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GIVING AND GAINING.

We reap in return for our sowing,
And not for mere dreaming of gains;
The winds that are f'tfully blowing
Across the wide, billowy plains
Will bring us no shiploads of treasure,
Unless we have ships to return;
The world gives us measure for measure
And hope for the hopes that we earn.

The world gives us joy for enjoyment
That we have the grace to impart;
The heart is soon out of employment
That ceases to gladden some heart;
The pleasure and profit of living
Are sweetened by effort and zeal;
The world gives us gain for our giving,
And not for the empty appeal.
—Chicago Record-Herald.

FOR THE GIRLS ALSO.

It is now considered necessary for young ladies as well as young men to have instruction in physical culture and in all the progressive colleges and universities of the land such instruction is given to the girls as well as to the boys.

At the Oregon Agricultural College another step forward is being taken in that the girls are going in for outdoor sports as well as gymnasium drills. Under the leadership of their instructress a bevy of O. A. C. girls recently made a cross country run and though they attracted more or less attention thereby they do not care. Why should they make any apology for the stunt? If young men have a right to go about in track suits why should not the girls be allowed to appear in their neat and comfortable gymnasium bloomers? The girls like the open air as well as do the boys and it is good for them. There is nothing wrong or improper about it at all and no one but a "hard shell" or a dyspeptic will pretend to think there is.

Physical culture for young ladies as well as for young men is here to stay. The proposition that the training of the body should go along with the training of the mind is going to be observed all along the line. It should be. The matter of one's health is about the most important thing in the world and it is silly for schools to stuff the minds of children with "solemn nonsence" and neglect such a vital subject. In the grade schools and in the high schools there should be systematic instruction in physical culture and such instruction should be for the girls as well as the boys. If given by properly trained instructors it would be of vast benefit to the pupils and would early embue the children with a taste for such work.

The idea though should be to develop those who need it most—not to turn out a few star athletes. A crack athlete usually overdoes the thing, hurts his health and thereby brings disrepute upon physical culture work in general. The proper aim in physical culture should be to give students just such exercise as will best promote their health and happiness. To overdo the thing may be as injurious as to neglect such work entirely.

IT IS THEIR AFFAIR.

The revolution in Mexico is merely a sample of the regulation process through which all the Latin-American countries must pass when they change administrations. When an ordinary election is held in one of those countries it means that the president will be continued in power. The president takes steps to see that the election is conducted his way. Frequently the method consists in either banishing or shooting any formidable candidate who aspires to run against the man in power. According to some magazine writers who have looked into affairs in Mexico, Diaz has employed tactics of this nature.

Now that Madero and his followers are striving to bring about a real change in administration why should the United States take a hand? Would it not be better to stay this side the border but to impress upon both warring factions that no matter who wins out American interests must be duly respected?

"DO IT NOW."

There are some people who think the present high school building may be made to suffice for a year or so longer and so favor putting off the improvement. "Make the building do as long as it can," they argue. They talked the same way when the movement for paving the business section was underway. The East Oregonian knows because this paper worked earnestly for paving and it remembers that some of the men who opposed paving are now "ferninst" the new high school. Some of those same men will oppose a mountain water system for Pendleton and will argue that the present system will suffice "for a few years longer."

But it is poor policy to put off until tomorrow what may be done today. When an improvement is actually needed and may be had it is poor business policy to hold back that improvement. We cannot expect to make rapid progress by going as slow as possible.

A FINE INVESTMENT.

The purchasing of the Matlock tract by the Round-up management and the subsequent deeding of that land to the city will be more and more appreciated as years go by. Through the deal that has been made the city secured a fine piece of property close in and adapted for a Round-up grounds and general athletic stadium. When the work now underway is completed this city will have the finest and most convenient athletic stadium in the northwest. It will mean much to the city. It is a good thing for the city to have baseball games, football games and track meets. They bring many people into town and provide entertainment for those already here. In the future the various athletic teams will be able to secure first class grounds for their purposes and secure the same at a nominal cost. Henceforth it should be easy to finance a Pendleton ball team without taking up a public subscription for the purpose.

The Pendleton high school basketball team has won the championship of eastern Oregon. The P. H. S. usually brings home a few championship banners each year and they are not always athletic championships either. Last year the debating team won the state honors.

Judging from the way Senor Limantour talks it seems evident that in the past he has not had sufficient opportunity to express himself publicly upon questions in which he is interested.

Now that the new track between here and Yoakum is mostly all in use the O.-W. company is planning to start work on the Coyote-Echo cutoff. Such a railroad. It is never satisfied unless it is at work.

National guardsmen as well as the regulars will be glad to go anywhere they may be sent. "Their's not to reason why." Besides it has been a long time since there was anything stirring.

The million dollars to be expended on the cutoff and the million dollars to be expended on work in Pendleton will make two million.

Is not this a good time to get those road scraping crews going?

Spring seems to like Pendleton.

HOW WILLIE WON THE PRIZE.

Little Willie, having only one eye, did not like to attend school. One afternoon he stayed home, and his mother sent him to the store for a loaf of bread. On the way back he stopped at the school. The school examiners were there to award a prize of $5 in gold to the smartest boy or girl in the class. Just as Willie entered the teacher held up one finger. Then Willie held up two fingers. This time she held up three fingers, and Willie held up his fist. She held up an apple, and Willie held up the loaf of bread. She called him to the desk and gave him the $5.

The examiners inquired of the teacher why she had awarded the prize to Willie. She said:

"I held up one finger, meaning there is one Supreme Being. He held up two, meaning the starting of the race, Adam and Eve. I held up three fingers, meaning Faith, Hope and Charity. He held up his fist, meaning in Unity there is Strength. I held up an apple, meaning the downfall of man. He held up the bread, meaning the Staff of Life. Thus I gave him the prize."

When Willie's mother wanted to know where he got the money he replied:

"I stopped at school and the teacher held up one finger, meaning I had only one eye. I held up two fingers, meaning that I could see as much with my eye as she with her two. She held up three fingers, meaning between the two of us we only had three eyes. This made me so mad that I shook my fist at her. She picked up an apple, and was just going to throw it at me, when I held up the loaf of bread. She got scared and gave me the five dollars."—National Monthly.

THE END OF THE WORLD.

When the last big hat has been purchased, and the plumes are broken and bent,
When the hobble skirt has been banished, and no one cares where it went,
We shall rest, and faith we shall need it—and quit for an aeon or two
Denouncing each fashion verdict, and condemning each thing that's new.

There will be no word from Paris of fashions of freakish mould;
"They'll be the rage in the springtime," will never again be told;
And the hair can be dressed as one wills it, provided it's all one's own,
And no puffs and curls at the playhouse shall make any patron groan.

And the men will have naught to worry, for the tailors will show one style
That will satisfy all forever, and will make no crimp in one's "pile;"
And all who wear duds shall be happy and say: "That is grand, I declare—
I can wear my last year's garments with a perfectly cheerful air."
—Denver Republican.

Gone to Waste.

"I don't like the way they reported my speech," complained the new congressman.

"Why they sprinkled in plenty of laughter and applause."

"Yes, but how about all them gestures?"

At Work.

"Did your son learn anything in college?"

"Oh yes. Learned to operate an automobile so well that we have put him in charge of one of our big electric trucks."

RHEUMATISM
PAINFUL & DANGEROUS

Rheumatism is due to a diseased condition of the blood cells and corpuscles, brought about by an excess of uric acid in the circulation. It is not only a very painful disease but an extremely dangerous trouble. The briny, acrid state of the blood gradually forms a coating over the muscles, and by depositing a cement-like substance in the joints frequently terminates fatally, or leaves its victim a hopeless cripple. It is natural to "doctor" the spot that hurts, and it is quite right to use liniments, hot applications, etc., to get temporary relief from a painful joint or swollen tendon; but Rheumatism is not a skin disease, and such things, when depended on alone make one careless, and the disease gets a firmer hold on the blood. S. S. S. cures the disease because it is the greatest of all blood purifiers. It goes into the circulation, and removes every particle of the irritating uric acid, builds up the blood, makes it rich and oily, and in this way prepares it for the proper nourishment of all joints, muscles, nerves and bones. If you have Rheumatism, get the uric acid out of the blood by taking S. S. S., a purely vegetable medicine, and enjoy freedom from its misery. Book on Rheumatism and any medical advice free to all who write.

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