

### WOMANKIND.

Love has no such sacredness, is incapable of such exaltation with man, as it has and is with women. To him it is the appanage of egotism; it is flattered vanity; it is selfishness glossed with sentiment. He loves to be loved. She loves to love.—*Juvenal Henri Brown.*

Every pretty girl one sees is a reminiscence of the garden of Eden.—*Frederick Sheldon.*

The woman we love most is often the one to whom we press it the least.—*Edme Pierre Chauvot de Beauchene.*

Woman's counsel is not worth much, yet he that despises it is no wiser than he should be.—*Miguel de Cervantes.*

Woman is the nervous part of humanity, man the muscular.—*Jean Noel Halle.*

O woman, woman, thou art formed to bless the heart of restless man!—*J. Bird.*

Women are often ruined by their sensitiveness and saved by their coquetry.—*Mlle. Azala.*

### WARFARE.

Regular troops alone are equal to the exigencies of modern war as well for defense as offense, and when a substitute is attempted it must prove illusory and ruinous. No militia will ever acquire the habits necessary to resist a regular force. The firmness requisite for the real business of fighting is only to be attained by constant course of discipline and service. I have never yet been a witness to a single instance that can justify a different opinion, and it is most earnestly to be wished that the liberties of America may no longer be trusted in a material degree to so precarious a defense.—*George Washington.*

The frontiers of states are either large rivers or chains of mountains or deserts. Of all these obstacles to the march of an army the most difficult to overcome is the desert; mountains come next, and broad rivers occupy the third place.—*Napoleon.*

### RANDOM THOUGHTS.

No greater grief than to remember days  
Of joy when misery is at hand.  
—*Dante.*

One inch of joy surmounts of grief a span,  
Because to laugh is proper to a man.  
—*Rabelais.*

In bed we laugh, in bed we cry,  
And, born in bed, in bed we die.  
The best approach a bed may show  
Of human bliss to human woe.  
—*Benserade.*

Art is long; life is short, judgment difficult, opportunity transient.—*Goethe.*

History is little else than a picture of human crimes and misfortunes.—*Voltaire.*

Although I am a pious man, I am not the less a man.—*Moliere.*

### ATHENIAN DEMOCRACY.

Our form of government does not enter into rivalry with the institutions of others. We do not copy our neighbors, but are an example to them.

It is true that we are called a democracy, for the administration is in the hands of the many and not of the few. But, while the law secures equal justice to all alike in their private disputes, the claim of excellence is also recognized, and when a citizen is in any way distinguished he is preferred to the public service, not as a matter of privilege, but as the reward of merit. Neither is poverty a bar, but a man may benefit his country whatever be the obscurity of his condition.—*Thucydides.*

### LOW SPEECH.

You know we condemn lowness of speech, and justly so, for the gift of speech is peculiar to a man and a boon which God granted to him, that he may be distinguished from the rest of living creatures. This gift, therefore, which God gave us in order to enable us to perfect ourselves, to learn and to teach, must not be employed in doing that which is for us most degrading and disgraceful. We must not imitate the songs and tales of ignorant and insouciant people. It may be suitable to them, but it is not for those who are told, "And ye shall be unto me a kingdom of priests and a holy nation" (Ex. xix. 6).—*Malmouides.*

### HEALTH HINT FOR TODAY.

#### The Summer Cold.

It is well to remember that a fresh cold in the head may sometimes be broken up immediately if treated early by snuffing warm salt water up the nose from the palm of the hand. This is a simple procedure, which can be performed anywhere by any one of ordinary intelligence, without apparatus. A teaspoonful of salt to the pint is about the right proportion.

In blowing the nose to dislodge the water be careful not to blow so violently as to drive the water into the eustachian tubes, as the result may be deafness. It is a good idea not to use a handkerchief for fifteen minutes after this simple operation. About a pint of water should be used, drawing it through the nasal cavities into the throat, whence it can be ejected from the mouth. If one application does not relieve the congestion and irritation, repeat it in a few hours and take a hot footbath on retiring.

### HEALTH HINT FOR TODAY.

#### The Facial Bath.

When the water used for the facial bath is hot enough to sting the skin it is too hot to be beneficial. It is likely to cause the skin to become ultra-sensitive, so that when it is exposed to the sun or wind it will burn and grow red. Hot water for bathing the face should be just hot enough to be used with perfect comfort. After playing golf or motoring it is well to use a cleansing cream, rubbing it well into the skin and removing it after four or five minutes with a piece of absorbent cotton. Then dip a soft cloth in warm water and hold it against the face for a minute or two. Dry the skin gently with a towel with a gentle rotary movement. Follow the massage by dipping a soft cloth in very cold water, using it as directed above, and a feeling of refreshment will well repay the trouble.

### HEALTH HINT FOR TODAY.

#### Avoid Needless Heart Strain.

The heart is the mainspring of life. Bodily health and vigor depend upon the integrity of this organ. Let the heart muscle or the delicate heart valves be impaired or injured in the slightest degree and life will become a misery and a torture. It is important therefore for every one, especially for those who are past middle age, to avoid all unnecessary strain upon the heart, in order to maintain its health and efficiency as long as possible. Intense muscular work of any kind if continued for many hours each day will in time affect the heart. Even mental work if it is too prolonged and too intense will result in weakening the heart muscles.

The ordinary man cannot believe that excesses in eating may result in injury to the heart. Such, however, is the case. Whenever the stomach is overloaded with food the heart must work harder to pump an extra quantity of blood in order to aid the stomach in its added work. Thus a double injury results. The stomach is injured and the muscle of the heart is overstrained.

Alcohol or excessive use of tobacco will also greatly impair the strength of this vital organ.

Follow the rules of moderation in all things. In this way you will conserve the vitality of all the organs and enjoy perfect health and long life.

### HEALTH HINT FOR TODAY.

#### Treatment of Warts.

All caustics are useful in destroying warts, but the cauterization must not be pushed too far. The skin around the wart should be protected with a layer of colodion or some other protective. With nervous patients, to avoid pain, the application of either methyl or ethyl chloride spray is recommended. Destruction of warts can also be effected with the galvanocautery or thermocautery.

In slight cases the warts may be treated by the application of soft soap. For example, a layer of soap about the thickness of the back of the blade of a knife is spread upon a piece of flannel or muslin placed on the warts and kept there day and night. If it is inconvenient to keep this dressing on during the day, on rising the soap which is on the skin is washed off and either zinc oxide or talc powder is applied. The applications are continued until the wart comes off, this being assisted by scraping the wart after each application. If the soap irritates the skin too much its use should be suspended for a few days.

### HOME.

Cling to thy home! If there the meanest shed  
Yield thee a hearth and shelter for thy head.  
And some poor plot, with vegetables stored,  
Be all that heaven allots thee for thy board—  
Unsavory bread and herbs that, scattered, grow  
Wild on the river brink or mountain brow,  
Yet 'e'en this cheerless mansion shall provide  
More heart's repose than all the world beside.  
—*Leonidas.*

Happy the man whose wish and care  
A few paternal acres bound,  
Content to breathe his native air  
In his own ground.  
—*Pope.*

An exile from home, splendor dazdles in vain,  
Oh, give me my lowly thatched college again!  
The birds singing gayly that came at my call—  
Give me them and the peace of mind dearer than all.  
—*John Howard Payne.*

Such is the patriot's boast wh'er'er we roam—  
His first best country ever is at home.  
—*Goldsmith.*

### OSTENTATIOUS CHARITY.

In truth, there are few of those course and open hypocrites which publish on the house-tops the merit of their holy deeds. The pride is more adroit and never immediately unmaska. \* \* \* Charity, my brethren, is that sweet odor of Jesus Christ which evaporates and is lost the moment it is uncovered. It does no cause to abstain from the public duties of benevolence. We owe to our brethren edification and example. It is a good thing for men to see our works, but we should not see them ourselves, and our left hand ought not to know the gifts our right distributes. The achievements even which duty renders the most brilliant ought always to be secret in the preparations of the heart. We ought to entertain a kind of jealousy for them against others' gaze and not think their innocence sure, but when they are under the eyes of God alone.—*Massillon.*

### THE RAINBOW.

My heart leaps up when I behold  
A rainbow in the sky,  
So was it when my life began,  
So is it now I am a man,  
So be it when I shall grow old,  
Or let me die!  
The child is father of the man,  
And I could wish my days to be  
Bound each to each by natural piety.  
—*Wordsworth.*

### ERASMUS' THEOLOGY.

The generality of mankind place religion in ceremonies or creeds; a certain appointment of psalms or in bodily exercises. If you examine them about spiritual matters you will find them merely carnal.

My work has been to restore a buried literature and recall the divines from their hair splittings to a knowledge of the New Testament.

I do not object generally to the evangelical doctrines, but there is much in Luther's teachings which I dislike. He turns everything which he touches into extravagance.

I care nothing for fame and nothing for posterity. I desire only to go home and to find favor with Christ.

### THE THINKERS.

The men whose minds move faster than their age  
And faster than society's dull flight  
Must bear the ribald railings and the rage  
Of those who lag behind it.  
As the light  
Plays on the horizon's verge before its night  
Can penetrate life's dark and murky stage;  
As the tired hndgl, on his pilgrimage,  
Hears, ere he sees, the fountain bubbling bright;  
As the sweet smiles of infants promise you  
And martyr sufferings herald sacred truth,  
So thought hung forward is the prophecy  
Of truth's majestic march and shows the way  
Where future time shall lead the proud array  
Of peace, of power and love of liberty.  
—*Sir John Bowring.*

### THE OUTCAST.

Some of our good friends think it is a mistake to pick out the wretched outcasts who have got among modern thieves unless first we get them to a church or a sacrament or the penitent form. Even then some would wait till they had been tested a little, lest they should seem to run after the leaves and fishes! \* \* \* But the army is striving to find and feed and shelter the least, the weakest and the wick- edest of those lost and ruined images of God. Nothing shall turn us aside from seeking them. It is our proper work because it was and is our Master's. And just as he died for all, so in its works of mercy and charity the army does all it can for all who suffer without stopping to inquire whether they are good or bad and without insisting that they should make a profession of religion or promise to join our ranks. Our business is to do good to all men.—*General Bramwell Booth, Salvation Army.*

### HADES.

Before the porch itself, within the jaws of hell, grief and avenging cares have placed their couches. There dwell pale diseases, sorrowing age, despondency and ill prompting hunger and loathsome want, shapes terrible to see; death—death and labor and sleep, twin born with death, and the criminal lusts of the heart, and death bringing war near the opening door, and the iron bedchamber of the furies, and maddening discord, her viper's tresses bound up with bloody fillets.—*Vergil.*

### ALICE OF OLD VINCENNES.

In the village Che-pe-ko-ke,  
In the times long past and gone,  
Nestled on the Quabache river,  
Lived brave Alice Rousillon.  
Not a flower in valley blooming,  
Not a songbird in the glens,  
Was so fair and sweet as Alice,  
Pretty maid of Old Vincennes.  
Oft she winged the grouse and partridge  
As from cover up they flew;  
Oft she sculled her bark canoe,  
And by arrow, swiftly speeding,  
As to mark it straightly wends,  
Doe and fawn were often trophies  
Alice bagged near Old Vincennes.

Ere the battle's smoke o'er Sackville  
By the winds were rolled away,  
Lithely sped the maid, unhindered,  
With her flag to crown the fray;  
Then, to mast rope tightly fastened,  
Up Old Glory high ascends,  
Waving back a kiss to Alice,  
Heroine of Old Vincennes.

Mem'ry often us will carry  
On the wings of busy thought  
Back to early years, when freedom  
'Gainst its foes in triumph fought.  
Not a spot should now be dearer  
To the hearts of Freedom's friends  
Than the village Che-pe-ko-ke,  
Home of Alice—Old Vincennes!  
—*Rubard M. Smith.*

### READING.

Some will read only old books, as if there were no valuable truths to be discovered in modern publications, while others will read only new books, as if some valuable truths age not among the old. Some will not read a book because they are acquainted with the author, by which the reader may be more injured than the author. Others read not only the book, but would also read the man, by which the most ingenious author may be injured by the most impertinent reader.—*Lord Disraeli.*

### COURAGE.

No man can be brave who thinks pain the greatest evil nor temperate who considers pleasure the highest good.—*Cicero.*

Remember to be calm in adversity.—*Horace.*

In great straits and when hope is small the boldest counsels are the safest.—*Livy.*

Courage conquers all things. It even gives strength to the body.—*Ovid.*

If we must fall we should boldly meet the danger.—*Tacitus.*

Do not yield to misfortunes, but meet them with fortitude.—*Vergil.*

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Department of the Interior,  
U. S. Land Office, Burns, Ore.  
January 28, 1914.  
To William T. D. Powell, contestee:  
You are hereby notified that Joseph H. Roundtree, who gives Paulina, Crook county, Oregon, as his postoffice address, did on February 2, 1914, file in this office his duly corroborated application to contest and secure the cancellation of your Homestead, Serial No. 05395 made April 13, 1911, for w 1/4 sec 16 and w 1/2 sec 34, township 16 south, range 24 east, Willamette Meridian, and as grounds for his contest he alleges that W. T. D. Powell has wholly abandoned said tract for more than 12 months last past; that said tract is not settled upon and cultivated as required by law.  
You are, therefore, further notified that the said allegations will be taken as confessed, and your said entry will be canceled without further right to be heard, 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 responding to these allegations of contest, together with due proof that you have served a copy of your answer on the said contestant either in person or by registered mail.  
You should state in your answer the name of the postoffice to which you desire future notices to be sent to you.  
W. R. FARR, Register.  
Date of first publication, Feb. 19 1914.  
" " second " " 26, 1914.  
" " third " " March 5, 1914.  
Date of fourth " " " 12, 1914.

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