

# About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

## OUR INVISIBLE FOES.

A happy state of mind is that in which we believe that we haven't an enemy in the world. There may be good reason for not distributing such serenity. But there are, in fact, millions of deadly foes about us, invisible, unrecognized, until it is forever too late in many instances to check their depredations.

The invisible foe is ever a menace to life. We may combat the known enemy—or, if he is too big for us, we may beat a safe retreat; but the thug in the dark alley, reasons that dead men tell no tales. It is the concealed weapon that does the harm. The deadly submarine is an invisible foe, terrible in action, and yet the microscopic germ kills more!

It is my purpose in this series of articles, to discuss "our invisible foes" from the standpoint of one who has been for thirty-three years an active clinician, and who is still so, engaged in the honorable effort to keep men and women fit, believing that life may be prolonged, and the world be made better thereby.

It would be an eminently wise measure if our Public School Boards would add the subject of bacteriology to the course of study, providing at least a working knowledge of the subject, which would enable the student to defend himself against many of the active foes of comfort and health, which continually beset him.

If you, dear reader of this paper, are interested in health and its consequent longer and happier life, for yourself and family, we shall try earnestly to contribute thereto, by kindly advice gleaned from the field of experience.

**NEXT WEEK: WHERE FIRST TO FORTIFY FOR HEALTH**

Give Dancing Party—Miss Juanita Flowers and her brother, Dale, entertained a number of Springfield and Eugene young people at a dancing party at the Coburg dance hall Wednesday evening.



## HOW TO KEEP WELL IN HARVEST TOLD

Your paycheck is bigger when you keep well. The State Board of Health makes the following suggestions with the hope that you will earn a lot of money.

### Keep Clean.

Soap kills many kinds of disease germs and prevents the sickness which often comes in camp from eating with unwashed hands. Washing the feet and socks each day and rubbing soap into the socks lessens the burning of feet during the job which requires standing.

### Use Your Own Drinking Cup and

1. Bread, cereals, macaroni.
2. Butter, cream, lard, suet, salt pork, salad oil.
3. Sugar molasses, syrup, honey, cakes, candy and preserves.

Cooking takes time, but it helps give a dollar's worth of strength for

every hundred cents spent. Take time in the evening to cook enough for breakfast and lunch. Cook cereals during the evening meal.

Keep food from vermin and flies which may carry typhoid fever and other infectious diseases. Try an inexpensive refrigerator made by hanging a sacking-covered box to a tree or post with a constant drip of water placed above it. Keep food away from unwashed hands, your own and others.

Keep meat on ice until time for cooking it.

Boil all milk except that from a certified dairy.

Drink sparingly while at work. When overheated wash out the mouth with cool water but do not swallow it.

Avoid unripe or over-ripe fruit, and all unwashed fruits and vegetables, especially for young children.

For stomach ache—Take a half day off from work. Lie flat on your back with applications of hot cloths or hot

water bottle. Take no food or drink. If pain still continues, send for the



doctor.

Waste disposal—keep garbage in covered cans, and prevent flies.

Use only the toilets provided by the management. Be especially careful about contamination of streams—State Board of Health.

Dealers keeping on display or offering for sale immoral periodicals would be subject to a fine ranging from \$5 to \$500 or imprisonment for a period of six months under the provisions of an ordinance introduced at a meeting of the Salem city council.

Development of the poultry industry in the Hermiston district has been rapid, according to H. E. Crosby, extension specialist of Oregon Agricultural college. Between 25,000 and 30,000 hens and pullets are expected to be in production this fall.

SPECIAL PRICE on plate work. Dr. N. W. Emery, dentist. Satton Bldg

Towel.

Food—Choose for each day something from each of the following groups. If you leave out any of these groups you will not keep up strength.

1. Meats, eggs, milk, cheese, fish, peas, beans nuts.
2. Vegetables such as tomatoes, squash, lettuce, celery, "greens."

### Boys Will Be Boys.

It had reached the ears of the summer boarder at Eb Smith's place that Eb was somewhat given to beating his wife. So one day the boarder took the matter up with Mrs. Smith.

"Why," she asked, "do you stand for your husband's beating you?" "Well, dearie," sighed the victim, "you have to humor 'em to keep 'em peaceable, you know."

See our line of visiting cards, paneled, or plain, at the News office.

## EXTRA GOOD Young Steer Meat for Saturday

These steers are the best we can possibly buy. A roast or steak of this meat will solve your Sunday dinner problem.

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## THE FLAMES OF CARELESSNESS

Accepting what is offered without investigating to find out whether better values might not be had for the same or less cost is like throwing your money in the fire. It is a form of indifference which fosters careless and expensive methods of merchandising—for which you pay in higher prices or lower quality.

Many clever housewives today shop in person, compare values closely and insist that their food allowances shall buy the maximum in both quantity and quality. Prices like the following—with guaranteed quality—are their reasons for shopping at Skaggs.

## TWO DAY FEATURES—FRIDAY AND SATURDAY

Vanilla Flavors—Hamilton's Flavex brand, 4 oz. bottle ..... **59c**

Tea, Skaggs, green or black, a new pack, 1 lb. .... **65c**

Catsup, Del Monte or Sunkist, large size bottle ..... **23c**

Peterson's Health Crisp—The three meal bread. Highly recommended, 13 1/2 lb. package ..... **35c**

Citrus Granulated Soap—for washing machines and dishwashing, large package ..... **51c**

A 23c package of Citrus washing powder free with each package granulated.

City Delivery—Orders of \$5.00 or over free—Orders less than \$5.00 10c delivery charge

Big K Flour—The highest quality all-purpose flour—a hard wheat blend. Per barrel (4-49lb. sack) ..... **\$9.56**

49 pound sack ..... **\$2.39**

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