

# The Trail

March 6, 2019

## Coming Events

### March

- 6 **PDG Sandy Duckworth**  
Foundation Primer
- 9 **Feed My Starving Children**  
Crestwood Presbyterian  
1:30-3:30 pm
- 10 **Bingo**  
McGuire Hospital
- 11 **Board Meeting**  
14361 Sommerville Court  
5:30 pm
- 13 **Clare Lorio**  
National MS Society
- 20 **Richard Conti**  
VA Science Museum
- 27 **Club Forum**

### April

- 3 **Lynn Crump**  
State Parks Planning
- 12 **Monte Carlo**  
Salisbury Country Club

## Meanwhile, at PETS

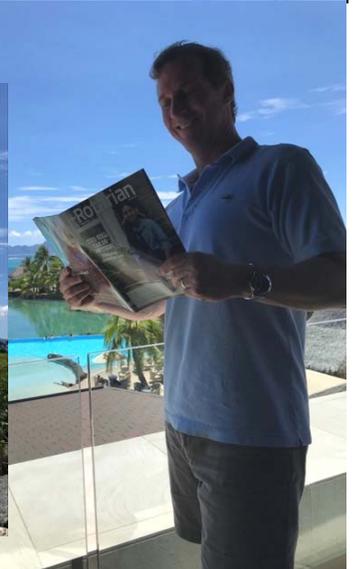
*(Presidents-Elect Training Seminar)*

Linda chatted with Mark Maloney, President-Elect of Rotary International. She also met PDG Sandy Duckworth, who will speak at the Wednesday meeting of HT Rotary. And, RIPE (that's Rotary talk for "RI President-Elect") Mark showed off a new item in the Rotary clothing line: theme socks!

Linda and over 200 other President-Elect from clubs in four districts spent three days last week learning, sharing and getting ready for the coming year.



**Randy Pins** Frank as Frank and Pam are inducted as HT's newest members.



**The Traveling Rotarian** is on an island honeymoon! With Ian and Carolyn in Tahiti!

## Rotary Has Two Mottos



Arthur Frederick Sheldon, the Rotarian whose convention speech inspired Rotary's secondary motto, One Profits Most Who Serves Best

*Service Above Self* and *One Profits Most Who Serves Best*, Rotary's official mottos, can be traced back to the early days of the organization.

In 1911, the second Rotary convention, in Portland, Oregon, USA, approved *He Profits Most Who Serves Best* as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland gathering also inspired the motto *Service Above Self*. During an outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: *Service, Not Self*. Pinkham invited Rotary founder [Paul Harris](#), who also was on the trip, to join their conversation. Harris asked Collins

to address the convention, and the phrase *Service, Not Self* was met with great enthusiasm.

At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottos of Rotary: *He Profits Most Who Serves Best* and *Service Above Self*. The 1989 [Council on Legislation](#) established *Service Above Self* as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service. *He Profits Most Who Serves Best* was modified to *They Profit Most Who Serve Best* in 2004 and to its current wording, *One Profits Most Who Serves Best*, in 2010.



A name badge from the 1928 Rotary International Convention features Rotary's mottos.

**MARCH IS** *The National Rotarians World*

**WATER AND SANITATION MONTH**

"Water and sanitation must be clear priorities if we are to create a future that allows everyone to live healthy, prosperous and dignified lives."  
Michel Jarraud

Rotary 

TAKE ACTION: Get Involved, Be a People of Action

## Polio Update

As of Feb. 27, there are 6 cases of the live Polio virus in the world:

- 2 in Afghanistan
- 4 in Pakistan

Unfortunately, because of the political and warring climate in these two countries, vaccination efforts are thwarted.



## What Was an Iron Lung?

No device is more associated with [polio](#) than the tank respirator, better known as the iron lung. Physicians who treated people in the acute, early stage of polio saw that many patients were unable to breathe when the virus's action paralyzed muscle groups in the chest. Death was frequent at this stage, but those who survived usually recovered much or almost all of their former strength.

Nothing worked well in keeping people breathing until 1927, when Philip Drinker and Louis Agassiz Shaw at Harvard University devised a version of a tank respirator that could maintain respiration artificially until a person could breathe independently, usually after one or two weeks. The machine was powered by an electric motor with two vacuum cleaners. The pump changed the pressure inside a rectangular, airtight metal box, pulling air in and out of the lungs.

Inventor John Emerson had refined Drinker's device and cut the cost nearly in half. Inside the tank respirator, the patient lay on a bed (sometimes called a "cookie tray") that could slide in and out of the cylinder as needed. The side of the tank had portal windows so attendants could reach in and adjust limbs, sheets, or hot packs.