

FORESTS HELP SAVE MOISTURE

SERVICE MAKES RE- PORT ON STUDY

**Snow Measurement at 20 Different
Stations in Columbia Forest, Half
in Open and Half Under Cover—
Open Ground Bared Earliest.**

That snow remains on the land much longer under forest trees than in open places of the same altitude and similar conditions, is clearly shown in a report just received by District Forester George H. Cecil, Portland, Oregon.

During the spring of 1916, the depth of snow was measured regularly at twenty different stations in the open and in the forest near the Wind River Experiment Station on the Columbia National Forest, to determine the value of forests in prolonging the winter's snow supply. The stations were in pairs, each one in the forest having its counterpart in the open where all conditions were similar except that there was no standing green timber.

In every pair of stations without exception the snow lasted longer at the station under the trees than at the one in the open. On the flat, the snow left the plowed ground two weeks before it left the woods; the burned and logged off lands four weeks earlier; and the unburned slashing two to three weeks earlier than the corresponding forest stations. On the mountain sides the snow disappeared from old burns on south slopes seven to eight weeks sooner than from similar forested slopes, and from the open ridge six weeks before it left the wooded ridge.

As each station in the open became entirely bare during the study there was still on the ground at each station in the forest an average for the entire study of over 28 inches of snow, equal to more than 13 inches of water, as was ascertained by careful measurement. The report states that in a season of less or greater snowfall than last winter, this difference would be correspondingly less or greater.

According to the report, these figures show that all forests in this region, especially the National Forest areas in the high mountains, are very valuable for conserving the spring water supply, and should be carefully protected. Denuded forest areas should be restocked with trees and protected from fire and all other destroying influences.

SAGE BRUSH ORCHESTRA TO PLAY HERE SATURDAY NIGHT

Blushing Portland Rose Bud Meets the Harney County Sage Next Week at Portland Ad Club.

On the first trip out of their own sage brush country, the Harney County Sage Brush Orchestra, renamed from the Burns Community Orchestra, will give their first concert in Bend on Saturday night. The orchestra is to arrive from Burns by auto in the afternoon and at 7 o'clock the concert will begin at the Hippodrome.

Sunday morning the party will leave by special car for Portland and Salem, the orchestra being a special attraction at the State Fair. On Wednesday it will return to Portland and appear before the Portland Ad Club, sharing the time with a delegation from Pendleton which will advocate the placing of a state normal school at the Round-Up city.

According to M. C. Athey, who has been acting as the advance agent of the orchestra, Wednesday will go down in history as "Sage Brush Day," in addition to the featuring of the orchestra at the Ad Club luncheon that day it is the intention of those who are behind the affair to take down a carload of sage brush and pin a piece on every person in town.

See Edwards for good house painting.—Adv.



Members of the Harney County Sage Brush Orchestra

The orchestra will be heard at the Hippodrome in Bend next Saturday night, before leaving for Salem and Portland to play at the state fair and before the Portland Ad Club.

Your Health

What profiteth a man that he gain the whole world yet lose his health?

Naturalists say that long ago the prehistoric waters were infested with a species of enormous shark which finally became extinct by reason of the workings of its voracious appetite. Thus Nature eliminates the over-fed.

The desire for ease of life and plentiful diet is universal and is the great stimulus of man and animals alike. When man becomes greedy and takes more ease and food and drink than is his share, Nature discards him.

In the race for power and place, for ease of circumstances and relief from the stimulus of hunger, the modern man is apt to forget that unless he is careful of his body he will soon be made to suffer for the infraction of Nature's inexorable physical law. With the loss in body tone comes an equal loss in mental acuity and the brain which for a time was able to operate despite the complaints of an over-fed, under-exercised, self-poisoned body, stops working.

Statisticians have discovered that the mortality rate of persons in the United States over 45 years of age is increasing. The strenuous life of today is not alone responsible for this. Lack of health-giving exercise, superfluity of diet, lack of restoring sleep, over-stimulation, the high pressure of the race for power, wealth and position, plus physical neglect—these bring early decay. The goal is reached—wealth is amassed—honor, position and power are just being grasped when the apple of accomplishment turns to the ashes of dissolution. The brilliant mind becomes clouded, the steady hand is no longer accurate, the eye which once gazed fearlessly on the whole world is dimmed and it is not long before the final break up occurs. All of this was entirely preventable.

Other things being equal it is the man who leads the well-balanced life who lasts the longest, whose work to the end is uniformly the best, he who neither over-works nor over-plays, neither over-eats, over-drinks, nor over-sleeps, he who maintains a standard of simple healthy diet in moderation, who offsets mental work with physical recreation, who is as honest with his own body as he is with his own business. When success comes to such an one his physical and mental condition is such that he can enjoy in peace of mind

and contentment of body the fruits of his labors.

The regulations of U. S. Public Health state: "It is the duty of officers to maintain their physical as well as their professional fitness. To this end they shall be allowed time for recreation and study whenever their official duties will permit." If the Government regards it as essential that its sanitary experts shall be safeguarded in this way, is it not

equally important to every citizen that he similarly maintain a high standard of physical integrity?

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