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General Description of Douglas County

(Continued from Page 30).

height, and Baldy, Cowhorn and Pitt, each over 9,000 feet. The Bohemian range, at the junction of the Calapooias with the Cascades, is something like 7,000 feet, and many other prominent points north and south approach or exceed these figures.

Through these solitudes the lordly elk once made his way, the brown, the black, the cinnamon and even the grizzly abound upon the lower slopes, deriving their sustenance from the clover which blossoms early, and getting fat in the time the huckleberries ripen. At other times they exist upon smaller and weaker animals, the ship of the adventurous frontiersmen forming a greater part of their diet. Bears are most numerous upon the headwaters of the South Umpqua, where they may be seen in dozes in early spring, browsing upon the tender shoots of clover. Here is the sportsman's paradise. To hunt and kill even this game is a thing of little moment. Even the powerful grizzly is dispatched with hardly a thought of danger by the hardy guides and mountaineers. The deer are hunted with success, three Indians having killed, in a few days, or rather murdered for their hides, no less than two hundred and ten deer on the small stream known as Fish Lake creek. These beautiful and timid animals become very fat in the autumn, their flesh being equal to the best beef and mutton. The mule deer is occasionally met with on this slope of the range, but not often do they come west of the summit, their habitat being upon or among the best wooded hills and mountains of

Eastern Oregon and Idaho. They exceed the blacktail in size, but not in quality of meat. The maximum weight of the mule deer is said to reach 300 pounds, or twice that of the largest blacktails.

Antelopes have been seen near Cowhorn, but their range is eastward on the open hills, and rarely are they found in a densely timbered country. Mountain sheep are reported in the Cascades, but are seldom or never seen in Douglas county. Grouse are abundant, pheasants not less so. The former, a migratory bird, accumulates much fat during his stay among the huckleberries and salal bushes, and provides for hunters a delicacy not easily surpassed. Geese and ducks breed in the lakes and marshes of the higher Cascades, and during a great part of the year are exceedingly numerous. Their flesh, too, assists to vary the diet of the hardy hunter. Trout of two species abound in nearly all the lakes and streams. These matchless game fishes are of more than one species, the small mountain or brook trout existing in the rapid streams, a much larger variety finding its home in the lakes and certain of the larger and deeper rivers. These latter are infrequent, but attain a weight of ten pounds or more. Some minor varieties of fish also occur here, the chub being the principal. In Fish Lake, a favorite resort, not only of man, but of those more skilled fishers, the fish-eating birds and mammals. By a singular chance there are no fish in Cowhorn lake, as reported by mountaineers. The water of that lake is said to be warm, which may account for their absence. The geosied altitude of this sheet of water is 4,500 feet, its surface has an area of 5,000 acres, it is comparatively shallow, is oblong in shape, and forms the source of the

North Umpqua. Next to Crater lake it presents more points of interest than any other of the remarkable bodies of water found on the higher Cascades.

The region of the North Umpqua is one of canyons, endless precipices and waterfalls, and is destitute of auriferous but the faintest of trails. Taking its rise in Lake Diamond (Cowhorn Peak lake) the river flows in a stream of thirty or forty feet in width, and perhaps a foot deep, running over a bed of pumice stone. Further on it is swelled by numerous affluents, all rising from springs, sometimes of great capacity, all carrying the clearest and coldest of water, within which the speckled trout gambols. Instead of extensive prairies, only very small openings appear, covered with grass. Within these the greatest profusion of game, animals and birds find sustenance, and in the shadow of the woods the huge and active cougar (California lion) stalks, cat-like, upon his unsuspecting victim. Man has never reduced these lonely solitudes to his sway, and for many a long year will find them profitable, save for the timber which grows here, or for the health which all may seek in the pure air and key water.

The Coast Range mountains, though not so lofty as the Cascades, and not possessing the snowy peaks and great mountain lakes of which that country boasts, are still most picturesque and beautiful. From it run down many small streams to the sea, or to augment the waters of the Umpqua, Siuslaw or Coquille, which have hewn a passage for themselves through this opposing wall. These little streams dash from rock to rock, gathering here and there into cool and shaded pools where dwell the speckled trout. At their banks the timid

deer assuages his thirst. Sometimes the lordly elk—scion of a fast disappearing race—ventures to the mossy brim. Certain wise and cautious forest inhabitants, the marten, the weasel, the fisher, here hide from the eye of man, and prey upon the harmless creatures destined for their food. The blundering black bear, much maligned for his love of mutton, has his unpretentious home among these almost impenetrable thickets. The California lion has been heard to roar in these solitudes, and his leaser congener, the wild cat, is not unknown therein. The active chipmunk and the small red squirrel, with their graceful and handsome relative, the bushy-tailed gray squirrel, find within these woods the sustenance and protection which their habits demand and utilize. This is even now the condition of these mountains, so little has the order of nature been disturbed.

The avalanche or landslide, is a feature of this region, when great masses of earth loosened by the action of the water, comes rushing irresistibly down some narrow canyon. Sometimes every loose boulder, all trees, and every particle of earth will be swept onward with the accumulated waters, leaving the place over which they passed as clean and as bare as if it had been carefully cleared by the mightiest forces of science and nature. A marked example of this may be seen at Laird's Half-way house, usually known as Sitkum. A slide of unusual magnitude took place in the mountain above the house, an enormous amount of timber and earth falling over the 100-foot cascade near by. From the narrow canyon below the fall every vestige of loose rocks, trees and earth was removed, leaving the solid sandstone walls and floor perfectly smooth. Below and near the build-

ings the debris collected, and now lies many feet in depth, covering fertile land and desolating an otherwise pleasant prospect. Nearly twenty persons were gathered in the house, and all narrowly escaped death, the avalanche passing so near as absolutely to pile itself to a considerable height against the end of the building. A little diversion of its flood and all would have been lost.

WOMEN DEMAND ATTENTION FOR LIFE ON FARMS

Improvement of farm conditions will be of little real benefit unless home life upon the farm is made attractive, according to the report of the home economics committee of the Agricultural Economics Conference. The home economics department was added to the conference by the demand of Douglas County women. In past conferences the woman's side of farm life was overlooked and the women had nothing to say in the final reports. The women of Douglas County, however, are striving hard to bring about improved home conditions, and have accomplished wonderful results in the past years. They are making a careful study of this problem, and demanded that in the Douglas County conference the same attention be given this problem as was given other farm activities. The Coos County women, seeing the benefit to be derived from such a study, followed the demands of the Douglas County ladies, and in the Coos County conference the first home economics department was added, to be followed by a second report in the Douglas County conference.

They urge a more efficient use of the food available upon the farm to bring about better health

through proper nutrition, and urge the parents of children to encourage personal food habits through example.

A recommendation is also made that the women residing upon farms be given more aid by the Extension service of the college in studying such subjects as clothing, nutrition and home improvement.

The committee's report is as follows:

"The great rural interests are human interests, and good crops are of little value to the farmer unless they open the door to a good kind of life on the farm."

Enriched soils, better livestock, increased production, better markets, and other agricultural improvements are for one purpose only: to make prosperous and happy rural homes and communities. To solve the rural problem permanently there must be adopted not only a program of improved practices in agricultural production and marketing, but also a goal of improved practices in better living to accompany it.

The standard of living is largely determined by economic conditions, but even while working toward the reforms necessary to give adequate profits to farms, every effort should be made to maintain good standards of home life. To that end we urge serious study of the problem involved, and a whole-hearted effort to eliminate the objectionable features, placing emphasis on the advantages of life in the country.

Therefore we recommend: as our ultimate goal these essentials which are necessary to stimulate pride in and give dignity to rural life, and to establish a balance between housekeeping and home-making:

1. Conservation of time and energy through
(a) Labor saving equipment;

(b) Installation of water, sewage, light, and heat systems;
(c) Better methods;

(d) Best use of material resources of the farm and home;
(e) Wise and fair expenditures of time and money available for adding to comfort and attractiveness of the home.

2. Cooperation within the family and community to realize the complete development of all members of the family, and to insure active and influential participation in civic life.

Successful home life depends not only on conveniences and equipment, but also upon the physical condition, the health, of individual members of the family in the home. The close relation between food and health has been clearly realized in recent years, and experimentally established facts prove human food needs for an optimum condition of health. Failure to meet food needs has resulted in the poor physical condition of both children and adults in every part of this country. There are millions of children today growing to man and womanhood with physical handicaps, such as defective teeth, retarded growth, and lowered resistance to disease, due to faulty food and related health habits.

People living on farms have first chance at the most important foods for health — namely, dairy products, fresh vegetables and fruits, meats and eggs. We urge not only better use of this opportunity, but also that an effort be made to establish more generally essential food habits: first to prevent, and second to correct abnormal physical conditions, with special emphasis on the serving of hot lunches in rural schools.

We recommend for good nutrition: That there be produced and retained for home use an adequate supply of milk, vegetables,

fruit, meat and eggs. This involves more home gardens, more storage, and more preservation.

We recommend also that the nutrition problems, involving not only personal food habits, but proper example to the children, be considered as family problems, and not merely of interest to women.

To clothe the family economically, healthfully, and suitably is the responsibility of the women in the home. Suitable dress is a definite factor in promoting health and happiness. With this problem we need more help from the Extension service. In view of the unfulfilled demand for educational assistance in home problems, we recommend that additional Home Economics workers be supplied in those subjects, clothing, nutrition and home improvement, which contribute to better homes and therefore are the most vital projects conducted by the Extension Service.

We recommend that every rural organization include in its program definite support and systematic study of some of the problems relating to the home, such as sanitation and health conditions, nutrition, and home expenditures. Physical health and opportunity for development, mentally and socially are fundamental, and any effective program for agriculture must include them. They must not only be adopted in the program, but must be stressed in developing it. The standard of physical, mental and social life must be set and consciously maintained in working out the program for improving, eventually, the rural life of Douglas County. This is the only method which can stimulate pride in and give dignity to rural life.

Submitted for the Home Economics Section.
By MRS. HENRY LANIER,
Chairman.

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