We hope he will, THE WEST BIRS print, No "devil" keep, nor typo stint. Now let us all with one great boost. See that THE WEST SIDE rules the roost. Goodbye "Pentland," Welcome "Bell" The parting is sad news to tell. The welcome we most freely give, in a hope that Bell long years may live. The time is up, and Pentiand's quill. No more THE WEST SIDE columns fil

The lat of August, was the time For getting up this tangled chyme. Now if we've failed, to please you all, This, what is written, we recall,

SALT IS GOOD.

A Few of the Things that it is Good for, With some Reasons Why.

or inspiration, as well as of therapeutof forty minutes set aside especially for tics, says the New York Evening Sun. discussions. In all the range of household materia- The calisthenic drill given by Miss case of overzeal or mismanagement, tions generally leave the class with an can it be made to do mischief. If it increased love for the study. doesn't beal it won't kill at any rate. Prof. B F. Mulkey, or Bethel, is in

congestion, it will give almost instant to an active interest. relief, while applications of a strong, hot solution of salt in water or vinegar, affections and sore throat, a spray of the institute. The proceeds were near season of the institute. The proceeds were near season of issue. It is and is one of the standard prescriptions the remaining views of "The trip a constant sneezing, there is no remedy Ages" which were truly magnificent. more quickly palliative, and often cur The process for the two evenings were ative, than the vapor of heated salt and upwards of \$35. alcohol.

demeath a covering that envelopes the nis set. head as well, and inhale the vapor through both nose and throat. For primary teaching; she is a broad-mindcolds. One delicate woman, who used ers are moved to lasting aspirations during into the world and has never been is a valuable friend of this institute. without one since," became as indiffer- Our teachers, most of them, board at ent to damp and draughts as a sailor, the dining hall. I have after a year's trial of salt baths

water used once or twice a day will harden the gums and prevent soreness. may usually be checked by treating the tional system. part with salt and water. Persons who have tender feet, will find them praise for his efforts. He realizes what cold salt and water.

There is an old belief that salt water reason therefor.

we come to the conclusion that when gives a reduction of 25 per cent on any the hair insists upon coming out of its book we wish, making this one own accord a vigorous treatment with \$1.10 to teachers. salt and water will put a stop to it. "Learn to do by doing" seems to Whether the reasoning be true or not, the motto of our instructors in this the fact is. Not all the tonics you can thriving and profitable institute. buy at the hair-dresser's will do your hair half the good, if it manifests a color, Friday, immediately after noon, tendency toward falling out, that a Prof. Getz left for his home in Ashland water will.

stomach. A pinch of it in hot water placed before the institute was of a new taken either just before or just after a character, I. e., new for Oregon, and meal, is a valuable aid to digestion, and was seized by our teachers with earna cupful of very hot salt water will estness. Surely if such, known as sometimes quiet the most persistent manual training, is so interesting to

Anything more that salt will do? do that?" A little girl who was told by the leading educational states, as to put some in an aching tooth says California, Pennsylvania and others, it so. "I just put in a little salt," she does not necessarily need any comsaid, "and in a few minutes I felt the ments telling its good qualities, etc. naughty aching nerve curl right down We need but to wait until manual and go to sleep."

But there's one caution to offer. However beneficial the therapeutic action of salt may be, there is no question but salt taken into the system with the food in too great quantities is extremely harmful. It was the excessive use of salt, quite as much as the nervous strain of his campaign, that killed Horace Greeley, and there be those who declare that with many otherwise be engaged are cordially inwomen the use of salt is a species of vited to take part in this simple paper Letterheads, dissipation. Too much salt in the sys- folding." tem dries up the blood and the healthy membranous surfaces, and is evidenced by a dead yellow pallor of the skin, This shows that teachers come to our with a blanching of the lips and cheeks institute for enjoying the opportunity and a morbid craving for the condienormous quantities will satisfy.

The state of Washington has a bonded debt of \$300,000, on which it pays 34 per cent. interest, and a float- Children Cry for Pitcher's Castoria. ing debt of \$325,000, drawing 10 per cent, interest. Its papers are advertising the issuance of bonds, by which about \$40,000 a year could be saved. Oregon is sometimes called slow, but Rans high at the drug stores in this there is one thing to its credit, we place over System Builder as everybody don't owe anything. With the excep-tion of Texas, Oregon is perhaps the and to build up the system it certainly only state that is completely out of possesses wonderful merit when all speak so well of it.

THE NORMAL INSTITUTE

One of the Most Successful Institutes Kret Held in Polk County—Fine Instructors —Notes.

The Polk County Normal Institute began its session in the State Normal building in Monmouth last Tuesday, Prof. Reynolds, superintendent of Polk county, in the chair. We have space for merous to mention, were deeply interested in their work. The public schools of Oregon are bound to improve when so much labor is bestowed upon

Prof. Getz gave a lesson in a clay modeling, preceded by a clear expla-nation of essentials of same, and the ends to be accomplished when put in practice in our schoolrooms.

Our lessons given by Prof. Getz, on paper folding, mat weaving, etc., during the week have been exceedingly

We sometimes have violent contro-

medica there is no remedy half so valuable as common salt, both because of of recess in the afternoon, is enjoyed by its real curative properties and of its all. She also gives private lessons in immediate availability. And, more elecution. Miss Tuthill is an efficient over, it has this advantage over more elecutionist; all who enjoy the opporpretentious remedies, that seldom in tunity of practicing under her direc

Here are some of the things it is good charge of language lessons, which comes in the morning; he is an enthusi-Heated dry and applied to the outer surface over the sent of inflammation or into his work which stirs every teacher

of the "nose and throat" specialists around the world," which we did not For hay fever and those other slighter have time to show Thursday evening. forms of nasal sensitiveness that induce At the last were ten scenes of "Rock of

We have a jolly set of teachers. We ·Put both in a tin vessel and heat know this because our evenings an over a flame. When there is a good spent with uproar and laughter. We

influenza and ordinary colds this treated lady and her entire soul seems to be ment is also excellent. Salt-water into her work. She brings a model baths are an excellent tonic; taken class before us. While she is instructing cold they are the best preventive in the the great educational ends. Indeed, so world of too great susceptibility to much earnestness is shown that teachto insist that she "caught cold on com- ing this profitable drill. Mrs. Fauble

them speak highly of the good quality of For those who have sensitive gums, food, and also of its being well preparedinclined to bleed on the slightest provo- Only \$1.75 per week! Indeed, this is a cation, a mouth wash of sait and cold grand thing for our teachers; board equally as cheap here as at home and being in an atmosphere of enthusiasm As salt is styptic, any slight bleeding for the improvement of our educa-

Superintendent Reynolds deserves growing much less sensitive day by day is necessary for our teachers, that they if treated daily to a brisk rubbing with may take a step in advance. In addiraise Polk county teachers to a higher injures the hair and a delightful old degree of perfection, he now places telady once explained to the writer the forethem many good books on pedagogy at a very low figure, much lower "You see," she said, "the salt in the than the teachers would be able to get hair straight out." Assuming this to such as Hughes' Mistakes in Teaching, be true, that sait water will draw the Lovis' Industrial Training, The Prac hair out of the head when it isn't other-tical Teacher, by Parker, etc. The usuwise specially inclined toward coming at price of the first mentioned above is

Prof. Getz gave a valuable lesson on

daily scalp bath of strong salt and Saturday. He will not be with us any more this year. He is a good instructor, Besides all this, sait is good for the rull of enthusiasm. The work he has teachers in performing it, we would naturally look for greater enthusiasm Yes, the most grateful of all—cure the in the school room where such work is examine our samples. toothache, sometimes. "Will it really introduced. This work being adopted training will be universally adopted in these United States.

The faculty of O. S. N. S. have about number and no doubt it is a wearisome They are not partial, seemingly, for Satamong the teachers and make the remark, "Those of you who would not

Three tents owned by teachers are stretched near the college building. of camping, as well as to improve pracment, which nothing but its use in tically. A good idea. Many more should enjoy the same opportunity.

Continued on local page.

Excitement

IS THE LEADING PAPER OF

only a few notes, but they will be of interest to our readers no doubt. The general work of the institute was up to a high standard. Prof. Goodnight, on penmauship, was at home. All the instructors and all the teachers, too nustructors and all the teachers.

This paper gives all the current news, fresh rather shaving Lands for that it to their advantage to and crisp; also, it gives from TWO "Salt is good." It is the language branches, although we have a period THREE COLUMNS of the latest

DISPATCHES Van Nortwick Bros.

Our number in attendance is seventy.
On Thursday evening we gave a Which is a popular feature of the paper, givacts like magic upon toothache, ear stereoptical entertainment, charging ache, neuralgic hendache, and all that brood of distressing ills. For catarrhal is to be used to defray the expenses of ing all matters of importance up to the hour

Independent in Politics,

showing of vapor, place the vessel un- have two croquet sets, also a lawn ten- And outspoken on all the important questions

warm they are delightfully refreshing the children, there is really a deep in-when one is heated or tired, and taken terest shown on her part to work for

THE WEST SIDE

tion to his many efforts put forth to Has the finest and best equipped steam-power

"You see," she said, "the salt in the water is stronger than the hair in your head, and so the salt just draws the books be handles are standard works,

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