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**T**HERE appeared in recent dailies the story of Winnifred Stoner of New York City, twelve years of age, an intellectual prodigy. The child speaks and writes and reads eight languages. She has written a book, several magazine stories, draws, is a musician, cooks, and takes part in all kinds of outdoor sports. She is a student of Esperanto and has taught it in the Carnegie institute at Pittsburgh.

The mother says she has never punished, scolded or frightened her. Her rules are very simple and are reported as follows:

"Thou shalt not administer unto thy child physical punishment.

"Thou shalt not scold thy child.

"Thou shalt never say 'don't' to thy child.

"Thou shalt never say 'must' to thy child.

"Thou shalt not give thy child occasion to disrespect thee.

"Thou shalt never frighten thy child.

"Thou shalt not allow thy child to say 'I can't'."

"Thou shalt always answer thy child's questions."

"Thou shalt not tease thy child.

"Thou shalt make thy home the most attractive place thy child can find."

Perhaps the greatest influence upon this child's life has been the subjective power of the mother over the child. Most of this child's development has been unconscious to her. Her mother has set her a good example. She followed it unconsciously. Her mother was her companion, rather than her disciplinarian or boss. The management of a child depends very much on how a parent begins. If you cuff it around, yell at it, make threats and treat it like an irresponsible brute it will surely come to think that is the way to talk when you seriously mean something. Children raised under such conditions go to school carrying the idea that unless the teacher is cross and severe with his punishment he is weak and indifferent to their conduct and the chances are that when a just punishment is rendered it will be resented. The patience required to start a child right will have its reward in the ease with which later control is maintained.

**W**ITHIN the past week a number of prize compositions relative to good roads and road bounds, etc., have been published in the various city papers. Of course no intelligent person was influenced by these prize essays. The "children" who wrote them were well informed on the questions which they were supposed to discuss through literature and suggestions made no doubt by those interested in boosting the bonds. And for all that no fourteen year old child in the city of Portland could have written a composition displaying the maturity of thought of the first prize composition without having had some timely suggestions received from over its holder. It is interesting to note that no manuscript disapproving the bonds was found worthy of consideration.

Oil is being towed from California to the Atlantic coast by way of the Panama canal. The oil interests are seldom behind in utilizing the most modern facilities.

Possibly the secret of Gen. Scott's success in pacifying the Piute Indians is that he treats them as human beings.

If you will take the trouble to investigate you will discover that popular men are the ones who agree with you.

The "wise" man tries to look broken hearted when his wife goes for a two weeks' visit.

Some are bachelors because they are unable to choose between beauty and intellect.

From all accounts "dry" farming will shortly be given its first trial in West Virginia.

Why pray to be delivered from temptation and then go around looking for it?

Even pleasure becomes irksome if it's in the nature of a duty.

**NOTES OF THE W. C. T. U.**

The next meeting of Mt. Scott Union will be held at the home of Mrs. Julia Scott on Tuesday, April 27th. Mrs. M. T. L. Hidden will speak on "Temperance in the Social World." Mrs. Scott has recently moved from Grays Crossing to First avenue, Lents. The house faces west and is the fourth building south from the Mt. Scott car line and bears the number 111 on the porch pillar. When the new numbering of houses and streets have been accepted this will be 6028, 91st street S. E.

Mrs. E. M. Scheuerman's pleasant home was the place of meeting this week. Mrs. Fankhauser having returned from her trip to California, resumed charge of the devotional service. Mrs. Miller, so long in Southern Oregon is again one of our workers. Mrs. Richardson announced the arrival of the rest of Francis E. Willard buttons for those taking part in the school silver medal contest, and that the gold medal contest for the Lents school will take place in early May. It was decided to hold an old-fashioned whirlwind membership contest, the leaders to be announced next meeting, and a committee was appointed to carry forward the preliminary measures for a matron's essay contest. There will be such a contest and any woman reading this item is liable to be put upon the program. There is no stated date for this contest but now is a good time to begin making notes for the work, for although you may have your doubts about writing an essay, there is no doubt in the mind of the committee but that something will be doing.

We are indebted to Mrs. Inez Richardson for the splendid reports of the state and county work. As a member of the county executive board Mrs. Richardson keeps in close touch with the larger activities. The report last week was appreciated by every reader of the W. C. T. U. notes. Mrs. Richardson, by the way, is moving a little nearer in, her new home being next the Baptist Church.

Mt. Scott Union has been in considerable expense in printing a calendar and every member is supposed to have a copy. If they have no copy they should get one at once. On this calendar is printed the program for every regular meeting during the year. Persons whose names appear on this calendar are expected to be present at the appointed time or to notify the president in time for her to supply the vacancy. Members are requested, by the acting president, Mrs. Sommerfeldt, to read their calendars, make a note of their dates and hold themselves in readiness to meet their assignments.

A most beautiful and impressive ceremony awaits the christening of the battleship Arizona at the New York naval yards on June 19. The bottle which will be broken on the bow of the ship will be filled with the first water to flow over the spillways of the Roosevelt reservoir, which is expected to reach the spillways April 15. This is the first time the reservoir has been filled, and the use of water, particularly this water, marks a great industrial as well as a great moral triumph in the state of Arizona.

Superintendent Alderman, it is understood, has ruled that the essay contest in the public schools, under the department of Scientific Instruction, is in compliance with a state law and is therefore legal. The essay writing will proceed as formerly. It will be remembered that last year a Lincoln high school boy won the national prize, and the year before an Albina grammar school girl won the national prize. Winning a national prize signifies the writer has also carried off the prizes in local, county and state.

Medford will raise a fund of \$1000 to operate a cannery.

\$15 per ton will be paid by the State Prison Board of Salem, for flax straw

**Health In The Suburbs**

BY LORA C. LITTLE

It is important to be able to distinguish between dangerous disease symptoms and those that are comparatively harmless. Failure to recognize the former costs many a life. On the other hand, the fame of many a doctor and many a patent medicine has been built on mistaking simple, acute, self-curative ailments for fatal disease.

"He (or it) saved my life," declares the patient, with proper but misplaced gratitude. "I was never so sick in all my days, and the medicine went right to the spot and I was soon well again."

This usually means two things. First, the medicine has benumbed sensation; second, the natural climax of the disease was already near.

Medicines that relieve pain are dangerous. Paralyzing sensation, they also paralyze action. Action against obstruction is what causes the pain, and the action must continue and the obstruction be cleared away before it is safe to enjoy relief.

The reader will observe that I hold pain to be as necessary to our safety in disease, as is pain in the presence of contact with a hot stove. A paralyzed member could be seriously burned with no warning of pain. Likewise in the absence of pain destructive disease progress as unnoted and unchecked.

When, however, it happens that the painkiller is not taken until the curative process (which disease is) is advanced close to the point of natural recovery, small harm may be done by it; but when taken before this stage is reached the result is mere temporary cessation of symptoms with a return later of severer ones, perhaps in the form of chronic maladies tending to become lifelong.

The only legitimate modes of relieving pain are those which remove obstruction. Drawing blood away from the affected parts is one method. This may be done by applying heat to other parts—preferably to the extremities; or, by brief application of heat to the surface of the part affected—when this is an internal organ—and followed by prolonged application of cold; or, by applying cold direct to an inflamed or congested part. Sometimes it is relaxation of tense nerves that is needed. This may be effected in several ways: by mental action, by skilled manipulation, or again by the suitable application of heat and cold. Free water drinking will wash out some obstructions, emptying stomach and bowels, and also thinning the blood and freeing blocked capillaries. While in pain, fast. Food only increases the obstruction.

Remember, the safe measures are the most effective ones. Light, heat, air, water, food, exercise, sleep, optimism, make up a pharmacopoeia sufficient for all cases and capable of successful employment by any teachable person who will take the trouble to master the principles involved.

A severe colic, a high fever, extreme nausea, are distressing but not necessarily dangerous symptoms. By the prompt use of the natural remedy indicated, the obstruction in either case may be quickly lessened and the process continued

until early cure is effected. This is the class of symptoms which lend themselves to the triumph of quackery. When the colic has begun to empty the bowels, when the nausea has emptied the stomach, when the fever has burned up most of the waste that caused it, any medicine short of a deadly dose if taken in a capsule of faith, will seem to have done the business. But don't be fooled. The vital forces resident in the patient do all that is done. The medicine (drug) nearly always hinders, never aids. For fifty years I have heard this absolutely correct doctrine preached and for fifty years I have seen people to whom it did not appeal go out by the drug and knife route and many are still doing it. This does not discourage me. The truth always wins finally. Where Dr. Trail, in the '50's, had a few followers, drugless systems of today number their adherents by millions, and a landslide is liable to come any time that shall extinguish the last vestiges of medical superstition and quackery.

Among the forms of disease against which I would particularly warn are: enlarged glands, abnormal growths, encumbrance marked by loss of natural outlines (double chin, thick neck, etc.), headache of the lower back head, persistent intestinal pain, ulcers that do not heal, an inactive abdomen (not rising and falling with breathing), bone diseases.

A double chin may be a worse ailment than most of the "appendicitis" cases. The latter could be cured by a short fast, being only an obstruction of the bowels. The double chin or padded neck betokens constitutional degeneracy, and requires for a cure a long course of right living, with persevering use of nature's medicines. The disfiguring encumbrance is nothing much in itself. The condition it advertises and the ailments it foreshadows are important.

Headaches in the cerebellar region tell of dangerous nervous exhaustion and should never be neglected. Stop the habits producing them.

Continuing pain in the intestines signifies ulceration, and that is time tends to become malignant, cancerous. Correct the diet, secure abundant sleep and suitable exercise. Sluggish external ulcers require similar treatment.

An inactive sagging abdomen leads to a score of serious diseases. It is curable only by training oneself in correct breathing.

The bones do not become diseased readily, and they are equally slow in healing. Persons (and families) that deal honestly with their acute diseases NEVER have bone disease. Having got it, it means a lifetime of right living to get and keep well.

For all deep-seated disease, uncooked food and the outdoor life are important. Under the influence of these conditions, people just naturally get well. Work to the limit of capacity should of course be included.

(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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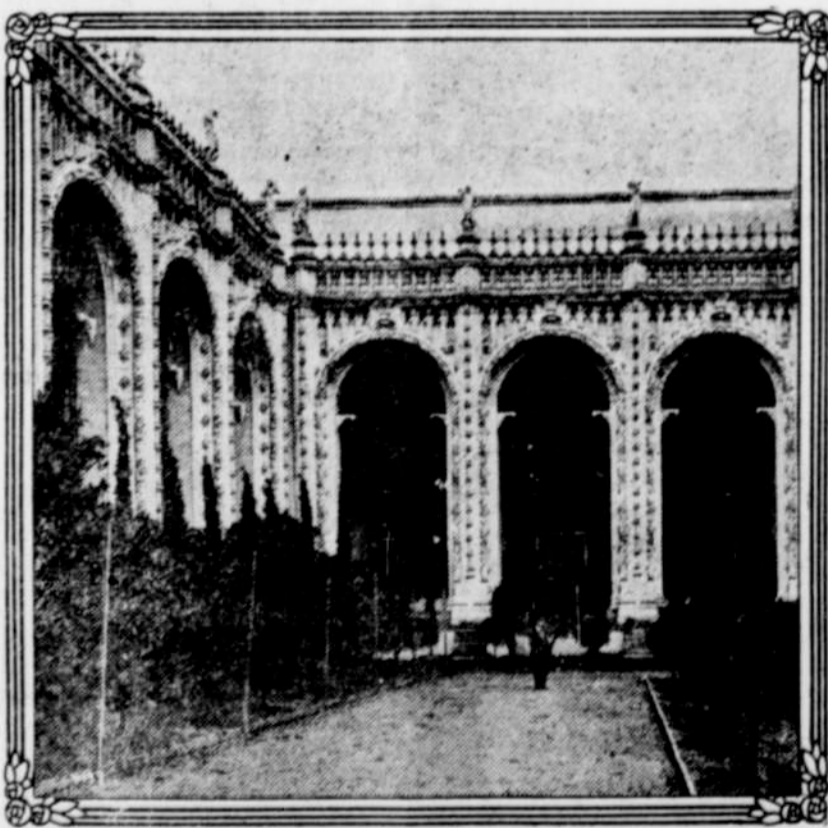
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