

HEALTH IN THE SUBURBS

By Lora C. Little

The Sellwood Bee, with the airy disregard for facts which experience has taught me to look for in pro-vaccinators began its editorial column last week with the following:

"Lora C. Little's Anti-Compulsory Vaccination Bill is on the ballot again for the fall election. Like the single tax bill it has been killed once by the voters, but it will not stay dead."

There is not a word of truth in the central statement. This question has never yet been voted on by the people of Oregon. More, it is an absolutely new question for the initiative in this country, never before having been submitted to the electorate of any State where the initiative is in vogue. The only country on the globe where the people have voted on compulsory vaccination is Switzerland. There it was submitted by cantons, and compulsions have been repealed in the majority of the cantons. That is what one would expect from a people imbued with the spirit of freedom and democracy.

It is pitiful to see the unnecessary illness and suffering that prevail. Still sadder is it that most of the sufferers are looking for and expecting to find a remedy with no relation to the cause of their troubles. Worst of all is the condition of the invalid who has tried many doctors and lost faith in everything.

Many sick persons will tell you they know precisely what brought on their troubles. Proof that they do not know lies in the fact that they stay sick, having no idea what will cure. To know the cause is to know the direction to seek cure.

I look back 18 years and see myself a miserable sufferer of many years' standing, understanding thoroughly neither cause nor cure of my condition. I was aware of my ignorance, however, and never ceased to search, inquire and study. The fault, I now know, was chiefly a matter of food.

All that is worth while on dietetics has been put into print in the last 20 years. Before that date Drs. Trail, Nichols, Dio Lewis, Kellogg, and Sylvester Graham had written. They were good, too, as far as they went. Food reform to that time consisted of vegetarianism and "moderation." The last is important, but apt to be misunderstood and misapplied by sick folks. Vegetarianism of itself is not enough, as I myself proved, remaining ill through years of it.

I trace my rise in health through reading Horace Fletcher, Dr. Dewey, Otto Carque, Eugene Christian, Dr. Tilden, Dr. Moras, and Axel Emil Gibson. Bernorr Maefadden helped, by increasing my determination to get well. Cutting off breakfast gave my system a better chance to recuperate, because it made me fast 18 hours a day. I got valuable ideas from Fletcher, Dewey and Christian. They are worth reading. But not until I had studied the writings of Carque, Moras, Tilden and Gibson did I understand the food question and recognize the mistakes I had been making. Then health became a simple matter. And so it is. Food is not the whole thing to be sure; but other factors are equally simple, once you know them.

The capital mistake of invalids I did not commit. I did not resort to drugs nor surgery. Where these do not complicate, simple self-treatment in connection with corrected habits of life (of eating and dressing and exercising and thinking) will bring about the speedy cure of most chronic cases of disease, of all that are still in the curable stage.

The trouble with too many is, they want to keep all their wrong habits and regain their health. That is what they call the doctor for. He is to do magic and give them back what they have lost. That is what they pay him for, and when he does not deliver the goods they find fault with him. The whole fault lies in themselves and their superstition.

Faith in drugs is a superstition. Faith in operations is another. Faith in serums is the worst superstition of them all. The first poisons, the second mutilates, and the third rots the lifeblood. Cures are attributed to all three, though they never cured any disease and never will. Nature, the vital force, is all the time trying to cure us, and whenever any favorable condition is introduced accidentally, no matter how trifling, advantage is taken of it, and the patient may recover. And if any of the medical magic has been used concurrently it is given the credit.

The editor remarked last week: "As soon as people begin to eat food that is not denatured they will have enough energy to demand other needed reforms."

That is no joke. But we have a long way to go before we get back to undenatured foods. Most manufactured foods are processed in some harmful way. Arthur McCann, who is an authority, says there are no molasses and no table-syrup on the market that are both pure and fit to eat. The syrups are pure enough—pure glucose, and therefore unfit for food. All molasses is saturated with chemicals—used to extract all the sugar possible. Butter and cheese are dyed, and so are some of the canned goods. Canned fruit is put up in glucose syrups, also doped with benzene

of soda, as are canned vegetables. Meats, milk and cream, bank East, are treated with preservative—wonder if it is done here? "Embalmed" meats, by the way, are said to have been fed to our soldiers on the border, until an outcry went up. In one place the men rebelled, staying in their tents when called to mess. As punishment they were confined to quarters for several days, but their protest brought better food.

Macaroni, tapioca, farina, white flour, white rice, corn starch, refined sugar,—all these are so robbed of organic salts as to be foodless. So far as they are digested it is by abstracting the necessary salts from the system of him who eats them and gradually but surely bringing on serious disease.

Our dried fruit is most of it chemically in some manner. Only dates, dark raisins and black figs are excepted—perhaps also some of the berries. The white raisins, apples, pears, peaches, apricots, all are sulphured. Prunes are dipped in lye.

It is pleasing to note one grand exception, though it is not as complete as could be desired. The Dri-Fresh fruits and vegetables put up in The Dalles are said to be practically unchemicized. The prunes are not treated with lye, and the apples, pears, peaches and apricots are the only articles sulphured and that for but ten minutes, against hours when handled in the ordinary way.

The Dri-Fresh people are to be congratulated, and should be patronized. They are putting out a greater variety of water-free fruits and vegetables than has ever been done in this country before and are doing it in a cleanly and wholesome manner. Manufacturers of colored and otherwise unwholesome foods will come to time when they cannot market their product. Pure food laws are a farce.

Portland, Sept., 16, 1916. Editor Mt. Scott Herald: I wish to call the attention of your readers to the initiative bill that comes up next November to prevent compulsory vaccination and serumizing in Oregon. This is the same bill that Senator Mosier introduced in the last legislature and which was defeated by a narrow margin by the efforts of allopathic doctors Smith and Wood who are state senators from Grants Pass and Roseburg in which they were ably assisted by Senators Day of Portland and "Railroad" Butler of The Dalles. This bill does not deprive anyone of the privilege of being vaccinated who wants it but it does make it a penal offense for any political "health" officer, or board of health, school trustees, school board or employer to scare school children and teachers or any one seeking employment, into being forcibly vaccinated as a requisite for attending school or obtaining employment.

Several big corporations and at least two department stores in this city exact this superstition as the price of getting and holding a job and at least two department stores compel their employees to contribute fifty cents a month apiece toward the support of store organizations which employ an allopathic doctor exclusively and compels them to submit to allopathic medical treatment. The most orthodox allopaths are now divided as to the efficacy of vaccination for smallpox while the newer schools of homeopaths, eclectics, naturopaths, chiropractors, osteopaths and others know that it is a farce, fraud and humbug and that the injection of combined animal and human pus and filth into a healthy body not only does NOT protect it against disease, but fills the body with disease of various kinds which is liable to break out at any time. "As ye sow, so shall ye reap" and you cannot get away from that fact. If you sow corn in good ground you will reap corn and if you sow disease you will reap disease.

Twenty million dollars were invested in the serum manufacturing business last year and this filth must be sold, hence the political doctors are serum crazy for much of the stock of these concerns is owned by the doctors who also own most of the hospitals. Compulsion of any kind has no place in a free country and it is only the medical trust doctors who are trying to fasten their superstitions on the people in their effort to establish state medicine of the allopathic brand, freeze out all other doctors and have a monopoly of the healing business in which efforts. I regret to say, they are many times aided by willing tools in legislatures and city councils and by a subsidized press. The voters should give the bill careful consideration. Dr. W. A. Turner.

NOTES OF THE W. C. T. U.

The next meeting of Mt. Scott Union will be held at the home of Mrs. Doc McKinley, south Main street, on Tuesday, October 10th, at two o'clock. The delegates to the county convention will report at this meeting. There are five of them, and if any good thing is missed by all of them it will be something unusual. The meeting of the Union this week was made impressive by the pledging of those present to help the new president to make the coming year one of successful endeavor.

The advocates of the Brewer's amendment, which they termed "the Nursing Mother's Amendment," have now brought forth a new reason why every

THERE is some complaint about the exhibits at the County Fair this season. No one notes the shortage any more than the management. Perhaps it would be of interest to know why the objections were not avoided. A fair like the county fair is essentially a work of public gratuity. It is and should be conducted for nobody's benefit in particular and yet everybody's benefit. It should be conducted for the purpose of promoting good agriculture and hence every public spirited person having something worth exhibiting, should be glad to exhibit for the good influence it has upon the community. The premiums should be secondary considerations. But, unfortunately too many people consider solely their own personal advantage and decide whether they shall exhibit on the basis of the gain should they win the premiums. This is all wrong but it is true nevertheless.

Now there are almost an endless number of incidentals that require money in the conduct of a fair. The premiums, outside of buildings, are the big items. It requires a long purse to cover premiums even on the most economical basis. The live stock and poultry divisions are particularly expensive. Twenty-five dollars for the best cow, any breed, does not mean twenty-five dollars for the best cow in the show. It means twenty-five dollars for each of the best Jerseys, the best Short Horns, the best Brown Swiss, the best Holstein, the best Alderneys, the best Guernseys, the best polled Angus, etc. Even in this short list you have provided for the expenditure of \$175 on first premiums, and there are second and thirds in each class, in addition. Then you must consider sweepstakes and grand champions. When you have gone through cattle, hogs, horses, sheep, goats, chickens, and ducks, geese, turkeys, pigeons, rabbits, guinea pigs and white mice you will provide for the appropriation of a fund that will absorb all your gate receipts, and that is supposed to be your source of funds.

The county fair is supposed to have an income from other sources, but most of this income was absorbed by other shows in the county and only a tenth of what should have gone to Gresham was available this year. All in all the fair managers did well. What is needed is a little more public spirit and a less personal interest and there will be no cause to complain.

ONE of our contributors states positively that "combined animal and human pus" is injected into the veins in vaccinating. This we believe to be false. It is all right to be critical but it is not right to misrepresent. The pus taken from the animal to be used in vaccinating does not enter into the circulation any more than the pus from a sore on your hand. Some of the poisons developed by the dominant disease germ of the particular infection may be absorbed, but they are in a relatively attenuated strength and hence produce only temporary disturbances.

In the case of administering antitoxins not even the pus is brought into contact with the living tissues, simply the neutralizing elements developed by active germs.

The whole theory of germ control is similar to a condition that

might arise were human beings confined in a limited area. Human beings excrete carbonic acid gas, and other poisons; excessive numbers, in limited areas, without careful sanitation would develop poisons that would exterminate the population of that area, reducing it to a minimum. The disease germ does the same. His colony develops its own death, and the utilizing of its poison by introducing it into other colonies simply hastens its end.

It is disappointing to note that some people who receive their pamphlets containing the constitutional amendments and measures promptly tear them up and toss them into the gutter; that others carry them home only to feed them to the stove when they learn what they are; that still others agree with themselves to devote some time to them recognizing their importance but allow them to become buried in a heap of other papers. A fourth group actually do treasure them up as they should, study them consistently, and go to the polls prepared to vote intelligently without having to excuse themselves for neglecting a citizen's duty. Which fourth do you represent?

Considerable paper might be saved in the present shortage if the number of copies of the Congressional Record printed were cut down to the number of those who read it.

Railroad strikes and every other kind involving interstate commerce must be settled by arbitration, of the most compulsory kind.

How needlessly explicit are the signboards in the dry states that bear the words "Soft Drinks"—as if they could be anything but that!

While it sounds threatening, Italy's declaration of war upon Germany is not expected to alter the present relations between the two countries.

The Russians have taken Mush, but if you are thinking of writing a poem about it remember that they don't pronounce it the way we do.

Admiral Dewey's reassuring words about the navy are all the more convincing in the light of the newly passed naval bill.

Railroad owners nor railroad workmen should never be allowed to take the business of this country by the throat.

What the South would welcome is a fleet of Deutschlands big enough to carry 2,000,000 cotton bales to Germany.

It appears that we might just as well give up the idea that Denmark will offer trading stamps.

If worst comes to worst, perhaps Belgium, Armenia and Poland will send food to marooned Americans.

About the time father's overcoat comes out of the moth balls mother's summer furs go in.

Evidently the sun also is beginning to tire of getting up an hour before day.

Now is the time for every man to go in for clean politics.

YOU DON'T HAVE

To borrow money, and you don't Have to pay it back.

YOU COLLECT

Interest instead of PAYING it. If you have a bank account at THE MULTNOMAH STATE BANK 4 per cent 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 5257 PRONE TABOR 5886 5802-4 92nd STREET S. E. 4615 66th St., Cor. FOSTER ROAD IN LENTS ARLETA

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

body should vote for this measure. The idea is so pleasing to them that a lot of bankers and other business men have signed their names to the Amendment and caused it to be printed in the daily papers. This new reason why every body should vote for the manufacture of four per cent alcohol beer in Oregon is because some one put a typhoid germ in some water and it did not affect the germ at all. Then they put a typhoid germ in a four per cent alcohol beer and THE GERM DIED. Those stupid brewers and bankers think because that four per cent alcohol beer killed something everybody ought to vote for it and drink it. The fact is the killing effect of all things containing alcohol is the very reason Oregon went dry two years ago, and that is why Oregon is going to repeat the act at the November election.

The Portland shipyards have orders for two more steel vessels.

Myrtle Creek has voted \$21,000 bonds to provide light and water system. The lumber mills in Baker are turning full blast and payroll rolls into many thousands of dollars monthly.

Rid Your Child of Worms

Thousands of children have worms that sap their vitality and make them listless and irritable. Kickapoo Worm Killer kills and removes the worms and has a tonic effect on the system. Does your child eat spasmodically? Cry out in sleep or grind its teeth? These are symptoms of worms and you should find relief for them at once. Kickapoo Worm Killer is a pleasant remedy. At your Druggist, 25c.

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; nine cases 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. Send for circulars, free. F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, etc. Take Hall's Family Pills for constipation.

A Clogged System Must Be Cleared

You will find Dr. King's New Life Pills a gentle yet effective laxative for removing impurities from the system. Accumulated waste poisons the blood; dizziness, biliousness and pimply, muddy complexion are the distressing effects. A dose of Dr. King's New Life Pills tonight will assure you a free, full bowel movement in the morning. At your Druggist, 25c.

Free Methodist Church

Sunday School, 2:30 p. m. Preaching, 3:30 and 7:45 p. m. Prayer meeting, Wednesday 7:45 p. m. Robert H. Clark, pastor.

NOTICE TO CREDITORS

In the County Court of the State of Oregon, for Multnomah county. In the Matter of the Estate of F. P. Keenan, Deceased. Notice is hereby given that the undersigned has been appointed executrix

of the estate of F. P. Keenan, deceased, by the County Court of the State of Oregon for the County of Multnomah, 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 store of F. P. Keenan Co., 190, 4th street, Portland, Oregon, within six months from and after the date of first publication of this notice.

Dated and first published September 7, 1916.

Mary B. Keenan, Executrix of the Estate of F. P. Keenan, Deceased. J. J. Johnson, 314 Spalding Building, attorney for Estate.

SUMMONS

In the Circuit Court of the State of Oregon for Multnomah County. Pearl Lawrence, Plaintiff, vs. Wm. R. Lawrence, Defendant. To Wm. R. Lawrence, the above named defendant:

In the name of the State of Oregon you are hereby required to appear and answer or otherwise plead to complaint filed against you in the above entitled cause and court on or before the 29th day of September, 1916, which is more than six weeks after the date of first publication of this summons, and if you fail to appear and answer, or otherwise plead to said complaint, plaintiff will apply to the above entitled court for the relief prayed for in her complaint on file herein, viz: a decree of divorce dissolving the bonds of matrimony heretofore and now existing between you and plaintiff; also for the care and custody of Marie Lawrence, the minor child, and for such other and further relief as may be equitable in the premises.

This summons is published in pursuance of an order of the Honorable C. U. Gantenbein, Judge of the Circuit Court of the State of Oregon for Multnomah County, made on August 16, 1916, directing publication thereof to be made in the Mt. Scott Herald once a week for six consecutive weeks.

First Publication August 17, 1916. Last Publication September 28, 1916. John Van Zante, Attorney.

NOTICE TO CREDITORS

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

In the Matter of the Estate of Emil Paul Schmidt, Deceased. Notice is hereby given that the undersigned, Martha Schmidt, has been appointed executrix of the estate of Emil Paul Schmidt, deceased, by the County Court of the State of Oregon for the County of Multnomah, and has duly qualified as such. All persons having claims against said estate are hereby notified and required to present the same to the undersigned executrix, at the office of her attorney, J. J. Johnson, 314 Spalding Bldg., Portland, Oregon, duly verified as required by law, on or before six months from the date of first publication of this notice.

Dated and first published August 2, 1916. MARTHA SCHMIDT, Executrix of the Estate of Emil Paul Schmidt, Deceased. J. J. Johnson, Attorney for Estate, 314 Spalding Bldg., Portland, Oregon.