

Health In The Suburbs

BY LORA C. LITTLE

One of those great wars of defense that are conducted without bloodshed is the war against vaccination. Since 1883 when vaccination was made compulsory in England down to the present time the strife for freedom has been waged. Jealousy of personal liberty which is so marked a trait of the English has made the fight there fiercer than anywhere else on the globe. The slackness with which vaccination laws are enforced in the United States has had something to do with the casual manner of waging the struggle here.

But things are doing. An able defender of liberty of conscience has arisen in a semi-monthly paper, The Truth-Teller, edited by a medical man and published in Battle Creek, Michigan. A late issue tells of the Zion City smallpox outbreak last winter, where without vaccination an epidemic of smallpox was well handled, leaving in its wake no heritage of scrofula and diphtheria, nor seeds of consumption and cancer to develop later, as would have been the case with general vaccination.

In Oregon it is proposed to take advantage of the initiative law and let the people themselves, for the first time in the history of this country, pass on the question of compulsory vaccination. The law prohibiting compulsion is expected to be placed on the ballot at the next State election in November 1916. It will not interfere with any citizen who wishes to be vaccinated. He may get vaccinated three times a day if he desires, without let or hindrance. His vaccination will afford him all the protection virus can give. If his own vaccination does not protect him, neither would he be protected by the vaccination of the entire community. So there is no good ground for compulsion. Those who insist on forcing others to submit to their favorite nostrum merely have an itch for meddling.

Compulsory vaccination penalizes health. It says, if you keep your system clean and vigorous so that smallpox cannot get you, then you must be given another disease by order of the State. Professor Francis W. Newman, brother of Cardinal Newman, said on this subject:

"To forbid perfect health is tyrannical wickedness, as much as to forbid chastity or sobriety; no lawgiver can have the right. The law is an unendurable usurpation and creates the right of resistance."

Professor Newman is not the only great and learned man who has served in the antivaccination army. W. E. Gladstone and John Bright were anti-Gladstone said, "A man has as much right to select his own doctor as his shoemaker, since he is to profit or suffer by the choice." If one's medical adviser is opposed to vaccination one must be able to follow his advice regardless of the opinion of other doctors.

Professor Alfred Russel Wallace, "dean of English scientists," for years before his death which occurred a year or two ago, called "vaccination a disastrous delusion and its penal enforcement a crime." He went thoroughly into the subject becoming an authority on the statistics of vaccination and smallpox. His book "The Wonderful Century" has 175 pages devoted to Vaccination.

Great Britain and the continent of Europe have had many great men in anti-vaccination ranks, and America not a few. Among the latter, Elbert Hubbard was one. The pages of his magazines were open to opponents of vaccination, and he himself frequently took a whack at it, though his father was a doctor and a faithful believer in the practice. On one occasion I spoke to the Roycrofters on Vaccination at the invitation of Hubbard, and he contributed to a fund I was at the time raising to bring to this country for a lecture tour J. H. Bonner lecturer of the British antivaccination society. Mr. Bonner came, spending six months in work on the Atlantic seaboard.

Tom L. Johnson, late Mayor of Cleveland, was an opponent of vaccination, and it was during his first term that he caused his health officer, Dr. Friedrich, to stop vaccinating and instead look carefully after quarantine and sanitation. This worked well, but the local medical society were losing money on it and they got busy and forced a return to compulsory vaccination.

"Johnson is an antivaccinationist who does not work at it," was the way Edmund Vanse Cook the poet described him to me. Cooke is another anti, and the poet, Sam Walter Foss was another.

When in Boston in 1908 I went to Somerville to meet and shake hands with the author of "The Calf Path," "Confessions of a Luncheon," and other poems with point to them. Foss was then public librarian at Somerville. He was a plain, farmer-like man, who gave you an impression of good sense and latent power. (Alas he has since gone to his death under the knife of the surgeon!) He directed me to call on a sufferer from vaccination in Somerville, and I hunted up August

Renner, living on Alpine street. Renner had been vaccinated several years before, being then in good health and working hard every day as an expressman. While the virus was working in his system he developed a high fever and placed himself under medical care. In spite of all the doctors could do, and he had the best Boston afforded and went to sanitariums for treatment, he grew worse, went close to death's door and was left with stiff and ever stiffening joints. When I saw him he was utterly helpless in a reclining chair, his jaws immovable, and unable to so much as move a finger, dying in fact by inches. Such a case makes many antivaccinationists out of those who are unable to grasp a principle, but are reached by ocular evidence. "Whatever a man soweth that shall he also reap," is good enough authority for some of us.

Dr. Charles Fessenden Nichols of Boston is another distinguished medical opponent of vaccination just passed away. Dr. Nichols lived in a suburb across the road from Theodore Parkers' old church. I remember a happy Fourth of July spent at his home, in which he gave me personal reminiscences of Oliver Wendell Holmes, whom he described as haughty and aristocratic and not altogether agreeable, and of Julia Ward Howe and many other historic personages of historic Boston. Dr. Nichols wrote a book on vaccination, "A Blunder in Poisons." Since my labors in the East in this cause several other distinguished medical antivaccinationists have died. Dr. Walter M. James of Philadelphia most recently, and Dr. Frederic Preston of Philadelphia and Dr. Zachary T. Miller of Pittsburgh within two years. They were three giants in the homeopathic world. Dr. Preston I knew best and though not famous nationally he was a bigger man than many who are.

Dr. Charles E. Page of Boston and Dr. J. W. Hodge of Niagara Falls are still wielding vigorous pens against the "grotesque superstition" as English Dr. Creighton styles it. Here on the Pacific coast there are many, including Dr. Tonison M. Deane of San Francisco and Dr. Adaline Keeney of The Dalles. The late Dr. Cannon of Eugene was one of three men who initiated the movement in Minnesota which culminated in 1903 in the repeal of the compulsory vaccination law as applied to schools.

Here in Portland, M. D.'s who are opposed to vaccination include Drs. P. L. McKenzie, Frank F. Casseday, Flora Brown Casseday, Ella K. Dearborn, A. W. Vincent and W. F. Pruden. Doubtless there are many more who are keeping quiet. It takes uncommon courage as well as independence of thought to take a stand against this favorite prescription of modern medicine. It means for him who dares a measure of professional ostracism and persecution.

The spirit of medicine toward heretics of this class may be guessed from the remark made the other day by a St. Helens doctor to the lecturer of a Grange. This lecturer had arranged for a lecture on vaccination to be given in her grange, and she was inviting her family doctor to be present.

He said: "What are you doing that for? The Grange has no business to waste its time listening to such stuff. No, I shall not come. I won't get into any controversy on the subject."

That is the policy, a conspiracy of silence. But it is a silence that is going to be broken by a heavy thud shortly, when compulsory vaccination is thrown down hard at the polls by a people who like to think they own the blood in their veins and feel it is their business what goes into it.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm. NATIONAL BANK OF COMMERCE, Toledo, O.

WHITE MAN WITH BLACK LIVER

The Liver is a blood purifier. It was thought at one time it was the seat of the passions. The trouble with most people is that their Liver becomes black because of impurities in the blood due to bad physical states, causing Biliousness, Headache, Dizziness and Constipation. Dr. King's New Life Pills will clean up the Liver, and give you new life. 25c. at your Druggist.

WHOLE FAMILY DEPENDENT

Mr. E. Williams, Hamilton, Ohio, writes: "Our whole family depend on Pine-Tar-Honey." Maybe someone in your family has a severe Cold—perhaps it is the baby. The original Dr. Bell's Pine-Tar-Honey is an ever ready household remedy—it gives immediate relief. Pine-Tar-Honey penetrates the linings of the Throat and Lungs, destroys the germs, and allows Nature to act. At your Druggist. 25c.



Men are wishing today that they had started a bank account ten years ago. A bank account started ten years ago would mean a substantial fortune today when property values are at a minimum. Almost any bank account could be traded for a good sized farm now.

But there will be other chances,—if you have the bank account. Begin in a small way now and as times improve, increase your savings. A few years will swell your reserve capital into a substantial fortune.

We Pay 4 per cent on Time Deposits

THE MULTNOMAH STATE BANK

LENTS, OREGON

STATEMENT of the financial condition of THE MULTNOMAH STATE BANK at Lents, in the State of Oregon, at the close of business May 1, 1915.

Table with columns for RESOURCES and LIABILITIES. Resources include Loans and discounts, Overdrafts, Bonds and warrants, Furniture, etc. Liabilities include Capital stock, Surplus fund, Undivided profits, etc.

Time Deposits... \$ 37,766 12
Notes and bills rediscounted... 4,908 40
Other liabilities... 7,100 00
TOTAL... \$ 92,114 48

NOTES OF THE W. C. T. U.

A Multnomah County Institute will be held on Thursday, May 20, at the Baptist Italian Mission, corner 18th and Tibbets streets. The song service in the morning will be led by Mrs. Mallet and Miss Fannie Gotshall will speak upon Legislation and Law Enforcement. In the afternoon Mrs. Mallet and others will speak and children of the mission will sing.

The home of Mrs. Ward Swope was made the assembling place of a number of Unions on May 11th, as the guests of the Arleta Union. Representatives of Rose City Park, Mary A. Mallet, Brooklyn, Woodstock and Mt. Scott Unions participated in the program. The Arleta people are experts in the art of preparing good things to eat and most lavish in serving them. The state president, Mrs. Jennie Kemp, was present and spoke words of encouragement and hope.

There is to be a meeting at Central library, 10th and Yamhill streets, Friday evening of this week to consider the candidates and matters pertaining to the coming city election. As a culmination of the work of the past two years a gold medal contest took place at the Lents school during their May festival. The winners of the six silver medals each presented their abilities in so splendid a manner as to make the work of the judges most difficult. Miss Winnifred Smith, the winner of the first medal offered to the school last year, was awarded the gold medal.

The next meeting of Mt. Scott Union will be held in the Friends church on May 25.

MAN TAKES HIS OWN MEDICINE IS AN OPTIMIST

He has absolute faith in his medicine—he knows when he takes it for certain ailments he gets relief. People who take Dr. King's New Discovery for an irritating Cold are optimists—they know this cough remedy will penetrate the linings of the throat, kill the germs, and open the way for Nature to act. You can't destroy a Cold by superficial treatment—you must go to the cause of the trouble. Be an optimist. Get a bottle of Dr. King's New Discovery today.

Some Forms of Rheumatism Curable

Rheumatism is a disease characterized by pains in the joints and in the muscles. The most common forms are: Acute and Chronic Rheumatism, Rheumatic Headaches, Sciatic Rheumatism and Lumbago. All of these types can be helped absolutely by applying some good liniment that penetrates. An application of Sloan's Liniment two or three times a day to the affected part will give instant relief. Sloan's Liniment is good for pain, and especially Rheumatic Pain, because it penetrates to the seat of the trouble, soothes the afflicted part and draws the pain. "Sloan's Liniment is all medicine." Get a 25c. bottle now. Keep it handy in case of emergency.

NOTICE OF FINAL ACCOUNT

In the County Court of the State of Oregon for Multnomah County. In the matter of the estate of Henry E. Pease, deceased, No. 11398. Notice is hereby given, that the undersigned, administrator of the Estate of Henry E. Pease, Deceased, has filed his final report and account and petition for discharge as administrator with the County Clerk for Multnomah County, Oregon, and that the above court has set the same for hearing and examination on Monday, the 31st day of May, 1915, at the hour of 9:30 o'clock a. m. of said date, at its court room in the County Court House in the City of Portland, said county and state.

Any and all persons interested are hereby notified to file objections, if any, to said final account at or before said hour of hearing. I. L. PEASE, Administrator of the Estate of Henry E. Pease, Deceased. Dated April 24th, 1915. Kalooh Zollinger & McDowell, attorneys for administrator. Date of first publication April 29. Date of last publication May 27.

NOTICE OF SHERIFF'S SALE

In the Circuit Court of the State of Oregon for Multnomah County. J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1603. And J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1605. And J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1606.

By virtue of an execution, judgment order, decree and order of sale issued out of the above entitled court in the above entitled cause, to me directed and dated the 20th day of April, 1915, upon a judgment rendered and entered in said Court on the 10th day of April, 1915, in favor of J. H. Nash, plaintiff; Estacada State Bank, a corporation, Defendant and Cross-complainant, and against J. Crick and Rachel Crick, husband and wife, and Frank E. Mason, Defendants, for the sum of \$7327.86 with interest at the rate of 7 per cent per annum from the 8th day of April, 1915, and for the further sum of \$26.00 costs and disbursements, and the costs of and upon this writ; the further sum of \$2222.46 with interest at the rate of 7 per cent per annum from the 8th day of April, 1915, and for the further sum of \$3.45 costs and disbursements, commanding me to make sale of the following described real property, to-wit: Lots Five (5), Six (6) and Seven (7), in Block Five (5), Howe's Addition to the City of Portland, Multnomah County, Oregon.

Now therefore, by virtue of said execution, judgment order, decree and order of sale and in compliance with the commands of said writ, I will, on Monday, the 24th day of May, 1915, at 10 o'clock a. m., at the front door of the County Courthouse in Portland, Multnomah County, Oregon, sell at public auction (subject to redemption,) to the highest bidder for cash in hand, all the right, title and interest which the within named defendants, (or either of them) had on the 18th day of February, 1913, the date of the three mortgages herein foreclosed, or since that date had in and to the above described property or any part thereof, to satisfy said execution, judgment order and decree, interest, costs and accruing costs. T. M. HURLBURT, Sheriff of Multnomah County, Oregon. Dated this 20th day of April, 1915. First issue, April 22, 1915. Last issue, May 20, 1915.

ONE of the most commendable little papers that comes to any office in the state comes from the State Penitentiary. It is the "Lend a Hand," and is gotten up now in a way that is highly commendable to prisoner 6435. There is a lot of good sense in it and the sort of fellowship that does the boys good. Perhaps he is just a little too critical at times about the prison system and its results, but he will have to acknowledge that whatever the failure of management may be, the aim in the main is for the betterment of the man temporarily detained at the state's expense. At least that is the intention, and as long as politics influences the management of institutions of this class we must expect to find some of the evils that predominate in all such institutions. We shall all hope for a time when a non-partisan board will have the management of such institutions and when the man who makes good in effecting some new system of improving prison conditions and morals will not be headed on the whim of one man and his motive perhaps political. "Lend a Hand" just now is very much interested in promoting greater freedom for the boys in the matter of receiving and sending mail. In Oregon married prisoners are allowed to write a letter each Sunday; other prisoners are allowed to write once a month. Is there any reason why a prisoner should not write as often as he chooses, so long as he furnishes his own stationery?

THE action of the Republican County Central Committee in attempting to influence the result of the city election by commending "only stand-pat Republicans" is hardly interesting. How can any organization lead by men of the calibre of its chairman and secretary can hope to improve civic conditions is beyond the understanding of people qualified to judge. If the city is to be run for the "fixers" it is attracting the interest of the right leaders. But to the fair minded citizen the less partisanship we have in city administration the better it will be for all of us.

"Before taking a partner for life, see who her mother is, advises Dr. Youngson. Many a man, who has seen her mother, has reconsidered."—This little piece of philosophy clipped from a contemporary has so much of truth in it that every young man ought to frame it for his dresser ornament. The trouble is he would forget to look at it when he saw the girl. But then the girl is likely to be as good as the boy anyway, so what's the use?

Quite a number of papers around the country are getting ready to back a big row with Japan. Goodwin's Weekly proposes the following little roast as a starter: "Your ultimatum served upon China, as reported by cable, is a violation of the entire spirit of the agreement of the powers, and its attempted enforcement will be looked upon as an act of war by the United States. By the President, W. J. Bryan, Sec."

The Herald is in receipt of a very instructive letter from Mr. M. Roy Thompson, Supt. of Highways of Washington, which it will give its readers next week. It is a very instructive article and will be read by all with interest.

SUBMERGED SUBMARINES.

Signs by Which They May Be Located From an Aeroplane. In answer to a correspondent who asks to what extent a man in an aeroplane can watch the movements of a submerged submarine boat the Scientific American replies: "We have consulted a naval aeronautic expert on the visibility of submarines from an aeroplane. He states that if the surface of the water is smooth and the water is fairly clear a submarine can ordinarily be observed visually from an aeroplane at any depth the submarine is likely to travel, which is usually not over 100 feet. Experiments have been made at Guantanamo, Cuba, and Annapolis, Md., and in the latter case the submarines were able to avoid observation at first by sinking to a muddy bottom. But the aviators soon learned to pick them out by some sign, such, for example, as escape of air bubbles."

In another article on the subject the Scientific American says that when the sea is rough it is much more difficult to discern a submarine. The captain of a warship can watch the course of a submarine by the bubbles it sends to the surface when the sea is smooth, but these bubbles are scarcely discernible when the sea is choppy. The disturbed surface inevitably makes it more difficult for an observer in an aeroplane to see what is going on below.

AN INCIDENT OF WAR.

General Hugo and His Meeting With a Wounded Moor. General Hugo, father of that literary genius, Victor Hugo, was a daring soldier and officer. He served brilliantly in both Italy and Spain and especially distinguished himself in putting down bandits and guerrillas. That he was a man as magnanimous as he was brave is attested by a little incident of his career that his son narrated. General Hugo, accompanied by a single trusted hussar orderly, had occasion, at the close of a day of fighting, to ride across a portion of the battlefield as dusk was beginning to fall. "He heard a feeble sound in the shadows," wrote Victor Hugo. "It was a soldier of the Spanish army, who dragged himself along the roadway, pale, bleeding, gasping and who cried, 'A drink, a drink in the name of pity!'" "My father, touched, handed his canteen to his faithful hussar, and said, 'Here, give a drink to that poor, wounded fellow.' Suddenly, as the hussar, stooping, leaned over him, the man, a Moor of some sort, snatched the pistol he carried and fired it at my father's head, crying, 'Caramba! The bullet passed so close that the hat fell, and the charger reared wildly backward. "Give him the drink all the same," said my father."—Youth's Companion.

Punch and Judy.

Turkey is far from being the only oriental land in which a performance very like the English Punch and Judy can be found. Travelers have described entertainments of the kind in Persia, Japan, Kamchatka, India, Egypt, Syria, Nubia, Siam, Pegu, Ava, Cochinchina, China and Tartary. Mr. Villiers Stuart observed the Egyptian Punch flooring the mamour (chief magistrate) and his cavasses quite in the style of the British Punch's conduct toward beadles and policemen, though in the Egyptian version the play ended morally with the hanging of Punch. The hero belongs to all ages as well as to most lands. Some have traced him to the Atellan farces of early Italy, and he has even been recognized in ancient Egyptian hieroglyphics.—London Standard.

Chanak-Kalesi.

Chanak-Kalesi, the straggling town near the "narrows" of the Dardanelles, means "earthenware castle" in Turkish and is so called from a celebrated pottery on the Asiatic side of the strait. An agent from this pottery used to be always on the lookout for a wandering European and hooked on to every passing ship. His boatload of gaudy crockery was generally more remarkable for gliding and tawdry color than for taste. But the forms of the vessels were often graceful, even classical, and specimens of the tall water jugs he sells, or once sold, can be seen through out the Levant, though seldom in London.—London Chronicle.

A Swiss Philanthropy.

The custom still obtains in Switzerland, though not so generally as formerly, of newly married couples making a small gift of money immediately after the wedding ceremony to the school funds as a sort of thanksgiving for their education. These funds are used to provide shoes and clothing for poor pupils who would otherwise be unable to attend school.

On Her Brow.

"Before we married you promised me rings and brooches and beads to wear." "Well, what of it?" "I was just thinking that the only beads I've ever worn since are beads of perspiration."—Detroit Free Press.