



F. E. "Ferd" Barnick, with a record of 35 years as a Salem postman, starting out on his route through a semi-residential business section. Barnick is the second oldest city carrier working out of the Salem post office.

Postman for 35 Years Finds Most People Considerate

By FRED ZIMMERMAN

A postman who has spent 35 years in delivering mail to Salem residents in sunshine and storm, through mud and snow cannot help but acquire a few convictions. And such is the case of F. E. "Ferd" Barnick.

Barnick, owner of a modern and attractive home at 1440 Jefferson street, packed his first load of mail August 17, 1914 and has been at it ever since. He came on the scene about the time a number of his contemporaries were approaching the retirement age and early in his career drove St. Howard's one horse mail delivery cart, a conveyance remembered by many.

As to Barnick's convictions, here they are:

Most people are considerate of the men who deliver the mail; there are few cranks.

Few dogs are bothersome if properly handled.

Oregonians are remiss in times of snow, with many of them failing to clear their walks.

Contrary to the opinion held by many, mail carrying is no sinecure, and Barnick does not go in for the "postman's holiday" theory. When interviewed he was about half way through his annual 15 working day vacation. Part of it was spent with Mrs. Barnick at the state fair and a week at the beach was in prospect. "I like to rest during my time off," he explained.

In spite of the well known perverseness of human beings, Barnick's experience with his patrons has, for the most part, been pleasant. "I have encountered few cranks," he said. A philosophical attitude is essential if one is to prevent the every day occurrences from raising the blood pressure.

Dogs Made Friendly

"Learn a dog's name as soon as possible and do not pay too much attention to him," is the way Barnick has handled canines with considerable success. He has been bitten twice during his career, once by a dog that was virtually toothless. The other took a hip pocket off his trousers and left his teeth marks on his anatomy. "The owners were fine about it," Barnick hastened to add. "They paid for having my pants fixed and assured themselves the dog had done no damage to my person."

Having lived in Oregon for a number of years, Barnick says he has no dread of the rainy season. He fortifies himself against the rain by having two sets of rubbers for his shoes and two umbrellas. These he places at strategic spots and are quickly available if needed.

But snow is something entirely different in the life of a mail man. Regardless of the depth and the slowness with which his patrons remove the snow the carrier is expected to make deliveries.

Barnick recalls an incident during one of Salem's infrequent snow storms that proved illuminating in human nature. Walking along one side of a snow-filled street, a man came out on the porch on the opposite side waving some letters.

"Wish you would mail them," the man, prominent in the ministerial life of the city, said as he stood at the top of two flights of steps leading from the sidewalk that was packed with snow.

"There's a mail box down the street a short distance," suggested Barnick.

"But I can't get there on account of the snow," the man of the cloth rejoined.

"How do you think I'm going to cross the street?" countered the loaded mail man. Barnick did cross over and accepted the letters. But before he left he prolonged the conversation.

Christianity Presumed

"You are presumably a Christian man and as such, interested in others," said Barnick. "Down on the corner there is an 80-year-old lady who has not only cleaned the walk around her property but has taken care of the lot next door. If she can do that it would seem you and your two boys could clean the snow from the one lot you own."

When Barnick made his rounds the next day the sidewalk was clear.

During his 35 years on the force, Barnick has seen the community grow into a city. Once

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TO HELP FORTIFY NATION'S HEALTH

Government Wants to Get 'Iodized Salt' in all Shakers

By FRANK CAREY
(Associated Press Science Writer)

Washington, Sept. 21 (AP)—The government wants every salt shaker in the nation filled with "iodized salt."

That's ordinary table salt with a little iodine added to it. Government and other authorities have just announced a new program to encourage its use. They contend this will give the average person enough iodine to:

- 1—Help prevent one of the commonest forms of goiter.
- 2—Help fortify the people's health generally—because iodine is an essential food element and some folks don't get enough of it from their regular food.

Iodized salt is not new. As early as 1831 its use was suggested to prevent goiter. Over the years various health groups have advocated its use. Now the government, the medical profession, public health authorities and the salt industry have joined to attempt to get everyone to use it.

Dr. W. H. Sebrell of the National Institutes of Health (NIH) says in an article in "Public Health" magazine that muddy streets have been paved while wooden sidewalks have given way to those of concrete.

In the matter of seniority, Barnick is second to Jess Prince, who became a carrier in November of 1913. Prince is now on leave due to illness.

Because of the 40-hour week, a carrier is supposed to be back at the central postoffice not later than 4 o'clock each afternoon where he registers his arrival on a time clock. Each Monday the carrier shows up at 6:30 in order to care for the accumulation of mail over Sunday. Other week days he punches the time clock at 7 o'clock. Following a Saturday or Monday holiday there is a 6 a.m. show up.

Future Plans Uncertain

The first three days of each month are usually the heaviest for the mail man who is loaded down with statements. If he finds that he cannot complete his scheduled second delivery he must return to the postoffice and make a fresh start the next day.

Postmen bid on the routes and naturally the oldest in seniority are able to secure the choice runs. Barnick serves a section north of Court street between Cottage and 12th, which is largely residential although dotted with apartments and an occasional business establishment.

What will he do when he has reached retirement age? Right now Barnick believes a small acreage in the country would be just about the ticket. However, he hasn't fully made up his mind that he will quit when he reaches 60. He can continue on for another hitch if he desires. It all depends upon the state of his health. "I have seen too many men break down before they gave up; I don't want that to happen to me," Barnick explains.

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The answers to everyday insurance problems. By SID BOISE

QUESTION: We belong to a social group of about twenty couples and each couple takes a turn as hosts for a house party at which the others are guests. Martha, a local maid of all work, always helps with the serving and cleaning up at the home where the party is given. Last week, Martha slipped, going down stairs to the basement party room and although she wasn't hurt, some of our group thought we should take out some form of insurance covering our liability in such an accident. Is Employer's Liability the proper kind?

ANSWER: Employer's Liability insurance covers your legal liability in accidents to servants but it would be simpler for each couple to own Comprehensive Personal Liability coverage. That sort of policy covers your liability for accidents to part time servants and gives a lot of additional protection for a very small premium. No family should be without it.

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If the gland doesn't get enough iodine, it doesn't function properly.

One possible result of such iodine-starvation is the disease called "simple goiter". One form of "toxic (poisonous) goiter" may result as a complication of simple goiter.

Simple goiter is an enlargement of the thyroid gland. The gland, in trying to produce hormone without sufficient iodine, literally overstrains itself and gets large.

Health Reports:

"Many people who take vitamin tablets and are careful about getting an adequate supply of vitamins neglect the iodized salt which will insure a health minimum of iodine for the normal person."

Sebrell is director of NIH's institute of experimental biology and medicine.

He says that it has been shown many times in this country and abroad that "iodine deficiency is easily corrected and better health achieved through the daily routine use of table salt to which tiny amounts of iodine have been added by the manufacturer."

This salt is just as pure as ordinary salt, he says, just as cheap, and tastes no different.

(Caution: Iodized salt is not suggested as the answer to all nutritional needs. You have to have other essential elements in your food—iron, calcium, copper and many others. Iodized salt is a handy way of getting enough iodine, but only iodine.)

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Fines Are Assessed

Silverton—L. A. Hienz, Jr. and John Wolfe, no operators license, each paid \$5.00 fine and costs in justice court here.

Calvin B. Hildebrandt deposited \$50 bail for appearance in Coos County on overload charge.

Arthur V. Lengele, no operators license, \$10 fine and costs. John W. Wolfe, defective muffler, \$5 fine and costs. Jacob Amstutz, overload charge, \$21 fine and costs.

After preliminary hearing in the Silverton Justice Court, Garold Francis Steele, was released from non-support charge filed by his wife.

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