MT. SCOTT HERALD

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SHOWING how transitory are the things of human device consider the changes that have been made in educational methods in this state within the past ten years. Ten years ago practically all educational effort in Oregon, and particularly in Portland was devoted to a study of written books. A good share of this was along the line of the classics. Today the range of educational activity has been doubled. Not only are the boys and girls taught to read and write and calculate and understand a little of the history and geography of the world, but they have now opened to them a theoretical understanding of many of the commonest things they meet with in life. In coming to know that there is reason in everything, even planting potatoes and making a box the child has double his interest in the motives that lie at the basis of civilized life. Things are not mere drudgery for he sees there is intellect behind everything.

The main thing that has made industrial life a drag to growing boys and girls was that they were led to believe that it required no brains to be a hand worker. Their parents and their ancestors have held up to them that the climax of human ambition should be to attain a position in life that was independent of physical labor. The doctor, the lawyer, the merchant, or any tradesman was a being superior to any mere man or woman who carved wood, managed homes, tilled the soil or conducted a stock farm. The education of the present day, altho in a formative stage, is helping to eradicate this ancient idea that the only creditable condition of life is arrived at in the "professions." People have been educating all too much in one direction. There are a thousand channels into which human intelligence, power and skill may be directed and the trend of education today is to discover the channels and assist the growing citizen to adjust himself to the actual conditions of society.

Had the educator of even ten years ago, in Oregon, attempted to "spread out" in this way some narrow minded school director would have drawn the line and Mr. Teacher would have been discharged as an intrusive innovator.

WHATEVER you may say about Road Master Yeon he is consistent. He has been a sticker for a certain grade of mud all the while and he has not given it up yet. He has not been able to play the game so well that the people did not understand his leaning but he surely has got the hang on quality that counts. Now if that were only directed to work that was commendable he would have something done for which the people of the county would be proud, but when he insists in supporting a pet paving in spite of reason and evidence and the figures, his acquaintances tend to lose faith and esteem.

NOTES OF THE W. C. T. U.

At the county executive meeting held at headquarters, 11th and Morrison, on last Monday, it was decided to have an all day out-door meeting at the home of Mrs. Murry on 62d street and 33d avenue. Take a Hawthorne avenue car to 62d street and walk south. There will be a program and ice cream will be on sale.

"Grandma" Fankhauser had the misfortune to fall to the ground from the top of the back steps at her home just beyond Johnson creek, and break her arm near the wrist. Her many friends hope for her a speedy recovery.

On Tuesday, June 22d, Mt. Scott Union will meet at the home of Mrs. Walsh, south and east from the Evangelical church. Mrs. Ella Himes, state superintendent of open air work is expected to be present and present the work of her department.

The National Woman's Christian Temperance Union has offered a prize of $25 for the best temperance poster designed by a college or university student, and $25 for the best cartoon designed by the seventh and eight grades or high schools. Notice of this contest has been received too late for work this year in this state, but students can watch out for the results and be ready in case the offer is repeated for the coming year.

Valparaiso at Night.

The night view of Valparaiso from the balconies of the cliff dwellers is one of the great sights of the world. The vast sickle of the shore lit for nearly 200,000 people, the scores of ocean vessels lying at anchor, the harbor lights, the glowing avenues below from which rises, mellowed, the roar of nocturnal traffic, the rippling water under the moonlight and the far horizon of the illimitable Pacific produce an effect of enchantment.—Edward Alsworth Ross' "South of Panama."

PLEASANT VALLEY

C. F. Ruegg of Cdarville was a Valley visitor Tuesday.

Leland Moore has returned home from Corvallis where he has been attending the O. A. C.

I. F. Coffman of Lents was looking after business interests last Tuesday.

A. H. Bruns made a trip to Albina on business matters one day last week.

Mr. and Mrs. J. C. Roberts and Mr. and Mrs. Pearson were callers at the home of G. N. Sager Sunday a week ago.

Lewis Metzger of Gresham was a Valley visitor Sunday.

H. Cuddaback of Lents was a visitor recently at the home of L. J. Hollenbeck.

CHERRYVILLE

Roses, roses everywhere!

Portland was literally buried in roses last week.

The real summer begins.

Long, bright days, cool, refreshing nights and an abundance of sunshine.

Probably no country in the world has a more delightful summer climate than Oregon.

No mosquitos, no flies and no snakes or bothersome insects of any kind to bother the summer campers in our foliage clad hills, with an abundance of cool, sparkling mountain water in every direction.

Mr. Welsh, a wealthy young man from Mt. Union, Pa., was in town last week and said the Pennsylvania railroad uses vast quantities of creosote yearly for coating iron pipes and preserving their railroad ties, poles and timber of all kinds and that heretofore they have been getting the larger part of it from Germany. Now they are looking for it here in this country. Here is a chance for some of the Portland bankers who are bragging about their $20,000,000 of idle money. Hooray! Hurrah! Say the Portland papers, twenty million dollars in our banks and in the same issue they beg people to send them money to feed their poor. Why not use some of that vast sum dearly beloved, or is it the money that is dearly beloved? Blamed if we aren't getting this thing mixed! This big pile must not be touched, like the sacred white elephant of Siam or the monstrous high tariff of the G. O. P.

A writer, now in South America writing up conditions there with a view of building up trade conditions with that vast continent, writes that the United States has now a great opportunity to get in solid in a commercial way with our next door neighbors as the vast resources of that country are something to stagger the most fertile imagination." It is certain steps are being taken over this proposition heretofore enjoyed largely by Europe.

Work has begun on the road beyond Brightwood, which is a continuation of the work initiated by Mr. Wemme in his lifetime. It is proposed to make a fine auto road clear up to Government Camp. We certainly have as many attractions in the way of mountain scenery as any part of the state and joy riders are fast finding it out.

A. W. Lafferty, one-time congressman from Portland has been writing to some of our railroad land squatters stating that he has spent all his subsetance fighting their battles before the Supreme Court at Washington and is now actually hungry and wants them to help him out. Lafferty got in bad with the money power in Portland, the same class of fellows who are now setting on the lead at the banks to keep that $20,000,000 from getting away and they are bound to run him out of town. If he had only played in their back-yard and jumped at the crack of their whip he might have been in "Pat" McArthur's place today. So nice and so altogether perfectly lovely to keep in touch with the money bags.

Oregon takes the first prize on an herb cultural exhibit at Frisco over all competitors. This is the more remarkable from the fact that Washington spent three times as much in preparing her exhibit and California five times as much. This gives the state a big boost and will attract the attention of homeseekers everywhere.

Mr. and Mrs. Geo. L. Eaden of Logan were up over Sunday and visited at the bungalow.

An article appeared in the Portland Journal lately advocating the developing of the Altar of Rose industry in this state, especially the western part, and said the rose oil would grow as well and produce as much oil as they do in Bulgaria or Asia Minor. This article says $1200 can be procured from a single acre and that there is a growing demand for this delightful perfume at $12 an ounce. Besides this would give a pleasant occupation for women and girls and would allow our young girls to grow up into strong healthy women and fit them for future wives and mothers, whereas by crowding them into our abominable sweat-shops and worse places they become physical wrecks before they emerge into womanhood. We hear a great deal about conserving our natural resources and better methods for protecting our live stock but little, or next to nothing, about conserving the lives of our young children and young women upon whom the future generations must depend for their very existence. The longest street in the world is said to be Halsted street, Chicago, and yet it is a rotten row of disorderly houses—largely—where thousands of women are going to destruction. Why is there no great outcry against it? Simply because the owners of these buildings are—many of them—big capitalists and ostensible christians who are getting big rent from those places. Anything is justifyable apparently, that is profitable. The most valuable production in this country, or any other, is the human race and 60 percent of our infants in the cities die before they reach the age of one year. The little chickens now running at large have plenty of pure water, fresh air and sunshine which is more than can be said of our little children. Lelilia Barbauld once wrote: "Man is the noblest product that our realms supply, and souls are ripened in our Northern sky."

W. J. Bryan to the writer's notion made a great and wretched mistake in resigning from his position at a critical time in our history. He couldn't possibly expect to have his views take precedence over those of the President, the sponsible head of the Government, and however the outcome may be he could not be held to blame.

The subsidized papers are full of misleading items about the nutrition of cheap articles of food and what a small amount will sustain human life. All of this is to reconcile the poor for working for a constantly decreasing scale of wages. No class of people are so liberal and generous in providing for the appetites of their families and stock as the Germans. Who ever saw one of them driving a poor team? And then their custom of eating five times a day and how strong and robust they are! And with what courage and—so far success—they face a world in arms.

J. A. Odelll up near Brightwood has lost 23 head of cattle thus far this season from various causes, some of them being shot. From this it appears we have some rustlers among us.

A party who worked in a lumber camp the entire seaaon says they used western Oregon apples, mostly from this county when they could get them. They afterwards had some shipped in from Hood River and every one remarked on their interior quality.

E. C. Reed, living on Cedar Creek has a bronze turkey hen that has already laid 110 eggs this season and is still on the job. Can you beat it?

Health In The Suburbs

BY LORA C. LITTLE

A man of my acquaintance passed out of this life the other day at the age of 65. He had kept at work every day up to within a week of his death, and therefore his demise came as a surprise and shock to those who knew him. And yet the autopsy showed tumor of the stomach, together with advanced disease of lungs, liver and kidneys. The disease of any one of these organs was such that it must shortly have caused his death, even without the involvment of the others.

Shall we say, then, that one cannot know one's condition of health? Not at all. Cases like this simply teach the wisdom of taking ailments in their beginnings and removing the causes that produce them.

What is the early sympton of fatal disease? Constipation, in nine cases in every ten. This lays the foundation for all kinds of chronic and finally incurable disease.

Add to constipation drugs, enemas and other schemes to improve on nature, and disease building proceeds the more surely. In fact, nature will effect a cure of constipation by an attack of acute disease, if left to herself. It is the use of cathartics and syringes, to produce bowel evacuation as a substitute for natural action, that brings on chronic disease.

Persons inclined to constipation will do well to drink freely of cold (not iced) water, add another hour to their sleep, live out doors as much as possible, eat half their food uncooked, avoid tea, coffee and other stimulants and drugs, and take an air-bath twice a day.

This prescription is calculated to increase the store of nerve energy, and in the meantime to dilute and expel as much waste as possible by way of skin and kidneys. Whenever the bowels are sluggish there is always a condition of depleted nerve energy. No artificial mode of cleansing will serve as a substitute for that effected by the vital forces. All such modes are like those of the slovenly housekeeper, who hides the dirt in corners and under rugs, while her house presents a passable appearance to callers.

Cathartics, of whatever description, always further exhaust the nerve force, since they draw heavily on this force to secure their expulsion. They leave the glands along the intestinal tract dry and less active than before. Douches to the colon wash out that part of the alimentary canal, to be sure; but they also dry the colon, whose natural lubricant (mucus) is washed off and out. Water is an excellent lubricant, when taken by way of the stomach and taken slowly. It is then gradually mingled with the elaborated fluids and slimes of the body, increasing their volume and aiding all elimination.

Is the syringe never to be used? Yes, sometimes in acute illness, and in some cases as a temporary expedient in chronic disease. But it is not an unmixed good and it is a question whether it has not caused more disease than it has cured. Purgative medicine is still worse.

A child of four, fat and hearty, and overfed like most children, went with her mother to see one of the festival parades. That evening she ate her dinner and soon vomited it up, and was put to bed with a fever. All next day she refused food, but on the second day her mother gave her part of a beaten egg. This she promptly vomited. The mother then asked my advice.

I had her put a cold pack on the child from armpits to hips, advised keeping her absolutely quiet, giving her water as desired, and when she should call for food letting her have as many ripe, fresh-picked red raspberries as she wished, but no other food until she was quite well. The child began to mend at once and soon recovered. (She had been given an enema the first evening she was ill, which was entirely proper.)

Children's ailments rapidly cure themselves, unless complicated by cathartics or other medicines, vaccines or so-called "serums."

Usually the first thing to do is to give an enema, a hot footbath, apply a pack and put the youngster to bed in a quiet place where the air is fresh and the light not too strong. Withhold food until the child is well, except for seasonable fresh fruit, uncooked and unsweetened. The pack should be renewed while fever lasts. If the throat is affected, a wet bandage about the throat is useful. Over the packs always pin dry flannel of thickness sufficient to prevent wetting bed or clothing.

Such simple treatment is so efficacious its employment soon breeds in the mother a confidence that takes the place of the panic and anxiety now the usual thing when a child is taken sick.

It is the mistreatment of such attacks in children that ends in really dangerous illness and too often in death.

Never give a sick child animal food—eggs, milk, broth, etc. The pure juice of fruit or vegetables is about the only thing allowable except water.

SUMMONS

In the Circuit Court of the State of Oregon, for Multnomah County.
Mathilde C. Kruller, Plaintiff vs. Adrianus Kruller, Defendant.
To Adrianus Kruller, the above named defendant.
In the name of the State of Oregon you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before July 29, 1915, and if you fail so to appear and answer plaintiff will apply to said Court for the relief prayed for in said complaint, towit: a decree dissolving the bonds of matrimony heretofore and now existing between plaintiff and yourself, and awarding the plaintiff the care, custody and control of William Adrian Victor Kruller, a minor child of plaintiff and yourself, and for such other and further relief as may be equitable in the premises.

Service of this summons is made upon you by publication of the same in pursuance of an order of the Hon. George N. Davis, Judge of the above entitled Court, made on the 15th day of June, 1915, directing such publication to be made in the Mt. Scott Herald once a week for six consecutive weeks, first publication being made on June 17, 1915, and the last publication on July 29, 1915.

John Van Zante,
Attorney for Plaintiff.
John Van Zante, 314 Spalding Bldg.

Letter heads, envelopes, cards, bill heads, auction notices and posters, dodgers, announcements, etc, at Mt. Scott Pub. Co., office, Lents.

An Effective Cough Treatment

One-fourth to one teaspoonful of Dr. King's New Discovery, taken as needed, will soothe and check Coughs, Colds and the more dangerous Bronchial and Lung Ailments. You can't afford to take the risk of serious illness, when so cheap and simple a remedy as Dr. King's New Discovery is obtainable. Go to your Druggist today, get a bottle of Dr. King's New Discovery, start the treatment at once. You will be gratified for the relief and cure obtained.

Most Children Have Worms

And neither Parent or Child know it, yet it explains why your child is nervous, pale, feverish, backward. Often children have thousands of Worms. Think of how dangerous this is to your child. Don't take any risk. Get an original 25c. box of Kickapoo Worm Killer, a candy lozenge. Kickapoo Worm Killer will positively kill and remove the Worms. Relieves Constipation, regulates Stomach and Bowels. Your child will grow and learn so much better. Get a box today.