HEALTH AND EFFICIENCY Conducted by

N is naturally an outdoor dwell-tr. Civilization has put him in tir tight houses and is killing 150,006 a year in the United States alone with consumption, a

few encirles, but has created more ter-rible ones which threaten to destroy Public hygiene has controlled acute discases and increased the average longevity; but at the same time the neglect of home and individual hygiene has doubled the mortality from chronic diseases, and will ultimately lessen the average length of life.

There is evidence that race degene acy is advancing rapidly in the older civilizations and communities. Old age is going out of fashion. Hun-

gary, with a population of 1,506,060, has 2500 centenarians. The United States, with a population 60 times as great, has only 3090,

The birth rate is lowering. In England is has fallen off one third in 42 years. This means a shortage in the national baby crop of 100,000 bables an-

Death of Infants.

Mothers are becoming incompetent. They cannot nurse their infants. The maternal fount is drying up. One fifth of all the babies born die before the end of their first year. According to the researches, of Professor Bunge, more

mortality between 40 and 50 years has increased 35 per cent in 30 years; be-tween 50 and 60, 34 per cent. This means a loss to the country of more than one hundred million years of huthe whole population.

The average constitution is depreciating: resistance to disease is growing less, and each year, according to President Rittenhouse, we lose 275,000 citi-zens who would remain alive if our racial stamina was equal to what it was 30 years ago.

What Is Needed.

health to show us how to stop this enormous loss, this reckless squander-ing of the most important of the national resources.

Murders are increasing. There were 10,000 last year in the United States, twice as many in proportion to the population as in India. As Senator Hoar to get the heathenism out of civ-

The new hygiene of Pawlow, Chitis the need of the hour. We must study our habits of life and eliminate injurious practices. Alcohol, tobacco, tea, spoils. coffee and commonly used drugs must e discarded. As Chittenden, of Yalo, has shown us, we must cut down our protein; that is, we must eat less meat and eggs, if we do not eliminate them

er way can we hope to escape race de-

Health and Long Late

HE world today is enamored "By their fruits ye shall know them," indicates that results are demanded by the highest au-thority. And if thus demanded, they must be attainable. Nevertheless, fear of failure, or the conviction that has failed, is the heaviest blow to life and health of man or woman. Success, on the other hand, is a great energizer; it renews flagging forces and prepares achievement. Is there anything more important, then, than to know how failure and fear of failure may be elim-Inated?

The prime difficulty is that success only understood as a cut and dried affair, a particular achievemen or kind of achievement that another has made, and that is now to be made—or attempted—by us. Ridiculous! Each man's success must be as strictly origof their first year. According to the researches of Professor Bunge, more than haif of these die because they are bottle fed. This means the death of nearly half a million babies annually flecause they are fed artificially. As Professor Bunge says: "The ancients justified infanticide; we kill our babies by slow torture."

man's success must be as strictly original and unique: There are no dublicates in nature—and would man undo nature? No wonder that such conceit fails. This is to attempt the impossible, like an ambition to ride a broompustified infanticide; we kill our babies by slow torture." minishing. Rittenhouse, president of the Provident Savings Life Insurance Society of New York, shows the provident Savings Life Insurance Society of New York, shows the possible of the individual, then is success made possible, and only industry.

"Know Thyself."

The motto of every aspiring soul must be, "Know thyself, trust thyself, man life, or more than a year each for be thyself." Turn your search within, Listen to the divine whisperings. Your inmost longings and aspirations must determine your trend; they reveal your talents; then heed them. The general purpose of well ordered living is service, usefulness; but the forms of usefulness are infinite. In this wide field of choice there is a particular task for every individual, and the genius of the individual will make the We need a national department of right selection, if only that genius be saith to show us how to stop this permitted to speak. Work thus chosen formous loss, this reckless squander-is fitted to the special powers of him who undertakes it, and if prosecuted with full faith success is assured.

This is a kind of individualism that will clear the air of envy and covetousness, and banish the strife they raise up, just as fast as it is understood and adopted. For all the wrangling of man well said, the great question before us adopted. For all the wrangling of man is not how to civilize the heathen, but with man is due to the fact that nobody "listens to himself," and so nobody knews what he really wants. In-tion," says Dr. Felix Oswald, and this stead, about every one looks to see tells of nature's way. There is no what his fellows are after and straight-question that there is in operation, bebody knows what he really wants. Intenden. Tisster, Metchnikoff and Combe what his fellows are after and straightway he goes after it too, and fists.

> To illustrate: I heard an aggrieved living a hygienic life, will have children patriot the other day, denouncing the of better physique than themselves. Injustice that lets one class of men Again, a weakling born, placed under make automobiles for another class of the best conditions, will develop into men to ride in. This is a common ex- strength and robustness. y happier for riding

blinds the eyes to one's genuine de-sires and real needs. Success attained archists and imitators, because those unthinking persons are drawn by the largest crowd, measuring the desirability of a thing by the number of per-sons who are trying to corner it.

As this true idea of success grows upon the world, there will be with-drawn from the senseless and exhaust-

ng competition now prevailing an everincreasing number of those who have learned to want their own, and who know that such wanting is certain to be satisfied. So will the amount of strife be lessened, and like every sound reform this one will grow by compounding its gains; every step of progress will make the next step easier and dividual and social growth will marvelously accelerated.

Logical Eugenics

HERE is one sure way, and only one, by which our insane asylums and homes for defectives can be emptied-or, rather, their population reduced to the minimum. But because the true method is a slow interest; for until the bad world be-gins to mend, it continues to run deeper into ruin. The true road must be entered at its beginning, and the farther

we stray, the longer the way back. The remedy lies not in laws to vent the marriage of those having blood taints of epilepsy, insanity, idlocy and intemperance," as we are so and man are with us here. There is no ter than three, brutal invasion of individual liberty in this method. Gentleness and not force Sleep, Exercise, Interest. does the work. It is not legislation directed at near-defectives we want, but education extended to the parents and guardians of all childhood.

Physical Regeneration.

"Every birth is a physical regenerayond man's control, a constant effort clubs, 'guns or diplomacy award the at race renewal. For example, a properly mated couple of inferior physique,

altogether, which we may do without ample of picking out another man's But can the "taints" be eradicated? action, and if needful danger, and generally with immediate success to imitate, instead of having a Most assuredly they can, and are, time hour after the bath. success all one's own. It did not ap- and again. Right living brings man in one essential to the restoration of might arise. Lose the blades and put invented by an Italian planist is said to must chew our food better, as pear that the automobile makers would line with miracle-working forces, and health to the unhealthy, is to give na-

that wrong life taints the healthy

What a long, slow way, thinks our slap-dash reformer. What becomes of the children of parents whose skulls are too thick, or whose lives are too busy, to learn? Pause a moment, kind sir, or madam, and answer me this Did you ever know deep-seated disease sires and real needs. Success attained to be cured in a minute? We do not under the rule of envy is slways a sham, yielding neither happiness nor peace of mind. It is when a man delves deep and learns the needs of his real self and seeks to realize them, that he finds the world is opulent and his rewards are sure. Then he is in harmony with the general scheme and all is well with him. Such a man escapes the competition of all the success antimity; better go the whole Spartan the competition of all the success antimity; better go the whole Spartan archists and imitators, because those and kill off the unfit and be done with it. to be cured in a minute? We do not

But, indeed, this way that regards the right of every individual, is the world. No matter what the effort and very shortest road to the goal of health time necessary to bring such child up for the race. Just the saying here, in to a fair standard, the parent is in during the race. these words, that here is a chance for every weakling that has enough vitality church work, no frills of fashion, to grow up, a chance for him to grow study clubs, are for such mothers, up stronger, and to bequeath to his progeny a better constitution than he himself now has just this will bring courage and renewed effort that will better the condition of some certain individuals, and so better the race condition. And every time such words are spoken they bear fruit. We need more optimism, more hope and encourage-ment and less condemnation and pro-

Curing the Weakling

HE delicate child or youth-or individual of any age must learn to govern appetite. this is the hardest lesson of all, and the lesson many never quite process, our impatient reformers waste their wind and strength chasing phantoms. And the race loses by compound not likely to tempt to overeating. such food the health aspirant must prevent the untainted child from de-veloping such tendencies. Nature is daily, after a year old. If the weaking with us here. The highest laws of God is past youth, two meals a day are bet-

Abundant sleep, and plenty of interesting exercise, also, are important. Breathing exercises for the well-grown child or adult, and outdoor life for both. are of first importance. The child needs to have an interest aroused in active sports, he adult needs hard work and hearty play, with such intervals of rest as the measure of strength calls

All things that tax the vitality must be avoided, such as excitement, all stimulants, late hours, hot baths, too frequent bathing of any kind. Two baths a week are better than the old watercure idea of two or more a day. Cool be used, care being taken to secure reaction, and if needful a rest for a half

ld it by giving the digestive systemet and administer unly the medic of water and fresh alf. For the rest, centrel fevers by the cold compress or pack, relieve the bowels when necessary by enemas. Treated thus, disease becomes a friend and leaves the patient better than before.

From Weakness to Strength.

On such a plan as I have sketched in outline, the weaklings who survive childhood—and more will survive than

A charge, however, is laid on the parbound to make it. No social duties, no study clubs, are for such mothers, until they have discharged this first duty.

Surgical Evolution

OR several years past marvelous accounts have appeared in the press of the grafting of organs and members in and upon animals, including man. Kidneys have been transplanted; ears, fingers and other western mineowner, who by some mischance lost an ear. He went to New surgeon willing to undertake the grafting. The rich man left the hospital with two ears on his head, while the poor man went home with money enough to make him oblivious to his scar. Another case was that of a woman who had largely confine himself. A good half, lost a finger. An advertisement brought or even two-thirds, of the same must her a woman with a finger to dispose of, be uncooked—that is, composed of and the exchange was effected with enfruits, salad vegetables, milk, and the tire success.

like foods which require no cooking. If Still another case was as near to Portlimit the fare to two kinds, or dishes, P. Stackhouse removed three inches of at a meal, and would never have two the femur of an 18 months old infant often told; but in the effort to eradicate meals in succession allke, employing as daughter of Charles Bentley of Clark's these and all other taints from the great variety as is consistent with due Fork, and substituted a section of bone growing child. Yes; and in the effort to regard for nutrition. Such a child should from the leg of a young sheep. "The regard for nutrition. Such a child should from the leg of a young sheep. "The never eat more frequently than thrice bone," we read, "was packed in whipped daily, after a year old. If the weakling blood taken from the sheep, so that all the nourishment possible could be given for the building up of the transplanted bone.'

Where Is the End?

Dr. Alexis Carrel at the Rockefeller institute has also reported miracles of surgery. He has transplanted the kidneys of cats, and with such success that it has been predicted that similar feats would yet be performed for human beings. The only difficulty that Dr. Carrel could foresee was in the scarcity of sound organs to transplant. Thus, a criminal might be executed and immediately be placed on ice, and whenever organs were needed they could be neatly removed and successfully implanted in the man needing them, and this could be or cold water, rather than warm, should continued as long as anything remained in stock. It is an attractive proposition, though

the old conundrum of the jackknife We must prevent, as well as cure, tu- the machines; but because other men living works wonders when we mean expel inherited or acquired impurities When hearts are transplanted, will a waves.

riminal's heart change the nature of a The point where all these tales become faschnating, they end, like the serials in the old New York Ledger. What an anx-iqua world wants to know is, does the new combination work? How many such cases have lived a year after the grafting? How many transplanted fingers and ears, to say nothing of kidneys have stayed transplanted? Did the Idah nfant last a month after she was give the leg of a sheep? If the surgeons who have participated in these creative ef Half Million Acres in Utah and torts will please tell us what came after.

equipment, a long felt want will be met. A glance about us shows many instances where the exchange of noses or ears or other features would leave both parties better balanced and more beautiful, And want of symmetry and proportion, soelety can step in and supply the lack. ests of the community can be conserved and individual defects corrected.

The world may not yet be esthetic enough to demand such changes in the linquishment of the lands by the govinterests of beauty, but such cases as ernment. the following would clearly come within the province of the state. Take a man of fine physique and brain, who is handicapped by an inactive liver, and another with no physique or brain worth members have been grafted, with never mentioning, but with the one strong a failure recorded. One case was that of feature of a healthy liver; let the two exchange livers and the community has gained one able citizen and lost nothing, York, there found aman willing to part for the weakling is still able to vote, with an ear for a consideration, and a and he never could do much more. Objections may be made on the score of personal liberty, but what is personal liberty when the interests of society are in the balance?

Does not the individual belong to the state? Have hot compulsory vaccination, surgery for idiots and lunatics, and many other established laws settled that long ago?

All we are waiting for is the surgeon's full report.

O. A. C. REGISTRATION SHOWS BIG INCREASE

(Special Dispatch to The Journal.) Oregon' Agricultural College, Corvallis, Oct. 8 .- One thousand and eleven students have matriculated at the Oregon Agricultural college and others are entering daily. This is an increase of over 24 per cent over the registration corresponding date of last year and if it continues in the short course the attendance for the college year will be 1800 or more.

The principal increase is in the school of agriculture and within that school the greatest growth is in the department of horticulture.

Men with degrees from such institutions as the University of Michigan, University of Columbia, University of Wisconsin, University of Minnesota and from the agricultural colleges of Kansas, Oklahoma, Michigan and Colorado, have come to Oregon-to study the methods which Oregon experts are applying so successfully in agriculture and horticulture.

A pocket wireless telegraph apparatus

Montana That Homesteaders Pass By.

(United Press Leased Wire.) Washington, Oct. 8 .- The government day was forced to start bargain sales dispose of 500,000 acres of land in Utah and Montana. These lands were taken over by the government from the Ulntah and Crow Indians in 1905; on promise to pay the tribes when the lands were sold. The Indians are clamwhere individuals are unaware of their oring for a sale, with the provision that neither residence nor cultivation shall be necessary. Homesteaders, how-By act of legislature the general inter- ever, have not been attracted by the

> Leading conservationists in the state are protesting against the proposed re-

> The first auction is set for October 15, at Billings, Mont.; the next at Provo. Utah, November 1. No individual sale of over 640 acres will be made, The purchasers must syear that they do not intend to sell the lands to a corporation or syndicate. The minimum price of Uintah lands is 50 cents an acre; for Crow lands \$2 an acre.

Heavy Fine for Bootlegging. (Special Dispetch to The Journal.) Eugene, Or., Oct. 8.—Ed Seward, of pringfield, was given the maximum entence by Judge Bryson, of the local justice court, yesterday afternoon for violating the local option law. The fine was placed at \$500 and the fail sentence at 30 days. Seward, who had previousy been fined and served a jail sentence, was arrested at Lowell, where he was accused of selling liquor to the railroad construction laborers. The jury at the trial yesterday returned a verdict of guilty after being out only a

Journal Want Ads bring results.

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structing pipe lines, and such other business as appertains to the oil industry. It is planned to make this one of the biggest institutions in the West. MANAGEMENT

The management of this company is vested in a Board of birectors, consisting of men whose reputation for integrity, usiness success and conservative judgment is well known. They have personally visited the properties. Several of the members of the Board are men of national reputation.

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The affairs of the company will be administered with a view constant building up of the properties along times justified conservative judgment. Aggressive and progressive policies will be followed wherever such policies have the approval of he best experts available. The men who will develop and perate the properties which the company acquires are among he best posted experts in the oil business in this country, and he company will have the benefit of their judgment during the irst year of its operation of the properties.

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n a dividend paying basis.

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Bear Admiral Robley D. Svahs, U. S. W., Retired, President of the California Oonsolidated Oil Company

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industry develops very rapidly-every twenty-four hours brings industry develops very rapidly—every twenty-tour hours brings forth something new—a new pipe line started, another dividend payer, a big contract for oil signed, another gusher, etc. It costs nothing to keep in touch with this activity and with the money-making opportunities. Fill in and mail the coupon and we will send you the "Weekly Oil Book" for six months without charge or obligation.

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