

**TUBERCULOSIS—ITS PREVENTION AND CURE**

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thing to use is paper and then burn it. Consumptives should use spit cups that can be burned. Every person should follow these rules, for they are for the protection of all, and the person who spits carelessly, even though he be free from disease, licenses the tubercular person to do the same.

One should be careful in the matter of expectorating at all times and places, for your lungs may be infected. You may have consumption and not know it. These germs are scattered by shoes, dusty air, especially in houses, the mouth, and flies. Swat the fly.

Build up the body. Breath fresh air night and day. Get the maximum amount of sunlight into the house, and spend a part of each day out in it. Eat good plain food, slowly. Drink pure water and milk and plenty of it. Eat one green vegetable every day. Go to bed early and rest for at least eight hours. Keep clean, walk upright and be cheerful. It is said with shoulders thrown back and taking three deep breaths in the open air every day you will never die of consumption.

It has never been proved that germs will cause harm to a perfectly healthy body. A healthy body does not lend itself to infection. A body saturated with the virus of one disease easily falls a prey to any other kind of infection. Our bodies should be kept strong in order to throw off these tubercular germs. How is our body weakened? It is weakened by living in impure air, overheated houses, lack of sunlight, unwholesome food, lack of exercise, late hours, neglect of colds, tonsils and adenoids, careless personal habits, stooped shoulders, swallowing mucus, and uncleanness, especially of the teeth.

A good citizen is first a well citizen. Let us keep our bodies well and healthy. Be a good citizen, and remember that "Health is Wealth."

**"OLD IRONSIDES"**

The following interesting article was written by one of our seventh grade pupils, Louis Orr:

The old frigate, Constitution, or as she is more commonly called, "Old Ironsides," is probably the most famous warship in the United States Navy. She was launched October 21, 1797, and was the flagship of our Mediterranean Squadron in the war with Tripoli.

During the war of 1812 "Old Ironsides" came into her own again. It would be unfair to say that she won the war of 1812, but she bore the brunt of the fighting, captured more than half of the British guns taken, and set a mark for other navies to respect. That is a record worth preserving.

For years afterward she sailed on all sorts of missions. In 1830 she was to have been broken up and sold. Then it was that Oliver Holmes cried out, "Aye, tear her tattered ensign down!" And urged that we "give her to the god of storms." The whole country was aroused. Her life was spared.

Many a midshipman in the Naval Academy received his training on her historic old decks. Among them is one who needs no introduction, George Dewey, hero of Manila Bay.

Again, in 1878, she sailed the blue waters on a peaceful mission to the Paris Exposition. That was an anxious passage, for her old timbers creaked and groaned and she leaked in many places. She arrived home safely and was taken to Boston to celebrate her 100th birthday in 1897.

She is rotting away now. Slowly falling to pieces beside the dock. At the present rate the day is not far off when there will be nothing left of the old ship that has served us so nobly. The flag she first carried had fifteen stripes, one for each State. That flag now counts its States with forty-eight stars. "Old Ironsides" played an important part in the building of our great nation. She stands today as a living symbol of American freedom of the seas.

The navy department has been authorized by Congress to restore this fine old ship, but was granted no appropriation, although Congress authorized the Secretary of the Navy to accept all donations for that purpose.

Last October a campaign was started to raise the required amount. A large part of this sum has been collected by the school children of America that their old favorite might live.

**BIRTH REGISTRATION**

There is hardly a relation of life, social, legal or economic, in which evidence furnished by accurate registration of births may not prove of the greatest value, not only to the individual but to the public at large. It is not only an act of civilization to register birth certificates, but good business, for they are used in many practical ways. Travel abroad and immigration require certificates of birth.

Previous to 1903, when the State Board was established, there was no law in Oregon requiring the filing of birth certificates, although it had been done to a limited extent in the City of Portland since the late seventies. In the first few years following the passage of the law registration both in Portland and throughout the State was very incomplete, but by 1910 the system had become well established except in remote sections of the State, and there the loss in registration was slight.

In 1915 the Model Law for registration of vital statistics was adopted and that is the law under which we work. Under the 1903 law the County was the unit of primary registration, with the health officer as registrar, while under the Model Law there are over two hundred and fifty arbitrarily established local registration districts, each in charge of a local registrar. Oregon was admitted to the U. S. Registration Area less than two years after the passage of the Model Law, entering on the first test with a very high percent.