## MT.SCOTT HERALD



## Published Every Thursday at Lents, Ore., by the Mr. Reorr H. A. DARNALL, Edron Axd Masaakr.

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## Health In The Suburbs

| Three months ago a woman came to ask my advice. She wanted to know whether ber aitments were curable and what should be done for them. I 4 sured her she was curable, providing she would take her case in hand intelligently and persevere in the required course. <br> Although regarded both by her friends and herself as of guperior mental and moral fibre, I knew the chief trouble lay here. She constantly excused berself and for her condition blamed others and circumstances over which she had no control. She had the too common type of mind that carinot endure admission of self-faults. Whereever the trait exists, this is the chief difficulty in the way of getting well. <br> However I hoped gradually to lead her to recognize and admit her personal responsibility for her broken health, and at her request gave her a first lesson in health. Constipation was a marked symptom and I saw it to be the come to regard as serious-as indeed it was. I outlined a program to follow for the next two days, when she would return tor her next lesson. It was simple and casily carried out, though it involved a radical change in her habits. <br> I warned her that continuing in her present course would soon bring her to grief and probably to the operating table, whence she would come mutiated, with sound health forever beyond her reach. <br> Two days later she returnel, having put into effect a small part of the regime, while continuing to do certain things which I had forbidden. She was things which I had forbidden. She was | know to be elogging-if you do not know, learn what they are. Fresh fruit alone for a few days will clear your blood and bowels wonderfully. If you feel faint. it is not due to need of food, but becanse you are choked with drad matter. As you get rid of this jour strength returns. A friend told me awhile ago of her daughter who was pnt on a fast by the family doctor. When she began to fast she was ill in bed and too weak to walk across the room unaided. Three days' abstinence from food and the girl was strong enough to go to the doctor's office. <br> Any sick person who is not willing to discipline himself does not deserve to recover, and rarely does. He may be patched up, but real health be never experiences. <br> The famons Metchnikoff, the man who discovered that sour milk would keep you alive and well indeffintely, is reported "seriously ill with heart tronble." So do illusions fade. <br> His theories were based on the gorm theory-the good germ destroying the bad germ, and in the absence of bad germs of course you must be well and immortal. Piffle! And now Metchnikoff himselt is about to admit it, by dying. Will it affect the buttermilk tank industry? <br> Buttermilk is well enough occasionally, when you want a light meal. As a between-meals drink it is a mistake. If taken in excess it will cause catarrb, even as will sweet milk. <br> Back in Chicago, Bishop Sumner was charged by medical freedomers with |
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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 ing and appeal to them more than cash in ing and appeal to them more than cash in
hand. For safety and influence carry a bank account.

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