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ONCE again the legislature is "on the grind." It was vainly hoped that this would be an economical legislature, from start to finish. About the first thing it did was to waste three days figuring how to dispose of superfluous clerks and it terminated in every man getting a "pretty stenographer," if he had the wisdom to select a pretty one. Thus the state is to the bad \$12000 or \$15000. These stenographers, most of them, draw as much or more salary, than the legislators themselves. But some of these gentlemen are probably bachelors and it is about the only chance they have to associate with likely young women. It does look a little unfair however, that the state shall have to discriminate by paying the courtship expenses of only a favored portion of its citizens.

Had the stenography work been let by contract, or had twenty-five competent stenographers under the direction of the head clerk been assigned to the job the work would have been done as well, the state would have saved substantially, the session would probably have been several days shorter, and there would have been saved a few heartaches at home.

A Kansas State Fire Marshall has undertaken the job of dressing the children of that state in fireproof clothing. Fireproofing cotton cloth is a simple inexpensive trick, costing about "two bits," and any woman can do it. After washing the clothes, dip them in the fireproofing solution, wring them out and the deed is done—and it may save your child's life.

That \$26,928.05 state donation to the Country Road Fund ought to go a good ways toward filling up some of the chuck holes in Foster, Powell Valley or the Base Line roads, not to mention a 100 miles of other worn out roads in the county—but it won't. It will probably be added to the wad that has already been spent in the non-essentials.

NOTES OF THE W. C. T. U.

Mrs. Addison, who is now in Salem, purposes to return to Lents so as to keep her place on the program at the meeting next Tuesday.

An opportunity to hear an address by the city superintendent of public schools, Prof. L. R. Alderman, is presented to the people of Lents. The lecture will be on the interesting topic, "Vocational Training and Guidance." Since the entire school system of the city of Portland is represented in the person of Prof. Alderman we are pretty certain of having an opportunity of finding out just what we want to know about school boys and girls, because if it is not told in this lecture we can question the speaker after he has told us what he has in his mind for our information. You who know about this meeting will be doing your neighbors a kindness to call their attention to the presence of the city superintendent in Lents on next Tuesday, Jan. 20th at 3 o'clock at the Friend's church. Bring them out—or let them bring you. Let us give Prof. Alderman a good audience. He always keeps his appointments.

The people of Vancouver voted on two prohibition measures in November, one for state wide and the other local option. The local option measure closes the saloons at once. The keepers did not want to be closed at once, and found a judge who sustained their contention that the state measure prevailed over the local, and the whiskies were happy. The matter was carried to the superior court of Clarke County and Judge Black held that statewide prohibition law does not supersede the local option law. This is very good. The people of a community ought to be able to settle the liquor business, particularly when they voted yes on both measures.

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Health In The Suburbs

BY LORA C. LITTLE

Much of the meddling with nature that goes with our civilization works mischief to health. I have before referred to the effect of woman's dress on breathing, and through that on all bodily functions. This is one example, and it suggests that we should conform our dress to our needs and not let foolish custom spoil our lives. We only live them once. Another instance of unwise meddling is the habit many have of living largely on manufactured foods, instead of taking the greater number just as Nature makes them.

Even milk today is impaired in food value by the over-strict regulations secured by fussy doctors who know a whole lot about disease and germs, but mighty little about health and vitality. Don't we know that milk warm and fresh from the cow is easiest to digest and assimilate? That is the way the calf takes his. It may not be quite practicable for us, but granting that milk is a living fluid food, it is plain commonsense that says, take it as unchanged as possible, if we are going to use it at all. But can we? Not unless we are so lucky as to own a cow. If we were cowless and lived in Cincinnati or some other one of several cities farther east, we could not get for love nor money, not if we were to die for want of it, a single drop of warm milk, nor even of cold raw milk. It is a punishable offense in Cincinnati to sell or give away raw milk. This peculiar situation is due to the prevalence there of a mental disease called microphobia. Doctors are worst afflicted, but the disease has taken hold of many women's clubs and through the federations has become epidemic. It rages with greatest virulence in such centers as New York, Boston and Cincinnati.

The microbe mind occasionally gets a glimmering of the truth. An editorial in American Medicine says, "It is now charged that children fed on condensed or sterilized (not Pasteurized) milk develop tuberculosis, but THOSE FED ON RAW MILK DO NOT, EVEN IF THE MILK COMES FROM TUBERCULAR COWS."

Please note that while this medical authority tries to save the day for Pasteurized milk, he nevertheless gives his ease away by saying that raw milk from tubercular cows does not give tuberculosis to children. Why, then, Pasteurize? I will tell you why. It is done to protect the germ theory and to make business for health officers whose chief function is meddling with nature. Pasteurizing makes our milk cost more, consequently discouraging the use of milk and injuring the dairy industry. It is thus a damage to any community, but it helps keep the germ theory alive, and on the germ theory a great system of State Medicine is built. Destroy faith in the germ and State Medicine topples with a crash and squashes all the health officials under its ruins.

The sentence quoted from American Medicine only states what many physicians and dietitians have maintained all through the rage of microphobia and Pasteurizing, namely, that raw milk is best. It appeals to lay commonsense as true. It is true. If you need proof, watch the farm baby that has plenty of air as well as plenty of raw milk. Compare him with the city child who has air, but whose milk is cooked—Pasteurized. It is well known that the diseases of children attributed to poor milk are far more prevalent in the city than on the farm.

Still referring to tuberculosis, the same medical authority quotes a French doctor and says:

"All serums and vaccines will cause incipient cases to get rapidly worse. He has particularly noticed this in giving the antitoxins of diphtheria and tetanus. Even injections of sea water, once popular in France, will do the same. Doctors in Paris have also noticed that anti-typhoid vaccine brings out latent tuberculosis, and one informs me that he has seen two cases of rapid tuberculosis develop a few days after anti-typhoid vaccination."

What does this tell us? Why, simply that Dr. J. J. G. Wilkinson of London enunciated a sound doctrine when he long ago warned against all inoculations and called them "blood assassinations, and like a murderer's knife."

But persons with no grasp of principles must run after medical fads and try them all out before they can know anything. The worst of it is, after a long course of meddling with nature they are often left incapable of learning anything. Microphobia is a difficult disease to cure, it is so respectable and it so paralyzes the reasoning faculties.

Another item on the germ theory. Dr. Brady, in the Medical Review of Reviews, speaking of contagion says, "Smallpox alone is now believed, NOT KNOWN, to be spread through the medium of the air."

Do you get that? Other "contagions" are not contagious, as formerly held, and smallpox may not be!

A medical writer in a late issue of the Journal of the American Medical Association, discussing prevention of disease among school children, says, "Disinfection, as so long practiced, is unnecessary

and a delusion. Also the closing of schools is unnecessary. Fumigation of schoolrooms and school buildings has been abolished in many large cities."

The symptoms of microphobia change, but do not think for a minute that above quotations indicate recovery from the disease. No, no, Estelle! The air is given up as the medium of contagion only in order to give the "health" doctors a chance to get their grip on the "carrier."

The disease carrier is now held to be one of a numerous class of healthy persons, who may be clean, industrious, useful, all unsuspecting and innocent; but, horror of horrors! with Germs in their systems. These germs do not hurt the individuals owning them, but by some kind of a crooked medical logic they are held to be deadly to persons associating with the carriers. The latest medical dictum (worth just as much as the one just abandoned) is, that disease is communicated almost exclusively by carriers.

House fumigating was a small job by the side of finding and quarantining all the alleged healthy disease carriers. It will be great sport. I can think of only one form of amusement in all history to compare with it, and that was the old-time game of hunting heretics.

Observe, it will take universal medical inspection, a step now much discussed in health board circles. And the inspection will not be merely the cursory physical examination done by stripping the citizen. No; samples will have to be taken of the various and sundry secretions and excretions. "Cultures" will have to be made. It will be delightfully scientific and interesting—for the doctors. One beauty of it will be the absolute supremacy of the doctor. Once you are quarantined as a disease carrier, no power on earth can free you but the doctor. What can judges and juries and governors and presidents know about germs? Should it happen, as it sometimes does, that a doctor held the office of governor, that would not alter the case. Medical ethics would prevent the governor from reviewing your germs and releasing you.

So far as personal freedom is concerned, under general medical inspection, it will be safer to be caught by a detective with stolen goods on you, than to be caught by the medical inspector in possession of your own germs. It sounds funny, does it not? The public is gradually being trained to submission. Not to mention hundreds of instances farther East, healthy disease carriers have recently been found and quarantined right here in Oregon. Montavilla had a case or two recently, and our one-time hopeful Clackamas County health officer osteopath Van Brakle has lately proved his qualifications for the position by doing the regular medical trick and quarantining a woman as a diphtheria carrier.

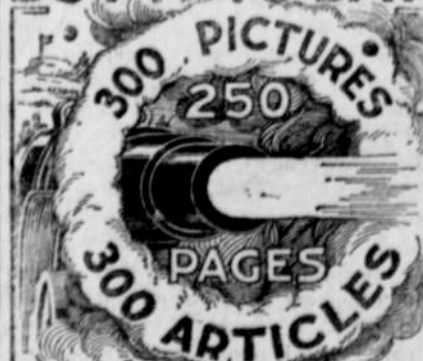
It is a short step from briefly detaining a diphtheria carrier to shutting up a typhoid carrier for a term of years. Release is usually offered as the reward for submitting to certain treatment—experimentation—providing of course that it rids the system of germs. Treatments vary, from giving "autogenous vaccines" to spraying the throat with cultures, and cutting out the gall bladder.

Here is something worth thinking about.

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