

# MT. SCOTT HERALD

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**T**HERE are many indications that point to the truth in the statement that the number has been greatly multiplied of people who see the weakness in the old claim of saloon revenues being an economical resource for the town and the friend of good business conditions. Even men who have been saloon keepers admit that they can do better in other lines. Of course the fellow who used the liquor is better off. He is able to get home with his pay check now. Results are seen in the better clothing which his wife and children wear; in the larger amount of nutritious food that goes into the homes of former saloon patrons; in the noticeably improved condition of the account the grocer carries against men who formerly could not meet expenses because their pay checks would not stretch past the saloons. If business conditions were otherwise improved it would be strikingly apparent that the termination of the saloon in Oregon has been marvelous blessing. Now the question is, do we want to do anything to change even the advance that has been made with the chance of reopening the way for a return to the old condition. If the proposed Brewers amendment should carry Oregon booze factories will reopen. The profits of the business will be pocketed by a half dozen big institutions that have already pillaged the state's resources for years. They will virtually maintain a monopoly of the state's liquor business. There will be but themselves to profit by it. Under present conditions there will still be no reason why people will not send out of the state for liquors, and they will. Not only are they sending out of the state for beer now, the cash invoices for stronger liquors are even heavier than for the beer. These will be continued. We will still be sending out of the state for liquor.

It is plain as can be that we are not going to stop the liquor business by encouraging it by considerate laws. The way to stop the business is to stop it. Make it absolutely impossible for people to use liquor except for medicinal purposes. To do this you must vote no on the Brewer's amendment, whatever else you do.

The monthly report from the Oregon Bureau of Mines is an unusually interesting number to the general reader. It drops technical geology and deals with some Oregon scenery from a matter of fact standpoint that is devoid of exaggeration and places the wonders of the Cascades before us in a way that appeals to us as reliable and unselfish. The beauty, the mystery, and the majesty of Mt. Jefferson and the three Sisters and Crater Lake and the entire south Cascade section are covered by instructive narrative, handsome photo engravings and delightful color plates. It will prove a guide book for people exploring that part of the state.

The State Fair Fund just apportioned, gives Multnomah County 12,633.70. If this is properly handled it ought to put the county fair on easy street, and it is no more than just that it should have the bulk of it. It is the only farm fair in the county of any permanent nature.

The rain may have hurt some hay but how about the potatoes?

## HEALTH IN THE SUBURBS

By Lora C. Little

### INFANTILE PARALYSIS

Never was the incapacity of health boards better exemplified than in the performances of the last few weeks relating to infantile paralysis.

The first case reported in N. Y. City was on June 26. Inside two weeks 130 deaths were reported. In the meantime the health commissioner, Dr. Haven Emerson, was giving daily interviews to the press and working the population up to a state bordering on hysteria.

One of his first orders was to close the playgrounds of the city. Next he prohibited picnics and outings of children. Result: the cooping up of hundreds of thousands of children, shutting them away from sunshine and fresh air and depriving them of exercise.

Later, Dr. Emerson told the public there was unnecessary anxiety over the disease, that an epidemic of measles took more lives, and further that many reported cases proved to be something else. He offered the advice to parents to keep their children out as much as possible in the fresh air. (With playgrounds closed and picnics forbidden.)

All cases and suspected cases were quarantined. Warnings were issued to have all children's illnesses diagnosed by doctors, and soon worried mothers began to flock with their children to the health offices. An army of policemen, doctors and nurses began a house-to-house canvass to round up cases and violators of sanitary rules.

The panic spread to Chicago and Dr. Robertson, health commissioner, detailed a force of 18 doctors to watch incoming trains for suspects.

With not a case within thousands of miles, Oregon began to be affected—in her mind. Dr. David N. Roberg, state health commissioner, sent out a call for health officials to gather in Portland, Washington, Idaho, Montana and British Columbia sent representatives. Rules were adopted, and Oregon is saved.

An interesting regulation is that in force over in Washington, where persons coming from "infected areas" must present certificates that they have not been exposed to the disease within 15 days. It would take omniscience to issue such certificates, yet the doctors will do it without the quiver of an eyelash.

Congress ostentatiously appropriated \$135,000 of the people's money to "fight the disease." The public health service gets this. The Rockefeller Foundation has donated \$50,000 for fighting it in N. Y. City. Medical pockets will have no trouble taking care of that.

Summed up, the knowledge possessed and the actual service rendered by the whole kit and caboodle are not worth a hoot.

The Washington doctor who came to Portland confessed his profession does not know how the disease spreads. There is agreement among the lights of allopathy generally that they do not know of anything to do for it. Yet everybody is urged to send for the doctor, and quarantine is rigidly enforced.

Lay minds are not so clogged with misinformation on the subject as are the regular doctors; therefore let us see what we can learn from examining the claims of doctors professing to know something about it, in the light of reason and what we already know.

Dr. J. W. Hodge (homeopath) says the disease is no more contagious than corns. We should laugh if anybody claimed other forms of paralysis were contagious. Hodge sounds reasonable. Dr. J. H. Tilden (eclectic) has written on it at some length and takes no stock in the contagion theory. He says a child or other person with a sound brain and spinal cord cannot take it. He says further that the nervous temperament makes for susceptibility. (In N. Y. they are commenting on the freedom of negroes from the disease. Negroes are usually of the vital temperament, with the nervous temperament below the average.) Add to this constitutional susceptibility, bad feeding, injuries to the head or spine, and unfavorable atmospheric conditions, and you may have infantile paralysis.

Atmospheric conditions are what Tilden holds responsible for any general prevalence of the disease. New York, up to the time of the outbreak, had had an unusually cool, wet summer. Unseasonable rainy weather produces nervous depression, even as hot dry weather injures the weak by stimulation.

The best thing I have seen is from Dr. Simon Baruch (regular), a man of experience and high standing in his profession. He holds impoverished foods to be the great cause. White bread, polished rice, sugar, boiled and drained vegetables, pasteurized or scalded milk, baking powders, baking soda beyond the

exact quantity needed to neutralize the acidity of sour milk, these he reasonably holds to blame for the nerve degeneration which lies behind infantile paralysis. The other causes, constitutional susceptibility, injuries, climatic conditions, would also contribute. Foodless food is the universal factor, acting to produce all disease, as sufficient study of the subject will always show.

Beri-beri, as Dr. Baruch points out, is now known to be caused by such foods, yet not long ago it was believed to be contagious and of mysterious origin. In that disease there are nerve degeneracy and symptoms of paralysis. Dr. M. C. Keith long ago discovered a relation between paralysis and the free use of baking-powder and saleratus breads. A late issue of Public Health Reports details extensive studies which have demonstrated the same fact.

A new body has been discovered in food which has been given the name of vitamin and is found to be essential to perfect nutrition. The vitamins of natural food are destroyed to some extent by heat, are also destroyed by free

soda and other inorganic salts. The natural (organic) salts of food are also among the most important elements. Without them we starve, though they form so small a proportion of the food. Removing a portion of them we become diseased. These elements, iron, soda, potash, lime, etc., are plentifully supplied, and in such proportions as we require, in food as it comes to us from Nature's hand. After we have "refined" it, as well as to an extent by cooking, we have removed or de-organized the salts. The remedy is to eat the unrefined foods and a large portion, at least, uncooked.

Children who are fed on white bread, pasteurized milk, sugar, boiled and drained vegetables, cocoa, cooked and sweetened fruits, are always being fed into disease. If it is not infantile paralysis, it will be something else. If your doctor does not know this, forget him and be your own doctor.

Once paralysis occurs, manipulative treatment may cure. Chiropractic has been known to cure cases a year after the attack. It does not always cure, however, and the only safe thing is to avoid this disease. I have told you how, at least in part.

### A Fly Decalogue

Three years ago the health department of Asheville, N. C., issued what it termed "The Good Citizen's Decalogue," dealing with the fly as sanitary problems as follows:

1. Remember thy garbage can to keep it covered, lest thy garbage become a stench in the nostrils of the people and breed flies.

2. Thou shalt cut the weeds in thy vacant lot, lest it become a hiding place for old tin cans, which catch water and breed mosquitoes; papers and divers sort of trash.

3. Thou shalt bear witness against thy neighbor's rubbish heap, likewise his dirty back yard.

4. Thou shalt clean out the habitation of thy horse and thy cow frequently lest the stable fly flourisheth and spread infantile paralysis, and the house fly breed by the thousands and millions, and annoy thee and thy beast and produce much sickness in thy family.

5. Thou shalt prevent the breeding of the fly in the springtime, that thy children unto the third and fourth generation need not swat it later.

6. Remember thy back yard and alley to keep them clean. Six days shalt thou labor to keep thy premises clean, and if yet the task is not accomplished thou shalt do worse than continue on the seventh.

7. Thou shalt cover all the air and sunshine thou canst obtain.

8. Look not upon the milk when it cometh from an unclean dairy; for the doctor will not hold thee guiltless if thy infant sickeneth therefrom and die.

9. Remember thy cleaning up day and keep it wholly.

10. If thou dost harken unto these sayings, to do them, thou shalt live long in the land.

### KEROSENE EMULSION WILL

#### "GET" PLANT LICE

The cheapest, if not the best, of the insecticides that may be used for the destruction of plant lice upon the foliage of garden plants, shrubs or trees is kerosene emulsion, if properly prepared.

To make a good emulsion, use soft water and any cheap laundry soap, and prepare as follows:

Dissolve one pound of soap in 1 gallon of water and heat to the boiling point. Remove the soapy solution from the fire and add two gallons of kerosene and immediately agitate the mixture as briskly as possible, either by means of a small force pump to drive the liquid back into itself in the bucket, or by some other method. When thoroughly emulsified, which should be within two or three minutes after the agitation is begun, dilute to 30 gallons with soft water and apply. In small quantities the emulsion is easily made by the use of an egg-beater. As this preparation kills only by coming in contact with the insects, care must be taken to throw it forcibly so as to strike their bodies.—C. P. G.

## NOTES OF THE W. C. T. U.

Eighty thousand members of Good Templar Lodges in Germany signed a protest against the consumption of barley for the making of beer. This letter of protest was sent to Chancellor von Bethmann Hollweg. These Germans denounce the making of beer as a gigantic waste of bread material. This protest seems timely when it is remembered that the German people are restricted as to the quantity of bread each person is permitted to consume. In Germany the people who drink beer consume that which, converted into bread, would give life to starving people; converted into beer it fills the consumer with the poison of alcohol and stimulates a thirst.

The next meeting of Mt. Scott Union will be held at the Fankhauser home beyond Johnson Creek. It is an all day basket picnic affair to which a cordial invitation is extended.

### Feathered Surgeons.

Snipe and woodcock have often been taken with a mass of feathers on one of the legs. This mass when examined has always been found to cover a broken bone. The feathers have been carefully and neatly twisted round the part where the limb was fractured in such a way as to prove that they had been put on intentionally as a bandage or splint, and the repairs have been made quite as skillful as if performed by a qualified surgeon.

A well known naturalist actually watched a woodcock through his glasses drag a broken leg to the margin of a stream. There the bird took some clay and, after working it into a paste with its beak, smeared it round the leg in layer after layer, adding a number of downy feathers which it plucked from its own back and breast. When the operation was finished the bird stood still for more than an hour, no doubt to give the plaster time to set.

Wounds on other parts of the body have also been found plastered in the same way.—London Answers.

Monmouth plans civic improvements to build model school city.

### A HACKING COUGH WEAKENS THE SYSTEM

Don't suffer with a hacking cough that has weakened your system—get a bottle of Dr. King's New Discovery, in use over 40 years, and benefiting all who use it, the soothing pine balsam with tar heal the irritated air passages—soothes the raw spots, loosens the mucus and prevents racking the body with coughing. Dr. King's New Discovery induces natural sleep and aids nature to cure you.

### NOTICE OF SHERIFF'S SALE

In the Circuit Court of the State of Oregon for Multnomah County. J. W. E. Rawlison, Plaintiff vs. D. E. Yeazel, unmarried, R. H. Campbell and Campbell, his wife, Defendants.

By virtue of an execution, judgment order, decree and order of sale issued out of the above entitled Court in the above entitled cause, to me directed and dated the 1st day of July, 1916, upon a judgment rendered and entered in said Court on the 29th day of June 1916 in favor of J. W. E. Rawlison, plaintiff and against D. E. Yeazel, unmarried, defendant for the sum of \$450.00 with interest at the rate of 8 per cent per annum from the 21st day of June 1915 and the further sum of \$8.00 with interest at the rate of 8 per cent per annum from the 3rd day of February 1916, and for the further sum of \$3.81 with interest at the rate of 8 per cent per annum from the 5th day of April 1916, and for the further sum of \$10.37 interest at the rate of 8 per cent per annum from the 17th day of February, 1916 and for the further sum of \$25.00 with interest at the rate of 8 per cent per annum from the 19th day of June, 1916, and for the further sum of \$23.10, costs and disbursements and the costs of and upon this writ, commanding me to make sale of the following described real property, situated in the County of Multnomah, and State of Oregon, as follows to-wit: Lot numbered Five (5), Block Numbered Two (2), Katherine, according to the duly recorded plat thereof.

Now Therefore, by virtue of said execution, judgment order, decree and order of sale and in compliance with the commands of said writ, I will, on Monday the 7th day of August, 1916, at 10 o'clock A. M., at the front door of the County Court House in Portland, Multnomah County, Oregon, sell at public auction (subject to redemption), to the highest bidder for cash in hand, all the right, title and interest which the within named defendants and each and all of them had on the 21st day of December, 1912, the date of the mortgage herein foreclosed, or since that date had in and to the above described property or any part thereof, to satisfy said execution, judgment order and decree, interest, costs and accruing costs.

T. M. HURLBURT  
Sheriff of Multnomah County, Oregon.  
Dated this 3rd day of July, 1916.  
First issue July 6th, 1916.  
Last issue August 3rd, 1916.

## .. Your Best Friend..

is the money you have when you need it. Its influence keeps the whole world friendly to you . . . . .

### The Multnomah State Bank

Is the best place to keep it. Interest on Time Deposits. Safe Deposit Boxes for rent.

### The Multnomah State Bank

Lents Station, Portland, Oregon

## H. D. Kenworthy and Co. Inc.

Funeral Directors,

TWO ESTABLISHMENTS

PHONE TABOR 5267  
5802-4 92nd STREET S. E.  
IN LENTS

PHONE TABOR 5895  
4615 66th St., Cor. FOSTER ROAD  
ARLETA

First Class Service Given Day or Night. Close Proximity to Cemeteries Enables Us to Furnish Funerals at a Minimum Expense.

### SUMMONS

In the Circuit Court of the State of Oregon, for Multnomah County.

Mortgage Company, Holland-America, a Corporation, Plaintiff, vs. George R. Parks and Emma A. Parks, his wife; Francis J. Schuba and Carl Schulte, her husband, and Edward D. Williams, A. C. Forbes, H. B. Evans and George R. Wilson, Defendants.

To the defendant A. C. Forbes, above named.

In the name of the State of Oregon you are hereby required to appear and answer the complaint filed against you in the above entitled cause and Court, within six weeks from the date of the first publication of this summons, said first publication being on the 29th day of June, 1916, and if you fail to so appear and answer, for want thereof the plaintiff will apply to the Court for the relief demanded in the complaint in this suit, to-wit: That the plaintiff have judgment and decree against defendants George R. Parks and Emma A. Parks, his wife, for the sum of \$4105.88, and interest thereon from the 10th day of June, 1916, at the rate of ten per cent per annum; for \$350.00 attorneys' fees, and for unpaid taxes due on the property, hereinafter described, and for the costs and disbursements of this suit, and that plaintiff's mortgage against the real property hereinafter described, given to secure the payment of said sum, be foreclosed and said property sold pursuant to law and the proceeds thereof applied toward the satisfaction of said judgment, costs of sale, attorneys fees and costs of suit, and that you and all other defendants claiming by, through or under them, or any of them, be barred and forever foreclosed of any estate, right, title or interest or equity of redemption in the said premises, except the statutory right of redemption.

The said mortgage premises above referred to are particularly described as follows: Lots One (1), Two (2), Three (3), Four (4), Nine (9), Ten (10), Eleven (11) and Twelve (12), in Block Four (4), Taborside, according to the duly recorded plat thereof, and now within the corporate limits of the City of Portland, County of Multnomah and State of Oregon.

This Summons is served upon you by publication thereof in the Mt. Scott Herald, by order of the Hon. William N. Gatens, Judge of the above entitled Court, which said order was duly made and entered in said cause and Court on the 22nd day of June, 1916.

The date of the first publication of this Summons is June 29, 1916, and the date of the last publication thereof is August 10th, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

Will My Child Take Dr. King's New Discovery?

This best answer is Dr. King's New Discovery itself. Its a pleasant sweet syrup, easy to take. It contains the medicines which years of experience have proven best for Coughs and Colds. Those who have used Dr. King's New Discovery longest are its best friends. Besides every bottle is guaranteed. If you don't get satisfaction you get your money back. Buy a bottle, use as directed. Keep what is left for Cough and Cold insurance.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

First publication June 29, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.

### NOTICE TO CREDITORS

In the County Court of the State of Oregon, for Multnomah County.

In the Matter of the Estate of August Schulenberg, Deceased.

Notice is hereby given that the undersigned has been appointed executrix of the estate of August Schulenberg, deceased, by the County Court of the State of Oregon for Multnomah County, and has qualified as such. All persons having claims against said estate are hereby notified and required to present the same, properly verified, as required by law, to the undersigned executrix, at the office of her attorney, 314 Spalding Bldg., Portland, Oregon, within six months from and after date of first publication of this notice.

Dated and first published June 29, 1916. Charlotte Schulenberg, Executrix of the estate of August Schulenberg, Deceased.

J. J. Johnson, Atty. for Executrix, 314 Spalding Bldg., Portland, Ore.

### SUMMONS

In the Circuit Court of the State of Oregon for Multnomah County.

Vina R. Kalahan, plaintiff, vs George W. Kalahan, defendant, summons.

To George W. Kalahan, the above named defendant:

In the name of the State of Oregon you are required to appear and answer the complaint filed against you in the above entitled cause, on or before the expiration of six weeks from the first publication of this summons, to-wit: on or before Friday, August 4, 1916, and if you fail to so appear and answer, for want thereof plaintiff will apply to this Court for the relief prayed for in her complaint herein, to-wit: For a decree dissolving the bonds of matrimony heretofore and now existing between plaintiff and defendant, upon the grounds that defendant has deserted her and abandoned plaintiff and plaintiff's home for more than one year immediately prior to the commencement of this suit.

This Summons is published in the Mt. Scott Herald by order of the Hon. Henry E. McGinn, Judge of the above entitled Court, said order being made on the 21st day of June, 1916.

First publication June 22, 1916. John Van Zante, Attorney for Plaintiff.

### Daily Mails

Mails at the Lents post-office arrive and depart daily, except Sunday, as follows:

Arrive	Depart
6:00 A. M.	7:15 A. M.
12:50 P. M.	12:30 P. M.
3:30 P. M.	5:30 P. M.

### Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; whereas out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hall's Catarrh Cure, sent for circulars free.

E. J. CHENEY & CO., Toledo, Ohio.  
Sold by Druggists. Fill for constipation. Take Hall's Family Pills for constipation.