

MT. SCOTT HERALD

Entered as Second Class Matter February 19, 1914.

At postoffice, Lents, Oregon, Under act of March 3, 1879

Published Every Thursday at Lents, Ore., by the Mt. Scott Publishing Co.

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IN an adjoining column a writer calls attention to the tendency of mothers to dress their children in something that will not "show dirt." From the view point of the mother who makes that practice it is highly advisable that the dirt on the soiled clothing should not show. But the dark colored clothing serves an additional purpose. It fails to show up the inattention of the mother to the child's filthy physical condition in many instances. There are a lot of children who get a bath only during warm weather, and not then unless there is a convenient swimming hole. Now a nice light colored frock, or shirt for the boy would be too contrasty. The dingy skin would be so inevitably dirty that the exertion of administering a bath could not be avoided. Poor tired mothers must be protected from unavoidable exertion, so the dark clothing finds a welcome.

Not so long since some children were sent home from one of the suburban schools because one of the teachers discovered the youngsters' capillary covering was inhabited by unmentionable insectivora. Now the wonder is not that they were discovered, but that more of them are not discovered. It is commonly alleged that these pests are spontaneously developed from filth. Whether that be true or not will not be a part of this discussion any further than to say that we doubt it since if it were true there would be a lot more persons afflicted with these parasites than are so reported. The number of quite respectable appearing persons who on close inspection are found to be capable of developing such pests, are legion, if we accept the spontaneous theory. In fact we have contemplated legislative assistance in the at least annual renovation of certain hair mats in evidence in almost every community. It is a fright how many well meaning people seem to think a head bath would be dangerous, if not unnecessary.

Nothing so sweetens a child as being clean. Clean from the very topmost hair to the soles of his feet. Such children live in a different atmosphere and have a different ambition in life. Moreover you are not afraid to have one of them come near you when you meet them. And the poor little things who have to go so dirty that they are offensive never know why it is that the really clean little girl or boy receives the most attention from all who see them, and they suffer untold disappointment just because mama is indifferent to their physical purity.

In the heat of the spring clean up a goodly number of people are getting forgetful. We heard of a fellow the other day who so far forgot himself as to dump his trash just over the back fence upon his neighbors back yard. That sort of thing happens pretty often. There are a few people in the world who ostrich like, think there is no harm in this sort of thing as long as as they see no one watching them—as long as they are not caught at it. This is all wrong.

The spring clean-up is of the nature of a neighborhood purification preparatory to the work of the year. Dumping your tin cans into a neighbors yard may relieve you of their immediate sight, but their presence on a neighboring lot hurts the looks of the community and materially

depreciates the attractiveness of your block. Tin cans on your neighbors lot, half filled with water, will breed just as many mosquitos as if they remained on your own ground, and you will get stung just the same during the spring and summer. Better dig a hole and bury them. In the course of a couple of years they will be completely oxidized and the hole may be opened again and take another cargo of rubbish.

There seems to be a misunderstanding among many of the people as to the motive of "cleaning up." To insure an annual, at least, eradication of filth, the city has an ordinance requiring that rubbish shall not be allowed to collect in back yards, alleys, cellars, etc. The motive of course is the protection of the public health. So if you have been neglectful you may not be surprised if some representative of the health office reminds you of your duty. If that is not sufficient you may be called upon to contribute to the city funds.

The meeting at the school-house last Friday evening was one of the best of the year, thanks to the efforts of the committee in charge, Mrs. Katzy, Miss Waugh, Miss Train and Mrs. Darnall, and the hearty assistance of other teachers. The hall was crowded and the program was fine. Superintendent Alderman was there at his best and the showing he made for Portland schools was highly commendable. The public schools of this city are doing something else now days than drilling on grammatical rules, arithmetical stickers, and non-essentials. The children are led to think of home as the greatest problem, and to learn to love its activities.

DIVERSIFICATION OF CROPS.

Diversification of crops has been agitated so much in the south that its importance in northern states has been overlooked. Farm surveys show, however, that the farms in the north yielding the highest net profit are those that have a variety of sources of cash income. In a profitable section of central New York we find that most farmers produce hay, potatoes, cabbage, beans, fruit and some live stock for sale. This winter potatoes, fruit and cabbage have all been low in price, but because of their variety of products these farmers have been insured against total failure. The coming year or two is certain to be a period of fluctuating prices. Everything points at present to high prices for such staples as wheat, pork and beef, but there is no assurance that there will be any substantial improvement in the prices of potatoes, vegetables or fruit. Therefore it will be only an expression of foresight for the farmer to throw out a little anchor to windward in the form of a few acres of a staple that has a good local demand.

Specialties are a good thing in the long run, and the fellow who has two or three is going to be the one who will bridge the periods of price depression.—Country Gentleman.

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The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietor has so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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Health In The Suburbs

BY LORA C. LITTLE

A local doctor who has been writing on health for a daily paper for the past two years now mourns the loss of his wife. It transpires that she has been confined to her bed for a long time with rheumatoid arthritis, and this has finally caused her death.

The occurrence is a pathetic commentary on this wise doctor's pretensions. He has laded out knowledge freely to his readers, while he had an ailment in his own family whose cause is primarily food poisoning, and before this he proved to be helpless.

Rheumatism and certain other disease may take chronic form as arthritis under the influence of drug treatment and injudicious application of hot water. I recall two different cases sent to hot-bath establishment for a course of treatment, both of which were able to walk when received, and both were sent home to spend the rest of life in wheel chairs.

Food alone will cure many cases. Cure will be hastened, however, by the careful use of cold water and air bathing in connection with massage. Breathing exercises should be taken daily also. Sleep must be abundant. General exercise should be regular and to the limit of slight fatigue.

The patient must have his food adjusted to his own peculiar needs. Age, environment, past and present habits, all have their influence on nutrition, and these must be taken into consideration in prescribing the food of a chronic rheumatic. Practically all forms of this disease are curable, save that ankylosed joints usually remain stiff. The disease should be dealt with before that stage has been reached.

It is a crime against childhood to dress children in dingy-colored clothing unrelieved by any touch of white or of light or bright color. Beauty has a refining and ennobling influence on persons of any age, and children are peculiarly susceptible. Any mother who begrudges the extra washing required to give a child a fresh gingham or print frock or blouse daily, say after the midday meal, when to do this is within the range of possibilities, has a poor conception of values. Tucks and frills and lace and embroidery may well be omitted, but dainty patterns and bright or delicate colors cost no more than dark and dingy patterns. Be sure that the small boy's waists are in narrow stripes, polka dots or small checks, something after the patterns used for the season in men's colored shirts. Frocks for his little sister may be chosen from a wider array of patterns, sprigged prints and checked, striped or plaided prints and gingham, as well as the buff, pink and blue chambrays. Whatever you do, don't economize by togging the youngsters out in things that "don't show dirt." Not unless you want to make them indifferent to moral dirt. The external reacts on the internal. Fresh dainty garments once a day puts a child on his best behavior at least for a little while. He develops self-respect and a love for the good, true and beautiful as the result of being fittingly clad.

Health Culture for February has an

UTILIZING THE WHOLE POTATO

H. D. Seudder, of the Department of Agronomy, O. A. C., through whose investigations information on the potato starch manufacturing possibilities has been brought to the attention of the potato growers, recently returned from a trip to Crook county where he addressed the farmers on the subject of a potato starch factory. In an interview he made the following statements:

"For several years past the department of Agronomy has been giving considerable attention to the matter of developing new markets for Oregon potatoes including the possibilities for the successful manufacture of potato products. Through the efforts of the college, capital has become interested and the situation in the state is being studied with the end in view of establishing a potato starch factory.

"Prior to 1912 the market for Oregon potatoes was excellent. Since that time, largely due to an excess in production, prices have fallen off and the market has become very uncertain. This has so discouraged the growers that there is danger of this important agricultural industry suffering a serious relapse.

"Potatoes are one of the most valuable cash crops the state produces, as conditions throughout Oregon, except at extreme elevations, are very favorable for profitable production. The crop is adapted to a very wide variety of farm conditions, and hence is of interest to every farmer. Aside from their importance as a cash crop, potatoes are of great value indirectly in rotations for maintaining fertility, destroying weeds, and improving tilth. A steady market, however, is imperative if the crop is to profitably grow.

"Through the use of the best cultural methods, proper rotation and the selec-

tion of pure, disease-free, high-yielding seed, the Oregon farmer can compete with potato growers anywhere in the matter of yields, quality and cost of production. The only requirement, then, for the success of the industry is some method of regulating the relation of the supply to the demand, and thus maintain a steady market at good prices. If the excess can be kept off the market and only table potatoes of uniformly high quality supplied to meet the demand, there will be little danger in future of a demoralized market such as we had in 1912 and have had since.

"The question then is whether the excess supply can be taken care of in some profitable way. After having given considerable study to this question, I am satisfied that the manufacture of potato products offers the solution. In 1913 I presented this question to the Portland Chamber of Commerce and later also to the Oregon Manufacturers' Association. Since that time, capital has become interested and the establishment of a potato starch factory is now definitely planned.

"Such a factory, having a capacity for 100 tons of potatoes per day, will cost from \$20,000 to \$40,000 to establish and put into operation. At a price of from 20 to 30 cents per bushel, the farmer will receive a very profitable return from his culls, which are now a dead loss. In years when the market for table potatoes is low, due to over-supply, the crop could be very much more closely graded, only the highest quality being turned on to the market for table use and all excess shipped to the starch factory. Thus, the table market price may be maintained, for the starch factory offers a profitable return to the farmer for all of his excess crop. With the successful establishment of one factory, others will follow, so that the entire potato acreage of Oregon may be fully taken care of.

One practical suggestion I would make: Let our health officials hold public post mortems on these dogs and wolves, examining their carcasses thoroughly. If this could be done, we should begin to hear less of rabies.

If bitten by a mad dog—and I assume that any dog is mad when he bites you—treat the wound rationally. Wash it out with soap and water. Bind it up with a wet compress. Keep it continuously wet. If it pains, use on it hot or warm water for a short time. Then put on cold and keep it on. Eat lightly. Drink plenty of water and orange juice and it will heal and you won't have rabies. But if instead you let the doctor cauterize the wound, sear over the raw surface and shut in dead blood cells until they decompose, you are very likely to have lockjaw—which is indistinguishable from rabies. In fact it is probably the disease otherwise known as rabies. Then on top of that, let somebody squirt some sick dog "serum" into your circulation a la Pasteur, and if you survive you are hard to kill.

One man—a physician too—who was given the Pasteur treatment in Portland two years ago is still in a precarious condition, though I believe it was finally officially decided that the dog that bit him was not rabid.

It is unlucky to get bitten by a dog, but it is vastly worse luck to get bitten by the doctor afterward.

(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.)

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THE HERALD \$1.00 PER YEAR