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HUMILITY—Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven. And whoso shall receive one such little child in my name receiveth me.—Matthew 18:4, 5.

LABOR DAY

The heights by great men reached and kept
Were not attained by sudden flight,
But they while their companions slept
Were Toiling upward in the night.

The fluency of Longfellow is not directed against the eight-hour day any more than is Tolstoy's massive declaration that "The happiness of men consists in life. And life is in labor." What the poet meant was what every wise writer has proclaimed since intelligence first perpetuated itself in the written word: Labor is not a thing of hours or degree of toil, but is character.

It is easy to go astray in the debate between social and individual responsibility, but there are a few fundamentals not difficult to seize. Chief among them is that the net result of all civilization is the advancement of type. Man today, any and every man, man in the great average, is more advanced, knows more, has larger opportunities, commands more of the world's known and suspected resources, than his predecessors. Life is larger, the individual horizon is wider. The type is higher.

The type is found exemplified in the individual, multiplied millions of times in duplication. The individual has his defined and his undefined responsibility to his neighbors, but obviously his contribution is greatest, his sensibilities most keen, his perception between propriety and impropriety strongest, his moral sense most alert when he himself has reached, as an individual, the highest possible development.

The basis of character is in work. Labor, in the large sense, knows no difference between the coal miner and the electrical engineer. It is the impulse directing the Labor that counts. Every task undertaken has a two-fold purpose for fulfillment: the task must realize its immediate duty to society, through employer, customer or client, but it also must increase the character and self-respect of the doer. Any work which does not contain among its essential elements the character of the worker is poor work.

Of these simple truths this country and this city are convincing evidence. La Grande today is made up of men to whom their work meant so much, became integrally one with their character, that today they stand, irrespective of social or financial position, as public figures of respect and worth. For the most part the reward has included material independence, but it always has brought honor and consideration, and always will. La Grande only symbolizes, in an advanced degree, the nation. "If I am to be a shoemaker," remarked a great man, "let me be the best shoemaker in the world." Labor is character, not occupation.

Because character continues to unfold until life departs, labor never ends, even though economic independence has been reached. The man of character merely diverts his toil from private to public service; his character matches on, seeking out further contribution to his fellowmen and further enrichment for his own soul. Robert Louis Stevenson set it forth most beautifully in "El Dorado:"

"It is true that we shall never reach the goal; it is even more probable that there is no such place; and if we lived for centuries and were endowed with the powers of a god, we should find ourselves not much nearer what we wanted at the end. O toiling hands of mortals! O unwearied feet, traveling ye know not whither! Soon, soon, it seems to you, you must come forth on some conspicuous hilltop, and but a little way further, against the setting sun, descry the spires of El Dorado. Little do ye know your own blessedness; for to travel hopefully is a better thing than to arrive, and the true success is to labor."

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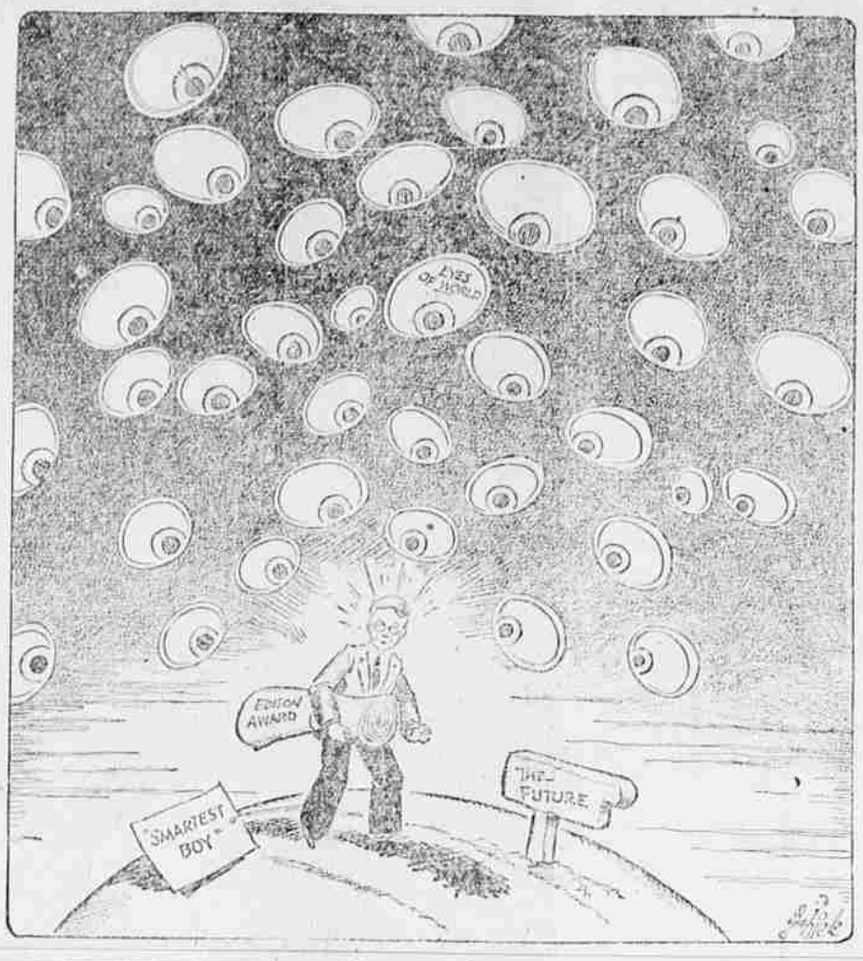
The First Hundred Years Probably Will be the Hardest



Health Talks

GOITER—ASSOCIATED WITH SERIOUS MENTAL AND PHYSICAL CONDITIONS—PREVENTABLE

By Robert Olesen, M. D., U. S. Public Health Service, Cincinnati, Ohio.

Why should simple goiter continue to prevail when the means for its prevention are so widely known and so readily applied? This question continues to puzzle those who know that this malady can be prevented. Possibly the difference between prophylaxis and treatment is not clear. Obviously prophylactic measures safeguard the normal thyroid gland while treatment concerns the deviation of symptoms arising from a diseased gland.

The thyroid gland, intimately concerned in the vital processes of growth and development, is a shield-like collection of tissue located in the forepart of the neck. This gland is Nature's storehouse of iodine. When the supply of the element is depleted, the gland attempts, by increased effort, to supply the deficiency. As a result of this exertion, the structure becomes enlarged.

Most American observers believe that simple goiter is homologically due to a deficiency of iodine in soil, water and food. The equally important underlying causes are obscure. It is known that the gland is subject to periods of special stress in girls and women. When the supply of iodine is inadequate, goiter occurs. The gland also enlarges as a result of certain infections, and following the use of dentifrices in lieu of prevention. In all probability these conditions interfere with the intake and utilization of iodine available in normal quantities.

Following years of patient experimentation it was found that goiter can be prevented by the administration of exceedingly small quantities of iodine. Administration does not excite in which form iodine is taken, for prophylaxis provided certain essentials, namely, a simple dosage, harmlessness, efficiency, palatability, low cost and convenience of administration are observed.

Simple goiter may be prevented either by general or individual measures. Accordingly, and with special precautions to insure so-called iodized salt, iodized water, iodized candy, iodized gum, iodized chewing gum, iodized toothpaste, iodized powder, iodized oil, iodized cod liver oil, iodized milk, iodized eggs, iodized bread, iodized cereals, iodized fruit, iodized vegetables, iodized meat, iodized fish, iodized water, iodized ice cream, iodized candy, iodized chocolate, iodized honey, iodized syrup, iodized butter, iodized cheese, iodized salad oil, iodized mustard, iodized vinegar, iodized pepper, iodized salt, iodized sugar, iodized flour, iodized baking powder, iodized baking soda, iodized starch, iodized tea, iodized coffee, iodized cocoa