## 




Henry Hill Wataon, who at the age
102 has come to Oregon to apend
of 102 , has come to Oregon to apend
his declining years, sayy that "right

## 

 his declining years, says that "right
living" is tose everet of his vigor st
the vining" is the secret of his vigor at
the remarikable age he has attained the remarkabie age he has attained
but to most persone these two worde
will not mean much. They ambrece will not mean much. They ambrace of course, temperance in the use of
food, and heolthful exercise in the lood, air, and aroidance of excesses
open every kind, but they imply also normal oceupation for the mind, if one
Would live not only long but happity. Tould live not only long but happily.
It is almost a sine qua non to have a tife-giving hobby. In the case of the
venerable Mr. Wateon this was th venerabie Mr. Wateon this was th
rending of seientite and religiou books and stady of the world's bee
litarature. It might have been bee books and study of the worla's beep
litarature. It might have been bee
ing keeping, or reading of the book of the
groent outdoors, with equal value. The point lies in the enthuainam created. When one becomes blase, age is over-
thking him; while he retains capacity lindle with an inward fire be cely on it that he is atill young. The men
thin
 some oceupation that doees not tax the
bodily powers too heavily of sours promotee health and is one of the fae
tors eontributing to long life. An tors contributing to long life. An
other is to keep the physieal machin ery running as smoothly as posaible
and eapecially to avoid exwestes and especially to avoid exosses on
every sort. To do the former on sheold skeep in tooch with his physi-
eian. Indeed, at any age it is better
en cian. Indeed, at any age it is better the doetor and pay him to keep you
well rather than to wait until you gee weil rather than to whit until your
sick and then give him the more
ficult job of getting you well.
bad fear for kings.

$$
\begin{aligned}
& \text { BAD YEAR FOR KINGS. } \\
& \text { This is an unlucky year for kinga. } \\
& \text { Several have lost their thrones, some }
\end{aligned}
$$

$$
\begin{aligned}
& \text { This is an unlucky year for kinga. } \\
& \text { Several have lost their thrones, some } \\
& \text { temporaraily and others permanenty. }
\end{aligned}
$$

## $\mathrm{s}_{\mathrm{p}}$

## ca

$t$
who
whodieate and the a
lie was restored.
All this serve.lic was restored.
All this serves.
of propheciess medeof prophecies made a century ago by two great men.
Napoleon re.
Napoleon remarked that in a hun-
dred years Europe woold be "all Coe dred years Europe would aill Coe "Cosasck" as a symbol of military autocracy. He did not formesee which
would triumph, but now the outcome would triumph, but now the outcome
in clear. The Cosacks themeolves
hafe turned demoernatic. Lord Byron wrote in his diary m
1821: "The powers mean to war with the people. Let it be mo-they will be
beaten in the end. The ter are fast finishing. There will te blood shed like water, and toenrs blite
mintar; bat the people will cong cer m mistar; bat the people will conquer m
the end. I ahali not live to ivo it-but

THB HOME DRFENEE FORCR Adjutant General White, at Portmerienn war veterans and other ion enlist in the First Separate Batal-
Ioregon Home Defense Force of to be organized with the apprevederal gevernment to protect the ante grainat I. W. W. agitatora, must
enliet for the war and take a physical nlist for the
The purpose of the physical exami tho are not in the best of physical rim as it is to have a full record of oir physical condition at time of on-
iotment, so as to save the state from mentht, so as to save the state from
course, men elaims in the futvere $t$ course, mion found to be absolutely oqualifed phytically for sorvice will be refected, bot the standard will not Though the inilistment is to the for the
The period of the war, the Home Defense
Force will not be sent outside the
tate, and will be celled out for serice in the state
The Linotype makes a big differnee in a newspaper office. Without
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