

THE OBSERVER

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MONDAY, JANUARY 22, 1917

KEEP IN CONDITION

Every man owes it to himself and his family to keep in good physical condition.

This means longer life, more efficiency and more earning power. The man who is always tired out hasn't got the punch, can't deliver the goods, can't bring home the bacon.

Join the Y. M. C. A., play handball, basketball or volleyball. Fight the fat. See a doctor once every six months, undergo a rigid physical examination. Go to the dentist and get your teeth fixed. Many ills may be traced to diseased teeth. You will live longer, feel better.

The shortness of American life is appalling.

It is due to bad habits. At the annual convention of American Life insurance presidents E. E. Rittenhouse of New York says:

"The initial development of organic disease is so very often due to unhealthy habits of life, in eating, drinking, working and pleasuring that they are often of more consequence than a visible physical impairment and, therefore, it is of vital importance that they should be recognized early and corrected.

"A careful examination of a large number of working people of different classes by one institution shows that over 8 per cent required immediate medical service for serious impairments. Over 50 per cent needed medical attention for less important impairments but any of which might lead to serious results. Nearly all the others needed the correction of minor impairments or of injurious living habits.

"From this it would appear that over half of our adult population or about 27 million people should have medical attention to head off needless sickness and in many cases premature death. As it now stands, a large number of the 1,200,000 new policy holders think they have a clean bill of health whereas they have nothing of the sort. They

have simply measured up to the insurance standard which does not take into consideration many defects and hygienic errors that lead to health impairments. Thus many of these people gain a false sense of confidence and are encouraged to neglect their health, to ignore the need of health education and, in fact, to put new burdens on their health.

"The composite physical American looks smooth, pink and healthy," continued Mr. Rittenhouse. "He is a good liver (I said is not has). He hurries. He has no time to waste. The average age at death of the American people is about age 40, the median age, 43. He is trying, with the aid of new knowledge and inventions, to crowd the experience of two life times into one. He is having some success but the strain is telling on him. His digestive organs have been given so many new and arduous duties to which they were not trained that they are showing signs of rebellion. He is seriously over-straining his heart, arteries, kidneys, nerves and digestion as their rapidly increasing death rate shows. He could detect and head off these troubles if he would go to his doctor for an occasional examination. He is more than well-rounded at the belt and slightly so at the shoulders. Under exertion he is short-winded due to lack of exercise or a bad heart.

"The evil efforts of his physical inactivity have been greatly aggravated by his deadly excesses and errors in eating and drinking. There is no burden too great for him to put upon his digestive system. He would not think of mixing bricks or scrap iron or gravel with the fuel for the furnace which heats his house but he does not hesitate to follow this plan in furnishing the fuel for his body. He feeds his stomach with all sorts of tasty junk much of which cannot be fully digested, and which results in the trouble that comes from auto-intoxication. Auto-intoxication has a fascination for him. He seems to think it is some automatic way of getting pleasure. Slowly the fat is sinking in that his accumulation of fat is due to the excessive use of meats, sugar, butter, sweets, cream and other rich, fat and oily foods—minus exercise. With every pound he gains of excess fat, his chances for a shortened life increase. He should note the insurance records which show that with those, above age 40, having 15 to 80 pounds overweight, the excess death rate ranges from 9 per cent to 75 per cent above the average of all policyholders combined.

WASTE

Nature abhors a vacuum and all waste men abhor waste. And it goes on all around us—waste paper, waste rags, waste time, waste energy. A man would get rich if he were given all things wasted every day in a city the size of La Grande.

SEND FOR GOETHALS

Chicago wants a mayorless city and a business manager. We imagine that would be a man-sized job. Only one man we know besides the Colonel could handle it and he is a colonel, too, Colonel Goethals.

THERE'S MANHOOD HERE

A dispatch from Lexington, Ky., says, "because of their heroism in rescuing 50 fellow convicts in the state penitentiary at the risk of their own lives, five week ago, three 'life termers' doing time for murder and a fourth convict sentenced for highway robbery, have just been paroled from the state reformatory here. They probably will be recommended for Carnegie medals."

The people of Boston held a mass meeting in Faneuil hall and passed resolutions against the High Cost of Living. Congress would better watch out or we'll have another Boston tea party.

An Opportunity to Buy Hart Schaffner & Marx Clothes at a Big Saving

To clear our stock of this season's clothing we have made a reduction of 33 1-3 per cent from our former prices. The models and fabrics are new and desirable. They are the best looking and best wearing clothes of all men's clothing.

Table with 2 columns: Original Price, New Price. Suits that were \$15.00, now \$10.00; Suits that were \$17.50, now \$11.65; Suits that were \$20.00, now \$13.35; Suits that were \$25.00, now \$16.65; Suits that were \$30.00, now \$20.00.

Your Choice of Any Ladies' Coat or Suit in the Store at \$6.49 Clean Up and Clearance Sale Reductions Throughout the Entire Store



EDITORIAL COMMENT

Drew Carminetti and Maury Diggs should be relegated to the back page along with Harry K. Thaw and the rest of like kind. But they continuously pop up, and in the Thaw case, when he was beginning to be forgotten by newspaper readers, he tried to commit suicide and lands on the first page again. Now all the remains for him to do is to break into the obituary column.—Pendleton Tribune.

Supplementary Winter Irrigation of Garden With The Farm Water Supply

Every farm home appreciates the good fresh vegetables that a small garden produces, not mentioning the saving in the grocery bill. In the dry sections of the state, it becomes a difficult task to maintain a satisfactory garden with the exception of a few quick and early maturing vegetables.

The winter rainfall can be supplemented, says Mr. Henry Holtz, of the Washington Experiment Station, Pullman, from the well or spring, using a windmill or gas engine for power. Many additional vegetables and fruits can be grown in the garden that it is impossible to grow without such additional water.

The amount of supplementary water will depend upon the rainfall and vegetables to be grown. Ten inches of winter rainfall will penetrate about 3 feet in the average soil type of the dry sections. This is moisture enough for many garden crops with good moisture conservation. Other crops will produce better and more if additional water is added. Three inches of water (about 2 gallons) on every square foot will wet the soil about one foot deep. The following table gives the depth to which some of the common garden vegetables feed.

Corn 6 feet, Beans 31-2 feet, Potatoes 4 feet, Beets 3 feet, Peas 5 feet, Carrots 31-2 feet. Such vegetables as lettuce, radishes, onions, etc., which are early maturing can usually be grown with the moisture from the winter rainfall, but late maturing and heavy producing truck as given in the above table will produce much better with supplementary irrigation. The water is best distributed in furrows 6 inches deep and four feet apart.

Buch fruits, as currants, berries, and large trees also respond to winter irrigation. After irrigation the soil should be mulched by tillage or with straw or manure covering, to conserve the moisture.

Washington, January 19—The mobile military forces of the United States have been greatly augmented by the Fleet Marine Corps Reserve, a newly formed organization composed of trained marines who have returned to civil pursuits. Hundreds of these "ex-soldiers of the sea" are applying at Marine Corps recruiting stations throughout the country weekly and adding their names to the enrollment lists, according to local recruiting authorities.

The standard of efficiency of this trained body of ex-marines will be maintained by a short period of training annually, for which the reservist will be well paid. In time of emergency the Marine Corps will be able to quickly expand its first line with a highly trained reserve.

Joseph News Items

Miss Nettie Gualkie Leaves for North Dakota To Make Home—Joseph Wins In Basketball.

Mrs. Affie B. Hanna entertained Tuesday in honor of Miss Nettie Gualkie of Minneapolis, sister of F. H. Gualkie. Auction bridge was played, the honors being won by Miss Gualkie and Mrs. W. C. Black. Those present were: Mesdames F. H. Gualkie, L. E. Caviness, A. J. Richardson, M. W. Morgan, Frank Stevenson, T. H. Morelock, E. Link, Albert Mount, W. C. Black, Geo. Salladay, Affie B. Hanna and Miss Nettie Gualkie.

Miss Nettie Gualkie, honor guest at many social affairs last week, left Saturday for Bismark, North Dakota, where she will make her home. While here Miss Gualkie made many warm friends who regret to see her leave.

Mr. and Mrs. Eldon Link have moved to Enterprise where Mrs. Link will have charge of the millinery store of Hanna and Link.

A farewell party was given Friday evening at the home of Mr. and Mrs. T. H. Morelock in honor of Miss Nettie Gualkie. Cards and music preceded a delightful luncheon which was served by the hostess. The guests were: Mr. and Mrs. L. E. Caviness, Mr. and Mrs. Wade Siler, Mr. and Mrs. Albert Mount, Mr. and Mrs. A. W. Schupp, Mr. and Mrs. A. J. Richardson, Mr. and Mrs. Edward Berland, Mr. and Mrs. F. H. Gualkie, Mr. and Mrs. Hugh Gibson, Mrs. Affie B. Hanna, A. R. Boomer, J. V. Kaddery, Miss Nettie Gualkie, and Mr. and Mrs. T. H. Morelock.

Mrs. Herbert Baughman was the charming hostess Wednesday afternoon at a bridge party. Thirty-six guests were present and enjoyed one of the most pleasant affairs of the season.

The Triangular debate, a branch of which was held in Lostine, Enterprise and Joseph, was won by the Joseph team, thereby giving Joseph the county championship, and as Joseph is in the state debating league that town will probably debate La Grande soon, to decide who is champion of Eastern Oregon.

One of the most delightful parties of the past week was given by Mr. and Mrs. L. E. Caviness on Thursday evening at their home on Mill street. Bridge was played and the general good time that always prevails at the Caviness home was had. Those present were: Mr. and Mrs. A. W. Schupp, Mr. and Mrs. N. W. Morgan, Mr. and Mrs. A. J. Richardson, Mr. and Mrs. Ed. Berland, Mr. and Mrs. F. H. Gualkie, Mr. and Mrs. T. H. Morelock, Mr. and Mrs. Hugh Gibson, Mr. and Mrs. Albert Mount, Mrs. Affie B. Hanna, Miss Nettie Gualkie, Mr. A. R. Boomer, Mr. Colon Eberhard (La Grande), Mrs. Geo. Salladay, Mrs. Anna Leslie, Miss Grace Caviness, Mr. and Mrs. L. E. Caviness.

Dr. R. N. Quisenberry, one of our local dentists, will leave Tuesday for Portland where he has a fine opening. We are sorry to lose the doctor as he is a most estimable young man of sterling character.

Colon Eberhard, of La Grande, was a business visitor in Joseph the last of the week.

The game which the Joseph high

Wallowa News Items

New Road to Be Built on Whiskey Creek—Odd Fellows Install—C. H. Thorp Is Committeeman.

Wallowa, Ore., Jan. 22.—(Special)—The Wallowa Sun says: At the January term of the county court a contract was let to T. A. Bakke and N. K. Bue for the construction of a wagon road up Whiskey creek, known as the M. P. Miller road and connects with the main Flora road at the N. K. Bue place. The contract price of constructing the road is \$2500, one-half paid by the county and the rest by subscription which was raised by Mr. Bakke before the contract was signed up by the county court.

The women of the Rebecca Lodge were royally entertained last Saturday evening by the Odd Fellows at the roll call of the latter. About 125 people enjoyed a bounteous repast.

At the last meetin of the Joseph Chamber of Commerce it was decided that they should give a banquet at the Masonic Hall next Friday evening.

The cold spell which Joseph has just experienced the past week has evidently passed over and Josephites may now enjoy to the fullest extent the joys of a mild winter.

K. DYAL SUPPORTS

(Continued From Page One)

schemes which will bring the required results.

After spending six months in the poorest part of the United States I arrived at the conclusion that a shortage of kanite salt, phosphate and "kali" would work a tremendous hardship upon the American people and the world at large. Everywhere I traveled in Georgia, Florida, Tennessee and Alabama last spring I witnessed the increase in acreage, which meant an increased cost of production with a decrease in harvested crops. In fact farmers were planting with the expectation of reaping less. The above figures evidently fulfilled their anticipations.

I've nothing more to say on the subject. I leave it to an intelligent public to judge for themselves.

Thanking you for your courtesy in giving this space in your paper.

Very truly yours, K. DYAL.

Notice.

If the person who took the suitcase from the Silver Grill, containing Rituals of the I. O. O. F. Lodge, will return them to the I. O. O. F. Hall, no questions will be asked. 1-22-17

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The council met in regular session in the council rooms. Those answering roll call were: Mayor O'Brien and Councilmen Allen, Conklin, Morelock and Rogers.

The first business transacted was the allowing of bills on the second reading. Bills allowed were John G. Wray, wood, \$3.50; Enterprise Electric Co., lights, \$64.75; Wallowa Sun, printing, \$17.15; O. Rich, drayage, \$2.

The first matter to come up under new business was the appointment of a councilman to fill the unexpired term of ward No. 1, by the resignation of J. H. Mimnaugh. C. H. Thorp was appointed and confirmed and will be sworn into office at the next regular meeting.

At the regular meeting of the local I. O. O. F., the newly elected officers were installed by Deputy Grand Master F. T. Baker, assisted by Deputy Grand Marshall B. M. Dounsavell. The officers installed were: William McKenzie, noble grand; L. A. Cook, vice grand; Edwin Marvin, secretary; R. R. Sutphin, treasurer; W. A. Purdin, past grand; Cal Larm, right support noble grand; J. Billings, left support noble grand; Leo Reed, right support vice grand; Frank Bradley, left support vice grand; Frank Anderson, right scene support; George West, left scene support; George Rogers, warden; J. Hamilton, conductor; H. S. Brewer, chaplain; W. D. Greer, inside guard; Clayde Isaacson, outside guard.

Hospital Notes

Miss Viola Benham, who was operated on Saturday morning for appendicitis, is resting well today.

Phil Krause, of the firm of Krause Brothers, is very ill with appendicitis. He was taken to the hospital this morning.

The doctors report that Charlie Murchison is getting along nicely but that he was very bad yesterday.

ADDITIONAL NOTES ON PAGE 6

Dead or Alive!

A dead dollar is the one which is hidden away; which earns you nothing, and which is liable to turn up missing without a moment's notice; or the kind you carelessly push across the counter, for this and that; things you really don't need—then wonder in a week's time where they have gone.

A live dollar is the one which you place in this bank, where it is always safe. They will call for company; the result is, more saving; then when opportunity arrives, you are financially able to meet it with open arms, and a bank account.

La Grande National Bank

BARGAINS—We have only 10 more Coats left—Will close out at \$3.00 Each Jones & Rabone West New Building