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Medford, Oregon

County Health Department

ACTIVITIES

By Dr. B. C. Wilson

NEWS

Health Officer

Goiter is one of the oldest diseases known affecting both children and adults, especially girls. But only during the past 20 years have we been able to know the exact cause of it and to work out effective methods of preventing it. It is more common in certain parts of the country, known as goiter districts or belts. Goiter is more frequent in the pacific northwest than

in any other section of the United States and Oregon ranks next to the highest of all the states in the percentage of goiters. Simple goiter is an enlargement of the thyroid gland which lies in front of the neck just below the Adam's apple. This enlargement we know to be due to a lack of iodine and occurs more frequently between the ages 12-16, during pregnancy and during or following any chronic or severe infection. The work of the thyroid gland is to keep growth and development of the person at a normal rate and at these times the amount which the thyroid gland is called upon to do is greatly increased. The important thing in the secretion of the thyroid gland is iodine and it has been often proved that if the thyroid has enough iodine so that it can produce the needed secretion, it will not enlarge and form a goiter but if there is a lack of iodine in the body, the thyroid enlarges in its effort to secure more iodine.

Goiters are injurious or rather may be injurious to the mind and body of the boy and girl in school—it slows the normal growth and if allowed to grow may develop into one of the serious types of goiters which literally burn up the body and cause death eventually. A small amount of iodine once a week through these periods when goiter is most common will prevent it, therefore the ideal method is to give each child in school a small amount of iodine in the form of a chocolate tablet once per week. Let me be clearly understood on this statement, this method is for the prevention of goiter only and not for the treatment of. But in this connection the iodine will stop the goiter already present and gradually bring it to its normal size again, that is, if it is a simple type goiter present in a child only.

As a parting shot—I would like to leave one bit of good advice with you and that is, Do not start promiscuous treatment of goiters with iodine or any iodine containing compound, because only a physician can tell the difference between a simple goiter and a toxin or poisonous one. Iodine will make the adult type of poisonous goiter worse rather than better and it is most important that iodine be taken only after the doctor's examination or advice.

Go to see your physician if your

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The "Perfect Retention Shields" hold the rupture perfectly, no matter what position the body assumes or how heavy a weight you lift. They give instant relief, contract the opening in a remarkably short time and strengthen the weak tissues (the real cause for rupture) so that they frequently recover their previous natural retaining power, needing no further outside support. Stomach trouble, backache and constipation often caused by Rupture promptly disappear.

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No elastic belts nor filthy leg straps are used.

I guarantee the durability of my absolutely sweat and moisture proof, sanitary appliances.

70 per cent of ruptured children recover completely through expert mechanical treatment according to statistics.

Do not waste your money on widely advertised mail order contraptions. You cannot fit yourself. C. F. Redlich, Rupture Appliance Expert, Home office, 535 Boston Block, Minneapolis, Minnesota.

Friendship Doll at U. of O.



This doll, dressed in the height of Nipponese fashion, was sent by students of Japan to those at the University of Oregon as a token of friendship. The doll stands in a case in the Gerlinger building, surrounded by toys of exquisite workmanship.

Write Your Own Telegrams

The teleautograph service is now being added to the state telegraph system of France and one can now transmit a telegram in his own handwriting to all the leading French towns. The service is not only useful for sentimental but practical purposes, as the courts will probably accept a signature sent by wire as legal.

Famous Navigator

John Cabot, navigator, who discovered the continent of North America, is considered a Venetian. He was an Italian navigator in the employ of the English king, Henry VII, but the time and place of his birth and death are not known.

Thistle Raising Profitable

The tassel, a cactus-like thistle, provides the only entirely satisfactory means of carding wool, removing the burr and bringing up the nap. Consequently in some parts of the world, especially in England, in northern New York and in Oregon, raising thistles for the wool manufacturing industry is a regular business. Tassels were introduced into America by William Snooks, an Englishman, in 1824.

Old Monument Gone

In "The Innocents Abroad" Mark Twain tells of an inscription which reads, "We are the Canaanites driven out of Canaan by the Jewish robber, Joshua." The monument bearing it was described by Roman historians 2,000 years ago as standing in the streets of Tangier. It is not known what became of this monument, but the people of Tangier today still point out where it stood.

Ill Health Defined

The long bad time for which you traded a short good time.—Los Angeles Times.

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.

Last Fatality Unknown

The War department says it has never been determined who was the last American soldier killed, as men were being killed all along the line and it would be impossible to say just who was the last.

Optimistic Thought

"One nice thing about thin-soled shoes in winter," says Galatine Travers, cheerfully, "is that no matter how cold your feet may get outside, it doesn't take them half the morning to warm up after you get into a heated room."—Kansas City Star.

FARM POINTERS

From O. S. C. News Service

The recognized remedy for onion smut is formaldehyde, 1 ounce to 1 gallon of water diluted in the furrow at the rate of 1 gallon to 200 feet of row at seeding time.

Early spring plowing or discing in the non-irrigated orchard and berry fields wherever the soil is dry enough is the most important step in moisture conservation. It also hastens the warming up of the soil, thus increasing the activity of organisms responsible for the decay and making available of plant food, and it improves soil aeration.

Oregon has been on an exporting basis as far as the egg market is concerned since 1916, says the college extension service, with exports

now totaling from 500 to 700 cars pounds of live weight and a like amount of hay, finds the Oregon Experiment station.

The usual daily ration fed to horses at hard work is about 1 to 1 1/4 pounds of grain for each 100

aid in apple scab control.



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Why? The surest quickest way to free yourself from the tobacco habit is to take the famous Baco-Curo treatment—and keep right on smoking or chewing until you have no further desire for the "weed." To stop that habit suddenly is often positively harmful. The natural way is to "taper off" in the use of tobacco as you lose the appetite for it. Baco-Curo treatment is vegetable and harmless helps rid your system of nicotine and tones up the general health. Whether you want to quit the habit altogether or merely cut down on the daily amount you are using, you will find these tablets genuinely helpful. Write for booklet.

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APRIL 20th

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