

## How to Be Healthy

### The Crusade of the Double Barred Cross Practical Talks on Disease Prevention

Prepared by the OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

#### A CLEAN MOUTH

By ARTHUR M. HUNTER, D. D. S.

FEW years ago Dr. Mayo, one of America's foremost surgeons, said that the next step in preventive medicine must be made by the dentists. In line with this prophecy, the new campaign for mouth hygiene aims to teach three things:

1. How much damage is done to the general health of the body by an unclean mouth, with teeth badly broken down, large cavities or inflamed gums.
2. Proper methods of correcting mouth diseases.
3. How to prevent dental disease.

Very few persons realize that the three vital sources of life, food, water, and air, are affected by mouth conditions. No one can live without these three things. The government spends enormous sums to insure the cleanliness of food and water. Housewives see that cooking utensils, china and cutlery are washed so that the food may be served clean. All the details of bringing pure food to the mouth are carefully looked after, but when it passes the lips the food is abandoned and left to its fate, for most mouths are unclean, and, food, however clean before, becomes quickly contaminated after it passes the lips.

How can the mouth best be kept clean and dental decay prevented? Here are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the best man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.
2. X-Ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the root-ends of the teeth, for it is these areas that may cause systemic disturbances which will lower resistance to disease. All teeth with the pulps removed (nerves-killed) must be held as suspicious characters until proven innocent. The lack of pain is not a safe sign of no infection. There may be a "blind" abscess, which only the X-Ray can discover.
3. Get your dentist to give you minute directions as to the proper way to perform your mouth toilet. It is necessary to spend at least three minutes every night and every morning brushing your gums and teeth, in order to properly cleanse them. That amount of time and energy will give you big dividends in good health. Remember a clean tooth will not decay, and a clean mouth will not pollute the food.

Stop the use of free sugar because sugar will cause the decay of teeth more than any other one thing. Nature never intended that we should use sugar in a concentrated form, but preferred to give it to us in its natural state; namely, in fruits and vegetables.

I would like to paraphrase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as the dentist sees them." The dentist not only sees the unclean mouth with inflamed gums, but he sees the long chain of events, namely, an unclean mouth, small cavities, large cavities, pollution of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.

The late Professor Osler, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene—the hygiene of the mouth—not one single thing is more important to the public in the whole range of hygiene than that."

one must have an eye to the future, as well as to the present. It is important to write the records regularly. Make entries in the diary every evening at a certain time, and consider it as a part of the daily routine. Once the owner commences to slight his diary, its failure is certain.

#### Best Materials Essential.

It never pays to use inferior materials in the making of a farm diary; the work is important enough to merit the use of good tools. Good paper and binding, a good pen, and ink that

will not fade in a few years are essentials in preparing a volume that will grow in value and interest as its age increases. It is a mistake to think a small blank book is sufficient. The limited size of the sheets makes writing cramped and uncomfortable and detracts from the pleasure of writing up the record.

While a diary can hardly supply the required amount of bookkeeping for a large and extensive farm business, it does record facts and figures that are never preserved in any other form.

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#### Jots and Tittles

(Continued from page 1)

Born, Dec. 12, to Mr. and Mrs. Ira Miner, a son.

Dr. T. I. Marks drove to Albany Friday afternoon.

Miss Mary Smith has been ill the past few days.

E. B. McKinney and family were Albany visitors Friday.

J. P. Templeton and wife were Albany shoppers Friday.

Mr. and Mrs. E. B. Penland were Albany callers Thursday.

Mrs. G. W. Mornhinweg was a passenger to Albany Friday.

Rowland Marks, from O. A. C., spent the week end at home.

Lewis Skirvin, from the U. of O., was at home over the week end.

Mrs. J. W. Drinkard and Mrs. C. P. Stafford went to Albany Friday.

Clarence Smith of the U. of O. spent Saturday and Sunday with her father.

Mrs. Eliza Brandon attended the funeral of Mr. Crawford at Shedd Saturday.

Mrs. G. W. Laubner returned Saturday evening from a two-days visit with friends in Albany.

Rev. Mr. Morris of the Methodist church at Brownsville made a Saturday morning call on Rev. Mr. Cook.

School district 138 has been formed of a portion of 97 and some territory not heretofore in any district.

Nicholas Spronger of Albany, brother of Thomas B. Spronger of Shedd, died Wednesday night of last week, aged 73.

The highway commission has promised enough aid to the Albany-Cascadia road to make, with the federal contribution, \$100,000.

Marion Pike has returned to his home in Portland after several weeks spent with his grandmother, Mrs. M. E. Bassett, in this city.

Mr. and Mrs. G. Mizner arrived from Paisley, Ore., where they have been making their home for the past two years. Mrs. Mizner's health has not been good and they felt that they should seek a lower altitude.

Mr. and Mrs. Ray S. Hansell passed through Halsey Friday on their way to their farm at Glendale and stopped for a short visit with Mr. Hansell's nephew, C. P. Stafford.

Christmas weather, the real article, came last Saturday morning when a soft white robe covered Ireland's colors showed thru it in many places before night, but by Monday morning all the breaks had been repaired with a new covering.

Only two more days in which paid-up subscribers can get Christmas presents by bringing new subscriptions to this office, Saturday night, Dec. 24, is the time limit for them. Mail subscriptions post-marked on the 24th or earlier will be accepted.

Master Ronald Whitlatch of Eugene has been visiting his grandfather, Grant Taylor. His father, Charles Whitlatch, and family, are moving to Portland, where Master Ronald will go when they get settled. Mr. Whitlatch is employed by the Southern Pacific.

The Enterprise does not claim to make no mistakes. It makes plenty of them. But it did not print "Book-keeping" for "Beekeeping" in the advertisement of the O. A. C. winter courses now running in this paper, as the college people say that more than one out of four papers did.

A Brownsville dispatch to the Albany Democrat, dated Saturday, says: The news of the death of Mrs. Arthur McDonald of Dillon, Montana, reached relatives here today. The deceased was a sister of Miss Minnie Starnard and W. O. Starnard of Portland. The other survivors are Arthur McDonald, husband, who was at one time editor of the Brownsville Times; Bessie McDonald of Montana, daughter; Mrs. John Miller, Brownsville, daughter; Byron McDonald of The Dalles, and Howard McDonald of Montana, sons. Besides the brother already named, she is survived by Rev. Frank Starnard of Chehalis, Harvey Starnard and C. E. Starnard of Brownsville.

Crawtree's independent telephone company claims the switching charged for connection with the big company at Albany, about \$9

#### DIARY VALUABLE FOR FUTURE USE

Authentic Record of Happenings and Experiences Often Prove of Great Benefit.

#### VOLUME OF MUCH INTEREST

Dozens of Farm Problems Encountered Every Year That Might Be Solved More Easily If Records Were Convenient.

(Prepared by the United States Department of Agriculture.)

A well-kept diary is the most interesting and valuable volume in its owner's library, and the determination to maintain such a record frequently is expressed in the form of a New Year's resolution. Unfortunately, however, that is the first "good intention" permitted to lapse, observations by the United States Department of Agriculture have shown.

#### Valuable in the Future.

For the farmer, the diary will preserve a record of farm happenings and personal experiences which will be valuable in the future conduct of his business. If, when he finds his alfalfa field swarming with grasshoppers, he can look back in his diary to a summer 10 years before and find the poison-bait formula that controlled the insect then, he will save much val-

#### FARMERS' WEEK

Corvallis, Dec. 26-31, 1921

#### WINTER SHORT COURSES

Put Science into Farm Practice

Fruit and Vegetable Course, Dec. 3-17, 1921  
Tractor Mechanics Course, Jan. 2-March 18 1922

Dairy Manufacture Course, Jan. 2-Mar. 18, 1922  
Agriculture course, Jan. 2-Mar. 18, 1922  
Dairy Herdsmen's Course, Jan. 2-June 18, 1922

Grain Grading Course, Jan. 9-21, 1922  
Beekeeping Course, Jan. 30-Feb. 25, 1922  
Homemakers' Conference, Mar. 20-25, '21

Oregon Agricultural College

Full information on any course by writing THE REGISTRAR, O. A. C., Corvallis, O. A. C.

die time. He may wish to know the exact location of a tile drain that was laid down when he was a youngster. If the event was noted in his own, or his father's diary, a 10-minute perusal will give him more definite information than a day's digging with a spade. There are dozens of farm problems encountered every year that might be solved more easily, if the farmer had access to a complete chronological history of his property.

The diary may be given a prominent place in the bookkeeping records of the farm business. Generally speaking there are three purposes to be served by farm accounts:

1. To determine the farm investment, receipts, expenses, and the net income of the business.
2. To furnish the net returns from any individual farm enterprise and to supply specific information as to its details.
3. To obtain a memorandum of what other people owe you and what you owe them.

The blank forms necessary for a simple accounting system can be worked out by the farmer himself, or he can apply a system recommended by his county agent. He also can obtain information direct from the office of farm management and farm economics, United States Department of Agriculture. The chief advantage of a farm accounting system, which is a part of the farm diary, is in the additional interest furnished by the



Make the Keeping of the Diary a Part of Each Day's Routine.

personal items. The diary supplies items of supplementary interest which usually are left out of the accounts. Without the diary, the task of keeping the books of the farm business becomes dry and uninteresting.

Only persistency and practice will make one an adept at writing a diary. The only rule which can be followed is that the entries must be kept interesting, and in choosing an interesting high light in the day's work