



That's Nature

Take Spring Trail Hike

By PRINCE HELFRICH
Northwest Conservationist

As the first spring flowers appear on hillsides warmed by the returning sun and the snow line recedes up the mountain side it is time to plan a family trip into the woods. Although the snow is still too deep to venture into the higher mountains there are a number of short hikes by which you can reach wilderness areas. The distance is only two to three miles and the trail is good for all the family.

One nice trip is to drive up the South Fork road to the McKenzie about 14 miles to the trail sign that says Rebel Rock Trail.

From the road you start climbing immediately but the trail is well marked and easy to find. One of the first things to note is a large sugar pine tree near the trail. A search under the tree will bring you some of the

large cones that have dropped the last few months. Farther on up the trail you will see several large grassy openings. This is the favorite wintering grounds of the deer and elk and you might find a horn that has been

shed or a winter kill that tells a story of one of nature's inevitable tragedies. You will find several kinds of spring flowers. Return to your car by the same trail.

A hike that doesn't entail any climbing is a two-mile walk up French Pete Trail. Take the South Fork road for ten miles to the bridge that crosses French Pete Creek. Leave your car in the nearby campground and take the easy trail up the creek. This trail is also well marked and follows the valley near the stream. Wild flowers will be found in abundance. Watch closely for the telltale scratch of a bobcat or cougar in the trail. And in any muddy spot you will note the passing of deer, coyotes, elk and many of the smaller woods animals.

A third interesting trip is a two-mile hike up Horse Creek to one of the largest Western red cedars that is known in this area. Drive to McKenzie Bridge, then eight miles up Horse Creek to the end of the road. Take the Horse Creek Trail about a half-mile to the sign that reads Eugene Creek Way. You do not need to cross Horse Creek. Continue on up Eugene Creek Way to the first crossing of Horse Creek. Cross here on a log and not far from the creek you will find the huge tree. It is probably 12 or 13 feet in diameter. All the surrounding woods are typical rain forest. Here also you will note evidence of the elk herds during the winter.

On a trip like this make the noon-day lunch something to remember. Take a nice steak to broil over the fire or a big hamburger to wrap in foil and cook in the hot coals. And don't forget a tin can to boil your tea water. It always tastes better out of a tin can.

Ask Andy

No Two Volcanoes Are Exactly Alike

Andy sends a complete, 20-volume set of the World Book Encyclopedia to Peggy Covington, age 12, Hampton, Va., for her question:

Are all volcanoes alike?

We know of about 500 active volcanoes, and thousands more are rated as dormant or extinct. Lava rocks, crater lakes and other signs on the face of the earth tell of countless volcanoes that lived and died before the dawn of history. Volcanoes, active and extinct, also exist in great numbers on the floors of the oceans.

Of all the countless volcanoes, past and present, no two are exactly alike. Each builds its particular shape from its own rocky materials. Each follows its own history of dramatic events. Although there are no exact duplicates, there are certain similarities in volcanic activity. We can classify several types of volcano and their activities.

Stromboli, on an island north of Sicily, is a volcano of the explosive type. Every ten minutes or so, a lump of fiery red lava is hurled above the crater. This explosive volcano shines for miles as a beacon known to sailors as the Lighthouse of Mediterranean.

Vesuvius, near Naples, tends to erupt in fiery fury after a long period of quiet. It is believed that the eruption is fed by a pool of lava some three miles below a surface layer of limestone. Carbon dioxide from the limestone dissolves in the molten lava, and pours into the air during an eruption.

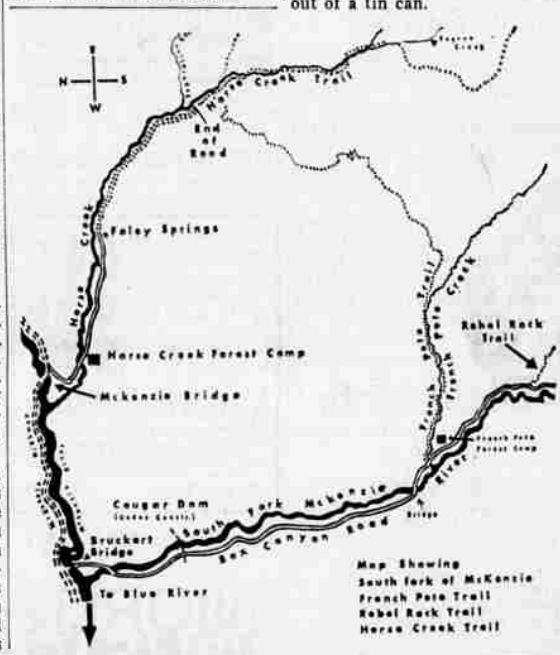
Mount Pelee of the West Indies is the same type as Vesuvius. Its rare eruptions, however carry fiery clouds of superheated steam and seething fragments of dust. Mount Katmai of Alaska also erupts with a fiery cloud, pouring lava down its slopes at 300 miles an hour.

Mauna Loa of Hawaii is a shield-type volcano. Its masses of lava ooze up from below the ocean, forming a wide plateau with gentle slopes. Other lava plateaus are built from lava oozing from fissures, or long cracks in the earth's crust. In 1783, in Iceland, flows of lava oozed from such a fissure 20 miles

long. In the remote past, lava oozed from such fissures in a Pacific Northwest. These ancient, fire-formed rocks cover 200,000 square miles.

The history of each volcano is decided by the earth's crust. The pool of magma is a mixture of molten rocks, steam and various gases, maybe 30 miles below the surface. The vent through which it erupts may be small or wide, or there may be a network of vents. The rocks which line the vents, such as the limestones of Vesuvius, also add individual character to each volcano.

In 1943, a new volcano erupted from a small hole in a Mexican cornfield. In two years it formed a steep-sided mountain 1,500 feet high. It now seems to be extinct. The progress of this volcano, Paricutin, was studied scientifically and it yielded much new information. Our knowledge of the rocks below the earth's crust and the forces that operate there is still, however, mainly guesswork, and volcanoes, even to the expert, are shrouded in mystery.



To Your Health

Body Needs Only Trace Of Iodine

By DR. JOSEPH G. MOLNER

Dear Sir: Will four drops of iodine daily in a glass of water be good for health or do harm?—MRS. J.P.

I'm sure you're referring to tincture of iodine, the ordinary kind that is an antiseptic. Except under unusual circumstances there is no danger in that amount. For one thing, it isn't much iodine. Pure iodine is a solid, and the tincture is only the amount that is dissolved in alcohol.

To prevent goiter, most of us habitually use iodized salt—the table variety that has a trace of potassium iodide in it. This is so generally used that most of us buy that kind of salt without thinking about it, and we might have to do some shopping around, in fact, to find salt that isn't iodized.

However, the amount of iodine we need is very small. Somebody has described it as what we would absorb by smelling the cork of an iodine bottle once a day. What we need is only a "trace."

Occasionally potassium iodide is used as a medicine, but that is a far cry from saying that it, like any other medicine, is "good for health" in general. On the other hand, there are some individuals with thyroid disorders who have to avoid excess iodine. For them, the few drops a day would be too much, and some of them even avoid iodized salt.

For the great majority of us, a little more or less iodine, once we have the necessary "trace," doesn't make any difference.

Tincture of iodine is a good disinfectant. One drop in a quart of water, allowed to stand for 15 minutes, will make it bacterially safe for drinking purposes. In fact, that's a method the army has often used.

