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GREAT DOCTOR SPEAKS WISELY

Says Unwise Use of Food is a Serious Thing For the Human Race.

The unwise use of foods has caused more deaths and suffering than all the wars and pestilence in history. It is the source of 90 per cent of the prevalent diseases of today and not 10 per cent of the people of the world escape its direct effects.

These assertions were by Dr. J. N. Hurty, State Health Officer of Indiana and one of the country's most prominent authorities on hygiene, in an address recently at the first day's session of the annual meeting of the Oregon State Medical Association.

Dr. Hurty scored not only the foods as they are used, but also denounced the use of medicines in the manner they are used today, declaring that medicine and doctors are destroying life by carelessness. His address was on "The New Hygiene."

Care Now First

"We have with us in the medical profession now as new hygiene," said Dr. Hurty, "and it is indeed new. The old hygiene was shallow, consisting principally of quarantining the sick person and attempting to check disease by keeping persons from coming in contact with the disease and in that manner becoming infected. The new hygiene which the physicians are practicing now, or rather should practice, calls for a cure of the disease before it manifests itself. The future in hygiene will be the absolute realization of the science of eugenics. This will mean the checking of disease by depriving of the privilege of parenthood to the unfit. The unfit are those who are liable to disease through the possession of a strain of insanity, criminality or idiocy."

Dangers in Eating Told

"In the new hygiene I believe that insanity, crime and idiocy are in 95 per cent of the cases medical problems. We have had courts and prisons for thousands of years and there is still an increase of crime. Now, we must get at the medical part of it and cure it by new hygiene or the practice of the science of eugenics. People must learn that eating is absolutely dangerous. What I mean by eating in this instance is gorging or eating poor foods. It is the cause of self-poisoning or auto-intoxication among 90 per cent of the people of today. To it is traceable most forms of rheumatism, facial eruptions, malaria, cholera infantum and many other diseases."

"Now as to the procedure against these diseases, according to the new hygiene: We must practice still more cleanliness and care in cultivating and preparing foods and we must eat more moderately. And, above all, eliminate gorging. That practice distends the intestinal tube, making it easy for disease organisms to enter the circulation."

Germs Find Way Easy

"It has been shown by experiment that a tubercle germ can pass through a healthy intestine into the circulation and produce consumption. The food may be full of disease germs or we may drink water which is infected with disease germs and it is possible for these germs to pass into the circulation through the walls of the stomach. Small particles of sand or sharp points of berries may cause small scratches in the stomach and the disease germs pass through these very quickly."

It is an absolute fact, established by hygiene, that if the human family would cut down the pleasures of the table and eat rationally their strength, happiness and wealth would all be increased by 50 per cent. I consider that there is nothing new in what I say because Solomon once said, "Be ye not among wine bibbers, among riotous eaters of flesh, among gluttons, for such are an abomination unto the Lord."

Use of Liquor Condemned

"Another great source of evil which impairs the health according to our new discoveries in hygiene is the use of alcoholic liquors. The poisoning power of these can hardly be exaggerated. Temperance can be taught from a high scientific standpoint of self-preservation as well as from a moral standpoint. The explanation of this is that alcohol will impair and even paralyze the white corpuscles of the blood, called phagocytes. These phagocytes are the police of the blood so to speak, and they keep out infection. Hence to destroy the phagocytes is the same as removing the police protection from a community."

"Not only alcohol but medicine destroys these policemen of the blood. A great evil is the administration of drugs as it is done in many cases at present. Drugs have a great effect on the system, the same as food has, and a doctor should use the very greatest of care in the use of drugs. The misuse of drugs and medicine is a source of great evil."

Cash Prize Offered by County Court. In order to secure an exhibit for State Fair of grains and grasses the County Court hereby offers a cash prize of \$250 and \$150 respectively as first and second prize to any child in the county, for the best sample of each variety of tame grass, grain, clover or alfalfa raised in this county all samples to be six inches in thickness, securely tied and labeled with name of collector and variety, sample to be left at any real estate office in Dallas, Independence, Monmouth or Falls City. Cash prizes will likely be offered on fruits etc. later on.

By order of the County Court.

PAVING IN PROGRESS

The paving company began work in earnest on Monday in Independence. Much gravel and dirt had to be moved to reach grade. The company has a splendid outfit and everything moves. They have a lot of very fine mule teams and the way they can pull is surprising. It looks as if they would get through on schedule time at the rate they are going.

Six Head of Horses for Sale.

1 black mare 8 years old, wt. 1800 lbs., \$250; 1 brown mare 4 years old, wt. 1350 lbs., \$275; 1 bay mare 4 years old, wt. 1300 lbs., \$200; 1 black gelding 2 years old, wt. 1280 lbs., \$150; 1 standard bred colt 2 years old, wt. 1200 lbs., \$250. Inquire of Polk County Real Estate Co.

STATEMENT

Of the Independence National Bank, of Independence, County of Polk, State of Oregon, showing the amount standing to the credit of every depositor July 1, 1911, who has not made a deposit, or who has not withdrawn any part, principal or interest, for a period of more than seven (7) years immediately prior to said date, with the name, last known place of residence or post office address of such depositor, and the fact of his death, if known.

G. W. Hitchins, Independence, Or.—dead—	\$10.00.
C. E. Brown, Independence, Or.—dead—	\$7.87.
Gnols Larson, Independence, Or.—	\$2.00.
Mrs. R. M. Pritchett, Independence Or.,	\$1.40.
W. K. Withrow, Independence, Or.,	\$5.00.
Chas. L. Howe, Independence, Or.,	\$1.15.
Margaret Mason, Independence, Or.,	\$6.08.
Mrs. K. G. Drewsey, Independence, Or.,	\$2.00.

STATE OF OREGON,

County of Polk

I, C. W. Irvine, being first duly sworn, depose and say upon oath, that I am the Cashier of the Independence National Bank, of Independence, County of Polk, State of Oregon; that the foregoing statement is a full, true, correct and complete statement, showing the name, last known residence or postoffice address, fact of death, if known, and the amount to the credit of each depositor as required by the provisions of Chapter 148, of the General Laws of Oregon 1907.

C. W. Irvine.

Subscribed and sworn to before me this 12th day of June, A. D. 1911.

B. Wilson—Notary Public for Oregon.

MAY ESTABLISH NEW BOAT LINE

Skinner Brothers Have in Mind a Service Which Would be Great Benefit to All.

The Oregon Electric had four men working on the East Side the past week near Independence, taking up the options made for land some time ago, paying off the people and getting deeds to the right of way. Before long Independence will thus be connected by electric trains with Portland.

We understand that a station is to be established just down the river two miles from Independence and a boat line started between that station and Independence running twelve times daily. This will be a great blessing to this part of the country and is a result of the great improvement in going on in all directions about us. Men sit around and say "If I had bought this or that property five years ago I tell you I could have doubled my money." These same men will be saying the same thing five years from now concerning property for sale today. There never has been as good a time to invest in land and city property as now. Independence in value has but just begun. The men who are able and wise will greatly increase his holdings now and in the near future. He who owns good land has invested his money the most wisely.

There is nothing to indicate that times will not continue good and that the price of staple commodities will be materially lowered. It will become harder and harder to make ends meet on the wages offered by corporations. Instead of investing in automobiles, and such like luxuries let every one who can get hold of a good piece of land and improve it, and the poor house will not be in sight. Let those who have land care for it. We need an inspector of farming. The man who does not properly care for the land he farms ought to be shown how and then compelled to do the right thing for the land. A farmer from the east came here and bought a piece of land that every one thought was run down so that it was worth little or nothing. He sowed it to vetch and when that was ripe disked it into the soil mixing it thoroughly. From this a great stand of vetch was secured and when it was in bloom he turned it under and sowed it to gray cats and got 76 bushels to the acre. No land on earth will respond to proper farming better than the land we have here.

AGRICULTURE AS A SCIENCE Special to The Enterprise. Washington, D. C., July, 20.—Hail to the tiller of the soil. He has won the respect of the world. Perhaps you have noticed that it isn't so common to decry his occupation as it used to be before Uncle Sam discovered it to be a science. Now young men are flocking to the agricultural schools and colleges and many of them are graduating into professorships, or into positions as experts with the government. One of the latter has just returned to Washington after spending 2 months in Spain and Sicily investigating lemon growing. He is G. Harold Powell, whose work for the Department of Agriculture in the investigation of causes of fruit decay in cold storage and in transit attracted such wide attention. The citrus fruit growers of California held his talents in such esteem that they tried to get him to go out there. When they got up to an offer of ten thousand dollars a year he succumbed and he is now secretary of the Citrus Protective League of California, a business organization of agriculturists which has been fighting for a tariff on lemons that will permit the industry to survive. Having secured that tariff, the organization is now combating the organized campaign of Sicilian importers to have it reduced. The latter have raised a big fund to influence public opinion in this country and to affect legislation.

FOR SALE.

A team of chunkey, well made work horses in good condition, for sale for only \$50.00. Inquire at the Enterprise office.

OUR KIND HEARTED CITY MARSHAL WHILE DOING HIS DUTY STRUCK IN THE FACE AND ABUSED

J. H. Feagles, our City Marshal, Saturday night while arresting Sam Sims who is reported as drunk and disorderly, was ruthlessly attacked by Bob Steel, so we are informed. He struck the Marshal in the right eye a vicious blow, cutting open his face and greatly injuring the eye. The plucky, faithful marshal, bleeding profusely, held onto his man and landed him, while Steel fled and got away. The citizens were enraged and in no measured words spoke their disapproval in no measured language. It is to be hoped that the perpetrator of this dastardly assault will be brought to feel the strong hand of justice and learn how serious a matter it is to attack an officer of the law while doing his duty.

TO HAVE A GREAT SALE

Peter Cook, the successful merchant of Independence is to have a big sale lasting ten days. See his large page ad in this issue of our paper.

Peter Cook, our well known merchant is going to sell things so cheap and they are such nice things that you just can not keep from buying. See big ad. in this issue.

If you do not have plenty to eat it will be no fault of Peter Cook. You just see his big ad in this week's Enterprise and COME a running.

Mr. and Mrs. Harry Clodfelter of Portland, are visiting at the home of A. C. Moore. Mr. Clodfelter is a prominent Real Estate Dealer of Portland.

Mr. Cunningham, the traveling demonstrator of Leese & Hoskins, was showing up their coffee at Peter Cook's store recently and good coffee drinkers were delighted. This great coffee is sold by Mr. Cook.

E. C. Vannur, who has been visiting of Mr. R. E. Ferguson, has returned to his home in Seattle.

LOTS OF LOGS

Mr. James Day, who is in charge of a log drive for the Spaulding Lumber Co., passed Independence on Tuesday. This drive has brought down 25000 logs from near Cascade and Mr. Day says it is the hardest drive he ever made. He has been four months on this drive. The high water left the logs piled up 20 feet high and some times drifted them for two miles. Skidways had to be built to bring them in. The men and teams are badly worn. His men all got drunk when they got to Independence and he had an awful time getting started again. When Mr. Day gets in he expects to go with his family to British Columbia for a much needed rest.

MY LITTLE FRIEND GOES OUT ALONE

Legislative Halls of Our Land Make His Downfall Possible.

(A true story by the editor.)

He grew up near me from a plump, chubby boy. When I preached he was there and listened as though he would never forget it, he won my heart and became my darling chum and pet. When twelve years of age he was a clean, ruddy cheeked, happy, curly headed lad. I can never forget how he looked. His face is engraved on my very soul. How his mother and fond little sister prayed that nothing would ever harm him that he would never know the ways of sin. Hard times came, the awful times of 1892. Men staggered under the load and children were made to cry for bread. The low moan of the widow mingled with the cry of the sobbing orphan. These were times that tried men's souls. My boy friend though so young, took it upon his shoulders to get food and clothing for his mother and little sister. How brave he was, I never saw a braver. Strong men might be disheartened, but my little lad would never be a coward. How he worked in the brick yard under the burning sun. Many times, as I saw him, would my eyes fill with tears as I watched him nobly bear his too heavy load. With what joy he brought home every cent of what he earned. Nothing for candy. No. Chewing gum? No. Tobacco? No. Every cent for bread and clothes. Did he ever complain? Never. He was the bravest, best boy I ever saw. Surely God and the angels were glad that such a creature was in their domain. Such a soul must be akin to God! While other boys went fishing and to play, he worked and smiled on. What would I do for him? What would I do for him? On Sunday he was always in his place in Sabbath school and church. As I looked at him he would smile back at me. My darling little friend! How my children loved him. As the years have come and gone and they have grown to man and womanhood how often we have brought again to view his lovely face! How the years have sped on. How often have I wondered where he was. Surely no one can ever harm him. No one would ever cause such a soul to go wrong. He must be safe in such a beautiful world as this among people made in the very image of God.

Eighteen years have gone since he left me and I went away from him.

Eighteen to me, eventful years. I have lost sight of my little friend, do not know where he is, but why do I fear for him, he so brave and noble must be safe. Yes he is somewhere in a lovely home, surrounded by a noble family—his very own—one so industrious and good will always make a mark in the world.

He may be high up in his community. He may be greatly honored by his fellows. A leader in his nation. He may be in Heaven.

I am in my office in Independence many, many miles from where my little friend and I knew and loved each other. The day is a lovely one. Men had been good to me. God was kind. I was at peace with all the world, and happy in my relations, when a man entered my office. He was shabby, dirty, hungry, bleated, sick, feverish, conquered, ruined. The delirium coming fast, trembling from head to foot. Instantly I knew him and he knew me. The image was not all gone from his face—my little friend. The world will never know my feelings. He advanced, hesitated, his eyes glaring and pitiously called my name and I called his. It was some time before we could speak. Where has he been? Among barbarians, cannibals, heathens, or devils? Who could have done this? My own land, my own government, for which my father fought and I suffered. What has he done, Oh my native land? Thou hast said it was good to make my little friend like this and in your legislative halls have even made it possible. Am I mad at the saloon keeper? No. There is nothing I would not do for him; but my heart aches so because this awful havoc is done to my friend, my little chum. If it had not been in the land he would not be thus ruined. If he had not been sorely tempted he would not have gone down. He begged me for a quarter, then he begged me to give it to him. I could not give it to him, lest one more drink would send him into delirium, to death. How he clung to me. How he looked at me. How helpless I was to aid him. I offered him my home, food, everything I had, but he turned from me, his friend, perhaps on this earth his only friend but God and crying "I feel them coming now," he went out into the wide, wide world. And it was night.

Kidney Diseases are Curable

under certain conditions. The right medicine must be taken before the disease has progressed too far. Mr. Perry A. Pittman, Dale, Tex., says: "I was down in bed for four months with kidney and bladder trouble and gall stones. One bottle of Foley's Kidney remedy cured me well and sound." ask for it.

Sold by Williams Drug Co.

SPECIAL SALE

on all our Summer Wash Goods, both plain and figured Lawns and Demities. Also all our Men's \$4.00 Walk Over Shoes; to close them out we are selling at \$2.95 per pair.

We have a good line of Men's Summer Suits which we will close out at from \$3.00 up to \$5.00. Five dozen pairs Ladies' \$3.50 St. Cecelia Shoes. Special \$2.95. Also some Childrens' and Misses' Shoes at the same low reductions. These goods will be sold just as advertised. All genuine bargains. Come quick, for they will not last long.

Conkey, Walker & Lehman

The Two Leading Stores of Independence.