

Still there are people who are optimistic enough to believe that the millennium will soon be here. Some are so sure of the immediate future that they see in the European chaos an absolute index of the reign of peace.

If this were probable or possible it should meet the approval of every human being, civilized or otherwise, but we do not think it likely to ever come. As long as people are selfish, or as long as commercial greed exists there will be war.

Financial institutions lend their aid to exploitation and having invested their wealth in commercial undertakings, they try to protect their interests, regardless of the means necessary. Some times the means seem to be best that will involve nations in war.

But war may be humanized. A lot of the present day butchery might be eliminated by international courts and humane limitations.

NOTES OF THE W. C. T. U.

Those who were so fortunate as to be present at the meeting last week at the Evangelical church and heard the report of Miss DeGuff of the Woman's Peace Conference at The Hague, take a much keener interest in the events of the day because of this closer touch with the womanhood of the world.

One of the strongest thoughts disseminated by the Woman's Peace Conference against war is that after all the fighting has been done the belligerents will have to get together and settle their differences, and that they might just as well do that before fighting as after fighting—the day of calm counsel inevitably makes its appearance.

In-as-much as the people generally are busy with caring for the fruit and vegetables which are so abundant at this time, it has been suggested that a vacation be taken by Mt. Scott Union during the heated term, and that the meetings on the calendar for which no place has as yet been assigned be condensed into one big rally at some time to be named hereafter.

Professional Jealousy. "Guess I'll have to get rid of one of my household treasures." "How so?" "The parrot is jealous of the phonograph."—Puck.

INSANITY IN KANSAS NOT DUE TO LIQUOR

According to the liquor people, prohibition in Kansas is responsible for a great deal of insanity. At least, such would be gathered from their publicity matter.

Mr. Harry Bowman, who has been a member of the State Board of Control for many years, shows how the facts have been hidden by the liquor people. He says:

"The percentage of insanity caused by alcohol, in Kansas, is very low; while the total number of insane in the state insane hospitals is comparatively high. The first is due to prohibition, and the last is due to the fact that state care for the insane is carried to an extreme in Kansas. The laws of Kansas require the state insane hospitals to take care of all persons adjudged insane, and also require the state to pay each county so much per week, for the care of every insane person refused admission for want of room. This causes the county to send to the state insane hospitals defectives who are dependent upon the county and who are properly only almshouse charges. The result is, that Kansas has the greatest number of insane in the state insane hospitals per 100,000 population of any of the prohibition states and more than a few of the liquor states.

Some Striking Comparisons "Kansas, a prohibition state, has 172 insane in state hospitals, including sane epileptics, while Oklahoma, a prohibition state, has but 67 per 100,000 population. Nebraska is usually classified as a near prohibition state, and it has a few less insane per 100,000 in the Nebraska state hospitals than Kansas, but has 2 1/2 times as many insane per 100,000 population as Oklahoma.

"The census bureau incorrectly states that in 1910 the insanity of 70 patients admitted to the Kansas state hospitals was caused by alcohol, and that the insanity of 20 of the patients admitted to the Nebraska state hospitals was caused by alcohol. We are at a loss to know how the government report got the figures 70. The correct figures are 24. The government also missed something very important in compiling the Nebraska figures.

Laws Differ in the States "The Kansas figures of 24 include the inebriates who are sent to the state insane hospitals as insane, while in Nebraska inebriates are committed under a different law and are not included in the census report of the population of the Nebraska state insane hospitals. The inebriates go to the same institution as the insane and are mixed and mingled on the same wards, whether admitted as insane or as inebriates. On page 115 of the biennial report of 1912 of the Lincoln, Neb., state hospital for the insane, the superintendent states that from July 8, 1905, to November 30, 1912, 1,172 men and 32 women were committed as inebriates. This would be an average of almost 174 a year, in addition to the 20 insane with "alcoholic psychosis."

"The number of persons committed to state insane hospitals in the prohibition states and the near-prohibition states is very much less than the number committed in the license states. According to the tables of the Kansas State Temperance Union, based upon the federal census of 1910, the number of persons committed to state insane hospitals averaged 118 in the prohibition states, 150 in the near-prohibition states, and 278 in the license states per 100,000.

Notwithstanding the extent of state care in Kansas, only 3.2 per cent of the cases admitted are forms of alcoholic mental disorders. The superintendent of our largest state insane hospital has figured the percentage on the cases admitted to the state hospitals in Massachusetts, Virginia, Illinois, Wisconsin and New York, and it runs from 8.2 per cent to 14.8 per cent."

CHERRYVILLE

The roads and hills are full of joy-riders. Over 600 automobiles and motor cycles passed through here on July 3rd and 4th.

All records were broken at the mountain hotels this Fourth on the crowds and machines of all kinds. Over 400 at Welches, nearly the same at the Rhodendron and Tawneys, while over 100 machines passed through the toll-gate.

The mountains in the higher altitudes are now ablaze with rhodendron, elk grass with its lovely fragrant white plumes, Indian paint brush and Mt.

Health In The Suburbs

BY LORA C. LITTLE

This is the time of year when mothers of young children need to guard against bowel trouble. Numbers of them are keeping their babies in flannels, thinking this a protection. I wish those mothers would themselves don flannels and as much overclothes as they put on their babies and see how they enjoy this hot weather.

The first thing is to clothe the child properly. In hot days, a simple cotton slip is enough for comfort and health. Next, see that the little ones get all the sleep possible. Third, a cool bath the first thing in the morning, given quickly—just into the tub and out again. Bathe no oftener. And fourth, look to the food. Overfeeding is almost universal. Do not feed children of any age oftener than three times a day, and this one measure will do more than anything else to prevent sickness.

All children need fruit or fruit juices in summer. Fruit can be given at the same meal as milk, but it is better to combine it with nothing else. Fruit and bread, or fruit after a mixed meal, is sure to cause trouble in all but the toughest, and even these will suffer in time if the practice is continued. A healthy child will not eat enough fruit to hurt it, providing nothing else is eaten at the same meal, and only three meals a day are eaten. This however means fruit uncooked and unsugared, or very slightly sugared.

The worst foods are stale things—vegetables, fruit, and worst of all stale and spoiled animal foods. Warm-over foods are an abomination and never should be fed to children or delicate people. It requires care and judgment to cook without warm-overs, but it is better to waste food than to make the family or any member of it sick by eating food to save it.

If indigestion and diarrhea appear in children, stop all food. The abdominal pack and the enema are the best measures to employ, and these with due discretion and care. Tepid water may be used for both. The pack may be worn all night and should consist of a one-fold strip of linen, wet, and over it a strip of dry flannel also two-ply and wide enough to cover the edges of the wet cloth. As a rule it is best not to give the enema to check the diarrhea on the first day. But if it continues, give a small enema after each evacuation.

When food is required again, begin with fruit juice (unsweetened), and nothing else. Raspberry or blackberry juice is good and seasonable. Or, if not available, a small quantity of ripe (but not overripe) cantaloupe is good. The juice of tomatoes (fresh ones, not

hood lily. It surely is not to be wondered at that so many people journey up into the mountains at this season of the year.

Red huckleberries are a very light crop this year but the black and blue are pretty good in most places.

Mr. Hauser of Tygh Valley passed through here lately with a big band of sheep which he will pasture on Wild Cat mountain this season. He says sheep business was never so good as during the past two seasons despite the doleful predictions of the Oregonian that the Democratic tariff bill had killed the sheep business.

A living wage says Henry Ford makes a model town and he practises what he preaches and not only offers work to every man in Detroit, Mich., but he gives them good wages, \$5.00 a day, and sells them a home on long time at a low rate of interest. This is the reason a venal press and hired jokersmiths are poking fun at him because he is the herald of a new day when labor will get a just reward.

We have been preaching christianity a great many years suppose we begin to practice it now. It is very easily understood, just the Golden Rule! If you were a poor man—which most of us are under the present economical system—would you like to roam the streets begging for work and if you got a job work for rotten wages? Mankind largely falls into two classes, a large majority going like sheep after a leader and exercising no thought for themselves and consequently securing but little material benefit in this life as the sharp, cunning and unscrupulous use them for their advantage. While the thinkers of all countries are planning an uplift for struggling humanity.

If we only had a Henry Ford in Portland the papers would not be full of frantic appeals for aid to feed the hungry in the summer-time. We will trade a thousand Pittocks and Ladds for the little finger of one Ford. In the meantime our preachers continue to vociferate about infant damnation,—or did until lately—virgin birth and blood atonement. Nero fiddled while Rome was burning.

GILBERT

The Fourth of July was celebrated in the safe and sane plan. It

canned) heated to boiling and then cooled slightly is also refreshing and beneficial. Good ripe peaches are all right, or a fresh ripe fig or two. Give no animal food and no starch until digestion is restored.

A delicate child, stripped of superfluous clothing, and turned loose on a sandpile to play, barefoot, will grow strong and vigorous, unless otherwise mistreated.

This study of health becomes interesting as we learn to observe. Note the robust mothers and fathers who scout diet restrictions, who eat everything in all sorts of combinations and all they want of it. Their children are never so robust, and they themselves usually break down in middle life. It pays to know as much about feeding oneself as an expert farmer knows about feeding his stock.

Parents of frail constitution who have healthy children prove thereby that they are living wholesomely.

Nature constantly strives toward the normal. "Every birth is a physical regeneration," says Dr. Felix Oswald.

Oldish folks, in warm weather, need to exercise special care not to overeat of starches. The bulk of their diet at all times should be of fruit and vegetables, and in summer two meals daily of fruit alone or with the addition of a small quantity of milk, will be best for them. Bread, cakes and cookies, as well as all cereals, should be cut to the minimum. Hardworking elderly people may digest such foods, but they shorten their life by eating them too freely.

Food may be medicinal and healing, or poisonous and destructive. Food will cure goiter, rheumatism, and other obstinate ailments. Food may cause almost any disease. Usually, however, cause is complex rather than simple, and of course to effect a cure all conditions should be righted.

One thing to bear in mind is, that persons who are out of health need to go to a greater extreme in dieting than those who are well and merely need to keep so.

Let a person eat in a way to bring on rheumatism, or kidney trouble, or liver complaint, and he will need for a sufficient time to omit the foods with which he is overloaded and live upon those whose action is especially eliminative and vitalizing. Roughly, this means less cooked food and more uncooked; less bread, meat and potatoes—perhaps none at all—and, when able to eat anything, more fruit and salad vegetables.

opened by a concert by the Gilbert Band at 10:30 a. m. followed by races for boys and girls under 12 years, boys race, married women's race, girls' needle and thread race, wheelbarrow and fat men's race.

After dinner the dance continued till 2:30 p. m. when the ball game between Gilbert White Sox and Albers Brothers began, the latter winning by a score of 5 to 1. After the ball game a horse race was held. Dancing was resumed and lasted until 12 p. m. The whole program was carried out in the name of Uncle Sam's birthday.

We learn that G. Burns lost a heifer after being sick a few hours. It is reported also that Mr. Chambers lost one lately.

Mrs. John Lenox has gone to Shelburn to bring home Mrs. Blatchford and her infant daughter.

Miss Mamie Johnson is reported on the sick list.

Bellerose Picknicked on Johnson Creek the Fourth.

Mr. and Mrs. C. C. Coulter and Mr. and Mrs. Moriarty of Aberdeen, S. D., have been visiting at the home of C. H. Bateman. The ladies are nieces of Mrs. Bateman. They have returned home.

METHODS AND VALUE OF THINNING FRUIT

"It is becoming more and more apparent that under our present market conditions Oregon growers must produce the very highest percentage possible of first-class fruit if they are to make good money from their orchards," says Professor W. S. Brown, Extension horticulturist of the Agricultural College. "Thinning fruit, especially pears, apples and peaches, is a practice which has been tried for some time in most of the specialized fruit districts of the Northwest and has proved to be of great value in growing fruit of the best merchantable quality. Fruit growing districts of the East are beginning the practice also.

"Thinning may be done either by pinching or twisting off the stem with the thumb and fingers or by using small shears or pruners. In either case great care must be taken not to loosen the stem of the remaining fruit or to break the fruit spur. An orchard foreman must watch the ground carefully

We Celebrate July Fourth

as the day of National Independence, but how many people are really independent? How about it, Mr. MAN? Would a few weeks of 'bad luck' put you 'down and out' or are you protecting your family with a handy little bank account?

THE MULTNOMAH STATE BANK will pay you 4 per cent on your surplus



World's Greatest English Speaking Actress, Mrs. Patrick Campbell, At Heilig, Week July 12.

The world famous actress, Mrs. Patrick Campbell and her excellent supporting company, will present G. Bernard Shaw's satirical comedy romance, "Pygmalion," at the Heilig Theatre. Broadway at Taylor streets, Monday-Wednesday-Thursday-Friday-Saturday nights, July 12-14-15-16-17 and at the special price matinee Wednesday. The bill on Tuesday night and at the special price matinee Saturday, will be A. W. Pineno's masterpiece, "The Second Mrs. Tanqueray". Mail orders are now being received. Address letters, make checks and money orders payable to W. T. Pangle, Manager Heilig Theatre. Inclose self-addressed, stamped envelope to help insure safe return. Evening prices, lower floor, first 11 rows \$2.00, last 7 rows \$1.50, Balcony, first 5 rows \$1.00, next 4 rows 75c, in rear 50c, Gallery 50c. Prices both Wednesday and Saturday special price matinees, lower floor, 11 rows \$1.50, last 7 rows \$1.00. Balcony \$1.00, 75c, 50c. Gallery 50c

to notice when workmen are careless in this respect.

"The specimens should be left widely separated enough so that when mature they will not touch. Whenever they come in contact with each other fruits are apt to rub or may offer a convenient place for codling moth larvae to start their burrows or in the case of highly colored varieties, cause the fruit to be off colored at that spot. To avoid touching, young apples, pears, and peaches are thinned to 4 to 7 inches apart, depending upon the variety.

"On apples and pears thinning is done for the most part just after the June drop. Peaches grow so rapidly and set so abundantly as a rule that they are often thinned before the 'drop' is over. Many growers, however, make a secondary thinning of apples and pears in the latter part of summer when cultivation is over and the work is slack, in which they take off specimens that have bad scab spots, worm infestations, rubs, sun burn and the like.

"Thinning is a form of harvesting in a sense and what it may cost may be rightfully charged to harvesting. It has the advantage, however, of coming during the long days of summer when the work is not so rushing as at harvest; of saving the vitality of the tree which would be expended in maturing the crop; of avoiding breakage in the limbs due to over-loading in years of heavy crops; and of greatly reducing the number of culls which would otherwise be handled at harvest time.

"In considering the amount of thinning to be done the fruiting habits of each variety must be carefully considered for an understanding of them is of the utmost importance. Varieties like the Newtown and Spitzenberg that bear many of their fruits in clusters may be benefitted by thinning even when the yield is moderate because, as has been pointed out, the percentage of culls may be increased quite materially by allowing individual fruits to touch each other. Varieties, such as Wine-saps, which naturally are inclined to bear small specimens if allowed to bear a full load, may have the size of their fruits increased materially by judicious thinning. On the other hand some varieties, such as the King apple and the Chagreau pear, are apt to grow to a size too large to be best for marketing thinned considerably. Care must be taken not to thin too heavily or too early on some varieties that shed heavily

ly such as Arkansas Black. Many varieties that bring low prices on the markets, such as the Ben Davis, it may not pay to thin when prospects are good for large yields of the better sorts.

"The cost of thinning will vary greatly with the size and shape of the tree—whether low or high headed—and the load of fruit it carries. Ordinarily it will take a man from one and a half to four hours to complete the job of mature trees.

"The best way for every fruit grower to find out whether thinning pays for him or not is to try it carefully on a few trees, leaving others unthinned to check on. He should keep track of the amount of time required in thinning and in harvesting and should note the differences in the proportionate amount of culls obtained from the thinned and unthinned trees. After the fruit is sold he can then figure out which method gave him the largest net profit.

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

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, to-wit: 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.

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