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ROSEBURG, OREGON.

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How to Be Healthy

The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention

Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

No. 3. BUILDING RESISTANCE

PROF. ALLEN K. KRAUSE, M. D.,
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MAN is the only animal that habitually and unnecessarily uses his bodily functions to excess—in overwork, overplay, overexercise, overworry, in prolonged mental and emotional stress, in unnatural hours of activity without rest. And being organized into communities, men herd together and thus establish continual contact with one another and become unduly exposed to one another's infections.

In most men's bodies are little growths of tissue called tubercles in which lie concealed the germs of tuberculosis. These tubercles form spherical walls around the germs, called tubercle bacilli, and thus imprison the germs. As long as the wall is strong and unbroken the germs cannot spread; they cause no illness and are no more to be feared than a common wart or a mole in the skin.

If the tissues around the tubercles function normally, these walls tend to remain strong and so tight that few or no bacilli can make their way out of them and spread throughout the body. But too prolonged activity of the body as a whole, or of the part in which may be the tubercles, will in general bring about conditions that favor the weakening of the tubercle wall and the emergence of bacilli.

We heal tuberculosis by rest—of a knee, of the lungs, of the whole body. We become ill with tuberculosis by reason of overstrain. Other diseases, especially those that cause inflammations and congestions in the lungs, whip up the physiological activities of the body and throw a strain upon the walls of tubercles. So do certain bodily activities, like repeated and long-continued work without sleep, pregnancy, childbirth, dissipation, etc.

The point where activity becomes overstrain is an individual affair. The miner, the broker, the farmer, the school teacher, might every one of them become fatigued by the other's ordinary labor. The phlegmatic and the irritable, the beefy and the wiry, respond very differently to the same stimulus, whether this be play, labor, exercise or dissipation. Every man's point of fatigue is his own, registered in his own consciousness by sensations that all have experienced. Every rational man knows when he is tired or experience soon teaches him what will make him tired. And no rational man should push himself beyond this point unless he must.

To reduce exposure to all infections to a minimum and to balance one's activities so there will always be a healthy surplus on the credit side of rest, nay, more, a good reserve to draw upon in time of need—this is building up resistance. At thirty we build it a little differently than at twenty, at forty again differently than at thirty; there is a different proportion of details, yet principles and details remain the same.

Food, clean air, adequate clothing, decent hours of sleep, conserve and promote health—the normal body. But the normal machine was built for one man power and a too persistent effort to squeeze out more will sooner or later mean an overheated boiler and outworn gears; rusted, roughened and thinned out metal, and then—the collapse or the explosion. Then may an insignificant little tubercle become ablaze.

Kindergarten Xmas Charity Committee Party Friday Night Carries Relief

The Heintze Conservatory will give their annual Kindergarten Christmas party tomorrow night in the First M. E. church. The program will begin promptly at 7:30. Mrs. Heintze will be assisted by Mr. Loren Miller, Miss Hazel James and Miss Elise Robinson, associate teachers.

The program will be as follows:
Opening chorus—Irvin Brunn at piano.

(b) Sailors Chorus.
Little Tommy Tucker—Clyde Laughhead.

Piano Demonstrations—(a) Allena Brown; (b) Max Short; (c) Irvin Brunn; (d) Betty Sether; (e) Marjorie Culver.

Ole King Cole—Max Short.
Pantomime, "Little Boy Blue"—Irvin Brunn and Robert Kenny.

Piano Demonstrations—(a) Sabina Nerbas; (b) Helen Weatherell; (c) Robert Kenny; (d) Clyde Laughhead.

Humpty Dumpty—Arthur Nerbas.
Daddy-Down-Dilly—Maxine Bryant.

Little Bo-Peep—Eunice Baney.
Rhythmic Games, "Bye Baby Bunting," "Jack and Jill"—Class.

Piano Demonstrations—(a) Lola Ann Whipple; (b) Mary Dell Geddes; (c) Lola Cloy Hatfield; (d) Eunice Baney.

(a) Little Miss Muffet, Lola Ann Whipple; (b) Mother Hubbard, Betty Sether; (c) Jack Horner, Loren Miller.

Chorus—Marjorie Culver, Helen Weatherell, Maxine Bryant, Lola Cloy Hatfield, Audrey Johnston, Frances Metzger, Allena Brown, Grace Marie Ockelman, and Layon Robinette.

Little Orphan Annie—Eunice Baney.

Piano Demonstration—(a) Gordon Kenny; (b) Grace Marie Ockelman.

Queen of Hearts—Mary Dell Geddes.

Babes in the Woods—Sabina Nerbas.

A Boy's Job—Clyde Laughhead.
Arrival of Mother Goose—Elizabeth Williams.

Santa Claus arrives.

Irvin Brunn will sing Boy Blue for you Friday evening.

CONFIDENTIALLY—

If automobile owners could realize that now is the time of the year to have their cars thoroughly overhauled and that they would have a lot of money by having it done now instead of waiting until the summer rush we are sure they would do so because you know the garage man can devote more of his time to his work during the winter months when the tourists are not bothering him and he can give his customers better service because he can stay right on one job until it is finished thus making the job cost less to the customer we are awfully glad that we can give the owners this little tip now because then he knows we are being fair to him all the time we want to thank our customers for their patronage in the past and hope that their friends will let us extend our good service to them also we are booking overhaul orders now for 1922 so we just that we would tell you so you could get your car all fixed up before the nice days come in the spring thank you merry christmas to all dearest and burnett.

A meeting was held last night of the committee of Associated charities. A report was given of what had already been accomplished. During the week, five families have been helped in a most substantial way, and to others have been taken boxes of apples and fruits. The names of the other needy cases listed were thoroughly gone over and their needs named. The committee decided to at once arrange to make up Christmas baskets, and also to secure other needed supplies for those in want, and have arranged to pack these baskets and get them sent out on Saturday. Names of some sixteen or seventeen families were brought to the attention of the committee, and their special needs considered. The cases at Oakland and Myrtle Creek were turned over to the churches in those communities with the assurance that they would be looked after. The work is progressing well, and the committee feels encouraged at the response of the people. Others having things to send in, either clothing or money or food supplies, please see that it is done immediately.

C. H. HILTON,
Pres. Associated Charities.

FORTY-ONE YEARS AGO.

Back yonder in the year 1880, when the Roseburg Fire Department was but a mere pup, it sponsored a Christmas ball, and ever since then its Annual Christmas Ball has been the leading social event of the year. This year it will be held on Monday night, Dec. 26, and will be the usual big event.

It is planned to have Betty Sether as Old Mother Hubbard, Friday, 7:30 p. m., First M. E. church.

MICKIE SAYS

ARE YOU GUILTY OF BORROWING YOUR NEIGHBOR'S COPY OF THIS GREAT FAMILY JOURNAL, WHEN A FEW RED PENNIES WILL DELIVER IT INTO YOUR BOX REGULAR? HONEST, I DIDN'T THINK YOU WUZ THAT KIND OF A GUY!

Know Amy Your Hammer and Get a Horn

CHARLES BURNETT

People of ROSEBURG are Using Good Judgment This Year in Making Their Candy Purchases

AT

Fullerton's Drug Store

The **Rexall** Store

The Quality of Candy we are Selling and at such

LOW PRICES

Is Creating much Comment

Here are a Few of the Candies You Will Want:

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|---|---|--|
| <p>AT 29c</p> <p>You can buy FULL POUND BROKEN MIXED Always Popular</p> | <p>32c</p> <p>FULL POUND is certainly reasonable For CREAM MIXED You'll agree the quality is good</p> | <p>39c</p> <p>Gives you a FULL POUND OF FRENCH MIXED Fine for Xmas Morning</p> |
|---|---|--|

Have us Set Aside a Package of

LIGGETT'S CHOCOLATES

Assortment still to be had from

50c to \$6.25

THE BOX

The **Rexall** Store

NATHAN FULLERTON.

PERKINS BLDG.

CASS ST., ROSEBURG, ORE.

COMPLETE LINE OF Toys and Christmas Gifts

Call and See our Goods and Prices

S. B. CROUCH

I'll Say They're Good Eats



our home-like meals, best served foods in the "It's the Chef."
MEALS NOW 25c, 30c and 35c.
Desserts or can bread with your dinner.
Cakes and French Fried Potatoes with short orders
evening. Cozy dining room and lunch counter.
MRS. W. R. BOWMAN, Prop.

California Sunshine and Oranges

Appeal to countless thousands each year.

Why not go to California's Sunny Southland this winter? There you will enjoy the warmth of an unclouded sun, the bathing beaches, outdoor music and the fragrance of flowers and oranges.

Through Sleeping Cars

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Via

The Scenic Shasta Route

Provides all the comforts of modern travel. The rail journey affords an opportunity of seeing many interesting places along the way.

Round Trip Excursion Tickets

are on sale to Santa Barbara—Los Angeles—San Diego

For fares, train schedules, descriptive folders or sleeping car reservations, ask Ticket Agents, or write

Southern Pacific Lines

JOHN M. SCOTT,
General Passenger Agent.

Christmas Shoppers.

We can serve you just as efficiently as in the past. Late shoppers will not be disappointed, we have prepared for heavy buying. Our stock is complete at exceptional bargain prices for Xmas buyers.

FOR HIM

HATS CAPS TIES SHIRTS
HOSE FOOTWEAR GLOVES
BATH ROBES
HANDKERCHIEFS, &c

Yes, we have a Gift

FOR HER

See our NOTASEME line of Ladies Hosiery—the hosiery of distinction Gift that Lasts—the practical Gift
Gifts that are useful We can Clothe Your Boy Complete and always welcome. We will be pleased to show you

Harth's Toggery

