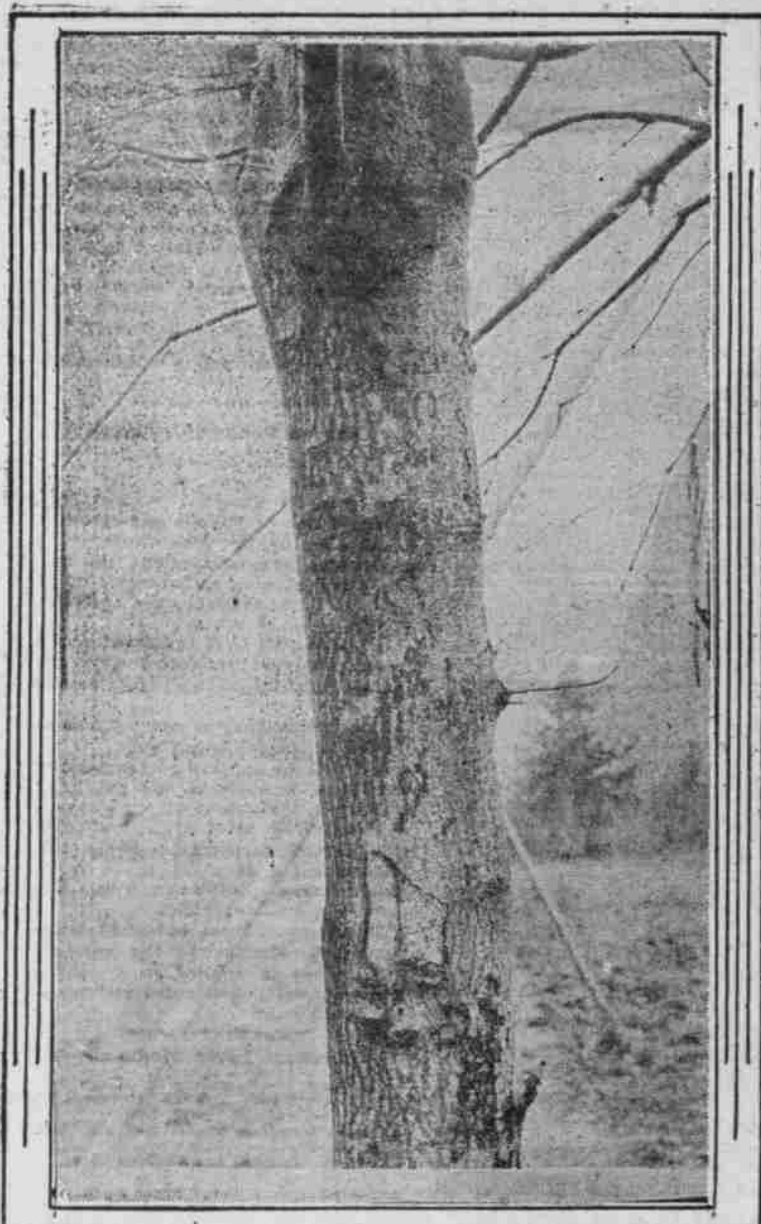


World Owes Health to Oregon



Inspecting Shipment.



Cascara Tree in Portland Park.

BY DEWITT HARRY.

IN MANY ways not generally known the world looks to Oregon. For one thing it is the sole source for the commercial production of cascaro bark, the cascaro sagrada of commerce, a most important drug. From southern Oregon to British Columbia the normal annual production of cascaro bark is estimated at 5,000,000 pounds, dried weight, the entire supply of the world. Practically all of this bark comes to Portland for market, with the result that this city is looked to by the rest of the globe for supplies.

During war times, when all prices soared, cascaro was no exception. Perhaps there was more reason for it being put at a higher rate, for it was being used as the basis for many necessary medicines. Cascaros in 1919 brought 15 cents a pound in Portland, for this city sets the market price. The chances are that the usual market price is in the vicinity of 5 cents a pound. Taking the 5-cent figure, the entire production of cascaro bark of the northwest would be worth about \$25,000, and on account of this figure it is more than possible that many persons would be prone to underestimate the importance of the industry.

Indians Gather Bark.

Cascaros sagrada is used as an ingredient in most proprietary laxatives. The laxative or purgative effect is the result of a volatile oil contained in the bark. The trees are found in nearly all localities of the northwest near the coast. They do not exist in groves, but are usually single trees discovered when logging operations bare the undergrowth. As it is the usual practice of the bark gatherers to cut down the tree and then strip it, owners of large logging tracts usually oppose their work until all danger of fire from slashings is past. The cascaro tree is frequently confused with alder and alder bark gathered in mistake. Alder and other barks found in the vicinity of cascaros have no value.

Most of the cascaros gathering in this section is done by Indians. It has been urged by forest service officials that only sections of the bark

be gathered, so as to allow the tree a chance for life. As readily can be seen, a tree stripped of all bark cannot live. As the cascaros gatherers often work on a system of purchasing stumpage, they are none too favorable to the forest service request, pointing out that the cascaro tree has no commercial use other than for the bark and is better cut down, as it will not produce commercial timber. Many a school child has made excellent money during the vacation season peeling bark.

Ageing Found Necessary.

Cascaros bark, according to federal regulation, must be aged for three years before used as medicine. This gives some idea of what the brokers are up against, for they must first go in the open market and get their bark, and then store millions of pounds of it until properly cured. At the present time there are several huge local warehouses filled with bark in different stages of cure. It must be tested before use, and though it sometimes is sold green, this is only on the understanding that the purchaser hold it until it has reached the proper age. All life must be gone, for the reason that it has an opposite effect than desired when too green. This is due to a ferment present that neutralizes the laxative properties.

On account of its close resemblance to alder the tree is often confused with that worthless swamp product. Both trees like soft, moist bottoms, and this places them as close neighbors. The leaves are nearly alike, but there is this one great difference: The cascaros has a berry, while the alder has none. The berry is the surest way to distinguish the cascaros, for in the words of the humorist, "the cascaros berry is black when ripe, but red when green."

Natives Found "Holy Bark."

Cascaros is better known as chitem bark in some localities. For instance, in Prineville the irrigators have an official of their order, their court physician, whom they call Count Chitem. The bark is usually peeled during the summer months, when the sap is up, that is from May to September. The trees are always cleaned and all moss removed before the bark

is cut away. After the bark is peeled it is spread in a clean, dry place and left until thoroughly dried. When the natural drying process is complete it is brittle and is broken in short pieces by hand. The shipments are made in

ordinary jute bags and some of the great drug houses buy the bark by the ton. Here enters one of the prin-

cipal precautions, for the bark cutter must not allow rain to fall on his product or it will likely become damp and moldy and if in this shape will be valueless.

In the explanation of the name it is

AMERICAN RED CROSS IS ACTIVE IN WORK OF SAVING POOR CHILDREN OF AUSTRIA

Clothing for Half Million Needy Little Ones Is Manufactured and Distributed During Year Just Closed. Health Stations Are Established.

VIENNA—Here and there in odd corners of Vienna the inquisitive American visitor comes upon the modest signboard of the American Red Cross. In each case the little square signboard marks one of the hundred-odd child-health stations which that organization has been maintaining in various parts of Austria since the early part of 1921. The entire combination of stations constitutes, I believe, as fine a piece of intensive child-health work as is being done anywhere in Europe today.

In Austria the inauguration of the new child-health programme of the American Red Cross was facilitated by the absorption of the already existing stations through which the organization had distributed large quantities of general relief materials, including clothing, textiles and medical supplies. On June 30 41 child-health stations were in operation in Vienna and plans had been completed for opening 59 additional stations in other parts of the country. The full programme was in operation on October 1.

The major Red Cross relief operation of the previous year was the manufacture and distribution of clothing to 500,000 persons, mostly children. This clothing was made with the co-operation of various well-organized Austrian child-welfare societies, hospitals, orphanages and clinics. Only a half dozen American personnel were attached to the Red Cross commission, the detailed work being entirely in the hands of Austrians. In the manufacture and distribution of

clothing 40,000 native women were employed either as volunteers or as paid workers. Throughout the year the Red Cross co-operated with the American relief administration in its feeding programme. The Red Cross provided one meal a day for 10,000 babies and children not included in the A. R. A. programme. Most of this was therapeutic feeding and therefore distinctly a child-health operation.

During the past year more than 25,000,000 francs worth of medical and general Red Cross supplies were distributed to 235 medical institutions providing 28,000 beds, to 133 children's institutions caring for 27,000 children and to various welfare organizations reaching 107,000 persons.

One of the most urgent relief problems of the year was the provision of layettes or outfits of clothing for new-born babies. More than 29,000 layettes were distributed. The cost of a layette is beyond the reach of an average family in Austria—the flannel alone costing more than the average weekly salary of a school teacher.

Layettees and general relief supplies were sent to Upper Austria and Salzburg for distribution in children's homes and hospitals.

Clothing continued to be one of the greatest needs of the people of Vienna throughout the year and special efforts were made to meet the situation. More than 700,000 garments were distributed. The greater part of this clothing was manufactured in workrooms either established by the Red Cross or supported by it. The garments were made of raw mate-

rials shipped from America or of surplus stocks of wartime hospital garments and surgical dressings. There was also an intensive knitting campaign, in which 20,000 native volunteer workers turned out 200,000 sweaters and stockings from wool furnished by the Red Cross. During a part of the school year several thousand school children were also enrolled as knitters.

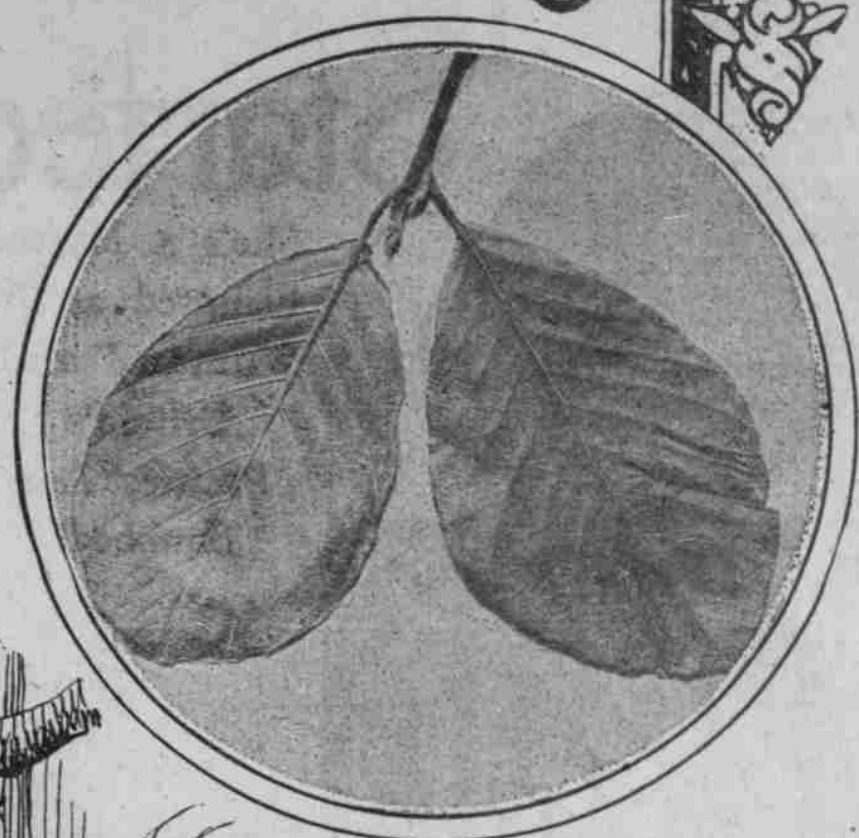
Special attention was given during the year to the relief of teachers in the public schools and colleges. More than 25,000 garments were supplied to men and women of this profession in order to enable them to appear before their classes.

Through the Society of Friends the Red Cross distributed large quantities of clothing, medical supplies and general relief materials, as well as rationed to 10,000 children per month.

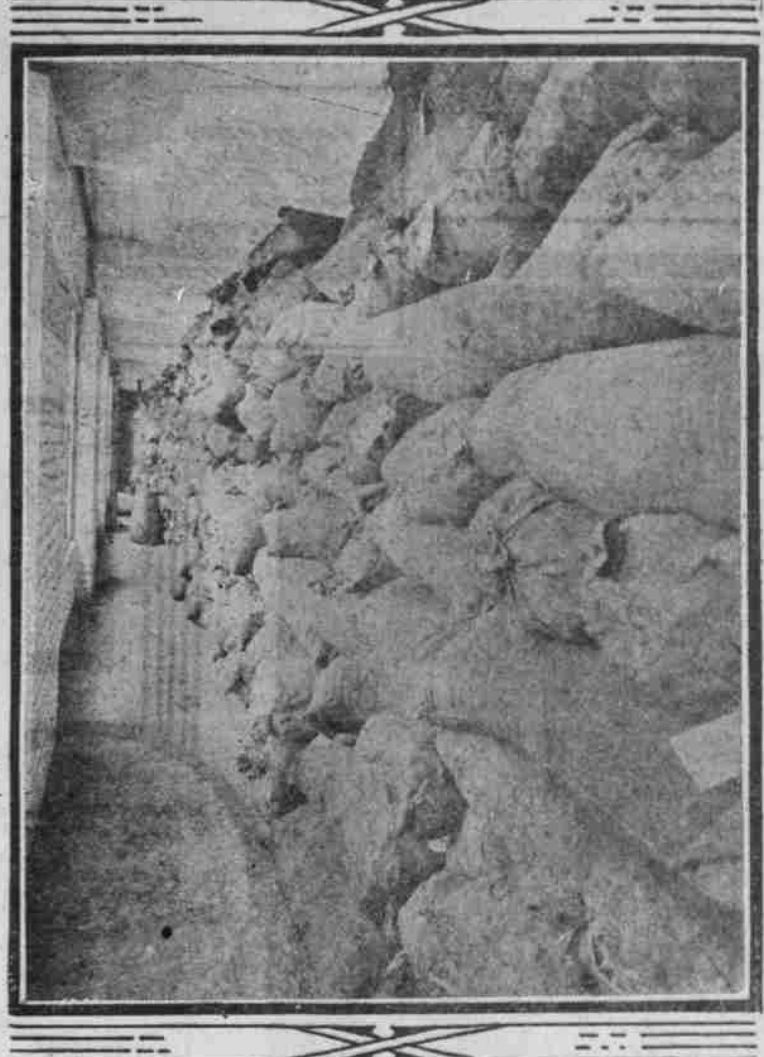
Tale of a Turkey.

A certain southern senator, one of the best orators in his party, is blessed with a fund of humor, and his speeches are frequently spiced with some excellent stories.

A short time ago, illustrating a point to the effect that congress only helps those that help themselves, he told of a man who coveted a plump turkey belonging to his neighbor. He prayed long and earnestly, but without avail, that his neighbor's turkey might be sent into his backyard. Then he changed his prayer, and asked that he might be sent into the garden where the turkey was. And, curiously enough, the senator adds, the prayer was granted that very night.



Leaf of Valuable Shrub.



Quarter Million Pounds in Storage.

—Photos by Angelus Studio and Prentiss.

found that it was first discovered by Spanish settlers on the Pacific coast who became aware of its properties and made good use of it. They called it cascaros sagrada or sacred bark. It is said, with excellent foundation, that the white settlers learned of the medicinal value of the bark from the Indians, who were expert in herbs. Of course there are many native roots and herbs that have well-established medicinal properties, but cascaros bark is probably one of the most important in the world. The fact that it grows wild only in this small section of the globe makes it particularly interesting, and all attempts to produce it successfully in other sections have met with failure.

Shipments to All World.

Dealers here have found that there always is a demand for cascaros and that the normal exports go to England, Italy, Japan, Germany and Russia. Germany in pre-war days was one of the real steady, reliable customers and is once more stepping back into the market. As Portland has the sea-port facilities and the freight by water is almost half the land rate this assures the control of the industry. Quite a few of the American drug concerns are situated inland and for that reason have to handle the cascaros by railroad, but by far the greater part of the stuff leaves here by boat. Some subsidiary dealers in London keep fair-sized stocks on hand, replenishing them when necessary from Portland warehouses.

The average adult bark gatherer can make \$4 daily in the woods at standard market prices. While the normal production is around 7,000,000 pounds in 1919 it went to 10,000,000 pounds. This was due to the speculative trend of the time and much of this bark bought at 15 cents a pound is yet in storage here curing and will be sold for less than half the original price. The average cost to the dealer in the warehouse after paying the gatherer and transportation and other charges is estimated at six cents a pound. The near-uniform history of the trade here has been that a cent a pound profit is regarded as excellent business. The production this year has been but 50 per cent of normal as the gatherers have found it difficult to adjust themselves to a 5-cent market when they received 15 cents. However the dealers expect the market to be about normal this next year.

Tree Is Described.

Much of the bark is gathered by Indians and children. On account of the small price it generally must be done by persons who have nothing to do with their spare time. Thus children in

vacation time, farmers' wives after spare cash, Indians with nothing else on hand, find in the woods a pleasant source of steady income during the season. Many parties are formed to vacation in the woods and strip bark, making an enviable combination that allows an outing and pays the expenses at the same time. Pocket money and added income makes cascaros gathering a favored pastime in rural Oregon.

Some of the largest quantities of the bark come from Grays Harbor, Tillamook and Nehalem. The trees here are exceptionally luxuriant, sometimes being ten inches through the trunk with proportionate height. This growth is one of the main methods of difference between the cascaros of Oregon and that of other parts of the world. It seems that the large full-lived trees yield a bark that has exceptional properties. The bark is stripped from the trees by knives and as it dries curls up. It is easily distinguished from the scrubby product of other sections and held in better repute on account of its better medicinal properties. In fact, where it is possible, to get Oregon bark none other is used. The berries of the cascaros tree while not commercially in demand, have the same properties as possessed by the bark.

Cascaros Has Large Use.

It takes but a small quantity of the bark to make many bottles of proprietary medicines or many hundreds of pills. It might be interesting to speculate on how much standard remedies depend on Oregon in this respect. Take a list of the number of remedies that show cascaros as an ingredient, and think what this means to Oregon. Porters and inspectors who handle the bark in the great local warehouses can testify to its properties, as they experience some of the results from constant breathing of the air and inhaling the dust.

As a spring remedy in the old days cascaros occupied the center of the stage, but here we have no native cascaros. Though we have never known of an authentic instance there is little doubt but that, like the Indians, many a paleface mother makes use of the bark and root remedies of this state in preserving the health of her family. Oregon grapefruit also has a value and there are many other shrubs and barks that are in demand. The Indian, skilled at distinguished remedies of which nature produces the ingredients in Oregon's forests.