

Use of Toothbrush

The regular use of the tooth brush is necessary not only to remove the acid incrustations that out holes in the teeth, but also to sweep away the germs of many discuses. These find the necks of the teeth an ideal nesting place. They multiply a mil-lionfold in a few hours unless washed away, then they go down the throat, enter the lumis, the ach, the eastachlan tubes and the passages behind the There they cause con nose. sumption, diphtheria, earache, catarrh, bronchitis, tonsiliitis; in fact, it would be difficult to say with certainty what discusses not arise from the germs may that have grown upon the teeth. It is now considered almost certain that many cases of appendi citis have this as their origin. Hence there is no process of the toilet so Important as that of brushing the teeth.

HEALTH HINT FOR TODAY.

Treatment of Anaemia.

In the treatment of annemia there is need for a complete change of environment. The means to be adopted to insure recovery are that the patient should live in fresh country air and have a generous diet, including a little meat daily. A little Bur-gundy wine may be taken once or twice daily at meals. The remedy upon which reliance is placed by physicians is, of course, iron, this being admin-istered by way of adding to the red corpuscies of the blood an element in which they are deficient. This fron may be given In the shape of the tincture of perchloride of iron or similar preparations to the extent of from ten to fifteen drops twice or thrice daily in water after Dialyzed iron is also meals.

truth

up.

It cries

baby.

time

of

given in similar doses. In taking any tonic which contains iron it must be remember-ed that iron has a very bad effect on the teeth, tending to turn them black, and for this reason the medicine or tonic should be taken through a glass tube.

There is no especial diet for unaemia, but those suffering from it should eat nourishing foods, such as red meats, rare roast beef, pointoes, peas, corn, plenty of bread and butter and drink milk and other fattening substances.

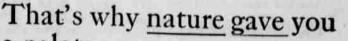
HEALTH HINT FOR TODAY.

Concerning Lumbago

A very common form of back-ache is lumbago. The sufferer must be somewhat careful in his use of sweet foods, meats and alcohol. He should also avoid wearing damp clothing, staying out too long in his garden digging or of remaining for too long a period in a bending or stooping posture when planting, etc.

If he be wise he will always wear a warm woolen undershirt next to his skin during the winter season and until the warm days of summer are in full sway. Then he may safely don a thinner woolen garment without fear of taking a nasty pain in the back. It is far more sensible to take a little extra care to avoid lumbago and other back troubles than to be careless and, as the result of such careless-





30,000 00 37,724 36

8,900 00 365,099 63

\$543,424 19

surrer as so many people do,

HEALTH HINT FOR TODAY.

Suggestions For Sleep.

The bedroom should be well ventilated, a window being kept open all night, if that can be managed without a draft playing upon the sleeper. Where there Is a chance of drafts ventilation may be safely accomplished by inserting a board six inches broad so as to raise the lower sash and fill the gap completely. Air then enters between the sashes in an upward direction and becomes diffused in a harmless fashion.

About his bed, bedclothes and pillow the sufferer from insomnia must not dogmatize, but try experiments. Sometimes an extra high pillow does the trick. The covering should not be ex-cessive, but the feet must be kept warm-by an eiderdown neross them, a hot bottle or bed socks-since chilly extremities are fatal to sleep. The same latitude must be allowed in regard to supper. Sometimes no supper is best, sometimes a light supper rather more than an hour before retiring, sometimes a glass of hot milk or hot gruel when one is actually in bed.

A short, smart walk before beddine enables many folks to sllp into dreamland. For others a hot footbath is better. Sfill more obstinute cases will y'eld to the soothing effect of a complete hot bath, with or without some mustard.

o may improve the color slightly.

HEALTH HINT FOR TODAY.

for rinsing the hair after a sham-

Operation Not Always Needed In Appendicitis.

The best opinion now is that an operation is not necessary in every case of appendicitis. Jur-gens says in International Textbook of Surgery, "The dictum that every case of appendicitis should be operated upon as soon as a diagnosis is made is not to be accepted." Treves, an eminent English authority, says: "In a fair proportion of cases no surgical interference is called for, and in many of these cases much can be done by diet, attention to elimination and by placing the patient under favorable conditions. Renders, a well known authority, records more than 90 per cent of recoveries from ap-pendicitis without operation." Appendicitis should be prevented by proper diet and exercise. The diet that most favors appendicitis is tine, fresh white bread and cake with ment. A liberal use of powdered charcoal and bran will ald materially in preventing it. When appendicitis is suspected the stomach and bowels should be promptly evacuated. followed by a fast from twenty-four to thirty-six hours. followed by an exclusive fruit diet for several days. The prac-tice of removing the appendix whenever the opportunity occurs is not advisable, for good au-thority holds that the appendix has an important use.

PORTLAND SEATTLE Holiday Home-Going Rates **Christmas and New Years** From Oregon Trunk Points to Points in Washington, British Columbia, Idaho and Oregon

You Would Enjoy the Journal

Reduced Tickets Sold

December 18 to 24. Final Limit January 5, 1914

From Redmond To

Spokane	Portland \$ 9.20
Tacoma 14.55	Vancouver, Wash 9.20
Cour d' Alene, Ida 17.10	Vancouver, B. C 22.20
Salem 11	Seattle 16:3/
Eugene 14.00	North Yakima 13.70

Further Details on Request

The "Owl" Daily between Central Oregon and Portland, saves a day each way. Leaves Bend at 8:30 p. m.; arrives Portland at 8:10 a.m. H. BAUKOL, R. H. CROZIER, Agent, Redmond, Gre. A. G. P. A., Portland, Ore. 12-11-44

