Health Talks

UNWASHED HANDS

By O'Neil Kane, M. D., Kane, Pa.

Few workingmen wash their hands before the noon meal. They must hurry to smoke first for they feel fagged and nervous. They are hungry, too, and time presses. "Fingers were made before forks," and so these latter implements are often neglected. Hands plunge into everything in the dinnerpail except the hot coffee! Finger nails, long broken and ragged are used as toothpicks after the repast. The workers conclude by wiping their mouths with the backs of their hands.

From early morning until this dinner meal they have, by force of habit, spat constantly into the palms of their hands in order that their implements, picks, shovels or broad-axes, for instance, shall not slip. These same tools have been used interchangedly by fellow workmen sharing the job. The hands grasping them have been equally filthy, greasy and sweat-soaked. The callosities upon their furrowed palms in lieu of glove protection are prized for their firmness and, like the finger tips, this skin is only cast off by scaling and friction. The dirt under the nails is rich in bacteria. This ringworm and other parasites live about their roots and under them.

These strong hands did the farm chores or performed home duties or maybe odds and ends of house repairing before work, so that the skinned knuckles and small cuts and bruises are too sore to wash. But the fingers are not too sore to wipe the eyes and scratch a half-healed blister.

I am not exaggerating the conditions that render the worker's hands too dirty to eat dinner with. And remember that what the father is doing in his lunch hour, the children are probably doing as they eat their box lunches at school.

Employers should carefully instruct all workmen to wash their hands with hot soap and water before sitting down to eat and their bosses should be present at the time. The workmen should tell their children the same thing and teachers should see that it is done.

That is one of the first and most important steps in preventive medicine, which means avoiding disease.

—o—

SCARLET FEVER

By Dr. Clyde W. Beson, Commissioner, Department of Public Health, Claremont, Okla.

For several months to come scarlet fever will do its best to invade the homes and schools, and the coming together of many children affords excellent opportunities for the spread of the disease.

Scarlet fever is an acute specific infection, characterized by sudden onset of fever, sore throat and vomiting and an eruption followed by peeling off. The fever usually lasts about four days. The rash as a rule appears within forty-eight hours, starting around the neck and spreading downwards. The cheeks are flushed and the area about the mouth presents a dead white pinched appearance which is striking and characteristic.

Scarlet fever is commonly spread by direct contact. The "peeling off" stage was formerly supposed to be the most infectious period, and it is difficult to correct this error. The secretions from the mouth and nose, and the excretions from the bowels and kidneys are the carriers of the disease and all objects exposed to such contamination should be burned or thoroughly disinfected.

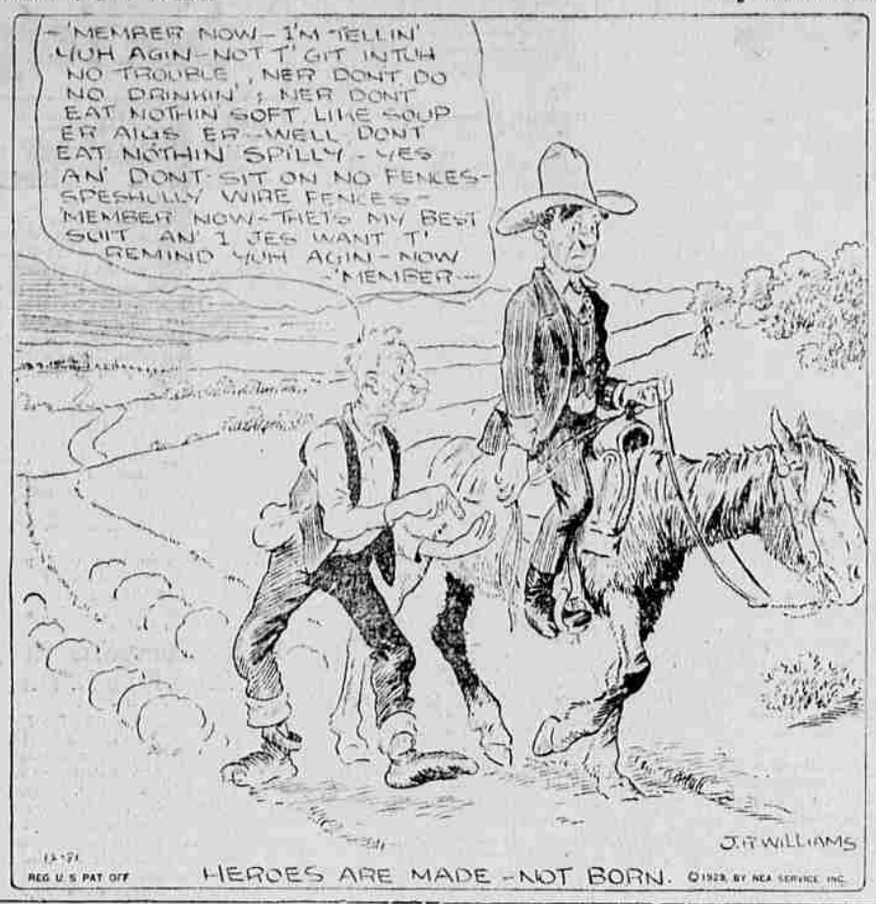
The precautions against scarlet fever follow clearly defined lines; early recognition, prompt isolation, disinfection and specific prophylaxis. It is comparatively easy to prevent the spread of the disease from known cases. Much damage, however, is done before the case is recognized, or often because not recognized at all.

Scarlet fever is often a very serious disease not only on its own account, but also because of complications which are numerous and varied. The prevention of damage to the kidneys consists in absolute rest in bed during the whole course of the disease, at least three weeks, in a room well ventilated but free from drafts.

Consult your family physician on the first appearance of suspicious symptoms.

OUT OUR WAY

By Williams



Crabs Suffer Due To Dry Weather

SOUTH BEND, Wash. (AP) — Pity the poor deep sea crab.

Even he suffered from the unseasonable dry weather last fall although now he is fattening up in fine shape, Jack Stetson, state fisheries inspector said.

Fishermen operating out of Willapa harbor this year have not been making large catches and some of the crabs they have taken gave evidence of poor nourishment. Inspector Stetson said that their condition was due to the absence of the usual fall storms. There have been no big waves to stir up the crab's food supply near the ocean shore and poor Mr. Crab has been forced to subsist on the scanty picking in waters farther off-shore—away from his usual fishing grounds.

BEFORE the MIKE

WEDNESDAY PROGRAMS

The National Broadcasting company program for Wednesday follows: 7 a. m. Making Merry; 8 to 9, Happy Time; 10:30 to 11:30, Woman's Magazine; 1 to 2, radio guild; 2 to 4:30, Pittsburgh-Southern California football game at Pasadena; 6, music, financial advice; 6:30 to 7:30, famous love songs; 8, Roads to Romance; 8:30, Amos and Andy; 8:45, Hill Billy Boys; 10:15 to 11, minstrels; 11 to 12, dance music.

The Columbia Broadcasting system program for Wednesday follows: 1:45 to 4:30, East-West all-star game at San Francisco; 5 to 5:30, grand opera; 6:30 to 7, Charles W. Hamp; 7:30 to 8, in a Russian Village; 9 to 10, Movie club; 11 to 12, dance music.

Portland

KGW (620kc) 7 a. m., NBC; 9, news; 9:10, cooking school and features; 12, organ; 1, NBC; 2, football; 6, NBC; 8:45, musical features; 10, concert orchestra; 11 to 12, dance band.

KEX (1180kc) 5, popular program; 9:30, songs; 10, dance music; 11:30, news.

Tacoma

KVI (760kc) 7 to 9:30 a. m. special New Year's day program; 9:30 to 1:45, musical features; 1:45, football; 4:27 to 9, silent; 9, CBS; 10, Serenaders; 11 to 12, CBS.

Spokane

KGA (1470kc) 6, musical program; 7, orchestra; 8, artists' ensemble; 9, Argentines; 10, requests.

KHQ (590kc) 7 a. m. NBC and features; 2, football; 4:30, musical programs; 6, NBC; 9, Dough Boys; 9:30, vaudeville; 10, spotlights; 10:15, NBC; 12 to 1, popular program.

Salt Lake City

KSL (1130kc) 5, musical program; 6, NBC; 7:30, orchestra; 8:30, NBC; 8:45, features; 10, sports; 10:15, NBC; 11, requests.

Oakland

KLX (880kc) 5:30, pianist; 6, concert trio; 7, news; 7:30, music; 8, books; 9:15 to 10:15, concert.

KGO (790kc) 5:30, news; 5:45, agriculture; 6, NBC; 9, quintet; 9:30, miniature biographies; 10, sports; 10:15 to 12, NBC.

Los Angeles

KFI (640kc) 5:45, stock markets; 6, NBC; 8:30, features; 9:30, Tom Terriss; 11, news.

KHJ (860kc) 5, CBS; 5:30, musical program; 6:30, CBS; 7, symphony; 8:30, soloists; 9, CBS; 10, news; 10:10 to 12, dance music; 12 to 1, organ.

KNX (1050kc) 2, football; 5:15, kiddies program; 6, organ; 6:30, ensemble; 7, radio skit; 7:30, features; 10:30 to 1, dance music.

Seattle

KOMO (920kc) 6, NBC; 8:45, orchestra; 10, concerts; 11, news; 11:15, NBC; 12, organ.

KJR (970kc) 6, musical programs; 7, orchestra; 8, Neapolitans; 9, Argentines; 10, concert ensemble; 11, dance music.

San Francisco

KPO (850kc) 1:30, East-West football; 5, children's hour; 5:30, news; 6, salon orchestra; 7, popular concert; 8, NBC; 9, Oseil and Sally; 9:10, variety hour; 10, dance music.

KFRC (610kc) 2, East-West football; 5, CBS; 5:30, orchestra; 6:30, CBS; 8, orchestra; 9, CBS; 10 to 1, dance music.

Denver

KOA (830kc) 6, NBC; 8:2[illegible], miniature biographies; 10:1[illegible], NBC.

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FOR RENT—3 modern furnished rooms, $12.50 mo. 1201-V. 12-31-2 tp.

FOR RENT — Small furnished house near Normal school. Inq. 808-C. ave., evenings. 12-31-3 tp

FOR RENT—2 room furnished apt. Inq. 1415 Wash. Ave. 12-31-1t.*

FOUND — Package containing ladies wear, phone 469-J. 12-31-1 tp

WANTED—Board and room for 2 small school girls on South Side. Phone 257-M. 12-31-2 tp.

WANTED—Exp. girls wants housework. Call 311-W. 12-31-1 tp

NORMAL STUDENT wants work. Care of children or typing. 549-W. 12-31-2 tp.

FOR SALE OR TRADE

FOR SALE—Baled hay, 1306 O. ave, 224-W. 12-30-2 t.

FOR SALE OR TRADE—Restaurant. Will take good car. Phone 398-J. 12-28-6 tp.

FOR SALE—1 Todd Protectograph check writer, A-1 shape. 1 Universal electric range, 2 burners and oven, thoroughly overhauled and re-enameled. See C. V. Talbott. Phone 166-J. 12-24-tf.

FOR SALE—Star coupe, $45. Good condition, 6 balloon tires. 236-W. 12-26-6 tp

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(Count five average words to the line.)

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MISCELLANEOUS

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FOR RENT—Steam heated sleeping rooms, hot and cold water in rooms. Ph. 224-W, 1306 O ave. 12-26-2 t.

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WANTED — Experienced stenographer wishes position at once. Box 100 Observer. 12-30-2 tp.

WANTED—Ambitious young man wants work in city. Ph. 235-J. 12-30-2 tp.

WANTED—Carpenter and cabinet work; general repairing. La Grande Novelty Repair Shop. 1001 Fir. 12-28-1m.

WANTED—First class dairyman wants position. 197-R. 12-28-3 tp

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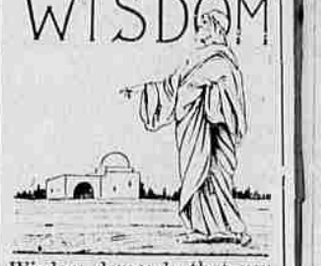
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A. L. RICHARDSON, M. D. Physician and Surgeon. Office over Glass Drugs. Office phone, Main 15; residence phone, Main 55.

J. A. WONDERLICK, M. D. Physician and Surgeon Office and Hospital over the Tiffin Tel. Main 678

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By Cowan

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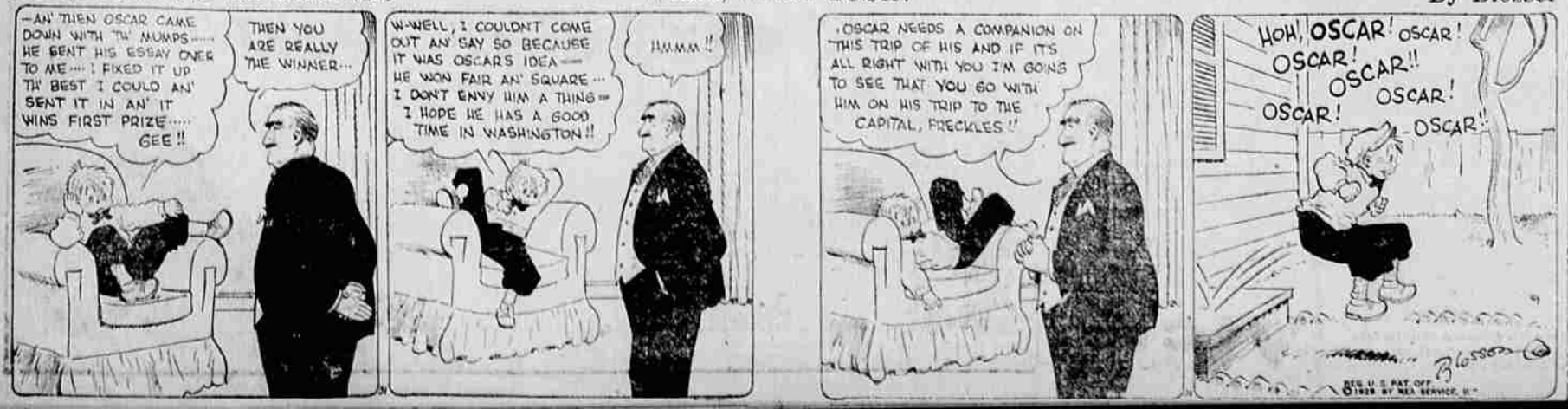
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