, we can go a long way toward elimination of rabies simply by having our dogs immunized with anti-rabies serum. Why not have your Veterinary immunize your dog and urge your neighbors to do likewise?

Measles Serum Available At Health Department
The Nicholas County Health Department announces the arrival of a quantity of immune globulin for use in modifying measles, that is, making the disease less severe if contracted.
Parents who desire to have their children take these shots are invited to contact the health department. This is the time of year when health officials ordinarily anticipate an increase in the incidence of measles, therefore parents are urged to avail themselves of this opportunity to secure this serum treatment for their children, which lessens the severity of the disease if contracted, and there is no charge attached to it.
The health department also wishes to invite any of our physicians in this area here to obtain any quantity of this serum they may desire for their patients, also without charge.

Crippled Children Service
Six persons were admitted to medical service in this phase of our work, 5 of whom were admitted to nursing service, with 11 visits to clinics and 14 nursing visits (office and field). There was 1 admission to hospital of the 6 cases referred to.