

Don't Nag

If you wish to help the world a little in your humble way. Don't nag. Your wife, if you're a husband, doubtless has her faults, but—say— Don't nag. You may be too busy toiling for your little bit of crust. To be able to lift others who are lying in the dust, But you still can help in making the world brighter, if you just Don't nag. If you wish to give him courage who has chosen you for life, Don't nag; If you wish to be his helper—and he'll need help in the strife— Don't nag. He may have a few shortcomings—husbands generally do— And he may sometimes sit beaten when he should have triumphed, too. But he'll rise with newer courage and new strength if only you Don't nag. All around you there are others who have painful wounds to nurse, Don't nag; Rubbing on the raw has ever and will always make it worse. Don't nag; You can see your neighbor's foibles—all his weaknesses are plain— But, then, what's the use of prodding when it cannot bring you gain? Why add by a look or whisper to the world's supply of pain? Don't nag. If she has her days for fretting, oh, be patient then with her— Don't nag. If she makes mistakes remember it is human still to err— Don't nag. You may not have strength to rescue the pale ones whose burdens kill, Or to lift the weary toilers who are stumbling up the hill, But you can refrain from making the world sadder, if you will— Don't nag. —Record-Herald.

pitied, but mothers are frequently active in promoting associations such as are offered on such outings. The solution of the trouble seems to be in added attractions for the home, and wiser maternal management.

THERE is a good deal of effort being made to show that the road work is being carried out just as it was agreed along in May. Well there seems to be a lot of complaint about it anyway. A report comes to us that they will not employ a man on some of the gangs unless he boards at the mess tent. A needy family from Mt. Scott moved out on the Columbia the other day and found there was no room for a man who wanted to board himself. As the wages run around two dollars a day, and board is five dollars a week, and hospital fee and accident insurance comes out of that it does not leave very much clear. Then there will be several days when they are laid off waiting for materials, repairs, change of location, etc., etc., and the board bill goes on. One fellow reports working three weeks and getting back to town with five dollars. When you consider that the laborer furnishes his own blankets, and that his conveniences consist of a bare bed on the ground, life on the road crew is not a dream.

THE news from Georgia seem to indicate that the authorities in that state are mere figure-heads, so far as the wishes of a considerable element of the people are concerned. Just what will be the termination of the case remains to be seen but of one thing the best element of the state may be assured. The mass of the people of the country will be glad to hear that the fellows who have been breaking the law down there deserve to serve the sentence which they have been so active in cutting short. It might be cheaper for the state, if they catch the offenders to hang a number of them. What Georgia needs is respect for authority, and about the only thing that will develop that in the disturbing element is fear of the gallows.

Aren't we thankful that we do not live in Galveston or some other town subject to semi-tropical hurricanes. Such hurricanes as besiege the coast of Texas make a display of the foolishness of men when they attempt to defeat the assaults of nature. The coast of Texas has been worn into a crescent by the cyclones of the semi-tropics. It can hardly be supposed that a mere cement wall will stand where the foundations of the earth have been uprooted by the wind and sea. Galveston might as well move back upon the mainland, where building a city is not so expensive or so dangerous.

Custom tailors in convention have resolved that man's overcoat next fall must be shapely. Are the men to be made over.

There is a growing suspicion that the leaders of various factions in Mexico do not want peace at any price.

Colonel Bryan has given up grape juice for loganberries but he is still sticking to the old line of argument.

Another type of council of war is that in which the family tries to decide where to go on its vacation.

THE Herald has tried running the local pages only for the past two weeks. A considerable number of our readers for a long time have urged us to do this. We have had practically no objection to the new arrangement except from a number who have been reading the serial story. To meet their approval we have ordered the portions of the story they have missed run in the next two issues and that will complete the story. We will then select a story of exceptional merit and run it in the local sheets. We believe that will be more acceptable to the readers. There will be less of the material they have not been accustomed to reading, and a good story in addition. Be on the lookout for the story.

LAST week a young woman of the vicinity was found in Holliday Park dead. Death was due to suicide by shooting and the officer who conducted the autopsy declared the opinion that the girl's mental attitude was due to mental anguish. She had been out motor riding the evening before with some young man. It is supposed that he conducted himself ungraciously with her. The disgrace was more than she could endure. Mental anguish crazed her and the results are open to the public. The moral of it is the foolishness of mothers who permit their young daughters to join in motorcycle rides with any one except the most trusted acquaintances. It takes a lot of nerve on the part of the best young man or boy to resist the emotions that may arise under circumstances such as may be met on a lengthy motorcycle trip. No young girl, inexperienced in the art of distracting attention from herself should be allowed to risk the conditions that may arise in such associations. The girl who has no mother to advise her is to be

Health In The Suburbs

BY LORA C. LITTLE

The great thing in dealing with disease is to keep your head. Do not let anybody throw you into a panic. On the other hand, do not be indifferent or neglectful. Examine and analyze carefully, find what is wrong and go promptly about setting it right.

Disease is the effect of Nature's forces working under a handicap. All that the best and wisest physician can do is to fall into step with Nature, use her own methods, and so far as it can be done without adding other handicaps, lift the existing one.

Here is an example. A boy of six, about to enter school, has in the past had running ears, has enlarged tonsils, and is said to have "adenoids." The father is worried (the lad is motherless), anticipates trouble with the doctor who has now invaded the schoolroom, and to save this has contemplated taking his son to a surgeon for operation.

Although the doctor at school cannot compel an operation, he can and probably will, by examination and repeated notices, harass the father and injure the child by impressing the latter with his inferiority.

This is bad, but an operation would be worse. It is a pity the little fellow is to be made conscious of physical defects for which he is not to blame, and which he is himself too young to correct. He is at the critical point where he is entering a new world, quitting the nursery for the schoolroom, ceasing to be a child and becoming a boy. Being physically frail, he needs all the moral support that can be given him, instead of meeting on this threshold of new life the discouragement that goes with a label of defectiveness.

Let us take a look at the boy. He is tall enough for his years, but much underweight. He has a narrow face with pointed chin. Prominent cords stand out on either side of his neck. His shoulder blades stick out, and his chest is flat and narrow. His hand is cold, as you take it.

His favorable points are, a fairly good carriage, a small head, and he breathes through his nose.

His appearance indicates that he is badly nourished, that his heart and vital organs are not overstrong, and that he must be wisely handled if he is to grow up and become a healthy and reasonably strong man.

It is fortunate that his brain is not, like so many young American brains, too large in proportion to his lung power. This favorable balance makes his problem quite simple, and makes it possible to put him in school without harm, providing home conditions can be rightly adjusted, and providing the school doctor is required to keep hands off.

First, the child must be fed properly. Next, he needs a ball and bat—which will soon supplant in his affections the doll he still plays with. He also should have a turning-pole in the backyard. Where he and his five-year-old brother now play "keep house," they should be encouraged to play boy's games, should have spades to dig with and boards and sticks to build with.

Germany doesn't use any hurry in taking her pen in hand to write to her Uncle Sam.

A man is always happiest when his shoes fit him.

NOTES OF THE W. C. T. U.

On Tuesday, August 24th, at the Friend's Church, a meeting will be held for the election of officers for Mt. Scott W. C. T. U. Mrs. Nettie Dunbar was chosen president for the year just closing and served up to the day of her departure for her new home in California when Mrs. Sommerfeldt, as vice president, assumed the work of president and carried it forward to the best of her ability. Has her services been acceptable to the members of Mt. Scott Union? August 24th is the day upon which to make plain to her how you feel about it. She may not wish to continue the work another year. The coming year will be one of great importance and everything depends upon getting started right for a year's work. There will be no refreshments served on next Tuesday. The session will be one for business and if every member is promptly on hand the work need keep no one from their home for any considerable time.

At the special meeting at the home of Mrs. Schuerman this week the reports of superintendents emphasized the results of work accomplished. Mrs. Harpner gave an account of the efforts along peace lines, a matter of particular concern at the present time, and Mrs. Richardson told of the medal contest work which brought forth a vote of thanks to Principal Hershner and his corps of assistants. The editor of the Mt. Scott Herald was also given a vote of thanks for the generous space given throughout the year to the news of the Woman's Christian Temperance Union. The county president, Mrs. Mattie Sleeth, will speak at the M. E. Church in Lents next Sunday evening.

Out of school hours, so long as the weather is warm, he should go barefoot and wear as little clothing as possible. He should be fed but three times a day, and should be in bed every night at eight o'clock.

Now as to food. I have seen his father's table. It groans with food in variety and seemingly well prepared. The trouble is there are too many kinds at a meal, and some foods are unsuitable to the children.

Bread, cookies, potatoes, corn, plums, berries and pie, besides butter and milk are set before them and they are allowed to have a little of everything.

This kind of feeding is responsible for most of his troubles. It has caused his running ears, his swollen tonsils and his emaciation.

Feed him properly and his face will grow plumper, his neck will lose its disfiguring cords and become round and his circulation will improve. After a time, the tonsils will go down. His color will brighten and his dry hair will regain luster.

He should be fed about as follows. Breakfast, half a pint of raw milk, sipped from a teaspoon. All the fruit he wants. The latter may be plums, ripe apples, peaches, pears, melons, or anything of the kind that he likes and that is available. One kind of fruit at a meal remember, and that uncooked and unsugared.

Dinner, home-made graham or whole-wheat bread and butter, and some raw vegetable, like cucumbers (plain), or lettuce, or celery, or onions, or carrots. Or, a cooked vegetable, occasionally.

Supper, potatoes with butter or cream on them, and some cooked vegetable, such as beans, squash, onions, or other vegetable.

Greencorn, buttered, can be eaten either for dinner or supper, and when eaten may constitute the meal.

This plan, which looks like limiting the food eaten, will never-the-less put flesh on skinny children, and it will positively not produce running ears and other forms of disease.

But, give the youngsters all they want, keep them to this plan, and do not allow exceptions or relapses to the sugared and complicated dietary, and we shall soon hear the school doctors boasting of how they have improved the health of the children.

When cold weather comes, bread or its equivalent, corn or oat mush, can be eaten twice a day instead of once. Butter or milk can be used with the mush—never sugar.

During the school year, if it is too far to come home for dinner, let the breakfast be more substantial and fruit and nuts be taken to school for lunch. Cheese can take the place of nuts part of the time. Or, dates and figs can be taken along with fresh fruit, and then nuts or cheese will not be needed.

Feeding this way, it is important that the children have plenty of what they do eat.

CHERRYVILLE

Dusty days and dusty ways. We are made of dust and some of these joy-riders are covered with dust. This is the hunter's month and the hunter's moon and already the hills are full of them.

Fay Shank is out from Portland on his vacation at the home ranch north of town. Fay says he is after that deer that came and spit at him when he was putting in oats a year ago last spring. He says he would look over it if it was the right kind a deer (deer) but no wild animal can invade his home and go unrebuked, besides a nice juicy steak of venison would be a mighty tempting dish.

The sale at Dr. Botkins last Saturday drew a fair-sized crowd but it had to be called off as the people seemed to be scared stiff and afraid to bid as money is all nailed down and the moneyed men will not lend a dollar under any circumstances. This is a shameful state of affairs and will not be put up with by high-spirited Americans whose forefathers established this country. People from the middle west say everything is booming with them and there is no excuse for the financial conditions here. The Government must run their own banks and anyone who can give reasonable security can have money on reasonable terms—not 8 and 10 per cent with a big bonus added—but 4 and 5 per cent on long time with the privilege of paying any or all at any interest date.

The planet Venus rises beyond Mt. Hood about 10 o'clock p. m., and one night lately as it began to crawl up slowly above the mountain some people thought it was "Lige" Coleman, who has a lookout station at the top, sending up a sky rocket to give warning of a fire in some locality. Coleman will have to keep Old Venus down or she will have these fire-wardens jumping stiff-legged.

Dr. Aken, a prominent San Francisco

IT IS a very gratifying fact to us, and we think you will be pleased to know that our business has increased 25 per cent during the past six months, in spite of adverse conditions. Of course our ability to serve the community has improved in the same ratio. THE MULTNOMAH STATE BANK LENTS

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clergyman, says there is no such God, no such Heaven or no such Hell as Billy Sunday preaches. No one with any degree of intelligence believes it either. He gets results and helps—temporarily—build up churches and hence the ministers fall for it and the business and professional men fall in line thinking it will help their business.

GILBERT

J. L. Johnson and wife of Ramapo station left Monday evening for San Diego and Los Angeles. They went down by boat and will return over the S. P. Mr. Johnson has several relatives in Southern California whom he expects to meet. They will be gone a month.

Walter Erickson of Portland has been spending a few days with Fred Dozier.

Mrs. E. A. Barrack and little son Eldon, have returned from a few weeks visit with her mother at Scotts Mills.

Mrs. C. T. Check is on the sick list this week.

Edgar Harvey of Portland has been spending a few days with Arthur Johnson.

The entertainment announced in last week's Herald to be given by the Gilbert Ladies Aid, and Epworth League was postponed until next Wednesday, the 25th.

The Courtney mill at Marshfield has been idle for some time but has been reconstructed and made ready for cutting lumber. At the present time the owners are negotiating for a contract for 5,000 ready-to-erect houses.

\$100 Reward, \$100 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 proprietors have 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. Address: F. J. CHENEY & CO., Toledo, O. Sold by all Druggists. Take Hall's Family Pills for constipation.

Dissolution of Partnership

Notice is hereby given that the partnership heretofore existing between W. F. R. Smith and E. R. Colgan in the blacksmithing business, in Lents, was dissolved June 25, 1914. All accounts outstanding will be payable at the shop, which will be operated by Mr. Smith, and be duly received.

Worms Cause Many Children's Ills

Worms, by thousands, rob the child of nourishment, stunt the growth, cause Constipation, Indigestion, Nervousness, Irregular Appetite, Fever and sometimes Spasms. Kickapoo Worm Killer gives relief from all these. One-fourth to one of these pleasant candy lozenges, taken as directed, kill and remove the Worms, regulate your child's bowels and restore its health and vitality. Get an original 25c box from your Druggist. Don't endanger your child's health and future when so sure and simple a remedy can be had.