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H. A. DARNALL, EDITOR AND MANAGER.

Office Phone: Home 8-6111-1111. Residence: Tabor 2813

ONE of the big problems that is now facing congress is the origin and disposal of an 80 million deficiency. This deficiency, it is stated, is largely due to postal service innovations, particularly parcel post extension. The recent order permitting packages weighing up to 50 pounds to be carried by parcel post is costing more than it produces. Any sane man should have foreseen that. When it comes to sending bulky products like flour in 50 pound sacks, etc., by mail there is bound to be double loss. The government must lose. The railroads and transportation must feel the loss of legitimate freights, to offset which they reduce running expenses. The government cannot reduce running expenses. It is proposed to cut the wages of rural deliverymen. That looks like the suggestion of an incompetent. With the work of the free deliveryman about doubled it is proposed to cut his wages. In many places now the deliveryman's expenses have quadrupled. Where he formerly drove a one-horse hack he now uses a four horse dray. The only rational thing to do is to limit the size of packages to 20 pounds maximum, and absolutely forbid the shipment of more than that weight of any article from any one individual or firm to any other single individual or firm within a month. Shipping a season's product of seed corn from A to B, if broken up in small packages, is an imposition on the public service and should be stopped at once.

THE miners of the state complain that their business has suffered thousands by the action of the "Blue Sky Law." That is just what was intended by the people who passed this law. There is probably no other line of promotion work in the country where as many people are fleeced as in the disposition of mining stock—unless it be real estate. Not only are mines "salted" but they are "faked" in an unlimited number of other ways. The stock is sold to people who trust entirely to the printed prospectus, an oily promoter, or to chance, it makes little difference which. It is admitted that every dollar taken out of mining has cost at least a dollar. Mining consists essentially of two processes. Digging a hole into the ground into which unsuspecting people dump their money, and collecting this money and turning a good proportion of it over to the promoters as their "velvet" on the nerve they have put into it. The miners have reason to be hard hit and it won't hurt anyone if they do squirm around some.

Judge Stevenson handed a saloon-keeper fifty days in jail the other day, because he sold a drunk man liquor. The saloon man said it was non-intoxicating dope put up for such cases, but the judge told him to "forget it." A drunk man will have some chance in Portland if that sort of justice prevails.

The bill just passed by the legislature requiring school boards to pay lady teachers as much as they do men is about as big a piece of sop as has ever been put over this session. It was promoted to win women support. Those promoting it have future ambitions, but what good will the bill do. There is no reason why a board may not cut a man's wages to minimum and give the ladies the chance

to accept or take nothing. Members of the senate suggest it is "the principal plank" in Mosier's platform for re-election.

The old-fashioned "Deestrik Meetin'" for the city of Portland has been relegated to the scrap heap, thanks to a benignant legislature.

NOTES OF THE W. C. T. U.

At the meeting of Mt. Scott Union held on Jan. 28th, the president, Mrs. Netta Dunbar, announced that the state secretary called her by phone and asked that our union take action upon a matter reported in the morning paper of that date. In the discussion which followed, the county president, Mrs. Sleeth, being present, took part. Members of the union were asked to write letters to different people in the legislature. The superintendent of the Press department sent the following letter to Marion Towne and received the subjoined reply:

"Upon request of Mrs. Lucia Faxon Addison, who assures me you are an open minded and approachable member of the legislature; in compliance with instructions from the Mt. Scott W. C. T. U. this letter is written to call your attention to certain facts pertaining to the law regarding the teaching of physiology in the public schools.

"In the legislative report of Jan. 25th, it states that you propose to support the Scheibel bill because of the use in the public school of Ritchie's 'Primer of Sanitation,' a publication which you are reported as saying, 'lays undue emphasis upon germs and germ life and the causes of disease and arouse a morbid curiosity in the minds of children.' The women of the organization which I represent cannot believe you would destroy a good law, one that has operated very largely in the character building of the citizens of Oregon; we cannot believe you would kill this beneficent law for the foolish reason that the board selecting the text books for the state chose a book that does not meet with the approval of some mothers of children with morbid tendencies. Would it not be more in keeping with modern thought to take steps to change a text book rather than kill a beneficial law? As a matter of fact, is it not better that a child have even 'morbid curiosity' along the lines of good health than that it have no thought at all with reference to the care and preservation of the body.

"From every quarter comes the assurance that boys and girls are lost to decency and self-respect and thence on to disease and destruction through ignorance. Men and women laboring for the uplift of society pray that the youth of the state, or the nation, be taught the simple truths regarding the holy temple of the body that it may be kept holy. Jails, reformatories, houses of ill repute, are filled with the children of parents who refused to teach their children the simple truths, protecting them from following the paths of sin.

"Shall the state follow in the footsteps of irresponsible parents, or is the obligation of the state to safeguard her citizens a duty to be shirked? May we not rely upon you to retain the laws based upon sound moral principles, upon safe psychological reasoning, upon civic purity and social uplift."

Hall of Representatives, Salem, February 3, 1915—"Dear Madam: I have your letter of recent date and replying to the same, wish to say that you have evidently been misinformed in regard to my attitude upon the question of teaching physiology in the schools. I most emphatically believe that it should be taught—in the right way, but am opposed to the text-book now in use in the fifth or sixth grade, and it was upon this book that I made my fight and not upon the subject. The Committee on Education hopes that it has found a way out of the dilemma we found ourselves face to face with when this question arose, and it became necessary for us to take a stand upon the matter, and I trust our solution will meet the approval of the W. C. T. U., for we all recognize the wonderful work this organization has done, and would do nothing to minimize it.

Yours very cordially,
Marion B. Towne."

Dorenbecher Furniture Co., Portland, will enlarge its plant with a six story concrete factory.

Health In The Suburbs

BY LORA C. LITTLE

A young child fed habitually on meat, beans, fried potatoes, eggs, cake, pie and preserves, and drinking either coffee, tea, chocolate or cocoa, has to possess a strong constitution to grow up. And if it achieves this victory over unwise management it is at the sacrifice of mental and moral development. Such a child will grow up dull, heavy, with an excess of the animal and a deficiency of the higher human. A sensitively organized child, however, fed in this way rarely survives childhood and never with vitality sufficient to carry him beyond middle life. Death usually comes in childhood or early youth from croup, scarlet fever, measles, whooping cough, diphtheria or tuberculosis. When the youngster's condition has been aggravated by vaccination, it increases the chance of dying of diphtheria, meningitis or tuberculosis.

It is strange that many parents show less judgment in rearing their children than in raising calves, pigs, chickens or colts. A two-year-old child lately came under my observation, has been fed the line of food mentioned. She is potbellied, but otherwise thin and flabby. Her color is bad and she is croupy. She is also quiet and inactive and has been thought a model child because so easily managed. Having just fallen into more intelligent hands, I shall watch her case with interest, knowing that three months of wise care will make another being of her. She will lose her pumchly, rib-showing figure, recover normal color and become as energetic and active as healthy children always are. Her croupiness and catarrhal condition will

also disappear, thus lessening her liability to diphtheria.

The chief diet of children who have been weaned should consist of wholemeal bread in moderation with vegetables and fruits to the extent of the child's appetite. Milk and butter may be used in moderation, eggs rarely, and meat is better omitted until the child is well grown and then used but rarely and moderately. Sugar is probably the most demoralizing thing today fed to children. As used, it is only comparable with the effect of alcoholics on the adult. And yet temperance people go breeding up a generation to crave strong drink through the use of this hunger-cloying oxygen-robbing substance.

The correct preparation and combining of food is an important and neglected art. Ignorance and sensuality go no farther than demanding that food shall gratify the palate and be plentiful, and this is so far the chief aim of diet teachers and professional cooks. Disease and vice are the legitimate result.

There is something wrong with a child who does not want to spend most of his time outdoors. Let the normal children out and contrive amusement for the abnormal that will coax them out. Protect them from the rain and encourage the outdoor life.

(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.)



"The Yellow Ticket" at Heilig Theatre, Week Beginning Sunday Feb. 14

"The Yellow Ticket," one of the biggest successes of the season, will be the attraction at the Heilig Theatre, Broadway at Taylor streets, for 7 nights, beginning Sunday, February 14. Special price matinees will be given Wednesday and Saturday.

"The Yellow Ticket"

"The Yellow Ticket," which comes to the Heilig Theatre, Broadway at Taylor, for seven nights, beginning Sunday, February 14th (St. Valentine's Day) with special price matinees Wednesday and Saturday, is a powerful play which every one should see, hear, enjoy, talk about and remember. It ran for a solid year at the Eltinge Theatre, New York, before capacity audiences.

The cast of "The Yellow Ticket" is a notable one. It includes such well known players as Belle Mitchell, Warner Oland, Edward Foley, Louis Hartman, John Ravold, Dorothy Ellis, Reginald Carrington, Arthur Maitland and others.

A Jewish girl, Marya Varenka, to escape Pale of Settlement in Russia to visit her sick father in St. Petersburg, signs a yellow ticket without knowing the meaning of its fearful penalty. She discovers the truth when the police try to drive her into a life of shame. She seeks the head of the Secret Police, a Baron Andrey, for protection. He offers this protection in return for her honor. She refuses him. He forces his advances, and she kills him. She is ordered to Siberia. A young American newspaper reporter, Julian Rolfe, is tried to intercede in her behalf. He is also arrested and ordered to Siberia. Only the intervention of the American Ambassador saves them both. "The Yellow Ticket" is made up of these thrilling incidents. It is fearless in its inception, ruthless in its realism, and holds a universal appeal. It is a play long to be remembered.

Mail orders received now. Address letters, make checks and money-orders payable to W. T. Fangle, Mgr. Heilig Theatre. Enclose self-addressed stamped

envelope to help insure safe return. Box office sale opens Thursday, February 11th.

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