

EMPTY HOUSES SCARGE IN LENTS

Altho there is considerable complaint about stringent times, and work seems rather difficult to find, it is really surprising what the real conditions are in the Mt. Scott district. Portland has several thousand vacant houses and the natural inference would indicate that this portion of the city would be as conspicuous in its number of vacancies as any, yet it is a fact that relatively few desirable places are open for rent. A year ago there were even more empty dwellings to be found than now. In Lents there are a very few store rooms closed, and good dwellings are in demand.

The next two months may see labor conditions rather quiet, and quite a number of local workmen may look for employment outside, but it is probable that conditions will improve about March and all classes of help will be in big demand. Portland will have a lot of new construction work the coming season. Prospects are good for big construction work at Oregon City. Several railroad lines are planning improvements and surplus help will be drawn away from the city.

One of the singular things evident is that in spite of an actual depression in the labor demand, there has been actually a lot of building and repair work going on. This can only be appreciated by getting out and seeing things. The explanation for this is that many mechanics unable to find work have been utilizing their time making improvements on their own property. It is probable that the sum total of this development will actually balance the period against a similar period in more prosperous times, in increase of valuations.

Health In The Suburbs

BY LORA C. LITTLE

At the close of Dr. Tilden's talk at the Commercial Club quite recently he told of a trip to New York a few months ago, when, on arriving at Pittsburgh, he found his friends had got up a meeting in Carnegie Hall of over 500 people to greet and hear him. He said, "If you will do that in Portland I will come out here again next year." A man in the audience called out, "Then you will be with us next year?"

About 120 persons sat down to the dinner Saturday night. The menu, specially arranged as a "Tilden Dinner," was as follows: First course, Baked Halibut, Cauliflower, Baked Beets, Tilden Salad. Second course, Baked Apples and Cream. That was all, save butter, oil, salt, salad dressing and water!

Dietically there were two mistakes. The salad dressing contained too little lemon, and the baked apples were sugared. Besides, with the fish in the meal, the cream should have been omitted from the dessert.

A lady at the table sent up a request to the committee in charge requesting a small piece of bread. She was sternly refused, though it seemed like refusing the famishing child of the old poem her "three grains of corn, mother!"—in view of the common custom of eating bread with every possible and impossible food combination.

Any meat could have been served in place of the fish, which had been chosen because Saturday night came between two regular feast days, Thanksgiving and Sunday.

Such a meal should consist of large

portions of each article served. As it happened, the salad was the best thing in the meal, being least spoiled by a conventional public chef. It consisted of equal parts of lettuce, celery and cabbage, with a dash of minced onion. The cabbage and lettuce were diced, the celery thinly sliced crosswise of the stalk. The dressing should have consisted of olive oil two parts, lemon one part, and salt enough to season the salad, all beaten together to a cream. The salad portions should consist of a rounding soup-plate full.

One of the features of the Doctor's interesting and informing talk at the close of the meal was a discussion of starch foods and their proper use. Meat, he explained, should never be combined with starch—that is, eaten at same meal. The reason is, that meat is digested in the stomach in an acid medium; the gastric glands pour into the stomach an acid juice to take care of meat. Starch, on the other hand, requires an alkaline medium for digestion, and its digestion in the presence of an acid is retarded until the acid is finally overcome by a supply of alkaline juices, and this again interferes with meat digestion. So that, taking starches into the stomach with meat makes a fool of the stomach and it cannot do its work perfectly. Of the starches that may be eaten with meat, however, potato is least harmful; this is for two reasons, one being that the potato is 90 per cent water, anyhow, and the other that the potash in the potato aids in its digestion. Bread and meat are utterly incompatible and their habitual use would cause much premature aging and disease generally, even though countless other errors of life are not common.

Starch foods, the Doctor declares, are frightfully overused. Bread, he says, is the staff of life up to about 35, after that it becomes the staff of death. But even children are now fed too much starch. Starch three meals a day, even for them, is too much. Adults past 35 who are healthy may eat starch once a day, no oftener. Furthermore, the rule should be to have but one kind of starch at a meal. If potatoes, then no bread, rice, macaroni, cakes, mush, or other starch dish. If one of the latter, no potatoes, or other starch.

There are reasons for this as sound as that given for avoiding the meat-starch combination, but space does not permit going into them here.

The sugared baked apple is well enough in its place, but sugar should not be eaten at same meal as fish.

After the Doctor had talked awhile he said, "Do you notice, nobody in all this assemblage has been coughing and clearing his throat? This would not have been the case had bread or potatoes been served with this meal. Even a Christian Science congregation coughs its head off after the ordinary meals this time of year."

Who is Dr. Tilden? He is a Denver physician, graduate of a medical college and holding the usual M. D. degree. He began practice 45 years ago, and for 25 years followed in a measure the methods taught him and practiced by other medical men. He had in that time, however, grown skeptical of drugs and had come to depend largely on surgery. It took him some years to learn that surgery is not the road to health restoration. He said in one of his addresses in Portland that not more than one in a thousand of appendicitis cases is really such, and still fewer need an operation.

He refuses to be called a food doctor, saying there is but one cure and that is to remove the causes of disease in any given case. "Cut out the wrong habits that cause it!" These may be mental as well as physical.

The Doctor has a large practice, conducting a School of Health besides receiving patients in an apartment building which he has had constructed especially to accommodate them. Besides all this, he edits and publishes the liveliest and most informing health magazine in the world, formerly known as "A Stuffed Club," but now styled "Philosophy of Health."

When the Doctor comes to Portland again, every reader of the Herald should make it a point to attend his lecture, which will be free, as was that at the public library Sunday night, as well as the one at the Chamber of Commerce, only the dinner being paid for.

At another time I may pass on to readers of this paper, with the editor's permission, further matter from his two late addresses.

NOTES OF THE W. C. T. U.

Mrs. Lucia Faxon Additon is suffering from a severe cold which she has been unable, so far, to check. She was unable to come out to Lents this week to keep her appointment made some time ago. Mrs. Additon has established herself at Elton Court, 11th and Yamhill street, opposite the Central library.

Mrs. Bengett announces a meeting of the L. T. L. at the Friends church on Friday afternoon of this week.

Mrs. Miller and Mrs. Walsh have been selected as captains in charge of

the membership contest for this union.

The watchnight meeting which had been arranged for New Year's eve has been dropped on account of the union services, the ministers of Lents having announced, which will include that date. The pastors feel that they need the assistance of every christian worker.

There will be no meeting of Mt. Scott Union until January 10th, at which time Mrs. Walsh will be the hostess.

Mr. and Mrs. Frank Barstow leave this week for permanent headquarters in San Francisco. They have at all times given aid and encouragement to the prohibition cause and will fearlessly speak out for the cause in their new

home. Four years ago Mr. Barstow came into the employ of the Federal Wireless Company, being the manager of the station located on south Main street, Lents. Being an indefatigable student, Mr. Barstow entered the University extension class in electricity and has in this, and other ways, been constantly increasing his knowledge of the subject. He has installed and operated the new instruments perfected by the wireless people; he built the receiving antenna on the Board of Trade building and in many ways made himself indispensable to the company. About two weeks ago the company offered Mr. Barstow the position of manager of the

South City station in San Francisco. He was just completing the building of a little home—just such a cozy place as had long been in his dreams. He replied with thanks that he preferred to remain here. The company insisted upon the change and there was nothing for him to do but go. It is with regret the friends of this young couple see them move away, but we are all glad California will gain an addition to the fearless prohibition ranks.

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Ask the local agent for fares, train service and other information, or write

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