

# HEALTH AND PUBLIC SCHOOLS; VIEWS OF VETERAN EDUCATOR.

**W**HAT are termed by the author "some rather sweeping generalizations" on the subject of medical inspection of school children are contained in an article entitled "A Lesson From Medical Inspection of Schools," published in the Psychological Clinic, a journal edited by Professor Lightner Witmer of the University of Pennsylvania and published in Philadelphia.

The author of the article is George H. Martin, who has been an educator for forty-four years, supervisor of the schools of Boston and since 1904 secretary of the Massachusetts board of education.

The medical inspection of children in schools has been so beneficial, according to Mr. Martin, that "a community which has not provided through its proper authorities for a thorough-going inspection of its schools is guilty of criminal negligence." He points to the discovery that out of more than 400,000 children examined in Massachusetts \$1,000 were found defective in vision and \$2,000 in hearing, and to the results of other examinations as throwing much light on the subject of backward and perhaps delinquent children.

Concerning the immediate results of the examinations he writes: "Then we consign the unfortunates to the care of the family physician, send them to the public dispensary or the public clinic, or send the school nurse to look after the cases in the home, and by these means we patch up a few. Some glasses are provided, some teeth cleaned and filled, some adenoids removed, and many children begin to know the joy of living."

"All this is good. It is worth many times what it has cost. But is it



**Hardening of the Arteries.**  
"A man is as old as his arteries," was said some time ago by a French physician; and the saying, like so many others of the phrase-loving French, has a good deal of truth in it and not a little error.

There is many a man, old in years but young in spirit, whose arteries are like pipe-stems. "So brittle do they seem, indeed, that the physician hardly dares feel the pulse, lest he crush the friable artery under his finger; yet these old people are active in mind and body, and seem often much younger than men of but two-thirds their years."

Again, one meets old and feeble folk whose lives seem to flicker dangerously, like a candle flame in a draft, whose arteries are as soft and compressive as those of a child.

In general, however, the saying is true, and especially in premature old age it will usually be found that the arteries are hard, with fibrous thickening. If not already more or less calcified, hardening of the blood-vessels—arteriosclerosis is the accepted medical term—consists in a fibrous overgrowth of the walls of the arteries, usually following more or less degeneration of the normal tissues of the vessels. As to just how this comes about, physicians are not entirely agreed. It is probable that the change occurs first in the very minute vessels, those that run through the walls of the larger vessels supplying them with blood for their nourishment. When these are hardened by the deposit of fibrous tissue they carry less blood and carry it more slowly, and so the nutrition of the walls of the larger vessels is reduced. This leads to softening, and then Nature tries to repair the damage by the only new tissue at her hand—namely, fibrous tissue.

Later, these fibrous and thickened walls of the larger arteries may be hardened still more by a deposit of lime salts from the blood.

The arteriosclerosis so common in old age is the result of "wear and tear." An elastic tube dilated by hydraulic pressure and then contracting ten thousand times a day will have done much work by the end of seventy years. In younger life arteriosclerosis is most commonly caused by intemperance—not in drinking only, but in eating, especially meat-eating, without enough exercise to consume the excess of nutrient material. Overwork,

enough? Have school people done all their duty when they have admitted the school physician and the school nurse to the sacred precincts of the schoolroom, when they have sent out the warning notices to the parents?

"Supposing that all defects have been discovered and remedied, so that school life goes on without its aches and pains. Must we go all over it next year and the next and forever? The Massachusetts law says that every child shall be examined annually for defects and disabilities. There is no statute of limitations. Is there any hope of limitation? Or is the social mill to go on grinding out diseased and enfeebled children by the thousands in definitely?"

Dealing in the advance in personal and domestic hygiene, Mr. Martin records signs of hopeful progress. He finds "that the ignorance of the laws of health and conditions of health is less dense than it once was, is undoubtedly true." The educational forces that have brought about this change are many—the medical profession, the press, discussion in women's clubs and the influence of the public schools. The teaching of physiology and hygiene in many schools he thinks is good.

"To-day the physicians, general and special, are more alive to the needs of the times than are the school people. No permanent results of the present agitation for better sanitary conditions, domestic and public, can be hoped for unless the schools co-operate with all the other agencies. The universal need is for the higher order of intelligence respecting the things that make for health, and the foundation of such intelligence must be laid in the schools."

worry and chronic poisoning, such as lead-poisoning, are also factors.

The best thing for arteriosclerosis is not to get it, and the best way not to get it is to be moderate in everything. People growing old should be examined medically every six months, and then incipient arteriosclerosis may be detected and perhaps arrested by proper diet, drugs and regimen.—Youth's Companion.

**BAD PARROT A PRISONER.**  
Profane Bird Hauled Out of a Tree by a Policeman and Arrested.

Charged with resisting an officer, using profane language, being a disorderly person, causing a crowd to collect, trespassing on park lands prohibited by law, and being disrespectful to a policeman without cause, a parrot is a prisoner in the office of the Essex County Park Commission in Newark waiting for its owner to square things with the authorities, according to the New York Times.

When Sergeant Wilson passed a tree in Branch Brook Park he noticed a crowd gathered around the foot of it. He hastened to the spot and was informed by a boy that some one was up in the branches "swarin' awful."

"Here, you, come down out of that," yelled Wilson. "You're violating the law."

"Oh, you bonehead! You hamfat!" came the answer from the new and thick foliage.

"I'll give you a minute to come down. Then I'll pull you down," said the angry sergeant!

"Robber! Help! Take him out! Bonehead! Strike one!" said the voice from the tree.

"He thinks he's at a baseball game," said one of the crowd.

"I'll go up and bring him down," said Sergeant Wilson, who was convinced by that time that he was dealing with a crazy baseball crank. The crowd admiringly watched him climb the tree, and looked at the commotion in the branches, there being sounds of deep breathing, imprecations, and struggles. In a few minutes the policeman reached earth somewhat ruffled, but triumphant, with an angry, profane parrot in his hands. The park commission is waiting for a man with an extensive baseball vocabulary to lay claim to the bird.

**Highly Esteemed.**  
"Do you think that most people nowadays worship money?"

"No; I won't go as far as that," answered the home grown philosopher, "but I will say that the love of money is seldom platonic."—Washington Herald.

The women regard it as nothing against a man if he has buried several wives, providing he keeps their graves looking trim.

Chicken-hearted people are always ready to hatch up an excuse.

## STORY OF GENERAL GRANT.

**Incident of Their Globe Tour Told by the Great Soldier's Wife.**

Gen. Grant's birthday recalls to mind many characteristic anecdotes of the "silent man." One that Mrs. Grant used to delight in telling was an incident that happened when they made the famous trip around the world, as they were going through the Mediterranean, the Washington Post says. She told it apropos of a story that was widely published of how the general, during the Civil War, happened into the home of a unionist in the south, quieted a colicky baby by walking it up and down the floor and singing to it while the mother prepared some chicken for his luncheon. Now, Gen. Grant could neither sing nor whistle; in fact, he could not turn a tune, and the story, therefore, was made out of whole cloth. When they were sailing through the Mediterranean on the United States man-of-war Vandalia they passed the island celebrated in Homer's verse as the home of the sirens, whither Ulysses was decoyed by these seductive ladies. As their ship neared the island a number of the officers abroad went to Mrs. Grant and told her that she should look to it that her husband's ears were stuffed with cotton, lest he, too, be enticed and led astray by the singing of those same beautiful creatures, whereupon Mrs. Grant laughingly informed the alarmists that the general was immune to the influence of singing, since he did not know one tune from another. But they insisted that these creatures were so beautiful that their faces, if not their voices, would win him. Mrs. Grant, however, with a brightness with which she was not always credited, replied that Homer's Ulysses had been deluded because he had left his wife. Penelope, at home, while she, on the contrary, taking warning from that old tale, had accompanied her Ulysses, whom she felt sure would be protected by her presence even from the allurers who ensnared the classic Ulysses.

## COW ATTACKS AUTO.



Dr. Grant Chaney of Portland, Ind., will have a large bill to pay for repairs to his auto because of the unwillingness of a cow to move out of his way quickly. The doctor was returning from a country call and his machine was going at a good clip, when with a suddenness that almost threw the doctor from his seat, the machine struck the cow. The animal was not hurt physically, but her feelings must have received an awful jar. Regaining her usual stand, with a doubling up motion readily recognized by any one who has ever come in contact with cows, she unbent and did things in the way of bucking, horning and kicking to the automobile that must have brought delight subsequently to the heart of the repair man. She kicked the lamp, the dash—everything that was within reach. Every time she kicked she left a dent or a break. Finally she permitted the auto to proceed on its way. The doctor says he will in the future regard cows along the highway as certain danger signals.

**A Terrible Threat.**  
"You say your titled son-in-law holds threats over you?"

"Yes," answered Mr. Cumrox. "He has us where we can't give him any argument at all. Mother and the girls say we must yield for the sake of the family honor."

"Is there—er—a skeleton in the closet?"

"Not at all. He simply announces that unless he has his own way he'll get naturalized and be a plain American citizen."—Washington Star.

**Vicious Osculation.**  
He was having some words with her chaplain.

"I'll—I'll kiss her right under your nose!" he said defiantly.

"Oh, well," said that lady, "vicarious kissing like that I can see no objection to."—Boston Transcript.

**Plausible.**  
Irascible Magistrate—Officer, why did you bring this prisoner up before me? Can't you see he's as deaf as a door-nail? Policeman—Oh was told you'd give him a hearing, sor.—Judge.

It occasionally happens that a woman thinks she is looking soulful when she is really looking sour.

A kiss on the lips is worth 3,000,000 on paper.

## GIGANTIC UNDERTAKING.

**Irrigation Congress Will Ask for Improvement of National Resources.**

Arthur Hooker, secretary of the board of control of the National Irrigation congress, will present a resolution for approval by that organization at its seventeenth session in Spokane August 9 to 14, memorializing congress to issue 3 per cent gold bonds, running 100 years, to the amount of \$5,000,000,000, or as much thereof as may be necessary for the following specific purposes:

One billion dollars for drainage of overflowed and swamp lands, thus reclaiming an area equal to 100,000 square miles.

One billion dollars for the reclamation by irrigation of 40,000,000 acres of arid and semi-arid lands now partly or wholly waste.

One billion dollars to construct and improve deep waterways, to develop thousands of miles of territory now without adequate transportation facilities.

One billion dollars for good roads and national highways, for the lack of which the loss to the farm area of the United States is approximately \$500,000,000 annually.

One billion dollars for forest protection, reforestation and conservation of the forest resources, thus assuring timber and lumber supplies for centuries to come.

"Five billions of dollars is an enormous sum, but it is no more than is actually required to carry out the gigantic scheme in developing millions of acres of lands in various parts of the United States now absolutely worthless," said Mr. Hooker in explaining the plan. "Congress will not be asked to appropriate a penny. The returns from the improvements would pay off the bonds. The government would simply act as a banker, as it does now for the various irrigation projects. The bond issue would provide ample funds as required to carry out the work in the several divisions, at the same time giving the best possible collateral to those investing in these securities."

"Government figures bear out the statement that there is enough good land overflowed in Minnesota, Wisconsin, Kansas, Nebraska, Louisiana, Kentucky, Tennessee and Mississippi to make an area as large as the state of Missouri, or more than 44,000,000 acres, while in the Eastern, Central and Western states there is more than as much more, or about 100,000,000 acres in all. At a conservative estimate of \$25 an acre, the sale of this reclaimed land would justify the expenditure of \$2,500,000,000, or about 150 per cent more than is required to drain it. This land would support from 2,000,000 to 3,000,000 population."

"Approximately 40,000,000 acres of lands in Western and Southwestern states are adapted to irrigation, which, if reclaimed at an average cost of \$25 an acre, would be worth not less than \$200 an acre, or a total of \$8,000,000,000, and provide homes for more than 8,000,000 persons. The economic value of irrigation cannot be measured in dollars and cents, but crops of from \$500 to \$1,000 an acre are not rare in the irrigated districts. There are already 14,000,000 acres under irrigation and the Reclamation service estimates it will have reclaimed 2,000,000 acres, at a cost not exceeding \$70,000,000, before the close of 1911.

"The construction and improvement of the deep waterways required to provide better and cheaper transportation facilities is, I believe, a 100 per cent investment, from the fact that two-thirds of the bulky freight could be shipped by water routes, at a cost to the shipper of not more than one-sixth of the present rail rates. The importance of this becomes apparent when it is remembered that the food question is becoming a world problem.

"The state of New York is expending \$101,000,000 to enlarge the Erie canal, and \$100,000,000 for the amount required to improve the Missouri river from a point about 40 miles west of Yellowstone park to where it meets the Mississippi river, 2,547 miles. Then there is the projected waterway from Lake Michigan to the Gulf of Mexico and scores of others necessary to cheap and better transportation facilities. Millions of dollars will be saved annually to the people of the United States by the completion of these works.

"The maintenance of the greatest waterway in the world, composed of the Great Lakes, on which the government of the United States has expended more than \$90,000,000 for harbors and connecting channels, presents an argument in favor of the scheme to develop thousands of miles of territory in the Missouri and other valleys. The other projects outlined in the foregoing are of equal if not greater importance, and with proper backing they can be carried out successfully.

"No one questions the statement that good roads have a high money value to the farmers of the nation, and it may be said that this alone is sufficient to justify the cost of their construction as rapidly as practicable under an efficient, economical and equitable system of highway improvement. The big points in favor of this expenditure is the economy of time and force in transportation between farm and market, enabling the growers to take advantage of fluctuations in buying and selling, as well as enhancing the value

of real estate.

"It is estimated that the average annual loss from poor roads is 76 cents an acre, while the estimated average increase resulting from improving all the public roads is \$9. The losses in five years would aggregate \$2,432 for every section of land, or more than enough to improve two miles of public highway. The necessity of good roads is obvious, as it would enhance the value of each section of land about \$5,760, or more than double the estimated cost of two miles of improved highway, which constitutes the quota for 640 acres of land.

"The value of our forests was never better appreciated than today. Within the arid and semi-arid portions of the Western states nearly 124,000,000 acres are covered with woodland, of value for fuel, fence posts and other purposes essential to the success of the farmers. There are also 97,000,000 acres covered with heavy forests having commercial value for timber and logs for sawmills, also hundreds of thousands of acres of timber lands in other parts of the United States. Reforestation and conservation of the vast resources are necessary to provide future generations with timber and lumber supplies. The government is expending large amounts of money every year to protect its forests from fires, yet expert lumbermen say that more standing timber is destroyed by flames annually than is converted into merchantable lumber by the sawmills."

Mr. Hooker said it is likely that his resolution will be presented to the various interests of the irrigation congress for discussion and will afterward be incorporated in a memorial to the United States congress. It is also proposed to have a large delegation, composed of representatives of every state and territory in the Union, push the measure for adoption. The work of collecting the support of the people interested in the various projects will be taken up immediately after the close of the irrigation congress with the view to concerted action.

**Letting Him Down Easy.**  
A young man of very limited means, after the marriage ceremony, presented to the minister twenty-seven large copper cents, all spread out on the palm of his right hand. "This is all I've got, parson," he said. Seeing a disappointed look in the minister's face he added: "If we have any children, we will send them to your Sunday school."—Success Magazine.

**Apprehensive.**  
Fellow Statesman—Senator, that speech of yours in favor of the income tax was one of the strongest arguments I ever heard.

Eloquent Senator (with some uneasiness)—You don't think it changed any votes, do you?—Chicago Tribune.

**During the spat.**  
Her Husband—Well, it takes two to make a quarrel, so I'll shut up.

His Wife—That's just like a contemptible man! You'll sit there and think mean things!

**Even Exchange.**  
Angry Patron—That's the third time you've given me the wrong number. You must have what they call the telephone ear.

Girl in Central Office—I beg your pardon, sir, but that isn't the trouble. You have what we call the cornmeal mush voice.—Chicago Tribune.

**Disappointing.**  
The Bachelor—Here's a magazine poet who likens "hope" to "a fair woman."

The Benedict—Huh! No wonder; it is so disappointing.

**Catching On.**  
"I'm glad to hear that your boy is getting a foothold as a doctor in that new town out West."

"Foothold? He's got a toothhold. He's the only doctor there."

**High Art.**  
"Are you blind, prisoner?" inquired the magistrate.

"Yes, your worship."

"You are charged with vagrancy. How did you lose your sight?"

"By a fit of applepox, sir."

"But there is a picture on your breast representing an explosion in a mine, through which, it is stated, you became blind. How is this?"

"Please, your worship, I couldn't afford to pay a artist as could paint applepox."—London Answers.

**A Grave Doubt.**  
Caller—So your cook has passed away to a better place.

Hostess—Yes but I don't know if she'll stay; poor Bridget was very hard to suit.—Boston Traveler.

**Sounds Plausible.**  
"What is your principal object, anyhow," asked the visiting foreigner, "in building that Panama canal?"

"Well," answered the native, "we have an idea it will limit the size of future battleships."—Chicago Tribune.

# Headache

"My father has been a sufferer from sick headache for the last twenty-five years and never found any relief until he began taking your Cascarets. Since he has begun taking Cascarets he has never had the headache. They have entirely cured him. Cascarets do what you recommend them to do. I will give you the privilege of using his name."—H. M. Dickson, 1120 Kesner St., W. Indianapolis, Ind.

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**Singular Effect.**  
"Haven't that unripe got a peach of a voice?"

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**Looking for a reason.**  
Nan—I like a play with a stirring plot.

Fan—That's the kind that thickens, isn't it?

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Mrs. Goodside—I'm so glad to learn that the dear old lady is still alive.

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