

LOOKING BACKWARD

John Stark Muses of the Dim Days of Our First Americans

When I read the story of Brown's deserted village, I looked about me at the material evidence of poverty which forbade my visit to the world spot. Much like in bygone years I had felt a desire to visit ancient Carthage, Pompeii and other ruins of Europe, of which we have some fragment of history. But this place out in the desert of America, with no history or legend handed down to us, of the people or the probable times of occupation, rouses in me that streak of curiosity, to long to go to the spot, where being provided with plenty of snake medicine, I might lie down and dream these people back to the wonder spot. No doubt investigation would reveal the foundation of their halls of Congress, where the wisest men met and made the best and wisest laws for the greatest nation on earth, and having their ready-made speeches "printed by leave" in the record, all being carefully punctuated by prolonged applause" printed in parenthesis in upper case type. Also a few interruptions by other members, so as to make it look real to the uninitiated.

Where the patriots jinked the vanity of the plain people by telling them: "this nation is built upon the foundation stones of eternal justice and will endure forever, and anyone living long enough will find the truth of this statement" which of course resulted in re-election at the end of the term. What eloquence was spilled when they pointed with pride to the greatest and grandest civilization on earth, in contemplation of which the whole world would stop and hold its breath. Perhaps you have heard that before, but not from these mysterious people of the desert.

There could be found the Plaza, where people mingled on market day. No doubt they stoned their prophets, crucified their Christ and hung their John Brown, and would also have indicted M. J. had his story got out before the grand jury had retired for the night. While the "agitator" if not deported would "silently disappear."

Perhaps before I might find the temple where worshipped these people of the lost Atlantis. Where they sang anthems to only true God, who in his divine wisdom selected them as his or whatever gender their god may have been chosen and favored people from among all the inhabitants of the earth, thereby proving their superiority over all creation. And I wonder if when any new converts were taken in, the clergymen took and soused them in those big irrigation ditches while the saved ones on the bank sang "pull for the shore" in appropriate meter. Or did he just turn a hose on them, or perhaps, possibly pour a little out of a cream pitcher on their heads, without straining out the wiggle tails?

Did he consign the disbeliever to the dismal swamp "where the foul harpies build their nests," where, the they got cold feet, they could not get away as "they were rooted there." Did he give out the hymn "In glad salvation's free" while a collection was taken up?

Brown tells us that these men of mystery have gone, and look as he may, he cannot find their foot-prints, nor by listening in that majestic silence hear the sound of their foot fall. When were they here and how did they disappear, we have many guesses as we choose.

Perhaps before I might find the phonograph entertainment after the Red Sea episode, those valleys were full of industry, and perhaps the seven lean years, when Pharaoh, thru Joseph's good management, got a corner on all the visible supply of grain; these fields were full of waving yellow corn.

How, or why did they disappear? Was it owing to the high cost of living or did some race with superior weapons conquer and destroy them in the name of the prince of peace as did the Spaniards in Mexico and Peru? But they are gone, as we will all go, even though our friends laid victims to the tomb stone venter, we will be forgotten and those enduring monuments will perhaps some day serve as poultry grit.

Their own, and only true God disappeared with the worshippers, just as the countless gods of other forgotten peoples have disappeared. So will we and the triple alliance god disappear with us; as this ball of mud swings its circuit about us, thru measureless cycle of years.

WATCH THE HANDWRITING

More than Half Population of State Will Back Dr. Van Brakel

Portland, Ore., Nov. 1, 1913. Editor Courier:— When I wrote my article last week I was not aware that I had misjudged Mr. Spiess, but I thought I quoted him literally. If I have done him any injustice I desire to apologize to him freely and unreservedly for the injustice was not intentional. I did not know that he merely quoted our friend Dr. Schultz.

The fight begun on Dr. Van Brakel is only a repetition of A. M. A. tactics. The American Medical Association of Allopathic quacks and fakirs are the instigators of the right, in which they are battling to keep their monopolistic grip on the throats of all of the people.

They realize that the selection of Dr. Van Brakel is an opening wedge that will burst them wide open and shatter all traditions. This organization of political scoundrels who have feasted on the blood and lives of hundreds of thousands, poisoning them with drugs and serums, carving and mutilating them with unnecessary and criminal operations, will never break their throttle hold on the people until compelled to by popular sentiment. They will always find plastic pieces of putty to do their dirty work in the legislatures and courts and if the taxpayers of Clackamas County allow themselves to be made the goat to pull the Clackamas County Medical Society's chestnuts out of the fire I miss my guess. You should promptly apply the recall to a district attorney who makes himself a tool of this organization, and refuse to foot the bills. No one but one who is on the inside will ever know of the nefariousness of the average allopathic practitioner.

Their best minds have declared that drugs do not cure, and are entirely experimental—that "serums" are a fake and increase disease, which is proved by statistics; that operations are criminal and unnecessary, for no man can improve on the handwork of God by cutting away your machinery—you are made in one piece and Nature has use for all you have in you and any doctor who carves and mutilates, does so from abject ignorance and for the fee only. It is time that people begin to wake up, think for themselves and throw off the shackles of "medical" ignorance and superstition. Before we had doctors of medicine we had a race of nearly physically perfect people and the people thrived. With the advent of "medicine" disease has increased and new diseases are being constantly manufactured. The people have ceased in a large measure to be eaters. Of course, there are a few who still believe that medicine does cure, but they are either dying off or being educated out of the idea.

I am not supporting Dr. Van Brakel because he is an osteopath, for the osteopaths, in their mad desire to get "recognition" from the allopaths, have practically ostracized themselves from both the medical doctors and the school of drugless doctors. I am fighting for principle—that no one school of healing shall have an unlawful monopoly and for that reason Dr. Van Brakel will have the solid support of all drugless organizations in the State, and they and their supporters comprise more than one half the population of the State. It behooves the opposition to observe the handwriting on the wall.

W. A. Turner.

TWILIGHT

Mr. L. G. Hylton is visiting his daughter, Mrs. Henderson, near Clifton. Mr. and Mrs. Meindl spent the week end with the latter's parents, Mr. and Mrs. G. M. Lazelle.

Mrs. Blackaby, mother of Mrs. L. E. Bently, is confined to her room with an attack of rheumatism.

The wood saw did business with the W. A. Dodds is slightly indisposed and accompanied Curtis Dodds, his son, and family, into Portland for the week.

G. W. Smith, of Mulino, says, like the Vaudeville Girl, you have to kick for a living, still we never classed George with the kickers.

The hard surface work recently completed on the south end hill road is highly appreciated by the patrons of that thoroughfare.

Bert L. Harvey, who was elected district school clerk to succeed the late Marshall Lazelle, has qualified and is now anticipating a pay day.

Mr. and Mrs. Bill Bolls, and son, Bill, of Portland, dined with the Totten Pole Ranch friends Sunday.

The Postal Savings receipts of the Portland Post Office has nearly reached the million mark, with some 6,500 depositors. Some national representatives could greatly increase his popularity by devising a plan whereby a portion of these deposits might be placed in small amounts throughout the rural district at four or five per cent on real estate security. The idea is not as foolish as some of our money lenders might infer, should you stop to consider the proposition.

We are aching to gain the confidence of some old maid in order to get her experience on the half holding proposition. My belief is that their side of the story would develop greater spryness than the bachelor kingdom ever dreamed of.

Mr. and Mrs. G. M. Lazelle partook of the hospitality of Mr. and Mrs. A. H. Harvey at a six o'clock dinner election eve.

Provided the dregs of Oregon City do not win out, and thus abate one or two soaks in this community, a bee of some nature is to be promulgated for their especial benefit. There is nothing more debasing than a habitual drunkard and no plausible reason or excuse therefore can be attached to the offender.

A Consumptive Cough A cough that bothers you continually is one of the danger signals which warns of consumption. Dr. King's New Discovery stop the cough, loosen the chest, banish fever and lets you sleep peacefully. The first dose checks the cough, the second gives relief. Mrs. A. F. Metz, of Glenn Ellyn, Iowa, writes: Dr. King's New Discovery cured a stubborn cough after six weeks doctoring failed to help. Try it, as it will do this same for you. Best medicine for coughs and colds, throat and lung troubles. Money back if it fails. Price, 50c. & \$1.00. All druggists, by mail, H. E. Bucklen & Co., Philadelphia or St. Louis.

Children Cry FOR FLETCHER'S CASTORIA

HEALTH, NO KNIFE OR DRUGS

SECOND OF A SERIES OF HEALTH HINT ARTICLES

Conducted by W. A. Turner, Naturopath.

(A limited number of reasonable questions pertaining to health matters will be answered through these columns if addressed to me care Hotel Edwards, Portland, Ore.)

NO APOLOGIES TO OFFER

The editor of Health Hints expects to point out in these articles the very great advantages of drugless methods of healing over the old school, worn out and discredited methods employed by allopathic medical doctors. In doing so I expect to hit to the line, let the chips fall where they may and will probably offend some of my medical friends. The medical profession contains many good, honest and conscientious men who are doing their best to alleviate human ills, clinging to old methods. Many of these are beginning to see the light and are coming around to natural methods of healing disease as fast as medical "ethics" will permit.

The best minds of the medical profession now admit that drugs and serums are a failure. The people are being rapidly educated to shun them, therefore there is nothing left for them to do but come to the inevitable. "Scientific" and "preventive" medicines are mere hogwashes and rot. Sanitation and hygiene are the real "preventive medicine." Pills are doomed. Those who feel offended at some of my remarks should get from under and climb on to the band-wagon of progress, viz., drugless methods of treating disease.

Christ used no drugs or serums, and performed none of those diabol-

already long known to naturopaths. There is not one case in a thousand that is "appendicitis." It is simply old fashioned inflammation of the bowels, or impacted colon and is easily and speedily cured by drugless doctors of all schools. Removing the appendix is done from ignorance and because it is extremely profitable. If you are well enough off to afford the operation you are thoroughly frightened first, then operated on—if you are poor you get a dose of salts. The records of deaths in the daily press "from an operation" will tell you how deadly the operation is. Shun it as you would the rattlesnake. Common sense will tell you that if you are as sick as the doctor says you are, the fearful shock of the operation will nearly always kill. Furthermore, if you submit to this operation you will always be troubled with constipation or diarrhoea. Should you be stricken with this disease, at once flush out the bowels with a high enema, put hot water wet packs over the bowels—fast for a few days, drink quantities of grape and pineapple juices in cold water every half hour and have a drugless doctor treat you.

Fee Splitting and Commissions

Our medical friends say that this is an age of "specialists." A medical "specialist" is a man who looks wise, charges a big fee, which he splits with your family doctor for sending you to him, and who cures nothing and will testify in court for the side that pays him the most money. Many of you can testify to the fact that your doctor has sent you to "his friend" the "specialist."

In most cases the "specialist" is a surgeon, who at once advises an operation as the only way to "cure" you and you fall for it. Your own doctor gets half the "specialist's" fee for his thoughtfulness in recommending the "specialist."

The hospitals are owned by the medical doctors and if taken in you are rushed to the hospital immediately for "observation" or other treatment.

Cow's milk straight should never be given to babies or children, as it is a food and not a drink; coagulates in a cheesy substance in the stomach, which cannot be digested or eliminated, causing infantile paralysis, typhoid, rickets, scrofula and tuberculosis. Condensed milk is a starvation food and if used exclusively as a baby food soon develops the above diseases. It should be prohibited by law. Doctors who tell you to drink plenty of milk and cream do so through ignorance. You can't digest or eliminate it on your body and sooner or later you will pay the penalty. Nursing mothers will find it to the advantage of the baby to feed it regularly once in two hours and about half way between of grape or some other fruit juice nursing times to give it a teaspoonful in a little water. The baby likes it and it will do him lots of good. Remember: Be careful how you give cow's milk or milk products. Cow's milk is good for a calf.

W. A. Turner.

OPERATE DISTRIBUTION

And You Will See the Cost of Living Lessened—The Tariff Won't Do It.

Editor Courier: I have seen and read much in the Republican papers about the tariff, saying the democrats have made good their campaign pledges by lowering duties, but can they make good (they ask) in lowering the cost of living?

The wish is father to the thought, hoping of course they can't, and the campaign cry in the future will be: "You promised to lower the cost of living and have not made good."

Now let me ask if a lowered tariff will not reduce prices, will a high tariff do so? If not, what has either party to offer as a remedy? I am watching and also praying. Do we produce too little, do we consume too much, or is it in the system of distribution, as the Socialists

ELWOOD

The weather has been fine for the farmers, and a great many have part of their seedling done.

Miss Pond, of Salt Lake City, is spending a few weeks with her sister, Mrs. Elliott, in Elwood. Her husband, a son, October 31st. Mother and son are doing well.

Miss Lillian Fredolph, our school teacher, went to Portland Saturday, and visited relatives, returning Sunday.

Ernie Cox was home from school over Saturday and Sunday.

Joe Granatzi has been at home for a few weeks, but returned to Portland where he has been working for about a year.

A number of Elwood youngsters attended a party at Mr. Bauer's in Clifton Saturday night.

Elder Laudy, the presiding elder of the United Brethren church, will be here Tuesday, Nov. 4, to hold meeting in the church the rest of the week.

Mrs. Carl Anderson went to Portland Saturday.

Harlie Freeman went to Crabtree last week to work for his uncle, Mr. Lawrence Bonney, who has a sawmill. The new bridge over Clear Creek is nearly completed.

HIGHLAND.

The pumpkin social given by the upper Highland school on Halloween was a great success in spite of the bad weather. The house was crowded and the proceeds amounted to \$26.60. The program was very good and showed the effects of hard work and practice. Besides the program there was a fish pond and candy booth. The proceeds will buy a book case and some window shades for the school. The social was under the supervision of the teacher, Miss Agnes Taylor, and everybody thinks it was a great success.

Business Change at Redland

Z. W. Lindborg of Redland sold his general store to Schwartz Bros. last week, and possession has been given.

Sunnyside Basket Party

Sunnyside school will give an old fashioned basket party November 15, to which all are invited. There will also be a program, candy booths, etc. A fine time is anticipated. The proceeds will go toward purchasing an organ for the school.

Grange Life Insurance.

Somehow or other the grange has never made much of a success of life insurance. As to grange fire insurance, there is much to be said in its favor and of its noteworthy success. The national grange has had the subject before it for several years, but it has formulated nothing. The Michigan state grange is now experimenting with the problem of working out a satisfactory scheme of grange life insurance. But it has not passed the experimental stage. New Hampshire has a small association which has been in business a good many years, but no effort has been made to largely increase membership, and yet it has been rendering good service to those enrolled upon its books. It is purely mutual. There may be other such life associations, but they are few. It may be that the subject will come up again at the next meeting of the national grange, but we imagine it will go the way of all past efforts along this line. The right plan has not yet appeared, and when it does it may be worked out with as great success as the fire insurance, but of this we have serious doubts.

How Do You Laugh?

A French paper has discovered that a person's character is expressed in his manner of laughing. If you laugh in "ha-ha" fashion you are frank if a man and inconstant and incapable of keeping a secret if a woman. If you laugh "heh-heh" you are neurotic, melancholy and skeptical. If you adopt a deeper tone and laugh in "ho-ho" you are generous, easy going and good natured. The proper pitch for the fair sex to laugh in is "he-he," while people who laugh with a "shoo-hoo" effect should be avoided as hypocritical, scandal mongering and mis-erly.

TO IMPROVE PRETTY HAIR AND BEAUTIFY UGLY HAIR

Harmony Hair Beautifier, a delightful liquid hair dressing, is just what it is named—a hair beautifier. No matter how pretty your hair now is, it can be made to look even better by using Harmony Hair Beautifier. To those who mourn because the hair is stringy, dull, lustreless and homely, Harmony Hair Beautifier will prove a real blessing and pleasure. It seems to polish and burnish the hair, making it glossy, silky-soft and more easy to put up in graceful, wavy folds that "stay put." It overcomes the oily smell of the hair with a dainty, true-rose fragrance, very pleasing to the user and those around.

Very easy to apply—simply sprinkle a little on your hair each time before brushing it. It contains no oil, and will not change the color of the hair, nor darken grey hair.

To keep hair and scalp dandruff-free and clean, use Harmony Shampoo. This pure liquid shampoo gives a instantaneous rich lather that immediately penetrates to every part of hair and scalp, insuring a quick, thorough cleansing. Washed off just as quickly, the entire operation takes only a few moments. Contains nothing that can harm the hair; leaves no harshness or stickiness—just a sweet cleanliness.

Both preparations come in odd-shaped, very ornamental bottles, with sprinkler tops. Harmony Hair Beautifier, \$1.00. Harmony Shampoo, 50c. Both guaranteed to satisfy you in every way, or your money back. Sold in this community only at our store—The Rexall Store—one of the more than 7,000 leading drug stores of the United States, Canada and Great Britain, which own the big Harmony laboratories in Boston, where the many celebrated Harmony perfumes and Toilet Preparations are made.—The Rexall Store, Huntley Bros. Co., Oregon City.

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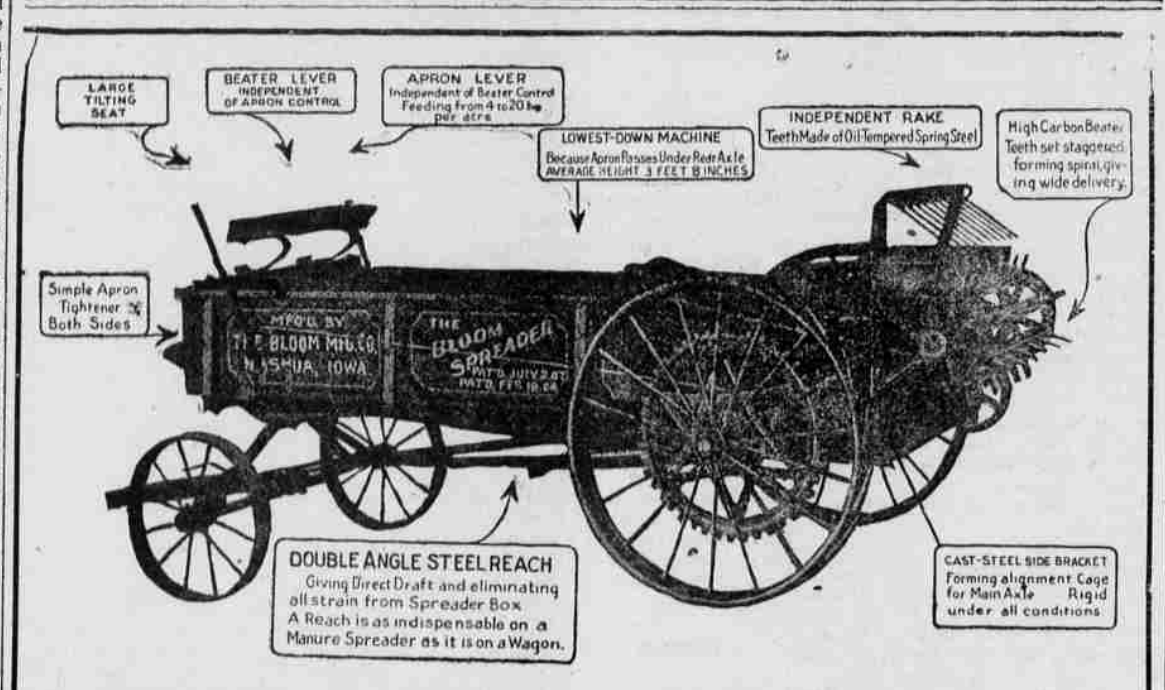
also, all kinds of Fruit Trees, Roses and Shrubbery for sale at the new green houses on Center and Third Sts. Funeral work done at lowest possible prices. Orders received over phone—Main 2511. H. J. BIGGER.

Japanese Festival Cars.

Most Japanese towns have a shrine or temple dedicated to the tutelary deity of the city. At Ueno, in the Iza province, several beautiful decorated cars are kept at the shrine, and figure annually in a curious procession. When the day of the festival arrives hundreds of pious worshippers drag the gaily decorated streets of the city—thereby, the believers, greatly pleasing the gods of the shrine. The cars are wonderful examples of Japanese decorative art, richly ornamented with gilding and lacquer work—Wide World.

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ical operations.

In addition to dealing with drugless methods I shall expose some of the nefariousness of medical malpractice. I shall deal with facts only and give the naked truth; some of which will seem incredible. You can't keep a good thing down and the campaign of education is on. Read these articles and tell your friends and neighbors to read them, for you will be interested.

It is said that sex instructions should be given at home. True; but how many parents are able and willing to give it? How many even teach their children simple morality?

Fly Swatting One of the latest "sanitation" crazes is swatting the fly, done principally to support the crazy "germ" theory. Flies are a pest and a nuisance but they were put on earth to act as scavengers. Part of their mission is to eat up decaying vegetation, "arrian" and other filth such as gathers on sugar barrels, beer barrels etc. In this cleaning up process they help in preventing disease.

If you clean your premises thoroughly and keep them clean, flies will leave. They must move on in order to find subsistence. We would suffer epidemics of disease if it were not for the flies. Remove the cause and the effect will disappear. Don't be fooled by "fly swatting."

Appendicitis As a matter of absolute fact there is no such disease. The average ignorant medical practitioner will tell you that the vermiform appendix is a useless organ.

About thirty years ago Sir William McEwan, a distinguished British surgeon, "discovered" that the appendix was decidedly useful, being the lubricator for the lower bowel, a fact

Here the mysterious "trained" nurse tips and talks in whispers, keeplessness at \$5 per day. The charges are \$25 up for a room, besides other expenses and the doctor who sent you there usually gets from one third to one half of this for sending you there, as his commission.

Isn't that nice?

Feeding the Babies First of all, let me tell you that there is not an allopathic doctor in the country who really and actually knows anything about food values—scientific dietetics—the chemical values of foods and the chemistry of cooking. They are not taught it and to conceal their ignorance when asked for advice about what to eat, usually tell you to "eat anything you want that agrees with you." This is bunk. Many women do not nurse their babies. I am asked daily by my patients and others "what shall I eat?" and "what shall I feed the baby?"

I will begin by telling you that cows' milk, coming from a big, heavy, dense animal, is actually unfit for human consumption. It contains album and other salts in such large proportions as to make it unfit for human use in its natural state. The mother's milk adjusts itself to the baby by changing its quality to meet the needs of a growing baby. Cow's milk does not. Besides, it is liable to come from diseased cows.

If you are compelled to feed the baby get the milk from one goat if you can, if not, get it from one cow and prepare as follows:

Take equal parts of milk and water—add one table spoonful of cream and a pinch of sugar; mix and warm to blood heat; do not boil or "pasteurize." This mixture forms small globules in the baby's stomach that can be digested.

Tonight

Tonight, if you feel dull and stupid, or bilious and constipated, take a dose of Chamberlain's Tablets and you will feel all right tomorrow. For sale by Huntley Bros. Co.

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