

The Boardman Mirror Boardman, Oregon

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HONEY PHILOSOPHY FOR 1921

One of the most curious things in human nature is the exercise of authority by the average man. Place him in a position that is merely subordinate and everything goes well, anyway, so far as authority is concerned. But put him in a position of authority and at once he begins to resist the authority just above, exactly as the fellow above him in turn resists the authority still higher. And so on to the top. Perhaps the top will be found resisting his wife! All this, of course, isn't to say that such resistance hasn't some good points, although friction of any kind reduces the effectiveness desired at least equalling the quantity of friction applied. Then there is the man who always worked for someone else and got into a business of his own, but we will leave to another day.

"MONEY MAKES THE MARE GO"

Was it not a foregone conclusion that Newberry would be pronounced innocent? Certainly—we would have been willing to wager on that. We are not of that type. Also we will be willing to bet three to one that "Fatty" will be proven innocent of all charges—that he didn't even know that the pajama party was being held in his apartment. There's something wrong somewhere, whether it be with the courts of justice or with the consciences of the American people. If "Fatty" Arbuckle is freed, and he will be, it should behoove every mother and every father and every decent, clean minded citizen of the old U. S. A. to boycott the theatres where his films are shown. The boycott, we believe, would only last for one performance for when a proprietor sees that the public opinion is opposed to seeing films showing such a moral degenerate as Arbuckle, they will hastily cancel film orders and show pictures made by those who, so far as we know, are morally clean. We do not believe that all members of the movie colony are moral lepers and libertines, do you? But we know of one at least, and his companions, who have proven themselves such, and we would not spend the price of one movie ticket to see him. Hope the sentiments in general are the same.

DANGER TO OUR MERCHANTS

Our local merchants might wisely give some consideration to the recommendation of the National Commission of the Associated Advertising Clubs of the World, which recently passed a resolution strongly favoring the establishing of a C. O. D. postage permit plan. Under the plan, direct by mail advertisers may send out return envelopes and cards to prospects with a permit notice printed in place of a stamp. The return matter can then be mailed and the permit holder pay the postage upon delivery. Merchants in towns such as ours are likely to be lured into a dangerous trap if they permit such a plan to go through without protest. They may see only that they may use the scheme themselves, but direct by mail advertising is as limited as it is ineffective in the smaller communities. On the other hand, such a plan would mean the most sweeping invasion of the country by the mail order houses that ever has been known. The mail order men would save hundreds of thousands of dollars, which then be put into intensive advertising campaigns to take trade and money from the home town. The merchants know they can serve our people quite as well and quite as economically as any mail order house in the world, and the buyer can actually see the article being bought and get prompt delivery, but the catalogue offers of the mail order specialists are painted in alluring colors, and when they can be put out without the danger of waste for last stamps affixed, local trade will dwindle in every community.

This whole matter will rest in the hands of the new Postmaster General, and if the merchants are wise they will lose no time in calling his attention to the gravity of such a ruling so far as local trade is concerned.

Merchants in several towns undoubtedly will take this matter up, and it would not hurt to add our protest to the others. The merchants can stand open competition from the

How to Be Healthy

The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention
Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

No. 3. BUILDING RESISTANCE

PROF. ALLEN K. KRAUSE, M. D.,

Johns Hopkins University Medical School, Baltimore.

MAN is the only animal that habitually and unnecessarily uses his bodily functions to excess—in overwork, overplay, overexercise, overworry, in prolonged mental and emotional stress, in unnatural hours of activity without rest. And being organized into communities, men herd together and thus establish continual contact with one another and become unduly exposed to one another's infections.

In most men's bodies are little growths of tissue called tubercles in which lie concealed the germs of tuberculosis. These tubercles form spherical walls around the germs, called tubercle bacilli, and thus imprison the germs. As long as the wall is strong and unbroken the germs cannot spread; they cause no illness and are no more to be feared than a common wart or a mole in the skin.

If the tissues around the tubercles function normally, these walls tend to remain strong and so tight that few or no bacilli can make their way out of them and spread throughout the body. But too prolonged activity of the body as a whole, or of the part in which may be the tubercles, will in general bring about conditions that favor the weakening of the tubercle wall and the emergence of bacilli.

We heal tuberculosis by rest—of a knee, of the lungs, of the whole body. We become ill with tuberculosis by reason of overstrain. Other diseases, especially those that cause inflammations and congestions in the lungs, whip up the physiological activities of the body and throw a strain upon the walls of tubercles. So do certain bodily activities, like repeated and long-continued work without sleep, pregnancy, childbirth, dissipation, etc.

The point where activity becomes overstrain is an individual affair. The miner, the broker, the farmer, the school teacher, might every one of them become fatigued by the other's ordinary labor. The phlegmatic and the irritable, the beefy and the wiry, respond very differently to the same stimulus, whether this be play, labor, exercise or dissipation. Every man's point of fatigue is his own, registered in his own consciousness by sensations that all have experienced. Every rational man knows when he is tired or experience soon teaches him what will make him tired. And no rational man should push himself beyond this point unless he must.

To reduce exposure to all infections to a minimum and to balance one's activities so there will always be a healthy surplus on the credit side of rest, nay, more, a good reserve to draw upon in time of need—this is building up resistance. At thirty we build it a little differently than at twenty, at forty again differently than at thirty; there is a different proportion of details, yet principles and details remain the same.

Food, clean air, adequate clothing, decent hours of sleep, conserve and promote health—the normal body. But the normal machine was built for one man power and a too persistent effort to squeeze out more will sooner or later mean an overheated boiler and outworn gears; rusted, roughened and thinned out metal, and then—the collapse or the explosion. Then may an insignificant little tubercle become ablaze.

mail order men, but they should not be subjected to unfair advantage. The money spent at home circulates and returns to the spender. When it goes out of town it goes into the maw of the giant corporations that have little use for small communities except what they can get out of them.

AUTOS AND RAILROADS ARE BOTH NEEDED

On all sides you see the extension of the automobile truck and the automobile passenger car. Men with small capital are everywhere buying trucks to carry light freight and packages between city and town and between towns.

All over the United States, comfortable automobile passenger cars are conveying people between towns cheaper than the railroad does it and pretty nearly as fast as the local accommodation trains.

Here and there railroads are abandoning locomotive-hauled passenger trains on branch lines and carrying the people in large truck cars.

All this is an indication of the way things are going in transportation. It is the way the railroads themselves began spreading over the land 75 to 85 years ago.

How seriously is the expansion of the automobile in transportation going to injure the railroads? It isn't long since railroad men were much alarmed, but they are getting over it. People and heavy freight are constantly increasing in America. With good management passenger and heavy freight traffic can be made very profitable to the railroads no matter how much light freight and packages are carried by autos. The competition of the automobile is going to wake the railroads into a state of new efficiency and it will be only those which do not bestir themselves that will go to the dogs because of the expanding auto truck.

THE LILLIPUTIANS SCATTER

President Harding's tribute to the farmer, punctuated with a pungent windup at the Agriculture bloc, brings sharply to the front the fact that it is still wise to speak softly but carry a club. Much may be said in opposition to legislative combinations, but it is sixty per cent theory based on the assumption of the perfect state. The fact is we are passing through a very practical phase of life, and it is equally clear that had not the farmer demonstrated that at last he means business he would still remain the sleeping Gulliver with the vast army of financial Lilliputians stepping all over his great body. Particularly we never have heard voiced much of a protest against the financial bloc, loosely referred to as Wall Street. Intangible as an entity, it always has managed in some mysterious way to marshal its forces into compact formation whenever helpful legislation was required. The railroad bloc and the other blocs that have worked in the shadow now pro-

less to be amazed that the farmer should trespass on their property, but the giant has been sleeping long enough. He is just beginning to stretch himself before he gets to his feet. Quite naturally the frightened Lilliputians with their dollars and their box cars and other playthings scatter for cover, fearing the big fellow will tread on their toes. How blind to their own interest they are. The farmer never will step on anyone's toes. He is the heart of the nation, and his greater strength can only mean a swifter coursing of the blood of prosperity through the arteries of America. There could be no Wall Street, there could be no railroads, there could be no civilization, were it not for the tiller of the soil. Every American should rejoice at his awakening. President Harding has said truly that the agricultural problem is the nation's concern. Perhaps that is why it may not be a bad idea to have the nation really represented in the Congress set up by the people to guide the country to prosperity and happiness.

BONDS AND STOCKS

One of the queerest things in big business is that when a railroad arrives at the height of efficiency in serving its patrons, the stock market begins to look at it with suspicion. When its service reaches that point, great numbers of common people—especially women—begin to buy its stocks and bonds, buying on its fine reputation.

The stock market's favorite caution to its friends is not to buy stock in a railroad that serves perfectly and which has, therefore, a great number of women stockholders.

Why?

The speculator who must be a great student of everything pertaining to stocks and must intimately know all stock companies and the histories of stocks, explains the paradox in this way: When it becomes possible for people of no wealth to buy stocks, it means that the insiders of wealth are getting out. When they are getting out, it is either because something is beginning to go wrong or because the stock is believed to be at its topmost point. As a matter of fact, they allege, history shows that practically always something is brewing. It was so with the great Rock Island road, the great New Haven, once or twice with the B. & O., and in many other lesser instances.

People wishing to invest small amounts of money—their savings—should always beware of "stocks." New Haven's \$100 shares selling at \$185 for years were looked upon as good as gold. Yet in a few short years they sold down to \$15, and thousands of people suffered.

If your savings are only a few hundred or even a few thousands, buy bonds. They are a mortgage on property and collectable. You are a creditor. Stocks are not collectable; if you own them you are to all in-

tents and purposes a debtor. But even in the case of bonds, buy carefully.

IRRIGON NEWS ITEMS

Who wants to know what happened to the Irrigon correspondent last week? We are here. We have run down all the rabbits and weather was not favorable for plowing or building operations, so we decided it was a good time for some rest. However, we did not close our shops. Miss Myrtle McNeill spent the week with Mrs. Watkins, and returned to Boardman Friday.

H. C. Wolfe went to Portland Wednesday on the night train, and returned Saturday evening with a new automobile. We will shine some this summer.

Dayton and Elra Lamoreaux are digging a well for Mr. Wadsworth this week. Mr. Wadsworth believes in an abundance of water for the house and garden.

W. E. Alexander is also digging a well on his acreage. He is being assisted by his brother and W. A. Moore.

We regret to learn that the Umatilla people did not get their grant to establish a bank at Umatilla. However, it may be possible yet as another effort is being made. The hospital at Umatilla is one advantage to us as well and a bank there would materially assist us also. We wish Umatilla people success in both.

Lyle D. Saling reports he has purchased the Lancaster twenty acres a mile and a half west of town on the Riverview boulevard. Lyle will make a place of this in a couple of years, and will take his place among the many other successful farmers of the district.

Mr. Kenney, assistant claim agent, of the Union Pacific System, was in Irrigon Friday investigating claims, and spent the afternoon with the local agent.

C. C. Grim of Oregon City, is here spending a couple of weeks with his folks. Also Ralph Grim and his sister from Hubbard, are visiting Mr. and Mrs. Thurston Grim. Ralph is a brother of Thurston Grim, and C. C. is his son. Word has reached them that Thurston Grim was very low, and they hastened here to be near him. Mr. Grim is much better now and appears to be improving daily.

W. J. Bartges of Salem, came on the morning train Monday and is the guest of Mr. and Mrs. D. H. Hesscock. Mr. Bartges is a brother-in-law of Mr. Hesscock.

The basket ball game between the Irrigon high school and the Arlington high school at the Irrigon gym Friday evening was worth your money. The boys played a game equal to old timers, the score being tied 8 to 8 at the end of the usual time, and five minutes taken to play off the tie. Again at the end of five minutes the game was tied 10 to 10, but the timekeeper and referee ruled the ball had not left the players hands when the whistle blew, so the game was declared in favor of Arlington, 10 to 8. We believe this is going some as our boys have only practiced two months. We should all get out and support the boys. Every parent and others that can possible do so, should encourage the boys and help meet their expenses. The high school girls had arranged a nice lunch for the boys after the game at the new school where another hour or so was enjoyed by the two teams, eating and short talks by the captains and coaches.

The Union Pacific System is co-operating with the Federal Government in the control of White Pine Blister Rust, and has sent a copy of the government bulletin to all agents with a circular letter asking their co-operation and assistance in the control of this serious pest. This blister rust is doing enormous damage already, and is spreading rapidly throughout the country and every effort should be made to check it when it first makes its appearance in any community. The disease is spread mainly by the importation of currant and gooseberry bushes and the state has established quarantine to check against more of it coming into the state in this way. Soon as the leaves come on your currant and gooseberry bushes, you should examine the lower portions of the leaves and if you find any mealy, bright yellow masses about the size of a pinhead on the lower side of the leaves, you should report such cases to the local railroad agent or to State Agencies in the control of these pests and some action will be taken. Later on in the fall the disease makes its appearance in form of a hairy coating on the lower part of the leaves. They may be thick or somewhat scattering and about one-fourth of an inch long. Mr. Seaman offers his assistance in the control of this pest, and if anything appears of this or similar nature, he wishes to hear of such cases.

(More Irrigon on Opposite Page)

Now is the time to Subscribe for the Boardman Mirror

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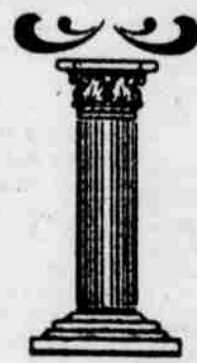
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