

# MT. SCOTT HERALD

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**I**N times like these when jobs are scarce as hen's teeth, it is particularly irrational on the part of anyone to talk about shorter hours and increased pay. There are thousands of people out of work. If there was a demand for the products of labor the labor would be given a chance but there would be ruin for the producer who went on piling up finished products without a definite outlet in view. Hence producers limit their output, and labor suffers with the employer. There is no reason why labor should not suffer with the employer. It enjoys the benefit of an income long after the employer's profits have ceased. Labor's share in any enterprise is far the surest part, for capital takes a chance of profits. Labor's profits are frequently reaped before the employer has arrived at a productive period, and it continues until he faces a failure.

These things are evident and in spite of the average country-wide demand for employment, there is a considerable element whooping it up for shorter hours and increased pay. It is the old story of the fellow killing the goose that lays the golden egg. What difference does it make to the ordinary short sighted employee whether his employer makes an income on his investment or not, as long as the employee gets all that he wants. He fails to see that the success of the employer means a permanent income to himself, grabs at the shadow, and loses the bone he holds in his mouth, as it were. Thus there are a lot of boosters just now promoting higher wages and shorter hours in railwork work. The shorter hours may be all right, or nearly so, but the rate increase per day is irrational. There is no reason why a railroad man's endurance should not be considered but there is also no reason in claim for additional pay when his demand for shorter time forces his employer to increased expense. The demand is the equivalent to a demand for double advance and the ultimate end will be the failure of the railroads, or reduction in the quality of the service. If the latter is done the road's income will suffer and delimiting of help will follow.

**C**ONGRESSMAN Hawley has introduced a bill into Congress, providing \$3,000,000 for the purpose of constructing a naval base near the mouth of the Columbia, for the purpose of handling all sort of naval construction. This is in accord with the movement started at Astoria with that object in view. There is every reason why the bill should be carried. The entire Pacific coast only has two naval stations, about a 1000 miles apart, and one of them is at the mercy of a foreign outlet, namely the Sound. A naval station located a few miles up the river from Astoria would be comparatively safe and it would be a tremendous advantage to the country.

The Hawley bill reads:  
Authorizing the establishment of a naval base on the Columbia River near Astoria, Oregon, and making appropriation for the beginning of construction.  
Be it enacted by the Senate and House of Representatives of the United States of America in Congress Assembled, That the Secretary of the Navy be, and he is hereby, authorized to secure a suitable site on the Columbia River, Oregon, as near to the entrance as may be deemed advisable, for the construction of a first-class naval base, including the following: Building ways, for building large and small vessels; dry docks,

capable of docking the largest dreadnaughts; marine railways; machine shops, boiler shops; electrical shops; pattern shops; paint shop; copper shop; galvanizing shop; joiner shop; ship-fitter shop; smithery and chain shop; sheet-metal shop; boat and aeroplane shop; sail, rigging, and flag shops; oxyhydrogen and acetylene shops; foundry; tracks and rolling stock; barracks; chemical laboratories; radio plant; magazines; hospital, dispensary; fire-engine house; stables and garages; piers; fueling plant; storehouses; office buildings; floating derrick; and saw-mill; and that \$3,000,000 be, and the same is hereby, appropriated, out of any money in the Treasury not otherwise appropriated, for the acquisition of a site and beginning of the work of construction.

The figures show 2545 quarts of liquor were ordered in this county during the month of January. That of course will not represent all the liquor that was used. The fellows who had some stored up no doubt were not counted among those who ordered from outside the state. The number who order next month will in all probability exceed the number above, as some of the stores will be exhausted and new names will appear on the lists. But there will be others who will not appear again. Sending to San Francisco to get something to wash the dust out of your whistle will not be popular for there will be danger of suffocation before the liquid arrives. The delay will cool the desire and the demand will drop to a mere shadow of its former standard.

President Wilson has clearly demonstrated by the warm approval of his speeches the fact that the people of the United States are earnestly in favor of an adequate army and navy, and other defensive means with which to defend these glorious United States, in case it is attacked from whatever source. The president was much pleased with the tremendous ovations which he received in Milwaukee, where the German-American population is so preponderating. These German-Americans show not only that they are Americans first, and Germans afterwards, but that they believe in the stars and stripes so sincerely that they desire the United States to be adequately prepared for defense against any nation.

One of the measures to come before the people at the next election will be a bill to prohibit compulsory vaccination and it should receive the support of every properly disposed person. If I want to take the chance of getting a disease it is essentially my own business. Admitting the apparent merits of vaccination, it is an open question of the introduction of a poisonous serum into the veins of a healthy person may not permanently injure the person in some other way or lay the basis for more dangerous complaints then or in after life.

People living on some of the main roads in eastern Multnomah attempted to get their roads opened by the commissioners. Mr. Lightner is said to have told them the county was opening up the entries to the Columbia highway, but if the local people wanted their roads opened up they would have to do it themselves. Which all goes to show that the commissioners consider the highway the only worth-while road in the county, being the road used by the leisure class of Portland.

Does she always tell you to get a roast big enough to have some left over for hash on Monday.

## Health In The Suburbs

BY LORA C. LITTLE

What gives physical endurance? A middle-aged business man walks four miles facing a snowstorm, the wind blowing a gale, several inches of snow already on the ground and the mercury several points below freezing. He collapses and dies at the end of his journey. A robust looking young woman "mushes" three miles under similar conditions, but with the wind on her back. She arrives exhausted and hysterical. On the other hand, a woman of sixty does seven and a half miles through the same snow, finds herself none the worse for it, prepares and eats a hearty dinner, spends the evening reading and writing, and goes to bed to sleep soundly and wake completely rested. Why the difference?

Listen! You are about to learn a great secret. That is, I assume it is a secret, since scarcely anybody acts as if he knew it. Endurance is chiefly a matter of freedom from intoxication. Not with whiskey—perish the thought, in teetotal Oregon! To be intoxicated is to be suffering from some toxicant, some poison. It may be from poisons taken into the system, as tobacco, tea, coffee, drugs of various kinds. Or, it may be from poisons produced in the system through converting foods into poisons. The last is due to unsuitable food, or to eating at unsuitable times, or eating too much.

There are other elements to endurance. A good anatomy, a balanced vital organs, is one. Exercise, physical drill, another. Yet the virtue of the good anatomy is that it keeps us unpoisoned, and that also is why exercise helps; it unpoisons us, effects a stricter elimination.

The man who dropped dead from the exposure and effort described was badly poisoned. Likewise the girl whom three miles fazed. The woman who enjoyed the seven-mile snowstorm does not live on stimulants, that is a safe bet. Her nerves are not worn down with the titillation of narcotics. It is not likely that she habitually overeats. Her mind is serene—as should be the case at her age. The hysterics of the girl was partly a state of mind. She was excited and upset by the unusualness of the experience. A snowstorm, and the necessity of walking three miles in it, terrified her. The alarm of her friends at home finished the business. If you would have endurance, beware of drugs and stimulants, eat vitalizing

food and not too much meat. The vitalizing foods are the uncooked fruits and vegetables, also in less degree the cooked, but not the overcooked, whole grains (prepared), nuts, milk, meat and eggs. These must, however, be eaten only in suitable quantity and in correct combinations. Devitalizing foods are, all overcooked foods, such as the stuffing or "dressing" used with fowl or other roast meat, warmed-over potatoes, toast or zwieback, and the refined foods like white flour bread and cakes, sugar, candy, sirup.

The foods I have classed as devitalizing may be eaten in moderation, provided enough of the raw fruits or vegetables or both be taken to balance and neutralize their effects.

The wheaten loaf is an overpriced food, as I have before remarked. Even when made of honest graham or whole wheat it is far from the ideal food it has been held by past generations of vegetarians. The yeast it contains causes it to ferment easily in the stomach, and eaten as it usually is with all kinds of dishes, with meats, fruits, potatoes, it remains in the stomach overlong and sour stomach is a common result. When there is no belching or other evidence of fermentation, acidity is nevertheless produced in the system. This is shown by rheumatic twinges, neuralgia, gout, gallstones, or liver or kidney colic due to "stones" or some other ailment determined by individual peculiarity. Bread is the cause of more auto-intoxication than any other article of food. Eat it, if you will; but limit it to one meal a day or four or five times a week, if you would be well and keep your youth, suppleness and endurance past forty. Grain foods have been the bane of vegetarians. They have assumed they must get some strong food to take the place of meat, ignorant of the fact that wheat used in considerable quantity it exhausts by overtaxing the digestion.

Food that is not perfectly digested clogs and poisons. It takes nerve energy to digest, therefore one should not eat when exhausted, and at any time when overtaxed one should eat lightly, nor squander energy at such times taking care of the devitalizing foods. Meat eaten too freely lessens endurance. In short, like Josiah Allen's wife, we should aim to be "mejum" in all things. Moderation minimizes the mischief of a poorly chosen dietary.

Leland Moore is back from Corvallis where he is taking a course of studies at the O. A. C.

E. L. Bort, who has spent the past several months in St. Paul, Minn., has returned to his home on Pleasant View avenue.

E. L. Anderson had the misfortune to lose a valuable cow one day last week.

The Damascus auto stage has resumed operations since the recent blockade in the road has been cleared out. There is still some good sized drifts in the road at numerous places.

Mrs. G. N. Sager was a city visitor last Tuesday.

Our telephone lines are still out of commission, otherwise business conditions seem to have returned to normal. The croaking of the frogs and the return of the blue bird remind us that spring time is with us once more.

Sham Wisdom.

The Sophists were a body of teachers in ancient Athens during the fourth and fifth centuries B. C. who gave instruction in any or all of the higher branches of learning. Although they were not a philosophic sect and held no doctrines in common, the Sophists were nevertheless skeptics and maintained a belief of uncertainty of all particular knowledge and, in fact, in the impossibility of all truth. Their two leading representatives were Protagoras and Gorgias. The Sophists were charged with bringing reasoning into contempt by casting uncertainty over the most obvious truths and in consequence were ridiculed and denounced by Aristophanes, Socrates and Plato. Aristotle defined a Sophist as "a man who makes money by sham wisdom."

**A Queen Made a Color Famous.** Marie Antoinette early in the summer of 1775 appeared before the king, her husband, in a lustrous dress of chestnut brown, and he remarked, laughing, "That puce color is delightfully becoming to you." Very soon all the court ladies had puce colored gowns, but the color not being universally becoming and less extravagant than light brilliant tints the fashion of puce colored toilets was adopted by the upper middle class more than by the nobility, and dyers could hardly fill their orders. The varying shades were given the most peculiar names, none of them attractive, "flax's back," "Paris mud" and "Indiscreet tears" being the most euphonious.

**Daily Mails**  
Mails at the Lents postoffice arrive and depart daily, except Sunday, as follows:  
Arrive 6:00 A. M. 12:50 P. M. 3:30 P. M.  
Depart 7:15 A. M. 12:30 P. M. 5:30 P. M.

## Your Bank Account

Is more than half of your business resource. Character, reputation and business ability, all count, but the cash back of a man "talks," when it comes to business interest. This is as true for a farmer as for a merchant. Having one of our check accounts will impress your acquaintances with your financial standing and appeal to them more than cash in hand. For safety and influence carry a bank account.

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Lents Sta., Portland, Oregon

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### NOTICE TO CREDITORS

In the Circuit Court of the State of Oregon, for the County of Multnomah, in Probate, Department No. 6.

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Ernest Herlihey deceased, by the Circuit Court of the State of Oregon for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present them properly verified as by law required to the undersigned at 314 Spalding Bldg., Portland, Oregon, within six months from the date hereof.

Dated and first published February 3, 1916.  
Emma Herlihey, Administratrix  
John Van Zante, Attorney.

### I WILL GIVE \$1000

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Without Knife or Pain  
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ANY TUMOR, LUMP OR SORE on the lip, face or body long is CANCER! It never pains until last stage  
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KINDLY MAIL THIS IN CONNECTION WITH CANCER



### Regarding Trees

It is said "every dog has its day." Many people think "apples" have had their day and are neglecting their apple trees; others have already pulled a lot of theirs out. Consequently if you have a favorable location for an apple orchard, there is probably no better time than NOW to plant a good apple orchard. In five years time when your orchard should be in bearing, apples will be commanding a big price on the market. Here are some of the best commercial apples on the market. Consider our prediction and arrange to plant at least five acres this spring.

### APPLES

- Baldwin
- Grenstein
- Grimes Golden
- Jonathan
- Newton Pippin
- Spitzenberg
- Rome Beauty
- ORENCO
- Wagener
- Winesap
- McIntosh Red
- Vanderpool Red

The time to sell is when everyone else wants to buy and the time to plant an orchard is when everyone else is of the opposite mind. An apple orchard of good marketable varieties planted under favorable conditions is bound to be profitable. You can't figure it any other way. When you have decided the kind and number of trees wanted, drop a line to the OREGON NURSERY COMPANY, Oreno, Oregon, and have us reserve the trees for you.

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ORENCO, OREGON  
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