

HEALTH HINT FOR TODAY.

Treatment of Burns.

The toxic factor is regarded by many physicians as the most important one to combat when dealing with a case of severe burns. The routine practice is to swab the burnt surface gently with benzine and then to powder it thickly with novolidine powder and to cover it with gauze. No attempt to render the skin absolutely aseptic is made. Morphia and anesthetics are avoided as tending to promote or increase shock.

When pain is very severe anesthesia powder is also used. This is both antiseptic and analgesic. The old dressing is removed in a bath when necessary and the process repeated. Blisters are scraped before the novolidine is applied. Cardiac stimulants are given freely, and a great point in the treatment is copious saline infusion, which is stated to have given admirable results. All wet dressings, ointments and sedative drugs are avoided religiously.

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Decayed Teeth.

Decayed teeth are one of the worst menaces to health and are the causes of many ills, according to Dr. M. L. Rhein, in an address before the convention of the National Dental Association, in session in Washington.

"Many diseases are caused by the septic poisoning which begins in the mouth or at the roots of the teeth," he declared.

In his discussion of "Mouth Infections" Dr. Rhein declared that the teeth which were neglected or treated improperly by unskilled or unscrupulous dental operators offered a fertile field not only for suffering through dental cavities or tooth decay, but that poisons generated by defective teeth pass into the human system, and by the slow process of their continued absorption the channel is opened for any and all diseases which are common to mankind.

HEALTH HINT FOR TODAY.

Don't Forget Boas.

Don't neglect to use your toothbrush, particularly at bedtime. Good teeth help to keep you "fit."

Don't leave fat on your plate when it is served to you with your meat. Fat feeds the nerves. If you want to have well developed muscles you must have good nerves.

Don't think it doesn't matter whether your boots are sound or not. It matters a lot. Your health will soon suffer if you wear leaky boots.

Don't think that it is only a "fad" to be particular about washing your hands before meals. It is anything but a fad. Poison may be conveyed into the system on food that has been touched by unwashed hands. Painter's colic is often brought on because painters neglect to wash their hands before meals.

Don't put pencils belonging to other boys into your mouth. Throat ailments that give a lot of trouble are often set going because boys will do so.

Don't forget that very unpleasant skin ailments may be caused by the habit of flinging your caps about in the street and into all sorts of dirty and dusty places and then directly afterward putting them on.

Don't make a practice of reading by the light of a flickering fire or you may have to wear spectacles before your time.

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Liver Spots.

The probable cause of "liver spots" is chronic derangement or sluggishness of the liver. Their presence indicates the necessity for improving the condition of the alimentary system in general, and this can usually be done best by a diet of buttermilk or apples or grapes for some weeks. Such a diet must be adopted gradually, never suddenly. One meal should be changed at a time, and in returning to the normal diet the same precaution should be taken. It is impossible to give precise instructions for any case without having the necessary information about the patient, and it is best to consult a physician.

HEALTH HINT FOR TODAY.

Shallow Breathing.

The trick of shallow breathing is a habit, like others, and can be overcome by persistent effort. A good way to start the habit of proper breathing is to take a few long, deep breaths several times daily. These should be taken preferably in the open air, but if that is not practicable take them any way in almost any other circumstances. The object of a deep breath is to fill the lower lobes of the lungs and force all of the cells into activity.

The blacksmith's arm becomes strong by use, and the same is true of the lungs. Disuse allows thousands of the minute air cells to become inflamed and ultimately to fall into decay. By the nonuse of these cells they are not alone injured, but others in order to do the work of the inactive ones are overtaxed and in turn become diseased, and consumption or other serious lung impairment results. To keep the air cells healthy they must be kept constantly in use, but not overburdened with work.

HEALTH HINT FOR TODAY.

How to Keep Well.

Get enough sleep.
Sleep with windows open.
Sit and stand erect.
Practice deep breathing.
Breathe through your nose.
Don't eat or drink when overheated by exercise.
Avoid tobacco and liquors. They are especially injurious to the young.
Alcohol is a preservative, but not of the health.
Don't neglect coughs or colds.
Never cough, sneeze or breathe into another person's face.
Don't spit on floors, sidewalks or street cars.
Admit plenty of sunshine into your houses and into your lives.

HEALTH HINT FOR TODAY.

Don't Stir Up Dust.

It is safe to say that if a sample of dust be taken at random from any office, warehouse, shop or factory, and this sample be properly tested for germs, the tubercle bacillus or the germ of consumption, will invariably be found to be present in large numbers. Now, it is the inhalation of dry, germ laden dust that is the commonest cause of consumption, so that anything that tends to stir up this dust and convey it to the mouth is literally "tempting Providence," especially in weakly and anaemic persons with consumptive tendencies. As far as possible remove all dust from your work and neighborhood by means of a damp duster. Never apply dusty fingers, stamps, envelopes or other objects capable of carrying disease germs to your tongue. Have a moist pad handy—it is easily obtainable—and use it.

HEALTH HINT FOR TODAY.

Hurried Eating and Constipation.
Hurried eating is a common contributing cause of constipation as well as other ills. When the food is not properly masticated more energy is required in the upper part of the alimentary canal to reduce it to the condition necessary for complete digestion, and in cases in which the vitality is depleted this may so seriously cripple the activity of the lower part of the alimentary canal as to contribute largely to the atonic condition which is a large factor in such cases. When the food is not fully masticated it is held back in the small intestine as well as in the stomach, and this also has a tendency to establish a sluggish action, which contributes to the condition favorable to constipation. While thorough mastication will not cure those cases which may be largely due to bad mental condition, excessive mixing of food, lack of exercise, overwork, too concentrated food or some physical defect of the intestine, it is an important factor, and more careful mastication will contribute to improvement in all cases.

HEALTH HINT FOR TODAY.

Sour Stomach.

Sour stomach, a very common ailment, is a symptom rather than a disease. It is due either to excessive secretion of acid or to deficient secretion. If the secretion is excessive, starch and sugar fruits ferment readily, causing often serious irritation and derangement. If the secretion is deficient the food ferments from lack of a proper supply of acid, which prevents the formation of lactic acid from starch or sugar fruits. In such cases it is important to use a diet that will avoid fermentation. Often meat exclusively or with turnips, which contain no starch, is the most appropriate. In many cases an exclusive buttermilk diet is best, and in some cases fasting is beneficial. But it is impossible to lay down an invariable rule for such cases. The avoidance of fermentation is, however, important in all.

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Notice for Publication
Department of the Interior
U. S. Land Office at The Dalles, Ore.
November 13th, 1913.
Notice is hereby given that Oliver G. Adams, one of the heirs of Silas E. Adams, of Prineville, Oregon, who, on May 16th, 1908, made homestead entry No. 16618, serial No. 04426, for sw¹ ne¹ w¹ s¹ e¹, and sw¹ s¹ e¹, section 14, township 15 south, range 17 east, Willamette Meridian, has filed notice of intention to make final three-year proof to establish claim to the land above described, before Timothy E. J. Duffy, U. S. Commissioner, at Prineville, Oregon, on the 25th day of December, 1913.

Claimant names as witnesses: William Marks, Hugh Gee, James C. Gilchrist, John R. Reese, all of Prineville, Oregon. H. FRANK WOODCOCK, Register.

Notice to Creditors
Notice is hereby given by the undersigned, the administrator of the estate of Andrew J. Turner, deceased, to all persons having claims against said deceased or his estate to present the same with the proper vouchers to the undersigned, at the office of M. R. Elliott, in Prineville, Oregon, within six months from the first publication of this notice.

Dated this 13th day of Nov., 1913.
HENRY TURNER,
Administrator of the estate of Andrew J. Turner, deceased.

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" Terrebonne 9:27 p.m.	" Culver 6:28 a.m.
" Culver 10:02 p.m.	" Terrebonne 7:08 a.m.
" Metolius 10:20 p.m.	" Redmond 7:23 a.m.
" Madras 10:30 p.m.	" Deschutes 7:43 a.m.
Arrive Portland 8:10 a.m.	" Bend 8:00 a.m.

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United States Bonds 12,500 00	Surplus fund, earned 50,000 00
Bank premises, etc 12,547 12	Undivided profits, earned 27,724 58
Cash & Due from banks 210,924 94	Circulation 8,000 00
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