



The Luxury of Sleep

O. Lawrence Hawthorne



"Now I lay me down to sleep"—
Oh, what a happy phrase!
Enwrapped in folds of slumber deep,
While stars their faithful vigil keep,
Our barks across the darkness creep
Between two busy days.

Afar we float on spirit wings
Beyond the vaulted sky;
We soar to realms of mystic things
And drink of youth's eternal springs,
While Mother Nature gently sings
A soothing lullaby.

Of men asleep, it matters not
How humble they may be;
In sleep we know a common lot;
All strife and burdens are forgot
When each has found his friendly cot
And sails the Morphean Sea.

The luxury of sweet repose
Bids petty cares be gone!
When men their weary eyelids close
The spark of genius brighter glows;
They gain the might that sleep bestows
And gayly greet the dawn.

Look Well at the Well!

(Written for the Oregon Tuberculosis Association, by Dr. B. S. Herben, of New York.)

When we go to the "county fair", whether by train or auto, we would do well to be as cautious, for it is the vacationist who is apt to come down with typhoid fever while in the country or upon his return. Typhoid is a dangerous illness, a long and expensive one. Typhoid fever is spread by the human excreta (bowel and urinary discharges)—and it is no wonder that it has been said that for every death from this disease, someone should be hung. Water from wells or streams or springs which drain territory contaminated by the human beings is one of the most fertile sources of the disease; and the milk supply is readily contaminated. Hands of careless people, and the foods under their touch pass along this vicious germ, the typhoid bacillus.

When you eat or drink the typhoid germs, your digestive apparatus sends them into your intestinal tract where they commence to play at mischief. In the walls of the intestines are structures which have to do with the digestive processes—little spots which have been named Peyer's Patches. When the typhoid bacillus gets into the neighborhood of these patches, they start an inflammation in them.

The patches become red and swollen and finally pale and gray as the inflammation progresses to pus formation. The tissue becomes dead and finally sloughs or rots off to leave an ulcer where the Patch was. This ulcer may go so deep as to perforate the muscle wall and even the peritoneum (the membrane covering the intestine) and if it goes through that membrane, the serious complication of "peritonitis" may follow. Not only is there a leakage of the intestinal contents out into the free spaces between the organs of the abdomen, but there may be dangerous hemorrhages as well. It is usually a fatal day for the patient when the Patch becomes a hole.

Therefore, before you go to the country, get a typhoid vaccination done by your doctor. Uncle Sam requires it for all his soldiers. While you are away, carefully consider your milk supply and before tasting the water be suspicious. Look around at the tourist camp for a certificate of inspection which shows that the State Board of Health has inspected the premises and analyzed the water supply and found them safe. Over 300 Oregon camps already bear this sign. If in doubt look for the certificate.

S. W. Sigler left Tuesday for Grand Rapids, Michigan to attend the National Encampment of the Grand Army of the Republic. He was accompanied by his wife as far as Portland where she will visit children and acquaintances during his absence in the east. He expects to visit in Illinois and other central states while away.

OPTIMISM

There are various grades of optimists. One of the pessimistic optimist, who expects the best and prepares for the worst. Then there is the reasonable one, who hopes for the best because he has done all he can to make it come true. Finally, there is the cheerful idiot who goes out in a rattle-trap motorboat without oars, because he hopes this will be one of the times when it doesn't break down.

Optimism is the most agreeable frame of mind to go thru life with; and, taken by and large, it is the best. Nothing is gained by worrying about the future, nor does it help us to be continually expecting something dreadful to happen. On the other hand, optimism, when carried to extremes, is a mighty dangerous pastime. It's the third class of optimist who "didn't think it was loaded".

We should always expect, and hope for, the best. But we should have very good grounds for that hope; if the grounds aren't there, it is up to us to realize the fact and see that we get a more stable foundation for our expectations. That isn't pessimism—it's common sense.

We do not go thru life continually expecting to get typhoid fever, or smallpox, or to die by drowning. Those of us who do so are called "neurotics" or "hypochondriacs", and do not get much fun out of living. Most of us confidently expect to live a long and healthy life, and so we should. If we are wise, we take a hand in our future ourselves; we learn to swim, are vaccinated against smallpox, protected against typhoid fever, and thereby give ourselves some basis for our hopes. After we are reasonably sure that we are safe as we can be, we can well afford the luxury of optimism.

All parents hope that their children will turn out to be fine men and women. Most of them are not content with the hope, but see that their children's early training will be such as to make them big and fine.

All parents also hope that their children will not get diphtheria. If they stop there, it is merely foolish optimism, which may or may not be justified. If, however,

they make sure that their children are immune to this disease, they have more than a hope—they have knowledge that the children are safe.

Optimism is a grand, normal feeling, which is permanent as long as there is a foundation for it.

Fine Arts Building at Eugene To Be Dedicated To President Campbell

As a tribute to a great life spent in service to the state, the proposed Fine Arts building at the University of Oregon will be dedicated to Prince L. Campbell, late president of the University, it was announced today by Mrs. George T. Gerlinger, member of the board of regents.

It is hoped to bring the structure, which is to be erected in the name of art and beauty, to reality soon; and for the procurement of funds the All-Oregon 1925 Exposition will be given October 5-10 at the civic auditorium in Portland.

Years ago in a discussion of plans for the new quadrangle on the university campus, it was mentioned to President Campbell that the regents wanted to dedicate one of the new buildings to him some day because it was he more than anyone else who made possible the great development of the university, Mrs. Gerlinger explained. With his usual modesty, President Campbell said that if the university ever cared to honor him thus, he hoped it would select the Fine Arts building.

President Campbell had a great love for beauty, Mrs. Gerlinger said, and it is regarded as fitting that this building, which it is hoped will enhance the cause of art and things beautiful in Oregon, should be dedicated to him.

Among Dr. Campbell's last words, which demonstrate his inherent appreciation of color, line and form, were: "There are times in a man's life when Beauty is the most important thing." Again he said: "Beauty is just another expression of goodness."

President Campbell was strongly influenced by the Greek school of philosophy which exerts form and beauty and proportion in all things," Mrs. Gerlinger said. "In his youth at Harvard College he came under the sway of those who stressed the values of sweetness and light and who brought him a cosmic consciousness. He came from a long line of preachers and teachers, whose noble Puritanism was ingrained, and it was a token of the richness of his nature that he added to all his love of the good and true in religion a deep appreciation of the beautiful and discriminating enjoyment of the amenities of life."

"President Campbell was remarkable, too," Mrs. Gerlinger said, "in that though he had been engaged all the years of his manhood in the administration of higher education in state-supported institutions, he never became a politician. He went to the state house occasionally to give an account of his stewardship and to state in a dignified way the needs of the university. His high integrity of character commanded the respect of everyone for himself and the institution he so ably represented. He was always the gentleman and the scholar; the man appreciative of the newest currents of thought, seeing the whole pattern or plan of the universe and believing that through more light in religion and education the works of the Creator would be exalted."

To such a man this enduring monument will be erected. It is really being built from money donated directly by the people of the state, to which Dr. Campbell gave such long and distinguished service. Like the Woman's building, it will be constructed from funds raised by the citizens themselves and not appropriated by the legislature. The exposition, which has for its purpose presentation of the best that Oregon produces in every creative endeavor, will start the building fund.

This is to certify that the firm known as Sparhawk & Chamberlin has this day, Aug. 22, 1925 been dissolved. C. L. Chamberlin retiring and F. A. Sparhawk continuing the business known as the Dayton Plumbing & Sheet Metal shop. Mr. Sparhawk assumes responsibility of all debts and collects all accounts.

F. A. Sparhawk.

Deadly War Weapons Used by the Aztecs

The offensive weapons of the Aztecs consisted of bows and arrows, slings, clubs, spears, light javelins and swords. The bows were made of tough, elastic wood and were about five feet in length. For strings they used the sinews of animals or stags' hair twisted, says the Detroit News.

The arrows were of light cane, with about six inches of oak or other hard wood inserted in the end; at the extremity a piece of flint (obsidian) was fastened with henequin fiber and further secured with a paste of resin or other adhesive substance.

Sometimes instead of flint they used the bones of animals or fish. The bone of a fish called Ibbisa is said to have caused by its venomous properties a wound very difficult to heal.

It is well known that the Nahua nations did not use poisoned arrows; such weapons would have defeated the object for which they often fought—namely, that of taking their enemies alive for the purpose of sacrificing them upon the altars of their gods.

Country Woman Said to Have Longest Life

The country woman, in spite of her long hours of hard work, has the best chance of attaining a ripe old age. She lives longer, on the average, than the city woman, the city man, or her country husband.

Mortality statistics show this to be the truth, notwithstanding the fact that better health protection is afforded in most cities than is found in country districts. The most favorable death rates are still found in the country, although it must be remembered that the reporting of deaths is probably far more complete in the cities than in the country.

Many cities have lower death rates than the country, however. The better health protection afforded by the health departments of most cities is weighed against urban congestion and certain rural conditions that may be specially conducive to health—Hygiene.

Mysteries of Clouds

The wonderful clouds that hang above us at times are in reality huge masses of vapor hanging in the air. Low down, the drops of moisture are heavy and accompanied by a myriad of minute particles of dust from the earth which make the cloud dark. When the cloud becomes heavy enough, it breaks and rain results. Higher up, the dust specks are absent and the drops of moisture, which are now ice crystals, expand and open out. White light consists of different rays, carrying from violet to red, whereas the denser dust particles of the clouds near the earth will reflect a greater proportion of one set of waves than another, so giving us colored clouds. The larger and more widely separated ice crystals of the clouds higher up reflect all the waves and give us a white cloud.—Family Herald.

New Over-Blouses of Bordered Materials



Designers of blouses are experimenting with the new bordered materials and have used them with fine success in both overblouses and tunic blouses. The model pictured shows a very obvious placing of the figured border with a novel collar and laced front fastening.

Pigeons Fly Far

Up to the year 1913, 800 miles was the record distance flown by any homing pigeon, but in that year a flight was organized between Rome and Derby, and a bird belonging to C. H. Hudson, a Derby fancier, arrived safely at its loft four weeks after being liberated in Rome. The distance exceeds 1,000 miles. Even this record has been exceeded by two birds which flew from Pensacola, Fla., to Fall River, Mass., a distance of 1,182 miles. The time taken was fifteen and a half days.—London Tit-Bits.

Government

Pyrotol

Farmers contemplating land-clearing this fall and winter will be interested to know that the McMinnville National Bank will again pool a car load of Pyrotol, the government blasting powder. This will be the fourth government powder pool projected by the bank, and the pool is arranged for immediate opening to the farmers. The pool will probably be kept open for about two months for receiving orders, and the price will be the same as that collected in other pools, \$8.00 per hundred pounds, with caps included. Delivery will probably be about the middle of November. For full particulars call or address the McMinnville National Bank.

Marriage Licenses

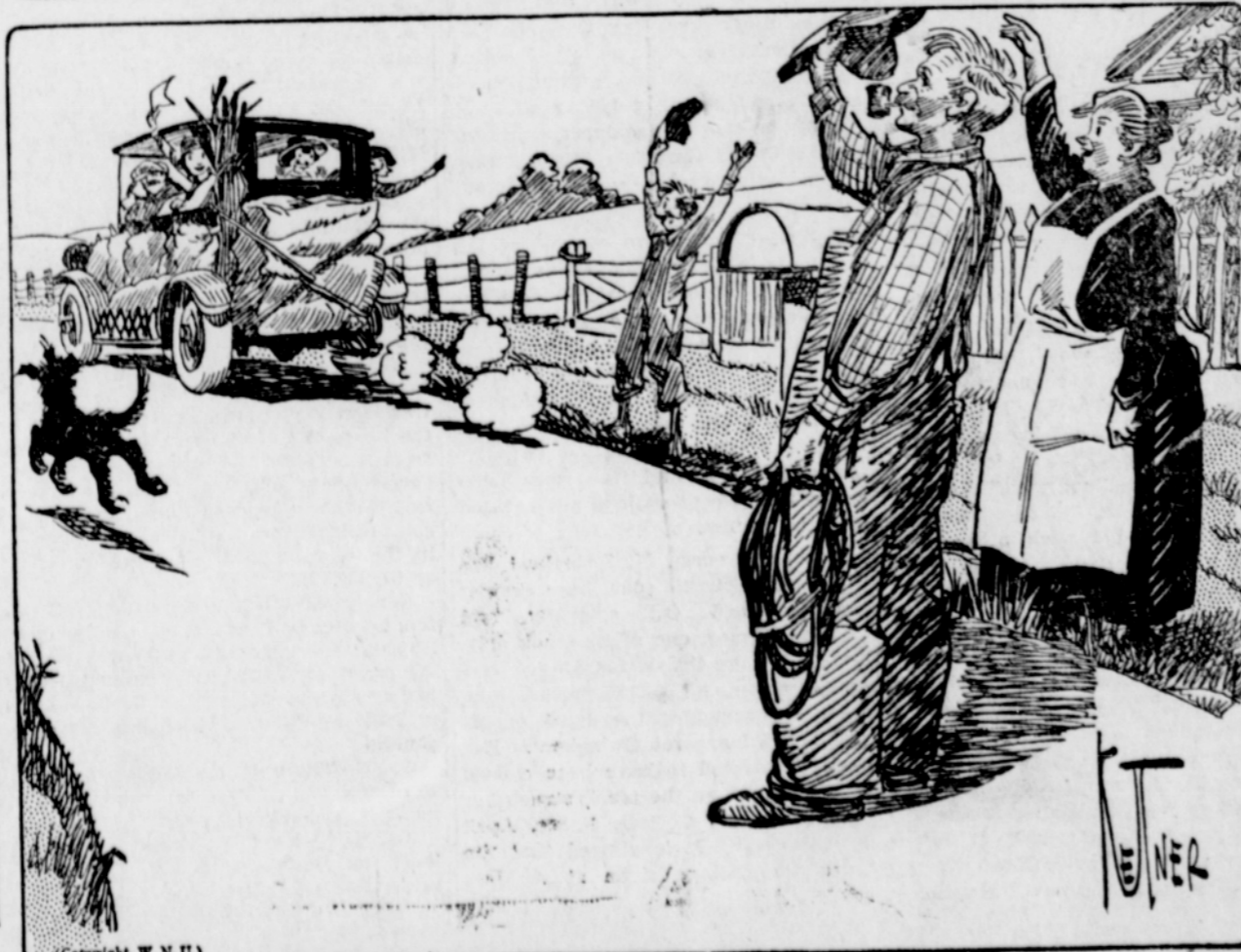
Arlouine Lavina Johnson, Newberg, to Orville F. Mick, Lebanon, Or.; Christine Agnes Storie, Portland, to Ernest David Stealy, Portland; Mary Jane Carl, Carlton, to Wm. Victor Copeland, Ft. Klamath, Or.; Hannah M. Zuercher, Tillamook, to Leroy Crimmins, Tillamook, Ivy Ruth Blackburn Newberg, to Melvin Louis Venden, College P. acc. Washington; Louisa VanOsdel, Eugene, to Alfred Fred Schmalzing, Eugene.

Peninsula Needle Club Picnic

An indoor picnic was given Sunday by the ladies of the Peninsula Needle Club at the home of Mrs. L. A. Rossner. The picnic was for the enjoyment of the club members and their families. A bountiful dinner was served cafeteria style, at 1 p. m. and from all appearances was greatly enjoyed. Those present were: Herbert Willard and family, Grant Willard, Hazen Willard and wife, Walter Senn and family, Mrs. Veeda Willard and daughter Sylvia, Carl Bruhn and wife, Joe Fulham and family, Dan Unger and wife, E. J. Kartman and family, L. A. Rossner and family. An enjoyable time was had by all, and everyone thinks annual picnics ought to come more often than once a year.

Manufactured gas was such a curiosity in 1802 that people paid 50 cents each to see it in action in a Haymarket Garden sideshow at Richmond, Va.

See You All Thanksgiving Day



(Copyright, W. N. U.)

PENDLETON, Ore., August 27—(Special)—The Portland Elks' band, of 40 pieces, will play at the Pendleton Round-Up all four days of the show, September 16, 17, 18 and 19. In addition to the Portlanders, known for the pep and harmony of their music, there will be the Pendleton cowboy band, the American Legion bugle and drum corps and two other outside bands which will be engaged this week.

The show will have three new judges this year, and each is entitled to the honor of being called a cowboy, for all are accomplished horsemen. They are Fay LeGrow of Athena; Will Switzer, of Umatilla; and Herbert Thompson of Pendleton. For years they have been active in the work of the Round-Up, being prominent in the arena in the handling of steers and wild horses.

Tuesday, September 1, is official Round-Up hat day, and on that date all loyal Pendletonians don Round-Up regalia. Father's big sombrero and loud shirt is duplicated by little Willy, for even the school boys wear the wild west garb.

Plans are complete for the housing of all visitors, for Pendleton prides itself upon the completeness of its accommodations.