

The Sentinel

A GOOD PAPER IN A GOOD TOWN

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Automobiles in Canada now number 516,307, or one car to every 16 persons. Ontario owns the greatest number of cars, having 238,600. Quebec is second with 69,324, and Saskatchewan third, 41,885 and Alberta with 40,368. British Columbia occupies next place with 33,880 cars.

Thousands of foreigners are waiting on the Mexican side of the Rio Grande to be smuggled into the United States, according to immigration inspectors of Federal District No. 22. Organized bands of smugglers put the foreigners over the line for ten pesos (\$5) a person. The inspector stationed at Laredo estimates that 300 foreigners at Nuevo Laredo are awaiting transportation across the border.

Thousands of aliens have entered the United States since Sunday, when new quotas under the immigration law went into effect. Twenty-four steamships, carrying eleven thousand foreigners lured to "the land of promise," arrived early off New York City, waiting the hour when they could dash into quarantine with their loads. The immigrants came from 42 countries. About two thousand a day are being passed by government inspectors. Quotas of some nations will be exceeded and many will have to return home.

The United States Navy will not accept men for enlistment who are given the option of joining the navy or going to jail as punishment for commission of crime, says Lieutenant Commander Daniel E. Barbey, recruiting officer for the Portland district. A recent case of this nature came up when Judge Barnard of Eugene sentenced Ernest Eller of Coquille to the reformatory school for passing bad checks unless he would enlist in the navy. Lieutenant Commander Barbey wrote Judge Barnard calling his attention to the undesirability of having such men in the navy and stated he had refused to allow Eller to enlist.

President Harding says: "The nation had deliberately, after many years of consideration, adopted the present policy, which is written into the Eighteenth Amendment. It is the law of the land and of every state within the Union. So long as it remains the national policy there can be only one course for the National Government to pursue—that is to use every means to make effective the law passed in compliance with this constitutional mandate. To do this will be the unquestioning policy of the present administration, and I may add that I am firmly convinced that it must be the policy of other administrations that shall come after me."

LIMITING AIR FORCES

Prime Minister Baldwin's proposal of an agreement for the limitation of air forces meets already the foreseen obstacles. Paris receives the proposal very well, but assumes that it means an agreement to maintain the existing ratio of strength in the air, which is certainly not at all what the British prime minister intended; indeed, to alter the existing ratio is the explicit purpose of the new program announced by the British government.

For the French interpretation there is some warrant in the Washington naval treaty which France has not yet ratified, and to which ground that by taking present strength as a standard it consigns France permanently to the position of a second-class naval power. If Great Britain were willing, which it quite certainly is not, to bind itself by treaty to the permanent status of a second-class air power, the naval treaty could probably be ratified in 10 minutes.

There is, however, an obvious difference between the two cases. The French urge, and with some justice, that the relative naval position of their country at the time of the Washington conference was abnormal, owing to the concentration of effort upon winning the war on the western

front and the consequent curtailment of new naval construction. As far as it goes this contention was sound, but not very important because even before the war France had ceased to compete with Germany at sea and had allowed itself to fall into the second class with the assurance that its shores would under some circumstances be protected by the entente with England.

The case is quite different with air power, which was so new a thing in 1914 that no country could be said to have an established primacy. France and Germany had a long lead as compared with England, but it was not of a character pointing to permanence. Before the war ended Great Britain had practically overtaken France and could perfectly well have maintained its 1918 position. Instead, it set itself at once to reduce its military forces, including the air service, an aim to which the allies dedicated themselves in the treaty of Versailles, though in most countries little progress has been made in that direction.

It is open to the British government, therefore, in case France should propose present strength as a standard, to make the counterproposal that the standard taken should be the air forces of the several allied powers at the time of the armistice. But it is tolerably certain that this basis would not be accepted by France. It is difficult, therefore, to see any way to break the deadlock, or to avert a new competition in armaments, the forecast of which is already causing apprehension in Europe. The situation is one which should spur our own government to do its utmost to continue and complete the beneficent work begun by the Washington conference. The value of the splendid work done there will be greatly supplemented by corresponding agreements to avert competition for preponderance in the air.—Springfield Republican.

HOW TO USE VACATION

The chief business of the child for the first twelve or fourteen years of his life should be to grow strong physically. During the school term of eight or nine months he is usually living in a more or less unnatural way, sitting still for longer periods than he should, following out processes of logically arranged thought, and much too often doing things in which he has little real interest. His natural growth, physical and in many cases mental, is more or less interfered with.

Vacation time gives a good chance to overcome some of the drawbacks of our schools. Three months of long hours in the fresh air and sunshine, tramping, swimming, hunting, fishing and playing, a moderate amount of physical labor for which the child is held responsible, plenty of plain wholesome food, sleeping out of doors, and he will return to his school in September with the browned body, alert mind and a fund of information that the school could not possibly give him. His interests will be widened, his muscles and mind strengthened, and he will have learned how to use his leisure time.

Health Notes

One case of typhoid fever has been reported at Myrtle Point. This sickness has developed in spite of vaccination one year ago, and it must be explained on the ground that either a very massive infection occurred or else the patient is one of the few who do not develop complete protection by vaccination. This is the tenth known case of typhoid fever to occur along upper Coquille river and its tributaries within a year. Everyone living along the river would be wise to take advantage of typhoid vaccination without delay.

Three cases of scarlet fever have developed at Myrtle Point; also a very light case of scarletina at Myrtle Creek. Careful isolation of the patients for at least thirty days will stop all further spread of the fever. Avoid cases of whooping cough until the whoop and red eye lids have entirely subsided. Whooping cough, contrary to general opinion, is no longer considered harmless but is now known to leave after effects.

A very severe case of pink eye with much redness and discharge is reported. Such an infection is spread by the purulent secretion from the eye and whatever it comes in contact with, such as hands, towels, wash cloths, door knobs, etc. Those affected should secure treatment at once and should be careful to avoid further spread of the infection by great care of hands, towels, handkerchiefs, etc.

This is health week. The idea is for everyone to take stock of himself on his birthday by going to his family physician and asking for a complete physical inspection. You will be glad to know it if you are physically sound and you should know it if you are not. Henry W. Irwin.

The Sentinel and the Oregon Farmer can still be obtained for \$2.15 for one year.

What Every Mother Wants to Know About Her Baby.

By Anna Steese Richardson In Woman's Home Companion

HOW SHOULD A BABY GROW?

1.—What does the average baby weigh at birth?
Seven pounds.

2.—How fast should he gain?
During the first few days, nothing. He generally loses a few ounces. After that he should gain six ounces a week, some weeks a little more, some weeks a little less, so that at the end of six months he weighs 14 pounds, or has doubled his weight, whatever it was. After that he gains a little more slowly, three or four ounces a week. At a year, he should weigh three times as much as at birth. If he does not show this gain a physician should be consulted. A thin baby may seem healthy, but he is not. A normally healthy baby should be fat, not heavy or lumpy but moderately fat.

3.—How shall I weigh my baby?
On the regulation baby scales with a platform and basket. The ordinary dial or spring scale offered for weighing babies is useless. The best substitute is a grocer's small-sized platform scale. The baby should be weighed before he is bathed and fed. He should be stripped for each weighing and a record be kept.

4.—Does weight indicate good health?

Not necessarily, but if a baby does not grow he is not normal. At a month, the average baby measures about 20 1/4 inches; at 3 months, 22 inches; at six months, 24 inches, at 1 year, 27 inches. This is the average height for the baby who starts life weighing 7 pounds.

5.—My baby's head is rather large. Will he have trouble in teething?

A large head sometimes indicates certain conditions which become more active or pronounced under teething or any other special strain. The head of a child, 6 months old, weighing about 17 or 18 pounds, and measuring 26 or 27 inches in height, should measure in circumference 17 1/4. The chest should be the same size and the abdomen just a trifle smaller. At 9 months, the weight should be about 20 pounds, the height about 28 and the head measurement about 18. The baby should be looked over by a physician.

6.—Should a baby sleep on its right or its left side?

Birthday Reminder

At the end of the year all successful business enterprises take an inventory of their assets and liabilities and a report is made to the stockholders. The future plans of the corporation are made after a careful consideration of the profits and losses of the year. Operations that have not been profitable are discontinued and methods that have proven successful are adopted.

The greatest business is life and living, and its greatest asset is health. A complete physical examination is in the nature of an inventory, by means of which the unprofitable and preventable disabilities are eliminated. The birthday closes the year and a complete physical examination makes it possible to plan an intelligent way how to avoid the unprofitable liabilities.

The physician is interested in conserving health and preventing disease. He is the expert accountant that looks over your record for the past year and determines whether you have been operating at a loss or not.

Successful living, like successful business, is not due to luck but demands intelligent consideration.

The birthday should remind you that it is time for a health inventory before proceeding on another year of uncertainty.

A careful study of human bookkeeping reveals the fact that many men are operating every year at a tremendous loss and it is only a question of time when they will become health bankrupts. As a plain business proposition you need a yearly physical examination. Let your birthday be your health inventory day.—State Board of Health.

To Those Who Love Children

At last the black stain on Oregon's fair fame in the fact that there has been an utter neglect of care for dependent and homeless children save in sectarian institutions, and these unable to care for half of them, is partially removed in the opening of the Children's Farm Home of the W. C. T. U. with two cottages completed for occupancy. These cottages with capacity of twenty each, will only care for a tithe of the really homeless children, over eighty having made

Alternate the position. This is especially good to develop the shape of the head uniformly. Be sure to lay back the baby's ears when tucking him in bed.

7.—When should the fontanelle close?

Not later than 18 months.

8.—When should a baby notice what goes on around him?

At about three months. Before that he does little except sleep. At three months he notices his hands and responds to slight noises or gentle pats. At four months, he tries to hold up his head; at six he can sit up with a pillow against his back, and cries when taken from his mother or nurse. At nine months he can sit alone on the floor, and usually tries to creep and play.

9.—When should a baby walk?

The age varies with the family traits and health of the baby. He should never be urged to walk. One year is early enough. If he is not walking at 18 months, a physician should be consulted. Heavy, bunglesome diapers interfere with walking. See that your baby learns to stand straight. Have any tendency to bow legs treated at once.

10.—How early does a baby begin to talk?

He makes unintelligible sounds like "goo" at three or four months. At nine months, if he has no speech defect, he makes an effort to say "mama," and at a year he can call both father and mother, or nurse or favorite sister. At two years, he should join simple words. From the very start, teach him to speak pure English, distinctly.

11.—My baby is subject to colds and catarrh. What is the cure?

His condition is probably due to one of two things—lack of ventilation or adenoids. A room which is not ventilated and is full of germs causes a baby to take cold frequently, while plenty of pure, cool air wards off cold germs. If the difficulty comes from adenoids, these must be removed as soon as your family physician considers the baby old enough and strong enough. If he breathes through his mouth, habitually, he probably has adenoids. Since physicians have been removing adenoids, catarrh has become less common.

application for homes, and applications coming in every day.

There are unquestionably five hundred children in the state in pitiful need and double that number who should be cared for. It can be readily seen that the work of providing for dependent children is only begun and that every one who has a heart of flesh should at once lift a part of the burden even to the extent of sacrifice. Four other cottages should be begun this very month and will if money comes in to pay contractors. As an illustration of some of the children making applications, one, a girl of about eleven with a partially paralyzed father, her sole caretaker being a grandmother of ninety-two years with almost no income. Another a boy of eight years, mother deserted by her husband with four children to care for, temporary homes found for two, mother struggling to care for the baby while earning her own living and believing that after a few months she can take this boy back again. Four, mother dead and father a convict, these three—five, seven and twelve years of age found with scarcely enough clothing to cover nakedness. Five others from two families with demented mothers—to care for them. Many more of equally pitiful history must be refused for lack of space.

The W. C. T. U. women are working, giving and sacrificing heroically, but the burden is too heavy for them. Every woman's club, fraternity, church, Sunday school, in fact every organization in the state should make the largest possible contribution at once, while every individual who has a dollar or more to spare should send at once to Farm Home office, to save and shelter helpless children.

Ada Wallace Unruh,
615 Stock-Exchange Bldg., Portland, Oregon.

Feed For Broody Hens

Hens that want to "set" but do not have any eggs should be given careful treatment and good feed, instead of being thrown into a lockup and fed like an unruly prisoner.

A good ration for the broody hen and one which works well in getting the young pullets in shape for laying next winter is recommended by H. A.

MONEY

When accumulated and directed into the field of investment becomes Capital and possesses the power to reproduce itself and to multiply the energy and productiveness of its possessor. To save a part of your earnings is a sure way to have money.

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Bittenbender, professor of poultry, as follows:

One hundred parts of ground corn, one hundred parts of ground oats, one hundred parts of middlings and thirty parts of tankage, to be fed with all the milk the birds will drink.

According to Philip Philpott, of Prosper, he was not to blame for a collision on the paved highway near Millington, when his car and that of J. T. Haughan came together, but he pleaded guilty in Justice Joehnk's

court today and paid a fine of \$10. Mr. Philpott said that Haughan failed to dim his lights and this blinded Philpott. Haughan was fined several days ago in connection with the affair, but the charge was for not having a driver's license.—News.

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