

WHEN THE BABY IS SICK

PUBLIC HEALTH HINTS

Prepared Each Week For the Readers of This Newspaper by the New York State Department of Health.

IF the baby is sick it is important to remedy the trouble as quickly as possible. It never pays to take chances with a child's life, and when anything goes wrong a physician should be called AT ONCE. Before the physician comes there are some simple things which a mother can do to alleviate the trouble.

The baby's digestion is so sensitive that any nourishment other than breast milk for very young babies is liable to disagree with them. Cow's milk is a very common source of danger, and special care should be taken to see that the milk is sweet and pure and comes from clean dairies. When received in the home it should always be PASTEURIZED and kept constantly on ice. If the baby is weakened by hot weather or a cold or any other illness, even food that would ordinarily be all right

In case of diarrhea or loose movements, even if they come only two or three times a day, it is best to dilute the food with an equal amount of boiled water and to give less than the usual amount at feeding. If the movements are more frequent and there is vomiting or fever, stop all food at once and give only boiled water and CALL A PHYSICIAN. After twelve hours without food, barley water, made with one tablespoonful of barley flour to one pint of water, may be given.

TEETHING should not cause serious illness. If the child seems to be ill do not put it down to teething, for it is probably bad milk or a

cold that is at fault and not the teeth.

Very young babies sometimes suffer from COLIC, a severe pain caused by gas in the abdomen, which becomes hard and has a puffed out appearance; also the feet are cold and drawn up. A few spoonfuls of hot water will often give relief. It is permissible when a baby has colic to lift it up over the shoulder and pat the back.

The following are some of the common signs of beginning illness in a baby: Vomiting, diarrhea, flushing of the skin or a hot, feverish feeling, chill, restlessness, nervousness and crying. In case any of these symptoms appear it is well to STOP ALL FOOD and give only barley

water or plain boiled water until the physician comes.

The baby is particularly sensitive to changes in TEMPERATURE, either cold or hot. The circulation of an adult adapts itself quickly to such changes, but a baby's system has to learn to do this, just as later on it has to learn to walk. So the greatest care should be taken to keep the baby as cool as possible in summer, but to protect it in winter or summer from sudden changes and cold drafts.

In case there is any sign of FEVER the baby should be put to bed with light covers over it It should not be held in the lap, for this only serves to make it the hotter. If the baby has fever or is cold, nervous and sleepless it is a good plan to give it a warm bath and then wrap it lightly in a blanket without dressing

No medicine should be given to a baby except under the orders of a physician. No patent medicines or SOOTHING SIRUPS should ever be given to the baby under any circumstances, as soothing sirups contain opium or other drugs. They always harm the baby and may make it very sick or even produce fatal results

THE UNDOING OF A SCHEMER

Plot to Gain a Fortune Fails of Its Purpose.

In a handsome city residence a few people were assembling to listen to the reading of the will of the recently deceased owner of the property and a considerable fortune besides. The widow and her son twenty five years old the issue of a former marriage on tered, followed by a girl of nineteen the daughter of the testator. The el der woman was dressed in deepest mourning. Her son wore as somber garments as his mother his study and sleeve buttons even being black. So the first will was made in the fear that deep was the grief of the stepdaughter that she seemed unconscious of what she wore. A few relatives of the deceased followed these principal mourn ers, the family lawyer bringing up the When all were seated he un folded the will and read

"I, Henry Arthur Gifford being of sound mind and body declare this to be my last will and testament. I be queath all my property real and per sonal, to my beloved wife, Elizabeth Gifford, in perfect confidence that she will make suitable provision for my daughter, Anna Louise Gifford "This will, remarked the lawyer,

"was made two years ago, and it does not appear that any other has been made since There are no codicils. ' The more distant relatives looked

disappointed. The widow, turning to her stepdaughter, said

"Anna, dear I protested against this leaving your interest in the estate in my hands, but your father would have it so, being more willing to trust it to my more experienced management than to a girl with no head for business. Be assured, my dear daughter, that I will take the best of care of it.' It seemed to those present that if

there was any case wherein a stepmother should be thus bonored with confidence it was this. The girl made no reply She allowed herself to be kissed by her stepbrother and his mother. Then the three were about to rise to go out when they heard a voice from behind, at which the widow started. In it she recognized her husband's bosom friend.

"I have to offer a later will." The brief announcement had a withering effect upon the widow. She caught at the arm of the chair, from

which she had partly risen. "There is no later will," she said. "If you have one it is a forgery."

The man advanced and handed a paper he carried in his hand to the lawyer, who took it, scrutinized it and, after a careful examination of the signature, said:

"This instrument is properly drawn, bearing date only a few days before the testator's death. I am well acquainted with his signature and consider it genuine."

Read it!" gasped the widow.

document continued: "At the death of my late beloved

first wife I married, for companionship and for a mother for my little daughter a woman who from the day ever again adding to the unrest in of the ceremony bent her indomitable Mexico. Having invested in real es-

should make a will at her dictation. I refused whereupon she brought me to the verse of lunaey and I yielded - I unde the will she wished that I might escape her persecutions and having in view this revenge. I am aware that my action stimps me for a weak man but I im convinced that no man can stand against the cruelty of a woman

whom he cannot get rid of

Then followed a bequest of the bulk of his property to his daughter, a few small legalies being left to other rela tives. In this connection the widow and her son were not mentioned. The document included is follows. I di-, rest that my daughter shall from the opening of this will be under the care; of my lifelong friend Robert Rivard who is hereby appointed her guardian; and who has promised to make her a member of his family

During the reading the expression on the free of Mrs Gifford was that of all disappointed fury. She had lived since her husband might make another but had been confident that the watch she had set upon him was effective. At the conclusion of the reading she arose and walked out of the room without a word her son following

White Anna Gifford never thorough ly recovered from the loss of her fa ther with whom she had suffered so many years of torture, she did recover from the persecution of some seven teen years. No one ever dared blame her father in her presence for not hav ing protected her from her stepmother This she always stoutly maintained was impossible since he could not even protect himself, nor did she condemn him for taking his revenge, screened behind the grave

Anna Gifford married and became the mother of children. She did not exact a promise from her husband that if she died before him he would not marry, but she made a will leaving her property as she wished it to be distributed.

Visitors from a distance to the Panama Pacific exposition at San Francis co note that one of the old first class residence districts has not been reconstructed The ruins of the earthquake and fire remain as a memorial of the primitive local nobility and local nobleness of San Francisco. The reason offered to the visitor is that the former dwellers in the mansions which were destroyed have selected other sites for homes and that, as a rule, in the country. This choice was not so much on account of the danger in the city as a desire to live in the country. The finest up to date residences in the cities are flats. They are endurable to people compelled to study convenience and economy. Those who can afford to indulge in comfort seek for it in the country. When they want to be in the city for a few months the flat has some advantages over the big hotel.

The "parliament of man, the federation of the world," seemed like a poet's Lwill read it," said the man who vain dream when Tennyson sprang it had offered it, and he proceeded to do in "Locksley Hall" half a century ago, so After the usual preliminaries the but the kies grows on you now if you think it over.

Discless to speculate about Huerta's

Rules and Regulations for the Protection From Contamination of the Public Water Supply of the Village of Morris Otsego County

Enacted by the New York State Commission of Health under Chapter 49 of the Laws of 1909. Constituting Chapter 45 of the Consolidated Laws, as amended by Chapter 695 of the Laws of 1911. (Public Health Law.)

The Rules and Regulations hereinafter given, duly made and enacted in accordance with the provisions of section 70, 71, 72 and 73 of chapter 45 of the Consolidated Laws (Public Health Law) as heretofore set forth shall apply to all natural and artificial reservoirs and all water courses tributary thereto or ultimately discharging into said reservoirs, these bodies of water being sources of the public water supply of the Village of Morris, Otsego County, New York. The term "reservoir" whenever used in these rules is intended to mean and refer to all storage and impounding reservoirs which are tributary to or which serve as sources of this public water supply or to any additional reservoir which may be constructed or used for the purpose of this pubhe water supply The term "watercourse" wherever used in these rules is intended to mean and include every spring, pond (other than the artificial reservoirs and filter basins) stream, ditch, gutter, or other channel of every kind the waters of which when running whether continuously or occasionally, eventually flow or may

flow into the public water supply of the Village of Morris. Wherever a linear distance of a structure or object from a reservoir or from a watercourse is mentioned in these rules, it is intended to mean the shortest horizontal distance from the nearest point of the structure or object to the high-water mark of a reservoir or to the edge, margin or precipitous bank forming the ordinary high-water mark of such watercourse

Privies Adjacent to any Reservoir or Watercourse

1. No privy, privy vault, pit, cesspool or any other recepta-cle of any kind used for either the temporary storage or the permanent deposit of human excreta shall be constructed, placed, maintained, or allowed to remain within seventy-five (75) feet of any reservoir or watercourse tributary to the public water supply of the Village of Morris.

2. No privy, privy vault, pit, cesspool or any other receptacle used for the permanent deposit of human excreta, shall be constructed, located, placed, maintained or allowed to remain within two hundred and fifty (250) feet of any reservoir or watercourse tributary to the public water supply of the Village of

3 No cesspool, pit or other receptacle of any kind used for the temporary storage of human excreta or sewage shall be constructed, located, maintained or allowed to remain between the limiting distances prescribed by rule (1) and the limiting distances prescribed by rule (2), unless said cesspool, pit or other receptacle is so arranged and equipped that the said excreta or sewage are at once removed by pump or other satisfactory means through water tight pipes or conduits to some proper place of ultimate disposal, as heremafter provided, or unless suitable vessels or receptacles for the temporary storage of said human excreta or sewage are provided and at all times maintained in an absolutely water tight condition in such manner as to permit of convenient removal of said excreta or sewage to some place of ultimate disposal as hereinafter set forth

4 The excreta collected in the aforesaid temporary receptacles permitted under Rule (3) shall be removed, and the receptacles thoroughly cleaned and deodorized as often as may be found necessary to maintain the privy in proper sanitary condition and to effectually prevent any overflow upon the soil or upon the toundations or floor of the privy. In effecting this removal, the utmost care shall be exercised that none of the contents be allowed to escape while being transferred from the privy to the place of disposal hereinafter specified, and that the contents while being transferred from the privy to the place of disposal, shall be thoroughly covered and that the least possible annoyance, and inconvenience be caused to occupants of the premises and the adjacent

5. Unless otherwise specially ordered or permitted by the State Department of Health, the excreta collected in the aforesaid temporary receptacles permitted under Rule (3) shall, when removed be disposed of by burying in trenches or pits at a depth of not less than 18 inches below the surface and at a distance not less than three hundred (300) feet, from any reservoir or watercourse tributary to the public water supply of the Village of Morris

6 Whenever owing to the character of the soil or of the surface of the ground, or owing to the height or flow of the sub-soil or surface water, or other special local conditions at is considered by the State Commissioner of Health that excremental matter from any privy or aforesaid receptacles, or from any trench or place of disposal or the garbage or wastes from any dump, may be washed over the surface or through the soil in an imperfectly purified condition into any reservoir or watercourse, then the said privy or receptacles for excreta or the trench or place of disposal or the said garbage or waste dump, shall after due notice to the owner thereof, be removed to such greater distance or to such place as shall be considered safe and proper by the State Commissioner of

Sewage, House Slops, Sink Waste, Etc

7 No house slops, bath water, sewage or other excretal matter from any water closet, privy, cesspool or other source shall be thrown, placed, led, conducted, discharged or allowed to escape or flow in any manner either directly or indirectly into any reservoir or any watercourse tributary to the public water supply of the village of Morris, nor shall any such matters be thrown, placed, led, discharged or allowed to escape or flow on to the surface of the ground or into the ground beneath the surface, except into watertight receptacles, the contents of which are to be removed as provided by Rule (4), within two hundred and fifty (250) feet of any reservoir or watercourse tributary to the public water supply of the Village of Morris

8. No garbage, putrescible matter, kitchen or sink wastes, refuse or waste water, from any creamery, cheese factory, laundry nor water in which milk cans, utensils, clothing, bedding carpets or harnesses have been washed or rinsed, nor any polluted water or liquid of any kind shall be thrown or discharged directly or indirectly into any reservoir or watercourse nor shall any such liquid or solid refuse or waste be thrown, discharged or allowed to escape or remain upon the surface of the ground or to percolate into or through the ground below the surface in any manner whereby the same may flow into any reservoir or watercourse within a distance of one hundred (100) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris.

9. No clothing, bedding, carpets, harness, vehicle, receptacles, utensils, nor anything that pollutes water, shall be washed, rinsed or placed in any reservoir or watercourse.

Bathing, Animals, Manure, Compost. Etc.

10. No person shall be allowed to bathe in any reservoir or watercourse, nor shall any animals or poultry be allowed to stand, wallow, wade or swim in any reservoir or watercourse, nor be washed therein. The watering of animals or poultry in any reservoir of the public water supply of the Village of Morris is prohibited; nor shall any such watering be allowed in any watercourse tributary to this water supply within five hundred (500) feet of said reservoir.. No watering place shall be maintained in such a way as to pollute with muddy leachings or excretal matters any streams tributary to the public water supply of the Village of

11. No stable for cattle or horses, barnyard, hogyard, pig-pen, poultry house or yard, hitching place or standing place for horses or other animals, manure pile or compost heap, shall be constructed, placed, maintained or allowed to remain with its nearest point less than one hundred (100) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris and none of the above named objects of sources of pollution shall be so constructed, placed, maintained or allowed to remain where or in such a manner that the drainings, leachings or washings from the same may enter any such reservoir or watercourse without first having passed over or through such an extent of soil as to have been properly purified, and in no case shall it be deemed that proper purification has been secured unless the above drainings, leachings or washings shall have percolated over or through the soil in a scattered, dissipated form, and not concentrated in perceptible lines of drainage for a distance of not less than one hundred (100) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris.

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12. No human excreta, and no compost or other matter containing human excreta shall be thrown, placed or allowed to escape into any reservoir or watercourse, nor to be placed, piled, or spread upon the surface of the ground at any point on the watershed tributary to the public water supply of the Village of Morris nor shall such human excreta, compost or other matter containing human excreta be dug or buried in the soil at a less depth than 18 inches below the surface nor within a distance of three hundred (300) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris and no manure or compost of any kind shall be placed, piled or spread upon the ground within a distance of fifty (50) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris

13 No decayed or fermented fruit or vegetables, older mill wastes, roots, grain or other vegetable refuse of any kind shall be thrown, placed, discharged or allowed to escape or pass into any reservoir or watercourse, nor shall they be thrown, placed, piled, maintained or allowed to remain in such places that the drainage, leachings or washings therefrom may flow by open, blind or covered drains or channels of any kind into any reservoir or watercourse without first having passed over or through such an extent of soil as to have been properly purified, and in no case shall it be deemed that sufficient purification has been secured unless the above mentioned drainings, leachings or washings shall have percolated over or through the soil in a scattered, dissipated form, and not concentrated in perceptible lines of draimage, for a distance of not less than one hundred (100) feet before entering any reservoir or watercourse tributary to the public water supply of the Village of Morris

Dead Animals, Offal, Manufacturing Waste, Etc.

14 No dead animals, bird, fish, or any part thereof nor any offal or waste matter of any kind, shall be thrown, placed, discharged or allowed to escape or to pass into any reservoir or watercourse. Nor shall any such material or refuse be so located, placed, maintained or allowed to remain that the drainage, leachings or washings therefrom may reach any such reservoir or watercourse without having first percolated over or through the soil in a scattered, dissipated form and not concentrated in perceptible lines of drainage, for a distance of two hundred and fifty (250) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris

Fishing, Boating and Ice Cutting

15. No boating of any kind, or fishing from boats or through the ice, or any trespassing whatever shall be allowed in or upon the waters or ice of the reservoirs

16 No temporary camp, tent, building or other structures for housing laborers engaged on construction work or for other purposes shall be located, placed or maintained within a distance of five hundred (500) feet from any reservoir or watercourse tributary to the public water supply of the Village of Morris

Cemeteries

17 No interment of a human body shall be made within a distance of three hundred (300) feet from any reservoir or from any watercourse tributary to the public water supply of the Village of Morris

18 The Board of Trustees of the Village of Morris shall make regular and thorough inspections of the reservoir, streams and drainage areas tributary thereto for the purpose of ascertaining whether the above rules and regulations are being complied with, and it shall be the duty of said board of Trustees to cause copies of any rules and regulations violated to be served upon the persons violating the same with notices of such violations, and if such persons served do not immediately comply with the rules and regulations it shall be the further duty of the Board of Trustees to promptly notify the State Commissioner of Health of such violations. The Board of Trustees shall report in writing annually on the first of January, the results of the regular inspections made during the preceding year stating the number of inspections which have been made, the number of violations found, the number of notices served, and the general condition of the watershed at the time of the last inspection.

Penalty

19 In accordance with section 70 of chapter 45 of the Consolidated Laws (Public Health Law), the penalty for each and every violation of or non-compliance with, any of these rules and regulations which relate to a permanent source or act of contamination, is hereby fixed at one hundred (\$100) dollars

The foregoing rules and regulations for the protection from contamination of the public water supply of the Village of Morris are hereby duly made, ordained, and established on this Seventh day of July, 1915, pursuant to Chapter 45 of the Consolidated Laws (Public Health Law) of the State of New York, as amended by Chapter 695 of the Laws of 1911. HERMAN M. BIGGS,

Albany, N. Y. State Commissioner of Health.

Otsego Herkimer RR

Trolley Line from Queonta to Herkimer.

In effect June 9, 1915

GOING NORTH Cars leave Oneonta at 7.22, 8.52, 10.22, 11.52, 1.22 2.52, 4.22, 5.52, 7.22, 9.22, 10.22. The last cari will run to Hartwick only. By the other cars Utica may be reached in 3 hours and 45 minutes Care leave Hartwick 5 45, 6 03, 7 10, 5 20, 9 50 11 20, 12 50, 2 20, 8 50, 5 20, 6 50, 8 20, 10 12, 11 10

Cars pass Mt. Vision 18 minutes later Care pass West Oneonta 15 minutes after leaving Discoular 136 10 07 10 37 12.07 1 87, 3 07, 4 07, 5 07, 1 37, 9 87 10 87 last car to Hartwick

('ars pass Laurens at 748, 918, 1048, 1218, 14s, 148, 818, 448, 61s, 74s, 947, 1046—last car to

Arrive at Cooperstown at 6.44 7.51 8.57 10.21 1.57, 1.87, 2.57 4.87, 5.57 7.28, 8.56, 10.45 There is now a half, hour service between West priorita and Oneonia GOING SOUTH Care leave Cooperstown at 6.05, 6.22, 9.48, 11.22, 2.52, 2.62, 8.52, 5.22, 7.87, 8.22, Pass Hartwick at 6.00, 7.02 9.02 10.82, 12.02 32 102 4.82 6.02, 8.12, 9.02 10.49 10.52 Care pass Mt. Vision 15 minutes later

Cars pass Laurens at 6 26, 7 80, 9 30 11 (to 12 50 0) 8 30 5 (t) 6 9, 8 36 9 40 (13 50 5) (t) 6 9, 8 36 9 40 (14 50 5) (t) 8 40, 2 10, 5 40, 8 47 9 40 11 26 Arrive at Oneonta at 650, 754 954 11 24 1254 9 4 554 524, 654 9 02 9 54 11 95

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Do you want to make any re pairs on your house or any other buildings this spring, put on a veranda or modern piazza, or build new? We can figure an estimate for you and furnish all the material for the same. Flooring, Siding, Ceiling, Framing, Sash, Doors, Windows, Lumber in the rough or dressed; Mouldgs, Brackets, etc. in hard and soft lumber If you contemplate using any such material this spring let us figure with you. Think we can save you money. Our Paints and Oils, Floor Finishes, etc., are the best in use.

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