

MILK AS STRENGTH BUILDER ADVOCATED

Dr. Mae Cardwell, Back From Washington, Advises Housewives.

Dr. Mae H. Cardwell, of Portland, who recently returned to Oregon from Gary, Ind., New York and Washington, where she was engaged in medical research work for the Children's Bureau of the Department of Labor, said in an interview: "The dairy industries must be encouraged. The children of America must have milk. They cannot thrive without good clean milk. Housewives must use more milk. If they demand it the dairyman will find some solution to his problems and will see that his cows get the feed and that he keeps them alive and in good health. However, if the women don't order the milk, the dairyman isn't going to keep his cows around just as pets and ornaments. Feed is too scarce and labor too high for that. It's up to the housekeepers.

"Are you sending your breadwinners to work with all the vigor and strength you can muster for them in the way of proper food?" asks Dr. Cardwell. "If they don't get the right food they can't think or work well. The same applies to the school children. See that they have milk to drink; milk in puddings. The kitchen is the power plant of the family and consequently, of the nation. Don't waste a drop of milk or an ounce of butter, but use plenty. The health of the nation is the kitchen question. Milk is one of the main factors in a diet."

Baby Expert Preaches Greater Use Of Milk.

A milk bill and healthy children is cheaper than a doctor's bill and an underfed, under-nourished child. It would be cheaper to start right. So says Mrs. A. Bayley, of the Parents' Educational Bureau, Oregon Congress of Mothers, who has presided at the testing of thousands of babies. She finds the milkfed youngster of three or four years scores much higher than the child who has had little milk in his diet. Mrs. Bayley preaches a greater use of milk for young and old.

Dairy Commissioner Sees Encouraging Signs.

J. D. Mickle, State Dairy and Food Commissioner, stated recently that the dairy situation, in spite of high prices of feed and scarcity of labor, is not all gloom. Reports have come to him from various parts of the state showing that the housekeepers are beginning to see that they must pay more for milk than they did a few years ago. The dairymen are beginning to take heart, too, in some instances and are looking to the future when the cow of today will be worth much more money alive than she would now, slaughtered. And that future isn't so far off if the dairymen only continue to have courage and patience.

The wise man and the one who is far-seeing, is keeping his herds intact. True, he won't keep the old boarder who would just eat the food and bring no returns, but he is holding his good stock. The sensible housewife, too, must know a man can't feed and care for cows, keep a first class dairy, and provide clean bottles and well paid deliverymen without some expense. The Oregon Dairy Council is doing much to get the situation straightened out. The exhibit at the state fair, the splendid cooperation of the Food Administration, the public schools, Oregon Agricultural College and the Bureau of Health, all help the educational work and are part of the great task of "keeping the home fires burning," which task includes the preservation of essential home industries and the health of the nation.

A farmer may slaughter his dairy herd in three hours but he could not replace it in three years.

It must be very discouraging to ask for an armistice and have the only answer an army.

BABIES MUST HAVE MILK

"You get more calories to the penny from milk than from any other food even at the present price," said Dr. E. J. Labbe, specialist, who returned recently from Europe and who spoke at the State Fair and at other patriotic gatherings. Dr. Labbe told of the children he treated in the Red Cross children's hospital in Evian, on Lake Geneva, in France. The little French and Belgian refugees were wan and weak and almost lifeless. A milk diet soon brought good results and the babes thrived. "But," said Dr. Labbe, "they will never entirely shake off the marks made by the months in which they were starved for milk. Children must have milk if the race is to go on. It is every man's and every woman's duty to do all in his power to keep the herds of Oregon alive. Feed men, mill men, dairymen, householders, dealers, everyone must co-operate. The babies of the world must be saved."

Milk may be used not only as an addition to an already rich diet, but in place of some of the slowly digested dishes which over tax the digestive organs and impair the health. Milk contains all the elements necessary to sustain life and build up the body. It must be remembered, too, that butter is a food for all, for rich and poor, for old and young. Cottage cheese is another dairy product that is of great food value.

Milk As An Energy Maker Acknowledged by Shipbuilders.

Because Portland and Seattle shipbuilders make a scramble for the milk bottles when the noon whistle blows they are becoming famous and to the fact that they drink milk is attributed their ability to do better work than any other shipbuilders.

Now comes San Francisco showing she, too, has taken up the habit. The Pacific Dairy Review says "one distributor alone supplies 1,500 quarts daily to men in the Union Iron Works," although, the review adds, "in San Francisco, the milk-drinking habit is still in its infancy." Here's another argument for keeping up the dairy herds. The milk bottle is backing the beer can off the map. Time was when the men of the iron works would have "rushed the can" as they termed getting their beer.

"The food value of a quart of milk is the equivalent of three fourths of a pound of beef, two pounds of chicken or eight eggs. Compare the costs and milk wins." Dr. E. V. McCullom of John Hopkins University who visited Oregon not long ago made this statement. He adds "For the sake of your family's health, and for the reduction of your living expenses, use more dairy products, and then some more."

"The restricted use of milk would mean a serious loss of energy, and a serious menace to the winning of the war," says G. A. Morgan in Hoard's Dairyman.

Shoes have gone up in price but we buy them. They are a necessity. Yet milk, the food that is necessary to everyone, because it goes up, is too often cut from the diet. Isn't that a little inconsistent?

We must have pure fresh milk. Count it economy to see that each child in the family has at least a pint of milk a day. Get the milk habit. Encourage the dairymen to keep up his dairy. He is willing to do his share but he can't do everything without cooperation.

The self-denial of the American home, added to the efforts of the American farmer, have removed fear from the minds of our Allies, for this year, at least. Let's keep it up.

The Four-Minute-Man is as useful to his country as was the Minute-Man of old.

UNCLE SAM'S ADVICE ON FLU

U. S. Public Health Service Issues Official Health Bulletin on Influenza.

LATEST WORD ON SUBJECT.

Epidemic Probably Not Spanish in Origin—Germ Still Unknown—People Should Guard Against "Droplet Infection"—Surgeon General Blue Makes Authoritative Statement.

Washington, D. C.—(Special).—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold,' accompanied by fever, pains

Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 101. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found

that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus, expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze, if you don't you'll spread disease."

The Garden of Eden.
The question of the site of Eden has greatly agitated theologians; some placed it near Damascus, others in Armenia, some in the Caucasus, others at Hollah, near Babylon; others in Arabia, and some in Abyssinia. The Hindus refer it to Ceylon, one writer locates it at the North Pole, and a learned Swede asserts that it was in Sudermania. Several authorities concur in placing it in a peninsula formed by the main river of Eden, on the east side of it, below the confluence of the lesser rivers which emptied themselves into it, at about 27 degrees north latitude, now swallowed up by the Persian gulf, an event which may have happened at the universal deluge, 3384 B. C. Many, however, think that the whole story of Eden is a legend and that, accordingly, the man who tries to find its site is like the blind man who looks in a dark room for his black hat that is not there.

Snakes as Pest Destroyers.
Snakes are not our enemies, says Gayne K. Norton in American Forestry. They never attack except in self-defense. Of our 111 species only 17 are poisonous—two species of Elaps, coral snakes, and 15 species of cretinine snakes, the copperhead and moccasins, the dwarf and typical rattlesnakes. On the other hand, the help they render is valuable. The pests destroyed each year, especially rodents that injure crops and carry communicable diseases, roll up a large balance of good service in their favor.

Rodents are destroyers of farm products, cause loss by fire through gnawing matches and insulation from electric wires, and of human life through germ-carrying, particularly the bubonic plague.

A FARM MADE TO PAY

For ten years a 500-acre farm, 100 acres of which had been paid for, failed to pay interest on the capital invested. One year after the owners had been induced to make certain radical changes the farm paid all expenses of operation and returned them 5 per cent on an investment of \$60,000. These changes were:

Substitution of four-horse for two-horse machinery; substitution of better stock for unprofitable cows in the dairy herd; adoption of the silo plan; allowance to the foreman, in addition to his salary, of 10 per cent of the net income from the farm.

Expenses of operating the farm but not the interest on the capital were deducted from the income before the foreman received his percentage. The owners yielded to the plan when they found that for every dollar the foreman got under such an arrangement they would receive one.

Get This Out—It Is Worth Money

Don't Miss This. Cut out this slip, enclose with 5c to Foley & Co., 2833 Sheffield Av., Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup, Foley Kidney Pills and Foley Cathartic Tablets.—Sold by Reed Bros.

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