

MT. SCOTT HERALD

Entered as Second Class Matter February 19, 1914.

At postoffice, Lents, Oregon, Under act of March 3, 1879

Published Every Thursday at Lents, Ore., by the MT. SCOTT PUBLISHING CO.
H. A. DARNALL, EDITOR AND MANAGER.

Office Phone: Home D-61. Residence: Tabor 2813

JUST how far a man or a business institution ought to be permitted in attempting to influence political results is a problem to be solved, but it is worth consideration. If it could be believed that the individual or firm that makes an important contribution to campaign expenses, unselfishly, there would not be much cause for worry, but such is not probably the case. The man who contributes to a campaign does so, usually, because he expects to be reimbursed in cash or favors. Just how this is going to turn is the question. The Republican county central committee, so we are informed, received a substantial contribution from one of Portland's "leading citizens" early in this campaign. A little later that leading citizen promoted a man for the Legislature and the officers of the committee "dug in" to the limit to ensure that candidate's choice. Large contributors expect to be dictators and we can never have a republican government with dictators.

Now here is another instance. Every little, and evidently most large, newspapers in the county got an order last week for a half page advertisement from a leading automobile manufacturer for one of the national candidates. Such an order would amount to several hundred thousand dollars if all the papers in the country were solicited. The orders would run from \$10 up. In this instance we believe the motive was a conscientious one. But if the method is followed by one it may be followed by others less scrupulous. A few hundred thousand used through the papers may do unmeasurable harm for promotion is not always in evidence and the influence is an unconscious one. As a matter of public safety campaign contributions ought to be limited to a minimum. But it would be another problem to establish the minimum.

LOOKING over election results is not altogether an unpleasant retrospect. Locally, the county election is reasonably satisfactory. True, it might have been better had two or three been different, but it may prove that those selected will merit a better opinion. Judge Gatens comes to the front again, even tho hard opposed and W. C. Alderson carried the county by a substantial majority though warmly opposed by a well intentioned opposition. Mr. Lafferty is again in the retired list. He ought to be willing to abide by this as a final judgment. He never had any business in Congress anyway and the last vote ought to be satisfactory evidence that a big majority of the people feel just that way about it.

The adoption of the single item veto measures, the Tax Limitation Bill and the defeat of the Pendleton Normal project will save the state thousands, yes millions.

One of the last things to come out before election to come to notice was the support certain Republicans were giving Mr. Lee Arnett for County Commissioner. They supported Mr. Muck in the primary but their support for some reason shifted just before election. It is said Mr. Arnett has been for some time a road machinery dealer, selling for Beal & Co., and others handling this line of products. If that be true his defeat will be appreciated by all honest voters in the county. The defeat of the

Brewers' Bill will be cause for rejoicing throughout the state and its defeat can be credited to the W. C. T. U., the Anti-Saloon League with Ex-governor West at its head and to the Prohibitionists. The fate of the Prohibition Bill is not so satisfactory, according to latest reports.

A posthumous message from Lord Roberts declares that war is a nation's tonic. Of course, but there is such a thing as its being Teutonic.

If the price of beef and mutton goes a little higher, the irrational prejudice harbored against dogmeat by some men will be abandoned.

Nevertheless we might suspect that the average American citizen suffers more from the inflated price of stocks than from the inflated cost of wheat.

It will be observed that Mr. Ford now guarantees to get the Republican party out of the trenches by November.

It is understood that recent enormous purchases of iron and copper do not contemplate a reinforcement of the golden rule abroad.

St. Louis reports a shortage of nickels. Taking a leaf from the baker's books, why does not St. Louis use dimes as a substitute?

If the Germans are not holding their own, at least they are holding in France and Belgium a good deal that isn't their own.

One gathers from the estimates of the national campaign managers that there are now but forty-eight doubtful states.

A girl who advertised that she would wed any man making \$50 a week should migrate to one of the munitions towns.

Oklahoma is now reported infested by train robbers from the wilds of Detroit.

Why call marriage a failure when a New York lady has just secured alimony at the rate of \$33,000 a year?

Anyway the German armies are not so forward looking as they were a few months ago.

Speaking of licenses only the registered voter should be permitted to talk politics.

"Everytime the price of bread goes up the Administration loses more votes," says the New York Sun.

The baker, of course, is out for the dough.

It Pays To Advertise

The man who didn't advertise
Was dead—extremely dead.
His widow placed (of mammoth size)
A stone above his head.
She put his name upon the same,
In letters large and fair,
To tell the eye of passers-by
Her Man was sleeping there.
Folks thought her sorrow must be great
To raise this monument—
They did not know (she did not state)
Her actual intent.
One day there came a former flame;
He read; then soothed her sighs;
And, as she wept, she softly said:
"It pays to advertise!"
—Havana Times.

Announcement has been made that the erection of a large sawmill to handle 124,000 feet of government timber on Middlefork of the John Day river will be started at once.

HEALTH IN THE SUBURBS

By Lora C. Little

A woman of fifty had an operation a year ago, to "cure" piles. At the time, I warned against expecting recovered health, but the woman and her family were confident that she would get well when she was rid of the piles—the doctor said so. I have not seen her for some time, and inquiry today brought the information that she has been very ill, in a hospital, and one breast has been removed. Now, I am assured, she will be all right—the "cancer" has been taken in time, and she is "cured."

Such confiding ignorance is pitiful. This woman is much farther from health than she was before her first operation a year ago. Each operation has raised a new obstacle to health. Besides, the conditions acting in her organism to keep her diseased have had another year in which to work.

What should she have done in the first place? She should have gone to a doctor who could cure piles by removing the cause and using natural aids. Actually, she should have known enough to cure her initial ailment without the aid of a doctor.

There is no case of piles in a person who breathes right and eats reasonably right and takes sufficient exercise. The right breathing is absolutely necessary to health of abdominal organs. It seems a trifle to the unthinking and ignorant. It is the very greatest factor in health attainment and health preservation. I will add, few who lose their infantile habit of correct breathing ever recover it. They are too dense to see its importance, and too lazy to correct the wrong habit when shown. Sympathy must not be wasted on such people. They are to be pitied, not sympathized with. And pity should be accompanied with good smart verbal prods and kicks. Thus a few may be stirred to action.

Correct breathing and regular free bowel action positively prevents hernia and prolapsus of stomach and abdominal and pelvic organs. Nor can any of these troubles be radically and permanently cured without acquiring the habit of correct breathing.

Correct breathing not only lifts the chest and vital organs, it also lifts the spirits and the thoughts. Grovelers and snivellers are always upper chest breathers.

If you would be buoyant, poised and invincible learn to breathe with the natural action, and then do it good and plenty. No corset wearer breathes with the natural action. Nobody with a paunch breathes with the right action—if he had done so, he would not have acquired the paunch. All these abnormal folks lift the upper chest in breathing. Every breath thus taken consumes an undue amount of nerve force, fails to aerate the blood, and leaves the diaphragm and abdominal muscles weak and sagging. This abnormal, upper chest breathing is a great cause of sluggish bowels, and thence of all sorts of ailments.

Instruction, training and practice are required to make the breathing normal and abundant. Nothing would pay those who need it better than such instruction. Better let all other kinds of education and self-improvement slide until this is gained. All else will come easier for making this first in importance of all accomplishments first in time.

Bluebirds Driven Out

"I have traveled nearly 4,000 miles this summer," says Mr. Shields, "have visited more than fifty towns in the middle west and in the east, have walked more than 100 miles and, though I always look carefully for birds, have not seen a single bluebird this season. The bluebird is, perhaps, the most modest and most inoffensive of all our native songsters, and so it has retired more generally before the onslaughts of the English sparrow than any other of our native birds, though all have been driven out to a greater or less extent."

"There are several important precedents for our proposed action against the sparrows. San Diego, Cal., started a war of extermination against them a year ago. It has been vigorously conducted, on about the same lines as we propose, and as a result most of the sparrows in that city have been killed and the others driven out. The California State university has cleaned its campus of them, and Meriden, Conn., has cleaned them out. The California game and fish commission has inaugurated a state wide war against the intruders."

Left Behind

His wistful eyes are dim with tears,
His heart is lead today.
As forth amid the shouts and cheers
The soldiers march away.
They're off to great Adventure's shore,
The true romance to find;
They're answering the call of war
And leaving him behind.

Ah! Why must he stand idly there
All hope of glory gone,
A sorry figure of despair
While they go marching on?
Why must the cruel hand of chance
Stretch forth, so stern and grim?
Why must the country of romance
Deny its door to him?

But every hero may not share
The great and splendid deeds
Of those who nobly do and dare
To serve their nation's needs.
And though the severe battle-light
Still beckons him away,
He's just a little young to fight—
He's eight years old today!
—James J. Montague in New York American.

BEST MAN AT A WEDDING.

Time Was When He Used to Assist in Abducting the Bride.

Do you know why the bridegroom's attendant at the wedding is called "best man" and how he happens to be such an important factor at a society wedding? He is supposed to look after the ushers, the carriage, the wedding ring and a host of other things that the fortunate lover could not be expected to concern himself with at such a time. But there was a period in the history of the human family when the best man had other duties than these to perform. It was when there was no church ceremony and when primitive people had come to the conclusion that marriage within the tribe was not good for the race. Then it became the fashion for the young man of marriageable age to go forth in quest of a bride, the daughter of some neighboring tribe.

Perhaps the girls were not entirely unwilling to be captured, but no girl, either ancient or modern, would admit for a moment that she had wandered away from the protection of her male relatives for the actual purpose of being abducted. Even if there was no brother at hand the girl was likely to put up a game fight, and the prospective bridegroom had need of the assistance of a strong muscled friend to aid him in subduing her. There was very little to the ceremony once the girl had been taken to the home of her future lord, but the "best man" was always a honored guest in her home, especially if the marriage turned out well. In many mountainous parts of the civilized world where old customs obtain the "best man" still pretends to assist in abducting the bride.—St. Louis Globe-Democrat.

EATING TO LIVE.

Rules by Which Good Health May Be Gained and Retained.

Herewith I give a few general suggestions for those who desire health, writes Edward B. Warman, A. M., in the Nautilus:

No one can have health who eats too much.

No one can have health who eats too often.

No one can have health who eats too many kinds of food at the same meal.

No one can have health who eats when tired, hurried, worried, anxious or excited.

No one can have health who rises late, gulps down a hearty breakfast and then sprints for the car.

When you have eaten do not wonder if it will agree with you. When you begin to wonder trouble begins. Say goodbye to it, not expecting to hear from it again. If you fear it do not eat it; if you eat it do not fear it.

Be cheerful at your meals. A sour countenance will give you a sour stomach.

Praise your wife's cooking—if you can conscientiously.

If you go home with a grouch leave it out of doors, where the dog will get it—then shoot the dog.

The majority of people do not know how to live until they are ready to die, and then they are not ready to die because they have not rightly lived.

Genesis of the Playhouse.

Theatres in 536 B. C. acted his plays in a wagon. In 499 B. C., during the time of Aeschylus, creator of drama, the performances took place upon temporary wooden scaffolds, one of which, having collapsed during a representation, the Athenians were induced to build the great theater of Dionysius, calling it the Lenaeon, which was the first permanent stone structure of its kind. It required 100 years to erect it. There was no scenery, but the scene was decorated so as to represent the locality in which the action was going on. Roofless was his structure, but around the building were porticoes, to which the people retreated during rainstorms. Sometimes awnings were used to ward off the sun's heat.

Card Playing.

Card playing began in India in the ninth century. It was introduced into Europe by orientals some time prior to the thirteenth century. Saracens popularized the amusement in Spain and Italy. The taste for the game afterward spread to Germany, where it commenced to be indulged in about 1275. Its appearance in France was mentioned in the records of that country in 1333. Heraldic cards were first known in England in 1600.

Genuinely Dry.

Antofagasta, a seaport of Chile, on Morena bay, a great shipper of metal ores, borax and nitrate, is obliged to pipe its drinking water several hundred miles from the Andes. The city is one of the driest spots in the world, though a deep water port. Beyond it lies the great Atacama desert—Argo-laut.

Lucky Youth.

"Young Scends is an absolute nincompoop. He doesn't know enough to come in when it rains."
"He doesn't need to. With all his money he can afford a new umbrella every day in the week and also a man to carry it for him."—St. Louis Post-Dispatch.

The Plumb Line in Porto Rico.

There are places where the direction of a plumb line is not vertical. Irregularities of density in the crust of the globe may produce this phenomenon. A remarkable instance in point was found in the island of Porto Rico, where the deviation from the vertical is so great that in mapping the island the northern and southern coast lines, as shown in the older maps, had each to be moved inward half a mile.—Scientific American.

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

The Best of the Bargain

You get a bargain when you get The Youth's Companion for 1917 for \$2.00—52 issues crowded from cover to cover with the reading you most enjoy. But you get the best of the bargain if you subscribe the minute you read this, for then you will get free every number of The Companion issued between the time you subscribe and New Year's. If you send your \$2.00 at once that means a lot of reading for which you won't have to pay a cent. And then the long, glorious 52 weeks of Companion reading to come after! Let us send you the Forecast for 1917, which tells all about what is in store for Companion readers in 1917.

By special arrangement new subscribers for The Youth's Companion can have also McCall's Magazine for 1917—both publications for \$2.10.

Our two-at-one price offer includes:

1. The Youth's Companion—52 issues of 1917.
2. All the remaining issues of 1916.
3. The Companion Home Calendar for 1917.
4. McCall's Magazine—12 fashion numbers of 1917.
5. One 15-cent McCall Dress Pattern—your choice from your first number of the magazine—if you send a 2-cent stamp with your selection.

THE YOUTH'S COMPANION,
St. Paul St., Boston, Mass.
New Subscriptions Received at this Office.

THE LADIES' HOME JOURNAL, THE SATURDAY EVENING POST and THE COUNTRY GENTLEMAN wish to secure the spare time of a man or woman to act as a local representative in Lents and vicinity, looking after the renewals of their many subscriptions in this section, and introducing these publications to new readers. Payment will be made in salary and commission. Previous experience is desirable but not essential. For details address, with references, Box 654, THE CURTIS PUBLISHING COMPANY, Independence Square, Philadelphia.

NOTICE TO CREDITORS

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

In the Matter of the Estate of Philip Lawton, Deceased.

Notice is hereby given that the undersigned has been appointed administrator of the estate of Philip Lawton, deceased, by the County Court of the State of Oregon for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present the same to me at 314 Spalding Bldg., Portland, Oregon, with proper vouchers duly verified, within six months from date hereof.

First Publication November 2, 1916.

GEORGE TUTTILL,

Administrator.

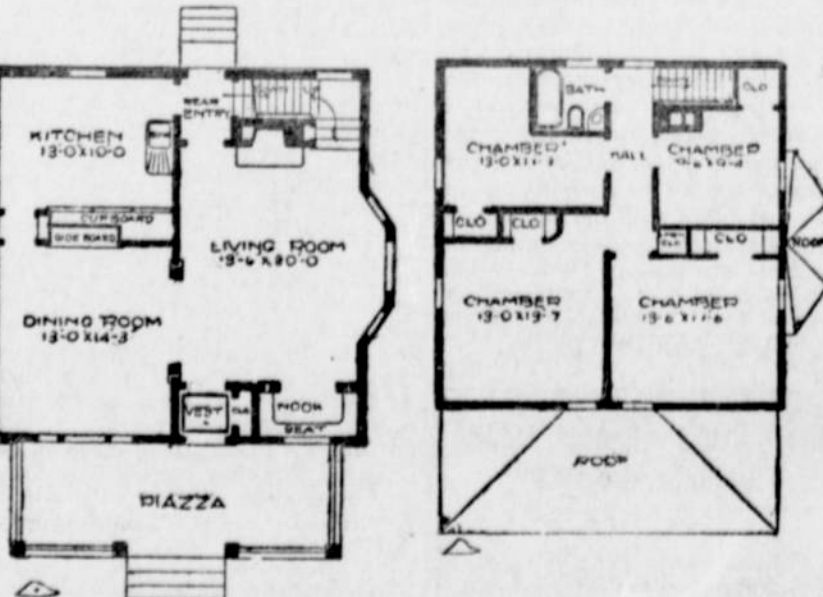
JOHN VAN ZANTE, Attorney.

DESIRABLE SEVEN ROOM COTTAGE.

Design 208, by Glenn L. Saxton, Architect, Minneapolis, Minn.



PERSPECTIVE VIEW.



FIRST FLOOR PLAN.

SECOND FLOOR PLAN.

A colonial cottage with a gambrel roof. The sawed brackets under the cornice and the mullioned windows add to its attractiveness. There are three beautiful rooms in the first story and four chambers and bath in the second story. The double pitched roof necessitates but very little slope on the ceilings. Size of house, twenty-eight feet square; first story, nine feet; second story, eight feet. Cost to build, exclusive of heating and plumbing, \$2,400.

By special arrangement with me the editor of this paper will furnish a complete set of plans and specifications of design No. 208 for \$15.

GLENN L. SAXTON.