

MT. SCOTT HERALD

Entered as Second Class Matter February 19, 1914.

At postoffice, Lents, Oregon, Under act of March 3, 1879

Published Every Thursday at Lents, Ore., by the Mt. Scott Publishing Co.
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A Philadelphia zoologist has been making some experiments with white rats. Just why she took white rats is not evident, except that she says that human beings and white rats, or white rats and human beings are more nearly alike than any of the other higher animals—just which she places in this higher class is not related. It is related that she has a colony of fifty thousand white rats and is not afraid of them except as to their possibility of transmitting disease to their attendants. It seems singular that a woman would so far master her desire to go into hysterics in the presence of a rat that she should actually cultivate the varmants with the idea of putting them to practical use, but then you can never tell.

You could do a good many things with fifty thousand white rats when it comes to experimenting and so she decided to put several important questions to the test. The tendency to inherit physical deformity were tried out. Defective eyes were transmitted to a numerous offspring through one mother having eyes of different size. But another rat with a defective tail did not transmit its deformity, and the latter fact was explained by the rats having been injured some time after its birth.

But the really important thing that she has proven is that undue exercise shortens life. Rats subjected to violent and prolonged exercise were victims of nervous complaints and heart troubles. They died early. This will be a serious piece of news to spread abroad. Every boy in the country will be justified in shirking violent exercise, such as cutting wood, carrying water, rocking the baby, running errands, and so on, and there are not a few men who will feel warranted in reducing the amount of severe physical exercise they have been accustomed to endure simply for wife and family. Many a man, no doubt, has gone to a premature grave, according to the evidence developed in this rat case, simply because the pressure of home needs forced him to endure exhausting labor and nerve destroying tension. Of course the women have little reason to complain. A woman can relax when her neighbor comes in to swap neighborhood news of interest. Any way it don't hurt a woman to be subjected to long hours of petty strain. She is more or less used to it. Washing dishes three times daily, sweeping several times a day, scrubbing occasionally, and listening to the racket of a houseful of rebellious kids hardens her so she is not effected by such trivials. Then she is constructed for a kind of petty demand on her nervous system that would wreck the mentality of masculine beings. There are unnumbered other reasons why the evidence developed in this rat experiment should prove a boon to men. They will be justified in being more conservative in the use of muscle and nerve hereafter and we look for a radical change in social and industrial relations in recognition of these facts.

But there have also been other interesting things proven. It is now clear that a rat may die a natural death, that is a death in which there has been a contest with disease. It has been shown that rats may die of typhoid or pneumonia. Who knows that they may not have all the other things that effect human beings, since they are so much like them.

The outcome of it all will be a colony of rat hospitals and asylums not unlike the places of refuge is prepared for unfortunate cats and other useless pets, that heretofore have suffered from the preference people have shown to unfortunate children.

An example of judicial rationality was disclosed this week when the case of Walter Quick of Lakeview was called to the attention of the Governor. Quick is an inmate of the State Penitentiary from Lake County. He is a farmer who unwisely appropriated a sack of oats and a small box of shot gun shells, a total of \$1.75, or so, and he got a term in the penitentiary, leaving a wife and baby to shift for themselves on an Oregon dry land homestead. Other men have robbed banks and upset the commercial status of cities and got less. The state spent several hundred dollars securing his conviction, if the usual course was followed, and since conviction, has been boarding him at a weekly expense in excess of the amount of his original delinquency. But what does that matter. The lawyers got their fees, the dignity of an unjust law was sustained, and his wife was humiliated; his child was branded the son of a jail bird and handicapped for life. Last month the wife grew desperate in contemplation of the injustice of the whole thing and decided to have it out with the Governor. She had no money but she did have one little flea bitten short grass pony and she made the 300 mile trip to Salem to lay her case before the Board of Pardons and the Governor, and she seems to have won her petition.

Such is life in Oregon. Is it any wonder there are pessimists and I. W. W's, and anarchists. If the present laws permit of such irrational punishments why are they not corrected. If the responsibility rests with the judge why should he not be disbarred?

Failure to visit the Land Show will be regretted. Save up on cigars and chewing gum and spend two bits to see a show that is worth several dollars of any one's money. The display of Oregon grown corn in itself is enough to pay for the trip several times. That such corn could be grown anywhere outside of the Mississippi Valley has long been a dream, but the dream is now a reality. Just as good corn has been grown in Oregon as grows anywhere. Seeing is the proof.

That the Baltimore school fire was not a Providential event especially staged to prove to Portland people they ought to close their school buildings to all sorts of public gatherings, and thus justify Fire Marshal Stevens in his extreme views on safety plans and devices. The Baltimore fire occurred in an antiquated private school building which, it is safe to say, was planned with narrow halls and stairways, and single doors that swung into the rooms.

The Agricultural College is busy these days promoting the approaching "Home Maker's Week," which will be held from January 3 to 8. Over 2000 people attended last year and it is hoped to exceed this number this year. It will be worth the trip to every farmer in the state. A full program of features will be mailed you on request. Local entertainment may be secured at moderate cost.

The proposal of the council to raise rentals at the Public Mark-

et deserves approval. Rentals have been too low there, relative to the advantages secured. Moreover rents should be adjusted according to location and character of produce offered.

Statement of Publication

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PLEASANT VALLEY

When the Creator had made all the good and beautiful things, in order that they might be appreciated. He then made the beasts and reptiles and poisonous insects. When he had finished, He had left over scraps that were too bad to put into the rattlesnake, the hyena, the scorpion or the skunk, so He placed all these together, covered them with suspicion, wrapped them with jealousy, marked them with a yellow streak and called the result a "knocker." Then as a compensation for this fearful product, He took a sunbeam and put it into the heart of a little child, the love of a mother, the brain of a man, wrapped them in civic pride, covered them with brotherly love, gave them a mask of velvet and a grasp of steel, and called the result a "Booster." He made him a lover of fields and flowers and manly sports, a believer in equality and justice. Ever since these two were created, mortal man has had the privilege of choosing his associates.

J. F. Wing, of Lents, was a business caller in the Valley one day recently. Chas. Ericson, of Portland, was out to his farm last Sunday.

Rev. J. A. Hoye, of St. Johns, was

Health In The Suburbs

BY LORA C. LITTLE

With scarlet fever, sore throats, colds and the like keeping many children out of school, it may not be amiss to consider briefly the causes operating to produce such results.

But first, pray read no farther, or else read to the end. Judge McGinn remarks that a drawback to woman suffrage lies in the fact that women are not good listeners. There is truth in the charge. There are many women, and likewise a few men, who can hear but half a statement until they fly to contradict it, deaf and blind to all save their own half-baked notions. That is not the road to knowledge. Perhaps The Herald has no such readers, but lest it have I offer my warning.

We are all familiar with the contagion theory of disease. It won't hold water when put to the test. The theory survives because it relieves parents of responsibility for the afflictions of their own children, by putting the blame on other people's children; and also because it is indispensable to medical inspectors and medical health boards; without it, their occupation would be gone. The truth is making headway, however, as truth always does. It crops out with ever greater frequency in medical writings. Space does not permit of quotations, only a brief statement of the actual causes of these fall and winter ailments of children.

Overfeeding is the first and greatest trouble. Bad air comes second. Aside from these two practically universal causes there are occasional and special ones in some instances, but they cut small figure in general. Ninety-nine-one hundredths of cause lies in parental errors of care or discipline. Not in the neglect of other parents, but in the mistakes of the parents of the afflicted children themselves.

Overfeeding is, to be sure, an all-year habit. The reasons for its effects at this particular time are several. First, the summer overeating of children is upon different food from that of fall and winter. In the summer and early fall the youngsters stuff themselves with berries, green stuff, peaches, plums, melons, pears and apples, and are little the worse except where other foods enter into combination and make trouble. These fresh fruits and vegetables are quickly dissolved, their refuse is easily got rid of. They are chiefly water and do not overtax the system. Children who have all the fruit they want will eat little else, and in warm weather need little else. Children who do not eat fruit and vegetables in summer will normally have small appetite and unless coaxed will still eat lightly of the concentrated foods. But as cool weather comes on there is a need and a craving for heartier food. At the same time the fresh fruits largely are gone, few children eat freely of vegetables, and the result is, the child who a few months ago was distending his stomach with watery food now eats to

calling on friends here about last Friday and Saturday.

C. S. Ballinger, of Portland, was a Valley visitor Saturday.

Mr. and Mrs. Jas. Lewis entertained friends from the city Sunday.

E. L. Anderson, of Creston, has leased the C. E. Kosterson place and will move on it in the near future.

Wonder what the news papers will have to fill up their columns with after the fifteenth?

The hunting season is over and the pleasantries will rejoice, so will we.

The teachers and pupils of Pleasant Valley school will give an entertainment and basket social at the grange hall next Saturday evening, Nov. 6th. The proceeds of the entertainment will be used toward providing and equipping a play shed for the youngsters. Miss Osburn and Miss Roman are making an effort to bring the school up to the requirements necessary for standardizing. They have already brought the library up to standard, and the flag is raised whenever weather conditions will permit, with the exception of individual seats the buildings are now up to standard requirements. We understand that the board has promised to provide the necessary desks. The play shed with the required paraphernalia will complete all the details necessary to bring the school up to standard. The teachers are certainly creating a spirit of enthusiasm among their pupils, not alone in their school room work but the youngsters are beginning to show great interest and pride in civic improvement. We trust that all patrons of the school will turn out and aid in making the entertainment a grand success, and thus encourage both teachers and pupils in the good work they are doing.

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810 Main St. Lents, Ore.