OPEN AIR SCHOOL DOING WONDERFUL GOOD FOR KIDDIES

Curative Properties of Fresh Air and Nourishing Food Are Being Demonstrated Every Day.

COME FROM ALL SECTIONS

Admitted to Institution Only Upon Recommendation of Doctor and School Superintendent.

"I know I'm getting well, and I'm getting strong, too; there used to be a boy over in Glencoe that could lick me, but now I can just lay him out," declared a little urchin who is a pupil at the A. L. Mills Open Air school. The nurse, Miss Jane Allen, who daily tells the children of the necessity for growing well and strong, answered: "That's fine."

The curative properties of fresh air, personal hygiene, work, play, study and nourishing food, when properly combined, have been proven in the case of each and every one of the 50 boys and girls who have been enrolled at this school since it opened a little more than two months ago. Eight children have been discharged to return to their regular schools; the present enrollment is 43 and of these every one has increased in weight and the general health has improved, except where the home failed to cooperate. In a few cases improvement was temporarily checked on account of minor operations. The children come from all sections of Portland and are admitted only upon the recommendation of the school physician and the school superintendent.

Troubles Are Cured

A lack of interest in the school work, dullness, headaches, nervousness, etc., was traceable in eight cases to defective vision. Each case has been corrected by properly fitted glasses. Examination by specialists revealed a number of cases of enlarged and diseased tonsils and adenoids; these have been removed. In the case of under nourished children, Miss Allen visited the home and advised with the mother concerning the child's diet. She has also found it necessary to do some work along this line on account of the lunches brought to school by the children, many of which consisted of meat, pickles, cheese, pies and cakes.

The children arrive at 8:30 in the morning and the first thing on the program is a shower bath; the girls have private booths and the boys have one good sized room fitted with several showers. A thorough wetting, then a soap rub, and then the rinsing is followed by a brisk rub, and if by any chance the rubber caps have slipped and the hair is damp, it is soon dried with the electric hair drier. Each child has his own comb in a numbered case, and when the toilet is completed they go to the classroom, of which there are two, one for the first four grades, with Miss Edna Hunt as teacher, and one for the upper four grades, of which Miss Anna Thompson is teacher.

Afternoon Nap Taken

Each child dons his big wooly Eskimo robe and hood, doors and windows are flung wide open and the serious work of the morning begins. This is halted at 10:15, when each child has a mug of milk and then follows a few minutes of games in the open if the weather will permit. Then study again until noon, when the sandwiches brought by the children are supplemented with a nourishing soup or hot chocolate, and during its serving the teachers take the opportunity to give instruction in courtesy and table manners, and if any child has failed to wash his hands and scrub his nails properly he is sent to attend to the matter at once. The tooth brush drill comes next, the children lining up in front of the little trough especially built for this purpose, and with Miss Allen standing at one end illustrating just how to do it, every tooth is brushed clean and white.

At 1 o'clock the desks and chairs give place to cots, the children climb into their sleeping bags, eyes are closed and soon the sandman comes. The most nervous, restless child, who at first could not sleep, never fails to finally succumb to the closed eyes and absolute quiet of the hour and at 2 o'clock all rise rested and refreshed and ready for the last lap of study and recitation. At 3:30 school is dismissed, each child has another mug of milk and they are sent home.

Weight and chest measurement are taken every week and once each month there is a test for the number of red blood corpuscle. The results never fail to be most gratifying. Here are a few typical cases: Two little girls, whose mother is in the advanced stage of tuberculosis and they were not strong. One was found to have defective vision and the other had diseased tonsils; both were corrected and both are gaining.

Making Fine Progress

A little girl who had been stricken with infantile paralysis when she was 10 months old was for two years at a local hospital, amid such abnormal surroundings she did not seem like other children and it was decided she was not bright mentally. Finally she was taken by a kindly woman, who adopted her, put her legs in braces and gave her crutches; hitherto she had pulled herself around with her hands. Although not strong, she is making fine progress at school, she is happy and every child is her self-appointed slave.

A boy of 14, who has been under medical observation for years and has always been delicate, is responding wonderfully, increasing in weight and is a leader in all of the games, as well as playing the violin well.

A little girl who had one crooked eye was found by the specialist to need glasses the strength of those fitted to people 85 years of age. She gained five pounds in two months and is now up to normal weight.

A little boy who had a diseased vertebra and underwent the remarkable operation of having the bone removed and a piece of bone from his leg transplanted, was not strong enough to attend regular school and would run a temperature every day. In the open air school he is getting along splendidly.

Health Is Infectious

A little girl, subject to frequent severe attacks of tonsilitis, was cured and in one month gained three pounds.

"The carpenter around the schoolhouse sees me weighing the children so often he has become interested and so comes in and weighs himself, and to his great surprise he finds he, too, is gaining; there seems to be something in the air around here that just makes people put on flesh," said Miss Allen.

Portland owes a great debt of gratitude to the Oregon Tuberculosis association, in which the idea of an open air school for Portland was conceived, and to the board of education which has erected what is generally conceded to be the finest, most complete and most up-to-date open air school in the United States. The school is named for A. L. Mills, president of the tuberculosis association. F. A. Naramore, the school architect, Mrs. Sadie Orr Dunbar, executive secretary of the tuberculosis association, and Miss Emma E. Grittinger, superintendent of the Visiting Nurse association, united their efforts in planning the building, both inside and out.

The schoolhouse is a one-story brick structure, built around three sides of an open court, with every available inch given to windows which are so swung that their being open never precipitates a draft. The appliances throughout are of the best and most modern.

BEFORE OR AFTER INFLUENZA

By Dr. M. Cook

The cool fighter always wins and so there is no need to become panic-stricken. Avoid fear and crowds. Exercise in the fresh air and practise the three C's: a Clean Mouth, a Clean Skin and Clean Bowels. To carry off the poisons that accumulate within the body and to ward off an attack of the influenza bacillus, take a good liver regulator to move the bowels, such as Castor Oil or a pill made up of May-apple, leaves of aloe and root of jalap, to be had at any drug store, and called Dr. Pierce's Pleasant Pellets.

The system should be built up by the use of a good iron tonic, such as "Ironic" tablets, to be obtained at some drug stores, or that well known blood-maker and herbal tonic made from roots and barks of forest trees—sold everywhere as Dr. Pierce's Golden Medical Discovery.

For a tonic that will freshen up the blood, clean the digestive tract and put new force and vim into you, I know of nothing better than Dr. Pierce's Golden Medical Discovery—and it contains no alcohol or narcotic so is perfectly safe to take.

Astoria, Oregon—"After having had the Grippe I could not regain my strength; my blood was poor, I was nervous and also had rheumatism. I tried everything but just could not get any relief. Finally I decided to take Dr. Pierce's Golden Medical Discovery and it cured me. I think it is simply great. I use the 'Pleasant Pellets,' too, for constipation.

"I always recommend Dr. Pierce's remedies and am glad to do so at this time."—G. R. Spicer, 373 Exchange St.—Adv.

Quit Meat When Kidneys Bother

Take a glass of Salts if your Back hurts or Bladder troubles you

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid, which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver troubles, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

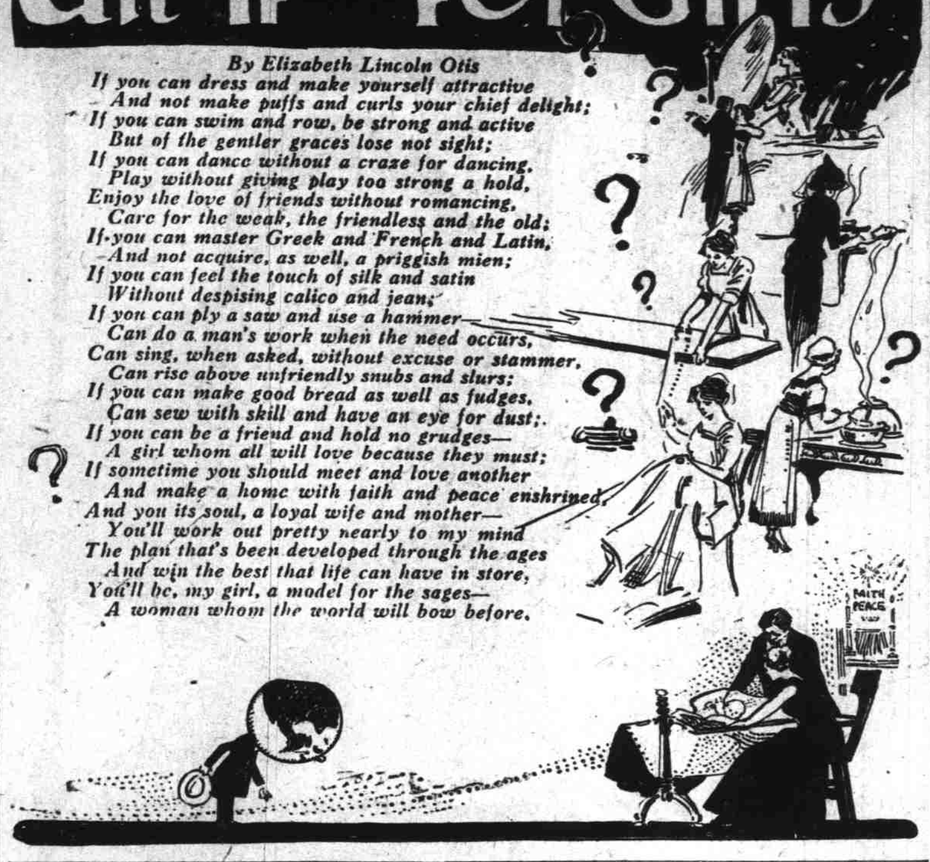
The moment you feel a dull ache in the kidneys, or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast, and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

An "If" For Girls

By Elizabeth Lincoln Otis

If you can dress and make yourself attractive
And not make puffs and curls your chief delight;
If you can swim and row, be strong and active
But of the gentler graces lose not sight;
If you can dance without a craze for dancing,
Play without giving play too strong a hold,
Enjoy the love of friends without romancing,
Care for the weak, the friendless and the old;
If you can master Greek and French and Latin,
And not acquire, as well, a priggish mien;
If you can feel the touch of silk and satin
Without despising calico and jean;
If you can ply a saw and use a hammer—
Can do a man's work when the need occurs,
Can sing, when asked, without excuse or stammer,
Can rise above unfriendly snubs and slurs;
If you can make good bread as well as fudges,
Can sew with skill and have an eye for dust;
If you can be a friend and hold no grudges—
A girl whom all will love because they must;
If sometime you should meet and love another
And make a home with faith and peace enshrined,
And you its soul, a loyal wife and mother—
You'll work out pretty nearly to my mind
The plan that's been developed through the ages
And win the best that life can have in store,
You'll be, my girl, a model for the sages—
A woman whom the world will bow before.



New Church Society Elects New Officers

Preceded by a supper, the annual meeting of the New Church society was held Wednesday evening at the church home, 331 Jefferson street. Balloting for officers for the ensuing year resulted in the choice of Charles W. Cottel, president; Conrad Stark, treasurer; Carl B. Wintler, secretary, and Frank Loretz, trustee. A committee was appointed to secure larger and more suitable quarters for the coming year. Special services will be held Easter Sunday, and a number will be admitted to membership in the society.

Women's Foreign Missionary Society Will Meet Here

Representative women of Methodism in Oregon, Washington, Idaho and Montana will gather in the Mt. Tabor Methodist church, East Sixty-first and Stark streets, on Tuesday for an all day session. This is the occasion of the semi-annual branch meeting of the Women's Foreign Missionary society. Since the annual meeting could not be held last October because of the influenza epidemic, a program of unusual merit is in store. Among the speakers are Miss Louise Godfrey, missionary on furlough from India; Miss Ary J. Holland, formerly missionary in Malayasia, but now field worker for the Columbia river branch and Mrs. Mark Freemen, who lived for several years in the Orient.

Mrs. Matthew S. Hughes, wife of the resident bishop, is president of the Columbia river branch. It is expected that she will preside at the meeting. Other branch officers who are mentioned on the program are: Miss Nettie M. Whitney of Tacoma, Mrs. Wilma Rouse Keene of Spokane, Mrs. A. N. Fisher, Mrs. Uri Seeley and Mrs. A. R. Maclean of Portland.

Noon Day Services Will Be Continued

The noonday Lenten services at the Baker theater, under the auspices of the Brotherhood of St. Andrew of the Episcopal church, will be continued during holy week. The speakers will be: Monday, the Rev. F. K. Howard; Tuesday, the Rev. O. W. Taylor; Wednesday, the Rev. C. H. L. Chandler; Thursday, the Rev. Thomas Jenkins; and Friday, Bishop W. T. Sumner. The meetings during the past week have been favored with a good attendance.

Canvass to Be Made

A house to house canvass will be made Sunday afternoon by the members of Glencoe Baptist church in an effort to secure more regular attendance at the Bible school and church services. Fifty teams will meet at the church at 2:30 o'clock.

CELEBRATE GOLDEN WEDDING

Mr. and Mrs. Paul Troost who celebrated their golden wedding anniversary at their home in Bybee avenue on April 2. A dinner, at which 17 members of the family were seated, was a feature of the occasion.

Mr. and Mrs. Paul Troost celebrated their golden wedding anniversary with their children and their grandchildren around them at their home on Bybee avenue on Wednesday. The happy couple were the recipients of a golden bowl, the gift of their children in Portland, and gifts in the form of gold pieces were received from those of their family who were unable to be present. Among the Portland members of their family are: Mr. and Mrs. H. Gorham, Mr. and Mrs. C. P. Wheeler, Mrs. Kathryn Bianchi, Mr. and Mrs. N. H. Troost, and Mr. and Mrs. H. W. Troost. Others who were not able to attend the celebration were: Mr. and Mrs. P. J. Troost and Mrs. Joseph Troost of Niles, Mich.; John Troost of Fremont, Mich., and Sergeant and Mrs. Paul Troost of Spokane. A feature of the occasion was the dinner party for 17 members of the family.

FEAST OF PASSOVER BEGINS THIS YEAR ON MONDAY EVENING

Ceremonials Calculated to Bring Home Freedom of Israel After Long Egyptian Oppression.

The Jewish feast of Passover falls on the fifteenth day of Nisan, corresponding this year, with Tuesday, April 15. The celebration begins on the evening of April 14 with sundown. The manner of its observance was determined largely by the biblical ordinances concerning this feast. It is to be observed for a period of seven days. Those who cherish customs that originated after Bible times will keep the feast eight days.

The ceremonials are such as are calculated to bring home the historical event which the feast commemorates, namely, the new born freedom vouchsafed to Israel after the long period of oppression endured under Egyptian tyranny. The eating of unleavened bread is enjoined a number of times in the biblical regulations touching the observance of the Passover feast. Unleavened bread is characterized as the "bread of affliction," and is also referred to in the Bible as the bread that was unleavened because of the enforced hasty departure from Egypt.

A charming and effective feature in the celebration of the feast is the special Seder service around the festive family board on the first evening of the feast, to which the orthodox add a second evening. At this family service a special ritual known as the "Haggadah" is read. This ritual contains the story of the redemption from servitude, certain reflections inspired by the memories of old and certain psalms. This is followed by the festal meal after which grace is recited. The service concludes with the reading of additional psalms, the recitation of prayers and the singing of time honored hymns. To this home service stranger and homeless are cordially invited. On the table in front of him who presides over the meal are placed objects reminiscent of the ancient service and servitude, such as bitter herbs, reminder of the bitter lot of those who toiled in Egypt; a roast bone, calling to mind the ancient paschal lamb; a roasted egg, memorial of the free will offering that was brought in addition to the paschal lamb; parsley and the bowl of salt water, symbolizing the hyssop and its use in the first Passover observed in Egypt, and a confection of nuts and apples to represent the clay which Israel worked into bricks.

The Passover falling at the beginning of spring, had originally a pastoral and agricultural character, which in time was overshadowed by the historical event associated later with the feast.

Revival in Progress

The revival services which are being held in the Scandinavian Nazarene church, 948 Garfield avenue, have been successful to a very marked degree. Rev. H. O. Jacobson, an evangelist from Minneapolis, Minn., is preaching. His sermons as well as his songs have deeply stirred the congregations. These services will continue until April 30, with meetings each evening except Saturday and three meetings every Sunday.

Three Hour Service

The Sunday evening service at the First Norwegian-Danish Methodist Episcopal church will last three hours. At 6 o'clock the young people will meet for an hour in an informal social gathering, followed at 7 o'clock by the regular Epworth league service. At 8 o'clock the pastor, Rev. Elias Gjerding, will preach. Special preparations are being made by the choir for Easter Sunday.

Annual Missionary Conference Today

The Christian and Missionary alliance will hold its annual conference in the Gospel tabernacle, East Ninth and Clay streets, April 13 to 20. Stirring missionary messages and strong teaching on the Christian life and the second coming of Christ will be given. The program announced is: Sunday, 11 a. m. and 7:30 p. m., preaching by Rev. J. C. Baker of Olympia, Wash. Monday at 7:30 p. m. and from Tuesday through Friday at 2:30 and 7:30 p. m. the sermons will be delivered by the Rev. H. M. Shuman of Cleveland, Ohio, district superintendent of the alliance work in the central states, and the Rev. F. A. Christopherson, for 25 years a missionary in China.

"BEATS ANYTHING I EVER HEARD OF," SAYS W. F. COLE

Retired Business Man of Portland Praises Tanlac for Relieving Trouble.

"I always keep a bottle of Tanlac on hand, for it has not only relieved me of my troubles, but has greatly built me up in every way," said W. F. Cole, a well known retired business man, who lives at 6829 Fifty-first avenue southeast, Portland, the other day.

"For the last six years," continued Mr. Cole, "I have been subject to terrible, splitting headaches. These headaches would come once a month, regularly, and would last about four days and nights, without any let-up. The pain was so severe at times that it actually looked like my head would burst wide open. Many times I have thought that I just could not stand the suffering another hour longer. My eyes would hurt me so bad that it felt as if they were going to pop out of my head. To tell you the truth, it just looked like these headaches would almost drive me wild. I have lost as much as eight or 10 pounds in weight when one of these spells was on me, and when I finally got over it, every particle of my strength and energy was gone. I was badly constipated all the time, and although I took many different kinds of medicine trying to get relief, nothing ever helped me until I got hold of Tanlac.

"I decided to take Tanlac because I had heard so much about the good it was doing other people, and I thought it ought to help me, too, and it certainly did. The way Tanlac has pulled me up, and the fine condition it has put me in, beats anything I ever heard of. Why, I feel as well now as I ever felt in my life, and it is all because of the way Tanlac has straightened me out and built me up. I am completely rid of those awful headaches and I am never bothered with constipation any more, and, in fact, I just feel like a different man in every way. Tanlac is the best medicine I have ever seen and you know I really think that everybody, whether sick or well, ought to take five or six bottles of Tanlac every spring, for it is the best system builder on earth. It gives me a great deal of pleasure to recommend Tanlac to everybody."

Tanlac is sold in Portland by the Owl Drug company.—Adv.

He Was Bald

Got New Growth of Hair in Surprising Manner

RECIPE FREE to YOU

A veteran business man, at the age of 66, now has a superb growth of hair where formerly he was bald.

He had tried all kinds of lotions, tonics, etc., without avail. When his hair had fallen away he could not start it growing again until he came across a Cherokee Indian who gave him a potential ointment, and the recipe.

Then his hair grew profusely and he now maintains a perfect growth. Others—men and women—have used the ointment (called kotalko) and reported marvelous hair growth.

Any reader who wishes the recipe for making this hair ointment may obtain it free by writing to John H. Brittain, BR-312, Station F, New York, N. Y.—Adv.

He Quit Cigarettes

A wonderful relief from slavery to cigarettes is reported by Chas. Ohnesorge, who had been addicted 14 years, and after trying various so-called cures in vain found the true information in a book sent free to anybody by Edward J. Woods, 7D Rt. Station F, New York, N. Y. Thousands, both sexes, who were addicted to cigarettes, pipe, chewing, snuff, etc., have been gladdened by this free book. Getting rid of tobacco habit often means better health, calm nerves, peaceful sleep, improved eyesight, stronger heart, increased physical power, clean breath, LONGER LIFE, greater earning efficiency and other benefits. Show others this advertisement.

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We ask you to join our training classes, because we know how to give you in the shortest possible time, and with the greatest possible effectiveness, the precise discipline and education that you need to guarantee your rapid advancement when you enlist for service in business.

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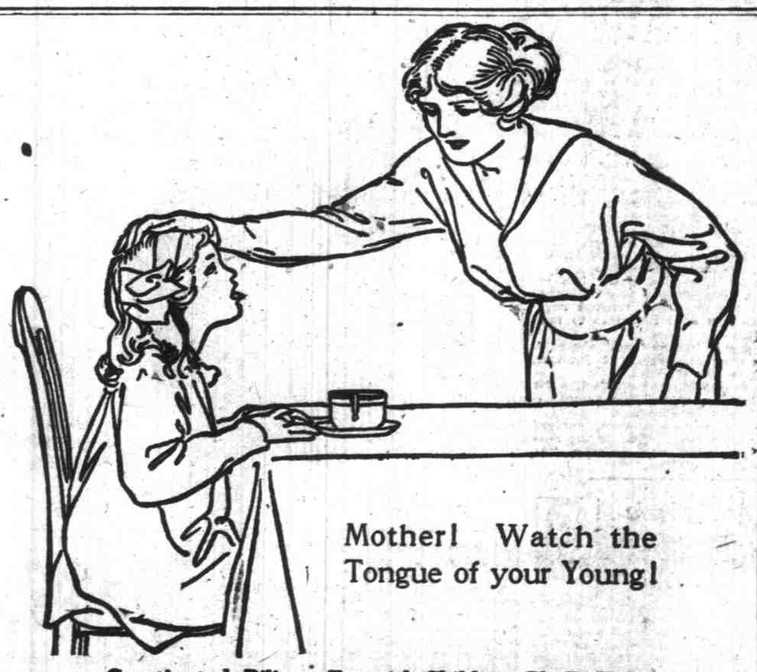

Mother! Watch the Tongue of your Young!

Constipated, Bilious, Feverish Children Gladly Take

"California Syrup of Figs"

Safe "Dependable" Laxative for Stomach, Liver and Bowels

Tell your druggist you want "California Syrup of Figs"—the Genuine! Full directions for babies and children of all ages who are constipated, bilious, feverish, tongue-coated or full of cold, are plainly printed on the bottle. Look for the name "California" and accept no other "Fig Syrup."—Beware!