

Eagle Valley News

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C. E. Thorp

Editor

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MARCHING TROOPS

Length of a Day's Tramp Depends on the Methods Used.

A HARD WAY AND AN EASY WAY

If the Load the Soldier Carries is Properly Adjusted It Lessens the Amount of Energy He Has to Expend and Increases His Staying Powers.

There are two things, and two things only, which determine the length of a day's march for a soldier. The first is the amount of actual labor or mechanical work done while marching, the second is the degree of even distribution of this labor among the chief muscles used in performing labor. Now, labor, or work, is simply the product of the force overcome and the distance through which it is overcome. The forces to be overcome are by no means confined to the weight of the man and his pack. Many other forces are called into play in the course of a day's march.

To illustrate, suppose the marcher has to carry a five pound weight on the end of a five foot stick. Suppose he places this stick across his shoulder with four feet behind him and one foot in front. By the simple exercise of bad judgment he multiplies the weight of his load by four; he has to pull down continually with a force of twenty pounds, and the shoulder must continually push up with a force of twenty-five pounds, all on account of that five-pound load which is carried on the end of the stick.

Another way in which energy may be wasted is somewhat more subtle and perhaps a bit harder to understand, but of equal or greater importance. It lies in the principle that work has to be done whenever a mass of any kind is changed in its motion. It takes more energy to start a street car, for instance, than to run it at uniform speed. It takes more energy to make its speed a little faster than to maintain it at the just speed—that is, whenever a body is given an acceleration a new force has to be used. Now, every time a soldier holds up and down when walking he has to start the weight of his body and pack and gun upward and let them down again. To do this uses up more energy than simply to keep them moving up or down. In the one case only the pull of gravity has to be overcome, in the other the inertia of the soldier's head and body. And the faster this is done the more energy is used up per step. Hence it is that a slow walk can be maintained, not merely for a longer time than a fast one, but for a longer distance on a stretch.

Under the principle outlined above would come the loss of energy due to all swinging articles, such as bayonet scabbards, tin cups, tassels, etc. These have to be put in motion, then jerked back and stopped by bodily contact, then put in motion again. All this consumes energy, and work has to be done.

Again, any weight on the breast of a soldier or a tight coat or shirt, has to be overcome every time he breathes. And the deeper his chest expansion the more work he has to do with his breast every time he takes a breath. This amounts to an enormous total during a day's march. A loose coat and underclothes will cause him to travel with less expenditure of energy. It must be remembered that this is actual energy

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used up, taken from the store of energy available to march with.

Besides the up and down motion of a soldier while marching, he sways from side to side. Every article he is carrying and his own body are, thus started and stopped in this swaying direction also. Thus energy is used up. Now, the upper part of his body sways further than does the lower part, so if the pack there must be the heavier part of it should be placed just as low down the trunk as is convenient or comfortable. The heavier articles should also go as close to the back as possible, so as not to increase the leverage on the straps holding the pack to the body.

To sum up then: The gun should be carried with its center of gravity just a wee bit behind the shoulder, so as to balance the weight of the hand and forearm which keeps it steady (this is the usual practice, be it said); the pack should be as compact as possible, close fitting to the back, the heavy articles tightly packed in the lowest available space; no swinging articles should be allowed, not even tassels; the coat across the breast should be loose fitting, as should also the underclothes; a slow gait should be used; as small a rise and fall as possible of the body should be indulged in and as short a sway as possible. To the above may be added that the shoes should not have stiff soles, for every time the sole of a shoe is bent energy is used up.

To decrease the rise and fall of the body in walking the old "rolling walk" used by some surgeons is useful. It consists in slightly propping the forward knee as the body is allowed forward on to the front foot.—Philadelphia Press.

Lithium a Soft Metal.

Lithium is a silver white, very soft metal, which forms the oxide or some other salt on exposure to the air and which decomposes water, forming the hydroxide of lithium. For these reasons metallic lithium does not occur in nature. Compounds are called lithium carbonate, lithium phosphate, lithium silicate, etc. The chemical products derived from lithium minerals have found application in military affairs.

Heaven takes care that no man secures happiness by crime.—Alfieri.

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NOTICE FOR PUBLICATION.

(Publisher)
 Department of the Interior,
 U. S. Land Office at La Grande, Oregon, Sept. 12th, 1917.

Notice is hereby given that Otto R. Schiller, of Richland, Oregon, who, on November 19th, 1913, made Homestead Entry, No. 012024, for SE 1-4 NE 1-4, NE 1-4 SE 1-4, Sec. 21, W 1-2 SW 1-4, Sec. 22, Tp. 9 S., R. 44, E. W. M., and on May 8, 1915, made Ad. H. E. 014712, for S 1-2 SW 1-4, Sec. 15, and NE 1-4 NE 1-4, Section 21, Township 9 South, Range 44 East, Willamette Meridian, has filed notice of intention to make three-year Proof, to establish claim to the land above described, before Woodson L. Patterson, U. S. Commissioner, at his office at Baker, Oregon, on the 14th day of November, 1917.

Claimant names as witnesses: David D. Jacobs, A. Francis Bates, and Martha Wilcox, all of Richland, Oregon; and Thomas Ritch, of Baker, Oregon.
 C. S. DUNN, Register.

NOTICE FOR PUBLICATION.

(Publisher)
 Department of the Interior,
 U. S. Land Office at La Grande, Oregon, Sept. 12th, 1917.

Notice is hereby given that John M. Smith, of Durkee, Oregon, who, on Nov. 5th, 1914, made Homestead Entry, No. 013869, for Lot 2, S 1-2 NE 1-4, Lots 3, 4, 5, SE 1-4 NW 1-4, and Lot 6, Section 6, Township 11 South, Range 45 East, Willamette Meridian, has filed notice of intention to make three-year Proof, to establish claim to the land above described, before the Register and Receiver, United States Land Office, at La Grande, Oregon, on the 27th day of November, 1917.

Claimant names as witnesses: Palmer Kennedy, W. L. Kirby, and George Kennedy, all of Durkee, Oregon; and Richard Kirby, of Richland, Oregon.
 C. S. DUNN, Register.

NOTICE FOR PUBLICATION.

(Publisher)
 Department of the Interior,
 U. S. Land Office at La Grande, Oregon, Sept. 12th, 1917.

Notice is hereby given that Arthur H. Mills, of Richland, Oregon, who, on July 7th, 1914, made Homestead Entry No. 013512, for SW 1/4, Section 33, Township 9 South, Range 44 East, Willamette Meridian, has filed notice of intention to make three-year Proof, to establish claim to the land above described, before A. B. Combs, Jr., Clerk of County Court of Baker County, at Baker, Oregon, on the 14th day of November, 1917.

Claimant names as witnesses: A. B. Miller, T. O. Welch, J. E. Sinclair, and T. R. Jeffords, all of Richland, Oregon.
 C. S. DUNN, Register.

NOTICE FOR PUBLICATION.

(Publisher)
 Department of the Interior,
 U. S. Land Office at La Grande, Oregon, Sept. 12th, 1917.

Notice is hereby given that Hans P. Mikkelsen, of Durkee, Oregon, who, on July 24th, 1912, made Homestead Entry No. 010916, for NW 1-4 SW 1-4, Sec. 2, NE 1-4 SE 1-4, Sec. 3, and on Jan. 21, 1915, made Ad. H. E. No. 014253, for SW 1-4 SW 1-4, Sec. 2, SE 1-4 NE 1-4, Section 3, Township 11 South, Range 44 East, Willamette Meridian, has filed notice of intention to make three-year proof, to establish claim to the land above described, before A. B. Combs, Jr., Clerk of County Court of Baker County, at Baker, Oregon, on the 10th day of November, 1917.

Claimant names as witnesses: James Gallagher and Lee Bland, of Durkee, Oregon; William L. Chase and William P. Patterson, of Richland, Oregon.
 C. S. DUNN, Register.

NOTICE FOR PUBLICATION.

(Publisher)
 Department of the Interior,
 U. S. Land Office at La Grande, Oregon, Sept. 12th, 1917.

Notice is hereby given that John H. Allen, of Richland, Oregon, who, on Oct. 10th, 1912, made Homestead Entry No. 011229, for S 1/2 SE 1/4 and E 1/2 SW 1/4, Section 12, Township 9 South, Range 44 East, Willamette Meridian, has filed notice of intention to make three-year Proof, to establish claim to the land above described, before C. J. Shelton, United States Commissioner, at his office at Halfway, Oregon, on the 12th day of November, 1917.

Claimant names as witnesses: R. H. Goodwin, H. P. Lambert, Frank Bork, and J. E. Wallace, all of Richland, Oregon.
 C. S. DUNN, Register.

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Choir practice at 7:30 Thursday evening.

The Woman's Missionary Society meets the third Thursday afternoon of each month.

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Prayer meeting on Wednesday evening at 8:00.

Ladies Aid Friday afternoon.
 You are cordially invited.
 William E. Bean,

Friends of the News who have occasion to publish legal advertisements in settlement of estates or other probate matters or in cases in the district court will do this paper a favor by directing their attorney or the county official having such matters in charge to have such publication made in The Eagle Valley News.

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