

YOUR HEALTH

REFRAIN FROM SPITTING!

The barbaric tribes of east equatorial Africa spit when they meet and spit again when they part. In binding a bargain and before shaking hands custom requires that they spit upon first. They size up a man on his ability to spit copiously. These customs account to a certain extent for the ease with which disease attacks the savage tribes. Whole tribes have at times been almost exterminated by infections.

On the other hand, the Chinese would rather be beaten than tread the ground upon which some one had expectorated. The ancient Chinese civilization determined this to be a wise procedure. It is true that promiscuous spitting is a relic of barbarism and is a menace to civilization.

Promiscuous spitting is prohibited to prevent disease and preserve decency. While the danger to health from such spitting has been exaggerated, nevertheless danger exists. The rules and regulations of the Oregon State Board of Health provide: "Spitting on the floor of public buildings, or buildings used for public assemblages, or upon platforms or any part of any railroad or trolley car or ferry boat or any other public conveyance is forbidden."

You are directly responsible for your diet, sleep, rest and personal cleanliness; in short, personal hygiene, and to a considerable extent, communicable disease. Disease cannot be cured unless everyone of us is decent enough to do his part to safeguard others. We are constantly being attacked by germs. A person with influenza or a cold expectorates promiscuously. The sputum dries up and the germs are blown around in the dust. This dust is inhaled and the infection is transferred to other victims. The germ of tuberculosis may be inhaled from sprayed moist sputum or from dried sputum.

Inasmuch as the germs of communicable disease may be harbored in the respiratory tract, mouth, nose and throat discharges, they should not be cast promiscuously in public places. Care on the part of the tuberculous is necessary in order to prevent spreading the infection to others. The safest person in the world is a graduate from a tuberculosis sanitarium who has learned the lesson of protecting others. Everyone is a potential disease carrier. Spitting is a menace and a defiance to the law of sanitation.

Build up your bodily resistance by plenty of sleep, moderate eating, regular exercise and lots of fresh air. Preserve the purity of your community by refraining from spitting.

DAIRY SITUATION AS FAVORABLE AS IN 1924

The dairy situation in Oregon is about as favorable as it was in 1925 reports P. M. Brandt, head of dairy husbandry at the Oregon experiment station, except that many cows came through the winter in poor condition causing decreased production. To this is added the further fact of a coming shortage of good hay along with high prices of other feeds, which will tend to increase production costs. Information designed to indicate the agricultural economic outlook for the benefit of producers has been assembled by the extension service under the direction of R. S. Reese, farm management specialist. Any conclusions based on these facts are not to be taken as a prophecy but merely as a help to farmers in lessening the hazards of unbalanced production.

The encouraging angle of the dairy pays.

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situation is that a larger ratio of farmers in Oregon are testing their cows to throw out the low producers, and obtaining purebred sires. They are feeding better home-grown feeds and pursuing better management to reduce costs of successful competition.

"It is hardly advisable for dairymen established in the business to drop it on account of the economic situation," says Professor Brandt but those now entering should be very cautious and adopt every known efficiency practice to reduce costs.

On consulting several county reports Professor Brandt read from a few as follows: "More favorable outlook;" "Conditions about normal;" "Dairymen more pessimistic, condition not encouraging;" "Dairy outlook least favorable for five years." Neither does the situation in the United States as a whole seem to encourage any expansion of the industry, according to the New York department of agricultural economics, as quoted in the Oregon report. Three times the normal supply of butter was in storage March 1, tending to hold down prices. The encouraging angle is hope of increased consumption by reason of cheaper prices.

My Favorite Stories

By IRVIN S. COBB

In Permanent Storage

Once upon a time, in the middle part of the state of Georgia, there lived a banker who was known far and wide as the Human Safety Clutch. In his day he was accused of many things, but nobody ever charged him with being a spendthrift. His home was on a plantation a mile from town. One Sunday he remembered that he had left some important papers on his desk, and he gave an aged negro servant on the place his keys and sent him for the documents.

It was a hot day and the road was dusty, but in an hour the old darkey had returned with the papers intact. The owner felt in all his pockets, one after the other.

"That's too bad, Uncle Jim," he said finally. "I thought I had a nickel here that I was going to give you."

"Cap'n Henry," said Uncle Jim, "you look again. Ef ever you had a nickel you got it yit."

Old Roman Idea

Every Roman household was supposed to be under the protection of one lares and several penates. Their symbols were kept in a special part of the house called the "lararium."

Your Conversation

"MACARONI"

The first macaroni which was made in Italy was of diverse and jumbled shapes. It was brought to England about 1700 by certain young men who affected the foreign ways and habits which they saw in their travels. The name was transferred to these young fops, who were then known as "macaroni."



Don't laugh at your own joke. The chances are it's not worth laughin' at, anyhow.

The Northwest is the nation's last woodlot. Forest industries bring prosperity. Prevent forest fires. It

OREGON NEWS ITEMS OF SPECIAL INTEREST

Brief Resume of Happenings of the Week Collected for Our Readers.

The tenth annual convention of the Oregon Music Teachers' association was held in Portland.

The 18th annual convention of the Oregon Retail Jewelers' association convened in Salem Monday.

Opening of the Spokane, Portland & Seattle Railway company's new station was celebrated at Astoria.

Estacada will hold a special election May 29 to decide the question of the annexation of more territory.

Voters of Cascade Locks voted unanimously to authorize a \$20,000 bond issue for a high school building.

Dates for the sixth annual session of the Pendleton summer normal school will be from June 22 until July 24.

Eugene's postoffice receipts for April amounted to \$10,574.06, an increase of about 15 per cent over April, 1924.

The annual session of group 2, Oregon Bankers' association, has been set for May 22, afternoon and evening, at Woodburn.

Joseph B. Hill, well known resident of Lane county, died suddenly at his home near Eugene, where he was born 65 years ago.

Dr. Carl Doney, president of Willamette university, arrived at Salem Saturday after spending a year in the east recuperating from illness.

A two-day state convocation of the De Molay order convened in Medford Friday with approximately 200 delegates and other members present.

Oregon has one of the lowest infant death rates in the United States, according to Dr. Frederick D. Stricker, secretary of the state board of health.

In an effort to lessen the number of deaths by drowning each summer, the Klamath Falls American Legion voted to purchase a pulmotor for the city.

After having been shut down since December 18 as the result of a fire, the plant of the Portland Vegetable Oil Mills company has resumed operations.

Oregon Trunk surveyors who will lay out two proposed lines from Bend to Klamath Falls arrived in Bend Saturday and left immediately for the interior.

F. H. McGowan, 65, picked up from the highway by a stage near Deer Island, where he was found apparently ill, died shortly after being taken to Rainier.

Work has again been started on the Cohen mine near Gold Hill. In the '70s this mine was a large gold producer, but has been inactive for some years.

Work on the 17.3-mile stretch of The Dalles-California highway from Sand creek north, which is being built by C. Nyberg, will be completed by September 1.

Bankers from the eight northwestern counties of Oregon gathered in Astoria Friday for the annual spring meeting of group 1 of the Oregon Bankers' association.

The Hood River Apple Growers' association was notified that an average of \$4.26 a box had been received for a carload of fancy Newtown apples sold in New York city at auction.

R. H. Grefe, at present employed on the Wenatchee national forest in Washington, has been assigned to the Cascade national forest as superintendent of road and trail construction.

W. L. Gilchrist of Albany was cut in several places about the face and hands near Halsey when a China pheasant flew into the windshield of Mr. Gilchrist's car with such force as to shatter the glass.

Walter Ford, 9, La Grande school boy, was dangerously injured as the result of boys playing with a pistol. He was shot through the neck and lost much blood before medical attention was obtained.

State highway officials of Oregon will meet with those of 10 other western states at San Francisco Friday to designate the interstate roads in those states to be uniformly marked as United States highways.

Ten were killed in traffic accidents in Portland during the first four months of 1925, an increase of three over the corresponding period in 1924, according to an announcement made at police headquarters.

A total of 34,112 applications for cash bonus and loans have been received since the creation of the soldiers' relief act in 1921, according to an announcement made at Salem by George A. White, adjutant-general.

The old house in which Homer Davenport, famous cartoonist, lived in Silverton for many years is to be torn down or moved to some other location to provide ground space for a new state armory to be erected this year.

Slashings can be burned up to May 15 without obtaining a permit, according to announcement made at the state forestry department. After May 15 it will be necessary to obtain permits from the state forester or his agents.

K. L. Hall of Eugene, who has the contract to grade nearly three miles of the Eugene-Florence highway in the Elachly section, is establishing his construction camp just west of Blackly, and expects to begin grading work this week.

Portland telephone service was paralyzed and almost 15,000 telephones were put out of commission as a result of a fire which broke out in the basement of the Pacific Telephone & Telegraph company's main exchange.

Either drowned or killed by the shock of falling in the cold water, Lois Shaver, 18-months-old daughter of Mr. and Mrs. Roy Shaver of Pinehurst, near Bend, was found in a small irrigation ditch near her parents' home.

Edward E. Brodie of Oregon City, United States minister to Siam, has abandoned his proposed tour of Europe and will return from his post at Bangkok directly to Seattle, arriving June 21, according to a letter received from him.

Will J. Roberts, principal of the West Side high school at Ontario, has been selected by the land settlement committee of the chamber of commerce to manage an Oregon bureau at Green River, Wyo., during the coming tourist season.

Purchase of Lipman, Wolfe & Co., pioneer department store of Portland, was completed when an option held on the property by the National Department Stores, Inc., of New York, was exercised. The deal involved about \$2,000,000.

An American Legion controversy over a political appointment will hold up indefinitely the proposal to establish a national guard company in Klamath Falls, according to word received from George A. White, adjutant-general of Oregon.

April brought four fatalities as the result of automobile accidents, four deaths in a fire, two suicides, one murder, one drowning and one death from alcoholism, according to the monthly report of Dr. Earl Smith, Multnomah county coroner.

The state printing board has fixed the price of the 1925 session laws at \$2.40. This includes postage necessary to send the publication to any part of Oregon. The session laws contain 550 pages, 50 pages less than the laws for 1923 session of the legislature.

An order will be made soon closing Salt creek, Fall creek and Winberry creek districts in the Cascade national forest to camping after June 1, according to Nelson F. Macduff, supervisor of the forest. The same ruling was made last year on account of fire hazards.

Thomas Tweet, civil war veteran and Bend pioneer, has been named as a member of President Coolidge's honorary bodyguard in connection with the anniversary of the first Norwegian settlement in America, which will be observed at Minneapolis the first week in June.

Six million feet of pine timber on 640 acres of land owned by the Yamsay Land & Cattle company was sold to Prentice Puckett, Klamath logging contractor, for approximately \$10,000. The timber is located in the Yamsay country between the Sprague and Williamson rivers.

Articles of incorporation of the Canby Canal company were filed in the county clerk's office at Oregon City with capital stock of \$100,000. It is the intention of the firm to irrigate the land lying between a point five miles east of Canby to Canby comprising some 5000 acres.

Oregon pensions have been granted by the pension office as follows: A. Lee Morelock, Portland, \$15; Hortense J. Gott, Portland, \$30; Lizzie Randall, The Dalles, \$30; William F. Reed, Roseburg, \$15; Susan Driscoll, Roseburg, \$12; Levi Knorr, Terrebonne, \$15; William O'Mara, Sutherlin, \$12.

Letters complimenting the officers of the state and showing the relative standings of the counties in connection with prohibition law enforcement prosecutions and the counties' proportion of fines collected from January 1 to April 9, 1925, were sent by William S. Levens, state prohibition director.

Application for water rights on the North Santiam river filed by Robert Simpson of Salem will be protested by Salem authorities. The city officers charge that the filings made by Mr. Simpson, if approved by the state engineer, would interfere with water rights previously acquired by the municipality.

By reason of the proximity of Brownsville to the Sweet Home district, now under quarantine by reason of rabies among dogs and other animals, school district No. 52-74 at Brownsville, along with four other nearby districts, was placed under quarantine by P. T. Tweed, county veterinarian.

Catholic Church Services

The Rev. Father LeMiller furnishes this paper with the following news and order of service for the Catholic churches of Bandon and the coast missions for the summer months:

The titular name of the Catholic church at Brookings is Our Lady Star of the Sea. The church of Gold Beach has not yet been named.

Services for Brookings during the summer months will be held as follows: On the third Sunday of each month, late mass at 9:30 a. m. Early mass, if any, according to special announcement. Religious instruction for children after mass. Special in-

structions for converts in the afternoon. On all Sundays, Sunday school instructions and Rosary devotions, begin at 10:30 a. m. Special instructors have been secured for this purpose.

At Gold Beach advance notices for Holy Mass will be given. Every Sunday, however, there will be Rosary devotions and Religious Sunday school instructions for children, beginning at 10:30 a. m.

The new born daughter of Mr. and Mrs. Rudolph Geryk and the new born son of Mr. and Mrs. L. M. Dempsey mark the first baptisms in the new church building.

REV. L. A. LEMILLER, Pastor.

The Tribune gives the news.

back east

[Portland Rose Festival, June 15-20]

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