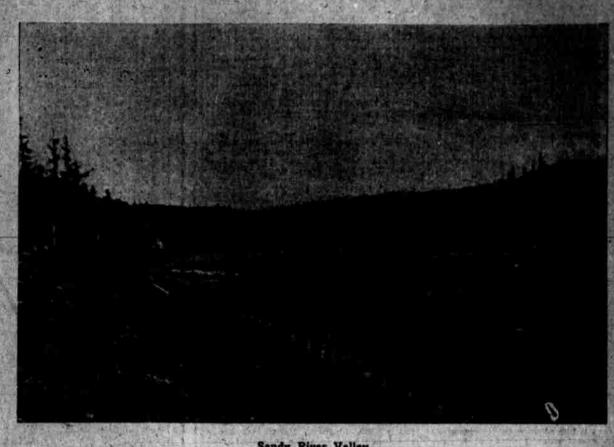
# Harnessing the Sandy's Hitherto Wasted Power



Sandy Bridge.

city of Portland.

The new plant itself will be the most simple that human ingenuity can devise. It will consist of a 12-inch steel shaft 20 feet long with a water wheel on one



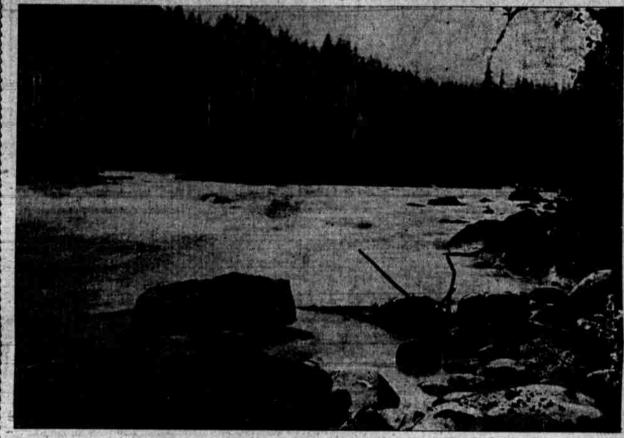
Sandy River Valley.

ITH a capital stock of \$1,000,000 the Mount Hood Electric company proposes to harness the Sandy river and utilise the power of that turbulent stream that has been wasted for canturies. It is one of the numerous plans that have recently been iald for establishing a network of interurban electric roads through the state of Oregon.

The purpose of the company, as explained in its articles of incorporation that were recently filed, is to "develop light, heat and power from the waters of Sandy river in Clackamas and Multinomah counties in the state of Oregon."

Actual construction work has already begun and the company has authorised an issue of 500 2-year 5-per-cent bonds of \$1,000 each. The aum will be applied toward the installation of the initial plant. The Sandy river has its source at the western base of Mount Hood. It is perpetually fed by miles of melting glaciers during the summer months. The water shed tributary to the Sandy above the point of intake is 400 square miles and the amount of precipitation over the district as shown by government statistics is 80 inches per year, more than double that of the city of Portland.

The minimum flow of water in the stream at the upper intake is more than \$800 feet per second. The main plant of the company will be located at that



View of Island in the Sandy River Below the Headwaters,

## Jags in Many Lands

From the New York Sun.

THEY can't push it into me that wood alcohol kills everybody that goes up against it, said a man who has soldiered both in the army and the navy. "It isn't the kind of boose that I'd pick out if I had my choice, but there's plenty of corked up stuff that's worse than wood alcohol.

"That vino that you get down in the the ship's painter, you see, carries the keys to the alcohol tank on a

"That vino that you get down in the Philippines, for one thing. I'd rather drink straight-out wood alcohol, any day, than the vino we used to lap up, for need of something better, down around Mindanao.

"Wood alcohol doesn't make a man mean and mussy. It just stretches him cut, quick and businessilke, and be done with it. But take four drinks of that Lussen vino and you'll die your way

mean and mussy. It just stretches him cut, quick and businessilke, and be done with it. But take four drinks of that Luson vino and you'll dig your way through nine miles of jungle to bite your little siater. And a vino head, compared to the come-to of a wood alcohol souse, makes the wood alcohol next morning seem like a pleasant ride in a merry-go-round with your steady. I've had both, and I know.

"When it comes to that, I'd rather lick-up enough decent wood alcohol to get that busy and prosperous feeling than to toy along with Mexican mescal. Queer stuff to fool with, mescal.

"When you get good and brined up on that, all you've go to do, three or four days later, when you think you're sober, is to joggle your head right lively from side to side, and there you are, with a jag all over again. Likes to linger sround your system and give you your money's worth, mescal.

"Some of that rum made out of molasses that you get in the West Indes would make a jack rabbit spit in the face of a jaguar. And, what's worse, it burns outside as well as in.

"You can believe it or not, but there was a corporal of marines with our outfit at Guantannamo who got hold of a pot of that blacklack rum one night, and the next morning his mustache was burned to within a quarter of an inch of his face, and its color had turned from brown to a sort of sandy, at that. He swore that the rum, some of which trickled over his mustache, had done it, and nobody who'd been up against that treacle rum doubted him.

"There's sake sold for half a yen a quart in Japanese ports that'll make a man rob his own ditty-box and then blame it on his hammoch-mate. Tricky stuff, too, that harbor sake of the swipes breed.

"Tastes something like Rhine wine, and goes down as easy as the cambric tea your aunt used to give you when you were a kid. But just when you're beginning to believe that the world's pretty soft, after all, for a man that understands how to live in it, sip! you're sone, and then you slink off by yourself and study up schemes to get you well

Two Millions a Year Fills Teeth

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water turns the wheel the electric motive force flows out on its mission. Engineers declare that electrical machinery of that kind is practically indestructable. They claim that constant use for 50 years will find the plant is as good condition as it will be on the day it is completed. The Mount Hood Electric company, whose object is to harness the waters of the Sandy and appropriate a power that has been wasted throughout the centuries, was organized for the purpose of developing to the fullest extent the power of the stream. It then proposes to transmit it to the city of Portland, and elsewhere, for use in providing light, heat and power for the industrial development of this section. In that way the busy stream that has dashed recklessly overboulders and played idly among the rocks for countless years will assist in the reclamation of the northwest and the building of a great city.

The waters of the stream have been carefully surveyed and appropriated, the lines of canal have been run and work on their construction is progressing as rapidly as possible.

The available water at the command of the company is more than 60,000 horsepower at the point of consumption, allowing for all loss in transmission and otherwise. The power is to be developed as demand requires.

The natural condition for the establishment of a plant at the point selected.

### Blues a Real Ailment

From the New York Sun.

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THERE are persons who deny ever having the blues, but as a rule they confuse the term with hysteria and womanish fits of sulks. They do not call their own fits of depression the blues, but fit them with some more high sounding name. But the blues nevertheless are a distinct mental affliction to which humanity generally is subject.

The blues have no special reason for being unless the oid-time idea is right that they come from a disordered state of the liver. That the liver is closely connected with the mental attitude resulting from an attack of the blues is indicated by the fact that dyspeptics are as a general thing morose and given to brooding. But this does not hold good in all cases, for there are some notably cheerful dyspeptics, who joke over their enforced dieting and their lack of flesh. The active grief that follows a bereavement or fit of illness or business trouble is in no way the same thing as the depression that comes up when there is a clear sky and envelopes everything in its fog. The one has a reason for being, the other is not so much a rebellion against conditions as a general tiredness of life, its duties, joys and sorrows. It is condition, joys and and sorrows. It is condition, joys and and sorrows. It is condition which in many cases produces suicides otherwise unexplainable.

So says a clever woman doctor, who points out that, oddly enough, in hospitals the blues are not common among the patients and convalescents. There is too much of real suffering to admit of the brooding, self-analysing condition that attacks people without reason in the world outside.

"The weather," she says, "is one of the principal inviters of blues. A week of bad weather increases suicides and

The weather, she says, is one of the principal inviters of blues. A week of bad weather increases suicides and fills people with despondency. In many cases it is inseparable from a despondent state of mind. The east wind has always been accused of producing low spirits.

"When people learn that it is quit possible to throw off an unwholesom mood there will not be so many people complaining of the blues—which usuall consist of a fear of something about thappen, rather than what has happened."There is an idea that only wome have the blues, but men are quite often the sufferers, and when they suffer the attacks are very much more it.

fer the attacks are very much more intense than the feminine sort and harder
to get rid of. Gambiers regard the
blues as a sure indication that their
luck is going against them, and as a
rule they cease to bet or make vary
small bets until the sun begins to shine
for them again.

"When the blues are of short duration, easily dispersed, they do not count
for much, but when they seem to have
come to stay and everything tends to
make life seem less worth living, it is a
pretty sure indication that something
is wrong with the physical condition.

"So it is a wise idea to find out if
anything is wrong with the body which
produces the mental disquiet. The end
of some fits of this sort is an attack
of typhoid fever or malarial fever leading on to typhoid. Despondency is one
of the surest symptoms of malaria in
the system.

"Garble sales succeeded by an interest

ease.

"Change of scene is always a good prescription for low spirits, but when a trip to Bermuda or Europe is not possible it is a good idea to change as far as possible the routine of the day. Eat different foods, travel by other routes, seek change in the manner of living just as far as circumstances allow.

"The theatre is also considered a rather good remedy when the play is a musical comedy of the light and frivoious order. There is no doubt that such plays are aids in bringing people back to a normal mental state, although they may not relish this form of amusement ordinarily."

dent state of mind. The east wind has always been accused of producing low spirits.

"But on the other hand people can inherit the brooding and gloomy temperament just as they inherit sharp wits or dull ones, kindly dispositions or the reverse. There are some who begin as children to complain and whine over their small troubles and if the habit is allowed to grow they find that life is a bors to them before they reach maturity.

"Very busy people whose minds and whose bodies are actively employed are not apt to suffer from the dread depression of the blues. Work, in fact, is one of the best panaceus and in many cases of nervous prostration, which with women is closely allied to the despondent mental condition, hard work in the home is prescribed as a remedy.

"Another excellent remedy is cold water haths and showers. These, if persevered in, are among the best cures. Then out-of-door exercise is good. The air and the ordinary scenes that come up in a mile walk will take the mind off the reigning topic which in these cases is always that of self.

"As a rule the people most subject to them are women whose home duties keep linem shut indoors.

"Over sewing or household affairs they will allow their minds to follow up the same old rut of thought, and by evening they are in a mental state which approaches a mild form of insanity.

Thectory recognize the state of despondency as a symptom of various diseases. It is one of the invariable consequences of nerve silments: but it is also a condition which. Nice hysteria, can be greatly agravated by the perfect of the state and fed nothing but is also a condition which. Nice hysteria, can be greatly agravated by the perfect of the perfect of the state and fed nothing but is also a condition which. Nice hysteria, can be greatly agravated by the perfect of the perfect of the state and fed nothing but is also a condition which. Nice hysteria, can be greatly agravated by the perfect of the perfect of the state and fed nothing but is also a condition which. Nice hysteria, can b