

Health Talks

HEALTHY TEETH—HEALTHY BODIES

By Albert E. Coopers, D. D. S., Springfield, Illinois. The teeth are part of the body. The truth of this statement seems quite obvious, yet until comparatively recent years the attitude of both the medical profession and the dental profession might have led one to believe that the teeth were almost as much things apart from the body as one's shoes or one's gloves. To a large extent the dentist performed his operations upon the teeth as though they were isolated from the rest of the body, while to the same extent the physician ignored the teeth altogether.

But the teeth are part of the body; diseases which affect them may affect the rest of the body; and diseases which affect the rest of the body may affect the teeth. The full realization of this truth has had a very profound effect on both the medical and dental professions and through these professions on the health of mankind.

It is generally recognized today that through diseases of the teeth and gums dangerous germs may get into the blood stream and cause diseased conditions in far removed parts of the body. And it is also recognized that diseases which undermine the general health are apt to show their effects in the teeth and gums. It follows that we must have good general health in order to have good teeth, and we must have sound teeth and healthy gums in order to enjoy perfect general health.

It is far better to prevent decayed teeth than to try to repair them, just as it is much better to prevent a disease than to try to cure it. It follows therefore that we should give all possible care to the teeth during childhood, for it is during childhood that we can accomplish by far the greatest results in preventing dental disease—after childhood practically all that can be accomplished is in the nature of reparative work.

The child should have a balanced diet including milk, fruits, green leafy foods, vegetables with a reasonable amount of roughages,

whole wheat bread, etc. Fresh air and sunshine and exercise are as necessary as a proper diet. All these things are to build up the child's general health and through the general health, the teeth.

The improved health of the American people is probably more than any other single factor responsible for the prosperity and the high level of well-being which prevails. Formerly, one-quarter of all the babies born died during the first year of life; today in American communities, only about 7 per cent die and there is every indication that the number of these deaths will be still more reduced. Tuberculosis is a disease which has been reduced over 50 per cent since the beginning of the century, still causes 100,000 deaths each year and is responsible for a loss of two and one-half years in the average expectation of life. By strengthening and extending the anti-tuberculous activities which are now being carried on, further reductions in mortality from this disease must inevitably follow. Heart disease now stands first as a cause of death. Much could be accom-

plished if we could cut down the toll of sickness and death that it causes, especially at the younger ages. Public health work is efficient and can do great things. Yet the total annual expenditure of the American people for health work is negligible. Less than 50 cents per capita is being spent for preventive health work; \$2.50 per capita, constructively employed and wisely directed, would considerably reduce the annual death rate and correspondingly increase the average expectation of life.

There is a growing realization that preventive health work is one of the most important phases of medicine and that medical schools must, in the future, place greater emphasis upon methods of keeping people well. At present, most of their activity is devoted towards the cure of disease, and that approaches the problem from the wrong end. In many American communities health departments are undermanned; the workers are not sufficiently trained or skillful and their tenure of office is insecure; nor do they have adequate staffs of nurses and other assistants. At the same time parents wait until their children are sick before they think of the importance of being well—and keeping well.

Until this careless attitude is changed, we shall suffer from our own defects. As we grow wiser we shall spend more in public health work, take better care of ourselves by regular health examinations, and in the process save money, gain length of years, increase our happiness. Health work pays big dividends.

Not So Slow

Fitted with a dictaphone, the station car used by an inspector of London tea-shops is an office on wheels. He dictates into the machine while going his rounds, and when he is making his inspections his driver transcribes the notes on a portable typewriter.

Sleep-Walking

Sleep-walking is said to be prevented by wearing gloves, fastened firmly at the wrists. Many tests are believed to have proved the efficacy of that remedy.

OUT OUR WAY



By Williams Flying Instructor And Pupil Killed

SPRINGFIELD, Mo., Dec. 26 (AP)—An airplane flying instructor and his pupil crashed to their death near Cabool yesterday when their craft went into a nose dive. They were Sam Bartel, 35, of Springfield, a world war flier and Robert H. Allen, 24, of Mountain Grove, Mo.

They were headed in the direction of Mountain Grove after having been refused permission to take aloft passengers on Christmas day flights by Mayor H. E. McKinney of Cabool. McKinney said he took the action as the result of several complaints reaching him of Bartel's alleged intoxicated condition.

Talking motion pictures are proposed by a minister to swell the attendance in the churches. Maybe one plan might be to offer a course of golf lessons on Sunday mornings.

ADMINISTRATIVE NOTICE OF SALE Notice is hereby given that in pursuance of an order of the county court of Union county, Oregon, sitting in probate, duly made and entered November 26th, 1929, the undersigned administratrix of the estate of James H. Mulholland, deceased, will from and after Tuesday, December 31st, 1929, at 2 p. m., sell at private sale, at the office of Green & Hess, at the La Grande National Bank building in La Grande, Oregon, to the highest and best bidder for cash in hand paid and subject to the confirmation by the said county court, all the right, title and interest which the said James H. Mulholland had at the time of his death and now owned by the estate of said James H. Mulholland, deceased, in and to the following described real estate, to-wit:

Out lots numbered 5, 6, 7, 8, 9 and 10 and the east half of out lots numbered 4 and 11 of Chaplin's addition to the town of La Grande, Union county, Oregon, according to the recorded plat thereof, to pay estate debts, claims and expenses of administration.

LEONA MULHOLLAND, Administratrix of the Estate of James H. Mulholland, deceased.

Green and Hess, Attorneys for Administratrix. Nov. 23-Dec. 6, 13, 20, 27.

NOTICE Notice is hereby given that the annual meeting of the stockholders of the United States National Bank will be held in their banking house in La Grande, Oregon, on Tuesday, January 14th, 1930, at 10 a. m. At this meeting a board of directors will be elected for the ensuing year and any other business transacted that may properly come before the meeting.

J. H. DRAMWELL, Cashier. Dec. 13, 20, 27, Jan. 6 and 13.

USED CARS With an OK that counts Larion Chevrolet Company Used Car Lot Phone Main 508 407 Fir St.

WISDOM Wisdom demands that you secure the services of expert morticians who know the science and ethics of their profession and who have demonstrated their capacity and ability. We understand Snodgrass & Zimmerman Phone Main 62

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Physicians & Surgeons A. L. RICHARDSON, M. D. Physician and Surgeon. Office over Glass Drugs. Office phone, Main 15; residence phone, Main 55. J. A. WONDELUCK, M. D. Physician and Surgeon. Office and Hospital over the Tifts. Tel. Main 673.

ASTROLOGER MRS. FREDERICK BAIAKES 101 N. Ave., La Grande, Ore. Readings daily. Readings by Mail a Specialty.

STAGES LEAVE From Corner of Elm and Jefferson Wallowa Valley Coaches Leave—La Grande for Joseph 8:45 a. m., 4:00 p. m. Makes All Main Line Connections. For information call MAIN 799. Buy Round-Trip Tickets and Save Good for 60 Days.

CLASSIFIED ADS: The Market Place Of Union and Wallowa Counties

NEW TODAY

FOR RENT—5 rms. furnished house \$16. Inq. 1716-Z. 12-27-29 tp FOR RENT—2 rm. steam heated apt. Everything furnished. 1403 Washington. 12-27-29 tp. FOR SALE—Fiat coupe. Art-McCall Main. 1716-Z. 12-27-29 tp. FOR SALE OR TRADE FOR SALE—1 Todd Protograph check writer. A-1 shape. 1 Universal electric range, 3 burners and oven, thoroughly overhauled and re-named. See C. V. Talbot, Phone 166-3. 12-24-16. FOR SALE—Star coupe, \$46. Good condition, 6 balloon tires, 236-W. 12-26-9 tp. FOR SALE—240 head of 1, 2, and 3 year old ewes. A. L. Becker, Cove, Ore. 12-23-6 tp. FOR DELICIOUS APPLES phone 239-W. \$1.25 or \$1.50 per box delivered. Home's grocery. Everything cheaper. 11-27-14. FOR SALE—Used electric washers. Maytag Shop, Main 639. 7-31-1m.

Observer Want Ad Rates

(Count five average words to the line.) Per line, 1st insertion... 10c Per line, each added consecutive insertion... 7c Minimum charge on one order... 25c RATES BY MONTH 2 lines, per month... \$2.50 3 lines, per month... \$3.75 4 lines, per month... \$5.00 5 lines, per month... \$6.25 Each additional line over five charged at 50c per line per month. CASH IN ADVANCE is required on all Classified orders to carry these rates. Higher rates charged on all credit insertions. Copy for all Classified orders must be in the office by 10 A. M. DAY OF INSERTION. Stop orders on ad insertion until further notice must be received by 10 A. M. or extra insertion will be charged. Telephone orders solicited. Cash rates may be earned on phone orders by payment on or before date of last insertion. PHONE MAIN 3. "An Observer Want Ad Will Do It"

ROOFING WORK

Repairs, any kind of a new roof. Call Chas. Hillbrand, 620-W. 11-4-1mp

LA GRANDE MATHESS & Upholstering & Rug Cleaning Works

Phone 424-W. Chas. Edwards, Prop. 13-1-1m

MONEY TO LOAN

We are representatives for the Prudential Insurance Co., and can make farm or city loans at attractive rates of interest. Chas. H. Reynolds, Insurance, loans and bonds.

EASTERN OREGON School of Music, violin, piano, voice, Cred. I. I. O. O. F. temple, 447-J.

MONEY TO LOAN on improved city property, straight loans or installment plan. Lowest rates. United States Investment Co. Phone Main 22. 1-16-1m

FOR RENT

FOR RENT—Furnished, steam-heated apt., Waverly apts. 12-26-1 mp. FOR RENT—Steam heated modern rooms. Reasonable. 1403 Washington. 12-26-1 mp. FOR RENT—Small furnished house, also sleeping rooms, hot and cold water in rooms, 1206-O ave. or 224-W. 12-26-31.

FOR RENT—Furn. houses and apts. with baths clean, quiet, low rates. Adults. 1810 Greenwood. 7-10-1m

MISCELLANEOUS

TYPEWRITER REPAIRING—Expert repairing on short notice. E. C. Tuckey. Room one over Silverthorn Drug. 12-21-1m

NOTICE

Get your trash hauled before bad weather. Ph. 227-W. 11-24-1m

WALLOWA PERSONALS

By G. C. Mueck (Observer Correspondent)

WALLOWA, Ore. (Special)—Reports from some of the local school districts state that some of the pupils have been out of school for a few days as a result of some of them being sick following vaccinations. Others have been absent a few days suffering from severe colds.

Mrs. Giles Plass spent a few days last week visiting at the home of her son, Leroy Plass, at Enterprise. She returned home not feeling well from her recent sick spell and has been under the doctor's care for the past several days. Latest reports are that she is feeling considerably improved.

Miss Ann Murphy, teacher of the school in district No. 46, gave a Christmas program Monday afternoon. A considerable number of persons from the district were in attendance and report a very enjoyable afternoon.

Farmers in this community are in the midst of their winter butchering at this time. Some of those who butchered hogs and hives during the past week were: Gastin & Cousins, L. W. Minor and Sam Meek.

Doc Gastin was a visitor at John Couch's the early part of the week. A dance was given at the Joe Pezaris home in Upper Leap Saturday night with a large crowd from the community attending, all reporting a fine time.

Doc Gastin was busy a few days the early part of the week hounding wood for M. A. Peterson of Whiskey Creek.

Sam Meek and Earl Hurchfield, of Leap, were business visitors in town the latter part of the week.

A number of the women folks of this community were busy the past few days dressing turkeys and other poultry for the holiday trade. The most of the birds are being sold locally at prices ranging from 20c per pound live weight to 30c per pound dressed.

John Snuffer, of Bear creek, was a business visitor at Giles Plass' the first of the week.

Mrs. L. W. Minor and mother, Mrs. Tennent, and Mrs. Kate Gastin attended the program at the Lone Pine school house Monday afternoon.

Sam Meek was delivering some beef to T. G. Johnson and others in this community the early part of the week.

Schurman Quits Post In Berlin As Ambassador

BERLIN, Dec. 27 (AP)—Dr. Jacob Gould Schurman, American ambassador to Germany, has received word from the state department that his resignation as ambassador has been accepted.

Schurman told the Associated Press that he had been expecting his resignation to go through for some time and in anticipation his family had left Berlin in September and resumed their residence in New York.

"I cannot speak too highly of the cordiality of the German government and people who have facilitated my work here in every manner possible," he said. "I shall always look back upon my service in Germany with the greatest satisfaction."

Dr. Schurman, who celebrated his 75th birthday last May, was appointed ambassador to Germany in June, 1925.

Accuse Federal Agents In Idaho Of Drunkenness

COEUR D'ALENE, Ida., Dec. 27 (AP)—Witnesses for the defense in the "Mullan whiskey rebellion" conspiracy case yesterday testified that federal prohibition agents in Coeur d'Alene were guilty of drunkenness and immorality.

H. H. Rogers, special agent, and Richard Cooper, under cover worker, who had testified Mullan was "wide open" with the police chief collecting license fees from saloons and vice dens, were implicitly accused of leading lives that were far from exemplary during their prohibition work.

Those who took the stand were Mr. and Mrs. John Geason, who operated the Tyan hotel in Wallace; Mrs. Della Taylor, chambermaid; and Joe Guggin, freeman.

The defense seeks to impeach the testimony of the two important government witnesses.

FARMER INSTANTLY KILLED

LYMAN, Wash., Dec. 27 (AP)—Carrie Forister, 69, a farmer living one mile east of here, was instantly killed yesterday and Emmett Smith, a bachelor, received a fractured jaw and crushed leg, when a small coupe in which they were driving was struck by a Great Northern passenger train operating between Northport and Burlington.

Modern dancers that are too heavy on their feet are not so bad as those who are too heavy on their partners.

PHILADELPHIA, Dec. 27 (AP)

A youth who gave the name of Maurice Hood, 18, of Huntington Park, Cal., walked into the Chestnut Hill police station today and told the house sergeant that 22 months ago he killed his brother-in-law, Buddy Roberts, on Willys ranch, near Horse Thief Canyon, Cal. Police wired California authorities for confirmation of the story.

Hood said his sister was Roberts' wife and that she was found dead on the ranch. He said he had received information that Roberts had beaten her to death and in revenge he shot Roberts.

ADMITTS KILLING RELATIVE

The National Congress of India adopts an independence resolution, lifting much of it verbatim from the American Declaration of Independence. Those Indians had better be careful; we signed the thing 153 years ago, and now look at us.

MOM'N POP



STRIVING TO PLEASE



By Blosser



By Cowan



FRECKLES AND HIS FRIENDS



By Blosser

