

H. A. Johnson Is Successful Farmer

Hans A. Johnson is a farmer of Scandinavian lineage, who resides on the Tumalo Irrigation Project. Hans Johnson is also one of the successful farmers, and has one of the best ranches today on the project. It is not because any particular fortune has smiled on him, or that he has been particularly apt in adapting himself to the conditions that make for successful farming in Central Oregon. Hans Johnson is a successful farmer because he is an incessant worker, and uses common sense in his methods.

About eight years ago Mr. Johnson came to Central Oregon and was shown around the project while it was under construction. He picked on a piece of land, a plot in all about 80 acres. It was high above the

Deschutes river on the south end of the project. His friends looked askance when Mr. Johnson chose the elevated property, but it has turned out that he knew what he was doing and his 80 acres is freer from the cold blasts than many other surrounding farms.

The statement that fortune has not smiled upon this Tumalo ranchman should be qualified a little, for Mrs. Johnson, who also believes that success in farming comes only through hard work, is a big factor in keeping the Johnson farm in the best shape. The Johnsons have a modest, but very comfortable home, with many modern conveniences. Their land is beautifully situated and commands a fine view of the Cascade mountains to the west and overlooks a wide stretch of the Tumalo Irrigation Project to the north. The dairy buildings are models of neatness. The barns and fences are well kept up and the stock is well fed and producing dividends for these two farmers. Mr. Johnson reports better than average crops during the last year.

Speaking of crops, Mr. Johnson has one crop of which he is particularly proud this year. He is not only feeling proud, but he is also feeling prosperous. This crop is his potato crop. With spuds hitting the high places in the market these days, Mr.

Johnson already is beginning to count in neat round sums the net returns from two and a half acres of ground which were planted last spring to potatoes.

Mr. Johnson's potato crop is probably the most remarkable that has ever been produced on the whole Tumalo project.

With one thorough irrigation and another irrigation not so thorough, he will reap 400 bushels of potatoes to the acre from two and a half acres of ground. This particular piece of ground was sowed to clover in 1914 and later plowed, turning the clover under, and planted to carrots in 1915. On the 12th day of May of this year, Mr. Johnson decided to try out potatoes. He gave the patch one irrigation and later applied water only in spots. Just two weeks ago he was rolling potatoes by the dozen out of every hill, and now he has a fair-sized cellar filled with spuds and is waiting for the best market quotations before he disposes of them.

Your Health COMMON COLDS

By R. S. WAITE, M. D.

Knowing how frequently the common cold is followed by serious consequences, it must be regarded as a serious disease.

Tuberculosis, pneumonia and influenza cause many deaths and in most instances they begin with a common cold. It may, therefore, be said that a cold is the first stage of a tuberculosis, a pneumonia or an influenza—not simply because that group of symptoms known as a cold usually precedes them, but because of the fact that 75 per cent or more of common colds are infections with the specific germs of pneumonia, or influenza, or both—not so commonly tuberculosis, though the way is most beautifully paved for it and it frequently follows promptly.

Consumption, in the majority of instances, is but the terminal stage of what was once "only a cold."

Colds are largely preventable and being so, the preventive measures cannot be too strongly emphasized, or too oft repeated, until we not only learn them well, but practice according to our knowledge.

First and foremost in avoiding colds comes physical resistance. Some are richly endowed with this by nature, others must develop it. This is best done by simply following the well-known rules of hygiene and sanitation, which will not only serve to protect us against colds, but all diseases.

Get plenty of fresh air—when you cannot go out into it let it come in to you.

Drink liberally of pure water.

Get sufficient sleep and be regular about the hours. Wear a sleeping cap in cold weather.

Take exercise, avoiding the strenuous kinds. And if you can walk, don't try to find any better kind. You need not confine yourself to this form, but don't overlook the value of it.

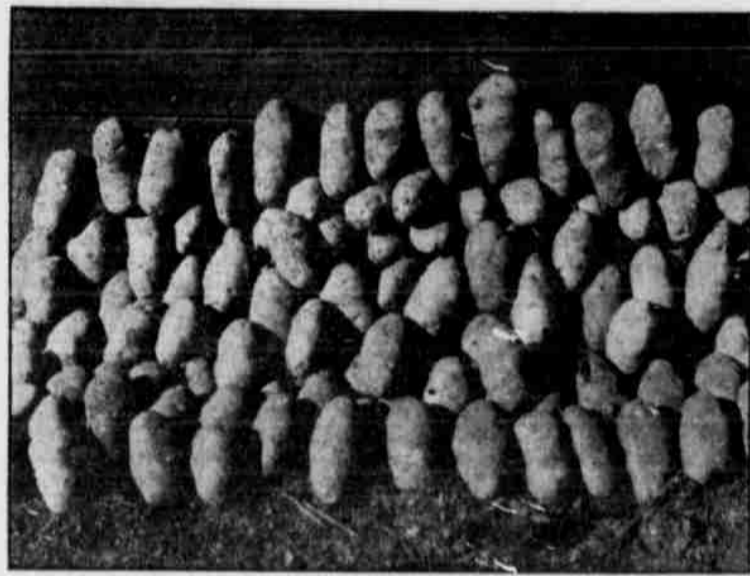
Eat good food, remembering that it is very easy and detrimental to overeat. Eat anything you like—unless you know it doesn't agree with you—but sparingly of meat and eggs, which predisposes to colds and other ills. Practice frequent bathing, especially the daily cold water kind—either tub, sponge or shower—followed by a vigorous rubbing with a coarse towel. The bath is of much more value if taken in the morning.

Wear comfortable clothing, but unless your work is out of doors, avoid heavy underwear. Secure the extra protection necessary in cold weather with outer garments, which can be easily removed when inside. Don't start the muffler habit next winter.

Never wear thin-soled shoes, they are always tiresome and dangerous. Abstain from alcohol—there is nothing more destructive to your defenses.

Avoid fatigue if possible, as your resistance is materially lowered when the body is overtired.

Public gatherings are a prolific source of infection. Movie fans should attend the first show—the air is better. Your risk is further lessened if you keep your mouth closed. Look and listen, but do not talk. Breathe through the nose, and after returning home spray the nose and throat with some antiseptic solution. During the season when artificial heat is necessary, maintain the moisture in your rooms by evaporating water.



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And so we might go on indefinitely with what to do and what not to do. Simply learn all you can of what tends to preserve and promote health and what tends to destroy it. Then form healthful habits and your reward is certain. In the event that you get a bad cold, you cannot do better than to give your attention to getting rid of it—in the shortest possible time—for the longer a cold hangs on the greater its tendency to become chronic—or to be followed by complications.

A bad cold is a disease demanding home care and treatment. Don't try to work it off—for in so doing you are using in your activity the energy which should be used to combat the infection, and aiding in your own defeat. Begin treatment by thoroughly cleansing the bowels with a saline cathartic, such as Epsom salts.

Take a hot bath of about ten or fifteen minutes duration, and before concluding it gradually reduce the temperature of the water to that of the body. Drink all the hot water you can and go to bed.

You will do better without food

for the first 24 hours. However, if you feel that to be too much of a hardship you may have a liquid diet, and three or four times daily take about one-third of a teaspoonful of baking soda.

Continue along these lines, drinking liberally of water, until the acute symptoms which characterize the onset of the trouble have subsided, and then gradually resume your regular habits.

Should unusual symptoms follow, or should you not respond promptly to the treatment outlined above, call a physician.

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