

Illness needn't spoil long-planned vacations

By TIM LEONARD
Of the Emerald

Get all shots, and boil the water

Another quarter is over, the money saved, the plans made and the adventure laid out to the last detail. Bags are packed, tickets purchased, farewells spoken and the long-awaited trip to that foreign destination begins.

Two days later you wake up in a cheap hotel on the outskirts of some exotic city, but something doesn't feel good. Pain, sweat and questions flood your body. Was it something you ate, or drank, or something you forgot? — vaccinations maybe?

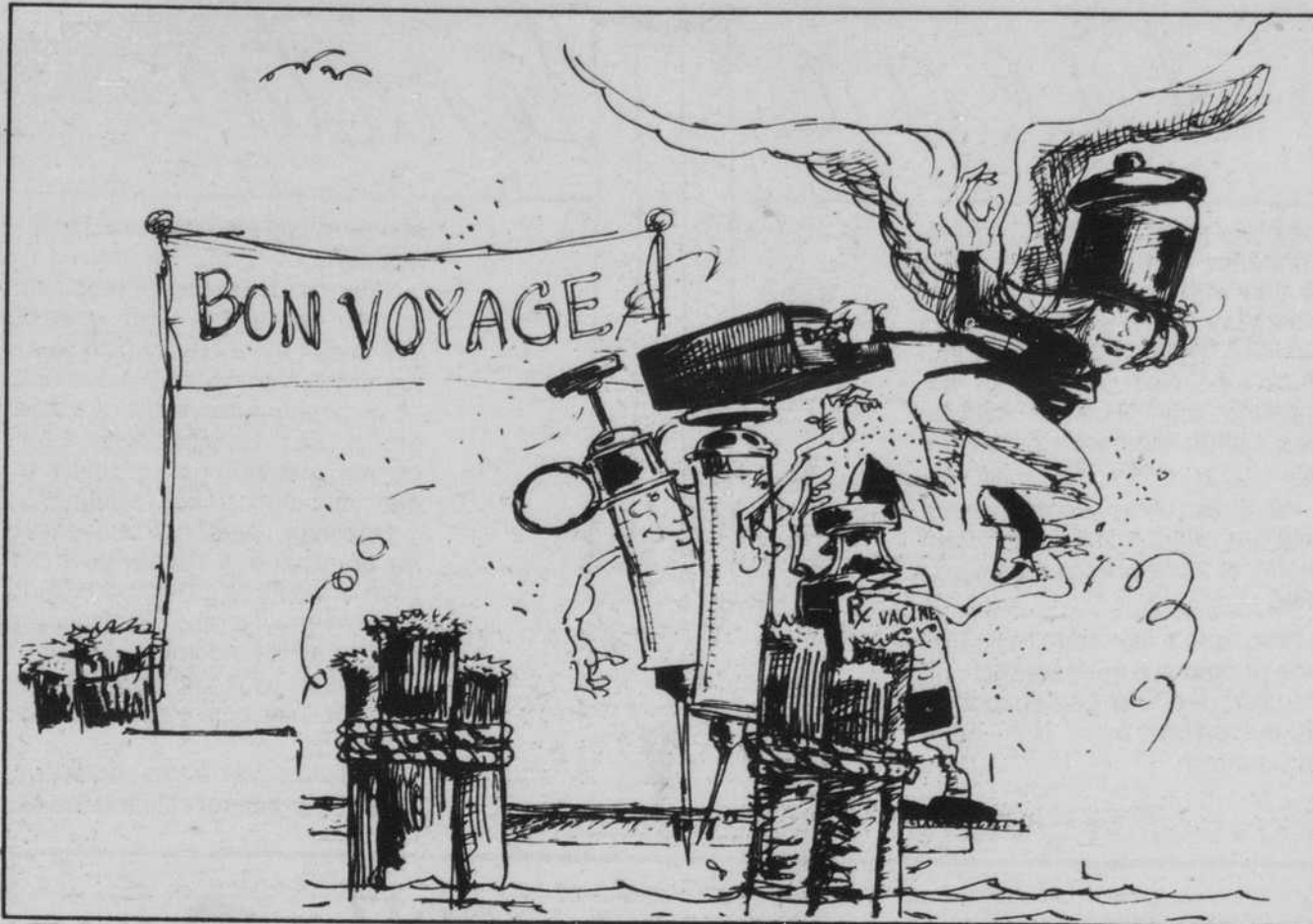
It could have been any of them. If the necessary steps had been taken earlier you'd feel a lot better now and ready for another exciting day. Instead, you find yourself sick and unable to communicate in a foreign language.

Students anticipating a trip abroad can be protected from illness while travelling by getting the necessary series of inoculations prior to departure.

"One big problem," according to a spokesperson from the Student Health Center, "is that students do not allow enough time to get their shots. They come in at the last moment for shots that should have been spread over six weeks."

The center can give almost any injections and would appreciate students going in during the least busy times — between 8-9:30 a.m. on Tuesday, Wednesday and Thursday.

The only shot not administered at the center is for yellow fever. Because of the nature of the live vaccine, the shot is given at a United States Public Health facility. The Lane County Public Health Dept. at 399 East 10th Ave. will give yellow fever injections on Thursdays by appointment.



Drawing by Jim Payne

The yellow fever shot is needed for travel to Central America, some South American countries, Africa and some Far East areas. The injection is set for ten years.

A smallpox vaccination is not needed for a trip to Europe or Mexico, but is generally recommended for a visit to Africa, especially Somalia or Ethiopia.

For those travellers staying in normal facilities while touring Europe and Mexico, typhoid vaccination is not required. Two shots, one month apart, is the normal dosage since the injections are only fifty-percent effective. The best protection from

typhoid, according to the health center, is to be wary of food and liquids.

Water found outside of acceptable facilities should be boiled or purified with tablets. Ice cubes made from tap water should be avoided. Water is a common habitat for dysentery, typhoid and cholera bacteria.

Cholera vaccination is good for six months, consists of two injections and is recommended for those contemplating travel to the Far East.

A Tetanus-Diphtheria shot is recommended for all countries and consists of three shots for the ini-

tial series. The length of effectiveness is 10 years, with a booster needed for emergencies after five years.

Students interested in field trips or archeological forays into Eastern Oregon or the Rocky Mountains are advised to receive inoculations against Rocky Mountain spotted fever. The injections consist of three shots spread one week apart.

The Student Health Center charges \$2 per shot, with Rocky Mountain spotted fever injections costing \$3.50. The Gamma Globulin serum for partial protection against infectious hepatitis

costs \$4.

Travel cards are available at the center and should be carried with the passport at all times. Smallpox, yellow fever and cholera inoculations must have a validation stamp from the local public health department. Failure to have validation may mean no entry into some countries.

Injections can prepare the body prior to departure. But, there are other considerations which the traveller should keep in mind. Where malaria is present, suppressive medication should be taken before arrival in the area. Chloroquine can be started one week ahead, taken weekly while in the area and should be continued for six weeks after leaving the area.

For travel into high-altitude areas, medication and a slower pace, combined with proper diet may help. For protection from heat and dehydration, salt tablets may provide a stabilizer.

Milk products are safe if boiled or used in cooking, and fruits and vegetables to eat if cooked. Just washing is inadequate, so most salads are unsafe.

Meat, poultry and shellfish are safe if properly cooked, and proper preparation will alleviate the possibility of getting hookworm. Pastries should be kept refrigerated.

Although certain precautions may seem restrictive at first, the traveller eventually finds plenty of freedom to try the many varieties of foods found around the world.

Student travellers should get ample rest, pace themselves, watch where they swim, carry adequate medicines and check foreign products, particularly those sold for prevention of diarrhea. If medical help is needed, the nearest U.S. embassy or consulate can provide a list of qualified English speaking physicians.

Factory work

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down," Works says. "For a while I had a problem with men taking lacquer finish to sniff. It's kind of a cheap high."

But for the most part, Works says, he has little trouble with his work force, who last year turned out more than 4,500 desks, chairs, tables and bookshelves, using some 80,000 board-feet of hardwoods in the process.

The furniture is earmarked for sale to a variety of state institutions. The prison industries do not compete on the open

market.

"We'd get into all sorts of problems," Works explains. "We'd have to pay social security, minimum wage and all those other things. The paper-work would be boggling."

But when a state institution like the University decides some new furniture is needed, it solicits bids from contractors who apply for the job. Because of its low overhead for labor the prison furniture factory often submits the lowest bid and is awarded the job. Works estimates

the factory can produce most items for 50 to 75 percent of the price charged by private firms, though he concedes there are "some things we just can't produce any cheaper."

Leafing through the factory's catalog, Works points out item number 4473, the "Deluxe Executive Desk" that sells for \$315. "We sell a lot of these to the University," he remarks.

In addition to the stock items listed in the catalog the factory also produces custom items according to blueprints

submitted by the customer.

But for all their volume and low overhead, the furniture factory reaps a less than spectacular profit of three to four percent, according to Works. Anything over operating costs is returned to the state corrections or general fund column of the state budget rather than to Works, whose salary is paid by the state.

Works explains the small profit margin is necessary because the prison industries are not tax-supported but rather must pay their own way.

THETA CHI CAR Rally Results: 1st Brown #12, 2nd Clary #28, 3rd Cummings #2, 4th Wack #6, 5th Thorack #11, 6th Gerod #29, 7th Robinson #8, 8th Shadwick #19, 9th Cortrell #30, 10th Freemesser #4. Pick prizes up at the house (Room #4) by Friday — Congratulations. 4:25

LANE MEMORIAL BLOOD BANK
A Positive 6 Units, A Negative 1 Unit, O Positive 6 Units, O Negative 1 Unit, B Positive 1 Unit, and AB Positive 2 Units.
Call 484-9111 for an appointment. 4:25

STANLEY H. KAPLAN has arrived in Portland. Visit our educational center in the Galleria, 600 S.W. 10th. Classes are now forming for the LSAT, DAT, GMAT, MCAT, and GRE. 222-5556. 01322:UW

C.
As on a dark guitar
I played your naked body
with teeth of clear midnight
your cry winged the night-
T xo 4:25

CLAM.
But quick-eyed love, observing me grow slack from my first entrance in, 4:25

TO WILLIE AND THE LITTLE PEOPLE, featuring Advisor Hal and Jerry and his clones, the following message... Better luck next year, casino bumblers!! 4:25

JOB INTERVIEWS WILL BE held in the EMU Wednesday evening for hard workers. Possible \$3,000 if selected. Room to be posted. 4:26

O waht can ail thee Knight at arms, 4:25

(PI PHI) Palm Tree "Cruise":
Everclear and punch,
makes native Hawaiian brunch,
warm rum and stolen cars,
footprints on couches under summer stars,
someday "return" to those obsequious islands,
cause we never made it to Brian's!
Thanks for the "Opulent" Saturday Night
POOPIE WOOPIE 4:25

— PSYCHOLOGY, ANTHROPOLOGY, SOCIOLOGY, MAJORS — ELECT MIKE HADDOCK
your representative to S.U.A.B. for responsive outspoken representation. Paid for by committee to elect MIKE HADDOCK Position No. 12.

THE SUD'S FACTORY TAVERN
(formerly College Side Inn)
10¢ BEER EVERY MONDAY 9-10:30 p.m.
Free pool Sundays 12-6 p.m.
Wide screen TV, Beer, wine, kegs to go
30th & Interstate 5 01537:TFN

LOOKING FOR THAT SPECIAL SOMEONE?
Call "Contacts Unlimited"
for dating, marriage, needs.
747-0187
Box 104, Springfield 01497:6:5

OUR BUSINESS may be small, but we have the largest sales force in the Willamette Valley... the thousands of people you see wearing Birkenstocks. Come see and feel why!

Birkenstock footprints
Atrium (2nd floor) Monday thru Saturday
11 to 6 p.m. repairs & resoling
01499:th

MIKE ADAMS: Thanks for coming to my rescue Friday night... you're a great buddy! 4:25

ASUO PRESENTS
VICTOR
ATYEH,
ROGER
MARTIN
AND
TOM
McCALL
IN A DEBATE
FRIDAY, APRIL 28
EMU BALLROOM **NOON**

GET FAST, DEPENDABLE SERVICE on Alterations at Siegmund's Cleaners, 821 East 13th Ave. 00376:5-1

CHRIS C.
Roses are red
Violets are blue
I'm a little late
But I love you!!
Happy Valentines!! Jan O. 4:25

TO A CHARMING Bowling Instructor:
What time did you get home Friday night... Saturday morning? How would you rate your H.D. on a scale of 1 to 10? Two wild and crazy girls. 4:25

GREAT PARTY LAST Sat-nite, but someone took a \$600 package. It was my deferred Spring tuition, no return means no more school, thanks a lot. REWARD, no questions. 4:25

VOTE
MIKE LOCKWOOD
FOR ASUO PRESIDENT!
Expansion of programs, course evaluation and instructor guide, strong lobbying in the State Legislature. (Paid, committee to elect Lockwood) 4:28

LORI Z. Yet another personal (yawn) ad. Thanks for making Sunday dinner (yawn) a little bit special (yawn) Calezone Kid. 4:25

DALE — We did it! Oh -Oh! -Orgasmic! (You can sleep on my floor anytime!) CHIP 4:25

ELECT
DOUG
BENSON
FOR
ASUO
President
"PUT PEOPLE BACK INTO POLITICS."
Paid Benson Election Committee 5:4

PJW — PERSONAL appearances cost less, but considering your "present psychological torment," an Emerald personal was necessary. Immediate Past President. 4:25

KOJAC, SHERYL, KIM, JONELLE, ROBIN, CAMMIE AND SUZANNE: Welcome to our Chi-O sisterhood. Congratulations! 4:25

LUCKY #8 — I seem to have misplaced my palm tree. Please return to 1518 Kincaid... Barefeet. 4:25

BIADS — Thanks for being my Jamaican date! Was my lucky number really 2? Sailboat. 4:25

PANHELLENIC — Looking for summer jobs? Glamour and excitement can be yours as a "Hostess" at the Mustang Ranch — Some Wild and Crazy Guys. 4:25

LOOKING FOR A high paying summer job? Interviews held Tuesday, April 25, Room 108 EMU 4:25

T.
SHE had been hit...
C. 4:25

DWAYNE SIV,
HAPPY belated 21st Birthday, get Small!!! 4:25

T. TWO YEARS before, not far from here...
C. 4:25

PREGNANT? YOU HAVE A FRIEND AT BIRTH-RIGHT. Confidential information and free pregnancy test. Call 687-8651. 00574:th