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Whenever any one is released from a jail or penitentiary after a long sentence, we read that while he was in poor or downright bad health when he entered he comes out as hearty as a brick. Yet almost without exception jails and penitentiaries are unsanitary, sunless places, with no facilities for precautions usually taken by those who wish to get or keep healthy. The mystery lies in two words—regularity and diet. The first is perhaps the more important. Clock-like regularity; everything done on the same second every day; a recognition of the fact that the body is a machine. Then, as a supplement to this, a simple diet—plain, not too varied—enough to eat, but not too much.—Saturday Evening Post.

WHY ARE WE HOSTILE?

The tenor of a most friendly letter received by the East Oregonian from a good friend of Eastern Oregon residing in Portland, is this: "Why is Eastern Oregon hostile to Portland?" Simply because Portland wills it so.

Portland could wipe away the last barrier between herself and Eastern Oregon if she would. The policies which have been most ruinous to Eastern Oregon for the past 20 years have been dictated by Portland. The refusal of railroads to grant terminal rates to Eastern Oregon points, has been made at the solicitation of Portland jobbers who desired to monopolize the trade of the interior and isolated counties and enlivened the railroads in their plans.

Since the first train of cars was run over the Blue mountains, Eastern Oregon consumers have paid the freight on their goods from the East to Portland and the local rate back from Portland to the destination, instead of securing a terminal rate from the East to the destination of the goods in the interior points. It is out of the bounds of possibility to compute the unjust tribute thus levied upon the helpless consumers of the interior.

Portland has dictated this policy because she did not wish to lose the trade of the Eastern Oregon counties and to prevent Eastern Oregon merchants from ordering from the same Eastern houses that Portland jobbers ordered from, they adopted this ruinous freight rate policy. One protest from Portland in the past would have abolished this unjust rate.

And now, after thus bleeding this helpless district, Portland asks: "Why are you hostile?"

Another further reason why Eastern Oregon is justly hostile at Portland capital, is this: Instead of carrying out the profuse promises to develop the interior of Oregon by branch lines of railroad, made by Portland Commercial clubs, Boards of Trade and Chambers of Commerce, Portland leaves the rich districts of Oregon to their own fate and builds a branch railroad into Kilekikat county, Washington, a district already supplied with roads leading to Puget Sound and affording ample transportation facilities for the country.

Another reason is that Portland desires to manipulate the legislatures of Oregon for her own private ends. If she cannot use Eastern Oregon delegates to her own purposes, she does not recognize their demands. She dictated the ruinous Gerrymander in creating the second congressional district, to include Eastern Oregon in a district with Portland, while the interests of the two sections are as widely separated as is the east from the west and Portland having the

majority of the votes selects the candidates and directs their policy. In fact, Eastern Oregon is regularly shorn by Portland, but is allowed to browse on any refuse forage which she may be able to find.

Eastern Oregon regrets the necessity of showing hostility to the metropolis of the great state of Oregon. But Eastern Oregon must defend her interests. Promises from Portland are empty. For 20 years Eastern Oregon has been clamoring for an open river to Lewiston. Portland has held the key to this situation, yet the barrier still stands in the Columbia. Portland politicians have manipulated this matter to carry water on both shoulders, promising the people to act and in the same breath assuring the railroads that they need not be alarmed. Portland boasts of one man from that city having served in the United States senate for over 20 years—yet what has he done for Eastern Oregon?

Periodically Portland calls a great mass meeting of the people of Oregon for the ostensible purpose of promoting a good feeling and discussing plans for mutual advancement. Elaborate resolutions are passed, promises are made, hurrahs are shouted and the Eastern Oregon delegates are sent home with a dazzle of gorgeous optimism bewildering their minds, only to find when the day of performance arrives. It was all a show—so many railroad tickets sold and so many visitors in Portland for a day—nothing more.

This condition is regrettable but true. And it is a further reason why Eastern Oregon is coming to her senses and feels hostile.

Eastern Oregon is willing to go more than half way to remedy these evils, if Portland will only "stand pat" and keep her promises when the day of performance comes. She has idle capital, has political and commercial power and can regulate legislation and freight rates in the interest of Eastern Oregon. If she will do it, then the cause for hostilities will have been swept away.

CATTLEMEN ORGANIZE.

The call for a state organization of cattlemen, coming from Crook county, should be heeded. It is the only logical way in which to get results in these days of organization. All industries handling range products are organized, from the ofal men in the packing houses to the railroads that handle the livestock. So if the producers of the livestock do not combine they stand between the cross-fires of their enemies.

Woolgrowers have found unions profitable. From one to two cents per pound have been added to Umatilla county wool prices by the union of woolgrowers. Cannot such benefits be brought to the cattlemen by a union? Cannot better prices, cheaper railroad rates and more just treatment from the representatives of the beef trust be secured by a union of all the producers of cattle?

As it is each individual cattleman stands alone against the organized interest opposed to him. He alone is unorganized. All those with whom he must deal in marketing his product are united for mutual protection.

MAY LOSE INDIAN TRADE.

The little sermon from Spokane Jim, in today's East Oregonian, on the evils of whiskey peddling among the Indians, may give Pendleton business men a tip as to what the liquor traffic in this city is about to bring upon them. If Commissioner Leupp, of the department of Indian affairs, finds that Pendleton will not suppress whiskey peddling, he will certainly place a post trader on the reservation and forbid the Indians from visiting the city.

He is a practical man, caring nothing for the partisan lash and is going to improve the Indians, regardless of what the politicians say. If he finds that Pendleton cannot and will not make an effort to suppress the whiskey traffic among the Indians, he will institute a program that will cost Pendleton \$150,000 per year in the loss of the Indian trade.

And this is made possible by the presence of about five or six joints which make a business of selling whiskey to Indians. If Pendleton cannot regulate the joints, Leupp will regulate the Indians.

Sisters in Sorrow.

Alaska is a close second to Oregon in congressional representation. Alaska has a typewriter, several furo dealers and an aching void to represent a territory of magnificent latitude and inconceivable wealth, while Oregon has one representative in congress and a bunch of indigentments to do things with in her centennial year. Oh, Alaska, let us weep a little weep together.—Grant's Pass Herald.

General Trepoff says the troubles at St. Petersburg are at an end, but he is not certain yet as to which end.—Washington Post.

OVER 70,000 UNDERFERD.

Inspired by a statement attributed to Robert Hunter, of the New York Child Labor committee, that 70,000 school children in New York city went to school underfed, says the New York World, Inspector H. M. Lech-trecker, of the state charities department, made an investigation of the 22 industrial schools in the borough of Manhattan and the Bronx, under the supervision of the department, and submitted his report today. In it he says:

"In presenting the accompanying statistics, which I believe will be of general interest, I would call particular attention to the fact that the 22 industrial schools canvassed are all located in very poor districts, wherein the alleged 70,000 would be likely to be found, and are by reason of their special organization, closely in touch with the real poor of the neighborhood."

The report states that there are 10,707 pupils in the 22 schools, which are classified as follows: Number who occasionally come without breakfast, through poverty, 439.

Number whose anaemic condition suggests insufficient food—coffee or a piece of bread—998. Number of children whose breakfast is bread and coffee or tea and bread only, 7,415.

Only 1,855 children out of the 10,000 enjoy breakfasts more substantial than bread or coffee. Robert Hunter, when seen at his home, No. 88 Grove street, last night, said that his report was a remarkable verification of his estimate that 70,000 school children of New York city are underfed.

"I never made the statement that 70,000 children go to school breakfastless. What I did say was that over 70,000 school children in Greater New York are underfed. My estimate, which includes the school children of the entire city, I consider to be under the mark, and this report would seem to bear me out. I really believe that there are many more than 70,000 underfed school children in this city."

SKY DIAMONDS.

The Diablo meteorite contains small diamonds in fissures of the metal connected by cracks to the nucleus of sulphide of iron. The meteorite also contains phosphorus and silicon, which might intervene in the separation of carbon. By melting Swedish iron in an electric crucible and adding sulphide of iron, then plunging the crucible into cold water, M. Molesan obtained little diamonds. The cold water penetrating the carbon crucible cooled the iron toward its heart, where liquid carbon solidified in the form of diamonds. The diamonds thus obtained by adding sulphide of iron are like those made without it, but there are more of them. Diamonds made by addition of silicon are more irregular in form. The addition of phosphide of iron gave no diamonds. M. Molesan concludes that carbon at ordinary pressure, submitted to a high temperature, vaporizes and yields graphite, whereas carbon liquefied under a high pressure yields diamonds.—London Globe.

It is very seldom that a steamship of 1000 tons disappears, leaving not a trace, in a voyage that should have taken only five days. But that is the case of the Idun, which sailed from Drammen, Norway, on November 15, for Preston, England, with a load of wood pulp.

PSORIASIS AND ECZEMA

Milk Crust, Tetter, Ringworm, and Scalded Head, and Every Form of Torturing, Disfiguring Humors from Infancy to Age.

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CAPT. GRAHAM'S CURE

Of Distressing Humour. Captain W. S. Graham, 1321 Eoff St., Wheeling, W. Va., writing under date of June 14, '04, says: "I am so grateful I want to thank God that a friend recommended Cuticura Soap and Ointment to me. I suffered for a long time with sores on my face and back. Some doctors said I had blood poison, and others that I had barbers' itch. None of them did me any good, but they all took my money. My friends tell me my skin now looks as clear as a baby's, and I tell them Cuticura Soap and Ointment did it." Cuticura Soap, Ointment, and Pills are sold throughout the world. Write for "How to Cure Every Humour."

WAR POEM BY MIKADO.

The emperor of Japan from his early youth has always been enthusiastically devoted to that art so highly esteemed in Japan—the art of writing poetry. His majesty has the faculty of improvisation, and the number of short odes and stanzas composed by him are said to number thousands. Recently one of the leading Tokio dailies published his majesty's latest composition, which has to do with the war. This translation is taken from the Japan Gazette:

The flower of youth shall bravely forth And, fighting still, they will not yield, While women wait from south to north And feeble age must till the field, Our people's prayers (with hopeful heart In full sincerity expressed) Must answer find, in whole or part, Our cause above be surely blessed. This troublous state on sea and land We must deplore and fall to see The reason why, nor understand, But crave with all fraternity.

CHRONIC SORES

Wheeling, W. Va., May 28, 1905. Some years ago while at work, I fell over a truck and severely injured both of my shins. My blood became poisoned as a result, and the doctor told me I would have running sores for life, and that if they were healed up the result would be fatal. Under this discouraging report I left off their treatment and resorted to the use of S. S. S. Its effects were prompt and gratifying. It took only a short while for the medicine to entirely cure up the sores, and I am not dead as the doctors intimated, nor have the sores ever broke out again. Some 12 years have elapsed since what I have described occurred. Having been so signally benefited by its use I can heartily recommend it as the one great blood purifier. JOHN W. FUNDIA. Care Schmalback Brewing Co.

Chronic sores start often from a pimple, scratch, bruise or boil, and while salves, washes and powders are beneficial, the unhealthy matter in the blood must be driven out or the sore will continue to eat and spread. S. S. S. reaches these old sores through the blood, removes all impurities and poisons, builds up the entire system and strengthens the circulation. S. S. S. is a blood purifier and tonic combined. Contains no mineral whatever but is guaranteed purely vegetable. If you have an old sore write us and our physicians will advise without charge. Book on diseases of the blood free.

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