

County Health Department

ACTIVITIES

By Dr. B. C. Wilson

NEWS

Health Officer

About three weeks ago I examined a moderately sized school in a fine public spirited little town in Jackson County. I consider this school typical of Jackson County. We examined 136 pupils and the astounding results are as follows:

75 or 55% had badly decayed teeth and needed immediate attention.

17 or 12% were 10% or more underweight.

13 or 10% had diseased tonsils.

14 or 10% had some defect of the ear.

32 or 24% had postural defects.

24 or 18% had some affliction of the heart.

5 or 4% had suspicious findings in the lungs.

And to cap it all we found that 113 or 83% of all these pupils had evident goiters.

I am sure you realize what some of these physical defects mean but did you ever realize that such a large proportion of our coming generation was burdened with such handicaps to healthy adulthood? Last year 111 people died in Jackson County from diseases of the heart or arteries and 13 died from Tuberculosis. Contagious diseases are preventable by the use of good common sense in preventing the spread from existing cases but heart disease, Tuberculosis, Diabetes, and Kidney trouble etc. are diseases which usually are preventable by keeping the body in good trim, living a normal life and eliminating the little foci of infection from which germs and poisons scatter themselves over the body and damage or lower the resistance of various organs until they are a fit subject for the invasion of disease. Now we revert back and look over these figures and we note that 24 of these 136 children had something wrong with their hearts and in trying to find the cause we find that 22 of these 24 had goiters, that 11 of the 24 had badly decayed teeth and 4 were over 10% underweight. In analyzing this it seems evident to me that the goiters had a definite relation to the abnormal sounds of the heart. Of the 17 who were 10% or more underweight, 16 had goiters 7 had badly decayed teeth, and 4 diseased tonsils. This further shows that the goiter had a very definite relation to the underweight group. Another, very evident thing grouping the heart trouble and the underweight together, we have a total of 41, 9 of these 41 had diseased tonsils, showing that this group by far presented the most diseased tonsils.

Another very interesting thing noted was that 99% of the second grade also had goiter, 31% of this same grade had signs of heart trouble. Are we neglecting our little fellows of six or seven years of age? The analysis of this examination throws a great deal of light on the subject of why so many people die before the allotted three score and ten. The answer is negligence, and it is certainly self evident on such examinations as this. The main thought I wish to leave with you this week is, periodic medical examinations for yourselves and your children. The reasons are evident and are such as this: If you aren't examined, how can you know that you have nothing wrong with you? Then, if you are examined, what good does it do if you let these defects remain uncorrected and let all the processes of disease take its course? Why are we neglecting our young children? I have often heard someone say, "Oh don't bother with

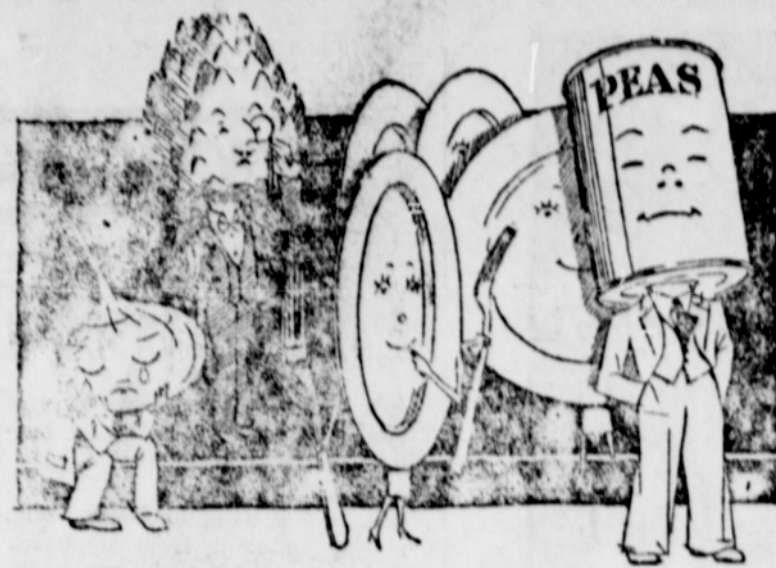
those teeth, they are only baby teeth and will soon be replaced by permanent ones. "I've also heard, "Oh, that's just a goiter, but our whole family has them," these remarks in themselves to me constitute a crime, because, first, we know that that pocket of pus and rotten material in that child's tooth is a constant source of poison and infection to its body, and sometimes a month is enough time for irreparable damage to take place. We know what rotten tonsils cause—heart trouble, rheumatism and kidney trouble. We know that goiter is preventable and if allowed to progress takes years off of one's life. For your child's sake and for the sake of the coming Jackson County citizenry, don't neglect to remedy these things.

EAGLE POINT GRANGE HALL DESTROYED BY FIRE

The demon fire seems to have a grudge at the Eagle Point Grange for Saturday their grange hall in Eagle Point burned to the ground. This is the second time in less than a year that the Eagle Point Grange has lost their building. The fire was of undetermined origin.

A piece of old inner tubing folded over the edge of the table or shelf to which the food chopper is to be screwed will prevent the clamps from marring the surface and will also keep the chopper from slipping.

Phosphate fertilizers, finds the Oregon Experiment station, are best applied in combination with manure, as manure aids availability of the less soluble forms of phosphates. Manure is a better balanced fertilizer when phosphated.



The Popular Pea

PEAS are almost universally popular. Some of us high-hat in the odoriferous onion, others snub the simple spinach, while still others feel inferior in the company of the aristocratic artichoke. But whether we aspire to artichokes or cotton to cabbages, everyone seems to like the personality of peas.

Peas and their Pals

Incidentally peas are very good mixers, and in case you have been serving them in a solo dish, try these new orchestrations:

Peas with Fresh Tomatoes: Cut three or four firm tomatoes in sections and sauté gently in three tablespoons butter until soft. Season well, add contents of a medium-size can of peas. Heat and serve.

Pea and Walnut Roast: Mix lightly together one and one-half

cup pea pulp (fresh or canned), one cup soft bread crumbs, one-half cup chopped walnuts, one-fourth cup butter, one beaten egg, a little salt, pepper and onion juice. Put into a buttered baking dish or loaf pan, and bake in moderate oven, 350 degrees, for 30 to 45 minutes until set and brown. Serve with two-thirds cup hot canned tomato soup, undiluted.

Dumplings with Peas: Sift two cups flour, one teaspoon salt, four teaspoons baking powder, and cut in one tablespoon fat. Add three-fourths cup milk, drop by spoonfuls on a greased steamer and steam twelve to fifteen minutes. Remove to a hot platter and surround with alternate piles of peas, using a No. 2 can of peas, in highly-seasoned white sauce, and buttered carrots.

How to Raise Poultry

By Dr. L. D. LeGear, V.S., St. Louis, Mo.

Dr. LeGear is a graduate of the Ontario Veterinary College, 1892. Thirty-six years of veterinary practice on diseases of live stock and poultry. Eminent authority on poultry and stock raising. Nationally known poultry breeder. Noted author and lecturer.

Ban The "Get The Axe" Cure

Little Excuse for the Widely Prevalent Custom of Killing Chickens at the First Sign of Illness; Use of Simple Home Remedies or Easily Obtainable Commercial Preparations May Save Valuable Birds and Many Dollars of Profits

The wife of a friend of mine tells with great relish of waking up not long ago and finding him in the throes of a violent nightmare. He was struggling desperately against some imaginary assailant and shouting at the top of his voice, "No no-no! Don't! I tell you it's toothache, darn you—nothing but toothache." Being finally aroused up and pressed for an explanation, he admitted rather sheepishly that he dreamed a huge rooster had him panned up and was preparing to cut his throat with his sharp spurs because he looked droopy and had a huge swelling on his jaw. Not wishing to lose this advantage, friend wife at once reopened an argument that had been waging for months between them—"Serve you right if it really happened," she snapped. "Any man who is too lazy to save birds that could be saved with just a little trouble ought to have to take his own medicine."

Sometimes I feel much the same way about it, for chickens are much more than a mere hobby with me. But aside from all such sentimental considerations as might influence the enthusiast, there are some good sound reasons why it is unwise to resort to the axe every time a chicken begins to show signs of some more or less serious affliction. For one thing, the first examination doesn't always tell the whole story. Not every snuffle spells roup nor is every droopy, dispirited fowl infested with worms to an incurable degree.

All sick fowls, no matter what

their ailment, should be removed at once from the flock and either killed or doctored. Chickens can be cured as well as live stock, or people, when sick, and I believe in individual treatment in most cases. I have been doctoring poultry diseases on my experimental farm for more than 20 years and have had excellent results except in the incurable ailments, such as T. B., cholera, bacillary white diarrhea and other diseases known to be incurable.

A well protected coop, box or pen, apart from the flock is very necessary in which to place the sick fowls. Sick chickens placed in such quarters can be watched. If they develop unmistakable signs of diseases known as incurable, kill them.

My many experiments during the past several years have proven to me that Permanganate of Potash, the medicine that turns water a reddish purple color, is of little or no value in preventing or curing diseases of poultry, when used in the drinking water in the regular way. But, I find epsom Salts very beneficial in preventing and curing many diseases of poultry. Each sick fowl should be given one teaspoonful of Epsom Salts, or for flock treatment, one pound mixed with a small tempting wet mash feed for each 100 hens.

Sanitation and disinfecting are two of the great secrets of successful poultry raising. Poultry houses and brooder rooms should be thoroughly cleaned often, and sprayed freely with a good dip and disinfectant. Properly built chicken houses with high open fronts that face the south, that are kept clean and free from insects by spraying with a good dip and disinfectant will do more to keep fowls healthy than anything.

In many cases a cure is possible with simple home remedies as easily administered as the flannel rag soaked with camphorated oil on baby's chest when he has a cold. Furthermore, any druggist or feed merchant carries reliable preparations for the treatment of practically every poultry disease that is amenable to medication. Such medicines are always accompanied by simple, complete instructions, not only for the dosing of the feathered patients but for the general care needed to make treatment successful. Why then let them die or deliberately kill them off before they can be easily cured.

Poultry raising is a business that is or should be run for profit. It is

FARM POINTERS

Top grafting of fruit trees is a very simple and practical method of changing from undesirable to commercial varieties, in placing pollenizers in the tops of self-sterile varieties, and in making possible a wide variety of fruit on a few trees in the home garden, says the Oregon Extension service.

Although the diet of most moles consists almost entirely of insects, some moles seem to have a special appetite for limited quantities of sprouted seeds. One of the best ways of trapping the mole is to plant the trap in the deep runways as they enter a garden or field from the fence line or hard undisturbed ground, says the Oregon State college extension service. Sometimes plowing a furrow around a field helps in locating these runways.

Newly hatched chicks, unable to stand properly on their feet, and showing an apparent lack of control over the muscles of their necks, which are usually bent back over their bodies with heads held in a slightly twisted position, are called congenitally, according to Oregon Experiment station bulletin 253, which deals with the cause, symptoms and means of control, of the disease.

Bright Salesman

"Can you give me 'The Cricket on the Hearth'?" asked the old lady of the new salesman in the book shop. "I don't think we have it in stock," replied the youth, "but I can show you a ping-pong set which is every bit as exciting."

Reassuring

"Your former parlor maid has come to us, dear. But don't be alarmed—we don't believe half what she says about you."—Sydney Bulletin.

for the poultry raiser to determine, therefore, whether or not any individual cure will justify labor and expense necessary to effect a cure. It is unquestionably true, however, that many fowls are needlessly sacrificed when a little extra trouble would be repaid many times over. Don't forget that every fowl in your flock represents an investment of both time and money. You throw that away in addition to sacrificing possible future profits every time a bird is subjected to the "get the axe" cure if less drastic methods would have saved it.

GUEST RIDER CANNOT RECOVER

Recent decision by the Supreme Court may be reflected in legislation of other states. Chapter 308 of the Public Acts of Connecticut (1927) has been held valid. This law provides that no person carried free as a guest in an automobile may recover from owner or operator for injuries resulting from its negligent operation. The Connecticut law was attacked on its constitutionality, not because it distinguished between pay passengers and those who rode free, but between pay passengers and those who rode free, but between gratuitous passengers in automobile and those in other classes of vehicles. The Supreme Court holds that there is no requirement under the constitution that a regulation, in other respects permissible, must reach every class to which it may be applied. This will have a far-reaching significance, because the good will of a driver who picked up pedestrians has often been rewarded by a suit, when damage or injury resulted from operation of the motor car.

Marked Liberty's Triumph

The treaty of Versailles between Great Britain and the United States, ending the American Revolution, was signed September 3, 1783. Actual hostilities had ceased upon the surrender of Cornwallis at Yorktown on October 19, 1781.

One Consolation

A new type of saxophone has been invented in Australia. A glance at an atlas affords one a certain amount of comfort.—Humorist.

Whence "Old Harry"

"Old Harry" is believed to be a corruption of "Old Hairy." In older days his Satanic majesty was frequently pictured as a hairy old fellow.

Few Old Maids Red Haired

Red hair is the best of old-maid insurance, says *Copper's Magazine*. A German scientist who has specialized in these matters finds red-haired girls rarely fail to get a husband. He discovers also that the majority of young women who do not marry are blondes. That dark-haired members of both sexes marry early and oftener than those with light hair.

Training a Child

How to teach children is a problem whose difficulties are expressed by an English authority. Dr. J. A. Hadfield, in the terse statement: "The three main principles in the training of children are to make them do what one wants, to let them do what they like and to make them like what they do."

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