

Health and Efficiency

BY LORA LITTLE.

Questions by readers on subjects of general interest pertaining to this column will be answered gladly by Mrs. Little. All questions should be addressed to Mrs. Lora C. Little, care Oregon Journal, and so framed as to be answered in a limited space.

EFFICIENCY is the watchword of modern business; to stop the leaks, to cut off the wastes, to get the maximum of result with the minimum of effort, this is the study of every well managed concern. There is a lesson in this business philosophy for everybody. The same wise principles of economy are applicable in the life of each individual. The same results will accrue in the one case as in the other. A rundown business and a rundown life are suffering from the same causes, causes that may be summed up as bad management. Efficiency has not been studied and its principles applied. A concern would certainly go to the wall that allowed such leaks as may be seen in the lives of the "run-down" individuals. The unhappy "run-down" individuals are represented in the frivolous activities of such people. Appalling the waste of time killed in "pleasure," in idling, in scanning the papers for the ship that never comes. A writer on personal efficiency remarks:

"No one is efficient who spends a large portion of his energy on things that are useless, which either produce nothing of actual value, or which cause the interruption of other things more important. No one is efficient who wastes his strength and ability on trivial things to the exclusion of greater and more serviceable duties."

"**T**IME, the stuff that life is made of," is so packed with opportunity that even these vacation days need not be fruitless. Our holidays should genuinely "recreate" us. The artist who can sketch the angler who can fish, are spending their vacations better than the idler on the hotel veranda. They will attend to work with renewed strength and greater zest. But fishing and sketching are not for everybody. A variety of interesting and measurably useful outdoor employments ought to be available, so as to fit all tastes. Idle people soon wear on one's nerves, and the "vacations spent 'visiting' need to be very brief. Purposeful days, where one is not hurried, but able to "take all the time there is," are infinitely more satisfactory, both in passing and in retrospect, than days of idleness or mere pleasure seeking. The way a man spends his leisure is not only an index of his character, it determines his life.

IT is easy to be well living the free outdoor life. Nutrition then takes care of itself, the only question being to get enough to eat. In case twigs and much is eaten, it is still taken care of. Even imperfect food is utilized. Digestion of oxygen enables one to "digest gristlestones." Excesses may tell in course of time, but disease and death will be long stayed off when life is spent under the open sky. It is the indoor life that compels us to curb our appetites if we would keep decently well. The sedentary and shut in must not overeat, and they must eat food to compensate in "livingness" for the lack of "Mirra's" activity, for the deadness of the atmosphere they dwell in. Fresh and not overripe fruit, crisp, uncooked vegetables and these in generous proportions, are a necessity to the health of the worker in shop, office or home. Water must be taken, some of it in the form of actual thirst. Eating must be done frequently as an exercise. Sleep must never fail—and is less easy to be sure of than in case of outdoor people. Adjustment, mental and physical, in every department of the life is essential. The sedentary must conserve his energy, his conservation of power, or suffer in health. They should when possible, escape daily to the open for two hours of walking or working. Indoors they should have the purest air practicable, but at its best this is not outdoor air. Since we cannot again become children of the forest and plain, we may as well learn how to live successfully where we must live. Houses are not unimproved blessings, yet there is joy in the cozy fire-side when the nights are dark and a protest against the cold and four walls, are comfortable to have when the storms rage. But it was a pity to sacrifice health for anything whatever.

DR. ELMER LEE takes it on himself in July Health Culture, to deride water drinking as an aid to health. The fact is—and it is demonstrated at every evening health resort—that water drinking is an admirable agent to wash the blood and restore the health. It is the great solvent in the body. Taken slowly in small sips, even as many as 10 or 12 glasses may be taken in certain cases with decided benefit. If taken slowly enough, the water passes from the stomach into the duodenum, whence it is in part absorbed and finely thrown into the blood, and in part it passes along and softens and aids in the contents of the intestine. Water thus increases the volume of the blood, temporarily thinning it and enabling it to carry out lodged waste that obstructs the capillaries. Healthy persons—if any there be—may limit their drinking to satisfying thirst; others will do well to see to it that they drink at least half a dozen glasses every 24 hours. It should be taken cool, but not iced, and yet iced water is harmless when each swallow is held in the mouth until the chill is off. Children usually call for all the water they need, and should always get it.

We hear of persons who never drink water, but eat foods that are watery—fruits and vegetables. This may work on a carefully selected diet. But those who eat freely of cooked food and the ordinary fare of average people, need water, and as a rule the worse the diet the more water they require. Water may do mischief if it has been known to drown people—but everything can be misused and become dangerous.

SOME mischievous nonsense is offered by way of advice on ventilation. One wise doctor in a late magazine says: "Open your windows at top and bottom and the fresh air will run in and out while the impure escapes the other." The fact is that air robbed of oxygen and loaded with carbonic acid gas (exhaled air) mingles freely with the other air in a room, just as dirty water poured into a tank of clean water would before the entire contents. In cool weather there is something of a draft as the doctor describes, the warm up per air of a room rushing out and the cold air outside rushing in below. But in warm weather ventilation must be effected by openings at different sides of a room—better opposite sides—since only so can a draft be created when the outside air and the air inside are near the same temperature. The best rule for ventilation in summer is to live outdoors, the next best is to spend as much time as possible on the porch, and the next best is to have all the windows and doors as wide open day and night as practicable. A window opened a few inches at top and bottom will not ventilate a room adequately in the summer. Those so unfortunate as to occupy a sleeping room with a single window should move the bed so that the head of the sleeper is as close to the

Truth To The Sunday Smile Is Stranger Than Fiction

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EDITED IN FUN BY MILES OVERHOLT

Entered at the postoffice as second-class matter—but that's as far as the second class goes.

This paper's wire service extends from pole to pole! *
* Telegraph.

THE WEATHER—
It looks like rain is dew. Or, for that matter we might say that dew looks like rain. In any event—
TOMORROW—MIXED.

EDITORIAL LIKE
If we can make it we shall spend our vacation this year in the basement. Our vacations to date have been fraught with disasters and mosquitoes to such an extent that we have become almost discouraged. A vacation is in no sense a picnic, though a picnic may be a vacation and a sun-burnt health destroyer all under the same management.

The picnic of today is sinking into innocuous desuetude, as a man said to us no later than yesterday. And that is why we object to picnics. Do we want to take our innocent wives and gentlemen children to an innocuous desuetude that we would not tolerate in the house? As the advance agent of the multitude, we say, "No!" We have tried every means of vacationing suggested so far and have yet to find one that beats cutting cordwood. We have camped out in the mountains and have frozen our feet, have been chewed into an unrecognizable mass by mosquitoes, chased by a bear, fallen over a cliff, shot in the leg, got a fishbone in our throat, and starved to death. We have gone to the seashore and nearly drowned ourselves, got hit by a shark in the water and also by one behind the desk at the hotel, sued for breach of promise and blistered our back.

That is why we shall vacate in the basement this season.

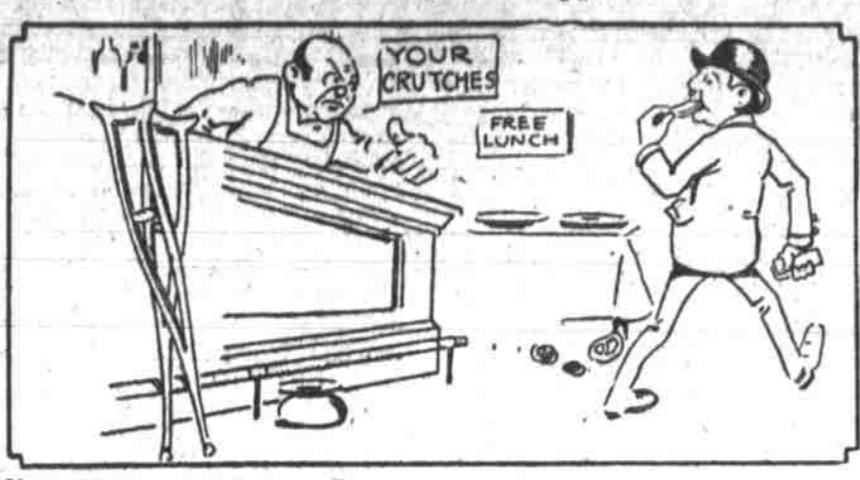
Step on my corns and tell me lies, Pull out my hair and black my eyes, But in and steal my thoughts away, Peddle me cheaters every day, Prattle of death and things that pall, But if you value your life at all, Don't anger me or we will mix; Doggone it, don't say "Politics!"

THREE OF THEM.
There was a girl in our town
And she was wondrous slim;
You really couldn't see her
When the lights were low and dim.

—Springfield (Mass.) Union.
There was a girl in our town,
And she was rather fat;
We had to sit out on the stairs
When she was in the flat.

Chicago Record-Herald.
There was a girl in our town
And she was wondrous tall;
Her feet were visible in spring,
You'd see her head next fall.

He Didn't Need Support



He hobbled painfully into Thompson's cafe, his crutches nearly dragging his tracks out. He was, indeed, a worthy object of charity, and so the bartender said nothing when the cripple wrapped himself gently around eleven dollars' worth of free lunch. Then, leaning his crutches against the bar, he walked out. And he forgot to come back. Thompson now is contemplating bottling his free lunch and selling it for medicinal purposes.

LOCAL AND KIND OF PERSONAL

A lot of strangers were in our bustling little city two weeks ago, and they filled our sidewalks completely, till you would have thought there was a circus or something in town.

Judge Stephens was up from Sacramento the other day. Judge Stephens is a lawyer. He is also a joshier. That's why he said: "The first case I ever opened was a case of beer. Then I tried a cigar case. I had so much success that I contracted a case

last week. "What I like about Portland," he said, "is the Espee. It takes one back to California." But he is a newspaper man, and they all talk foolish like that.

R. A. Buckett of Rochester, N. Y., was in our pleasant little valley last week. He acted quite pale, but he was not full. "An Elk is, of course, an Elk," emphatically stated the office pessimist. "Nobody's denying it," said the Sunday editor. "What, then, is the wife of an Elk—an Elkess?" inquired the grouch. "No, you boob, she's a Dear," yelled the courthouse reporter. And the majority let it go at that.

Eugene Chafin, for the umpteenth time, is candidate for president on the Prohibition ticket. Gene, we might say, is Chafin's bit to be off, knowing it'll be an exciting race. P. S. This is a kind of dry—extra dry—joke.

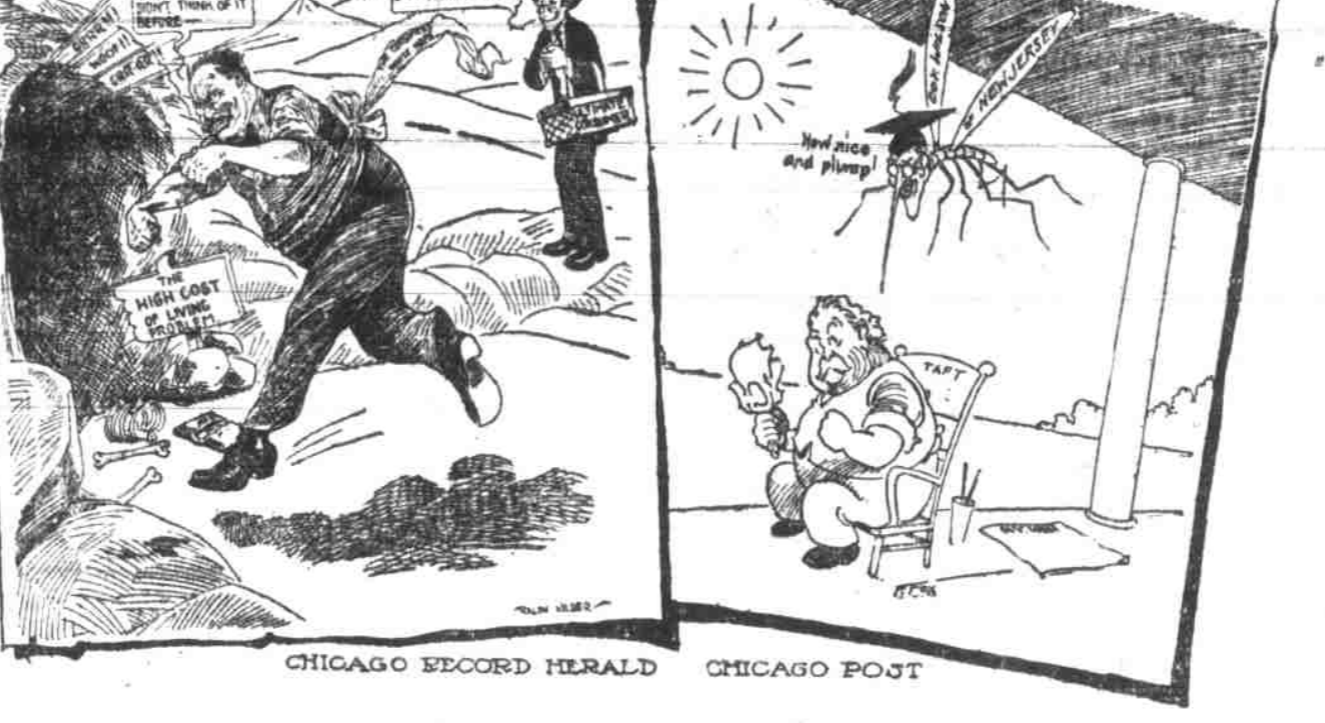
"Are you practicing medicine now?" inquired a friend of a newly-made physician. "Practicing!" he yelled. "Say, I don't need to practice. I already know how—I'm a doctor, gosh-damn it!"

F. E. Hose motored up from Alameda, Cal., with his family last week. He didn't want to come all the way, but his wife just kept pulling him on. He was not held up by bad roads, or anything else, he said.

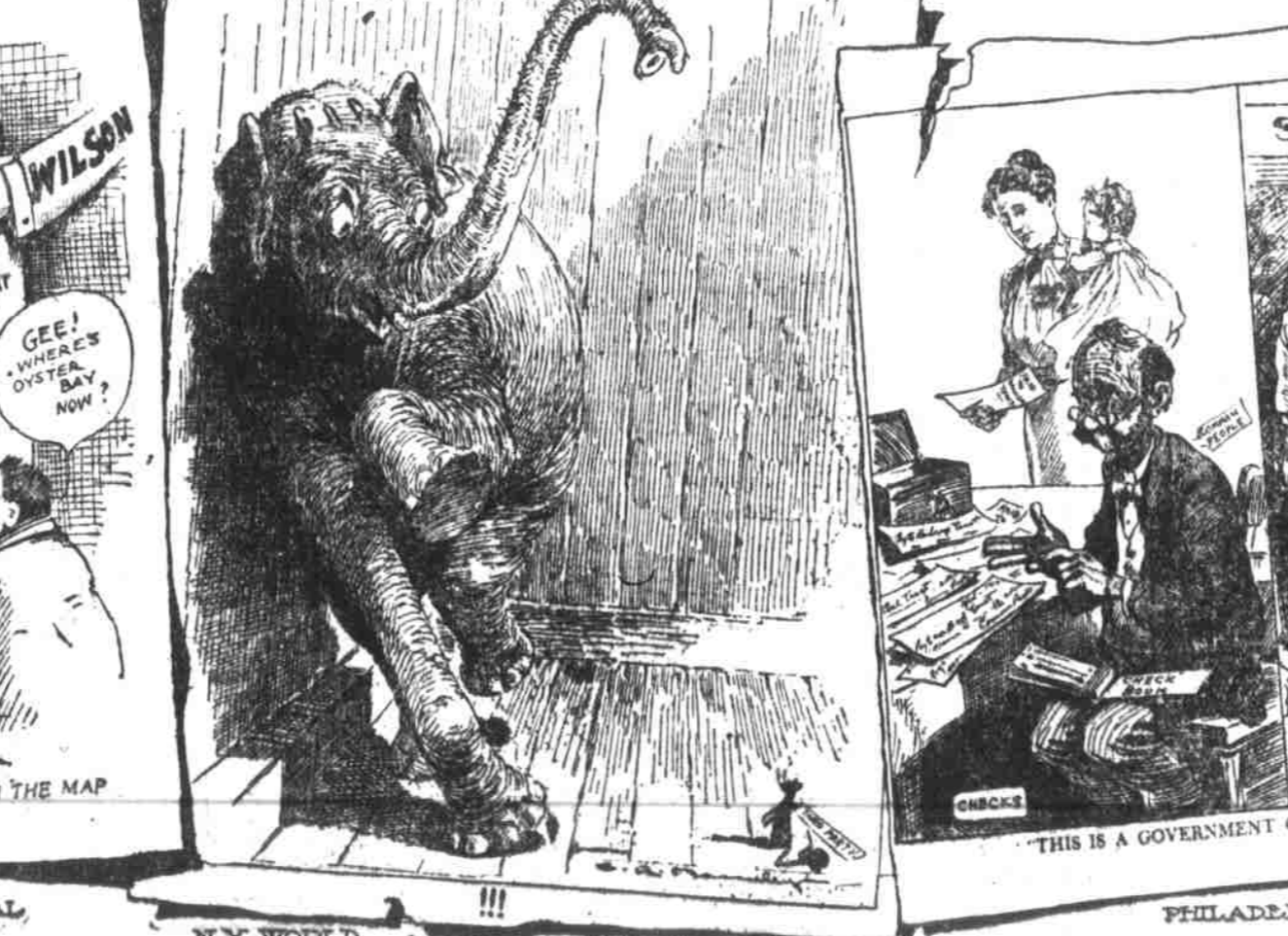
WANT COLUMN
Personal—Plain man wants plain wife to do plain cooking and plain sewing. Write, will ex-plain.
HARRY PLANE, City.

Help Wanted—The person who will slip a steel file and saw into cell 13 jail, will be fully rewarded. No. 32432

AS THE CARTOONISTS VIEW CURRENT EVENTS



CHICAGO RECORD HERALD CHICAGO POST



ATLANTA JOURNAL N.Y. WORLD

POPULAR SCIENCE

England's Radium Supply.

MUCH fanciful speculation has been indulged in concerning the amount of radium in the British Isles, one newspaper having credited the Radium Institute with possessing 7 1/2 grammes. Exhaustive inquiries by the Express show that, roughly, there are only five grammes altogether in England, of which the Radium Institute owns just over a gramme. There are 28.6 grammes in an ounce avoirdupois, so that the Institute's share of radium works out a little over one twenty-eighth of an ounce.

Next in order of wealth in radium comes, strange to tell, a prominent-ray operator in Harley street, London, who possesses just under a gramme. Then comes the London St. Mary's St. Thomas Guy's and the Middlesex hospitals, which have between them one gramme. The cancer wing of the Middlesex hospital is doing some useful work on radium effects, both in physics and medical treatment, with radium and radium emanations.

The remaining two grammes are distributed among other medical institutions and private medical men all over the country. The greatest amount held by any of these may be placed at 200 milligrammes, but the majority own about 100 milligrammes each. Among medical men generally the highest amount is 100 milligrammes, but the average can be stated at from five to ten milligrammes.

The value of the radium in the British Isles can be given approximately only because the supplies varies in purity. The price of pure radium is \$20 a milligramme, so that, assuming all the radium in this country is pure—worth \$400,000, not \$125,000, as has been published.

The small quantities in the possession of private medical men do very well for small local diseases, but where a large area is under treatment, a very long exposure would be needed, and if a small quantity of radium is spread over a large area on one application, the concentration per unit of area is very small, and the exposure consequently a long one, which makes it difficult to get a uniform action over the whole of the affected part.

Some of the cures claimed to have been effected through radium should be received with the greatest reserve, warns an English writer, especially those which come from the continent where radium has got into the hands of quacks. It has been proved in England, however, that in many cases diseases which a few years ago would have been treated with the knife, yield to the checking action of radium.

Undoubtedly the greatest success of radium has occurred in rodent ulcer cases, in the cure of which it has proved far more effective than the X-rays or the Finson light. The Finson light, however, is superior to radium in dealing with lupus.

The effects of radium on rodent ulcer can almost be "seen," and the curious rolling back of the flesh and skin, which is always present in this disease, is replaced after a week or two by a leveling down of the surrounding tissue. Radium has also given considerable relief in many diseases to which women are especially susceptible.

Cure for Old Age.
OLD AGE is a condition that can be cured. People can really be made young," declared Dr. Frank Starkey of Philadelphia, in discussing his discovery of a formula for an extract that has been proved in 1000 test cases to be a cure for chronic and acute diseases.

"I could make a race of giants, dwarfs or of goggle-eyed idiots by treating people in their adolescence and disturbing the proportion among their glands, through which organs the formula cures," he continued. "The 'elixir of life,' as discovered by Dr. Starkey, consists of a paste formed of extracts from the genital glands of roosters and sheep and the pituitary gland of the latter animal, mixed with chemically pure glycerine, allowed to macerate 48 hours and then filtered. This extract is injected into the blood of the patient, a marked departure from the methods of other physicians, who have attempted like cures.

Dr. Starkey is one of the most reputable physicians in Philadelphia. He has conducted research in medical laboratories of world importance, and is now connected with the medical laboratory staff of the Medico-Chirurgical hospital in the Pennsylvania city.

Eight years ago he started his experiments that have finally won success. Four years ago the supreme test was made when Dr. Starkey enlisted the assistance of 49 volunteer subjects, 25 men and 24 women, ranging in age from 20 to 35 years.

Since then, in a thousand test cases, Dr. Starkey's "elixir" has been found to cure not only acute and chronic diseases, including neurasthenia, melancholia, locomotor ataxia, typhoid and scarlet fever, tuberculosis, pneumonia,

influenza, impotence, epilepsy and rheumatism, but also to "cure" old age and to be a potent factor in building the character of the patient.

The formula has met the approval of the leading physicians of Philadelphia, and Dr. Starkey, who has taken it himself, says he feels 20 years younger. He looks it, too.

There are certain vital organs or ductless glands in the human organism," said Dr. Starkey, in explaining his method, "that are continually manufacturing a physical agent without which we could not live. They are the great equilibrators of the body, and anything that disturbs them lowers vitality.

"This extract is not a medicine. Everyone has the organs functioning and producing the same solution which I produce. It is when they become unharmonious—when they get out of balance—that metabolism—the process of tissue interchange is disturbed and a lack of resistance to the invasion of disease follows.

"The injection of polyglandular extract is not intended as a 'cure all,' but to place the body in a better position to resist, through stronger vitality and defensive activity, whatever treatment is employed."

Food for Ducks.

THE best method of feeding ducks was discussed recently at the French Academy of Sciences, when M. Edmond Perrier read a report on the subject of M. A. Magnan.

Thirty ducklings were divided into three divisions—10 were fed on meat, 10 on fish and 10 on vegetable food. The fish eaters accreted heavily. They began laying when they were 7 1/2 months old. The meat eaters ducks began a week later and the vegetarians were 10 months old before they laid an egg.

Between December 17 and May 14, the fish eating ducks each laid 54 eggs, the meat eaters 45 each and the vegetarians were very tardy with only 19 each.

The meat eating ducks' eggs were the heaviest. The vegetarians in this section of the competition managed to beat the fish eaters' eggs in weight, but the eggs of the fish eating ducks were much better eating.

Another peculiarity is that the eggs were of different colors. The piscivores' eggs M. Magnan calls the fish eating ducks'—laid green, and those of the meat eaters were white, and those laid by the vegetarians a pale pink.

M. Magnan and M. Perrier are convinced that all ducks should be fed on fish if they are to attain excellence.

Germany's Newest Army Airship.

THE newest German army airship, Parseval III, has executed a non-stop flight from Berlin to its station at Koenigsberg, 345 miles distant, in slightly under 1 1/2 hours. The distance is covered in practically that separating Hamburg from London or Cologne from Paris.

The flight was carried out with a regulation "war equipment" on board, including ammunition and ballast, as well as petrol sufficient for a continuous flight of 20 hours.

The German navy's first Zeppelin will be started on a commissioning trip October 1. It will have a gas capacity of 20,000 cubic meters, which is larger than any Zeppelin so far built. The navy airship is designed for scouting duty at high speed, and will be fitted with a special contrivance to enable it to resist the heavy winds encountered at sea.

Sensational Cruise of Airship.

THE Zeppelin airship Victoria Louise made a sensational voyage on its last flight, breaking every German record in the matter of speed and distance.

Leaving Dusseldorf early this morning the dirigible sailed westward over Holland. The people of Amsterdam left their breakfast when it was reported that a monster aerial cruiser was hovering over the city.

The bewildered inhabitants could learn the identity of the strange visitor, the Victoria Louise sailed northeast into German territory. She "spoke" Bremen, then cruised over the sea and was next seen over Heligoland.

The dirigible sailed over the Kaiser's yacht, which was anchored in the lower Elbe, firing a salute as she did so. The yacht replied promptly. The Victoria Louise finally landed at Hamburg. She carried 35 men during the voyage.

It is understood that the unceremonious voyage of the German airship over the Dutch forts will probably cause a protest from Holland.

Symptoms of Aeroplanitis.

AIRPLANS suffer from two kinds of sickness. These have been studied carefully by two eminent French physicians, Drs. Crouchet and Moutonier, who have made a report upon them to the Academy of Sciences.

The first of these sicknesses is due to the extreme altitude, the second to physical exertion.

The special factors of the altitude are difference in pressure and oxygen, the chemical composition of the air. Of course, the difference in pressure is very considerable and the difference in chemical composition of the air is also quite marked at great heights, and, further, there is the difference in the temperature. There are, however, in the case of aviators two very special adverse factors to which Crouchet and Moutonier attach great importance, viz., the rapidity of the descent. The speed of the ascent is oftentimes very great, but the rapidity of the descent is fantastic and almost gruesome.

So far as the ascent is concerned, respiration becomes shorter when a height of 1500 meters has been reached. Nausea is not a symptom, but an undefinable kind of malaise is present.

As for the auditive phenomena, a slight deafness is experienced at the height of 1000 meters; at a somewhat greater height noise in the ears commences. Vision remains intact.

Wireless Iconograph.

WIRELESS CONOGRAPH INVENTION. SURPRISING results are being obtained between Milan and Turin, 52 miles distant, by means of the new invention of a Turinese youth, Francesco de Bernocchi, called a "Wireless Iconograph."

His apparatus is far in advance of anything of the kind yet recorded. It transmits, besides ordinary messages, autographs, shorthand, and all sorts of designs and cryptograms. Exact reproduction follows upon the intersection of synchronous periods of electric waves in correspondence with synchronous periods of helioidal movements. So simple is the arrangement that the transmitter and receiver of this instrument may be applied with ease to any ordinary wireless telegraph plant.

And a Pillow.

Patients—What would you advise for sleep?
Smart Doctor—A good bed.