

HEALTH OF THE CANAL ZONE

How Uncle Sam's Physicians Successfully Fight Disease in What Was Once the Most Unhealthy Place in the World.

By FRIDERIC J. HASKIN.

(Copyright, 1908, by Frederic J. Haskin.) Washington, July 14.—At Ancon, Panama, is stationed the headquarters of the health army of the Panama canal. It is spending about \$50 per head for the health of the canal zone...

As if this were not enough, they gather nearly 11,000 loads of sweepings and 25,000 loads of garbage in the city of Panama, sprinkle nearly 8,000,000 gallons of water on the streets and distribute 3,500,000 gallons of water to the poor of the city...

With all of this preventive work they combine the treatment of the sick on the canal zone. The hospitals have 100 beds and do now in comparison with those of the past, the treatment they gave during last year was equivalent to treating 4,000 patients for one day, at a total cost of \$75,000.

Conquering the Mosquito. The mosquito is responsible for most of the big outbreaks of malaria. It was this little pest that carried the French and drove them indignantly from the task they had undertaken like the midnight murderer who steals upon his victim, administers the fatal blow, and then disappears in the darkness as if the earth had swallowed him up...

At this juncture Governor Magoon arrived on the scene. He said he was afraid of the mosquito and that if Gorgas were given the authority to make his work absolutely thorough he would prove his case. And what is further, he said he proposed to afford that opportunity...

It takes about 150,000 gallons of mosquito oil a year to keep down these little blood-suckers and tongs. There are 50 known breeds of mosquitoes on the isthmus and perhaps some 20 more species which have not been identified...

It is the young mosquito that the sanitary department is able to exterminate. They live under the water, but have to come up to the surface with their heads out for a breath of fresh air. If one happens to come up where there is a drop of mosquito oil, his career is suddenly ended...

Great as will be the benefits of the canal from a commercial standpoint, the sanitary department has made the greatest contributions to public health which the sanitary development is making...

These Panamanians have always been indifferent to filth. When the American troops took charge of the two cities of the isthmus, Colera and Panama, were about to strike a blow in the world. There were no sewers, no water supply, no precautions against disease...

Dairy Exhibits

Cattle Owners Want a Special Building at the September Livestock Show.

J. W. Bailey, state dairy and food commissioner, and one of the directors of the Country Club and Livestock association, hopes to secure suitable arrangements for a fine dairy product exhibit at the Pacific national meet here in September...

There is some doubt, however, whether it will be possible to make a milk, cream, butter and cheese display at exposition this fall, because the time is so short, and special facilities are required...

At the state fair, where the finest dairy exhibit in the west is held, there is a special dairy building equipped with every desired convenience, and it is in the plans of the Country Club and Livestock association to put up such a structure here eventually...

As if this were not enough, they gather nearly 11,000 loads of sweepings and 25,000 loads of garbage in the city of Panama, sprinkle nearly 8,000,000 gallons of water on the streets and distribute 3,500,000 gallons of water to the poor of the city...

Passenger Agents See Portland Entertainment Is Planned Here After Convention in Seattle Next Year.

In the program for the thirty-sixth annual convention of the American Association of Traveling Passenger Agents, to be held at Seattle next year, September 17 and 18, have been set aside for a visit to Portland. The passenger agents will be given a royal reception and entertained in this city under the auspices of the commercial organizations...

The program of the Seattle convention will include an initial reception for the passengers and their wives, with an address of welcome by Governor Meade, at the Elks club, a visit to the exposition grounds, a dinner and ball at the Washington hotel the evening of September 14, tendered by the committee on entertainment...

Thousands of American women in our homes are daily sacrificing their lives to duty. In order to keep the home neat and pretty, the children well dressed and tidy, women overdo. A female weakness or displacement is often brought on and they suffer in silence, drifting along from bad to worse, knowing well that they ought to have help to overcome the pains and aches which daily make life a burden...

It is to these faithful women that LYDIA E. PINKHAM'S VEGETABLE COMPOUND comes as a boon and a blessing, as it did to Mrs. F. Ellsworth, of Mayville, N. Y., and to Mrs. W. P. Boyd, of Beaver Falls, Pa., who say: "I was not able to do my own work, owing to the female trouble from which I suffered. Lydia E. Pinkham's Vegetable Compound helped me wonderfully, and I am so well that I can do as big a day's work as I ever did. I wish every sick woman would try it."

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address: Lynn, Mass.

GOLD HILL GIRL ENTERS CONTEST

Miss Ryan Has Many Valuable Acquaintances in Southern Part of State.

One of the latest to enter The Journal's scholarship contest is Miss Grace H. Ryan, Gold Hill, Or., who has lived there about five years, attending the public and high schools. During that time she also attended the country schools on Williams creek and at Murphy, Josephine county, and the public school of Grants Pass about five years. Miss Ryan's father has been dead several years.



Miss Grace H. Ryan.

Several years ago she lives with her mother, Mrs. J. W. Hicks. Mr. Hicks is an Odd Fellow in good standing and Miss Ryan belongs to the Royal Neighbors of America. Not mentioning America, Baker City, where Miss Ryan was born, and Grants Pass, Central Point, Phoenix, Tabou, Ashland and Jacksonville have many Royal Neighbors who will royally support this ambitious student who is striving to win a scholarship.

Miss Ryan will be 15 years old next month and is anxious to secure a thorough education and intends to put all her energy into the contest in order to win one of the tempting scholarships and a large cash award. With good rural districts to draw from this energetic girl will make a good showing as the work progresses.

The difference in boys and girls is that the boy always has his eyes and his ears wide open and his mouth tight closed. The boy with wide open mouth and tight closed eyes and ears is dull of comprehension and is generally regarded as a dead one. He is not alive to opportunities. His brain is not susceptible to impressions; he forgets whatever would be for his benefit. His taste is all in his mouth and he cares nothing for education or advancement. He lives to eat.

On the other hand the ambitious boy eats to live and he lives to work out his destiny. He never appears to do honorable work, and instead of squandering away his money he saves it up and pays his way independently of his parents, no matter how wealthy they are.

The boy who demonstrates to his parents that he can earn his own way to a higher education will earn the confidence of his parents and they will think 10 times more of him.

You cannot start younger, boys and girls. You have the opportunity right now to get out and prove that you are capable of earning a scholarship and a handsome cash award. It's up to you to help yourselves to what is offered to you and which is within your reach.

Equal Chance for All. For the purpose of awarding the scholarships and cash prizes, the field of The Journal has been divided into four districts, as follows: Multnomah county, Oregon; Willamette valley (as far south as Eugene); Southern Oregon (all south of Eugene); Eastern Oregon.

with very little effort. Will you accept it or will you reject it? Remember, a lost opportunity is as hard to recover as a needle in a haystack. You might possibly run across it again but the chance are a thousand to one.

Which Kind Are You? The confident boys and girls are the ones who succeed. They never see



Miss Lenna Melton.

fallure and pay no attention to little obstacles that may stand in their way. They don't require stepladders to get over straws. The horse that thinks of nothing but has an oak falls down at the hurdles while the intelligent and high spirited horse gets over the obstacles with ease and wins the race and fame for its owner.

Generally that which costs little or no exertion is little appreciated. We cannot expect to get valuable considerations for nothing. The greater the value of something we are anxious to secure the greater the effort should be to get it.

It is safe to say that there is not a boy in Oregon who would pass a

cherry tree without making a special effort to secure a feed of the delicious fruit that hangs just a little higher than his ordinary reach. He would soon find ways and means to get the rich red cherries.

The Journal's prize tree is in reach of clever boys and girls. True, the valuable scholarships and large cash awards are hanging on higher branches and it requires an extra effort to reach them. But boys and girls have sufficient latent power in reserve to get there. All that is necessary is an extra effort, just a little more energy—a little more vim—a little more ginger—and you will be rewarded well for your efforts.

Miss Melton a Candidate. Lenna Melton, 815 Grand avenue north, is another candidate for public favor in the way of votes in the Oregon Journal's scholarship race. Lenna is a bright little girl who graduated with honors from the ninth grade in the Williams avenue school last month.

S.S.S. NATURE'S PERFECT TONIC

There is scarcely any one, no matter how vigorous and healthy, who does not need a tonic sometimes. Little physical irregularities upset the system, the appetite fails, digestion is poor, the body feels tired and worn out, and other unpleasant symptoms give warning that the system is disordered and needs assistance to ward off, perhaps, some serious sickness or ailment. S.S.S. is recognized everywhere as the best of all tonics, nature's medicine, made entirely of healing, cleansing, invigorating roots and herbs, a systemic remedy without an equal. S.S.S. has the additional value of being the greatest of all blood purifiers. It re-establishes the healthy circulation of the blood, rids the body of that tired, worn-out feeling, improves the appetite and digestion, and brings about a return of health to those whose systems have been weakened or depleted. S.S.S. acts more promptly and pleasantly than any other medicine, and those who are run down in health should commence its use at once. It will thoroughly purify the blood and tone up the system. S.S.S. is admirably suited for a systemic remedy because it is free from minerals; it may be used without harmful results by persons of any age, and no unpleasant effects ever follow.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Notaries Commissioned. (State Bar of the Journal) Salem, Or., July 14.—Commissioners on notaries have been issued to John E. Cronan, Portland; O. L. Holt, Mill City; D. R. Parker, Condon, and E. W. Wilson, Corvallis.

IT ISN'T WORTH A BIT. \$10.00 SET OF TEETH FOR \$5. Written Guarantee for 10 Years. CROWN—Any tooth in the mouth we crown with solid gold 22k, guaranteed to be the best, for only \$4.00.

Any Porcelain Crown made—no matter what they are called or how they are made. Our price \$4.00 is only \$2.00. BRIDGE—Solid Gold Top, Solid Gold Backs, Porcelain Fronts, per tooth \$4.00. Solid Gold Teeth, 22k, \$4.00. Bridge, per tooth \$4.00. All other work same price, proportionately.

FREE EXAMINATION. Free When Plates or Bridges are Ordered. Absolute Guarantee. LILY DENTAL PARLORS. TRAIL AND COVET STREETS. Hours from 9 a. m. to 8 p. m. Phone A-1010. Open Sundays.

Foster & Kleiser Signs.

For SCHOLARSHIPS For Boys and Girls

Below is printed a list of valuable scholarships and cash awards which will be distributed absolutely free, among clever boys and girls, and young men and women. For pleasant work during vacation, this is your opportunity—do not let it pass. Read conditions and enter The Journal's Third Annual Contest, which will close in September.

This is The Oregon Journal's third annual scholarship contest. The valuable scholarships and cash awards offered by The Journal to ambitious students should interest every young scholar of good reasoning power. The fortunate young people who poll the highest number of votes in their respective districts will secure the scholarships and cash awards as explained below. Votes are determined by subscriptions. It behooves all to get down to work without delay. The students of the great Oregon country are especially favored by having such a grand opportunity within their reach. Remember, all over 10 and under 30 years of age are eligible. For pleasant work during vacation time clever students will be well paid for their labor, besides gaining an experience that will be of great value to them.

THE WAY IT IS DONE

Each and every subscriber to any issue of The Journal will be entitled to vote for a contestant according to the length of time they pay in advance for their subscription. A schedule of votes allowed on every issue, for different periods, is published today.

Every contestant should commence at once to hustle for subscribers to The Journal, bearing in mind that new subscribers count many more votes than old subscribers, for it is only through an increase in circulation that The Journal will receive returns for such a large outlay of cash and scholarships.

The public will be kept advised by publication from time to time as to the standing of the different contestants and the votes to their credit. Instruction in canvassing or conducting your campaign for subscribers and votes will be given to any contestant who applies to the contest manager.

How They Are Distributed. The candidates who at the close of the contest has the largest number of votes, irrespective of locality or district, will have first choice of all scholarships.

The second choice will fall to the contestant of highest vote in the district which does not get the first choice. The third choice will fall to the contestant of highest vote in a district which does not get either the first or second choice. The fourth choice will fall to the contestant of highest vote in the district which does not get the first, second or third choice. The remaining scholarships will be given out to contestants according to their standing, alternating between the districts.

SCHOLARSHIPS

As far as they are at present listed are herewith submitted. More schools will be added from day to day during the contest as the choice of new contestants is learned.

- ALBANY COLLEGE, ALBANY, OR. One year's tuition in any department, except conservatory. Value of scholarship \$50. BAKER CITY BUSINESS COLLEGE, BAKER CITY, OR. One year's tuition in shorthand, typewriting, English, bookkeeping and penmanship. Value of scholarship \$100. BERNIE-WALKER BUSINESS COLLEGE, PORTLAND, OR. One year's tuition in combined business and shorthand course. Value of scholarship \$100. CAPITAL BUSINESS COLLEGE, SALEM, OR. Ten months' tuition in business or shorthand course. Value of scholarship \$100. DALLAS COLLEGE, DALLAS, OR. One year's tuition in any department. Value of scholarship \$50. ECLECTIC BUSINESS UNIVERSITY. One year's tuition in combined business and shorthand courses. Value of scholarship \$100. HILL MILITARY ACADEMY, PORTLAND, OR. One year's tuition in all branches without board. Value of scholarship \$120. HOLMES BUSINESS COLLEGE, PORTLAND, OR. One year's tuition in combined business and shorthand course. Value of scholarship \$100. INTERNATIONAL CORRESPONDENCE SCHOOLS OF TORONTO, CANADA. Complete course in architecture, chemistry and chemical technology, electrical, civil engineering, steam, electric, mechanical engineering and mining engineering. Value of scholarship \$125. R. MAX MYER SCHOOL OF ART, PORTLAND, OR. Six months' evening course. Value of scholarship \$50. M'KENNELL COLLEGE, M'KENNELLVILLE, OR. One year's tuition in any department of the college. Value of scholarship \$60.

- OREGON CONSERVATORY OF MUSIC, PORTLAND, OR. One year's course in piano department. Value of scholarship \$175. OREGON EXPERT COLLEGE, PORTLAND, OR. Combined course in telegraphy and stenography. Value of scholarship \$125. OREGON LAW COLLEGE, PORTLAND, OR. One year's tuition. Value of scholarship \$150. PACIFIC COLLEGE, NEWBERG, OR. One year's tuition. Value of scholarship \$50. PACIFIC UNIVERSITY, FOREST GROVE, OR. One year's tuition in college department. Value of scholarship \$50. FENDELTON ACADEMY, FENDELTON, OR. Two years' instruction in classical, scientific or commercial courses. Value of scholarship \$100. PORTLAND ACADEMY, PORTLAND, OR. One year's tuition in any of the four academy classes. Value of scholarship \$120. MRS. WALTER REED, PORTLAND, OR. Vocal lessons. Value of scholarship, \$100. ROSE CITY BUSINESS COLLEGE, PORTLAND, OR. One year's tuition in combined business and shorthand course. Value of scholarship \$100. ST. MARY'S ACADEMY, TEE DALLE, OR. One year's tuition in music department. Value of scholarship \$100. WESTERN ACADEMY OF MUSIC AND ELOCUTION, PORTLAND, OR. Course in elocution, oratory or dramatic art. Value of scholarship \$150. WILLAMETTE UNIVERSITY, SALEM, OR. One year's tuition in college department. Value of scholarship \$50.

Rates and Credits.

Prepaid subscriptions, only, count for votes in the Oregon Journal contest, many more points allowed for new subscriptions than for payment on old subscriptions. The same number of votes are allowed whether the paper goes to the subscriber by mail or by carrier. In order to procure votes on an old subscription, the advance payment shall be made for not less than three months. Votes are allowed on new subscriptions, for advance payments for one month or more, an outline of the voting values being as follows:

Daily and Sunday.

One month: Price by mail, 65 cents; price delivered by carrier, at points having carrier service, 65 cents; votes allowed, if new, 65 votes; if old, none. Two months: Price by mail or delivered, \$1.30; votes allowed, if new, 125 votes; if old, none. Three months: Price by mail, \$1.95; delivered, \$1.95; votes allowed, if new, 300; if old, 175. Four months: By mail, \$2.60; delivered, \$2.60; votes allowed, if new, 400; if old, 300. Five months: Price by mail, \$3.25; delivered, \$3.25; votes allowed, if new, 500; if old, 325. Six months: By mail, \$3.75; by carrier, \$3.90; and so on. Twelve months: By mail, \$7.50; by carrier, \$7.50; votes allowed, if new, 2,000; if old, 1,000.

Daily Without Sunday.

One month: Price by mail, 50 cents; delivered, 45 cents; votes allowed, if new, 40; if old, none. Two months: Price by mail, \$1.10; delivered, 90 cents; votes allowed, if new, 100; if old, none. Three months: By mail, \$1.60; delivered, \$1.60; votes allowed, if new, 300; if old, 50. Four months: By mail, \$2.10; by carrier, \$2.25; votes allowed, if new, 300; if old, 140. Six months: By mail, \$2.75; by carrier, \$2.90; votes allowed, if new, 400; if old, 200, and so on. Twelve months: By mail, \$6; by carrier, \$6.20; votes allowed, if new, 1,000; if old, 500.

Sunday Journal Only.

Twelve months: Price by mail or by carrier, \$2.50; votes allowed, if a new subscriber, 400; if an old subscriber, 150. Six months: By mail or by carrier, \$1.25; votes allowed, if new, 175; if old, 75. Three months: By mail or by carrier, 65 cents; votes allowed, if new, 50; if old, 25.

Semi-Weekly Edition.

This edition of The Journal is sent to subscribers by mail only. Price for 12 months, \$1.50; votes allowed, if new, 500; if old, 250. Six months: Price, 75 cents; votes allowed, if new, 300; if old, 100.

CASH AWARDS

In addition to the scholarship awards The Journal will make the following cash awards to help defray expenses of the students who may poll the largest vote:

- Cash with first choice of scholarship \$150. Cash with second choice of scholarship \$125. Cash with third choice of scholarship \$100. Cash with fourth choice of scholarship \$75. Cash with fifth choice of scholarship \$50. Cash with sixth choice of scholarship \$25.

The above sums in cash will be paid contestants immediately after the close of the contest, in the order of their standing. Cash commissions will be allowed on all new subscribers, in addition to the cash awards, so that a contestant may earn money every day during the contest.

This contest began June 22, and will last about three months. No ambitious boy or girl, young man or young woman should allow this grand opportunity to acquire a good college education pass by without making a vigorous effort to win a scholarship and a handsome cash award. All between the ages of 10 and 30 years are eligible. FOR FULL PARTICULARS APPLY TO CONTEST MANAGER