

PHYSICAL EDUCATION

What It Is and Does

Physical education is a source for right thinking and right living and means muscular training, for bodily health, and intellectual mind. Not for purely muscular development and performing some great feat, or competing for brutal strength, but is really health and body culture.

The Greeks first made themselves into beautiful forms, before they expressed such objects, in marble or painting.

No harmonious movement is possible without a correct action of the muscles; as in sitting, rising, standing or a perfect walk, which means more than many think, to every child and adult, whether in the home, the school, any occupation or profession, before the public or retirement, it matters not the place, but is needed everywhere.

No parent can afford to neglect these matters either for themselves or their children. The great and wise, from ancient times till now have given attention to the importance of training and developing the body as God's image, not merely to live, but to be well and strong, thus a fit temple for the soul, as God created us.

Every man and woman owes it, as a duty to the family and the nation to maintain a sound body and mind. Ill health, which is due to pure neglect is a moral wrong. It robs the home of money and happiness, the two chief factors of human life.

Ill health begets poverty, discontent, irritability and a diseased mind. There can never be a sound mind in an unsound body.

In order to be healthy we must pay as strict attention to the moral and mental, as to the physical man, and this cannot be done without a sure and solid foundation to build upon, and this means good wholesome food, plenty of fresh air, sensible clothing, plenty of pure water and systematic exercise, that will secure active muscles and good circulation, which with proper poise of the body and deep breathing, are the fundamental principles for good health.

Muscular development when excessive invariably breaks down tissue and the life of the flesh, drains the vitality of the heart and lungs, bringing on a tendency to heart failure and consumption.

Exercise with apparatus overtaxes the heart, forces the blood to the extremities and cannot be taken with safety by any one with organic heart trouble, except with extreme caution.

Many fail to understand how we can secure better results without apparatus than by its use. It is because the muscles are exerted to a greater extent; one muscle is made to resist another, thus both are exercised. If you exercise the arms with a two pound dumb-bell in each hand, the muscles in each arm have a resistance of two pounds. We teach you to set the muscles, making them tense and thus secure a resistance of much more than two pounds. Another reason, having no weight in the hands, enables the pupil to exercise much more rapidly and thus secure more exercise in less time and the vitality is retained.

To reach best results from muscular exercise we should guard against entire fatigue of the muscles, and as soon as an undue sense of weariness comes on the exercise must be stopped and relax until it passes off. We must be content with slow and small results at first, as in the end the gain will be greater and strength and ease will come with practice.

Intelligent exercise will reduce and increase flesh, but the how, must be understood thoroughly to secure results required, and to prevent injury one must avoid promiscuous exercises, for many times, time and energy are wasted, and no benefit secured, and too often over do; thus the pupil will become discouraged and give up the task as they consider it, consequently do not realize the importance of taking a scientific course of training under a competent instructor.

Many people have the erroneous belief that the mind only need cultivation and all other culture will follow; but the thought begins in the brain, the brain acts upon the nerves, the nerves upon the muscles, the muscles upon the bones, and only after all this process is physical action possible.

F. S. Parker, says: "The body is trained that it may be a better medium for the soul, all expression of the being is through the body and any obstructions, whether they arise from unused muscles, consciousness of defects, or lack of control, are so many barriers to the full and free expression of that for which alone the body exists. Body and soul are a unit and they must be developed harmoniously. For soul helps body more than body soul, must be the belief of the teacher who would secure all-sided growth."

Plato, says: We must not break in one without the other, but must aid and guide both alike, like a span of horses harnessed to a shaft.

LARGE SAWMILL FOR MILWAUKIE

It is reported at Milwaukie that a large sawmill is to be built at that place in the near future and that land for that purpose has been purchased of Mrs. Theodore Hagenberger, Mrs. Dora Quant, Mrs. Ryan and Mrs. Atkinson. They hold about eight acres south of the old site of the Standard Flour Mills, now owned by I. Gratten. Just who contemplates the erection of the mill is not made public. Repeated efforts have been made for the past several years to get a sawmill at Milwaukie, but failed. It is considered ideal for the purpose, owing to the protection afforded by the bend in the river to log booms. Ever since Mr. Gratten came into possession of the Church tract he has been negotiating to locate manufacturing concerns there.

Hundreds of lives saved every year by having Dr. Thomas' Electric Oil in the house, just when it is needed. Cures croup, heals burns, cuts, wounds of every sort.

GAMBLERS INDICTED.

Nease and Gratton Charged With Violation of the State Law.

M. G. Nease and Isaac Gratton, charged with violating the state law relating to conducting poolrooms, were indicted by the grand jury Monday. A second indictment charges Gratton with conducting a gambling house. The joint indictment relates to the public nuisance law. Last Summer Gratton and Nease were arrested on this charge and waived examination in the Justice Court at Milwaukie, and were held to answer to the Circuit Court. The indictment is similar to that under which Nease was prosecuted in Multnomah County, the judgment of the Circuit Court being upheld in the Supreme Court on appeal.

The grand jury returned not true bills in the cases of John Brown, Peter St. Marie, Fred Bennett and Jesse A. Keck, who were implicated in the gambling trouble at Milwaukie.

The Original.

Foley & Co., Chicago, originated Honey and Tar as a throat and lung remedy, and on account of the great merit and popularity of Foley's Honey and Tar many imitations are offered for the genuine. These worthless imitations have similar sounding names. Beware of them. The genuine Foley's Honey and Tar is in a yellow package. Ask for it and refuse any substitute. It is the best remedy for coughs and colds. Howell & Jones, Druggists.

PURCHASED FINE STALLION.

Clackamas County Horsemen Secure Percheron Stock.

The imported Percheron stallion Xenophon has been purchased by a syndicate of Clackamas County men, among whom are Wilson & Zumwalt and Rainey Bros., of this city. The animal is a beauty and was exhibited by McLaughlin Bros. at the Lewis and Clark Exposition. His brother, Victor Hugo, last year won first prize at all the great shows in France. On account of his extraordinary merit, Xenophon himself won medal and prize at the Great Central Show at Paris in 1905. He also won first prize in collection at this great show, and also won first prize in collection at the Ohio State Fair in 1905.

Energy all gone? Headache? Stomach out of order? Simply a case of torpid liver. Burdock Blood Bitters will make a new man or woman of you

Verdict Against Marion County.

H. P. Ridings has secured a verdict of \$1,250 damages against Marion County. Ridings, while crossing the Pudding River bridge between Woodburn and Monitor, with a horse and buggy, ran into a broken plank. The horse entangled his foot in a hole on the bridge, and Ridings was thrown out and his right arm broken, and he has lost the use of the limb. He sued for \$5,000, but under the Oregon Statute he could recover only \$2,000. The case was brought here on a change of venue. It is probable that Marion County will appeal to the Supreme Court.

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ANNUAL MEETING OF OGLE MINERS

The annual meeting of the Ogle Mountain Mining Company, was held in the office of Attorney O. D. Eby Monday evening. The board of directors and officers of the company were re-elected, as follows: P. A. Fairclough, president; J. V. Harless, vice president; J. B. Fairclough, secretary and treasurer; P. A. Fairclough, J. B. Fairclough, J. V. Harless, Charles Albright, S. S. Walker, directors.

P. A. Fairclough, the manager of the mine, made an extended report on the operations of the mine, showing what had been done during the past year, what veins of ore have been uncovered. A 5-stamp mill has been purchased, a house for the mill is now being erected, and the miners expect to have a gold brick in Oregon City by the first of January next. The 27 stockholders unanimously expressed a vote of confidence in Mining Manager P. A. Fairclough. The directors authorized the sale of a block of 50,000 shares of stock at 15 cents per share, and several thousand shares were taken by the stockholders at the meeting.

"I Thank the Lord"

Oried Hannah Plant, of Little Rock, Ark., "for the relief I got from Bucklen's Arnica Salva. It cured my fearful running sores, which nothing else would heal, and from which I had suffered for five years." "It is a marvelous healer for cuts, burns and wounds. Guaranteed at Howell & Jones' Drugstore; 25c.

JUDGMENT FOR \$2.02.

Mrs. A. C. Scheer Beats Eiler's Piano House in Circuit Court.

Mrs. A. C. Scheer, of New Era, has recovered \$2.02 from Eiler's Piano House, on a suit against her by the latter firm, for a balance alleged to be due on a piano purchased from that firm. Eiler's secured judgment in the Justice Court, but the case was appealed and was tried in the Circuit Court before a jury. Mrs. Scheer claimed and proved to the satisfaction of the court that she had not only paid for the piano in full, but that she had overpaid \$2.05 in interest and the jury gave her judgment for that amount. The jury was A. B. Cole, foreman, Lorenzo D. Mumpower, G. W. Bowdish, John Vick, James Fullam, William Byers, Thomas Duffy, C. W. Fredericks, Herman Anthony, Albert Erb, Patrick Harris and Peter Ruhl.

SEVEN BAD BOYS.

Parkplace Youths Play Serious Hal- loween Pranks.

Seven bad boys from Parkplace were compelled to appear in Justice Stipp's court Friday to answer for some serious Halloween pranks that resulted in the destruction of an out-house on the property of Thomas Gault. The boys of Parkplace have been in the habit of letting themselves loose on Haloween and this time they were carefully watched, and Attorney H. E. Cross captured one of them. Mr. Cross states that they have broken fences, torn up sidewalks, and misbehaved generally. The court suspended sentence during good behavior. The boys are Alie Johnson, Fred Stevens, Bruno Frederiek, Basil Witzig, Fred Rollins, Frank McAnulty and Ernest Butts.

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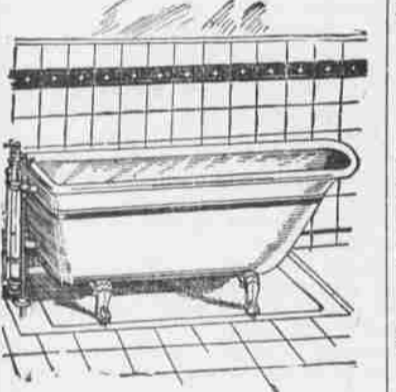
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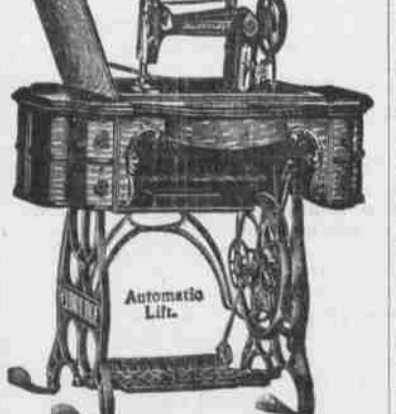
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THERE IS MONEY IN GROWING GINSENG

Prof. W. L. Howard, of the Missouri State Agricultural College says: "I advise American farmers to cultivate Ginseng. Big profits may be realized. It is a hardy plant and is easily grown." A recent bulletin issued by the Pennsylvania State Agricultural College in part says: "The supply of native Ginseng root is continually diminishing and the price per pound is correspondingly increasing, while the constant demand for the drug in China stands as a guarantee of a steady market for Ginseng in the future. The market for our cultivated root will exist as long as the Chinamen exist." Counsel General W. A. Rublee, of Hong Kong, says in the U. S. Consular Reports: "The sale of Ginseng root grown in America is very large here and the demand is so great that much more could be disposed of advantageously. The root is as indispensable to the 400,000,000 Chinese as is their rice."

Ginseng is a staple on the market the same as corn, wheat and cotton. The present market price varies from \$5.00 to \$8.00 per pound, according to quality, while the cost of production does not exceed \$1.50. There is room in an ordinary garden to grow several hundred dollars' worth each year. The plant is hardy and thrives in all parts of the United States and Canada, except in the arid regions. We are successful growers and can show you how to make money growing Ginseng. You can get good start in the business for a small outlay, and soon have a comfortable income. We have several thousand choice roots for sale for fall delivery. The planting season begins in August and continues till the ground is frozen. Write us to-day for further particulars.

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