

† How to Be Healthy †
The Crusade of the Double-Barred Cross
Practical Talks on Disease Prevention
 Prepared by the
OREGON TUBERCULOSIS ASSOCIATION
 (Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

EXERCISE FOR ADULTS

GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways then there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain. Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nerves jumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head, are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a daily sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly. On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bluish attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexert certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.

A person who never makes up his mind to anything at least saves the trouble of changing it.

Why is it that the boy who requires corporal punishment to get him to do chores at home will spend his playtime working for a neighbor and think it lots of fun?

A special one of the dailies tells of a man sent to the insane asylum, made crazy by indulging in too much beefsteak. The butcher probably took all his cents.

A sweetheart has saved her future husband from the gallows, but later she is likely to tell him to go hang.

A man has had a funeral over his amputated leg. He's not the only one walking around who is partly dead.

If you think your wife spends too much on her clothing, give her a dressing down.

Some men, if a girl should propose to them, would get so excited they wouldn't be able to say no.

Roosevelt was a president noted for doing things. How many are there who can show name just three notable things which he accomplished while the nation's chief executive?

A boy always imagines he would like to run away from home until it comes time to get out and hustle for himself.

A woman's will has been broken in New York—but it wasn't until after she was dead.

Some of the smallest things we do are the biggest mistakes we make.

After a girl has arranged everything so that a man could not gracefully get out of proposing to her, she acts just as surprised as if she had not been expecting it.

Single tax ought to make a hit—no one wants more than one tax.

Uncle Sam is after the rotten eggs. He shouldn't have much competition.

If ignorance is bliss, it's funny there aren't more happy people in this world.

C. J. BREIER & COMPANY'S

Sample Store

A. W. Swanson, Manager

Ladies' Aprons

Charmingly fashioned aprons of percale and ginghams in plaids, figures and plain colors, big values at

98c to \$1.65

Children's Play Suits

Children's play suits of khaki, long legs and sleeves, button down front with drop seat.

Ages 2 to 8, each

85c

Ages 8 to 12, each

98c

Ladies' Union Suits

Ladies' summer union suits in all styles, at the low price per garment of—

45c and 50c

Ladies' Petticoats

A clearance sale on ladies' petticoats. Plain black sateen and fancy sateen in neat styles. Specially priced at—

98c and \$1.25

Summer Fabrics

Pretty tissue ginghams in green, pink, blue and black. Here is an opportunity for another summer frock at very little cost; 40 inches wide; the yard—

50c

Ginghams and Lad Lassie Cloth

Grouped for quick selling. You will find a large variety of patterns and colors; 32 inches wide; the yard—

25c

Boys' Trousers

A large assortment of boys' trousers in plain and mixed colors and materials; all sizes; moderately priced at—

\$1.45 to \$1.95

Ginghams-Cheviots

Ginghams and cheviots in all colors, suitable for dresses, aprons, shirts, etc., the yard—

18c

Last Days of 25% Discount Sale

Friday, Saturday, Monday

Here are a few of the offerings:



Silk Blouses

REDUCED 25%

New in style and good size range.

Regular \$3.95 value.....\$2.96

Regular \$5.00 value.....\$3.75

Regular \$6.00 value.....\$4.50

Regular \$8.00 value.....\$6.00

All Bathing Suits

REDUCED 25%

including wool and cotton suits for every member of the family.

\$1.00 values now.....75c

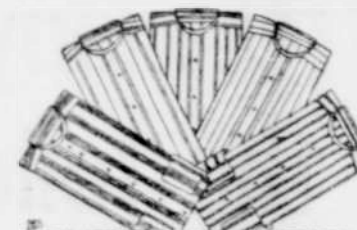
\$1.25 values now.....93c

\$2.25 values now.....\$1.69

\$3.25 values now.....\$2.44

\$5.00 values now.....\$3.75

\$6.00 values now.....\$4.50



ALL MEN'S DRESS SHIRTS

REDUCED 25%

\$1.50 values now.....\$1.13

\$1.75 values now.....\$1.31

\$2.00 values now.....\$1.50

\$2.50 values now.....\$1.88

\$3.25 values now.....\$2.84



Store Closed

10 A. M.

for remainder of day on Thursday, August 3rd

25% Reductions on Following

Men's straw hats, boys' straw hats, aprons, dresses, wash goods, muslin underwear, women's and girls' summer knit underwear, men's and boys' summer knit underwear, silks, wool dress goods, boys' dress shirts, girls' dresses, boys' knicker suits, etc.

All Corsets Reduced 25%

including all models for every figure. Sizes are not all complete but your size is here in some style.

\$1.00 values now.....75c

\$1.25 values now.....93c

\$1.50 values now.....\$1.13

\$2.00 values now.....\$1.50

\$3.00 values now.....\$2.25

\$4.00 values now.....\$3.00



Yard Goods Reduced 25%

including many lines of silk, wool and cotton fabrics.

35c a yard values now.....26c

50c a yard values now.....38c

75c a yard values now.....67c

\$1.00 a yard values now.....\$1.13

\$1.50 a yard values now.....\$1.57



ALL LUGGAGE REDUCED 25%

including all trunk styles, bags and suit cases. Look over our stock today and note the good values and savings to be had.

HERE ARE GOOD VALUES IN OUR GROCERY DEPARTMENT

Phone your order or call today—City delivery
 10c bars of toilet soap in a big assortment of well known brands, 5 bars for.....39c
 Genuine olive oil castile soap with wash cloth, 2 bars and 2 wash cloths for.....25c
 New crop strained honey in pint Mason jars.....35c
 Dutch cleanser the can.....10c
 Corn flakes the box.....10c
 Deviled meat for sandwich spread, in small tins.....5c, 10c

Umpfrey & Mackin
 THE QUALITY STORE—GOOD SERVICE

Tales of the Town

Mrs. H. W. Titus and daughter Marjorie returned Monday night from a visit in Portland with Mrs. Titus' parents, Mr. and Mrs. C. A. Hood.

Clayton Paris, of Toppenish, Wash., is visiting at the home of his sister, Mrs. H. B. Breedlove.

Found—Red cow which was loose on highway has been picked up and put in pasture. Owner may have same by proving property and paying the charges. W. H. Keene, at the Harding ranch, July 28c.

Ira Gibson and son, of Indiana, Pa., visited during the week at the home of Mr. Gibson's cousin, Mrs. Z. L. Cox.

Mr. and Mrs. Harry Crane and daughter, of Salem, and Mr. Crane's parents, stopped over in Cottage Grove Thursday with friends on the return from a motor trip to Roseburg. Mr. Crane is city editor of the Capital Journal in Salem.

Miss Nellie Myers left yesterday for a visit with friends in McMinnville.

Rev. and Mrs. Simpson Hamrick and Mr. and Mrs. V. S. Goff have returned from a two weeks' outing at McCrede springs.

Mr. and Mrs. Wallace Woods, of Medford, on their way to Portland, were guests over Friday night at the DeLong home. Billie Weston Woods, who had been with his grandmother for two months, returned to Portland with them.

CHURCH NEWS

Christian Science church, corner of Jefferson avenue and Second street Sunday services at 11 a. m. Wednes day services at 7:30 p. m.

Seventh Day Adventist Church, west Main street. Services every Saturday Sabbath school, 10 a. m.; church service, 11 a. m. Prayer meeting Wednesday, 7:30 p. m. Persons desiring information call 161 J.

Baptist Church—Services will be held regularly in the Baptist church every Lord's day. Sunday school 10 a. m., morning service 11 a. m., evening union service 8 p. m. in city park. Prayer meeting every Thursday evening at 8 o'clock.

Presbyterian Church—Rev. A. E. Spearow, pastor. Sunday school at 9:45. Morning service at 11. Union service in the park Sunday evening at 8 o'clock.

Methodist Church—Sunday school at 9:45, morning service at 11, Epworth league at 7, evening service at 8.

Christian Church—Sunday school at 9:45; communion and sermon at 11; Christian Endeavor at 7; union service in the city park at 8.

A specialist gave up as hopeless a case being treated for blindness and presented his bill. That opened the patient's eyes, but he hasn't "seen" the specialist yet.

A good picture of a knocker ought to be a striking likeness.

Let your light so shine that it will reflect credit upon yourself.

SOCIETY

The ninety sixth birthday anniversary of Mrs. Melvina C. Willis was celebrated Thursday of last week with a party at the home of Mrs. Willis' daughter, Mrs. Joe Simpson, in Portland. More than 35 people were present to celebrate the event. Mrs. Willis, who lives in this city with her daughter, Mrs. Susan Hubbard, made the trip to Portland by motor.

Mr. and Mrs. Daniel Walton and son Fred, of Rose River, Mr. and Mrs. J. D. Milmon and Mrs. Laura McFarland were dinner guests Sunday of Mr. and Mrs. Thurston Donk on Birch avenue.

The M. P. G. club was entertained Tuesday afternoon at the summer camp of Mrs. Roy Short near the city. Mrs. George Matthews and Mrs. Lilian Vestel Bost, the latter of Texas, were invited guests. This is the last meeting of the club until September.

Hebron Society.

A few neighbors enjoyed an old-fashioned quilting party at the home of Mrs. Truman Clark Thursday afternoon. Refreshments were served at 4 o'clock by the hostess assisted by Mrs. L. G. Markham, Mrs. Fred Strauss and Miss Miriam Piper.

Thieves broke into a city restaurant the other day. The only valuables removed were three beefsteaks and, as the place carried a \$700 burglary policy, it is thought the loss is fully covered.

An average of 125 people drop dead in the United States every day. This average will be greatly increased on the day a republican or a democrat admits there is any good in the other party.

A generous sobbing spell seems to be as satisfying to a woman as a two-pound box of candy, and is much better for her physically. It also has an economic feature that should not be overlooked.

This is woman's age—but you must not tell.

The doors that swing before you too often lead to those that swing behind you.

A man's innocence frequently has to be proved by a lawyer who knows his guilt.

A man is reported killed in a French duel. Death finds a new form almost every day.

Somehow our grandchildren do not seem to have the faults that our own children did.

A woman thinks a man will change after she gets him—and most of 'em are different.

It's nearly as hard to accept a sincere apology as not to resent an unintended insult.

As a usual rule a pretty girl and a good housekeeper are not found in the same wrapper.

A grass widow shouldn't affect weeds.

The wise man does not needlessly offend anyone.

If you dislike a man it is hard to be nice even to his wife.

A woman seldom thinks a man is as mean as he knows he is.

The energetic have to do a lot of work to take care of those who won't work.

A preacher resigned to become a baseball umpire. He certainly will be damned now.

Not knowing for certain, we suppose a dry politician throws dirt and a wet one throws mud.

We momentarily expect to hear that Harriman has secured a controlling interest in the road that is paved with good intentions.

A smart man can get along in the world with less effort than others—but usually he doesn't.

No person is worth a million dollars—he is merely custodian of that amount of money for a few years.

No man ought to make the same mistake twice—considering how many people there are to tell him about it.

A woman does not have to lie about her age after she has passed 50—no one is curious about it after that time.

It bothers a lot of people because they can't find out a lot of things that they know would hurt their feelings.

The man who eats as if he had a suction valve in his esophagus is no gentleman.

Children are never permanently taught when they have to be hired to do anything.

Vacation Trips Cost Less This Year

Why not take advantage of this opportunity to realize big profits in transportation costs to

Tillamook County Beaches Newport-by-the-Sea
 Crater Lake National Park
 Oregon's Forest, Lake, River and Mountain Resorts
 Oregon Caves National Park
 Shasta Mountain Resorts Yosemite National Park



Eastern Trips

Via The Scenic Shasta Route

On your way East stopover at

SAN FRANCISCO—

LOS ANGELES—

SAN DIEGO—

Three world famous and beautiful cities.
 Visit—California's National Parks and
 Charming Seashore Resorts

"Oregon Outdoors" and "California for the Tourist,"
 beautifully illustrated folders are FREE on request.

For further particulars ask agents

Southern Pacific Lines

July 28

JOHN M. SCOTT, General Passenger Agent