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The Daily Tribune approves of the Leader's suggestion that county bonds be issued for a crushed rock road extending from Pendleton to Milton. "Very well," says the Weston paper. "Let's get about it, present the facts, the probable cost, the number of people served, and bring about a special election for the issuance of bonds. The money even would not be wasted. Practically every dollar would remain in the county. The material comes out of its own soil, the wages would be paid in a large measure to its own people. When the dollars were placed in circulation within our borders we would have a splendid highway 42 miles long, as permanent as the roads of Napoleon to which the Tribune refers, quoting Dr. C. J. Smith. We would get also a vast amount of free advertising of the right sort—better than any publicity campaign has as yet invented at so much per boost."

The federal government has recently served notice through its postal authorities, to rural communities having free delivery of mail, that the roads must be improved and kept in good condition in certain localities or the free delivery of mail will be discontinued in those particular places. Uncle Sam can hardly be expected to deliver mail over roads that are next to impassable. In new and sparsely settled communities very bad roads are sometimes excusable, but rural routes for the free delivery of mail are seldom established in such places. There is little excuse, generally speaking, for impassable roads where the population is sufficiently dense to justify the establishment of free rural routes.

Ten years ago an Allen County, Kan., farmer put his initials on a dollar bill. The next day he went to the nearest town and spent it with a merchant. Before the year was out he got the dollar back. Four times in six years the dollar came back to him for produce, and three times he heard of it in the pockets of his neighbors. The last time he got it back was four years ago. He sent it to a mail order house. He never saw that dollar since, and never will. That dollar bill will never pay any more school or road tax for him, will never build or brighten any of the homes of the community. He sent it entirely out of the usefulness to himself and to his neighbors when he sent it to the mail order house. The moral is plain.

Alex. Johnson well known as a careful and successful farmer, sounds a note of warning that should be heeded. It relates to the white mustard or "Jim Hill mustard," rapidly getting a foothold throughout the East End. It may be seen in the lanes and occasionally in the wheat fields this year—next year it may multiply an hundred fold. Mr. Johnson says that every plant should be cut down and destroyed at once. He has seen the pest spread elsewhere, and knows that it is a menacing thing, not to be disregarded. An immediate application of the motto, "A stitch in time saves nine," may be worth thousands of dollars to the wheat belt. Let every farmer look after his own field and the supervisors after the roads diminishes the Weston Leader.

Some newspaper men are great prevaricators. One of them wrote about a cologne, saying that it turned a well known side up in Mississippi, turned a cellar upside down in Wisconsin, moved a township line in Nebraska, blew all the staves out of a whiskey barrel in Iowa and left nothing but the bung hole, changed the day of the week in Ohio, killed an honest lawyer in the west, blew the hair off a bald headed man in Texas, killed a faithful doctor in Illinois, blew the mortgage of a farm in Kansas, scared a red-headed woman in Michigan, blew cracks out of a fence in Dakota, and took all the wind out of a politician in Missouri.

Only in America could the Guinness murder farm with its gruesome associations be transformed over night into a Coney Island, with the picturesque postal vender and the faker out in force and a crowd of 15,000 people

arriving daily by train and trolley car, and automobile, searching for ghoulish souvenirs.

In the valley around Cove, Oregon, there will be produced this year two hundred tons of cherries and five hundred cars of apples. The people there realize that they will need from two hundred and fifty to three hundred people in addition to their local population to pick and pack the cherry crop.

It is probably just as well that congress hasn't acquired the habit of adjourning out of respect for a dead bill, but it seems remarkable that it should die so quick after the death of Ship Subsidy Bill, lost in the contagion that carried 640-acre Homestead Bill, et. al., to untimely graves.

After figuring for some time on tonnage, displacement, sailing capacity, etc., Congressman Hobson has concluded that the American navy ought to be strengthened. In a matter of this kind the most sensible thing to do would be to let Hobson have his choice.

We don't know what Mr. Hearst intends doing with his new party. As a pretty plaything it will doubtless afford him and the rest of the country a vast deal of amusement. It will never amount to much as a political organization; at most it will serve as a sort of haven of rest for discredited and broken down politicians.

With the election over and the assurance of a great crop, the people of all Oregon should "get busy" and advertise more than ever before. With its latest addition, the Toledo Development League, the Oregon Development League now has eighty-three members.

Now army officers must walk ten miles a day of three days. The test is so easy as to seem almost superfluous. Anyone who cannot do that is in line for retirement as an invalid.

Under the new national banking law, approved May 30th, Oregon's added quota of currency will be \$2,114,000.

VENTILATION

By Rev. Israel Putnam.

The body is next to the soul. The soul cannot be fully strong and active in a weak, sickly body. Both must be healthy to do healthy service. We have been talking, of late, about the soul in some of its relations. Inasmuch as the soul, with all the term means, cannot perform its full functions in a weak unhealthy body, we have thought best to descend to the house in which the soul, or real man, lives, and say a little about, (only one thing however) its fitness for co-operation in usefulness with its distinguished guest. There are various causes for the ills of life. But about 25 years, in my present calling, east, west, north and south; in different climates, among different classes, visiting and lodging thousands of times, all the way from the cottage of the peasant, in his rural surroundings, to the mansions of the rich in the great cities has convinced me, thoroughly, that to no one source can more of the little ills of life be traced than to improper ventilation; unless it be to improper use of food: And the saddest thing about it is so many do not seem to know where the trouble originated nor how to get rid of it, and so send for the doctor, or a drug, when in most cases raised windows and opened doors is the best possible remedy.

True, all people do not require the same amount of pure air; some natures being differently constituted require less oxygen than others, but no nature can thrive or live very long without it and the more of it within reasonable bounds, day or night, the better, except perhaps in some peculiar cases of sickness, and in some special periods of the disease when less would be prudent. The windows and doors should be never all closed tight for more than a very few minutes at one time, unless in some very extreme case. Where there two or more windows in a room at least one should be down a little at the top and another on the opposite side of the room, if so arranged, should be up a little from the bottom, so pure air may come in, and impure air go out, and this should never be otherwise when the house is occupied, except perhaps in times of heavy, cold storms, or some other extreme cases and then only until the worst is over.

Deprived of the necessary quantity of oxygen to fill the requirements of the system, which are circulatory in their nature, brain fog, weakness of the nerves, impoverishment of the tissues, and other derangements, and disarrangements make the human body, which will generally suffer little pain, or other serious ills, when nature's laws are properly regarded, susceptible to diseases of both body and soul, sometimes proving fatal.

The necessity of constantly and continuously renewing the air whenever living beings, (animals in some degree as well as men) are breathing, arises chiefly from the effects produced upon air in the lungs. The average amount of carbonic acid in expired air is found to be 4.3 per cent by regular measure.

This gas when breathed into the lungs is a poison and has a tendency to arrest and stagnate all the vital pro-

cesses. Like other poisons, however, it can be rendered harmless by the process of dilution. The small proportion existing in the atmosphere is entirely innocuous and may be somewhat increased without sensible result. But notwithstanding this, it is positively prejudicial to breathe, for any considerable time, air containing one measure to one hundred of carbonic acid; and it is considered, by the best authorities, that the proportion ought not to exceed one in five hundred. We may assume there, what is not very far from the truth, that twenty cubic feet of air pass through the lungs of a man in one hour. To reduce the poison of this to one per cent, at which it is barely respirable, it requires to mingle with as much fresh air as will make a mixture of nearly one hundred cubic feet; and to make the dilution entirely safe it must be carried five times as far. It is seen, then, in other words, that the respiration of one human being vitiates, every hour, not far from five hundred cubic feet of air.

In addition to carbonic acid, expired air contains seemingly an undue proportion of watery vapor. Minute quantities of animal matter is also exhaled with the breath, which in close ill-ventilated apartments form a kind of clammy deposit on furniture and walls, which by purifying become organic poisons. And for one accustomed to plenty of pure air to enter such rooms is sickening absolutely beyond endurance.

A further necessity for constant renewal of fresh air arises whenever lights, of almost any kind, are burning. The deteriorated air of fire, in a stove or fire-place largely goes off by the flue, lest the products of lights are always mingling with the atmosphere of the room and so must of course be taken into the lungs. Odors, especially from lamps, or lanterns turned down, become very offensive. Lamps should never be turned down and left burning all night, as is often done by many well meaning people, not only because they help poison the air, but because they sometimes explode and destroy much property and sometimes many lives. Now, one pound of oil in burning consumes the oxygen of thirteen feet of air, and produces a large amount of water in vapor, and also of carbonic acid. Every cubic foot of gas consumes the oxygen of ten feet of air, and forms, at least, one foot of carbonic acid, besides these watery vapors, often mixed with sulphurous fumes. And to counteract these various sources of pollution and keep the air sufficiently pure and wholesome, in rooms where many persons are breathing, it is ascertained by painstaking investigation and actual demonstration in practice, that, on an average, about twenty cubic feet of fresh air per minute for each individual, must be supplied.

There are various processes by which this is accomplished, viz. the draught, fans, pumps, transference of heat from used air to the fresh, and others; but no doubt the quickest, cheapest and most effective is to open the outside windows, or doors or both, and let God's pure, invigorating health-giving life-sustaining air circulate freely and frequently through every room in the house, especially when cooking, washing, mopping ironing etc are in progress, in order that the foul smoke, steam etc., may at once escape so that it will not remain to poison the air that is to be received into the lungs.

When rooms have been for a long time with no, or little, ventilation a few minutes, or even hours of airing out will not right the wrongs, but two or three days is required to remove the foul odor of unaired beds (and even then it cannot be done without washing) and other things and cleanse out the nauseating smell that always exists in improperly ventilated rooms. There should never be entire absence of pure air from the lungs and never can be without injury to the system. So many outings, by business men, would not be necessary if stores, banks, offices, hotels etc., were properly aired. School rooms should never be closed tightly while school is in progress. Preachers, teachers, lawyers, doctors and all public men, and women should faithfully warn the people against the dangers arising from unclean breathing. Churches should always be well aired for about two hours, at least just previous to using, and the longer the better, for it is impossible to have too much fresh air.

Probably at least two thirds of the somnolence, and other forms of slowness and sluggishness, prevailing in the pew, is due to too much heat and too little pure air, also the sermon is often below par from the same cause. Opening of doors, for the ordinary duties of everyday life is by no means sufficient ventilation for any home, and much of the disagreeable headache, and sleepy, tired feeling etc., in the sitting room and kitchen is because of too little cool, pure, air.

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