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THE CONSERVATION OF HUMAN LIFE.

We know that the American people have been wasteful and extravagant. But we had no idea until told by such noted authority as Dr. Franklin C. Wells, medical director of the Equitable Life Assurance company, that America's annual loss through sickness was \$960,000,000. The worst thing about this situation as explained by Dr. Wells is that three-fourths of this sickness comes from preventable diseases. Typhoid, tuberculosis, scarlet fever and many other diseases are all preventable and unnecessary. The United States has 33,000,000 employees. They are sick on an average nine days a year. The burden to industry and to the families of these men and women is appalling. Now that we are in the war and we seem to be regarding life with more seriousness and facing the problems of daily life with some moral courage and foresight, it would be well if we would heed Dr. Wells' advice. First take care of our bodies. Adopt rational habits. Avoid the things that injure our health. Frown upon national vices that contribute to the degeneracy of the race. See that it is a disgrace and instead of a joke for a man to be suffering from venereal disease. Protect our boys and girls. Give them pure water, good surroundings, and the benefits of medical inspection before their innocent bodies become deformed. Protect them from the spread of disease. Teach them how to care for their bodies. Let the older persons as well spruce up. See a physician once a year. See a dentist. Be overhauled. Start in life anew. Stop being old and lazy. Be young and energetic. Be efficient. Let the women, too, be healthy and strong and stop moping. A physical awakening on the part of the people of the United States would be a great thing at this time. Instead then of men and women bragging about their aches and pains, about the hugeness of their doctor bill, a confession of sickness would be an admission of a careless, lazy, ill ordered, ill planned and misspent life.

The city should start in now to solve the city's fuel problem. It will be too late in the winter to call upon the railroad to keep a lot of people from freezing. It is certain that La Grande should follow the suit of other cities and attempt to solve the fuel problem as a municipal problem. Another problem that should be taken up and settled once and for all in the question of the city water supply. Here is great opportunity for real constructive work in which all of the citizens will cooperate and aid.

Supporting the Government

This is a time for every citizen to support the United States Government and many are doing so at considerable cost or sacrifice to themselves.

We have joined the Federal Reserve Banking System established by the Government to give greater financial stability and strength to the member banks and protection to their depositors.

You can give your support to this great Government enterprise and also obtain its protection for your money by becoming one of our depositors.

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System

La Grande National Bank

Ladd Canyon News

Ladd Canyon, Ore., Aug. 2—(Special)—The Red Cross Auxiliary of this neighborhood will meet at the home of Mr. Chas. Grandy, Tuesday afternoon, Aug. 7, at one o'clock sharp, as there is much sewing to be done and business to be transacted, and the Pres. Mrs. Henry Peebler would like to have all members present. The Get-together Club will be held at the same time instead of Thursday to enable people to go huckleberrying and finish haying, so the afternoon will be one of pleasure as well as duty.

Much grain is being cut for hay as it is considered too short for binding. The McNishes of La Grande, and Mrs. McNish's sister, Mrs. Smith, who used reside here about 14 years ago, and her son Ray, motored out to Dick Peeblers Sunday, for a visit.

The Smiths are on their way from Nevada to Washington where they make their home.

Albert Kenney, who has been painting Mrs. Counsell's new home, left for his home at Homedale, Idaho, this morning. Mrs. Kenney and daughters came down in their car about two weeks ago for a visit here and at Joseph, and he returned with them. Mrs. Counsell now has a splendid new home.

Sheriffs Too Busy
Spokane, Wash., Aug. 4—(United Press)—The annual convention of the Washington State Sheriffs' association was not held here, as scheduled. Secretary D. E. Nicholson, of the association has postponed it indefinitely. Sheriffs are too busy to attend the meeting, he explained today.

Selects Three Arbitrators
Salem, Ore., Aug. 4—(Special)—Governor Withycombe has reached a decision to appoint Charles P. Howard, J. P. Rhodes and B. W. Sleeman, all of Portland, as representatives of labor on his proposed conciliation and arbitration committee, provided they are satisfactory to the labor organizations.

To remove ink from white clothes soak the spot in sour milk, then wash as usual.

WHY BRITISH LABOR SUPPORTS THE WAR

BY J. A. SEDDON.

Introductory Note:—Mr. J. A. Seddon is one of the best known and most influential of British labor leaders. He has served as President of the National Amalgamated Union of Shop Assistants—a union which he helped to organize—as Chairman of the Parliamentary Committee of the Trades Union Congress, and as President of the Trades Union Congress. This last office is the supreme honor organized British labor can bestow. From 1906 to 1910 he was Labor Member of Parliament for the Newton Division of Lancashire.

At the outbreak of war, in August, 1914, Mr. Seddon promptly and unhesitatingly took up the national cause. He has since done notable service. Previously he had been an outspoken opponent of militarism in any form.

In the following he shows how the same fundamental principles which once made him a pacifist—love of liberty, love of justice and a desire for the well-being of mankind—today make him, and the overwhelming mass of British workers, stern supporters of war.

This war was Germany's work, and Germany's purpose was to secure world domination. British labor was opposed to war. But British labor was and is infinitely more opposed to the establishment of a system that would place the nations at the mercy of Prussian bureaucracy! Better many years of war than this. We realized that Prussianism and freedom cannot exist side by side.

The German violation of Belgian territory stirred the British working men, for we could not understand a nation boasting of its culture treating its solemn treaty obligations as mere scraps of waste paper. But when we knew how the people were being treated, the passion of our race was fully aroused.

When accounts came to England of outrages committed by German troops against Belgian civilians, most of us at first did not believe them. Even though the Germans were our enemies, we refused to credit them with actions so vile. We thought that possibly a few individual acts had been exaggerated and magnified. We did not propose to blame the whole of a nation for the excesses of a few of its members. We gave Germany credit for some respect for the humane conventions which she herself had accepted and promised to observe.

But before long we had to believe. We learned on proved evidence that the horrors we had at first refused to think possible were only a part—and by no means the worst—of what was going on. Many of the deeds of the Prussian Army in Belgium were so terrible that they could only be whispered from man to man. We found that the reign of terror in the conquered territory—the burning of villages, the shooting of peaceful priests, schoolmasters and doctors as hostages, the outraging of young girls and married women, and the wholesale destruction of homes—was no chance excess of individuals, but the systematic and deliberate policy of the German government, prepared for in advance, and carried through without justice or mercy.

I cannot describe the effect of this on British labor. We realized that Prussian militarism, with its attested cruelty, rapine and murder, must be destroyed, in every shape and form. We realized that now there could be no compromise and no slackening. This aggressive militarism must be overthrown, or all our efforts would have been in vain.

The revelations acted as a flame of a torch. We were facing the issue chiefly from the point of moral values.

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Do your feet ache, or burn? Do your feet give out after a day's work? Are your toes cramped in your shoes?

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If so call and let us tell you the trouble. It costs you nothing—our appliances are absolutely guaranteed to give relief.

We have a specially prepared pamphlet on the care of the feet—take one and read over the many kinds of foot trouble, and let us explain it, too.

There is no part of the body that gets so little attention and care as the feet, and why one should entirely neglect this important member, while giving a great deal of time and attention to the care of the hands, face and hair, is a point which can readily be traced to educational neglect.

The feet may be made comfortable and beautiful and kept so, without cramping the foot into a short shoe. Give your feet a little care and attention and you will have absolute foot comfort, and you will be able to prevent and even remove some ailments, such as tired, aching feet, corns, callouses, cramped toes, weak or broken down arches, weak ankles, pains, cramps, rheumatism of the foot and other distressing and painful conditions.

We Are Always Glad To Tell You About Your Foot Ailments



Our people have an appreciation of right and wrong. We knew without argument that a nation fighting with weapons such as Germany employed in Belgium must be wrong. Today our first refusal to believe in the German outrages may be considered extraordinary. We have had much evidence since, from the sinking of the Lusitania to the submarine murders of wounded on Red Cross ships, of how Germany makes war. The deeds Germany has admitted, deeds officially described and glorified, are her own condemnation. But at the beginning of the war we did not think them possible. We did not believe that any nation claiming to be civilized could sink to such depths.

(To Be Continued.)

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