

# Vacation Dangers; A Timely Discussion

Raleigh—"Headlines in the same paper emblazoned the fact that one man had won an automobile race and that another had been killed in a spectacular crash-up of three cars," declared J. M. Jarrett, Consultant in Sanitary Engineering, Division of County Health Work, State Board of Health.

Mr. Jarrett added significantly: "As sad and as regretful as these accidents may be, there were many other deaths during these same days that went unnoticed and will never reach the front page or headlines of the papers, the reason being that we have no compilation of statistics on the number of vacationists and travelers who drank from some open unprotected springs or well and contracted intestinal diseases which will cause them to die.

"Nor do we have any statistics on the number of people who ate tainted or unclean food and were made sick, nor do we have any idea of the total number of people who were bitten by mosquitoes later to develop malaria and possibly die. And most important of all, we will never know the number of children who were fed unclean and unsafe milk which will cause their death before the summer is over.

"No headlines were given and no headlines will ever be given for such things as these. They are things we have come to accept as necessary in the normal course of events. We have become fatalists and fail to get excited over the number of babies' or children's deaths and fail to stop and think of the simple precautions we could take to correct this situation. Such items as these have ceased to be news but the fact still remains in spite of what our reactions might be, that many children and many adults too will die as a result of the hazards encountered and ignored on their summer vacations, because someone did not stop to think or beware. Therefore, when you plan your trip this summer, plan not only to have a good time in order that you may return to your home in a refreshed and healthy state of mind and body, but plan also to take those little, but necessary, precautions for the protection of your most valuable asset—your health, and the health of your family.

"Where are you going on your vacation this summer?" "When do you plan to leave?" "How long will you be gone?" "Are you going to the World's Fair, or are you going to the beach?" These and many other like questions are being heard on every corner now that temperature has climbed into the nineties, and most dispositions have likewise climbed to uncontrollable heights. It would seem rather timely, therefore, that we devote just a few minutes' thought to the subject of vacation trips and the dangers that we will encounter in our search for vacation pleasures this summer.

**You're Protected At Home**  
 "At your home in the cities, towns, and villages of this state, you are given a certain degree of protection by your city officials and by your local health department. For example, public water supplies (to which you give very little thought if water is always available in an abundant supply when you need it) are in most cases under the close and competent supervision of local officials. They are also checked and inspected at frequent intervals by the engineers of the State Board of Health and are tested at least once each month by the State Laboratory of Hygiene. The system of sewage disposal for your home, whether it be through the municipal sewage disposal system, a private septic tank, or a sanitary privy, is installed and maintained under competent and careful supervision. The milk supply furnished your home, if you live in one of the more progressive

## CHAMPION ANGLER



Winner of the La Jolla, Calif., ninth annual women's salt water fishing derby was Miss Doris Holoman, La Jolla socialite. Her catch of 18 fish in the one-hour contest put her at the top of the 150 feminine anglers.

communities of the state, is also under careful and competent supervision of local officials and local health departments and meet the acceptable standards for a safe and healthy product.

"However, very few people have any conception of the public health protection afforded them at home, or what measures the official governing agencies exercise in their behalf. With this lack of appreciation, or should we say lack of knowledge, they go forth on vacation tours, unmindful of the dangers that lurk at every stop along the road. "In a way it is only natural that we should not be particularly concerned with such matters while on our vacation trip, because our main interest of the moment is to get away from our ordinary every day way of living and get the most enjoyment out of our rest and carefree recreation during the short period that we have to play. But this summer let us give just a few minutes' thought to these important factors which have considerable bearing on our health and well-being when we return to our homes.

"Children especially, and sometimes grown-ups, too, welcome the opportunity to pick up a sandwich and drink, a hot dog or hamburger in order that valuable time which would otherwise be lost, in preparing for and preparing a regular meal, might be devoted to some other activity. But during the rush of the summer season and because of insufficient personnel, it is almost impossible for the local health department, with all of its other duties to give as close inspection and supervision or attention to every small roadside eating place as should be given. Therefore, in selecting the stand from which you expect to buy your sandwiches, choose one that is trying to protect the food that is being served you.

**The Roadside Sandwich**  
 "The sandwich may taste as good as any you have ever eaten, but where did it come from?" How much dirt has settled on it from the passing cars and shuffling feet? When were the dishes and utensils used to serve you last washed and thoroughly cleaned? What was the physical condition and personal appearance of the persons who served you? Did they look as though they might have some communicable or infectious disease, or were they clean and neat in appearance? Ask yourself these questions, because, all of them, if they are not given the proper amount of attention, may cause you many weeks of sickness and extra expense and unhappiness after you have returned home. And they may cost you your life! "This season of the year is also an excellent time for week end trips and picnics to some loca-

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tion off the main roads. Places most frequented are usually near some well known spring or lake. It is highly probable that there will be no one near by to warn you that the inviting looking spring is not safe, but you can and should observe the general surroundings before using this water. Is the spring enclosed with concrete or tile and is the spring box elevated in such a manner that the surface drainage will be away from the spring rather than in to it? Are the surroundings clean, or is there a privy immediately above it? And the old well that furnishes such cool, good-tasting water, has it a tight waterproof cover made of concrete or other impervious material or does it have an old wooden platform full of cracks and holes which allows the dirt from your feet and the feet of those before you to wash into the well when water is spilled on this cover or when it rains? Is the well protected with a pump or does it have an "old oaken bucket?" which makes it convenient for you and others to wash your hands in the well each time a bucket of water is drawn? These are also things to which

you should give your attention. You will be happier and healthier if you will stop a few minutes to think and appreciate the fact that the pollution of wells and springs is not necessarily an inherent quality, but that the pollution is in the well or spring because it either washed there from the surface of the ground or from some one's hands or feet. "And while eating your lunch is it necessary to fight flies continually? Perhaps flies do not annoy you very much. You do not have many of them at your home and therefore think they belong to the great outdoor life. But stop and think—Where did those flies come from? Did they come from the privy we just mentioned above the spring, or did they come from the cow lot you noticed nearby? Or perhaps they come from the farm house above the spring where someone is sick in bed with tuberculosis or typhoid fever. Regardless of where they come from, it is certain they come from filth, and are bringing this filth and disease to your food for you to eat. Does this not warrant some attention from you?

## Key To Avalon Sent To Jolson

When it was announced that Al Jolson would sing "Avalon" in 20th Century-Fox's entertainment highlight of 1939, "Rose of Washington Square," the town council of Avalon, on Catalina Island, sent Jolson a letter of thanks and the key to the city. A dozen years ago Jolson and a songwriting friend, Vincent Rose, paid a pleasant visit to the spot, which inspired them to write the

song. It is one of the many songs of the last 20 years in "Rose of Washington Square," starring Tyrone Power, Alice Faye and Jolson, which opens today at the Palace theatre of two days.

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