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 chld's life, and when possible. It never pays to take chances with a chldd's life, and when
anything goes wrong a physician should be called $A T$ 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 hable to disagree with them. Cow
milk is a very common source of danger, and special care should be milk is a very common source of danger, and special care should be
taken to see that the mik 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
cold or any other illness, even food that would ordinarily be all right a cold or any other
will disagree with it.
will disagree with it.
In case of darrhea 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 or three times a day, it is best to dilate 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 the movements are more frequent and here
all food at once and gire only bonled water and CALL A A PHYSICIAN.
After twelve hours without food, barley water, made with one tableAfter twelve hours withou nood, ofley wrate may be given.
spoonfuld bef barley flour to one pint of wat
TEETHING should not cause serious illness. If the child seems to bo ill do not put it down to teething, for it is probably bad malk or a
cold that is at fault and not the teeth. Very young batues sometimes suffer from COIIC, a severe pain
caused by gas in the ahdomen, which beomes hard and has a paffed out
appearance; also the feet are cold and drawn up. A ferw spoonfuls of appearance; ; also often gwe relief. It is permissible when a baby bas colic
hot water will
to lift it up over the shoulder and pat the bark. to lift it up over the shoulder and pat the bark.
The following are some of the common signs of beginning illness in
a baby Vomiting, darrhea, fushing of the skin or a hot, feverish feela baby:
ing, chll, 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 bonled water until the physician comes.
The baby is partuularly sensitire to changes in TEMPERATLRE,
either cold or hot. The arrculation of an adult adapts itself quickly to such changes, but a baty's system has to learn to do dhas, just as later on
it has to learn to walk. So the greatest care should be taken to keep
the baby as cool as possitle in summer, lut to protect it in winter or she baby from sudden changes and cold drafts.
In case there is any sign of FFi FiR the baiv should be put to bed
It shoulu not he held in the lap, for this only with light covers over it It shouln not he held in the lap. for this only
serves to make it the hotter If the baby has ferer or is cold, nervous
and sleepless it is a good plan to give it a warm bath and then wrap it


## THE UNDOING OF A SCHEMER

Plot to Gain a Fortune Fails
of Its Purpose.

Rules and Rowelations for the Protection From Contam ination of the Pablic Water Supply of the Yillage of Moris Otsego Connty

Enacted by the New York State Commission of Health under
Chapter 49 of the Laws of 1909 . Constituting Chapter 45 of the Consolidated Laws, ws amended by Chapter 695 of the Laws of The Rules and Regulations hereinafter given, duly made and enacted in accordance with the provisions of section (Public Health
and 73 of chapter 45 of the Consolidated Laws
Laws Law) as heretofore set forth shall apply to all natural and artifi cial reservoirs and all water courses tributary thereto or ultimatesources 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 imthese rules is intended to mean and refer to all storage and im-
pounding reservoirs which are tributary to or which serve as
sources of this public water supply or to any additional reservoir sources or this public water supply or to any additional reservoir
which may be constructed or used for the purpose of this pub-
lic water supply The term "watercourse" Luc water supply The term "watercourse" wherever used in these
rules is intended to mean and include every spring, pond (other rules is intended to mean and include every spring, pond (than
than the artificial reservoirs and filter basins) stream, ditch, gut
ter, or other channel of every kind the waters of which when run ter, or other channel of every kind the waters of which when run
ning whether continuously or occasionally, eventually flow or may nug whether continuously or occasionally, eventually flow
flow into the public water supply of the Village of Morrs.
Wherever a linear distance of a structure or object from vorr or from a watercourse is mentioned in these rules, it is in-
tended to mean the shortest horizontal distance from the nearest tended to mean the shortest horizontal distance from the neares
point of the structure or object to the high-water mark of a reser nary high-water mark of such watercourse

Privies Adjacent to any Reservoir or Watercourse cle of any krivy, privy vault, pit, cesspool or any other recepta
manent deposit of human excreta temporary storage or the per be constructed, placed manent deposit of human excreta shall be constructed, placed
maintained, or allowed to remain whin seventy-five (75) feet any reservoir or watercourse tributary to the public water supply
of the Cillage of Morris. 2. No privy, privy vault, pit, cesspool or any other receptacil
used for the permanent deposit of human cxcreta, shall
be constructed, located placed mintaned be constructed, located, placed, manntained or allowed to re
main wthin two hundred and fifty (250) feet of any reservor or
watercourse tributary to the public water supply of the village of Morris No cesspool. pit or other receptacle of any kind used for the
3 .
temporary storage of human excreta or sewage shall $t$, constructed. located, maintained or allowed to remain bet ween the limiting
distances prescribed by rule (1) and the limiting distances pre
serned bis rule





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shall be
Health

Sewage, House Slops, Sink Waste, Etc ter from any water closet. privy, cesspool or other sepurce shall he
thrown, placed, led, ronducted, discharged or allowed we sicape or
flow in any manner enther directly or indirectly into any resir wour or any watercourse tributary to the public watier supply of th
village of Morrs, nor shall any such mattera be thrown, place village of Morrs, nor shal any such mateers be thrown, placerd
led, discharged or allowed to escape or flow on to the nurface of
the ground or into the ground heneath the surface, except into watertight receptacles, the contents of which are to be removed as
provided by Rule (4), whthin two hundred and fifty (250) feet of
any reservorir or watercourse tributary to the public water supply any reservoir or watercourse tributary to the public water supply
of the Village of Morris
8. No garbage, putrescible matter, kitchen or sink wastes, re 8. No garbage, putrescible matter, kitchen or sink wastes, re
fuse or waste water, from any creamery, cheese factory, laundry fuse or waste water, filk cans, utensils, clothing, bedding carpets.
nor water in which mil
or haraesses have been washed or rinsed, nor any polluted water or harnesses have been washed or rinsed, nor any polluted water
or liquid of any kind shall be thrown or discharged directly or in-
directly into any reservoir or watercourse nor shall any such liqud directly into any reservoir or watercourse nor shall any such liquid
or sold refuse or waste be thrown, discharged or allowed to or solid refuse or waste be thrown, discharged or allowed to
cape or remain upon the surface of the ground or to percolate
to or through the ground below the surface in any mancer wher to or through the ground below the surface in any manner where-
by the same may foow into any reservoir or watercourse within a distance of one hundred (tributary to the public water supply of the Village of Morris 9. No clothing, bedding, carpets, harness, vehicle, receptacles,
utensis, nor anything that pollutes water, shall be washed, rinsed placed in any reservoir or watercourse.

No person shall be allowed to bathe in any reservoir 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 remer washed therein. The watering of animals or poultry in any res-
ervoir of the publio water supply of the Village of Morrisis prohib-
ited ; nor shall any such watering be allowed in any ited; nor shall any such watering be allowed in any watercourse
tributary to this water supply within five hundred (500) feet of 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 Morris.
11. No stable for cattle or horses, barnyard, hogyard, pig-pen,
poultry house or yard, hitching place or standing place for horses portry house or yard, hitching place or standing ppace for horses ed, placed, maintained or alliowed to remain with its nearest point less than one hundred ( 100 ) feet from any reservoir or watercourse
tributary to the public watersupply of the Village of Morris and tributary to the public water supply of the Village of Morris and
none of the above named objects or' sources of poilution shall be so constructed, placed, maintained or allowed to remain where or in same may enter: Ant y such rainings, leachings or washings from the having pasied over or through Euch, an extent of soil as to have been proper y purifed, and in no cage ghallit. be dcemed that
proper purification has been seured unless the above drainings,
leachings or wasking shall have percolated over or through the leachings or wabing shall have percolated over or through the

## FIRST NATIONAL BANK

OF MORRIS, N. Y

## The Test of Men

Men in these days are tested through competitive examination and their bank accounts Where is your Bank Account ? Do you keep it in a Bank that takes a personal interest in
its growth-in your success-does all that it can to help you ? The First National Bank of its growth-in your success-does all that it can to help you ? The First National Bank o
Morris is a Bank of Personal Service. It wants the account of men who seek such service.

The ability to earn money does not endure forever.
Upon what will you fall back when what ability is gone?

## The First National Bank of Morris.

We pay 3 per cent. Intersest in our Savings Deparfhent or

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| -\% the tillage of Morris Dead Animals, Offal, Manufacturing Waste, Etc. |  |
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|  | Materials Furnished ${ }^{\text {- }}$ |
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| Fishing, Boating and Ice Cutting <br> 1; Ao boating of any kind, or fishong from twat- ir thruigh |  |
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| for housing laborers engaged on construction work or for other |  |
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|  Cemeteries |  |
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|  | Ingpections which have been made, the number or holationsfound, the number of notices served, and the general condtion of the watershed at the time of the last inspection. |  |
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| 19 In accordance with gection 7o of chaptet 45 of the Consoldatated Laws (Publect Health Law), the penalty for ench ond every yolataon of or ron-compliane with, any of these rules andregulatuons which relate to a permanent tamination, $s$ hereby tied at one henhncred (8icoo dollares |  |
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