

MT. SCOTT HERALD

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H. A. DARNALL, EDITOR AND MANAGER.

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A misunderstanding led us last week to include the anti-saloon League among the number headed by ex-Governor West in the recent dry campaign. We are informed the Governor was the head of the "Union Dry" forces of which the Anti-saloon League was a sort of half brother. Whichever it is they all got in their work and the results are highly satisfactory. We commend them to California, as that state seems to be unsuccessful in securing the right sort of promoters to handle their campaign for the liberation of the state from the booze business.

It often happens that an incidental thought will change the trend of a man's thoughts, just as the course of a river is eventually deflected by the presence of a pebble or handful of silt but it is frequently better that an apparently disinterested person advance the idea as a suggestion. There are times in every person's life when they are "negatively electrified" as it were, when other people fail to attract them and overcome their feeling of repulsion. Then it is better to search for other influences or wait for a change.

If the members of the next Legislature want to do something really rational they will decide at once that no mere legislative stenographer and file clerk is entitled to more than any member of the legislature, per day, and then cut the number of clerks and stenographers three-fourths. Do that by organizing a service department under the head clerk from which service may be requisitioned.

What is the need of a \$20,000 memorial for Yeon and Benson and Hill and Lancaster at Crown Point? The most beautiful improvement for that point would be a nicely leveled and sanded circle in the "crown" to be utilized as a view point. The most practical, a couple of commodious, practical comfort stations, cut into the wall of the circle. And a \$1000 ought to do all of it.

There are those who profess to believe the worst is yet to come. We have been living on diluted soup now for four years, and one suit of overalls a year. If it gets much worse we will have to add more water and patch the patches on our overalls.

Still John B. Yeon is planning to macadamize still more roads though he says that sort of road is a failure and is fit only as a base for a bitulithic road.

The next scrap will revolve around the speakership of the Oregon house and the president of the senate. The man who wants either place is probably the man least worthy of it.

Winter is beginning early this year, due probably to the unsettled political tension that has been cooled so suddenly the past two weeks.

Not all the badly disposed boys have left town. There are several with a considerable start in the wrong way that ought to receive parental attention.

If you find your "grip" on the boy is slipping try getting some good friend to engage him in a discussion of his tendencies.

And the "Anti-Blue Law" Leaguers are crowing these days.

The "Drys" have a self-congratulating reception every few days now.

And now the County Agriculturist starts a paper.

Industrial Education the Limit

Public school taxes are increasing faster than all others and a strong organization is at work to establish new fads and functions.

Radiments of music, manual training for boys, domestic science for girls, gardening and agriculture for all should be the limit.

Full fledged business colleges are being established in high schools and every girl a stenographer and every boy a bookkeeper is the slogan.

The ability to sing, wood work and metal works for boys, needle work and cooking for girls and to produce from the soil are universal needs.

Millinery, typewriting, dramatic art, basketball, cafeterias, Greek letter societies, preparing fancy salads, and serving pink teas are not.

Nine children out of ten who go to public schools are going to be working people and education to enable them to exist is vital.

To educate them all out of the producing class and into a semi-professional idea of living by soft-handed employments is a great mistake.

Manual training turns boys mind to channels of useful labor, domestic training directs girls minds toward home life.

A knowledge of growing things from the soil will help many of them to supply the family table and keep down the high cost of living.

Public education for the masses must be more directed to making the average man and woman self-sustaining in the home and family life.—Pacific Mgr.

GROUND GYPSUM HAS AFFINITY FOR WATER

An early and for many years the principal use of gypsum in this country was its application by farmers to the land, with a view to make nonporous clay soils more pervious to water, to make sandy soils less pervious, and to sweeten sour and acid soils. A characteristic of ground gypsum is that it has an affinity for water and will draw moisture from the atmosphere. This quality is a great factor in keeping moisture in the soil and is of value to farmer in starting the growth of grain and grass, as it holds moisture where the roots of the small plants most need it. The application of ground gypsum or land plaster to the foliage of many plants in a dry, hot season, it is declared, will draw the necessary moisture from the atmosphere and often save a crop from being damaged by drought. It is commonly applied to peanut vines to insure a crop.

The production of gypsum, according to the United States Geological Survey, Department of the Interior, has increased from 594,462 short tons in 1900 to 2,447,611 short tons in 1915.

Oregon will go totally dry December 1, if means are found whereby violators of the new prohibition amendment to the state constitution can be punished, Governor Withycombe has announced. If it is found, however, that the "home-dry" amendment cannot be enforced, because it lacks a penalty clause, Governor Withycombe will not issue a proclamation putting the amendment into effect until the legislature meets and passes an enabling act, fixing a penalty for violations.

The vote on the initiative and referendum amendments with most of the counties complete, together with incomplete returns from the remainder, is as follows: Single item veto—yes 127,232, no 48,592, majority for 78,640; ship tax exemption—yes 109,063, no 58,753, majority for 50,310; negro suffrage—yes 89,625, no 87,523, majority against 348; Pendleton normal—yes 92,867, no 102,270, majority against 8,465; full rental land tax—yes 28,752, no 121,571, majority against 92,819; anti-compulsory vaccination—yes 89,617, no 88,587, majority for 430; Sunday closing law repeal—yes 112,320, no 81,622, majority for 31,298; brewers' amendment—yes 89,237, no 127,479, majority against 47,242; absolute prohibition—yes 108,813, no 105,712, majority for 3,101; rural credits amendment—yes 94,179, no 74,291, majority for 19,888; state-wide tax limitation—yes 86,609, no 74,461, majority for 12,298.

HEALTH IN THE SUBURBS

By Lora C. Little

The secret of successful dieting at this season of the year is not so much in taking less food as it is in eating less of the heavy foods and replacing them with the lighter. By heavy foods I mean those ordinarily called "nutritious." For the convenience of the reader I will indicate three grades of food, the heavy, the medium, and the light.

HEAVY. Bread, cakes, mush and all cereals, beans, nuts, peanuts, meat, eggs, cheese.

MEDIUM. Milk, potatoes, squash, beets, carrots, parsnips, bananas, grub.

LIGHT. Celery, cabbage, lettuce, onions, garlic, spinach, cauliflower, apples, pears, grapes.

Persons with catarrh, asthma, bronchitis, colds, headaches, rheumatism, constipation and other common ailments which are usually neglected or medicated, should eat nothing in the first list until the symptoms improve. If seriously affected, they should confine themselves strictly to the third list. If keeping at work, they may use moderately articles in the second list and largely of things in the third. If all healthy people would habitually eat one-fifth to one-tenth as much of the foods in the first list as of those in the third, there would be little sickness due to food—now one of the leading causes of disease.

Raisins, figs and dates have purposely been omitted. They are concentrated foods especially suitable to cool weather, and easily digested. Persons with weak stomachs, yet compelled to hard work or to expose themselves, would do well to omit all starch foods, substituting these dried fruits, or one of them.

A man with stomach trouble of years standing went to the hospital and had part of his stomach cut out, last week. His funeral occurred a few days later. The ignorance of educated people with regard to their health is a disgrace to education. You will avoid a like fate, reader, if you but use your headpiece. Think, and you will know surgery cures no disease.

Experts differ as to whether diseases are really contagious, or whether the prevalence of some forms of disease, owing perhaps to atmospheric conditions, at certain times, may not be mistaken for contagion. Smallpox is held one of the most contagious by those adhering to the contagion theory. And yet, Dr. J. H. Tilden of Denver with 40 years of active practice behind him, and his father before him a doctor, derides the contagion theory. So do a number of other well-known physicians. And yet again, I do not forget the experience of Dr. Immanuel Pfeiffer, of Boston. He ridiculed the idea that smallpox was contagious. To prove it he went to a smallpox hospital sat at the bedside of the sick, bent over and breathed their breath, and did all he could to expose himself. Within a week or two he was down with smallpox. On the other hand, Dr. M. J. Rodermund of Appleton, Wis., to prove that smallpox is not conveyed as supposed, visited a smallpox case, took pus from the pustules and rubbed on his hands and beard, and went out and mingled with as many people as he could. First, he went to his club, and there greeted and shook hands with a number of men, from there to a church festival, where he made himself likewise as sociable as possible. And when he learned the health board had got on to what he had done and was on his trail he went to the depot and took a train out of town. He traveled to Terre Haute, Indiana, where lived at that time Indiana's most noted anti-vaccinationist, Frank D. Blue, whom he visited. He staid away until the excitement had blown over, and everybody had had time to come down with smallpox if he had given it to them. Then he went home. Nobody took the disease from contact with him, so far as could be ascertained, and every effort was made by the officials to find such a case.

These two exposures, as they are described, differ. Perhaps the difference points to the way the disease may be conveyed. To breathe the breath of a sick person is to get the very essence of the disease into one's system, it would appear. Dried pus, on the outside of the skin could do little harm, even on the germ theory. Brief exposure to the free air destroys the virulence of disease products generally. Though doctors sometimes forget this.

In the anti-vaccination city of Leicester, England, smallpox is treated as if contagious, and here is the Leicester Method, which has been in operation for 25 years.

Smallpox cases are removed to the Borough Fever Hospital. Inmates of the house and all contact are quarantined in their own homes, being visited daily by the inspector for sixteen days. This quarantine is most unlike what we know by that name. The occupants of the house "are strongly urged not to go to work during the period of quarantine," and if they do not they receive such monetary allowances as is required for rent and maintenance. They are allowed to go out and are encouraged to take walks into the country, but are

advised not to enter anybody's house, any public institution or meeting under penalty of forfeiting their allowance." Fumigation and "lime-washing" of infected houses are also practiced.

After a quarter of a century of trial, in a city where vaccination has not been compulsory for nearly forty years, the "Leicester Method" has proved so much more effective than vaccination, as well as so much cheaper than vaccination plus quarantine (for this is never omitted anyhow), the whole population is proud of its record, and two sizable books have been written on the subject. One of the books (Leicester: Sanitation Vs. Vaccination) is by J. T. Biggs, Town Councillor and for 22 years Member of the Sanitary Committee; the other (The Vaccination Question) is by Dr. C. K. Millard, for fifteen years Medical Health Officer of Leicester. Dr. Millard in his book remarks on the failure of smallpox to "catch on" to the unvaccinated school children of Leicester, though the disease has been imported many times during his incumbency. Mr. Biggs remarks upon the fact that what sanitation has done in Leicester is but the minimum of what the Leicester plan is capable of, since every health officer has been a pro-vaccination doctor who, while he is willing to employ sanitation, is nevertheless always on the lookout to find a vindication of vaccination, and therefore but half-hearted in his employment of the Leicester Method.

NOTES OF THE W. C. T. U.

The county institute was held this week Thursday at St. Johns.

Mrs. Jennie Kemp, state president, has gone to Indianapolis, Ind., to attend the national convention.

The next meeting of Mt. Scott Union will be with Mrs. Julia Scott, 5930-824 street, on Tuesday, No. 21st.

Patriotism And Lockjaw

"Returns from the celebration of the Fourth of July, which are now complete, show that in one respect our latest Independence Day differs from its predecessors. Since the American Medical Association began collecting statistics, fourteen years ago, this is the first time we have not had a single death from lockjaw. In 1903, when these studies began, we offered up 417 human sacrifices on the altar of Independence Day. The preaching of the safe and sane Fourth, however, has evidently had its effect, for there has been a steady diminution year by year, until now in 1916, American boys and girls have expressed their appreciation of their splendid inheritance without a solitary case of tetanus.

In these fourteen years 1,119 deaths from this disease have been recorded as a result of Fourth of July accidents. The most patriotic state, judged by the lockjaw standard, has been Illinois, in which 157 innocents have been slaughtered in this fashion. Pennsylvania, as the cradle of liberty, appropriately stands high in the list, 152 children having thus shown their devotion to their native land. Ohio, which also stands close to the top in the pension roll, can proudly exhibit 119 cases of Fourth of July tetanus in fourteen years. New York, despite its large population, lags behind, only 93 children having died this horrible death in this same period. These statistics bring out the curious fact that lockjaw, an extremely rare disease, has found its largest cause in Fourth of July celebrations. Thus, in 1909, there were 150 cases of patriotic tetanus in the United States and only 128 from other causes. In 1910, 72 Independence Day celebrants died of this disease and only 47 who had contracted it in other ways. The disappearance of these casualties as a result of fireworks places the responsibility now on the other side. Any one who now succumbs has a more respectable reason for his death than cannon, fire-crackers, and blank cartridges.

But this disappearance of lockjaw does not mean that we are becoming entirely safe in our celebrations. There are still many deaths caused by the Fourth—though not by tetanus. This year 30 people died from gun shots, burning alive, powder, torp-does, toy cannon, and other methods used exclusively on this great occasion. Ten children lost the sight of one eye, nine lost legs, arms, and hands, twenty four came out of day with fewer fingers than when they entered it, and 717 had other injuries. Encouraging as these statistics may be in showing in a conservative fashion that we are making progress in the direction of a safe Fourth, however, we have not, up to the present time, had complete success."—World's Work.

In the second Oregon congressional district, all of the members, N. J. McMillen, John R. Smith, Valentine Sylvester Smith and Lloyd McMillen, minors, have been re-elected.

Orders were also issued by the war department detaching Lieutenant Colonel Charles E. Victor from duty as engineer officer at Portland, and sending him to Boston, Mass. His successor at Portland has not been chosen.

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

NOTICE OF GUARDIAN'S SALE OF REAL ESTATE.

Notice is hereby given that in pursuance of an order of the County Court of the State of Oregon for Multnomah County made and entered therein on the 4th day of November, 1916, in the Matter of the Guardianship of Freeman Smith, Edna M. Smith, John R. Smith, Valentine Sylvester Smith and Lloyd McMillen, minors, the undersigned, the guardian of the estates of said minors, will sell at public auction to the highest bidder for cash Gold Coin of the United States of America, and subject to confirmation by said County Court, on Saturday the 16th day of December, 1916, at 9:30 o'clock in the forenoon of said day, at the front door of the County Court House of the County of Multnomah and State of Oregon, all the right, title, interest and estate of said minors in and to all those certain lots, pieces or parcels of land situate, lying and being in the County of Multnomah and State of Oregon, to-wit: Lot Five (5) and Six (6) in Block Four (4), Midway, now within the corporate limits of the City of Portland, in said County and State.

Terms and conditions of sale: Cash Gold Coin of the United States. 10 per cent of the purchase money to be paid on the day of sale, balance on confirmation of sale by said County Court.

C. F. GROCE,
Guardian of the Estates
of Freeman Smith, Edna M. Smith, John R. Smith, Valentine Sylvester Smith and Lloyd McMillen, Minors.

Oregon's prune crop is the largest and finest in the state's history. It amounts to 40,000,000 pounds and will net the growers \$3,000,000.

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 TUTHILL,
Administrator.

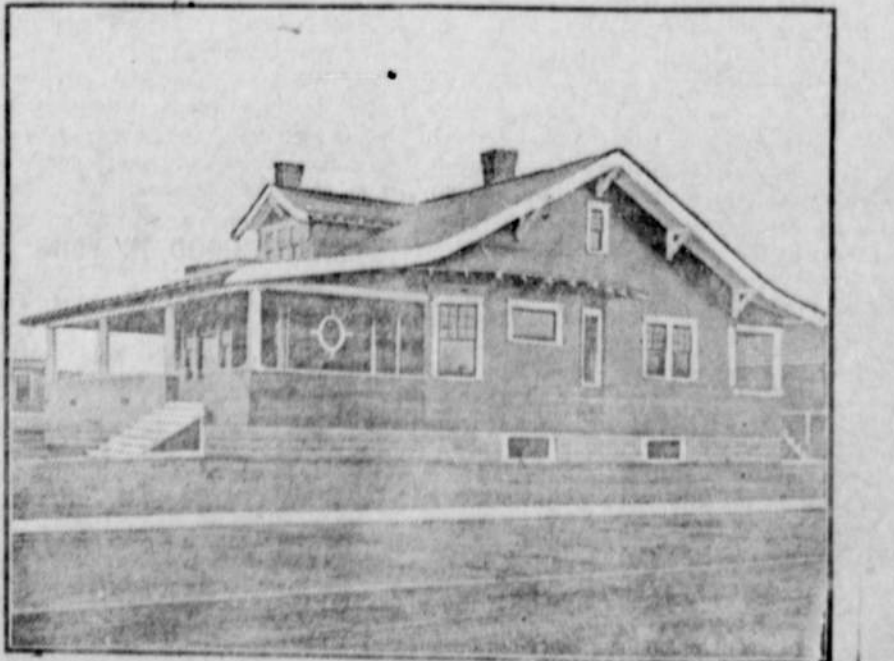
JOHN VAN ZANTE, Attorney.

Linn County clover seed industry netted \$150,000 this year.

Hood River is to get a large new concrete garage.

With a mutilated budget Portland taxes go still higher next year.

Less political jawbone and more legitimate industry from now on.



Moderately Piced Bungalows