

The Herald

RICHARD B. SWENSON
Editor & Publisher

Entered as second-class matter September 8, 1908,
the post office at Monmouth, Oregon, under the
Act of March 2, 1879.

ISSUED EVERY FRIDAY

Subscription Rates

One year - \$1.50
Six months - 75 cts
Three months - 50 cts

MONMOUTH, OREGON

FRIDAY, JUNE 29, 1917.



Monmouth Meditations

Some of Hindenberg's men are probably wishing that potatoes were as plentiful as iron crosses.

Uncle Sam is buying shoes by the million and the task guarantees him the understanding sympathy of the father of two or three robust boys.

Germany announces there are no traces of new devices for overcoming U-boats. It is just possible that the new devices leave no traces.

Notwithstanding various prophecies, optimistic and pessimistic, the war will end about the time the submarine is put out of business, and this, if it comes at all, will be within the next six months.

The gentle breeze that ambled in off the ocean last Saturday reminded many of our traveled fellow citizens of Eastern Oregon which is not exactly a testimonial for that section.

The Oregonian sees the call for iron smelters in Oregon but says that coal and the ore must be imported. If we remember aright Curry and southern Coos counties lay claim to all the requisites for smelting iron, not only the raw ore, but the necessary coal and limestone. Speak up, Curry, Oregon is looking in your direction.

We never miss the water until the pump gets out of order. The experience of Sunday forenoon has started an agitation for more water—in the reservoir. A new well must be dug in the near future if Monmouth continues to grow and the demand on its water system keeps on increasing. At present the demand just about keeps pace with the supply and when a shut down is necessary a shortage appears. There apparently is more water in the well than one pump can take out but it too has limitations and a second well is necessary if the city plant is to provide water to all who seek the service.

Many a sigh of regret will occur at the taking out of the large trees directly west of the Normal and to many it will seem like parting with old friends; but they go to give place to the enlarged chapel which would be compensation for the slaughter of a whole forest.

Once in a while you come across a young man and his best girl in a buggy that has been painstakingly washed. And the horse, when it passes an auto, walks on its hind feet and tries to sit down on the cross bar in its agony. This just to remind

you how common such things were a few years ago.

A small attendance at summer school does not sound as prosperous as a large attendance but it has its advantages for both students and faculty. The latter are not required to spread their exertions over quite so large a mass and the former get more in proportion. While the school with its present number seems small when compared with last year's banner attendance, it is large when compared with the attendance of few years ago, deemed big at the time.

Scene—the picnic grounds at Rickreall. The sky is overcast and occasional fine drops of rain come down. The seats in front of the speakers stand hold the usual harvest of relatives and mourners. More energetic persons stand up in front where they rest themselves by standing first on one foot and then on the other while they obstruct the view of the before mentioned relatives and mourners. A graceful moss clad maple that grows close to the stand in the center aisle and whose trunk has an angle of forty five degrees is seized upon by three lusty youths who clamber up where they can be both seen and heard.

Just as a couple of dogs start a vociferous skirmish on the edge of the crowd, Supt. Crowley comes forward, gazes intently in the direction of several points of the compass, smiles and says something about a canning demonstration. At this a lady sitting three seats ahead of you is laborously assisted to her feet by her husband and stands on the seat where you can get a fine view of the black silk she is wearing. However, by moving you manage to see a pleasant faced lady step to the front of the platform, smile and start a competition with a talkative individual in the refreshment stand at the left who is expatiating on the merits of certain wieners which he wishes to dispose of. The lady says, "A nation wide movement is in progress" but is interrupted by the opposition with "Wieners, wieners, they're hot, they're juicy, they're five cents". The lady got a brief respite and said "some means to cope with this waste". Then the lady in the black silk determined to retire, and the exit and ensuing conversation drowned everything else for a full minute. But, returning to the platform; the lady speaker, still smiling said "No doubt you all want to know how" but was here interrupted by a strident voice from one of the concessions "Here you are, gents. A bow legged, blue eyed, red haired baby for ten cents. On—ly ten cents".

The canning demonstration lady did not give up but continued to smile and continued to talk but it had begun to rain again. Several umbrellas were put up ahead and the remarks from the platform were drowned by remarks addressed at the umbrellas by people whose lane of vision had been eclipsed. Also at this time a re-union was taking place two seats ahead and the exclamations over various things of mutual interest to the group drowned out all else from the hearing.

HEALTH AND LONG LIFE.

One Way to Attain Them is to Be Moderate in All Things.

Sickness and death have always existed in the world and always will so long as man's physical constitution remains what it is. The body is evidently intended to last only a certain time, although man himself

has unquestionably greatly shortened the length of its endurance. The limit of threescore years and ten set by the psalmist deprives us of many years that are our due.

Students of longevity have established the rule that the animal body, including man's, should endure, barring accident, five times as long as it takes to reach full majority, as marked by the complete ossification of the bones. In man that period is about twenty years, and a man should therefore live to round out a century. That he usually lives only half or three-quarters as long is his fault and the fault of his ancestors.

A French writer once asserted that a man is as old as his arteries, meaning that the degenerative changes of old age were dependent upon or measurable by the degree of hardening of the arteries. That is undoubtedly true to a certain extent, but epigrams do not solve problems or even explain facts. It affords slight comfort to know that we are as old as our arteries if we do not know how to prevent them from aging prematurely.

Fortunately we do know many of the causes of the presenile degeneration that cuts us off before our time. Heredity counts for much. Some families are long lived. In others most or all of the members die young. That sounds hopeless, yet we can do much by hygienic living to lengthen our days even if we come of a short lived family. More than that, we can transmit to our descendants a still higher degree of stamina. The other causes of early aging may be summed up in the one word excess—overwork, mental or physical, worry, overeating and even oversleeping. Moderation (not insufficiency) in all things—eating, drinking, working, playing, sleeping—is the secret of health and longevity.—Youth's Companion.

The Tarantula.

The sting of the tarantula (a name derived from Taranto, a town in Italy), the most venomous of spiders, was popularly supposed to produce a disease called tarantism, which could be cured only by music or dancing, and the dance which cured it was called tarantella. You can see the peasants dance the tarantella now, but without waiting for spider bites.

A Bird Mystery.

After years of study devoted to the topic Professor Alfred Newton of Cambridge stated that without doubt bird migration is the greatest mystery in the entire animal kingdom, "a mystery," he added, "that can be no more explained by the modern man of science than by the simple minded savage of antiquity."

Roll of the Red Cross

Jessica Todd
Corenne Pennington
Catherine Schuneson
Helen Schuneson
Jean Strachon
Marion Richmond
Olianna Olson
Anna Kleinwachter
Mrs. Paul Riley
Miss Alma Riley
Mrs. C. A. Nott
J. Carl Bowman
Mrs. J. S. Miller
Mrs. C. Lorence
Ruby Ann Lorence
Mrs. E. S. Evenden
Cassie Stump
Mary Campbell
Mary A. Critser
Mrs. C. R. Butler
Mrs. M. S. Pittman
Armilda Doughty
Paradine Doughty
Anna Thompson
Mrs. A. J. Haley
T. H. Gentle
Dorothy Cox
Bertha Kleinwachter
Grace Ziegler
Mrs. N. S. Stewart
Mrs. Harriet Richards
Mrs. Fannie Stewart
Peter Ingermansen
Mrs. P. H. Johnson
Mrs. Fannie Guthrie
Mr. and Mrs. R. B. Swenson
Mrs. L. W. Waller
Mrs. E. J. Perkins
Mrs. F. S. Powell
Mr. and Mrs. K. H. Sickafoose
Mabel Lorence
H. K. Sickafoose

Building Materials

From Roof
To Cellar

Willamette Valley Lumber Co.

Phone Main 202. Monmouth, Oregon

Read your own Herald \$1.50 per year

Monmouth Transfer and Feed Stable

All kinds of transferring done promptly and on short notice

FRANK SKEEN, Proprietor.

Monmouth, Oregon

MONMOUTH DAIRY

J. M. Mc DONALD, Prop.

INSPECTED BY STATE BOARD OF HEALTH

Come and see our fine herd of Jersey Cows and clean, sanitary barn

Phone 2405 MONMOUTH, ORE.

C. G. GRIFFA,

Plumber and Steam Fitter.

Carries in Stock

Bath Tubs, Toilet Fixtures and all kinds of Plumbers' Supplies, nickel-plated or otherwise.

All orders attended to promptly and work guaranteed.

MONMOUTH,

OREGON

WOOD SAWED to Order

H. B. MORSS,

Successor to E. E. Rake

Country orders solicited

Phone 720

Good Printing is the Product of the Herald Print Shop

Mrs. Geo. Sullivan
Mr. and Mrs. J. B. V. Butler
J. H. Remington
Mr. and Mrs. F. R. Bowersox
Elsie Philpott
Wallace Stephenson
Mrs. H. M. Stephenson
M. Cornelius
Mrs. C. C. Mulkey
E. H. Hedrick
Mr. and Mrs. Ira C. Powell
Mrs. Bee Wallace
Mrs. Orpha Palmer
Mrs. Henry Estey

PATENTS

obtained through the old established "D. SWIFT & CO." are being quickly bought by Manufacturers.
Send a model or sketches and description of your invention for FREE SEARCH and report on patentability. We get patents or no fee. Write for our free book of 300 needed inventions.

D. SWIFT & CO.
Patent Lawyers, Estab. 1889.
307 Seventh St., Washington, D. C.