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County Health Department

ACTIVITIES NEWS
By Dr. B. C. Wilson Health Officer

The history of medicine is intensely interesting and keenly shows advancement of the human intellect. The control of acute, infectious diseases and the great decrease in the loss of life from these diseases is a most striking example of the advancement. Not so many years ago, smallpox was the most prevalent and dreaded disease in the world. Before the days of vaccination only five persons out of every hundred escaped it and about one-quarter of those who died. Many of those who recovered were mutilated or maimed for life. Even as shortly back as 1917, 16.5 persons out of every thousand in the United States were killed by Diphtheria and most of these were little tots who should have been saved. History is very vivid with its accounts of the horrible epidemics that swept over Europe in the centuries passed, wiping out hundreds of thousands of the population as though a tornado was sweeping them out. I believe you all recall such terrible terms as Black death, the Plagues and Small Pox which history cites as devastating civilization. Only through the advancement of medical knowledge, the discovery of inoculations and vaccinations and the practice of preventive medicines with its control measures has this frightful toll of life been decreased. All opinions and remarks to the contrary, we know absolutely that vaccination protects a person against Smallpox and that inoculation with triple typhoid serum protects against Diphtheria and typhoid fever. A striking example is noted in India where the population is adverse to preventive measures against disease. Within the 13 years ending in 1924, one million lives were taken by smallpox and you can safely say that there were between 4 and 5 million cases of Smallpox. In Germany during the period of 1795 to 1799, 6 1/2% of all deaths were due to Smallpox but during the period from 1885 to 1897, 32 million people were vaccinated, and five years after the introduction of this vaccination only 2-10ths of 1 per cent of all deaths were due to Smallpox. In Sweden during the year 1779, 7,196 persons out of every million died of Smallpox, but in 1817 compulsory vaccination was inaugurated, therefore in 1891, only one person out of every 5,000,000 died from Smallpox. I could go on naming instances after instance, state and city after state and city in the United States which will give us the same picture but what more striking proof of the efficiency of smallpox vaccination would you want? Diphtheria has always been known to be a most deadly disease but when we look back and see what it has been and compare to what it is now, we know that Toxin Antitoxin, Antitoxin and public health has and is saving thousands upon thousands of lives. Between the years 1890 to 1894, preceding the discovery of Diphtheria Toxin Antitoxin and Antitoxin, 941 persons out of every million in 15 of our largest cities died from Diphtheria, then after active inoculation with Toxin Antitoxin and the widespread use of Antitoxin, we find that in the years 1920 to 1925, only 150 out of every million persons died from Diphtheria. The city of Auburn, New York whose population is 32,736, is perhaps the best example of what may be accomplished when physicians and the people cooperate with health authorities. Immunization was carried on intensively and give a fair test under perfect control and in the three years following this there was not a single death from Diphtheria in either adults or children. Why can't Jackson County do as well? Smallpox occurs at any age,

therefore every one should be vaccinated but Diphtheria is a strikingly fatal disease in children, the highest death rate being around two or three years of age, therefore every child from the age of nine months to six years most certainly should be inoculated against Diphtheria and it is far better that every child up to the age of 12 have the Toxin Antitoxin administered. As parents and as good citizens you owe it to your children and to the general health of our county to have your children protected from Diphtheria and Smallpox.

HOME POINTERS

If lemon pie meringue is cut with a knife dipped in cold water, the meringue will not stick or pull from the slice.

Beets boiled without cutting will not bleed and become tough. When tender, they may be put under cold water until cool enough to handle and the skins rubbed off with the hands.

Scissors are much more satisfactory than a knife for cutting off the fins and tails of fish when cleaning them.

Sweet potato croquettes are often a nice addition to the luncheon menu. To make them add one-half cup of cream to two cups of mashed boiled sweet potatoes. Beat smooth and add one-quarter cup of sugar, an egg, a tablespoonful of butter and a little salt. Roll in egg and bread crumbs and fry in deep fat.

Paper hand towels are becoming very popular for kitchen use, from a sanitary as well as an economical standpoint.

After the ice cream has been frozen, the ice and salt may be emptied into a sack and when the ice has melted the salt will remain to be used again.

When lemons become hard, putting them in a pan of hot water kept at the same temperature for about two hours, will soften the lemons and make them juicy once more.

When baking any casserole dish such as macaroni, or potatoes au gratin, a thin layer of bread



Asparagus Tips

THESE are more asparagus tips—they are tips on asparagus. Ever since the ancient Romans tipped us off to asparagus we have been seeking new ways to use both the tips and stalks of this delicacy, although so far we haven't utilized the seeds for food purposes as they do in some parts of Europe. Because the delicate flavor of fresh asparagus is quickly lost by exposure to air and sunlight, thus darkening its color and rendering its fibre less tender, many prefer the canned product.

New Way with Asparagus

The very newest asparagus recipe you will want to try are: *French Fried Asparagus Tips*: Drain one one-pound square can of asparagus tips, saving the liquor for

a soup. Beat one egg slightly, add two tablespoons water, season to taste with salt and pepper. Dip each stalk of asparagus in fine bread crumbs, then egg, then crumbs again and fry in deep fat. Drain on brown paper and serve. This serves six persons.

Asparagus, Pear and Cheese Salad: Arrange lettuce on individual plates. Cut two fresh or canned pears in halves lengthwise and place like petals, radiating from center. Place a whole stalk of asparagus between each section of pear, making a flower. Around the center of each pear section put a long thin strip of pimento. In the center of the flower put a small ball of creamed cheese rolled in minced parsley. Pour French dressing over all.

crumbs sprinkled over the top of the dish makes it look doubly attractive and appetizing.

FARM POINTERS

Potatoes for seed, whether certified or not, are best treated for diseases before planting in Oregon, advises the experimental station. The corrosive sublimate treatment... is one of many possible treatments, and it is still recommended as standard. While it is somewhat cumbersome in operation, many growers find it more satisfactory in the long run than some of the newer methods.

It costs so little to run an electric motor for certain jobs around the farm on which power is available that any man doing what a motor could do is working for less than 3 cents an hour. Economy involves the organizing of jobs in such a manner that the motor can conveniently do a variety of tasks, thus keeping down the investment in equipment to actual needs, says the Oregon experiment station. Portable "add job" motors have been designed at the station.

Ladino clover is an excellent pasture legume for Oregon. It is usually mixed with English rye grass, timothy and orchard grass, if the moisture supply is good. Otherwise tall oat grass, orchard grass and Ladino clover are used. The best time for sowing is usually in the spring on a rather fine, firm seed bed.

Jerusalem artichokes which have been found valuable in many parts of Oregon are practically always planted in the spring, says the experiment station. Soil preparation

is such as to provide a deep, reasonably fine seed bed, similar to that for potatoes.

Patience

It is the virtue of doaks, snags and cats, consisting (meaning patience) mostly of hope. And hope, incidentally, may be defined as a belief in a future event. In a German book I read lately: "To lighten your burden, add patience to it."—Frank Han son, in Los Angeles Times.

Metals Long Used

Gold probably was the first metal used by man, and the arbitrary value assigned to it for its supposed magical qualities initiated a world-wide search for it and made it a potent factor in shaping the history of civilization. Copper and tin, also found in their relative state, may have been used by primitive man.

Flying Ability of Birds

The narrower a bird's wing is in comparison to its length, the better is the ability to fly. Also the shorter the body is in comparison to the length of the outstretched wing the greater is the flying power.

Blood Pressure

High Blood pressure, a serious condition, returns to normal when the producing cause is removed. Natural methods lead the way in the restoration to normal.

Dr. A. R. Hedges

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Islands Bar Vehicles

There are no vehicles of any kind in the Faros Islands in the North sea. Their streets are mere paths that lack all regularity. The capital is Thorshavn. The islands belong to the kingdom of Denmark.

Emperor's Unique Chair

At Longford castle, Wilts, England is an armchair of solid steel, presented to the Emperor Rudolph II by the people of Augsburg in 1577. It is said to have taken thirty years to make, and to be valued at \$200,000. It is covered with historical and symbolic scenes, each said to be the work of a great master.

Historical Writings

The first historical narrative of considerable scope was produced by the Hebrews of ancient Palestine. The Babylonians and Assyrians had earlier historical writings, but they were not collected. These date back to the third millennium B. C.

Memory

We consider ourselves as defective in memory either because we remember less than we desire or less than we suppose others to remember.—Johnson.

Labial Trick

From a story—"she switched on the light and with set lips drew the thick sheet of paper from the envelope." You might set your lips and try this.—Boston Transcript.

Begin With Petty Larceny

A survey of the inmates of many penitentiaries made by an official of a juvenile court showed that petty larceny was the outstanding first offense of the prisoners examined.

Customer—Are these clams fresh?

Dealer—Well, they ought to be; they've been resting here for three weeks.

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