

Here This Week—
S. H. Denzel, service supervisor
for the Puroler-Detroit Motor com-

Unloaded Cars at Baker—
Avery Harrison, of the Blue Mountain garage here, went to Baker this week, where he unloaded a carload of Chevrolets and drove

Delivered Nash—
A. R. Truchsel went to Portland the first of the week and drove a new Nash touring car home, which he delivered to Camp Ten of the East Oregon Lumber company near Enterprise later in the week.

A health examination is a thorough physical and mental appraisal of an individual, made by a competent doctor of medicine in order with a view to their correction. The reasons why health examinations are beneficial are so obvious that hardly any argument for them is necessary.

Proving to the satisfaction of everyone Studebaker cars' power and endurance, a record breaking coast to coast run was recently completed, according to M. J. Goss, local Studebaker distributor.

The trip in question was started in New York at 2:07 a. m. June 14

If you think nothing is impossible try to get a flapper to go for a ride in a buggy.

One way to have an adventure is to drive through Los Angeles with a Florida pennant on your car.

Corner Second and Adams

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H. Moser, Manager

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"Caterpillar" price changes during the past eight months are as follows, delivered in La Grande:

Bunting Tractor Company

Dealer
Caterpillar Tractors, Holt Combined Harvesters
Jefferson and Elm Streets

The principals of efficiency are but the findings of science applied with plain common sense to the everyday affairs of the work-a-day world. Efficiency is nothing more than getting the best results in the quickest time with the least expense of material, money, effort and energy. In other words, it is doing the right thing, the right way, at the right time, and thus getting right results.

Personal efficiency is the accumulated results obtained from the formation of good habits, of logical thinking, prompt and persistent action, and the maintenance of health by obedience to the simple and inexorable laws of nature. Personal efficiency is dependent upon and proportional to the degree of health one enjoys. It is quite true that there are many men who are efficient in spite of the handicap of poor health, but the output of these men would be even more marvelous if their health were improved. If a man wishes to enjoy life through efficiency, he must give his health proper consideration. Health is not the product of good fortune, but the dividend paid to those who invest in habits of energy, correct living, rest, recreation, repose and hard work. Energy must be conserved and every action of the body should coordinate with all the faculties and with full mental powers. The secret of the tremendous accomplishment of successful men is their well laid plans for each day.

The recognition of human inefficiency has led to the discovery of causes of inefficiency and the development of methods for their prevention. The greatest cause of human inefficiency and unhappiness is ill health. Few individuals can be considered perfect specimens of health and mental vigor. Almost everyone has a defect of varied importance, such as poor posture, defective teeth, impaired vision, and diseased tonsils. Some will be found to have more serious defects such as heart, kidney and lung diseases. The economic loss from disease and ill health is appalling. Over two and one-half million of the population are afflicted with some chronic illness at the present time. At least one-fourth of the diseases are preventable.

