

County Court Proceedings

In the matter of the wrongful assessment of W. C. Barber. It appearing that said W. C. Barber is assessed with certain personal property which he did not own, ordered that a rebate of \$49.23 be allowed said Barber.

In the matter of the Newsom creek road. Resolution adopted and surveyor ordered out.

In the matter of the A. McE. Ball accountant. Ordered that the judge write Mr. Ball to return to Prineville and go over the tax rolls for 1912 or to take up the same as far back as it appears necessary where the same has not been done and to audit all books of officers as far as appears necessary.

In the matter of a road fund. Ordered that \$19,000 be set apart from the general fund to a road fund to meet the appropriations ordered for various roads, viz: Beaver and Bear creek roads \$15,000 (appropriated on the 3rd inst.) Redmond-Sisters \$2000 and Ashwood-Gateway \$2000 (appropriated on the 2nd inst.)

February 4th, 1914, court reconvened at 10 a. m.

In the matter of the old iron from the old Crooked river bridge. There being a lot of old iron left from the old Crooked river bridge and it appearing to be to the best interests of the county so to do, ordered that the same be sold to Ed Harbin for \$50, (estimated at five tons of iron) said \$50 to be deducted from the bill pending in favor of said Harbin.

In the matter of petition for change in road district. Mrs. Delore petitions to have a certain road, viz: Prineville-Canyon City roads, or a portion beyond and leading east from her place about three and a half miles, transferred from the File road district to the Paulina road district in order that the same may be worked, ordered that the county surveyor change the same on district map in accordance with said request.

In the matter of widows pensions. It appearing to the court that conditions have changed, it is ordered that the pension heretofore granted to Mrs. E. J. Marton be discontinued.

In the matter of the claim of the City of Prineville against Crook county for certain road taxes. Said matter coming up for consideration ordered that the same be continued to allow for investigation of the same by the county and in order that the county attorney may look into the legal status of the same.

In the matter of the county printing. It appearing that the Crook County Journal has the largest circulation in Crook county, same is hereby designated as the official paper of said county for the year 1914, to print all proceedings of the court, the claims, advertisements, notices, reports of officers and agents and other county printing (except the delinquent tax list) for \$125, payable \$21 at each regular term of court except the Dec. term. That should the Bend Bulletin and Madras Pioneer agree to publish the same matter as hereinabove named, that they and each of them shall be paid \$120, to be paid in equal installments of \$20 as the payments above named are paid to the Crook County Journal. Each paper to obtain at their own expense the proceedings of the county court and print same in one and a complete and regular edition of the paper. In regard to the publication of the delinquent tax list, same is hereby continued. Adjournment.

The following letter was received by Judge Springer from the Oregon Agricultural College:

"The Extension Division of the Agricultural College takes pleasure in announcing that arrangements

have been made which will place Professor G. V. Skelton, our highway expert, at the service of the people of the state. We are anxious that his services be used in a way to best advance the cause of better roads. For this reason, we are communicating directly with you.

"Professor Skelton has just returned from an extended investigation of the subject of highway construction in the United States. This, together with his long study of the subject qualifies him to speak with authority on this question.

"We are now arranging dates for Professor Skelton and shall be pleased to include your county in the itinerary if you are in a position to use his services to advantage. Yours respectfully,

(Signed) RALPH D. HETZEL."

Lamonta Items.

Walter Thomas and family spent Sunday at the James Thomas home.

Henry Mitchell and family spent a pleasant day at the O. Cyrus home.

There will be church services at the Lamonta school every night this week by Rev. Miller, of Salem.

Mrs. Emily Iverson is reported ill.

The basket social Friday night proved a great success. The program was fine, especially the play "Jumbo Jam." The actors received many compliments on their work. There was a good attendance, including a crowd of young people from Opal City. The Madras orchestra played for the dance after the social.

John Prader spent Saturday and Sunday with his friend Norman Weigand, at his home near Lamonta.

Born, January 30, to the wife of Emery Murphy, a boy.

Elmer and Lewis Mitchell, Walter Hurst, George Baynes, Rudy Retzlaff, Jesse Melton, John Prader and Ralph Armstrong and family spent Sunday at the Orville Armstrong home.

Myrtle Cowan is home on a short visit.

Mrs. Carl McGhee is visiting her sister, Mrs. Edgar, Waite.

The Madras orchestra will play for the Hard Times dance at the Lamonta Hall February 13. A good time is assured. Everybody come.

The Lamonta boys have organized a ball team and will commence practicing soon. The officers are—Norman Weigand, captain; Jesse Melton, manager, and Pearl Weigand, treasurer.

Opal Smith is home after a short stay with her sister, Mrs. Warren Smith of Madras.

Barnes has enjoyed a good winter with lots of falling weather, which insures us good crops for this year.

Johnnie Morris is again among friends on Camp creek after a brief visit to Webfoot.

Born—To the wife of Bert Demaris, February 1, a boy.

One of the most pleasant evenings spent in these parts since the days of long ago was had at the Dry Lake dance hall on Friday night, January 30, when a crowd of old timers from Beaver creek, Maury and Barnes gathered. Dancing began early in the evening and lasted until 8 o'clock in the morning. Music was furnished by Arthur Bennett, Walter Morris, Chas. Morris and Mr. Stevens, who is professor of music and a dancing teacher. An excellent supper was served at 12 o'clock by the old-time good cooks. Only one of our number was gone—Postmaster S. H. Barnes was unable to attend on account of sickness.

We most earnestly desire to express our thankfulness and appreciation to the neighbors and friends who so unselfishly assisted us during the sickness and death of our beloved mother.

JAS. H. BLAND, ISAAC BLAND, J. D. BLAND, ROBT. BLAND and family.

Buff Orpington, raised on free range, possessing stamina, vigor, quality and healthy laying machines; the kind that wins the blue ribbons. Eggs for setting of 15—Pen No. 1. \$5. No. 2, \$3; No. 3, \$2; No. 4, \$1.50. Also some A1 cocks and hens for sale.

J. H. GRAY, Prineville, Ore.

Notice is hereby given that the partnership heretofore existing between O. L. Huff and H. L. Maker, under the name of Huff-Maker Auto Co., is dissolved by mutual consent. O. L. Huff will continue the business at the old location.

O. L. HUFF, H. L. MAKER.

Dated January 22, 1914.

One medium sized good cook stove; used only short time. Call at Journal office.

1-15

Lodge meets every Tuesday night.

Strangers welcome.

T. L. COON, N. G.; Estes Short, V. G.; Percy R. Smith, Secretary; C. B. Dinwiddie, Treasurer.

Any kind of work, housework, hotel or restaurant. By young woman. Inquire at John Morris residence.

1-22

Scenic Upland Place, S. C. White Leghorn pullets and yearlings, \$1 each. Best blood winter layers. Hatching eggs, \$5 per 100. Address E. D. Tirrill, Prineville, Ore. 1-15-4p

Unafraid.

"Well, my dear," said Mr. Wiggins on the night of election day, "did you vote this morning?"

"I did indeed," replied Mrs. Wiggins. "I not only voted, but I wrote out my reasons for voting as I did on the back of the ballot and signed my name. You men may feel the need of a secret ballot, but I'm not afraid to have anybody know how I voted or why."—Fun.

3-day painless plaster ANY TUMOR, LUMP or SORE on the LIP, FACE or BODY long is CANCER. It Never Pains Until Last Stage. 120-PAGE BOOK sent free. Testimonials of THOUSANDS CURED.

ANY LUMP in Woman's Breast I BELIEVE IS ALWAYS CANCER, and ALWAYS poisons deep glands in the armpit and KILLS QUICKLY I swear we have CURED 10,000. Go see some

Write Old Dr. & Mrs. CHAMLEY For BOOK—ALL

1000 SUCCESSFUL CANCER SPECIALISTS LIVING

A B 438 Valencia St., SAN FRANCISCO, CAL. KINDLY MAIL this to someone with CANCER

There will be a regular annual meeting of the Squaw Creek Irrigation Company at the courthouse in Prineville, Oregon, on Saturday, March 7, 1914, at 9 a. m. for the purpose of electing officers, for recapitalization, for the adjustment of the 1912 water rates, and for any other business that needs to be considered. The above meeting was voted at the November meeting.

E. T. SLAYTON, Secy. February 12, 1914. 4-t

Notice is hereby given that all registered general fund warrants up to and including No. 1673, will be paid on presentation to the county treasurer. Also all registered Sculp bounty warrants. No interest paid after this date—January 15, 1914.

R. L. JORDAN, County treasurer of Crook county. 2-12-2t

Man and Wife Wanted

To work on ranch beginning about March 1. Explain fully, salary wanted, etc. W. B. MOSE, Lamonta, Ore. 2-12-2t

Notice of Publication

Department of the Interior, U. S. Land Office at Lakeview, Ore. January 23rd, 1914.

To William Irvin Brooke, contestee: You are hereby notified that Fred Christofferson, who gives File, Oregon, as his postoffice address, did on January 23, 1914, file in this office his duly corroborated application to contest and secure the cancellation of your homestead, serial No. 04635, made May 12, 1911, for section 3, w½ sw¼ of section 2, ne¼ ne¼ of section 10, nw¼ nw¼ of section 11, township 22 south, range 22 east, Willamette Meridian, and as grounds for his contest he alleges that William I. Brooke has wholly and entirely abandoned said land, has no signs of habitation upon said land and to my personal knowledge has not resided upon said land within the six months preceding dates of said contest.

You are, therefore, further notified that the said allegations will be taken by this office as having been confessed by you, and your said entry will be cancelled thereunder without your further right to be heard thereon, either before this office or on appeal, if you fail to file in this office within twenty days after the FOURTH publication of this notice, as shown below, your answer, under oath, specifically meeting and responding to these allegations of contest, or if you fail within that time to file in this office due proof that you have served a copy of your answer on the said contestant either in person or by registered mail. If this service is made by the delivery of a copy of your answer to the contestant in person, proof of such service must be either the said contestant's written acknowledgement of his receipt of the copy, showing the date of its receipt, or the affidavit of the person by whom the delivery was made stating when and where the copy was delivered; if made by registered mail, proof of such service must consist of the affidavit of the person by whom the copy was mailed stating when and the postoffice to which it was mailed, and this affidavit must be accompanied by the postmaster's receipt for the letter.

You should state in your answer the name of the postoffice to which you desire future notices to be sent to you.

JAS. F. BURGESS, Register.

Date of first publication Feb. 12, 1914.

Date of second " Feb. 19, 1914.

" " third " Feb. 26, 1914.

" " fourth publication, March 5, 1914.

Call for Warrants

Notice is hereby given that all registered general fund warrants up to and including No. 1673, will be paid on presentation to the county treasurer. Also all registered Sculp bounty warrants. No interest paid after this date—January 15, 1914.

R. L. JORDAN, County treasurer of Crook county. 2-12-2t

Notice

There will be a regular annual meeting of the Squaw Creek Irrigation Company at the courthouse in Prineville, Oregon, on Saturday, March 7, 1914, at 9 a. m. for the purpose of electing officers, for recapitalization, for the adjustment of the 1912 water rates, and for any other business that needs to be considered. The above meeting was voted at the November meeting.

E. T. SLAYTON, Secy. February 12, 1914. 4-t

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointoxication. The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are, in reality, scavengers. The natural way to overcome autointoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the autointoxication which follows wrong diet. In the prevention of autointoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also thorough mastication, are important factors as well as diet.

Health Hint for Today

Relieving Backache. Backache that is due to liver troubles may be relieved by toning up the liver and digestive organs generally. Meat should be eaten only in very limited quantities, if it is eaten at all. Alcohol, especially beer and stout, must be excluded from the diet.

On the other hand, tomatoes, fresh vegetables, fruit, milk and soda and cereals are suitable items of food, while liberal quantities of hot lemon water would be a better fluid to drink than tea, coffee or cocoa. A little extra care in regard to diet—the daily diet—would very quickly remove the pain or ache that has its origin in a sluggish liver.

Health Hint for Today

Prevention of Autointox