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Two Religions

A woman sat by a hearthstone place Reading a book, with a pleasant face, Till a child came up with a childish frown And pushed the book, saying, "Put it down."

Another woman bent o'er a book With a smile of joy and an intent look, Till a child came up and jogged her knee, And said of the book, "Put it down—take me."

—Bernie Babcock (Ram's Horn.)

MR. S. B. Huston, legislator elect, proposes to purify the legislature by purging Salem of all lobbyists, just as though the mental stability of the average legislator was incapable of withstanding the influence of the man on the outside. That has not been our view of it but Mr. Huston is and has been a legislator, and he ought to know what the moral tension is under persuasive lobby influence. But we believe he fails to consider several points. If the average legislator is incapable of maintaining his moral integrity, if he is incapable of resisting the arguments of his lobbyist acquaintances it is evidence that he is incapable of performing the duties that have been submitted to him and he needs the strengthening influence of a stronger mind. The whole question then devolves upon whether the legislator elect is morally responsible. If he is he will not permit himself to be guided into corrupt channels. Then the more information he can have handed to him freely the better able he will be to form judgments of value to his constituency. The lawmaker who is strong enough to hear all sides in the development of his position is the safe one to tie to. Mr. Huston admits that there are some people outside of Salem, during the session of the legislature, who may have ideas of sufficient worth to influence legislative results. That is decidedly a reason why men outside of the legislature should have the privilege of considering questions of public interest with members of the legislature. And judging from some of the work that has been done in the past we are inclined to think that the more advice some of the legislators get the better it will be for the state.

A LARGE portion of the people of the county express disappointment in hearing that the members of the Board of County Commissioners voted solidly for the reappointment of J. B. Yeon for county road master. There was some reason to believe that one member at least was not favorable to the system as developed during the year; that another had seen enough of the excessive cost to the county while acting as commissioner during the past year, of Mr. Yeon's work, and that due consideration would be given the large citizenship of the county who have been saying nothing but hoping all the time that something would happen to the commissioners that would open their eyes to the fact that it is only a very small portion of the voters who have besieged them

from time to time in the promotion of pleasure drives and scenic highways. It is about time to begin mending some of the practical highways of the county. About five percent of the people of the county will ever use the highways that have consumed available road money during the past year. If some of the necessary roads were improved, at least fifty percent of the people of the county would be directly benefitted.

The proposal of the hotels to eliminate features of the liquor law, to permit their selling and serving liquors in the dining rooms or in private rooms would be the worst failure ever proposed. Hotels are bad enough, morally, now. This plan would turn every licensed hotel into a degrading brothel.

ANTIQUITY OF KILTS.

They Were Worn, it is Said, by Soldiers of Ancient Assyria. The kilt is a style of dress that is immensely old. The soldiers of Assyrian kings are said to have worn a sort of kilt, while, as we all know the mountaineers of the Balkans regard it as indispensable.

It seems to have been worn in Scotland from prehistoric times and according to some authorities was at one time only the plain worn across the shoulders in cold weather it was twisted around the waist, or perhaps it would be more correct to say that part of it was.

Kilted regiments are comparatively modern as the first Highland troops, the Black Watch were recruited in 1725 and were called by their now historic name owing to the somber color of their tartans, black, blue and green.

When they were originally raised each company wore the tartan of its commanding officer and when banded together in one regiment a special one was designed to prevent jealousy. The Seaforth's wear the Mackenzie tartan, the Argyll and Sutherland the Campbell and the Gordons and Camerons the same as their name. London Saturday Review

Putting the K in Kant. Kant, the Scotch German, began his name with an sileb "K" on the same principle that caused Murdoch the Scottish coal gas discoverer to bring his to an end with a "K". If you turn to Murdoch's biographers you find them explaining that Murdoch with a "K" is the English form of Murdoch with an "h". But the great gas man himself explained that he made the change in spelling to bring the English among whom he lived. He found that they had a difficulty in giving the full guttural pronunciation to the last syllable, and so he made things easy. London Chronicle

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Health In The Suburbs BY LORA C. LITTLE

"There is no cure for disease except enlightenment," observes Dr. Tilden, and that is just as true under the favoring conditions of a city suburb in salubrious Oregon as anywhere else. Climate and water and hard work and plain fare, though all friendly, will not suffice to keep us reasonably healthy down to the last breath of old age unless we raise our health knowledge to the level of our knowledge of mechanics, art and science generally. More people today know how to run an automobile than how to run the machine they inhabit from birth to death. There is certainly ignorance aplenty, but there is perverseness too. Great numbers would rather let the surgeon cut out their organs than compel themselves to cut out their errors.

Well for humanity it is that there is another class, and a growing one. For these health magazines are printed. To these I have talked, by word of mouth and the printed page, for the past dozen years. They are people who like the idea of being their own doctor. They do not feel it presumption to aspire to a state of health equal to that of the wild animals, nor do they doubt that they can attain it by the exercise of their own intelligence. They are not disturbed by the jeers of the ignorant, save when moved to pity.

Among these sane and resolute people I have seen marvels of healing that would be reckoned proofs of high skill if performed under the care of a doctor. And I say to every ailing reader, have courage. If you can continue to live on and suffer for years, you have the vitality to get well, and only need knowledge and perseverance to enable you to do it. Find out what is wrong. There will be a score of things. Cause is never single in health and disease. Set your habits in order. Learn Nature's ways and follow them. Use her own gentle agencies, light, air, water, food, exercise. Insist, persist, resist! You can win, with "the will to be well" as your keynote.

I have promised to discuss diaphragmatic or abdominal breathing in relation to health and as a cure of disease. We all know something of what breathing does. It aerates the blood and whole system, consumes waste matter and expels the ashes (carbon dioxide.) It generates warmth and energy. When the system is starved for oxygen the blood grows thick, the brain dull and the body cold. Breathe vigorously for half an hour and all is changed; the fingers and toes tingle, the head clears and warmth and lightness return.

This is the effect of the oxygen consumed, and follows in some degree any sort of increased breathing. But oxygen is not the only thing we get by breathing. An equally important use is to impart motion. Breathing sets the machinery going and keeps it going. Hence if the breathing mechanism is not used as it is intended to be, and with the strong action that goes with vigor, its full benefits are not obtained.

The diaphragm is the great breathing muscle—one of the strongest muscles in a normal body. Correct diaphragmatic breathing massages the internal organs of abdomen and pelvis, keeping them active and healthy. Failure to use the diaphragm and instead breathing with a rise and fall of the upper chest, causes an inert sagging abdomen, with sluggish bowels and circulation, and this condition may be followed by any other disease of the doctor's dictionary. Tumors, piles, rupture and the ailments peculiar to women are among the consequences of failure to use the diaphragm. Poor breathing is present in all forms of disease and there is no more efficacious remedy in chronic cases than a regular drill in correct breathing.

Here is the way to take a correct breath. Fill the lower part of the lungs first, by contracting and depressing the diaphragm. This causes the abdomen to protrude slightly. Then expand the middle chest, then the upper. Exhale, by contracting the abdomen and raising the diaphragm, thus pushing the air out of the lungs, as it were. Inhalation and exhalation both begin with abdominal action. An active abdomen is the first thing to work for in improving the health and power. Deep breathing of this kind tones up the nervous system, increases brain power, improves digestion, stimulates eliminative action. Kept up, it will transform a weakling into a man of power. Powerful emotions and powerful breathing go together. It takes more than the mere man of intellect to move the world. It takes the man of strong feeling. Controlled breathing gives self-control and self-control added to initial strength makes power of the right kind.

It takes much practice to acquire a good breathing habit. By practicing frequently each day, and besides constantly reminding oneself to use the diaphragm, the correct action can be recovered in a month's time. A corset, close-fitting waist, bands, belts and the like, all interfere with

the action of the diaphragm. All corseted and belt-waisted women are more or less deformed, and none of them breathe well. The waistline of the dressmaker is a fiction until her art makes it a reality. When women become enlightened, not only with respect to health, but to art and beauty as well, they will burn their corsets and blush to remember they ever wore the ugly things. As Raymond Duncan remarks, "The body itself dictates its treatment, if we will but listen." Where the body is soft and flowing in line and action, the covering garments should be loose and flowing. If you must wear stiffened tubes anywhere, put them on your arms and legs between joints—they do not expand and contract to any great extent. Leave your waist and chest free. There is where you live.

Resolution adopted at special meeting of the Health Defense League of Portland, January 5, 1915, and copy mailed to the Mayor.

Whereas, Prior to the late recall election in Portland a committee representing this League visited Mayor Albee and protested against the publication in the monthly Bulletin of the city health department of certain matter relative to vaccination and disease, and Whereas, The Mayor replied thereto in a letter promising the elimination of the objectionable matter, and Whereas, The Bulletin continues to print unwarranted statements as to the protective quality of vaccination for smallpox, and urges teachers to "encourage" children to be vaccinated during the visits to the schools of the inspectors (See Bulletin No. 17), and Whereas, Such vaccination is unlawful and an assault, without the consent of parents and guardians, therefore,

RESOLVED: That this League again protests against the misuse of public funds in putting forth the so-called Health Bulletin and calls upon the Mayor to order it discontinued or kept within the bounds of truth and the laws of the city and State.

The "double breath" is an aid to cure in pneumonia and lung congestion. Inhale to capacity, then with a quick gasp force in more air, hold the breath a moment and exhale. Repeat until it gives relief. Automobile riding has been found beneficial in whooping-cough. The rapid rush causes condensation of air and an increase in the amount taken into the lungs. The lesson is, breathe more in respiratory affections.

Forced breathing is of great value in asthma. The distress of breathing causes the sufferer to breathe as little as possible. The exact opposite will be found wonderfully helpful. (Mrs. Little will answer questions of general interest pertaining to health and cure. Name and address of inquirer must be sent but will not be published.)

STATEMENT of the financial condition of THE MULTNOMAH STATE BANK at Lents, in the State of Oregon, at the close of business Dec. 31, 1914.

Table with columns for RESOURCES and LIABILITIES. RESOURCES includes Loans and discounts, Overdrafts, Bonds and warrants, Furniture and fixtures, Other real estate owned, reserve banks, Checks and other cash items, Cash on hand. LIABILITIES includes Capital stock paid in, Surplus fund, Undivided profits, Postal savings deposits, Individual deposits subject to check, Demand certificates, Certified checks, Cashier checks outstanding, Time certificates of deposit, Notes and bills rediscounted.

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