SERMON ON THE MOUNT

BROKEN TOP AND ITS ENVIRONS

Perhaps you are not a churchgoer. Perhaps you are not affiliated with any sect. Perhaps you have a religion all your own. Certainly there is a feeling of solemnity to go into the mountains of Central Oregon on a Sunday morning.

That's the spiritual side of a trip away from a city. Then there is the physical side of a jaunt into the wilds of the Cascades. Why worry about indigestion, about increase in the waist line, about rheumatism and a multitude of other ailments that come as a result fo inactivity.

To take a trip into the hills early on a Sunday brings a combination of the spiritual and the physical. If you want to get into proper trim physically get up early Sunday morning, fill up the gas tank, leave Bend via the brick yard road, go on that road as far as the west side of Tumalo creek, passing the Deschutes county fish hatchery, turning to the left as you reach the top of the hill on the west side of the Tumalo; follow the mail road which runs along the crest of the Tumalo creek canyon, sign posts will guide you; pass the Tumalo ranger station along the main beaten road and eventually you will run into a small stream. This stream is Crater creek, a small but rapidly flowing body of water, diverted for home consumption from its more or less wild ramification down the mountain side into man-made channels, eventually joining Tumalo creek. To this creek is as far as you can go. At this point God's country opens before you in relief—hills, mountains and valleys, rivers, lakes, meadows, timber, snow, glaciers, flowers and rich, green pastures.

At this point you are near the foot of Broken Top on the right, and only a short distance, air line, from Bachelor mountain, both of which have their snow fields and feed countless little streams which run down their sides.

Sight Is Feast.

If you do not feel the impulse to climb Broken Top, stroll off to the southwest, follow down one of the creeks, and you will be treated to a gorgeous feast of natural beauty. You will go through fir and pine thickets. Count the varieties of flowers. Take your time, there should be no hurry. You will come upon more than 30 varieties of flowers in less than one hour's walk. You will see scores of various kinds of grasses and bushes. You will appreciate the variety of plant growth in the Deschutes national forest. You will see pastures, rich in plant food, for grazing cattle and sheep. You will see and, perhaps, be tempted to drink the ice cold water from many of the tiny springs that issue from the ground. You will be constantly on the lookout for wild game, for it is said that the woods abound with deer and bear. You will see many lakes in the distance, fed by the snows of the nearby streams. You will see timber of enormous size and rising to a great height. You are seized with an impulse to yell out, to be wild, to be a boy of 16. Your life of the week has been confining and so given to routine and commercial activities that now, with all this beauty and freedom, you feel unbound and loose to do just as your feelings dictate. You cannot help but be deeply impressed by the wondrous beauty. There will be something wrong with you if you are not.

In these woods there is present a music you do not hear in your city environment. There is the mixed roar of the swift running mountain creeks, with the soughing of the trees as the cool breezes blow through the branches. There is the symphony of the hundreds of insects that play in the high grasses. There are the morning songs of birds, many of which you hear but cannot see. There are noises and music you do not hear on a city street. You are impelled to go on and on because at every turn of a creek something new and unexpected opens before you. It is like the prospector looking for the unexpected, always ahead of him.

Then you may desire to return. You see countless beauties you did not see on your downhill journey. You sit down and look about you. You wonder what the city boy, girl, man and woman who, not afforded the opportunity to leave his tenement or hovel, is doing. You wonder what the children, born, reared, fed, clothed, schooled, preached to, buffeted about in New York City, Chicago, New Orleans, would do if they were turned loose amid these sights. In all probability any one of them would act like a chipmunk loosed from a cage. It would be strange. Yet he or she would appreciate that for once he or she were turned free from man-made handiwork and for once free to allow the easy working of natural inclinations.

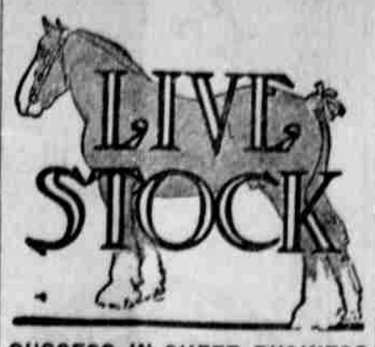
Climb Up Broken Top.

You journey back. You see the mountain to the north. You have been given a treat so, far, yet for some reason you are not satisfied. You want to be filled with the beauties. The suggestion is made that the mountain be climbed. You rise to the challenge at once. You start off across a rolling stretch of ground. You reach the foot of the water-worn mountain. You start your ascent. You go a few yards up the slope. You turn around and to the south for miles there stretches a chain of lakes. One after the other they stretch, resting quietly in the bottom lands of some secluded valley. You see their numerous feeders—snowfields that keep them alive the year round. You see scores of little buttes so typical of Central Oregon. You see curious mountain formations and you are brought to wonder what sort of carnival Nature had in these parts centuries ago.

You go still higher, but not so briskly, as the ascent is checked in speed because the loose rock halts your speed. You are soon greeted by fresh, cool breezes from the large snowfield which is harbored in the ampitheater of Broken Top. Your circulation is up. You need have little fear of being chilled. You again sit down for a rest. The radius of your vision is increased. Your eyes see further into the lands made profitable by implements of progress. You see to the northeast the most prosperous town on the Central Oregon plateau. You are introduced to several more still bodies of fresh water. You are made acquainted with several more snow-capped beauty spots which stand out in defiance to the warm summer mid-afternoon sun. You are brought into a curious steeplejack frame of mind when you look at the east wing of Broken Top, with its ginger bread and devil's food formations, layer upon layer. Weather has played hob with the top of this old peak. The wind has chipped off much of the raiment, until now it is a rugged, broken mountain.

This trip for you is a "Sermon on the Mount." You cannot, if you are at all sentimental, help but be awed by the grandeur of the wonderful view before your eyes as you stand at the first crest on the south side of Broken Top.

Try it out. Yes, there must be the expenditure of energy to climb the loose rock, but it's worth it many, many times.



SUCCESS IN SHEEP BUSINESS

Health Is of Primary Importance and Internal Parasites Should Be Guarded Against.

(Prepared by the United States Department of Agriculture.)

In any system of continuous farm sheep raising the health question is of primary importance. This question is chiefly one of internal parasites, and of these the stomach worm is the most widely distributed and the most serious. Fortunately, the trouble is entirely susceptible of practical control, and the methods of prevention are exactly in line with the practices that result in most economical production. It is possible, though doubtful, that the permanent farm flock can be maintained in maximum health when grazed entirely on permanent grass pastures. A system of division of grass land into sufficient parts to allow frequent long periods without sheep and use of longer grass for cattle will assist materially. Such a plan, combined with occasional use of medicine to prevent too serious infection, may prove to be practical.

The basis of success in the farm sheep business is in the frequency of changing to pastures which have not had any opportunity to become infested with stomach worms by older sheep. These frequent changes are particularly necessary during the stay of the young lambs upon the farm. The older sheep are less susceptible to the effects of the infection, though danger of their being injured thereby is not to be overlooked. The plan of frequent changes to fresh feed can be adapted advantageously to the most economical systems of using high-priced land in the rotation of crops to produce feed and forage for other kinds of live stock.

The principles of flock management for maximum health and for adaptation to other lines of farm production are illustrated in the following outline of a plan of crop production and feeding:

Sheep Relish Frequent Changes of Fresh Green Forage.

Under a Three-Year Rotation of Corn, Clover, and Small Grains on 160 Acres.

25 acres corn: To finish 20 yearling cattle and 40 hogs.

15 a. silage corn.....
40 a. wheat & oats...
20 a. clover hay.....
} Roughage for 20 cows, 20 yearlings, 80 ewes, and 20 ewe lambs, work stock. Grain for sale or exchange for other feed.

20 acres clover pasture: Season's grazing for 20 breeding cows.

20 acres permanent grass pasture: Grazing for 20 yearling cattle on feed for December shipment.

In the above, sheep would be grazed as follows:

Ten acres forage crops.
1. On winter wheat.
2. On grass pasture with yearling cattle.
3. With cows on clover pasture.
4. On clover meadow after hay cut.
5. On grain stubble.
6. In cornfields after silage cut or corn harvested.
7. On winter wheat.

At other times on rape, soy beans, or other grazing crops on 10-acre field. Unused forage harvested for winter feed.

Such a plan as this allows sufficiently frequent change of pasture without any part of the flock going upon land that has previously carried sheep in the same year. The forage crop land is a safety measure for reliance in case of shortage of other feeds and could regularly be used for carrying the reserved ewe lambs from weaning time until winter.

Put it in "THE BULLETIN."

House Work in Hot Weather.

Hot weather brings no relief from house work drudgery. If anything, woman's work is more trying. Overwork and worry cause kidney trouble, resulting in backache, sore muscles, stiff joints, rheumatic pains, tired feeling and other distressing symptoms. Foley's Kidney Pills help weak kidneys. Sold everywhere.—Adv.

Be Prepared for Vacation Ills.

Change of food and water sometimes causes indigestion that leads to sick headaches, biliousness, bloating, sour stomach, gas, bad breath and coated tongue. Foley's Cathartic Tablets should be in every traveler's grip. They act without pain, griping or nausea. They are a fine and wholesome physic. Sold everywhere.—Adv.

Put it in "THE BULLETIN."

Don't Keep Poison In Your Blood.

When the kidneys are properly doing their work they eliminate form the circulation waste products that poison the blood if permitted to remain in the system. Foley Kidney Pills help the kidneys, remove the poisons that cause aches and pains, stiff joints, sore muscles, lame back, rheumatic pains. Sold everywhere.—Adv.