

HINTS ON KEEPING HEALTHY

A Sensible Talk on the Treatment of the Stomach, by T. B. Terry, Which Any One Can Easily Follow.

In a recent article on curing stomach troubles you were told that improper food, or food that does not supply all the elements needed, eating too much, or too frequently, so the stomach gets no rest, and not chewing the food long enough, were among the causes of this very common trouble. The principal cause can usually be found in this list, probably, so let us consider the matter more fully. Our letters show much trouble along this line now, in the The Practical Farmer family and it will increase during winter. Hunger, appetite, taste and relish should control our eating. A person who eats when not hungry, when there is not a decided desire for food, under ordinary conditions, is making a mistake. He is laying up trouble for himself. It may show up from day to day, more or less, in his not feeling first-class; that is, not perfectly well and life a delight, and in addition, he is on the road to serious trouble in his digestive organs and the general ill health that goes along with it. When the human system needs food it knows how to call for it, unmistakably. You are hungry. You crave plain food like bread and butter, meat, vegetables, etc. Haven't you ever sat down to the table and felt as though you just couldn't wait to get something into your mouth, and saliva flowed very freely, and it was almost impossible to eat slowly? Well you were hungry then. That was genuine appetite. It didn't need any coaxing. Your stomach was ready for food and said so plainly. That food would do you good. And you could well continue at the table as long as plain, wholesome food was eaten with so much relish. Now, on the other hand, haven't you sat down to the table when you didn't seem to care for anything that was before you, or that you could think of, perhaps, when you had no such hunger? Yes, and what should you have done? Left the table at once and waited until hunger came, showing that your stomach had all previously eaten food cleared out, and digestive juices ready for more, which your system then wanted. That is simple common sense, or is it uncommon? Instead of this, what do people usually do? Why put down some food anyway, because it is meal time, the regular hour. This food that the stomach was not ready for, it must take care of some way. It will do it after a fashion, protesting by headaches, perhaps, or other bad feelings, until it gets clear worn out. Then the food lies there undigested and ferments, maybe you get awful sick, until it comes up, or it is hurried out the other way. You may call it a bilious attack, and take some pills to "stir up the liver," but the fact remains the same. Well, if you get sick enough, or take harmless medicine that makes you so, you cannot eat any more for a day or two until your stomach gets rested up, you will come out all right. You see, I have been there. Oh, yes, all but taking the pills, but not lately. At last I have learned not to put food in my stomach when it is not wanted, to make all this trouble. Now as to food that does not supply all the elements needed. You were told lately how I sometimes want cheese badly and then eat it. Taste will lead a healthy person, who eats only wholesome food, to pick out just what the body wants. Perhaps the

next day I do not want any cheese. That is a plain hint that it is not good for me at that time and it is left alone. To eat it then, because it is a good article of food and I ought to want it, would be a mistake, just as much as to eat food when it is meal time, and I ought to be hungry, whether I am or not. You will not eat too frequently if your appetite is normal and you are actually hungry for plain food. At home I eat but twice a day, as that is as often as I get really hungry, but when on a visit recently, for ten days, I ate three times with the rest. I got along nicely by making breakfast and supper largely of fruit and being careful not to eat a mouthful more than I was actually hungry for. Not chewing the food long enough is undoubtedly one of the causes of stomach troubles. And back of that is the fact that we have so many soft foods, like oat meal, mashed potatoes, milk toast, pudding, etc., that will, and do, almost go down with any chewing. All food should be kept in the mouth and the jaws worked to cause saliva to flow and be mixed with it until it is practically a liquid that can no longer be held from going down. In serious cases better avoid soft foods. This saliva is necessary to perfect digestion. When it is withheld and work is put on the stomach and the food must remain in it longer. In time this will cause weakness of this important organ. And right here let me say that thorough chewing is the very best safeguard against overeating. With only plain food before you there is little danger of eating too much if saliva enough is sent down with the food. This causes the appetite to stop on time. And one gets the highest enjoyment possible out of his meals, the most delicious tastes. Yes, it is the common custom for the writer to enjoy his supper for from 40 to 50 minutes, and still not eat as much as he used to in 15. You haven't time? Oh, well, you will not get as much out of life as you might if you don't, and you may have to take time to be miserable after a while. But notice, avoid making this change suddenly and sending a greatly increased amount of saliva into the stomach at once. When nature has got used to your wrong doing she may raise a rebellion if you change to right all at once—experience. For myself, I avoid the soft foods so far as is convenient, so as to have something that can more readily be chewed more. There are few cases of indigestion that will not gradually fade away before a systematic change to eating only wholesome, proper food, when hungry, chewing it a long time and then breathing pure air and keeping busy within your strength and—well, I suppose "etc." must be added, as there are other things needed for perfect health. Have you that old notion that you must eat whether hungry or not to get strength? Bless you, every mouthful you put down when you are not hungry diminishes your strength. Your stomach is obliged to struggle along, using strength to try and digest food that the system does not want yet. Wait until you are hungry; then eat and enjoy it.

A MAN WITH A MEMORY.

The Way He Saved an Accused Friend From the Gallows.

A man was charged at Sydney with murder and by way of defense called evidence to prove an alibi. At the time the crime was committed he was, he said, in his own home listening to a friend who was reciting a novel to him. The expression caught the ear of the prosecuting counsel, and when a witness went into the box to say that he was the man by whom the prisoner was being entertained he tackled him on this word. The witness repeated that he was "reciting" Horace Walpole's "Old English Baron," not reading it, but reciting from memory, and it had taken him two and a half hours to get through the whole book. Well, if he could remember it while in a hut in the bush he ought to be able to remember it now in court, and counsel demanded a demonstration. "Give us a page or two," he said, never dreaming that his request would be complied with. The witness cleared his throat and without hesitation commenced, "In the time of King Henry, when the good Duke Humphrey returned from the wars in the Holy Land, where he had been sojourning for a number of years," and so on, without hesitation, for several pages, all letter perfect so far as those in court could tell. Counsel for the prosecution, quite staggered by the display, confessed himself satisfied. But the witness was not, and the prisoner's counsel, piqued that doubt should be cast upon his phenomenal witness, asked that the latter might be given time to recite the whole novel and his time in doing it compared with the two and a half hours alleged to have been occupied on the night of the murder. "Good heavens!" said the Judge. "But do you expect me to take it all down?" They compromised, the man with the memory reciting the closing scenes of the novel. And on this the man in the dock was liberated.—St. James Gazette.

READ THIS ALOUD.

Betty Botter bought some butter; "But," she said, "this butter's bitter. If I put it in my batter, It will make my batter bitter; But a bit of better butter Will but make my batter better." So she bought a bit of better, Better than the bitter butter. And made her batter better better. So 'twas better Betty Botter Bought a bit of better butter.

CHURCH DIRECTORY.

MADRAS DISTRICT.
First Sunday, morning and evening, Free Methodists—Rev. E. M. Mortimore, pastor.
Second Sunday, morning and evening, Mennonite Brethren—Rev. H. Pontius, pastor.
Third Sunday, Morning: M. E. class, led by H. F. Burden. Evening: First Baptist Church, Rev. O. W. Triplett, pastor.
Fourth Sunday, morning and evening, M. E. Church—Rev. C. E. Coombs, pastor.
Fifth Sunday, morning and evening, First Baptist Church—Rev. O. W. Triplett, pastor.
Sunday school at 10 a. m. each Sunday. H. H. Curtis superintendent.

METHODIST HILL DISTRICT.
German M. E. Church, Rev. E. J. Taglio, pastor. Sunday school at 9.30 a. m., John Hoffman, Sr., superintendent. Preaching services at 9.30 a. m. and 7.30 p. m. German school and Catechism conducted by pastor Saturday at 2.00 p. m. Everyone welcome.

CULVER DISTRICT.
Sunday school every Sunday at 10 a. m. preaching every third Sunday at 11 a. m. by O. W. Triplett, of Prineville.

AGENCY PLAINS DISTRICT.
William Braustetter, superintendent of Sunday school. Sunday school every Sunday afternoon at 2.30. Preaching by Rev. W. E. Fulgum and others at irregular periods.

NORTH END DISTRICT.
Sunday school held at Rev. Bell's residence in North Agency Plain. Rev. H. L. Bell, superintendent; Peter Vibbert assistant. Sunday school at 10.30 every Sunday. Preaching at 11.30 a. m.

MUD SPRINGS DISTRICT.
No regular announcements.

The Pioneer gives the news.

U. S. LAND OFFICE, THE DALLES, ORE., Feb. 11, 1905.

Notice of Forest Reserve Lieu Selection.

Notice is hereby given that Avery T. Holmes has applied to select under the Act of Congress approved June 1, 1902, the following described tract of land to-wit:
The S. E. 1/4 of S. W. 1/4, Sec. 20, T. 11 S., R. 15 W. 3 E.
That said application was filed with the Register and Receiver of the U. S. Land Office at The Dalles, Oregon, on February 11, 1905, and the purpose of this notice is to allow all persons claiming the selected land under the mining laws, or desiring to show it to be mineral in character, an opportunity to file objection to such selection with the local officers for The Dalles Land District.
MICHAEL T. NOLAN, Register.

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COLUMBIA SOUTHERN RAILWAY CO.
TIME TABLE NO. 10.

Effective July 3, 1904.

South Bound No. 2.	STATIONS.	North Bound No. 1.
Daily Pass.		Daily Pass.
Leave.	Biggs 11.50 a. m.	Arrive
" 2.35 p. m.	Gibsons 11.40 a. m.	" "
" 2.50 p. m.	Sinks 11.30 a. m.	" "
" 3.20 p. m.	Wasco 11.20 a. m.	" "
" 3.32 p. m.	Klondyke 10.45 p. m.	" "
" 3.48 p. m.	Summit 10.40 a. m.	" "
" 3.55 p. m.	Hay C. Je 10.31 a. m.	" "
" 4.20 p. m.	McDonaldis 10.22 a. m.	" "
" 4.38 p. m.	De Woe 10.15 a. m.	" "
" 4.50 p. m.	Bluro 9.55 a. m.	" "
" 4.58 p. m.	Esquiville 9.57 a. m.	" "
" 5.25 p. m.	Glenn Valley 9.30 a. m.	" "
" 5.35 p. m.	Bourbon 8.55 a. m.	" "
" 5.41 p. m.	Kent 8.40 a. m.	" "
" 5.51 p. m.	Whitox 8.30 a. m.	Leave.
Arrive	Shaniko 8.00 a. m.	

For rates and other information apply to S. E. LITTLE, G. F. & P. A., Shaniko, Oregon.

R. F. ALLEN, President.
T. M. BALDWIN, Cashier.
WILL WENZELER, Vice Pres.
H. BALDWIN, Asst. Cashier.
NO. 3851.

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Notice to Creditors.

Notice is hereby given that the undersigned has been, by the County Court of the State of Oregon for Crook county duly appointed administrator of the estate of John Hastings, deceased, and all persons having claims against said estate are hereby required to present the same duly verified, to said Administrator at the office of M. E. Brink in Prineville, Ore., within six months from the date of the first publication of this notice.
Date of first publication of this notice Nov. 17, 1904.
ED RUTCHER, Administrator of the Estate of John Hastings, deceased.

Blue Print Township Blats corrected up to date showing names of all entrymen, vacant land rivers and creeks, 50 cents each.

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