

Water Really Chief

Constituent of Body

Water is a more important substance than we are inclined to admit. Besides its value as a beverage, its utility as a home for fish, its function as a common carrier of the world's shipping, its use as a washing medium, it plays an important role in human life as the chief constituent of the body.

The human body is approximately two-thirds water. An average person of 150 pounds weight carries around with him at all times about 100 pounds, or 12 gallons of water. This water supply is very delicately adjusted so that the intake of water and the water resulting from oxidative processes balances the losses occurring from the various excretory processes.

This compensatory balance sometimes fails. The extremes of mal-regulation which result are represented by thirst and anhydremia on the one hand and edema on the other.

Skelton of the University of Minnesota found that the muscles contain about half of the total water supply of the body, the skin about one-fifth and the watery blood only about one-fourteenth of the total. When marked loss or withdrawal of water from the body occurs the resultant drying up is taken care of principally by the muscles and not by the blood. The muscles lose only a small proportion of their water even in the extreme cases, and the loss per unit of weight is smaller than for other organs, but the total is larger because of the large capacity of the muscular system.

Ancient Chinese Tombs

Gigantic in Extent

Some 200 miles west of Peking, China, says the Pathfinder Magazine, Carl Whiting Bishop, curator of the Freer gallery, examined tombs of the North Wei dynasty, which was founded by Tartars from Mongolia and lasted from the Fourth to the Sixth century B. C. The enormous amount of labor which went into the construction of these tombs is indicated by the size of one of them. It is 80 feet high and has a circumference of nearly half a mile, being made entirely of earth. In front of this was an altar and impressive temples undoubtedly marked the site.

These temples, as is common in China, were of wood and so have disappeared. China had no stone architecture. This is a distinctive feature of Chinese civilization and explains the absence of such ruins as the Roman Coliseum, the Athenian Parthenon or the Egyptian Sphinx. The Chinese used wood altogether.

Very Embarrassing

A professional model was one night posing in the nude before a dozen men who were intent on getting every second of the fleeting hour, in a silence broken only by the nervous scratching of charcoal on paper, when an incident occurred which throws an odd light on feminine psychology, relates Walt McDougall, the cartoonist, in "This Is the Life!"

Only a minute or so remained before the period of rest, when, with a sharp shriek of genuine alarm, the lovely model leaped from the stand and fled outside the circle of light focused upon her form.

"I saw a man looking down upon me from that window next door!" she managed to explain when her agitation had subsided.

Watch Care

Before winding your watch after a cold snap warm it for at least a quarter of an hour; winding it immediately after exposure to cold may break the spring. During the night, the watch will run better if it is in about the same position it occupies during the day. The timepiece should be wound in the morning instead of at night. It is directly after winding that a watch works best and can thus stand the vibrations during the day. It should be wound slowly, carefully avoiding jerks. Count the number of turns the spring will allow without undue strain. These hints were recently given by a large watch manufacturer as practical ways to improve the performance of the timekeeper and prolong its life.

According to Hoyle

Even among the elders we see so little of the old-fashioned fastidiousness nowadays that we were attracted by an incident on the street last week. We saw a white-haired gentleman approach two boys who were playing with a kitten and join them. Then we saw him extract from his pocket a pair of gloves, return one of them and pull the other carefully over his right hand. This completed, he employed his gloved hand to pat the kitten and tickle its ribs for a minute or two. He then arose, carefully removed his glove, replaced it in his pocket, bowed to the two boys and strolled on.—New Yorker.

Would You Be Rich?

So many want to be rich. Are you sure you want to be rich? Don't you get your greatest happiness from doing the everyday things that bring you a living? Aren't the very things—at least some of them—that you have to do because you are not rich, the things that bring you your greatest content, your greatest peace of mind? Think of your life without the necessity of earning a living, without the necessity of work. Would it be a full, complete, happy life?—Grove Patterson, in the Mobile Register.

Visiting

It's always a gamble to take children calling, as many a mother has found out to her sorrow. Sometimes they behave according to Hoyle, and then sometimes they do or say very strange things. The other afternoon mother and 5-year-old Dorothy went calling and were served tea. This didn't bother mother, because she had frequently had her little daughter with her when serving tea at home, although, of course, the child's repast was limited to the cakes. On this occasion the hostess had sandwiches instead of cake. When she asked Dorothy if she would have some, imagine her surprise, and mother's chagrin at the youngster's reply: "I like cakes better, but they'll do."—Philadelphia Record.

BAPTIST CHURCH

Sunday School at 9:45 A. M. Divine worship at 11:00 A. M. Topic, "Crowns of Christ." Young peoples meeting at 6:30 P. M. Song and praise at 7:30 P. M. Topic, A sure Refuge. Midweek meeting every Thursday evening at 7:30 P. M. All are invited to services.

"Were half the power that fills the world with terror,
Were half the wealth bestowed on camps and courts,
Given to redeem the human mind from error,
There were no need of arsenals and forts.
The warrior's name would be a name abhorred!
And every nation, that should lift again
Its hand against a brother, on its forehead
Would wear forevermore the curse of Cain!"

Taken Up

In accordance with the provisions of Section 3, Umatilla county herd law, providing for the taking up and sale of live stock running at large, the following described livestock was taken up by the undersigned at Athena, Oregon, and unless redeemed by owner as provided in said law, the same will be sold as by law provided:

One black horse, weight about 950 pounds, age between 7 and 8, brand E on right shoulder.

Said sale will be held at the home of Henry Miller, in Athena, Oregon, as above stated, on March 26, 1928, at 4 o'clock, P. M., for cash in hand, to the highest bidder, to pay for advertising, damages, cost of sale and all other expenses and charges regularly and legally incurred. Dated at Athena, Oregon this 13th day of March, 1928.

WALTER HUFFMAN
Athena, Oregon.
M17&24

22 Years Ago

March 16, 1926

Jerry Swart, O. R. & N. agent at Adams, was in town Saturday evening.

D. H. Preston left this morning for Waitsburg. He will return tomorrow.

Sand storms on the Columbia river delayed all trains on the O. R. & N. yesterday.

Jimmie Cox, the old-time "Yellow Kid," came up from Pendleton Sunday and spent the day in Athena.

Six inches of snow fell at Pilot Rock yesterday. This is said to be the heaviest snowfall of the season there.

Wm. McKenzie, clerk for the Athena Mercantile Co. for several years past, will leave tomorrow for Nanton, Alberta.

Millard Kelly, Chas. McFarland and Fred Flint have returned from a sheep shearing expedition in the south part of the county.

Tonight the annual ball of the Athena fire department takes place at the Athena opera house. A large number of tickets have been sold, and the fire boys expect a good attendance.

A. L. Jones has sold his drayage and express business to the Athena Truck Co. If Mr. Jones can sell his city property here, he will engage in the hotel business at Echo.

"Jinks" Taylor is the owner of an exceptionally fine saddle horse, a recent purchase made by him at Heppner. Yesterday Mr. Taylor gave him a "work out" on the breaks of the Umatilla and he "made good."

The members of the Adams K. of P. lodge tendered Mr. and Mrs. M. A. Ferguson a farewell party at the I. O. O. F. hall in that city Wednesday evening. Mr. Ferguson expects to leave in a few days for Helix, where he will issue a weekly paper.

The water pipes in the Press office were found to be frozen this morning, and when the devil thawed them out by blowing his breath on them, a leak was discovered. With the assistance of City Marshal Gholson and "John" Dobson, the presses were put in operation shortly after noon.

Jim Foss writes home that he, in company with Ora Rhodes has arrived at their homesteads after a somewhat rough experience. At a point twenty miles from Madras, the stage broke down and the passengers were compelled to walk the entire twenty miles into Madras.

A pleasant party was enjoyed by the young friends of Miss Grace Johnson at her home just east of town last Friday night. A large number from town and the country were present and a jolly time was spent with games, some of them being original and most entertaining. A delicious lunch was served the guests by the hostess.

DR. S. F. SHARP

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