

KEEP CLEAN, LIVE RIGHT

Health Authorities at Agricultural College Tell Students Rules of Hygiene.

Oregon Agricultural College, Corvallis, Ore.—Health experts talked straight from the shoulder to the students of the Oregon Agricultural College at convocation last week, as to rules of hygiene and sanitation. Dr. E. J. Stewart, director of physical training for men, spoke on baths; Miss Miriam Thayer, director of physical training for women, spoke on air, exercise and proper clothing; and Professor T. D. Beckwith, head of the department of bacteriology, talked on disease and its prevention.

"Baths as taken by the students are not always beneficial," said Dr. Stewart. "Sometimes they do more harm than good. After violent exercise on the field, in the gymnasium, or even after a brisk walk, a student may have so stimulated his physique as to have brought it to the point of exhaustion. If he takes a hot bath after it, the effect is further exhausting, as it stimulates him still more. The proper temperature for a bath after such exercise is merely tepid, about the same as the blood in the body, 98 degrees. Such a bath has the effect of soothing and reducing pressure on the spinal column and the brain, acting as a generally restful agent.

"Shower and plunge baths should be taken with care. A plunge in water 70 to 75 degrees acts as a bracing tonic to a robust person. The action of water under 70 degrees is to stimulate heart action. If taken suddenly it has a tendency to shock the nervous system, and therefore a person who is not robust should never take a cold bath unless under doctor's advice. A tepid bath, which is soothing rather than stimulating, is good for all sexes and ages. The athletes who have become bruised and sore take a warm bath, 95 to 105 degrees, which has a soothing tendency. Everyone should take a bath of some sort every morning, if it is only a rub-down with a wet towel, with a brisk rub afterward to stimulate circulation."

Miss Thayer said, speaking of physical condition in the home and gymnasium:

"No matter how much you develop your mind, you will never attain to our highest educational efficiency unless you have the health to use it. I have noticed many students' houses in which the windows were not open. We were meant originally to live out of doors. Every student and member of the faculty should have all the ventilation possible in class rooms and at home. When possible you should sleep out of doors, or make your rooms as open as you can to the fresh air.

"The subject of diet is also important. Fried foods and plenty to do make muscle, strength and good dispositions. Good plain, substantial and wholesome food is what you need. Almost no student, or teacher for that matter, eats as slowly as he should. A great many headaches and other ailments come from eating too fast and failing to chew the food properly. I will speak to the girls later on hygienic and sensible clothing. The boys, who have their fine, sensible military uniforms, do not need such advice."

"There is a living cause for almost all diseases, popularly known as germs," said Professor Beckwith. "The normal human being in the pink of condition should be free from these living causes of disease. Fortunately we have in the body certain organisms which tend to kill off the germs, but they are only good to a certain point, and when the number of germs becomes too great these natural safeguards are broken down and we suffer from disease. There are four paths through which germs enter the body, by the mouth, by the nose, by abrasions or wounds giving entry through the skin, and by way of the reproductive organs. Among the diseases entering through the mouth are typhoid, dysentery, tonsillitis, tuberculosis, scarlet fever and diphtheria. They must have some method of transportation, through the water, other drinks, as milk, or food. The water supply of Corvallis is one of the purest I have ever had to deal with, but 60 per cent of the wells about the city are bad, so I would advise that you make sure you are drinking city water, not well water. Look into the kitchen where your food is being cooked and see that there are no germ-distributing flies there. Know that the milk you drink is not from dirty or diseased cows. And, above all, live clean, morally straight lives if you would not be one of the 10 per cent in the United States who are infected with venereal diseases, grouped under the general name of the black plague."

SUNSET MAGAZINE and Ashland Tidings one year \$2.75 to old or new subscribers. Regular price of Sunset Magazine is \$1.50 per year.

Some Simple, Practical Reasons Against Woman's Suffrage.

1. Because women are the standard bearers of the world. To lower the standard of the mothers will lower the standard of the race. It is elevation we want. We do not want to hear it said again by the men of our land, as has been said in the equal suffrage states, "Women, once our superiors, now our equals."

2. Women is built, physically, for the propagation of the race, and mentally for the rearing of the race. She is not built for heavy labor, neither is she trained for it. Woman is made on lines of beauty, love and tenderness; man on lines of strength. There is an essential and intended difference between the sexes.

3. Sex is the pivot on which the world turns—the pivotal point in suffrage. An effeminate man excites our pity and sport; a masculine woman excites our disgust. "Elimination of sex" is not possible, as some suffragists claim. If it could be done, politics would certainly not be bettered by woman's vote.

4. We do not want our country to be governed by any organization, church, or political party.

5. In some suffrage state a foreign-born woman becomes a duly qualified voter by the naturalization of her husband, thus throwing two undesirable votes on the country at once. They usually vote as the superintendent, manager, etc., of the railroad, mining or manufacturing corporation for which their husband works, or the priest of their parish tells them they must; these commands being often enforced by money, by threats of violence, or spiritual damnation, or by threats of husband or sons losing their jobs.

6. "New" women and rich, ambitious women vote for those who favor their pet theories. Some vote on account of personal reasons, grudges, etc. A woman seldom bothers about special qualifications for an office. Vicious women vote as the "dominant boss," aided by the police, or as the police, acting on their own account, compel them to do.

7. "Man's work is from sun to sun; woman's work is never done." Women will now tell you that they have not time for their present duties, so why should they be burdened with more work? The majority of women do not want the ballot and will not avail themselves of the privilege and duty of voting.

8. No large number of women have attained to any great degree of prominence in any of the professions or in writing; neither in deeds of valor; nor any great patents; although they could have done so had they the ability. The opportunity has not been lacking. Women generally have not shown the ability to cope with men.

9. Our laws and progress now are as good or better than those of the equal suffrage states, Colorado, etc.

10. Women are sentimental and emotional, not logical, simply positive, usually jumping at conclusions; letting sentiment overcome sense and judgment. A woman acts through sympathy and intuition; man through thought and reason. She cannot view a subject from a point of law, but turns the law or the question as she thinks it ought to apply. She is too sensitive. If you differ with her she considers it personal and takes affront, using offensive personalities and questioning the right of any one to disagree with her, which shows what means will be used if given the ballot.

11. Women are now at the bottom of every reform, as well as deform the world experiences. All reforms are begun before the cradle and women are their inceptors. Prenatal culture is a lifelong study, and the only thing that will reform the world.

12. Our grandmothers raised good men to make good laws for us, without the ballot. Women can now do the same, if she will.

13. Women have aspired to, and can now hold almost every office and position that she could should equal suffrage obtain.

14. The ballot to women does not mean to wise and good women alone, or we might all favor it, but to the wives, daughters and sweethearts of every man now a voter, illiterate, intemperate, disreputable, vicious, foreign, etc., etc.

15. If the ballot in men's hands, fortified by the unions, cannot regulate men's work and wages, how can it help the women in that way? Wages are governed by the law of supply and demand, by trade conditions, etc. A working woman will always be paid according to her ability, health, etc., being considered; also by the fact that her working years are uncertain and limited.

16. The school and children questions are being agitated by good women in all the states, both suffrage and non-suffrage, and the best suggestions are already accepted in many of them; before many years all

EXPERTS IN CONFERENCE

Experts in All Branches of the Apple Business Will Be at National Apple Show.

Spokane, Wash., Oct. 19.—Experts in all lines of the apple business will be active in the conference in Spokane during the fifth National Apple Show, November 11 to 17, to assist in solving the problems of the industry.

Two days' conference will be devoted to orchard problems, including choice of site, preparation and planting, choice of varieties, cultivation of orchard, pruning, spraying and harvesting. Wednesday's conference will be on storage; Thursday's on by-products; Friday's on marketing and distribution; Saturday morning will be given to financing, and Saturday afternoon to "what to grow between the rows."

In the storage conference the discussion will be on the question whether it shall be storage on the farm, at the initial shipping point, at an intermediate point such as Spokane, or in the east; also whether it should be "cooler" or "cold" storage. The matter of ownership of storage plants—whether by growers, commission men or under a leasing system—also will be given attention. The marketing feature will be given great prominence in the conferences. Heads of growers' unions, transportation officials and bankers will discuss this question in all its phases. One expert of national prominence will discuss the subject of the effect of the Panama canal on the fruit industry in the Pacific northwest.

The daily conferences will be opened with an hour and a half program of talks, after which general discussion will be engaged in by all.

Mr. Sampson has visited many of the apple districts in the northwest during the last two weeks and has found a hearty response to the conference plan, not only on the part of the growers but the railway traffic managers as well.

FOR WORKING GIRLS' HOME.

Spokane Women Have Organized to Build One.

Spokane women have organized the Philanthropic Society for the purpose of providing a working girls' protective home, the plan at present including the co-operation of 2,000 girls who earn their living. When the new home is opened it will include a free employment office, sewing department, cafeteria and laundry. Girls in all occupations, without regard to nationality or religion, will be invited to join.

La Follette's Weekly Magazine and the Tidings one year for \$2.50.

that is good will be adopted through woman's influence, without the ballot.

17. While American women have progressed wonderfully, in a way, in the past few years, and the world, in many ways, is bettered by that progress; still, are the children, generally, any better for it? Who ever heard of "sweat shops" or the need of "child labor laws" in the days of our good old grandmothers? They did not throw their half-worn garments in the ragbag because it was "cheaper to buy new ones;" neither did they refuse to make new ones because it was "cheaper to buy them ready made." The women have the right now to "down" those same "sweat shops" they decry; all the right they will ever use to that end. They propagate and maintain them by buying the cheap clothing made therein, instead of making them, or paying a good round sum for having them made. The merchant charges for goods according to what he must pay the manufacturer; the manufacturer charges for them according to what it costs him to have them made. When women make their own clothes, or buy only high-priced ones, there will be no need of "sweat shops." Men generally pay as they are paid.

18. Women are emotional and thus are not fitted for jury duty; and because of lack of strength she is not capable of policeman's work. Some say that she need not take the active part, but authority to make laws without ability to enforce them is a menace to the country, and our basic principle of government would be shattered thereby.

19. While there are many more reasons against equal suffrage, this last embodies all that might be said: "Woman, in her office (now), holds the key of the soul. She it is who stamps the coin of character, and makes the being, who would be a savage but for her gentle care, a Christian man."

ELIZABETH YOCKEY.

Ashland, Ore., Oct. 16.

The Tidings printery gives satisfaction. Prices reasonable.

ARE YOU GETTING YOUR MONEY'S WORTH ? Out of Your Electric Lights ?

Mr. Fagan, an expert electrical engineer of note, has been secured by the Ashland Power and Light Co. to assist the people of Ashland in solving the lighting problems by giving a **FREE ILLUSTRATED LECTURE** at the

Chautauqua Building

TUESDAY EVENING, OCTOBER 29

Mr. Fagan will demonstrate by apparatus the correct and incorrect methods of illuminating residences, stores and show windows. He will also explain in detail the manufacture of incandescent lamps and will close his lecture with a reel of moving pictures bearing on electrical subjects. No one who uses even a single electric light can afford to miss this scientific yet highly popular lecture. Mr. Fagan has been greeted with full houses wherever he has lectured and the evening's entertainment and instruction far outclasses many a program for which you would be charged 50c or \$1.

Remember the lecture is

Absolutely Free

8 o'clock sharp.

The building will be comfortably heated

SITE FOR OHIO BUILDING.

Governor Harmon Makes Selection at San Francisco.

San Francisco, Oct. 19.—Governor Judson Harmon and the members of the Ohio exposition commission selected a site for the Buckeye state's participation in the exposition in the presence of ten thousand people. Previous to the site-selecting ceremonies a luncheon was tendered the governor, his military staff and exposition commissioners by the directors of the exposition, and at that luncheon Governor Harmon declared that Ohio would make a magnificent showing at the 1915 world's fair. He said:

"I can assure you that our visit thus far has been a joy to all of us and we will go back with most pleasant memories of your hospitality, and ready conscientiously to make a report that will please you all of what we have seen of the great enterprise you have undertaken. We will not only promise you an exhibit of our extraordinary and various industries, but we will send you the best exhibit we have got—that is, our men and women."

GOOD NEWS.

Many Ashland Readers Have Heard It and Profited Thereby.

"Good news travels fast," and the thousands of bad back sufferers in this vicinity are glad to learn where relief may be found. Many a lame, weak and aching back is no more, thanks to Doan's Kidney Pills. Thousands upon thousands of people are telling the good news of their experience with the Old Quaker Remedy. Here is an example worth reading:

Mrs. J. Waterman, Phoenix, Ore., says: "I have no hesitation in recommending Doan's Kidney Pills as I have had ample proof of their efficiency. Over-exertion or being on my feet for any length of time caused my back to ache and sent sharp pains through my loins. Frequent headaches and spells of dizziness also bothered me. I knew that my kidneys were at fault and hearing Doan's Kidney Pills highly recommended, I procured a supply. I began their use and they relieved the difficulties which had so long distressed me."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

Ashland Tidings and Weekly Oregonian one year, \$2.50.

OLD GLORY or THE RED RAG

Nightly on the streets of Portland loud-mouthed agitators blaspheme the name of the Lord and curse the Star Spangled Banner. They are reaching out into the smaller communities and it may be your turn next to contend with them. Read and vote No. 370 in Voters' Pamphlet.

Assaulting the Dignity of Labor

High-salaried agitators are constantly assaulting and maiming the honest laboring men of Portland who are unwilling to divide their earnings with these leeches on the decent labor element. Read and vote No. 368 and prohibit boycotting and picketing. Your son is not safe in Portland if he refused to support these crime agitators.

Employers' Association of Oregon, W. C. Francis, Secretary

Don't Judge a Roofing By Its Looks

On the surface most ready roofings look the same, but the weather finds the hidden weakness. You can't tell by looks which roofing will last twenty years and which will go to pieces in a single summer.

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