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THE EVIDENCE OF WISDOM—Whoever heareth these sayings of men, and doeth them, I will liken unto a wise man, which built his house upon a rock. And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.—Matthew 7:24, 25.

Very few boys are as bad as the neighbors think or as good as their parents think.

The quickest way to straighten bowlegs is to go out riding with three in a flivver coupe.

A painter says if he had always used a one-inch brush and his work had been stretched out like a ribbon, it would have reached several times around the earth. He would have made a good trail marker for the Graf Zeppelin.

Cigaret butts and cigar stubs are discarded at the rate of 170,000 a minute in the United States, says the Department of Agriculture. Tests have shown that a fire can be started from these "discards" with a wind of only three or four miles an hour. Here is a possible fire menace that should be watched carefully. With forest fires raging in several sections of the west, the need for care in heavily wooded sections is obvious, but it is also true that caution is necessary in the home, office and city buildings.

In Germany the railroads contemplate abolishing traveling compartments reserved for ladies only. Observation has shown that women do not take kindly to the idea of traveling solely in the company of their own sex. Well, they might have known. Women do occasionally foregather exclusively and deliberately for luncheons and teas and bridge parties, but the more outspoken of them admit that at these affairs there is always something lacking. The only reason the men folk are not there is because someone must make the money for the prizes, the salad and ice cream and, perhaps, to pay the losses at bridge. The fair ones are often heard to make disparaging, nay, disloyal, references to what they somewhat inelegantly describe as "tea fights" and "hen parties." From men, on the other hand, there is heard only glowing accounts of stag parties, hunting trips, poker sessions.

A HOPE TO END WAR

The French government has granted the Lufthansa Company, Germany's leading aviation organization, permission to fly its planes over Fort Cherbourg, near the principal seaport of France, in order to speed up delivery of mail between Germany and the United States. The mail bags will be dropped on the deck of the Bremen, Germany's record-breaking trans-Atlantic liner.

France's action is commendable, because it indicates less of the distrust and suspicion that have marked relations between France and Germany since the Franco-Prussian War in 1870.

But at the same time will there be much necessity for any nation guarding the secrets of its forts if another big war should come? Will not those forts which helped stem the German advance into France in 1914 be as obsolete as the cannon of Civil War days?

If that war should come, death will rain from the skies and what good will a few forts be? The long-range cannon that bombarded Paris during the World War amazed the entire world, but since then aviation with non-stop flights for planes of more than 4000 miles and for dirigibles of more than 6000 miles has made the "Big Bertha" appear as a puny weapon of war.

The next war cannot be confined to combatant armies. It is certain that the death toll of civilians—children, women and helpless old men—will be terrible.

For these reasons, the statesmen and peoples of the world should do everything possible to prevent such a conflict. Anything looking toward that end must be encouraged fervently. The people of the world do not want war and their representatives in international councils must truly represent them.

TRY
W. K. GILBERT CO.
FIRST

Health Talks

MOST INNOCENT LOOKING TONSIL MAY HARBOR WORST INFECTION

By W. Raymond McKenzie
Haltimere, Md.

Numerous times, while taking a history of a patient of 30 or more, we have been told that he had no tonsils. This statement is based entirely on an old story handed down from the Middle Ages that the tonsils "dry up" in adults.

We are all born with tonsils, and unless they are removed by surgical operation, they are still present. Usually as we get older our tonsils do get smaller, and, of course, they are subject to repetition of infections, in which case they will remain large or continue to grow larger. Contrary to public opinion, you can have trouble with your tonsils regardless of your age. One of the worst cases of tonsillitis I've seen in the past few weeks is a patient 74 years of age.

The size of the tonsil means absolutely nothing, however. The worst kind of infection may be present in the most innocent looking small tonsil. This is the type of tonsil you frequently hear described as "imbedder or buried."

Simple inspection of the tonsils reveals nothing, except their relative size. The important thing we want to determine, especially in adults, is whether or not there is infection present, and this requires more detailed exploration than can be ascertained by having the patient open the mouth and say "Ah!"

In children the history of frequently recurring attacks of tonsillitis and colds, together with any complications they may develop as a result of repeated infections—such as abscessed ears, diphtheria, rheumatism, St. Vitus dance, kidney or heart disease, or the slow and improper development of the child, both mental and physical.

Abe Martin



Long-mouthed fellows are great on knowin' jest what ought to be done, but they're poor detail men. "Col. Jangbergh has got an awful fine little wife, but she's almost cost him the front page," said Tell Hinkley, this mornin'.

mouth breathing, defective speech, enlargement of the glands of the neck, etc.—all of these are evidence enough to condemn the tonsils and adenoids as a source of danger to the patient, and surgical removal is indicated.

In the adult, however, such clear cut histories and direct complications are not so common, and very careful examination is essential in arriving at the proper diagnosis. We frequently see people of all ages, maybe 70 or more, who are suffering from some general dis-

ease due to an infection in the tonsils, while they can not remember ever having had a sore throat or tonsillitis.

I have in mind now two patients, and neither one can recall ever having had an attack of tonsillitis or even a sore throat. Both were cured of their rheumatism by removal of their tonsils. Of course I could tell you of dozens of similar experiences, but the point I want to make clear is this: Just because you do not suffer with attacks of sore throat or tonsillitis is no indication that your tonsils are healthy. If you are suffering with some condition that may be due to focal infection, consult your doctor or a competent specialist, and see if the condition cannot be relieved or cured by eradication of that focus.

Farm Pointers

Cover crops, particularly those of a leguminous nature, are beneficial to Oregon soils in a number of ways, says the experiment station. They tend to check leaching or erosion, increase the nitrogen content of the soil, and provide organic matter, thus improving the

physical nature of heavy soils. Most Oregon vegetable growers could profitably apply more fertilizer, either barnyard manure or green manure, supplemented with standard commercial fertilizers, to their crops, believes the experiment station. An irrigation system also helps to make these fertilizers of greater benefit to the crops.

Cleaning potatoes for exhibit by scrubbing them with a brush is a mistake, advises the Oregon experiment station. As this scrubbing injures the skin and the seed value of the potatoes, exhibits treated in this manner are often eliminated. A good exhibit of potatoes is made up of smooth, bright tubers of medium size; that is, from 7 to 16 ounces. The tubers are free of blemishes and diseases, such as scab and rhizoctonia, and of nearly uniform size. They are wiped off with a clean cloth, but not rubbed hard enough to break the skin.

Putting the poultry flock through a forced molt is easily accomplished, through radical changes in the feed, even to the extent of taking both scratch grains and mash away for a period of two days and then feeding them what grain they will clean up, and in a week's time feeding them mash

again. The forced molt is a questionable practice, however, warns the Oregon experiment station, particularly late in the summer, as it is difficult to keep the birds laying through the fall. They often go into a second or natural molt in October or November.

Nerves Need Watching
There is a tendency for people who feel inclined to blame it on their nerves and let it go at that. Real nervous disorders, however, are serious and the excuse of nerves should not be used to camouflage some other disorder.

Engineer's Life "A Drag 8 Years"

"I was sick and run-down and in mighty bad health generally for eight years. During all that time I was continually taking one medicine after another and life



GEORGE A. FERGUSON

was just a drag—until I started taking Sargol. Sargol (and Sargol Soft Malt Pills). This treatment took right hold of my case and did more good than all the other medicines and treatments put together. "My appetite was so far gone that even the odor of food made me sick. What little I just had to eat disagreed with me and I was terribly indigestioned and weak. Constipation and biliousness added to my trouble and I was always tired and listless. I was so nervous that I hardly ever got a good night's sleep.

"The first few doses of Sargol made me feel a lot better and I got completely back on my feet. My appetite is fine, my food agrees with me, the old nervousness has gone and the pills just put me of constant new vitality and energy together. I am so glad as I can be to tell anybody how Sargol gave me back my old-time strength and energy."

The above statement was recently made by George T. Ferguson, 124 West Emerson St., Portland, well known railroad engineer, now retired.

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