

Health and Efficiency

BY LORAC 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.

A YOUNG man aged 25 has what a doctor calls "nervous heart," and writes for advice. He broke down while carrying load, and was told by his doctor to go into the country and live on "plenty of milk and butter and some bread." He has tried it for three months, but is little if any better. His symptoms are, severe spells of heart weakness, followed by cold chills.

Knowing nothing of the habits of the inquirer, I can only guess at the cause of his trouble. It is undoubtedly complex—made up of a number of different factors, due to a number of wrong habits. It is not enough to eat plenty of milk, butter, bread, vegetables and fruit. The preparation and combining of foods is often bad enough to cause disease. The mode of eating frequently is responsible. And when proper food is correctly eaten, still one's duty is not done. One must get and keep his nervous system in condition to digest, assimilate, eliminate.

This young man, being dependent on a table he can have little control over, is recommended to adopt a diet of raw vegetables, together with well baked bread, and such butter and milk as he likes, to dress or accompany the same. He should carefully avoid stimulants of all kinds, including tobacco and coffee, take no hot drinks, no hot baths and get plenty of sleep. It is important that he "educate" his skin. At present it is weak, sensitive, and a channel of leakage of nervous energy, which instead needs storing up and saving. Hence, the air bath is particularly needed. Look out for all leaks—there may be others.

"I am considerably overweight, especially large in the hips and abdomen. Am a little asthmatic. Never had any trouble with my lungs and all my life. But one thing bothers me. I have lost a sister with cancer, and now I have a peculiar little red lump on the end of my nose, and another on the side of my face. What would you advise? I forgot to say that I am very nervous, but I sleep well when nothing bothers me."

YOU are evidently in a rather embarrassed and rundown state. Continue the same way of living and unless you die of some other disease first, cancer may develop as you fear. But there is no need of continuing such a life no need of building cancer. All that is necessary is that you learn to feed yourself so as to reduce flesh and increase your vitality. This will cause your asthma to disappear, and when obesity and asthma go as the result of correcting the habits, the likelihood of cancer is receding into the distance. Better take a little time and trouble and inform yourself, and then turn over a new leaf. Every Sunday there is matter in this department that is need. Food for health is frequently discussed. Modes of building vitality are given time and again. To promote elimination and to build vitality, this is the sum of health culture. By this means alone are cures effected. They will cure you and prevent cancer.

You eat too much starch—bread, mush, cakes, potatoes, beans—and if you eat any sugar whatsoever that is superfluous. You ought to cut off tea, coffee and all warm drinks. Remember, warm drinks have the effect of retarding cell elimination. So does indoor air. Better sleep outdoors. Eat less than you want. Omit breakfast, and take a drink of water in its place—a dozen of them. Eat half your food uncooked. Omit pepper and spices, also vinegar. Salt only your butter. Do everything legitimate you can to increase your strength and lessen fat and nervousness. Keep at it and you will have no cancer.

"What can be done to remove a large bunch on the side of the face? It looks like a cheek swelled by an ulcerated tooth, but it has come on gradually. It causes no pain, but is very disfiguring."

PROBABLY such a growth cannot be removed without some constitutional disturbance. But I would be willing, if I were you, to face the music and get rid of it. You should apply the cold compress to the face and side of the head and neck, every other night. On the intervening nights wear a wet pack about the hips and abdomen. In each case the wet application should be thick enough to remain wet all night. In the morning wash off the covered surface with cold water and give such friction to the skin as feels comfortable.

You should go on an eliminating diet. Fruit alone for days together, then return to ordinary fare for a day or so, and then back to the fruit diet. Drink plenty of Bull Run water. If this does not produce results, increase the vigor of the treatment. Employ the hot fomentation to the part for 10 minutes before applying the cold compress. Follow with the latter as usual. Adopt a diet of uncooked foods only. If, after a week of uncooked food, you have a strong hankering for bread or other cooked dishes, eat one meal of that kind and go back to uncooked things—vegetables, nuts, fruit.

This regime will loosen up the deposits, and you may very likely have a crisis in some form—an acute attack of cold, an abscess, a fever or diarrhea. This will be merely nature's way of expelling the effete material. There is no danger in such a crisis, however unpleasant it may be. Have patience, do nothing to check the effort, and you will come out of it improved, perhaps cured. If not cured, then continue the treatment until you are. Possibly the acute crisis will not occur, but the growth disappear gradually without it.

ANSWERING a correspondent who had complained that he could not subdue unhealthy cravings, owing to want of will power, the editor of a health magazine says, "In that case you are hopeless and must go on your way till the end comes. No one can help you. Not even God can help you."

This wretched fatalistic philosophy is frequently held by the weak of will—for they are also apt to be weak of wit—but to have it offered as counsel by a man setting himself up as teacher is pitiable to say the least. As well tell a man physically weak that there is no hope for him unless he can do the day's work of an able bodied man. Moral and physical muscle are acquired in the same way. Simply use what you have. If you have a weak will, compel yourself to do something you dislike, but something nevertheless useful. Do this daily. Thus gradually you train yourself to do whatever you should, regardless of your inclinations. God helps those who help themselves. Auto-suggestion is an aid, but it must be affirmative and not negative like

THE NEW COUNT AT AUCTION--By R. F. Foster

MANY players fail to see the object of shifting from one suit to another when there is no advance in the value and therefore apparently nothing to be gained. But there is always the necessity of warning the partner when you cannot support him in his original call. If he goes back, showing that he thinks he is strong enough to play the hand without your assistance, that is his affair.

But to shift from one suit to another when you are able to support the suit first called is usually a mistake, as it may mislead your partner into thinking you have nothing in his suit, and it runs the risk of finding him short in your suit. As a rule, with three or more of the suit he calls, it is better to leave him alone, unless you are very strong. Here is a case of injudicious over-calling:

♠ 9 7 5
♥ 10 8 6 3
♦ A K Q 5 3
♣ K 4
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z
♠ 9 7 5
♥ 10 8 6 3
♦ A K Q 5 3
♣ K 4
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z

Z deals and calls a heart, which A passes. Although Y had three hearts, he thought a royal would be a better call because it was worth more points, so he bid it. When B passed Z judged that Y could not support the heart suit, so he went no further and B had the lead.

Had Y stopped to think a minute he should have seen that with four or five trumps in his partner's hand and three in his own, with a solid spade suit on the side, the chances for game were just as good in hearts as in royal, but in his anxiety to get a few more points he lost 100, as all he made on the play was five tricks.

With five good trumps to back it up B led his long suit. Y trumped the second round and led two rounds of trumps. Then he tried a third round, hoping to drop two for one. On finding he was wrong, he led the nine of hearts and took the usual ace-jack-ten finesse. A returned the heart, so as to make Z lead away from the diamond, and this allowed B to ruff the third heart, pull Y's remaining trump, make two clubs, and lead a diamond through Z at the end, so that A made the ace and queen.

Although the spades are worth 9 a trick as against 8 for hearts, they are worth no more when it comes to going game from love. Had Y let the heart declaration alone Z would have made nine tricks, because A would have led the club king, and then switched to the spade, to avoid letting dummy get in a ruff.

This would have allowed Y to lead two rounds of winning spades and then to trump a small spade, as he would know A was leading short. The eight would have forced the king of trumps, and then A's play would have been to lead the queen. Z would have won the queen, returned the club, letting Y ruff it and draw the trumps with

his nine, making his high spade and leading a diamond, giving A the ace and queen.

WHEN the dealer starts with a spade and the second hand passes, the third hand should be very strong to bid no-trumps, because it is usually much more to his advantage to utilize his strength in defeating the declarer's call than in playing a declaration of his own that cannot win the game.

A dealer's one-spade call, among good players, denotes the possession of two sure tricks, but there may be several probable tricks in the hand. If these fit into the suits held by the third hand, a good score may result, but it is very seldom that a no-trump call by the third hand will win the game when the dealer has led off with a spade bid, although such a call may win the odd trick and the contract.

The danger of third hand no-trumps built on spade calls is that the dealer's hand may be away below average. He is known to have less than two tricks, but he may have nothing at all. The third hand, to be safe, should never count upon him for more than a trick. Here is an example of how the third hand may overstep the bounds of prudence, through want of attention to the warning given by an original one-spade call:

♠ A K 6
♥ 10 8 6 3
♦ A K 5 3
♣ 10 8 6 3
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z
♠ 9 7 5
♥ 10 8 6 3
♦ A K Q 5 3
♣ K 4
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z

Z dealt and bid a spade, which A passed, and Y at once bid no-trumps on his three aces and a king. These bids were all right at bridge, where no one else had anything to say when it was left to dummy, but they will not do for auction. If Y will stop to count up his tricks and add them to the one that the dealer says is his limit, he will see that his bid is unsound.

If Z has only one trick and Y has only four, that is two less than the contract, and four less than the number necessary to go game. The beginner must never forget that part of it, the going game. There is not much danger of the other side's going game in any declaration they may make. Their let them play for what they like, at a maximum of 10 points a trick, while you play for a minimum of 50.

As it was, every one passed Y's no-trump bid and B led his fourth best club, getting the ace out of the way at once. This killed all hopes of making Z's hearts, unless the queen of spades could be made into a reentry, but there was nothing else in the hands to play for, so Y led three rounds of hearts.

A led the king of diamonds instead of returning the clubs at once, so as to clear his hand for discards on the club suit, while he still had every suit

stopped against Y. The hearts being dead, Y passed one round of diamonds to make his nine good and then led a small spade, finessing the nine against king and jack being in one hand.

A made his diamond trick and then returned the club, so that all Y made was the four aces and the king, losing 100 points by making a bid that should never have been made at all.

MANY players at third hand bid upon their own cards without taking sufficiently into consideration the opening bid made by the dealer, which should be the key to the situation. When the dealer makes a winning declaration—that is, a bid that has a chance to go game—it is the duty of the third hand to support him if he can, or to warn him if he cannot assist him.

But when the dealer passes, bidding one spade, it is left to the third hand to take the initiative in making a winning declaration, and this some players are rather too ready to do. Probably three times out of four the bids made by the third hand after the dealer has started with a spade are unsound. The third hand can warn the dealer that he has no support for the dealer's suit, and the dealer can warn the third hand that there will be no support for his suit. The dealer's warning, being given in advance of the declaration by third hand, is much the more valuable of the two.

The reason for this is that the dealer's declaration is already made and the responsibility assumed before the third hand can warn him of his danger, but the third hand is cautioned in advance to keep still unless he is sure of his ground.

Many points in penalties might be saved by players who are called upon to bid third hand if they would only make sufficient allowance for the possible weakness in the hand of a partner who starts out with a call of one spade. Here is an example:

♠ A K 6
♥ 10 8 6 3
♦ A K 5 3
♣ 10 8 6 3
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z
♠ 9 7 5
♥ 10 8 6 3
♦ A K Q 5 3
♣ K 4
Y
♠ 10 8 6 3
♥ A K Q 5 3
♦ A K Q 5 3
♣ K 4
Z

Z dealt and bid a spade, which A passed, not having stoppers enough in spades to double. Y bid a heart. This is an ill-considered bid, because if Z has not two tricks in his hand there is not the slightest chance to go game in hearts, nor is there much danger of the other side going game in anything. Y should have let them declare.

A and B cannot make any declaration that will go game against Y's cards except no trumps or royal, and if they have strength enough to bid either they are strong enough to over call Y's hearts for one trick, so that Y is simply wasting his breath and disclosing his hand for nothing.

Y's cards are quite good enough to call a heart upon as dealer, but not

CARTOONS AND COMMENTS

ON THE LIVING ISSUE

BY J. W. BENGOUGH



Big Business and the Farmer.
AID Big Business to the Farmer:
"Don't you know, dear, tolling man."
That to help you make a living I do everything I can;
That, if you can't share my fortune, I am willing to be poor;
Brother, surely you believe me?"
And the Farmer answered—"Sure!"

"Don't you know that in the contest That we now are passing through, I oppose these Tax Reformers Out of my regard for you. Cause of fear that tax exemption You never could endure?"
Brother, surely you believe me?"
And the Farmer answered—"Sure!"

"Don't you know we've hired Mr. Shields, And give him ample pay. To keep the taxes on your farm Your cattle, barns and hay; And not from selfish reasons But from affection pure, Brother, surely you believe me?"
And the Farmer answered—"Sure!"

"Don't you know that when we argue That the law is for the rich When it takes all land values, We believe it's really sick? That it will ruin the farmer Who's raw land is cheap and poor, Brother, surely you believe me?"
And the Farmer answered—"Sure!"

"Don't you know that we're in earnest That to tax our city holdings Will knock the Farmer out; That when franchises and railway lands Are taxed, and water power, It will rob the Farmer of his land?"
And the Farmer answered—"Sure!"

"Don't you know, dear, tolling brother, That we think 'twould be sin, To lump and mislead you Just to save our own soft skin? When we beg you vote against it It is no selfish lure; Brother, surely you believe me?"
And the Farmer answered—"Sure!"

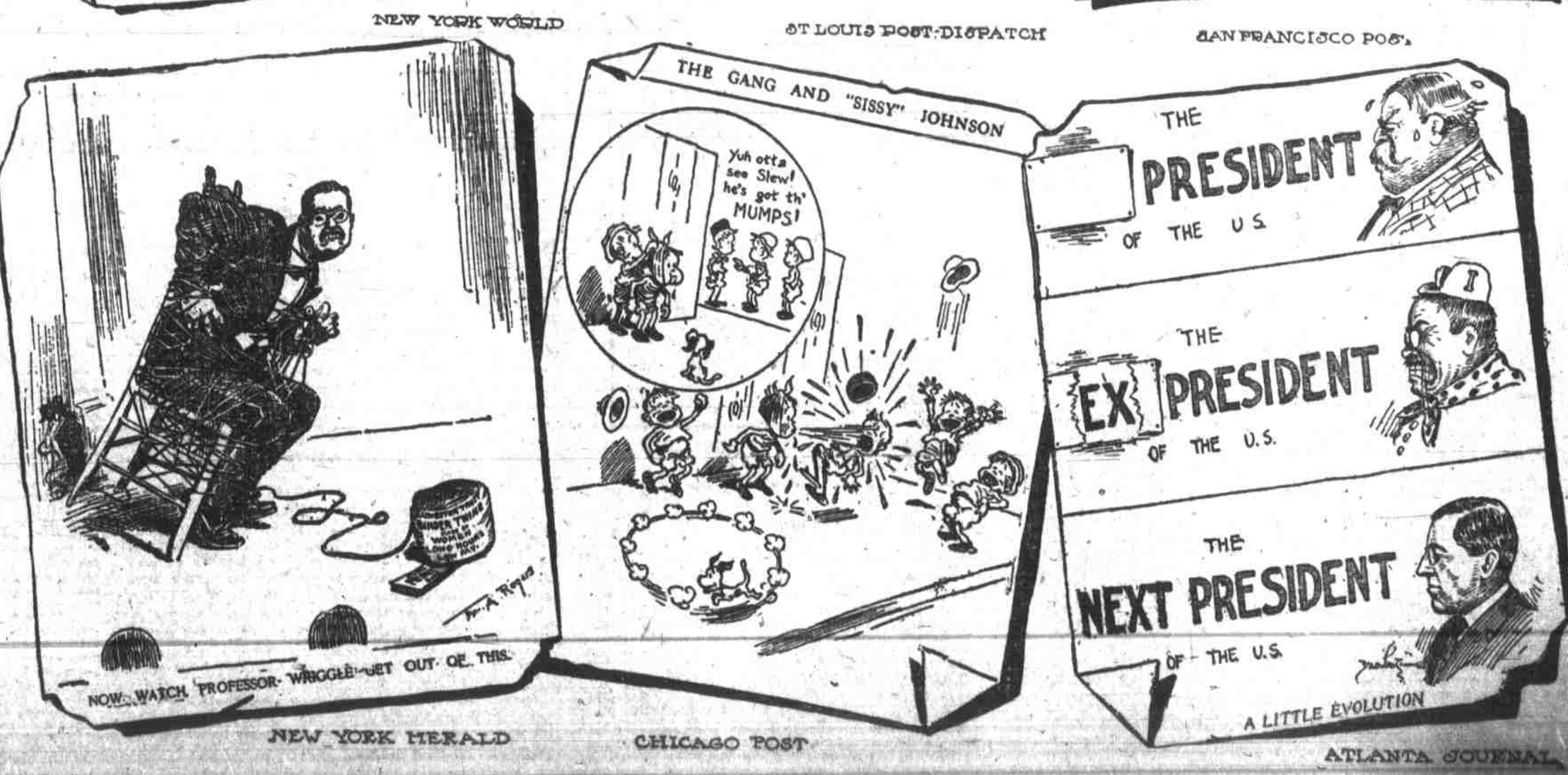
Then the Farmer turned—"Big Business, You take me for a fool; But Oregon, I'll let you know, Has lately been at school; We're on to you, Old Schmeer, And you're going to be flung From off our backs this Autumn!"
And Big Business muttered, "Stung!"

Untenable.
WE read that the members of the legislative tax committee passed unanimously a resolution declaring themselves unalterably opposed to the single tax measure. It was, we

after his partner has told him that there is not more than one trick in his hand, may, if that, to help him. The dealer hopes for an average hand to assist him. The third hand is told whether the hand is below average or not. There is no hope about it.

B would have bid a diamond if the spade had been let alone, and whether it was left at a diamond or shifted to no trumps by A, neither declaration would go game. As it was, B passed the heart and the contract was set for three tricks.

OF COURSE THESE DAYS MOST CARTOONS ARE OF POLITICAL NATURE



An' once they was a farmer 'at didn't pay no taxes, but jes' a little rent. An' he was 'at was 'at his taxes to the county, don't you see, 'Stid of payin' it into the purse of Old Monopoly."

An' so that ratched farmer, his boss an' cattle died, An' he couldn't make a livin', no matter how he tried, An' he went to rack an' ruin 'fore he knowed what he's about, An' the Single Tax'll git you, don't watch out!"

An' Little Orphant Charlie says if we don't have no flies, They ain't no use 'at cornin', cause we can't bake no pies; We got to have munketeers to give us healthy blood; An' 'cept it's for the worms inside the apples won't be good; An' if they's no potater bugs we can't have no potaters; An' so the land won't be no use without land speculators, An' this graduated tax law must be knocked up the spout, Or the Single Tax'll git you, don't watch out!"

The Hat Blocks the Way.
THE law which gives the privilege of enjoying the special privilege of owning land, to enjoy the further owning the value which population gives to land, and which is called land rent, robs the community in general of the benefits which progress would otherwise confer. Every reform achieved has the effect of increasing this value, and the increase goes straight into the landlord's hat. If the temperance cause won out, and all drunkards were turned into sober and industrious men; if peace and disarmament were achieved, and the armies were disbanded, the result would certainly be to increase the pressure in the labor market and the immediate result would be to send up the value of land. Every civic reform, and betterment of whatever kind would tend to the same end—would simply give more riches to the land owners. What, then, is the use of talking of the cure of our social ills, without minimizing or removing this fundamental evil, which practically thwarts all effort. The graduated tax amendment is a step in the direction of minimizing this wrong in Oregon. Vote for it.

Gracious!
WE hasten to record our sense of the gracious consideration of Mrs. Waldorf Astor, Jr., who, (according to a press dispatch) lately sent all over the continent) while on board the liner Baltic, "went down into the stoke hold and became very friendly with the workers at the furnaces. To her surprise she discovered, as she put it, we read "human beings who liked to be talked to as well as anyone else in the depths of the ship." We can't help wondering whether it occurred to this kind lady that the poor fellows sweating in the stoke hold might have been traveling in the first-class saloon instead of being down in the stoke hold, and being lucky enough to grab a slice of Manhattan Island, as Mr. Astor did.

Paternal Ignorance.
Little Della, a waiting friend, was interested in the family prayers, especially in their kneeling to pray. When the lady of the house said grace at luncheon Della insisted that she say that also upon her knees. "God will like you better if you do," she said. Her hostess suggested that Della might get her father to take up the same custom, but the little girl objected. "My father wouldn't know what to say," she said; "and besides, he doesn't know God's number."

Advice to Bore.
A successful after-dinner speaker said the other day at Atlantic City: "I owe my success to the fact that I'm always brief and to the point." "I once asked Senator Depew how long an after-dinner speaker ought to speak."

"About two minutes—unless by that time he has struck rich ore," the senator replied. "And if he hasn't struck it, he should at once stop boring!"

A bone collar button is an effective substitute for a plug in repairing a punctured bicycle tire.