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## When Diphtheria Kills

Regarding four deaths from diphtheria in New York, "none of the patients received antitoxin earlier than the third day of the disease." Of three more children who died, one was not seen by a physician for six days after the disease started, another for four days and the third for "several days." Reports such as these are very common, and are of great importance in view of the many small outbreaks of diphtheria in Oregon lately.

Diphtheria antitoxin has been in use for almost thirty years, yet in Oregon, in 1924, 107 deaths from diphtheria were reported, and there were probably more. How many of these deaths were necessary, and how many could have been avoided? It has been shown that where antitoxin is given on the first day of the disease, only 2.2 per cent of the cases die, while by the second day the percentage has risen to 7.6. If the antitoxin is delayed till the third day, seventeen out of each hundred die, and the percentage rises to twenty-four for the fourth and thirty-four each for the fifth and sixth days. This gives some idea of the importance of immediate attention.

The germs of diphtheria live only on a small area of the body, usually in the throat, mouth or nose. The damage is done by a poison, or toxin which it manufactures and which is carried all over the body by the blood. This poison attacks the tissues of the body, notably the nervous system and the heart muscle, accounting for the paralysis often following diphtheria, and the frequent deaths from heart failure following exertion after the disease seems to be over.

Antitoxin is an antidote to the poison, destroying it as it passes through the body, before it can attack the body tissues. After the toxin has once attacked the body, antitoxin can no longer neutralize it, for the damage is done. Therefore the antitoxin must be given early enough to forestall damage to the body by the toxin. Antitoxin is a perfectly normal substance, which is formed by all bodies infected with diphtheria. What we do is to supply an extra amount, to supplement that which is naturally being formed, but which is formed too slowly to prevent damage to the system and possible death.

A parent must remember that: 1. Diphtheria is dangerous but most curable at the start. Call a doctor at once if the child has

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sore throat or suspicious symptoms.

2. Antitoxin is a natural product and can do no harm. Delay in administration can and does.

A doctor must think of this:

1. Out of 75 deaths from diphtheria analyzed in Chicago recently, 30 were due to failure to call a doctor early enough, 27 to failure of doctor to make early diagnosis, 12 to insufficient amount of antitoxin used and only six probably unavoidable.

2. It does not hurt to give antitoxin occasionally in a case which is not diphtheria. It is often deadly to delay until an absolute diagnosis can be made.

## Dirty Milk Expensive

Dirty milk is expensive as a gift and clean milk is cheap at any price. Dirty milk results in complaints, loss of confidence in the milkman who puts it on the market, and direct loss through replacements of milk due to souring.

Cleanliness in the barn largely determines the amount of dirt in milk. Care on the part of keepers in currying and grooming animals, washing the udder just before milking, and general cleanliness around the stalls, with clean habits on the part of the milker are the determining factors in obtaining clean milk.

Smooth, durable, non-absorbing utensils of such a nature that they can be easily washed and sterilized are ideal for the milk house and barn. Milking with small top milk pails keeps most of the dirt out of the milk.

A well ventilated and screened milk house with proper washing facilities and an abundant supply of clean water and hot water, and of such a nature that it can be washed thoroughly and frequently, is essential to the production of clean milk.

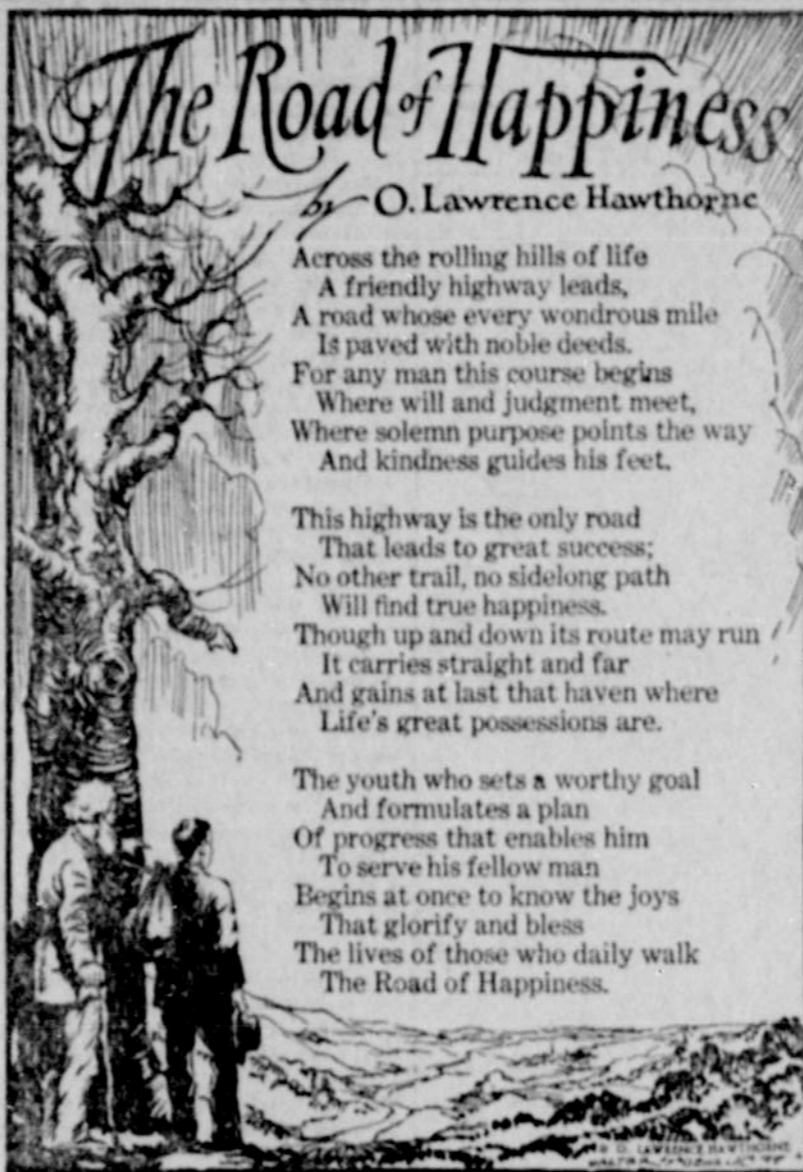
Health of the animals is another factor in clean milk production. Removal of animals having inflammation of the udder or any other serious ailment to a private stall until the ailment disappears will prevent infection from being carried from one animal to another on the hands of the milkers.

## Oregon Ranks Fifth

Oregon is fifth among the states providing county library service for its citizens, according to the Sears-Roebuck Agricultural Foundation, which reports that eleven counties in the state are now rendering this type of service. The counties are: Deschutes, Douglas, Hood River, Jackson, Josephine, Klamath, Malheur, Multnomah, Polk, Umatilla and Wasco.

Of the twenty-five states having library service only ten, including Oregon, have eight or more counties handling reading matter on this basis. In all, there are about 200 counties in the United States where residents may enjoy this service. California leads the nation with 43 counties equipped for this work.

The county library is especially helpful to families living off the hard roads, who but for this might have no access to books. Stores, schools and churches are generally used for the distribution of books, and the rural mail delivery and parcel post, enable the library to send books directly to any individual in the county.



## Typhoid Vaccination

Typhoid fever can be prevented in a number of ways—most of them good. Since the disease is caused by swallowing the germs, anything that will kill them in what we eat or drink is effective. Since the germs enter food and drink by contamination with the wastes of people who excrete typhoid germs, anything that keeps these wastes from coming in contact with food and drink will prevent the disease.

These means are employed wherever sufficient supervision can be given, as in towns with active health departments. The water supply is carefully watched, and is purified if necessary. Dairies are kept under control, and milk is usually pasteurized to make sure it is safe. Food-handlers are examined to see that they are not typhoid carriers, or people who, having had the disease, still excrete the germs, which are sure to infect the food which they handle.

All these methods are good, and in urban communities keep the typhoid fever cases down to a very low level. When we travel around, however, we are much more apt to come into contact with typhoid germs. The spring that we camp by may be polluted; the farmer that sells us our milk may be excreting typhoid germs, and include a few billions of them gratis per quart. Even at home we may run across a restaurant where an undiscovered carrier is employed as cook. What can we do under these circumstances?

There is another way besides avoiding the germs: by taking the fight to the enemy and strengthening our bodies against the germ, so that we may not develop the disease even if it gets in.

A person who gets typhoid fever develops resisting power to the germ. If he didn't, he'd never get well. This resisting power stays on for some years, and keeps him from getting typhoid fever again during that time, even though he should swallow the germs. It's the same sort of immunity that is produced by many other diseases. The body, however, does not distinguish between live and dead germs, when it starts fighting. In other words, it will fight dead germs, and thereby develop its resisting power, just as it would live ones. The dead ones, though, cannot multiply and produce typhoid fever. We take advantage of this habit of the body by injecting dead typhoid bacilli under the skin. Thereby we fool our bodies into thinking that they have live ones to fight, and train them to resist live ones when they do meet them.

The fight of the body against the dead germs sometimes produces a little fever, but the great comfort of knowing we are protected against typhoid makes up for that. This typhoid "vaccination" is valuable at all times, but especially so when we contemplate a camping trip. If we take it every three years, we keep ourselves protected against all ordinary chances of getting the disease. Typhoid vaccination was mainly responsible for the great drop in the number of cases from the Spanish-American to the late World War, with about two hundred cases per one thousand soldiers annually in the former and one-third case per thousand per year in the latter.

Charles Tucek and wife, Joe Novak and family, John Hubacek and F. B. Studnicka left Saturday morning to join a party of friends from Springfield on an outing of a week or ten days at Waldport and other points on the coast.

A number of Scio people attended the band concert in Albany last Wednesday night.

## Food and Health

Relatively recent is the realization on the part of those who are concerned with the physical condition of the family—whether rural or urban—that it is important to understand the relation between food and health, and to be able to recognize the signs of good and poor nutrition, especially in growing children.

The United States Department of Agriculture says that a child that is well nourished has an erect, sturdy, well developed body with straight legs, flat shoulder blades full rounded chest, strong white teeth, and firm rosy flesh. The expression of his eyes and face denote a keen happy mind, and all his movements show vigor and energy without undue nervousness.

The body of the undernourished child exhibits just the opposite characteristics, and his listless attitude toward life or his extreme nervousness and irritability show that he is carrying a heavy handicap. His body is likely to be stooped, not well padded with flesh, and the flesh itself pale and flabby. The chest is flat and narrow, while the shoulder blades protrude in "wings" and bow legs and knock knees show that his food has not furnished the right materials for proper bone formation. The teeth are often uneven and show evidences of decay, and the breath is unpleasant, instead of sweet like the normal child. There are dark circles around the eyes, and the expression is often dull or wistful. Because of the low resistance of such a child he offers fertile ground for bacteria and often "catches" one disease after another. He is finicky about his food, and temper tantrums are not infrequent. His school work is likely to be erratic and below standard. Some or all these signs of malnutrition are found in a large percentage of the preschool and school children of the United States to-day.

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