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## ADVICE TO "FLU" CONVALESCENTS

### SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

### U. S. Public Health Service Warns Public Against Tuberculosis, One Million Cases Tuberculosis in United States—Each a Source of Danger.

### Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis, No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

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- \* Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- \* Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- \* Don't waste money on patent medicines advertised to cure tuberculosis.
- \* Become a fresh-air crank and enjoy life.
- \*\*\*\*\*

Washington, D. C. (Special.)—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

### One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculous persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

### What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

### Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these

are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

Postmaster-General Burleson advised the public service commission by telegraph that he has made effective as of November 15 an increase of wages for telephone-operating employees of the Pacific Telephone & Telegraph company and asks the commission to make its forthcoming order increasing the telephone rates retroactive so that the rates will also apply as of that date to cover the increase in wages. It was pointed out that under the statute the commission has no power to make rates retroactive under the public utilities law and that part of the postmaster-general's request apparently cannot be granted. It was also pointed out that the postmaster-general apparently is laboring under the assumption that the commission's hearing on the increase will be purely perfunctory in character.

## SAVE 16,000,000 BUSHELS OF WHEAT THAT FORMERLY WAS LOST IN THRESHING

### Farmers, Urged by Food Administration, Provide Seven Extra Loaves of Bread for Every American.

By adopting cleaner threshing methods and by literally combing harvest fields to gather grain formerly wasted, threshermen and farmers of the United States this year saved fully 16,000,000 bushels of wheat, estimated as equivalent to about seven one-pound loaves of bread for every person in the country. This result, accompanied by corresponding savings of barley, oats, rye and other grains, is shown by reports from 33 grain states to the U. S. Food Administration. Other states, although not prepared to furnish definite figures of conservation in the grain fields, report greatly reduced harvest losses.

This rural food saving achievement, accomplished in scarcely six months' time, was in direct response to requests by the Food Administration, which asked farmers and threshermen to reduce harvest losses from about 34 per cent.—the estimated average in normal times—to the lowest possible minimum. Country grain threshing committees carried into every grain growing community the official recommendations for accomplishing the results desired.

In numerous instances drivers of racks with leaky bottoms were sent from the fields to repair their equipment and frequently had order threshing machines were stopped until the cause of waste was removed. But in proportion to the number of persons engaged in gathering the nation's grain crop, cases of compulsion were comparatively rare. The Food Administration freely attributes the success of the grain threshing campaign to patriotic service by farmers, threshermen and their crews. Incidentally grain growers of the United States are many millions of dollars "in pocket" as a result of the grain saved.

## NO ONE SUFFERED HERE.

The marvel of our voluntary food-saving, now that we are "getting results," is that no one ever actually suffered any hardship from it; that we all are better in health and spirit and better satisfied with ourselves because of our friendly self-denial.

Food control in America held the price of breadstuffs steady, prevented vicious speculation and extortion and preserved tranquillity at home.

In no other nation is there so willing a sense of voluntary self-sacrifice as in America—that was shown in the abstinence from wheat.

Find more wheat, it came; more pork, it came; save sugar, it was done. So Americans answered the challenge of German starvation.

Good will rules the new world as fear governed the old world. Through sharing food America helps make the world a fooder.

Food control made sufficiency from shortage, kept the rein on food prices, gave the nation's full strength exercise.

Starvation by Germany challenged all the world; food conservation in America answered the challenge.

Food conservation in America has been the triumph of individual devotion to the national cause.

## SHE KEPT THEM ON THE JOB



## OREGON NEWS NOTES

More than \$12,000 was realized from the tag sale held in Portland in the interests of the Waverly baby home.

Petitions are being circulated asking that Glen R. Metaker, district attorney for Columbia county, be recalled.

The 33d annual meeting of the Oregon State Horticultural society will be held in Roseburg December 5, 6 and 7.

Work of demobilizing members of section B, of the S. A. T. C. at the Oregon Agricultural college, began Monday.

The Oregon Baptist state convention, which was scheduled to meet in Portland last month, has been postponed until October, 1919.

Demobilization of the Students' Army Training corps unit in the University of Oregon began Wednesday, and the university will return to its pre-war status.

A second wave of the Spanish influenza, which surpasses the first, is sweeping over Klamath Falls. In spite of the fact that the restrictions had not been removed.

The Solissons, last of a fleet of 20 auxiliary powered vessels built at Portland for the French government by the Foundation company, was launched Thursday.

J. D. Farrell, president of the O. W. R. & N. railroad, has been appointed by Governor Withycombe as a member of the state fair board to succeed Mrs. Edith Tozier Weathered.

Nineteen horses were burned to death when fire destroyed a barn at the Chemawa Indian school. Several sets of harness and 1000 bushels of grain and 50 tons of hay added to the loss.

In one check for \$80,837.33, beneficiaries under the estate of the late Theodore B. Wilcox, of Portland, paid the inheritance tax for that estate. The total valuation of the estate was \$2,892,484.

Total bank deposits in the state aggregated \$226,381,703.44 November 1, according to a statement issued by Superintendent of Banks Bennett. This is an increase from August 31, 1918, of \$29,455,285.24.

The death of John Olson, contractor, of Portland, was the only fatality reported to the industrial accident commission out of 430 accidents, reported for the week ending November 28, inclusive.

The woman's dormitory at the Eugene Bible university was destroyed by fire and the matron and 13 girls escaped in their night clothes by cutting the screens on the sleeping porch and passing through them to safety.

Life insurance companies will be called upon to pay out something like \$200,000,000 in extraordinary losses because of the influenza epidemic, according to a statement issued by Insurance Commissioner Harvey Wells.

## PROVED SPIRIT OF DEMOCRACY

### Voluntary Basis of Food Saving Showed Heart of America Beat True for Freedom.

The newly completed \$48,000 concrete bridge, just erected across Hood river by the state highway commission, has been thrown open to traffic. The bridge is approximately 500 feet long. It replaces an old steel bridge.

Following the usual custom, the Hood River Apple Growers' association sent to Chicago a refrigerator car loaded with gift boxes of fruit sent by Hood River residents to friends and relatives in that city and points of the Mississippi valley.

At his own request Warden Murphy, of the state penitentiary, retired Saturday and was released from his bond. In the interim before Robert L. Stevens, the prospective appointee, takes charge, Deputy Warden Burns will have control at the institution.

After a conference between Chairman Miller, of the public service commission, and officials of the Spokane, Portland & Seattle Railroad company, the road has decided to suspend its order for a reduction in the passenger service schedules between Astoria and Portland.

Much uncertainty prevails at Marshfield regarding the lumbering business and the closing down of several industries indicates that operators are going carefully until new bearings are established. These retrenchments have thrown between 300 and 400 men out of employment.

Oregon dealers buy fish, delivered, at an average price of 11.7 cents a pound, retail it at 17.8 cents a pound and make an average profit of 34.2 per cent, according to a survey of fish market conditions of all states, recently compiled by the United States food administration.

Railroad telegraphers and agents of the O. W. R. & N. lines, through action of their general committee convened in Portland, rejected the wage and working award announced November 16 by Director-General McAdoo and authorized the calling of a nationwide strike vote, if necessary, to obtain their demands. In general, the demands are for wage increases.

One million reports received from army camp surgeons by Surgeon-General Rupert Blue show that Oregon, as represented by its men who were sent to army camps, had a cleaner bill of health than any other state in the union. Only .59 of 1 per cent of the men going into the army from this state were afflicted with social disease.

District No. 11, as the Oregon district of the wooden ship division of the Emergency Fleet corporation is officially designated, is to remain independent of the North Pacific division, or Washington district, according to official word received to that effect. The district is to continue undisturbed until the termination of wooden ship construction for the government.

The gas-defense division of the chemical war service has informed O. D. Center, director of college extension at the Oregon Agricultural college, that the collection of nut shells for gas masks should be discontinued at once. Shipments of less than 10 tons at shipping points should not be forwarded.

In a telegram pointing out that the action of the Emergency Fleet corporation in suddenly cancelling a large number of shipbuilding contracts has created a decidedly serious situation in Oregon, Governor Withycombe has appealed to President Wilson, asking that he intervene and that the contracts be reinstated.

Reedsport, the city of sawmills, claims to have received the first commercial lumber order following the closing of government work in spruce, white cedar and fir lines. The order came to the C. McC. Johnson mill. The mill is asked by a Seattle lumber company to hurry out an order of 2,000,000 feet of fir, to be shipped by rail.

## FIRST CALL TO FOOD ARMY

This co-operation and service ask of all in full confidence that America will render more for flag and freedom than king ridden people surrender at compulsion.—Herbert Hoover, August 10, 1917.

## PROVED SPIRIT OF DEMOCRACY

### Voluntary Basis of Food Saving Showed Heart of America Beat True for Freedom.

To the voluntary service and sacrifice of the American people must be attributed the continued health, strength and morale of the Allied armies and the civil populace.

Upon this spirit of service and sacrifice will depend Europe's fate in the months to come. In the past year we have carried out an export program, the magnitude of which is almost beyond comprehension. But with the new demands that have come, with the liberation of nations freed from German oppression, our exports must be almost doubled. Instead of 11,820,000 tons, we must ship twenty million tons of food to Europe in the coming year—as much as can be pushed through our ports.

If the Allies had not been fed by America, it would have been impossible for them to maintain their defense against Germany.

Meeting this world need of a purely voluntary basis, the American people have conclusively proved that democracy is a success and that in time of need it will rise to its own defense.

If there were no other accomplishment to its credit the very fact that it has shown the strength of democracy has in itself more than justified the existence of the Food Administration in the eyes of the world.

Less than four months after the United States declared war the United States Food Administrator expressed his determination to meet America's food problem on a basis of voluntary action and reiterated his confidence that awakened democracy would prove irresistible.

"Many thinking Americans," said Mr. Hoover, "and the whole world have been watching anxiously the last four months in the fear that democratic America could not organize to meet autocratic Germany. Germany has been confident that it could not be done. Contrary proof is immediately at our door, and our people have already demonstrated their ability to mobilize, organize, endure and prepare voluntarily and efficiently in many directions and upon the mere word of inspiration aside from the remarkable assemblage of our Army and finances."

The history of the Food Administration has clearly shown that the trust of those who put their faith in democracy has not been misplaced.

# be proud to be a food Saver

## KEPT PLEDGE TO SEND BREAD

### American Nation Maintained Allied Loaf Through Self-Denial at Home Table.

## AVERTED EUROPEAN DESPAIR.

### With Military Demands Upon Ocean Shipping Relieved, World is Able to Return to Normal White Wheat Bread.

Since the advent of the latest wheat crop the only limitation upon American exports to Europe has been the shortage of shipping. Between July 1 and October 10 we shipped 65,980,300 bushels. If this rate should continue until the end of the fiscal year we will have furnished the Allies with more than 237,500,000 bushels of wheat and flour in terms of wheat.

The result of increased production and conservation efforts in the United States has been that with the cessation of hostilities we are able to return to a normal wheat diet. Supplies that have accumulated in Australia, Argentine and other hitherto inaccessible markets may be tapped by ships released from transport service, and European demand for American wheat probably will not exceed our normal surplus. There is wheat enough available to have a white loaf at the common table.

But last year the tale was different. Only by the greatest possible saving and sacrifice were we able to keep a steady stream of wheat and flour moving across the sea. We found ourselves at the beginning of the harvest year with an unusually short crop. Even the most optimistic statisticians figured that we had a bare surplus of 20,000,000 bushels. And yet Europe was facing the probability of a bread famine—and in Europe bread is by far the most important article in the diet.

All of this surplus had left the country early in the fall. By the first of the year we had managed to ship a little more than 50,000,000 bushels by practicing the utmost economy at home—by wheatless days, wheatless meals, heavy substitution of other cereals and by sacrifice at almost every meal throughout the country.

In January the late Lord Rhonda, then British Food Controller, called that only if we sent an additional 75,000,000 bushels before July 1 could he take the responsibility of assuring his people that they would be fed.

The response of the American people was 85,000,000 bushels safely delivered overseas between January 1 and July 1. Out of a harvest which gave us only 20,000,000 bushels surplus we actually shipped 141,000,000 bushels.

Thus did America fulfill her pledge that the Allied bread rations could be maintained, and already the American people are demonstrating that, with an awakened war conscience, last year's figures will be bettered.

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- + Our exports since this country
- + entered the war have justified a
- + statement made by the Food Ad-
- + ministration shortly after its con-
- + ception, outlining the principles
- + and policies that would govern
- + the solution of this country's
- + food problem.
- + "The whole foundation of de-
- + mocracy," declared the Food Ad-
- + ministration, "lies in the indi-
- + vidual initiative of its people
- + and their willingness to serve the
- + interests of the nation with com-
- + plete self-effacement in the time
- + of emergency. Democracy can
- + yield to discipline, and we can
- + solve this food problem for our
- + own people and for the Allies in
- + this way. To have done so will
- + have been a greater service than
- + our immediate objective, for we
- + have demonstrated the rightfulness of our faith and our ability
- + to defend ourselves without be-
- + ing Prussianized."

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Sending to Europe 141,000,000 bushels of wheat from a surplus of apparently nothing was the outstanding exploit of the American food army in the critical year of the war.

## GREATEST OPPORTUNITY WOMEN EVER HAD.

It was given to the women of this country to perform the greatest service in the winning of the war vouchsafed to any women in the history of the wars of the world—to feed the warriors and the war sufferers. By the arts of peace, the practice of simple, homely virtues the womanhood of a whole nation served humanity in its profoundest struggle for peace and freedom.

President Wilson and party have sailed for Europe on the steamer George Washington.