

OREGON EQUITY NEWS

W. P. Meredith
Editor.

Prosperity depends on the farmer. Give the land to money loaners, and then who will farm the land?

Are you ready to depend on bankers for your daily bread?

Portland lawyers are advising their clients not to foreclose mortgages. Property is becoming worthless and land, machinery and labor are idle.

Give the farmer Rural Credit and this money put in circulation will make good times.

The farmer could use some of our idle men if he was assured good prices.

The people on farms are not buying because they have not the money to buy with.

The people of our cities are not buying our produce because they have not the money to buy with.

Food is wasting on our farms and the people in our cities are hungry. For Rent and For Sale signs are seen everywhere.

People are tired of these conditions. Discontent is universal. Business depression is nation wide. Just a very few who are already rich, are getting the profits.

A politician is badly handicapped when his politics and morality fail to run in the same track.

We farmers should be dealt with very leniently as we have to dig our morality and politics from the bottom of an old, empty pocketbook.

Whenever the rich are taxed they add the tax to the cost of oil transportation, rent, interest and profit, and the farmer finds at tax paying time that the cost of his living has been increased.

Business men are afraid to express their honest political opinions. The average country newspaper has its editorials shipped in made to order by the association tailor of opinion.

Colleges, Congress, and even a few pulpits trying to tell us what our opinions should be and a president who says the cause is "psychological."

Farmers, like our wage workers, are organizing and the number now runs up into millions, and we are learning the whys of some peoples' prosperity.

Trace a hundred pounds of wheat to the consumer and see who gets the profit. Trace a ton of coal to the consumer and see who gets the profit. Trace our money from the mint to the producer of wealth and back thru all the taxes direct and indirect, and see who makes all the profit.

Our crazy system of production and distribution is driving the real farmers from the farms with mortgages and low prices. We are driving the miner from the mine by low wages and the high cost of his living.

The editor and the educator are being driven from their calling by the influence of a few who produce these horrid conditions, and we feed our bodies and our minds on adulterated matter and suffer from malnutrition.

The remedy is to reverse our policy of reward and reward honest toil instead of those who toil not.

Give the farmer all he produces and not just one-fourth or one-fifth, as he gets now. In a land where industry is so praised don't forget to reward it.

Give back to the people by law everything they need for producing life, liberty and the pursuit of happiness, or you will force the people to take it regardless of the rich man's law and lawless.

Labor produces all wealth and government has a monopoly in issuing credit and scientifically the government should not by law or force give all the credit to idlers and deny labor any at all. The consumer needs credit to buy bread, meat and clothes and the farmer needs it to produce them, but where is it?

Why do we spend millions every year for new irrigation projects and reclaiming swamps and other lands when there is no market at a profitable price for what we raise on land already cultivated? And on this cultivated land we are not raising one-third what we could if the profits justified returning the nitrogen, potash and phosphoric acid taken from it. We are facing a famine in this country by robbing the farmer so he must rob the soil.

We regret that through a mistake Mr. Dye was criticized for the acts of one of the so-called educators at our aristocratic agricultural college. We are glad Mr. Dye is not guilty. It seems C. I. Lewis is the guilty party, and if he is the gifted gentleman as Brother Kesler would have us believe, he certainly can defend his position if it is at all tenable. Agriculture that is not economic or profitable is not scientific, and Prof. C. I. Lewis cannot defend his position in scientific production alone.

Americans are the greatest inventors. Labor saving machinery invades all industries. With millions of idle men one would think we had overdone it and our nation would be better off with less labor saving machinery. The fault is not with the machines. We have adopted a system of wealth production and distribution that benefits the owner of the machine in general. If some one would invent a machine that would do all the work everyone should share in the leisure produced by that invention.

Farmers by organizing could build canning factories as well as any other class. In fact better. We find canning machinery selling for several times what it costs to manufacture it. We find the tin mines in a trust

and tin selling for several times what it costs to produce it. We find sheet metal in a trust and now the government is prosecuting the American Can Co. as a trust and the price of cans have doubled, and we farmers would have to pay all this profit before we could be ready to can our berries. Then, if we undertook to sell for a fair profit we could not because these working people who mined the tin and worked it into sheet metal, then into cans, would have to be our customers and pay the full cost of the cans and a profit to the farmer for raising the fruit and canning it. Now how can the workers pay full cost of these cans when they only receive about one-fourth the cost in wages? We need legislation to protect us on the market and have needed it for years, but somehow the trusts got the protection and we got none. Farmers are beginning to see where the trouble lies.

If a farmer wants to know if prosperity has hit him very hard or not, all he has to do is to feel deep in his pocket and listen for that unfamiliar jingle. He need not borrow a metropolitan paper and see what the figures are from the bankers' clearing house, bank clearings and trade balances. When real prosperity hits us farmers it will not be necessary to print big headlines or appoint a committee to notify us of the fact.

Talk about scientific farming. How many hours would science say a farmer should labor each day? What kind of a house should a farmer's family live in? How many acres should a farmer cultivate? How much and what kind of labor saving machinery should a farmer possess? Would science dress a farmer and his family with equal comfort with others? Should his children have the same educational advantages? Should his income be as large as the man who manages a railroad, hotel or bank? Ask your scientific farmers' scientist.

Nearly every day we read in the daily papers of some farmer or small business man committing suicide after losing their property and a means of living. Self preservation is the first law of nature and these oppressed farmers did no good by self destruction. It would have been a trifle more intelligent to blow the other fellow's brains out instead of their own. Society is laboring under false standards that require live people to correct them. A corpse is useless.

After all we may have to struggle in a few cheap Chinese to go to Congress as the ones we have there now cannot live on their present pay, \$7,500 per year, or \$625 per month and traveling expenses. We could use few for bankers as the ones we have now are taking all we produce in interest. Just think about the number of state commissions we could have if they were marked down to Chinese prices. They might make splendid directors for some of our big railroads that are making so much noise about expenses and income.

We organized farmers would like to build our own meat packing plants our own elevators, mills, banks, railroads and own, operate and control our own markets, but we have been exploited until we have no money for these. We need money to start with and our only show is Rural Credit, and until we get Rural Credit we must do the best we can with our produce in an organized way. If no one can buy it at a profit we must quit farming. We must get a profit or quit as long as we have a profit system.

While we farmers are paying big prices for fresh salmon, car loads of fresh salmon are shipped to Germany and sold there in competition with many varieties caught in European waters. If these fish belong to all the people when in the water after being hatched and cared for here do we lose our ownership? If we are to lose the ownership to some private individual why go to this expense? We are poisoning our salmon with refuse from factories and we are destroying their natural breeding places by draining our lakes for irrigation purposes and some day we will have no salmon. We should protect them all we can and we must own them all the time and not allow private individuals to get all the benefit of our tax money. A fisherman suggests that we do away with all fish wheels, seining and drift nets. Allow any citizen to one set net 100 feet long without license. Nets to be not less than 4 inch mesh. No license or game wardens. Let the sheriff see that the law is enforced and the people's rights protected instead of the cannery's. We should give a fisherman the right to sell his fish without license. We are going to build power dams across all our mountain streams and destroy the avenues to spawning grounds, and with economy we can afford the expense of hatching our young salmon. Some day we are going to quit making laws for a few millionaires and begin to look after the food supply for every citizen, and we won't begin any too soon.

South America too has been trying to pass a law preventing the slaughter of cows and calves on account of the shortage of beef. Argentina's Congress appointed a committee to investigate the matter and they reported that the slaughter of cows and calves had stopped because of the increased price of beef cattle and farmers were raising more cattle of a finer quality and less of wheat. So will it be in U. S. The beef trust must divide profits with the farmer or no cattle will be produced. We must have a profit. If there is a shortage of meat animals in the U. S. how would it do to stop the exportation of meat? If working people need all the meat that is being produced why not pass a law against any one not a laborer eating any meat? A few such laws as these would hit the trusts near the solar plexus and in a few years there would be plenty of meat for everybody at a fair price, but our present laws are not intended to benefit all the people.

The Department of Agriculture says that 1809 was the most prosperous year for farmers in recent years and apparently the most prosperous in the past 50 years. The

value of the 1910 and 1911 crops were greater by 50 and 77 million dollars. It seems to be below an average crop and the Department with all its science and knowledge does not offer an explanation. We are anxious to know the mystery of prosperity and the causes of adversity. It seems to be useless to look to the Department for the solution.

In the Agricultural year book for 1913, on page 26, under the head of marketing it says—"We have been suddenly brought face to face with the fact that in many directions further production waits on better distribution, and that the field of distribution presents problems which raise in very grave ways the simple issue of justice." We know that Mr. Secretary and we are paying you to tell us where the trouble lies and to prescribe the remedy. Prof. Lewis might answer.

Stops Neuralgia—Kills Pain
Sloan's Liniment gives instant relief from Neuralgia or Sciatica. It goes straight to the painful part—soothes the Nerves and Stops the Pain. It is also good for Rheumatism, Sore Throat, Chest Pains, and Sprains. You don't need to rub—it penetrates. Mr. J. R. Swinger, Louisville, Ky., writes: "I suffered with quite a severe Neuralgia Headache for four months without any relief. I used Sloan's Liniment for two or three nights and I haven't suffered with my head since." Get a bottle today. Keep in the house all the time for pains and all hurts. 25c, 50c, and \$1.00 at your Druggist.

The members of the Artisan Lodge held their annual social evening at Woodman hall Thursday evening. Dancing and a musical and literary programme were the features of the evening.

The Courier is \$1 a year only when paid in advance.

Our Correspondents' Views

MORE ABOUT THE ANIMALS

Psychological, Sociological, Anthropological, Theological, Zoological and Then Some
In our issue of July 2nd we published a communication from J. L. Jones which was a treatise upon the symbolism of the Biblical book of Revelations. In the following letter he gives an explanation of symbolism as it applies to England and the United States. His statement that "Modern England" is merely an animated barrel (of money) with arms and legs and a head on it, without soul or conscience, has pleased the editor particularly. How the superlatively brilliant Shakespeare could have been born of such a race of pudding heads has been a perpetual puzzle. But then, according to this writer, England had an infusion of French blood along about a thousand years ago, which may account for the blooming of an occasional intellect in a dreary waste.

Read carefully what Mr. Jones has to say upon this obscure subject:—
Editor Courier:—
Thanks for publishing my piece about the animals. I don't care what comment you make so long as you publish it correctly. Then the readers can judge for themselves as to the sanity of it. I did not expect many people to understand it. I gave it as an experiment. Symbolism is something the public knows little about, but it is not very hard to understand. For instance there are two symbols in common use to represent the English people, the Lion and Johnny Bull or Johnny Ox. The lion represents the Norman-French element, the ruling class, military and commercial. The bull or ox

SCIENTIFIC TRUTHS

Dr. Milliken Comments on the Letter By G. A. Hendri, Published Last Week

Mr. Hendri takes the position that the Bible is entirely a product of human thoughts and that consequently it must be as imperfect as human thought is likely to be when dealing with subjects which are outside the range of human experience. He holds that "Civilization is a product due to Science," and not to the Bible. Dr. Milliken says:—
Editor Courier:—
You comment on the letter of Mr. Hendri, as published in last week's Courier, leaves very little to be said in reply to that gentleman. He still fails to show one particular in which the Bible is in error. He speaks of it as burnt out, but fails to specify a single instance of mistake. Now Mr. Hendri is a very estimable gentleman but unless he can make good and give us more than his mere say-so we cannot help but conclude that he is talking "through his hat."

He has criticized Christianity, but again we have his unproven affirmation. A fool can criticize a philosopher. That does not make the philosopher in the wrong. It only reveals the other fellow's ignorance or prejudice. Facts are the only things that count. We know you are not in this class, hence, Brother of mine, be specific in pointing out the particulars in which the religion of Jesus Christ, or the Christ of the Bible are outgrown. With you we are endeavoring to find truth, but we are not willing to cast aside what we have until you can provide us something better. If you have it let us have it.

The Bible tells us that the Holy Spirit that has been the active agent in God's creative evolution, is now ac-

HEALTH HINTS

By Dr. W. A. Turner, Naturopath (Questions relating to health matters will be answered if accompanied by a 2 cent stamp and addressed to me, care of Hotel Edwards, Portland, Oregon.)

Food
The body is made up of and sustained by food, hence, as you eat so you are—consultants always tell me that they have the best of everything. Exactly so—the best is often the worst for you. A rational diet composed of fruits, green leafy vegetables and non-starchy vegetables properly cooked, with beef, mutton, fowls or game once a day, is an ideal diet. People who eat beef-steaks or other heavy meats for breakfast soon grow catarrhal and later on develop kidney troubles, diabetes and Bright's disease. People who persistently eat white flour products, pork, polished rice, potatoes, beans, lentils, sugar candy and pastry and drink tea, coffee or milk with meals, invariably come to grief sooner or later. Notwithstanding the intimate relations between food and health one would naturally think the medical doctors would know something about food values. They don't, for they have not been taught it and any alleged knowledge on their part is an assumption. I have in front of me now the prospectus of the medical department of the State University of Oregon to which all taxpayers help contribute \$2500 yearly, and which supports a faculty of 62 allopathic doctors to teach drugs, serums and operations, but not one word of drugless methods of healing to its students. It shows that "dietetics" is taught 30 minutes, once a week on Tuesday during the last half of the fourth year, or a total of 15 hours in a four year's course of study. Do you wonder that people get sick? It took me four years studying along these lines, several hours a day in Germany to get an accurate working knowledge of the values of foods, besides what I have learned from an experience of many years' active practice. The records kept in the leading Nature Cure institutes of Europe show that about

and less of them. Pressure on the waist and hips by tight corsets and heavy clothes is one of the chief causes of diseases of women. Bloomers should be substituted for skirts, as they allow greater elasticity and freedom of movements and help to give a more graceful carriage. The average woman can freeze a man to death when it comes to clothes and I predict that before long women will be free to dress as they please, notwithstanding the terrible shock it will give some evil-minded puritanical Pharisees. Modern civilization has not increased morality by loading us down with clothes. Japanese men and women and other far eastern people go swimming together perfectly naked and think nothing of it. It is the evil minded hypocrite that sees evil in all things. The bill boards of the "Follies of 1914" recently displayed some shapely limbs to the public in Portland but our righteous mayor promptly had white paper pasted over them. Who says we are not chemically pure?

Appetite and Hunger
When your mouth waters for something to eat you are hungry. When you have a morbid craving in the stomach, due usually to catarrh of the stomach that is appetite. There is a vast difference between the two. When you are hungry nature uncaps the gastric juices and is ready to do her work of digesting food and you are not hungry until she gives you the sign. Never eat when you are not hungry and a fast of a day or two will do you good when "bilious."

If you persist in overloading the stomach when sick or well you will pay a penalty, for if sick or feverish the gastric juices are not present and the food rots, thus laying the foundation for worse diseases, such as consumption, typhoid, smallpox, and which are "caught" in the stomach and bowels, and not from "germs." As our medical friends would try to make you believe in order to vaccinated you with that wonderful vaccine that has been "purified" by ultraviolet rays. One of the chief causes of the great mortality among those who take medical treatment from the orthodox school of doctors is because they insist in feeding typhoid and tuberculosis patients on milk, eggs, beef and other alleged "rich" foods under the hallucination that the patient must eat to sustain life. This diet would kill a lumber Jack if persisted in. Food is a poison to a sick person because of the absence of the gastric fluids to digest it, something our medical friends have not yet found out, except where they have been told by Naturopaths. Undigested and fermented foods causes gas to form in the stomach and bowels, which presses in all directions, often with dangerous consequences. Still, the work of poisoning goes on and there are some people who feel peeved when the attention of the public is called to it.

School Inspection
This is a form of illegal graft, forced upon the people by the political doctors in power for the purpose of paying salaries as a rule to young, inexperienced medical incompetents, and to increase private medical practice. It really includes a "trained" nurse to do the "follow up" work of invading the homes and trying to persuade the mothers to have their children operated on for adenoids, sore tonsils, etc.—troubles that yield readily to drugless methods for they are caused by wrong feeding. There is no law on the statute books of Oregon that authorizes any school board to saddle this expense on the taxpayers to say nothing of the incalculable damage it does. If the family doctor is unable to "inspect" the children and this thing is really desired by the parents, the doctors of the drugless school should be given an equal share of the work. They at least will not harm the children with poisonous serums and operations. It does worse—it gives teachers and children and others false ideas in regard to health and keeps children in continued fear of disease, which in itself is bad for fear is a great source of disease, particularly if instilled in the mind of a child.

In Chicago, the most thoroughly "inspected" city in the world, diseases of children have so largely increased under this most beneficent philanthropy (bill paid by the tax payers) that the people are beginning to get thoroughly aroused and will probably do away with it, as there is no law in Illinois that calls for, or even permits it. It only shows you that if you give the average political doctor an inch he will take a mile—then it is up to you to dislodge him from his illegal position.

A Perfect Cathartic
There is sure and wholesome action in every dose of Foley Cathartic Tablets. They cleanse with never a gripe or pain. Chronic cases of constipation find them invaluable. Stout people are relieved of that bloated, congested feeling, so uncomfortable especially in hot weather. They keep your liver busy. Sold by all druggists.

WANTED—From private party, \$1,800, per cent, first class securities first mortgage. For particulars, see H. C. Krauss, Barber-shop, Gladstone, Ore.

TOM J. MYERS and E. A. BRADY
RESIDENT UNDERTAKERS
The only RESIDENCE Undertaking Establishment in Clackamas County—Day and Night Service
Tenth and Water Sts.
Main 123 A-37

Residence 612 Phones: Main 1101
Center St. M. 172

Dr. A. McDonald
Veterinary Surgeon
Office, Red Front Barn
Phones: Main 116
B-9 OREGON CITY

The BLIZZARD Silo Filler Is The Thing!

THERE IS NO QUESTION ABOUT THE VALUE OF SILAGE FOR FEED AND THE BLIZZARD ENSILAGE CUTTER IS A GOOD INVESTMENT FOR THE FARMERS OF THE NORTHWEST FOR STILL ANOTHER REASON. IT ENABLES THEM TO PUT AWAY THE CROP WHEN IT SHOULD BE PUT AWAY, REGARDLESS OF WEATHER CONDITION. MANY CROPS COULD HAVE BEEN SAVED IN THE PAST FEW YEARS IF FARMS WHERE THE LOSS OCCURED HAD BEEN EQUIPPED WITH A SILO & BLIZZARD SILO FILLER

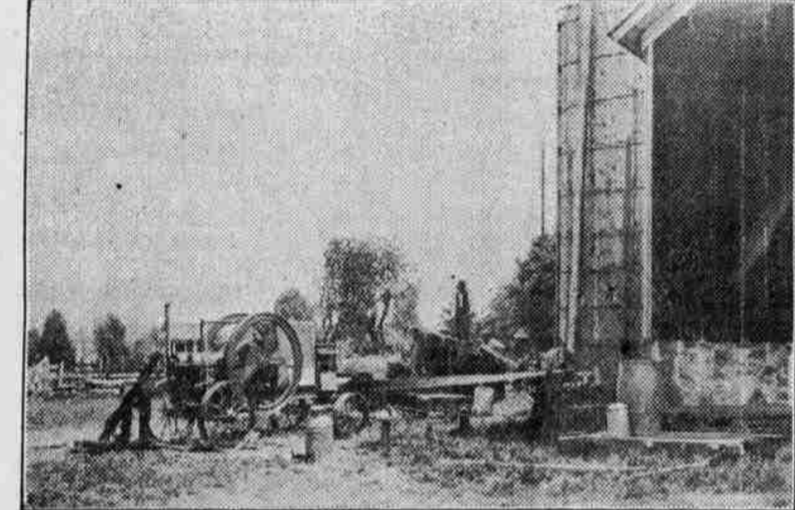


Photo Taken May 20, 1914, on the Farm of Streich & Neiger, Cleone, Ore.

WHY SILAGE PAYS

If you want to know how much the silo filler will do for you, send in the coupon for this book. State the size of your silo, and we will quote you. It places you under no obligation to buy.



Portland, Oregon
Spokane - Boise

The Blizzard Is a Time Tried Machine

Don't make the mistake of buying a silo filler of questionable merit

They cost nearly as much in the beginning and far more in the long run, or short run, either, for that matter. The Blizzard is a practical machine. It combines knives, fan and fly wheel instead of using these as separate units, thereby saving power and making a more compact cutter. It elevates without fail into the tallest silo. It cuts the material with a sheer cut, does not crush it. The Blizzard is responsive to control and safe to operate. The Blizzard is widely imitated, but nothing can shake its popularity with those who have used them.

Finds It Very Satisfactory
Cleone, Oregon, May 2, 1913.
Mitchell, Lewis & Staver Co.,
Portland, Oregon.

Gentlemen, We have used your Blizzard ensilage cutter the past season and find them a very satisfactory machine in every way. We put up over 600 tons of corn and had no trouble cutting from 50 to 55 tons per day and elevating it to a height of 32 feet, using an L-15 machine. We consider them the best machine made for the purpose. We also used it to cut alfalfa and clover hay fed to sheep and cattle at our yards this Winter, and it handled the work in good shape.

Yours truly, THE SUN DIAL RANCH
By E. G. McGaw.

Has Your Child Worms?

Most children do. A Coated, Furled Tongue; Strong Breath; Stomach Pains; Circles under Eyes; Pale, Salivary Complexion; Nervous, Fretful; Grinding of Teeth; Tossing in Sleep; Peculiar Dreams—any one of these indicating Child has Worms. Get a box of Kickapoo Worm Killer at once. It kills the Worms—the cause of your child's condition. Is Laxative and aids Nature to expel the Worms. Supplied in 2cady form. Easy for children to take. 25c for your Druggist.

The Knights and Ladies of Security will give a picnic at Canemah Park Monday evening, July 20. Dancing will be enjoyed in the evening. Members of the order and invited guests will attend.

If Kidneys and Bladder Bother

Then Foley Kidney Pills Overworked Kidneys will break down if not helped. When they can no longer protect the blood and the body from the poisons that come to them, then look out for Bright's disease, serious kidney trouble and bladder annoyances. Foley Kidney Pills are your best protection, your best medicine for weak, sore, overworked kidneys and bladder weaknesses. Sold by all druggists.

Miss Louise Walker, of this city, and Mrs. C. C. Dickinson, of Seattle, Wash., who left this city about six weeks ago for California, where they have been visiting the latter's mother Mrs. Leonard Diller, have started from Oakland on their return trip to Oregon, and will make the trip by automobile accompanying Mrs. Dickinson's brother, Earl Diller, of Seattle. The party expect to make the trip in 10 days, visiting along the route.

If you have neglected your kidneys and suffer from backache, weak back, headache, rheumatism and distressing bladder weaknesses, you will find Foley Kidney Pills to be the honestly made, healing and curative medicine you need to give you back your health and strength. They are tonic in action, quick to give good results. They will help you. Sold by all druggists.

Mrs. Augusta Schoenborn, who has been ill at her home suffering from pneumonia, is rapidly improving.

represents the Saxon race, enslaved by the Normans over 800 years ago, and still held under the yoke.

But things have changed a lot in 800 years. The last is now first. The bull now represents the money power. The military power has gradually come under the control of the money power in England as well as here. It takes money to buy ammunition.

This is the key to the Mexican middle also. The barrel is greater than the cannon or the battle ship, for without the barrel there could be no cannon or battle ships. Johnnie Bull is merely an animated barrel with legs and arms and a head on it, without soul or conscience—just like some other corporations. Or to use another symbolism we might say that Johnnie Bull is the Golden Calf grown to maturity and sentility.

A double-headed beast is the political symbol of America—an elephant at one end and a mule at the other. Of course in the figure the kicking end of the mule, which includes the labor unionists and Socialists, does not show because it is inside the body of the elephant, and the hind part of the elephant, which includes the cowhide and heavy draught class of people is invisible because it is inside the body of the mule. The image is an official and superficial one. The elephant looks ponderous and profound while the donkey and of the animal looks dignified and solemn.

This double-headed animal has always been sane and safe and very conservative and has taken itself seriously till two years ago when a strange misfortune befell it. A new head grew on the elephant end of it—the Progressive or Bull Moose end. This phenomenon has never been explained by naturalists. Each of the three heads has a multitude of devoted worshippers who do not seem to understand that the three heads are fastened to the same body.

The puzzle now is to find how the Progressive or Bull Moose end of the beast is going to progress anywhere and pull the rest of the body along with it. The whole mass is entangled and grown together in one body, which we call Society or the Body Social. This constitutes the great riddle of Sociology, anthropology and theology. There is one word that is the answer to the riddle. Can you guess what it is? J. L. Jones.

in perfecting the crown of that creation—man—into "Sons of God."

We need no new textbook of spiritual truth until that Spirit leads us to the perfect mastery of the one we have. And I call you to witness if we have mastered yet those commands of the Christ; "Love thy neighbor as thyself;" "Love your enemies, and pray for them that persecute you;" "He that loatheth his life shall find it, and he that findeth his life shall lose it"—have you anything better to give than this? We need not a new type of Christianity, but more men and women who will live the old type as Christ demands. All the new faiths I know let down the bars and lower the standard, in place of giving something better. Should the Bible standard be suddenly accepted in all its implications by the children of men, graft, thief, murder, selfishness, the liquor traffic, white slavery, black slavery, wage slavery, and every other hideous corruption on earth would be driven to the hell where they belong, and the kingdom for which we pray daily would come in. We want not a new Christianity, but new Christians to live the old Christianity; and to win such, my brother, has been my life-work, and shall be until you, or someone else, can show me a better way. Methinks I hear you say: "You are not very successful, for there are still rascals aplenty in the church." True, but not half as many as there would be without it. It stands today for every moral influence in the community, and every seafarer who is afraid reform will hurt his business fears it.

A word about Mr. Hendri's science. He acknowledges that he got it from the dictionary. I never knew before that Webster's international was a compendium of Science. He defines Science as "A reaction caused by human thought acting through the physical senses upon a fact." How can the physical act upon a "fact"? The binomial theory is a fact, but how can the mind act through the physical upon it? What physical action enables the scientist to summarize the laws of Thought? To estimate the distance of Vega from the Solar System? To describe the physical composition of Arcturus? Anything that comes into experience as a truth can be summarized by some Science. The physical comes first in the order of time. Yet it does not domi-

nate the life, or man would be merely a brute. The mental comes later, and is distinct from the physical and dominates it. The Spiritual nature comes last, and dominates the entire life of the one who truly experiences it. Likewise physical sciences do the least for human uplift, mental do more, and spiritual most of all. Don't cut off the crown and pride of all civilization, my brother, but accept it

22 per cent of all disease comes from improper living, hence the Naturopathic way of cure is to correct the living, thus removing the cause of disease and the pain gets well, thus again as you eat so you are.

Drugs won't cure you because they only suppress symptoms and do nothing toward removing the cause and therein lies the basic trouble with the practice of "medicine." It only knows effects and seeks to suppress them, thereby retarding the effort of Nature to cure you. Eat to live and eat slowly—chew your food thoroughly and don't over eat. Over feeding over taxes the stomach, the food rots and your troubles begin. Moderation should be practised in eating, sleeping, breathing and exercising in order to have good health.

Nuts

Nearly all nuts are good food, except peanuts, which are too starchy and which properly belong to the legume family—almond, brazil nuts, butter nuts, filberts, pecans, pine nuts and walnuts are all rich in iron, Potassium, Sodium, Calcium, Magnesium, Silicon, Sulphur, Phosphorus and Chlorine. They also possess a high percentage of fats a moderate percentage of proteins and a low percentage of carbohydrates (sugar.) In order to get best results they should be ground in a nut grinder and sprinkled over salads. They are rich and nutritious and take the place of meat and never should be eaten after a meal or with meat. They are easily digested if ground up thoroughly.

Clothes

While the styles for women nowadays are in many instances so ridiculous as to be absolutely idiotic (particularly in hats) they have much to commend them, the chief of which is the woman has less weight to carry on the hips. She wears fewer clothes

and less of them. Pressure on the waist and hips by tight corsets and heavy clothes is one of the chief causes of diseases of women. Bloomers should be substituted for skirts, as they allow greater elasticity and freedom of movements and help to give a more graceful carriage. The average woman can freeze a man to death when it comes to clothes and I predict that before long women will be free to dress as they please, notwithstanding the terrible shock it will give some evil-minded puritanical Pharisees. Modern civilization has not increased morality by loading us down with clothes. Japanese men and women and other far eastern people go swimming together perfectly naked and think nothing of it. It is the evil minded hypocrite that sees evil in all things. The bill boards of the "Follies of 1914" recently displayed some shapely limbs to the public in Portland but our righteous mayor promptly had white paper pasted over them. Who says we are not chemically pure?

Appetite and Hunger
When your mouth waters for something to eat you are hungry. When you have a morbid craving in the stomach, due usually to catarrh of the stomach that is appetite. There is a vast difference between the two. When you are hungry nature uncaps the gastric juices and is ready to do her work of digesting food and you are not hungry until she gives you the sign. Never eat when you are not hungry and a fast of a day or two will do you good when "bilious."

If you persist in overloading the stomach when sick or well you will pay a penalty, for if sick or feverish the gastric juices are not present and the food rots, thus laying the foundation for worse diseases, such as consumption, typhoid, smallpox, and which are "caught" in the stomach and bowels, and not from "germs." As our medical friends would try to make you believe in order to vaccinated you with that wonderful vaccine that has been "purified" by ultraviolet rays. One of the chief causes of the great mortality among those who take medical treatment from the orthodox school of doctors is because they insist in feeding typhoid and tuberculosis patients on milk, eggs, beef and other alleged "rich" foods under the hallucination that the patient must eat to sustain life. This diet would kill a lumber Jack if persisted in. Food is a poison to a sick person because of the absence of the gastric fluids to digest it, something our medical friends have not yet found out, except where they have been told by Naturopaths. Undigested and fermented foods causes gas to form in the stomach and bowels, which presses in all directions, often with dangerous consequences. Still, the work of poisoning goes on and there are some people who feel peeved when the attention of the public is called to it.

School Inspection
This is a form of illegal graft, forced upon the people by the political doctors in power for the purpose of paying salaries as a rule to young, inexperienced medical incompetents, and to increase private medical practice. It really includes a "trained" nurse to do the "follow up" work of invading the homes and trying to persuade the mothers to have their children operated on for adenoids, sore tonsils, etc.—troubles that yield readily to drugless methods for they are caused by wrong feeding. There is no law on the statute books of Oregon that authorizes any school board to saddle this expense on the taxpayers to say nothing of the incalculable damage it does. If the family doctor is unable to "inspect" the children and this thing is really desired by the parents, the doctors of the drugless school should be given an equal share of the work. They at least will not harm the children with poisonous serums and operations. It does worse—it gives teachers and children and others false ideas in regard to health and keeps children in continued fear of disease, which in itself is bad for fear is a great source of disease, particularly if instilled in the mind of a child.

In Chicago, the most thoroughly "inspected" city in the world, diseases of children have so largely increased under this most beneficent philanthropy (bill paid by the tax payers) that the people are beginning to get thoroughly aroused and will probably do away with it, as there is no law in Illinois that calls for, or even permits it. It only shows you that if you give the average political doctor an inch he will take a mile—then it is up to you to dislodge him from his illegal position.