

The Hygiene of Clothing.

DR. PAUL NIEMEYER, in delivering a recent series of lectures in the University of Oregon, has pointed out that the theories of Prof. Jager, of Stuttgart, about his woolen "normal clothing" are not founded upon science. He based his advice on the principle that the body is a living oven, giving out its heat by radiation and conduction, but better built than the dead oven, in that it is self-regulating, always keeping its heat at about 98 degrees, Fahrenheit. The skin is the natural clothing, artificial clothing being merely a protection against extreme heat and cold, wetting, dirt and injury. It has also the office of preventing the perspiration, which is the third way in which the body parts with its heat, from becoming too perceptible. After some of the usual fault-finding with our present clothing—the head overloaded, the feet distorted—the recommended rubbing with coarse towels, and for under-clothing linen (on account of its hygroscopic qualities,) and also cotton and silk, but did not approve of starched shirt bosoms and entirely condemned woolen under-clothing. However with a sudden return from "science" to "empiricism," he said that clothing could not be the same for all, but each person must find out by trial what best suits his individual needs. Such an attack was not to be borne, and Prof. Jager went to Berlin, to define his theories, and to show that he, too, had some "science." Health, he asserted, is to be promoted by exercise and hardening the body. Health is impaired by water in the cellular tissues. Wool assists the body to throw this off. Woolen clothes absorb only the inoffensive part of the perspiration and let the rest escape. Cotton and linen, on the contrary, absorb it all, and the man who wears them carries round with him a storehouse of bad odors, and is slowly poisoning himself. The woolen-clothed man can dispense with many of the baths that the cotton wearer must have, for a healthy skin cleans itself. Prof. Jager thinks that women's clothing is preferable to men's on aesthetic and hygienic grounds. He advises change in the present style and closes by insisting that wool is the only wear.

Pooled Their Issues.

ARRANGEMENTS pending during the last week between the U. P. R. R., the O. R. & N., and the N. P. R. R. managers have resulted, substantially as follows:

Upon completion of the Northern Pacific railroad to Little Blackfoot, Montana territory, a point about forty-eight miles west of Helena, where it intercepts the Utah & Northern, and which point will be reached some time in July, the Northern Pacific railroad will lay a third rail between Little Blackfoot and Butte City, a distance of fifty-one miles, giving each line through rail connection with the most important cities of Montana. The distance from Chicago to Butte by the Northern Pacific will be 1648, and by the Union Pacific 1858 miles. The Oregon Short Line will be extended to Snake river where it will be met by the O. R. & N. Co. where the business for the Pacific coast will be interchanged. Upon the junction of the Oregon Short Line with the O. R. & N. Co. at Snake river, freight between the Pacific coast and Salt Lake will be interchanged by the new route.

In St. Louis, "batter" is now made from lard. The oil is pressed out, and the residue is without color, odor, or taste. To this a little real butter and some annatto is added, and the result is "fresh dairy butter."

Building Materials.

THE fact is gathered from the New York papers that the days of iron and stone buildings in New York has passed away, and that city has come back to brick again as the handsomest, cheapest, safest, and, altogether, the best material that can be used for house building. Here, where lumber is so plenty, and the climate so mild we shall always have more wooden than brick houses; we have excellent clay in the vicinity and when the demand begins can furnish a fine article from our Astoria brick yards. It is singular how the metropolis is obliged to go back to substantial brick. In the good old knickerbocker days, Manhattan was nearly wholly given up to brick, which was imported from Holland. Many of these older houses, relics of those ancient times, remain in as good condition as ever, to-day, after a lapse of two centuries. In the flush times of New York, during and immediately after the war, brick would not do for that ambitious city, and stone, principally marble and brownstone was used instead. It was found not so good, because it scaled, and was otherwise worn and injured by the weather. The stone was followed by the iron age, which can be traced by rows of iron buildings on the principal business thoroughfares of the city. Neither marble nor iron were found to make a house as long-lived and as safe against decay or fire as brick, and back to brick New York is now going. A well-constructed brick house will last for centuries, whereas one of iron will begin to show its age at the end of the first century. No kind of stone can stand the severe Atlantic climate without scaling or splitting. Brick is the building material of the future for eastern folk, and the average urban dweller can reverse the famous Augustan declaration in reference to Rome, and say: "I found it a city of marble, I left it a city of brick."

A Moscow dispatch says that preparations for the coronation of the czar are proceeding upon a fabulous scale of magnificence. Eleven miles of tables are being constructed for a banquet on the plain and eighty-five circular counters for distribution to the crowd of 900,000 pies. Renbenstein is to write the march and direct an orchestra of 1,000 musicians and 8,000 choristers. Sixteen enormous vats to hold free beer are being built in public places, and a company is covering the Kremlin with electric lights. Meanwhile anxiety about nihilists grows apace, and the latest report is that the German police have possession of some of Hartman's communications to nihilists giving instruction on the subject of the coronation.

WHEN SIR CHARLES LYELL, the eminent geologist, was in America, he seems to have had some curious advice given him about traveling on Mississippi steamboats. "Never pay your fare until you are compelled to," was the first piece of wisdom thrown at him. "And, pray, why not?" he asked. "Because your chances are better in case of trouble." "Will you kindly explain yourself, sir?" said Lyell. "Well," answered the American, "when I was traveling up the river last March, somebody cried out, 'Passenger overboard!' The captain hurried to the office and asked 'Has the man overboard paid his fare?' On being answered in the affirmative, he turned to the pilot and said indifferently, 'Go ahead; it's all right!'"

DR. GLENN, the most prominent farmer in California, was shot and killed at his ranch at Jacinto, Colusa county, last Sunday. His bookkeeper, a worthless wretch, was the perpetrator of the dastardly deed. Glenn was a man that farmed on an extensive scale, raising wheat by the tens of thousands of cents, and loading vessels at Port Costa and Benicia. He was a "square" man and his death is a loss to the community that he kept in work.

THERE are five foreign born senators in congress: Charles W. Jones of Florida, born in Ireland; James B. Beck of Kentucky, born in Scotland; John P. Jones of Nevada, born in England; James G. Fair of Nevada, born in Ireland; William J. Sewell of New Jersey, born in Ireland.

NEW TO-DAY

To Fishermen.

Who own their Boats. THE ASTORIA PACKING CO. is now ready to contract for Salmon delivered at their Cannery, the coming season, at Ninety cents each. M. J. KINNEY, Agent.

Stockholders' Meeting. A SPECIAL MEETING OF THE STOCKHOLDERS OF THE COLUMBIA CANNING CO. will be held at their office on Monday, Feb. 20, at 9 A. M. sharp. By order of the Board of Directors. THOS. DEALEY, Secretary.

\$3,000 TO LOAN IN SUMS TO SUIT. on real estate security. Apply to DOZORTH & JOHNSON.

School District No. 1. Notice.

PROPOSALS FOR FURNISHING MATERIAL AND BUILDING SCHOOL HOUSES will be received by the Directors, at the office of J. G. HUSTLER, School Clerk, in Astoria, Oregon, until 2 o'clock P. M. on February 24, 1917. Drawings and specifications may be examined and all necessary information obtained, on application to the office of J. W. Gearhart.

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Jeff's VARIETY CHOP HOUSE, on Concomly Street is the Best in Town.

—THAT—

He has Always on Hand FRESH Shoal Water Bay and Eastern Oysters.

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"JEFF" IS THE BOSS CATERER.

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Loss of Appetite, Bowels constipated, Pain in the Head, with a dull sensation in the back part, Pain under the Shoulder blade, Fullness after eating, with a distention to exertion of body or mind, Irritability of temper, Low spirits, with a feeling of having neglected some duty, Weakness, Dizziness, Fluctuating of the heart, Dots before the eyes, Red low skin, Headache generally over the right eye, Nervousness, wild, fearful dreams, highly colored Urine, and

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