

# LaGrande Evening Observer

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THE NAME OF THE LORD is a strong tower; the righteous runneth into it, and is safe.—Proverbs 18:10.

A man who has experienced failure can't get on his feet again by sitting around.

Officials announce that music at meals hereafter will be a feature of convict life at the San Quentin prison in California. Well, soup gargling is probably as annoying in prison as anywhere else.

An exchange quotes the following sign posted by the roadside as you enter a western town: "4,076 people died last year of gas. Thirty-nine inhaled it. Thirty-seven put a lighted match to it. And 4,000 stepped on it."

### WOMEN AND EDUCATION.

The woman's bureau of the department of labor reports that 42 per cent of the 8,500,000 women wage earners in the United States are under the age of 25 while only 22 per cent of the employed men are under 25 years old.

These statistics bear out the statement that the average girl terminates her education to seek employment earlier in life than the average boy. While the high schools are dumping the majority of their boys into the colleges and universities they are pouring the majority of their girl students into the stores, factories and offices.

While higher education is as valuable to women as to men there is not the same incentive for women to strive for it. It is the exceptional girl who has no thought of matrimony as she leaves school to find employment. For the majority of these girls employment is only a temporary arrangement, they hope.

Twenty per cent of the women wage earners are under 20 years old and 10 per cent of the men wage earners are under the age of 10. Educators look forward to the time when all young men and women may remain in school a portion of the year until they reach the age of 20 or older, irrespective of whether they propose at the end of that period to enter the ditch, factory or kitchen.

Ignorance is the root of many evils and problems of the day, and the premature termination of the education of boys and girls is the root of illiteracy.

### A BALE OF HAY.

"What food element does the cow add to milk and meat that is not in the food which she eats?" a doctor asks. "None whatever," he adds. Admitting his postulate as to the cow, one might secure the equivalent of meat, milk, butter and cheese by buying a bale of hay and munching it. That would simplify the matter and also cheapen the cost of living. If he is right, from the hay we would get every product that we get through the medium of the cow. Therefore, ordinarily we pursue a circuitous and costly route to the elements of sustenance when there is a direct and inexpensive way.

Another doctor offers a still simpler method, though his plan is temporary rather than permanent. He feeds patients on water alone. He has given them nothing else for as much as 35 days they thrived. It may be his hope that with more study and experiment he may be able to maintain them indefinitely on that bill of fare. If he succeeds he will have a plan of living that will be even cheaper than the bill of hay system suggested above.

While there is complaint about the most of the ordinary articles of diet the illustrations given impress that there are those who are striving to place the sources of bodily nourishment within the reach of all. Were one to reach the point where a bale of hay fed crew workmen and one directed a chemist to make a water for a month or two for variety. That these doctors adhere to a particular cult does not remove the fact that they take themselves seriously, even if some of us do not.

### OUT OUR WAY



By WILLIAMS

### HEALTH

**SUNLIGHT OR COD LIVER OIL**  
(By Dr. Frederick Steiner)  
When examining children in Oregon, one is strongly impressed with the large proportion who show signs of slight rickets. As many as three-quarters of the children attending clinics show "bumps" on the skull, grooving of the ribs, slight bowlegs and other signs, and general histories of delay in the appearance of the first teeth and in starting to walk. The symptoms are rarely very severe, and are usually found in actually healthy children, though not uncommonly in those who are ill.

Rickets is a disease of infants and younger children in which the bones do not develop properly as they should. It was formerly thought to depend on the amount of lime in the food. While this may sometimes be something to go with the cause, we now know that the true cause is a queer mixture of lack of "vitamins" in the food and an insufficient sunlight. It rarely develops rickets. On the other hand, the sunlight may be insufficient, and yet the rickets be prevented or cured by giving some fatty food which contains the necessary vitamins. Cod liver oil is one of the best of these foods. Other fats, which do not contain the vitamins, being exposed to sunlight, cod liver oil might be termed "vitaminized."

In this northwest country, where between winter clouds and summer sun, a baby is never allowed to get enough sunlight to keep from getting rickets. This is especially true of babies who are born late in summer, and see very little of the sun during the most important growing months. Mothers should see to it that their babies get the advantage of what sunshine there is preferably under the advice of their physician so that baby won't be "over-sun" or "under-sun." Staying in the shade through glass windows does no good at all, because the results are due to the ultraviolet part of the light, which is filtered out by glass.

The best plan is to give a baby cod liver oil, particularly through the dull months in which the sun does not do us harm as it is not a medicine, but a special food containing a very necessary element. Young babies don't have a well-developed sense of taste, and usually learn to love the oil. The amount of rickets which usually develops in unprotected children here is not severe or especially dangerous, but may leave slight permanent deformities, and may perhaps even slightly cripple the child. Therefore—plenty of sunshine or cod liver oil.



### Slender Case Won By Proving Illusion

The lover who placed his hand so gently beneath her chin when he tried to teach her to swim is now the husband who is catching her by the back of the bathing suit and holding his side with one hand, while with laughter as she splutters.

What the world needs is a "teaching pond" that won't have to be fought for every afternoon.

Fame is largely an accident anybody can gain it.

Society people make as much fuss about getting married as theatrical people do in getting divorced.

This is a good thing of the year to remember that he's a case who dies may soon be not alive to eat at all.

### TODAY

This is today.  
You ain't no kid.  
Ain't the sky blue.  
Nak-ee-oo-oo-oo.

Yesterday was cloudy.  
It rained all day.

But today,  
See, things ain't so hum.  
Since honey had gone,  
Blossoms are falling,  
But we're not through.  
We've got back to work  
This day, too.

Waint stay in work today,  
I ain't your work just want  
Nak-ee-oo-oo.

Life is by lead,  
Say ain't you glad.

Let's make tomorrow another  
Today.

Ordinary itch is only skin deep, but an itch the surface goes to the marrow of the bones.

The things that men learn to experience usually are things that they have tried hard not to learn.

PROSE OR RHYME?  
You know, because I can't read it from this time when to have you change to one of the words I have spoken in a rhyme, might look about my look in a mirror. To not much good, because, as either

Most of the lesser accidents reported these days are cases of ricketing their chairs on bedroom furniture looking for extra bed clothes in the middle of the night.

Any woman has a perfect right to murder an idiot who brings out the best those reasons about "fifty years ago," with his hand in it.

Flattery is never, the practice of speaking well of the head of a pig.

There ought to be some way of making women seem as often as summer comes.

The trouble with the lipstick is too many girls think its lipstick.

A sailing stone sailing path, did you know?

Homans Has Dazzling Storm.  
Dazzling storm, 1417—Heavy damage to property and crops, especially in the region of Galatia, 1417. During a storm, hundreds of people were killed. The storm extended along the Tiber into the province of Bosc, with the islands, Tivoli and Rome.

In addition to the property damage crops were destroyed in several places.

The honeymoon is over when he forgets how to drive with one hand.

### Slender Case Won By Proving Illusion

BERLIN, 1417—Professor Albert Moll, one of Berlin's foremost psychophysicists, was victorious recently in a scientific and brilliant contest with Franz Roll-off, a spiritualist medium, for convincing one of her performers. He had said that one could speak of a spiritistic phenomenon only then if every step of the "medium" could be carefully watched and controlled by some licensed state institution, such as the Techno-Physical Institute.

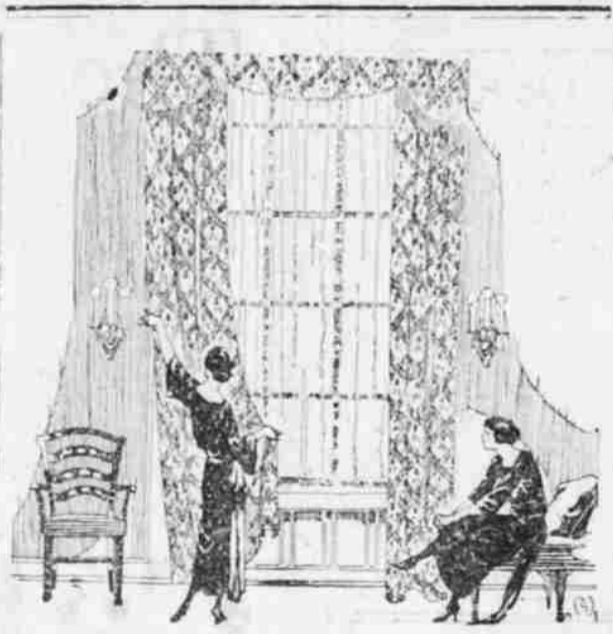
As the trial progressed Professor Moll proposed that a number to be held then and there in the courtroom, and that Franz Roll-off be requested to show her "medium" the spiritistic phenomena.

Professor Moll then placed the "medium" in a room and requested the spirit to be "medium" the lady's eyes were covered and the professor placed both points of a divining compass upon his hand, then removed one point.

### Stanfield Plans Move

HAZEL, Ore.—Stanfield sheep interests will probably move their headquarters to Baker this fall, according to a statement of Hugh Stanfield, brother of the senator, here.

The move is simply one of business. Mr. Stanfield indicated the view being that Baker is the logical place for headquarters. The Stanfield headquarters have been at Weiser for the past four years, having been moved from a headquarters in Prineville to that branch office was maintained at Weiser for several years. Its significance lies in the candidacy of Stanfield to succeed himself in the senate next year.



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