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TELEPHONE MAIN 661.

THE WEATHER

Oregon—Fair.
Washington—Fair except showers in northeast portion.

STAND BY, ASTORIANS!

There are things doing in behalf of Astoria among the "big fry" that go far to stiffen the courage of this people, if they will only stand by with a cheerful, receptive, expectant, willing attitude that becomes a community to which the best fortune of its history is rapidly bending. This is a preparatory season, as it were, for several great developments in 1910; there is no longer any doubt about it; the word of assurance is abroad in the land, and its echo, faint, yet certain, is reaching us from all sides; the bigger of our local corporate establishments are figuring cleverly to meet the new access and profit by it; men of influence and responsibility have ceased to talk disparagingly of conditions and are significantly silent and significantly busy; the Government, itself, is projecting a course of improvements in its several departments at the mouth of the river, that speak plainly of a newer import in that direction; the port is far more prominent in the coast perspective than it has been for years, and it is fast approaching a series of commercial, industrial, and maritime developments that, if properly and promptly met by our people, will fix it fast in the van of expansion and safe from all retrograde movement in the future.

It does no harm to re-iterate; therefore we suggest a few of the things that are prolific of promise when they are studied out carefully and made to figure as features of indicative value; The Hammond Lumber Company is spending thousands of dollars in amplifying its milling facilities and dockage at Tongue Point; and this concern is in control of the finest body of virgin timber standing next to us on the south; The Astoria Electric Company, the one strong concern dealing with the essentials of light and power in this section, is remodeling and reorganizing its business, with a view to extending its lines east with a view to extending its interest and operations. The fight for the common-point rate on grain to this port is well underway before

MONUMENTS AT A BIG REDUCTION

During the months of April and May a reduction of 35 per cent will be made on monuments and tombstones at Oscar Laurel's Monument Works, 1195 Franklin avenue (corner 26th street). Those who intend buying anything in this line should do so at once, to insure delivery before Decoration Day. Phone Red 2416

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Chas. V. Brown
The Family Shoeman

TALK TO TEACHERS ON SCHOOL HYGIENE

INTERESTING ADDRESS GIVEN BY DR. REAMES BEFORE THE INSTITUTE.

At the session of the teachers' institute on Friday morning Dr. Clara Reames read an address on school hygiene, and contagious diseases in the public schools, and it was listened to with much interest by the institute. It was voted that the address be published in the State Educational journal, and herewith is presented a portion of the interesting dissertation:

The question of pure air is an all important one. You will perhaps call to mind lack of attention from pupils, seeming stupidity, yawning listless heavy sleepy attitude of children, holding of heads, flushed cheeks, all occurring after a certain length of time in a schoolroom. These are all symptoms of a poisoning of the blood due to the vitiated air which the children are breathing.

It is a law of nature that all forms of life are killed by their own excretory products. The exhaled air is redolent with poisonous substances and the cry of the human body must be heeded or suffer the penalty.

Authorities tell us that when numerous cases of tonsillitis occur in barracks, deficient ventilation may be suspected. This applies to schools as well. The three tonsils which nature has placed in our throats to act as guards against the entrance of disease, are the first to suffer when the inhaled air is below par. Nature in her wisdom immediately takes up the battle against infection and the inflammation which ensues is only an expression of one of the processes of nature to overcome the enemy.

Repeated efforts of this kind finally result in enlarged tonsils and adenoids just the same as the heart enlarges when a continued and extra amount of work is expected of it. The enlargement of the tonsils finally acts as a mechanical hindrance to the intake of pure air, and the result is a deficient supply of oxygen for the blood, and soon we have the picture of the child with a pale face, open mouth, short upper lip, flat nose, impairment of hearing, mental deficiency and the predisposition to Pneumonia and Tuberculosis and an easy victim for diphtheria.

Of course these conditions also result from poor home hygiene, but the possibility of the schoolroom being responsible for a fair share should ever be borne in mind. The means of obtaining fresh air when the system of ventilation is not up to the standard will rest with the ingenuity of the teachers. Perhaps the old fashioned manner of a short recess with calisthenics after the windows are thrown open will serve as well as any. There is always the objection of time and disorder, but if a school house can be emptied of its occupants in 2 minutes in a fire drill, certainly systematic drilling will allow an interval of calisthenics in 5 minutes. The results are worth the time in the long run.

The lighting of a school room is a matter of very great importance. As the sense of sight is the chief medium in education it is hardly possible to overestimate the importance and necessity for carefully observing the management of light in school rooms. It is often within the ability of a prairie schooner drawn by six yoke of oxen. These veterans of 1836 were honored by the spectators at the annual battle of flowers.

Some of the cherries on feminine hats are said to have been originally ping-pong balls when that game was a fad. The millinery artist of today is clearly convinced that nothing was made in vain.

It seems to be settled that there will be no increase of duty on stockings and that coffee and tea will continue to be admitted free. Public sentiment follows tariff revision more closely than in former years.

A bill for the extermination of rats has been introduced in the British Parliament, accompanied by the official statement that rats cost England \$75,000,000 a year. A chance to save money on this scale is worth attention anywhere.

A Canadian living in Moira, N. Y., claims to hold the record with 13 children, 99 grandchildren, 139 great-grandchildren and five great-great-grandchildren. If he now dwells in a flat he must have dropped his habit of family reunions.

teacher to so regulate the light that much harm to the delicate, rapidly growing eye may be averted. It has been positively established by careful and extensive statistics that myopia, or short sight, is most frequently if not exclusively developed during school life. This is due partly to the fact that children have much stronger power of accommodation than adults and therefore hold objects more closely to the eye.

A child suffering with a succession of styes may often lay the cause to eye strain or poor light. The placing of such a pupil in another seat or adjusting the light will relieve the cause, provided there are no other defects in the eye. Headaches, perhaps better expressed as browaches, may often be caused by the straining of the eye due to improper light, sometimes too much light and the consequent strain from the continued effort of the nerves supplying the iris to contract the pupils and to shut out the extra amount.

We again have the question of desks and seats arranged at such a height that the pupils need not hang over the desk, thus allowing an extra amount of blood to flow to the eyeball and produce more or less congestion and so retard the impulses along the optic nerve and thereby demand a greater effort to see.

Personal Hygiene in the School room: Habits of cleanliness may early be instilled in the minds of children from occasional talks by the teacher, the discouraging of dirt, special praise for cleanliness and neatness about the person. We all know how susceptible children are to praise, especially if delivered with tact.

The habit of expectorating promiscuously seems to be early started in some children—especially of the male persuasion—and may be continued through adult life much to the annoyance as well as detriment of the whole human race. I have often noticed where there has been a gathering of small boys—to say nothing of the half grown ones—glaring evidences of this filthy habit; no doubt it is suggestion, a desire to imitate the grown man, who by his use of tobacco in one form or other excites his salivary glands to such a degree that they are forever working overtime. Expectoration upon the floor should be forbidden at all times, whether a cough be present or not.

Sneezing directly upon the unprotected multitude is another means of sowing broadcast disease. I think there are very few people who realize what a stream, or better cloud, of fine particles containing bacteria and other impurities are discharged at a sneeze. Perhaps you have noticed the circumstance of one person sneezing, say in a car or crowded room, soon there is another, and another until it seems a though an epidemic of influenza had been started and this is the way in which this miserable disease is given to the public. Anyone with a normal sense of smell will soon be able to detect the odor of the secretions from the mucous membranes of the mouth and nose. The use of the handkerchiefs should be greatly recommended.

In regard to contagious diseases, it is a noticeable fact that each year, soon after the beginning of school, a marked increase in contagious diseases is reported. Parents themselves are aware of this and look forward to the opening of school with no little anxiety.

The cause of this condition is easily explained and the remedy needs only to be rigidly applied together with the correction of manifest unsanitary conditions in our school rooms, to prevent this annual recurrence of increased spread of contagious diseases.

Throughout the summer, especially, but also at all times, there is no doubt that mild cases of diphtheria, measles, scarlet fever, etc. exist which receive no medical attention throughout the entire course of the disease. These cases in many instances attend school before the danger of spreading disease is past. As a result they are the innocent carriers of disease.

Again, many parents are exceedingly careless regarding the health of their children and overlook practically everything except when attended by such severe symptoms as to cause alarm.

Whatever measures are necessary to prevent the spread of contagious diseases in the school, they must be stringent enough to reach the most careless or ignorant parent of the school.

The means to check this spread of disease must evidently be directed toward an early detection of the disease. Of necessity a great deal of this devolves upon the teacher, who should make medical inspection of the pupils a daily routine habit. No child who presents any of the evidences of an acute illness should be allowed to remain in school.

The teacher should have a working knowledge of the various diseases,

contagious, and act promptly in all suspicious cases. No rash should be overlooked. No peeling of the skin, especially of the palms, should be regarded by the teacher as just simply a skin disease. A feverish child with cough, nasal discharge and red inflamed eye would better be regarded as a possible case of measles than as having a simple cold. A child not well and with just a little sore throat is just as apt to have diphtheria as one whose throat is intensely swollen and painful. The ideal plan would be competent medical inspection such as is practiced by Germany, Sweden and parts of England, and Boston in our own country.

In passing I would like to speak of the common drinking cup. In practically all the schools of this state it is in use and local and state boards of health have failed lamentably in their efforts, with school directors to have this filthy and dangerous method discarded. Many are the excuses, expense of installing fountains, being the principle one. The individual drinking cup, sufficient if attended to should be at least insisted upon.

It is safe to say that few members of a school board would patronize a restaurant or boarding house in which water was served to all of its patrons from three or four tin cups.

TAKE OFF THE DUTY.

NEW YORK, May 1.—Two hundred members of the New York Produce Exchange have organized to induce Congress to place Danish cabbage on the free list in the tariff law. The duty at present is three cents a pound and they claim there is a demand in this country for the vegetable which cannot be supplied by home producers.

One of their principal arguments is that of reciprocity. In 1907, Denmark purchased \$23,384,989 worth of American products, of which more than \$17,000,000 worth went into Denmark duty free. There is no duty on American wheat, corn, meats, oils and allied products and therefore these members of the produce exchange declare that Denmark's cabbage should be admitted into this country duty free.

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There is no trouble that cannot be cured and Mr. Olney wants everyone to call on him while he is in the city. Do not delay, but call while he is here. It costs you nothing to investigate and his advice will aid you. Mr. Olney has made this his life's work—benefitting humanity. No one can come into the presence of this noble man and not feel the wonderful power that radiates from his personality. It is for your interest to know what can be done for you, so call at once on him at his parlors and get a free booklet. Mr. Olney comes as a representative of a healing institute shortly to be erected in Seattle. Parlors, The Leyde, 598 Commercial street, corner Fourteenth, rooms 2 and 3.

John Fox, Pres. F. L. Bishop, Sec. Astoria Savings Bank, Treas. Nelson Troyer, Vice-Pres. and Supt.

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