

Prevention and Cure of Consumption

The State Board of Health has issued a pamphlet on the above subject which says:

Consumption is due to a germ, the bacillus tuberculosis, attacking the lungs. This germ does not grow up in the body, but is either inhaled in dust, in food, in drink, or by scratches and wounds.

This germ causes many forms of disease. If it settles in the lungs it causes consumption; in the joints, suppuration or "white swelling;" in the vertebrae, spinal disease; in the glands of the neck "scrofula;" in the brain, meningitis; in the bowels, enteritis and peritonitis.

The germ, or bacillus, which gets into the body and causes all these disease conditions, always comes from the body of another person or animal that has the disease.

Catching colds has very little to do with tuberculosis, although by depressing the resisting powers of the system, a "had cold" may make it easier for the sources of danger, then, in tuberculosis are two.

First, and most easily avoidable, the coming in contact with infectious material.

Second, the lowering of the resisting power of the body by disease, by overwork, and especially by insufficient ventilation.

To prevent the entrance of the germs, our attention should be directed first of all to the material which consumptives cough or spit up. This is simply spitting with these germs and is probably the commonest means through which they spread.

Spit upon the floor, car, or street, or spit into the gutter, or spit into a napkin or cloth. The breath of the consumptive does not contain these germs, nor can they get into the air around him in any way except through the drying of his sputum, or by coughing without covering the mouth.

A consumptive therefore is not in any way dangerous to associate with as long as he is scrupulously clean in his habits, catches and destroys every particle of expectoration and always coughs into a napkin or cloth.

Some Things to Remember. Never spit on a floor, carpet or street. Always catch the expectoration in some cup or material.

Repress your cough as completely as possible. Coughing does you no good whatever, and much harm. The sputum will loosen of itself and come up quietly if you repress the cough.

Never kiss any one. Never sleep in the same bed with another person.

Always scald eating utensils and clothes. Remember it is only by the matter spit up that the disease may be carried to others.

Means of Avoiding Tubercularosis. No disease is more clearly avoidable than tuberculosis.

The means by which it may be avoided are of two kinds: First—By avoiding exposure to all known sources of the contagion as far as possible.

Second—By living in such a manner as to keep the system sufficiently vigorous to throw off any infection which may have been unavoidably or ignorantly caught.

A Clothes Line Rescue

The time is summer. The scene the yard of a comfortable American home, with rows of white garments whipping in the breeze. Suddenly a little shower begins to fall, and the anxious housewife dashes out into the rain to snatch the drying line. Her clothing is wet, her feet are damp, but the clothes from the line are dry, and she congratulates herself. Next month she is sick from functional derangement in some form. She and submits to the pain and discomfort endures. What she does not realize is that in just such little acts of thoughtlessness and their consequences there are often sown the seeds of womanly ill-health. Women are peculiarly self-forgotten in their home life. They keep on their feet when it means not only present pain but future suffering. They work

when they should rest. They either do not know or do not believe that the general health is so closely and intimately related to the local womanly health that when the latter is undermined there must be a failing in the general physical health.

THE WORTH OF HEALTH. A woman never knows what her health is worth until it is lost. It is when she has to leave the guidance of the house to others wholly or in part; when she has to see household duties neglected or when a slipshod manner; when she has little voice in the home to command or control; then it is that she realizes what health is to her, and what she has lost.

And yet in spite of her sufferings and her very indignant woman who no doubt has been wept and to said abruptly, "Why don't you get well?" But it would be a fair question. There are hundreds of thousands of women who have been cured of womanly diseases by Dr. Pierce's Favorite Prescription, and every one of those women is a living question asking: Why don't YOU get well? Put away the idea that you cannot be cured, because in thousands of cases "Favorite Prescription" has cured women who had suffered for years and were deemed incurable.

Perhaps your case is different in some respects from any of those you know of. It is the cure of such cases which has made Dr. Pierce's Favorite Prescription famous among women, for its remarkable cures of womanly diseases.

Some friends of the good roads movement hesitate to join in the demand for national aid because they are appalled by the enormous expense involved in macadamizing the entire road mileage of the country. These persons are laboring under a mistake. The national aid bill now before Congress do not propose to construct any particular kind of road. They simply propose to "improve the public roads" and provide for investigations and experiments to determine the best kinds of road material and the best methods of road building.

It is a recent article Representative Brownlow says: "My own individual opinion is that some of the principal thoroughfares ought to be macadamized. Well informed road experts have estimated that if one tenth of the road mileage of the country were macadamized, and the other nine-tenths were improved in other and cheaper ways, using the best local materials available, the cost of hauling the farm products of the United States to market would be reduced to one-half."

If this estimate is correct, the saving to the farmers would be enormous, and would in a few years be sufficient to cover the entire expense of making the improvements. Besides lessening the cost of hauling good roads will bring to the people of the rural districts pleasure and benefits which cannot be measured by money.

For my test trial, I selected three trees of each block as remote from each other as possible. The result was as follows: Dusted trees gave 48 crates of perfect fruit and 18 crates of poor. Liquid trees gave 35 crates of good and 15 of poor. One reason for the large quantity of imperfect fruit in both blocks is that the variety tested is very susceptible to injury from the codling moth. Other kinds in the same orchard were practically perfect without any spray whatever.

My mixture was purely a mechanical one, and I am inclined to believe that the result would have been much more favorable to the dust had the mixture been compounded chemically.

On the whole, I was much pleased with the new system, and while I do not think that the liquid system will ever be superseded, there are doubtless many places where the dust may be used to very great advantage. J. Corwin Jackson in Country Gentleman.

Money in Goats. H. B. Brophy was in Salem yesterday from the farm on Rural Free Delivery Route No. 2, near Eola. Mr. Brophy has just finished shearing his twenty-eight pure bred registered goats, and he secured 127 pounds of mohair from twenty-eight head of nannies, part of them kids. This is over four and a half pounds a head, and it is certainly very good. Mr. Brophy has kept close track of the profits of this flock of goats, and he says they have paid for themselves in three years, and the twenty-eight goats and their clip for this year are left for "velvet," and that is not far from \$1000, for the finest of blue goat blood runs in their veins. This, too, is exclusive of the value they have given in clearing up the land. Mr. Brophy thinks goats are among the very best things for the Willamette valley farmer, not even excluding hops, and he has not done badly with hops, either. He is a partner in his farming operation and ownership with Hon. L. L. Patterson and Hon. A. N. Gilbert. He was formerly one of the most strenuous of Oregon's working politicians, but he seems entirely satisfied with his change from politics to farmer, where his soul is his own, and he is able to

And What Happened to the Rescuer.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 1, 1878, entitled "An act for the sale of timberlands in the State of California, Oregon, Nevada, and Washington Territory," assented to on the 25th day of March, 1891, and to all the public lands States by act of August 4, 1892.

Any and all persons claiming adversely the above described lands are requested to file their claims in this office on or before the 15th day of February, 1904.

SUMMONS. IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR DOUGLAS COUNTY. Plaintiff, No. 1007, vs. Defendant, No. 1007, (Private Corporation).

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Farm Notes. Dust Spraying For Codling Moth. During the past season, thanks to the co-operation of Prof. John Craig of Cornell, I have made a somewhat extensive test of the various machines made for the purpose of applying insecticides and fungicides in a dry form, in comparison with the usual liquid application.

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The World's Fair Route. Those anticipating an Eastern trip, or a visit to the Louisiana Purchase Exposition at St. Louis, cannot afford to overlook the advantages offered by the Missouri Pacific Railway, which, on account of its various routes and gateways, has been appropriately named "The World's Fair Route."

Mrs. H. Easton. is prepared to wait upon old and new customers and friends with a full and complete stock of GROCERIES All fresh and of the very best quality. Teas and coffees are specialties. Your patronage solicited. 203 Jackson St., Roseburg

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Society Meetings.

F. & A. M.—Lambert Lodge No. 13. Holds regular meetings on second and fourth Wednesdays of each month, at 8 o'clock. T. BARNES, W. M. N. T. JAWETT, Secretary.

P. O. ELKS—Roseburg Lodge No. 326. Holds regular communications in I. O. O. F. Hall on second and fourth Thursdays of each month. All members requested to attend regularly and all visiting brothers are cordially invited to attend.

O. O. F.—Philharmonic Lodge No. 8. Meets in Odd Fellows' Temple, corner Jackson and Olive streets, on Saturday evening of each month. Members of the order in good standing are invited to attend.

P. O. Alpha Lodge No. 47. Meets every Wednesday, in I. O. O. F. Hall at 7:30 p. m. Members in good standing are invited to attend.

ILAC CIRCLE—No. 49. Women of Woodcraft. Meets on 2nd and 4th Fridays of each month at the I. O. O. F. Hall. Visiting members in good standing are invited to attend.

E. S. R.—Roseburg Chapter No. 8. Holds their regular meeting on the first and third Thursdays of each month. Visiting members in good standing are respectfully invited to attend.

UNITED ARTISANS.—Empire Assembly No. 105 meets every Saturday evening, at 8 o'clock in Native Sons Hall. Visiting Artisans cordially invited to attend.

WOODMEN OF THE WORLD.—O. O. Camp No. 125. Meets at the Odd Fellows' Hall, in Roseburg, every first and third Monday evening. Visiting neighbors always welcome.

Professional Cards. R. W. M. BROWN, Attorney-at-Law, Court House, Roseburg, Ore.

C. V. FISHER, M. D., Physician, Surgeon. Office over P. O. Phone Main 591. Phone Main 591.

D. J. R. CHAPMAN, Dentist. Abraham blk. over Post Office. Roseburg, Ore.

D. B. GEO. E. HOUCK, Physician & Surgeon. Office over Post Office, Phone Main 32. Roseburg, Ore.

F. W. BENSON, Attorney-at-Law. Bank Building, Roseburg, Oregon.

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If you want to buy a farm or want furnished rooms, or if you want to buy a house, or if you want to rent a house, or if you want to build a house, or if you want to move a house, call on or address F. F. Peterson, Contractor and Builder, Roseburg, Oregon.

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