

PERSONAL EFFICIENCY

The principles of efficiency are but the findings of science, applied with plain common sense to the everyday affairs of the work-a-day world. Efficiency is nothing more than getting the best results in the quickest time with the least expense of material, money, effort and energy. In other words it is doing the right thing, the right way, at the right time and thus getting right results.

Personal efficiency is the accumulated results obtained from the formation of good habits, of logical thinking, prompt and persistent action, and the maintenance of health by obedience to the simple and inexorable laws of nature. Personal efficiency is dependent upon and proportional to the degree of health one enjoys. It is quite true that there are many men who are efficient in spite of the handicap of poor health, but the output of these men would be even more marvelous if their health were improved. If a man wishes to enjoy life through efficiency, he must give his health proper consideration. Health is not the product of good fortune, but the dividend paid to those who invest in the habits of serenity, correct eating, rest, recreation, repose and hard work. Energy must be conserved and every action of the body should coordinate with all the faculties and with full mental powers. The secret of the tremendous accomplishment of successful men is their well laid plans for each day.

The recognition of human efficiency has led to the discovery of causes of inefficiency and the development of methods for their prevention. The greatest cause for human inefficiency and unhappiness is ill health. Few individuals can be considered perfect specimens of physical and mental health. Almost everyone has a defect of varied importance, such as poor posture, defective teeth, impaired vision, and diseased tonsils. Some will be found to have more serious defects such as heart, kidney, and lung diseases. The economic loss from disease and ill health is appalling. Over two and one-half million of the people of the United States are continually ill at the present time. At least one-half of the diseases are

preventable by proper preventive measures. The human mechanism needs intelligent care and an annual inventory to insure its well being. The annual inventory should consist of a thorough health examination.

A health examination is a thorough physical and mental appraisal of an individual, made by a competent doctor of medicine in order to detect physical and mental impairment and faulty habits of hygiene with a view to their correction. The reasons why health examinations are beneficial are so obvious that hardly any argument for them is necessary. They are of course advantageous to the individual in that they serve to detect the beginning of organic disease, or discover the existence of definite physical impairments of which the person may have been unaware. Faulty personal habits of living, errors of hygiene, and possibly shortcomings in environmental conditions are frequently brought out. For instance, the routine examinations of a number of persons brings out the fact that 80% have bad mechanical use of the body, or faulty posture. The secret in combating disease, in most cases, lies in early diagnosis. The diagnosis at the very onset will often check the disease. Therefore, health examinations have a real place in increasing human efficiency.

THE RURAL SCHOOL

Modern farmers are thinking as seriously of ways and means of improving the educational and recreational life of their communities as they are of improving economic conditions. A recent widely quoted article, after discussing rural life conditions, concludes that ultimate improvement will come by "redeeming country life" rather than by condemning city life.

This is not a new idea. Interested persons have realized for a number of years that social, educational, and economic conditions existing in country districts must be improved if America's rural population is to continue on a high intellectual plane. Organizations almost without number have launched campaigns for the improvement of rural life. One of these was the Roosevelt country life commission in 1908 whose work added impetus to the movement. But progress is slow. Country people are conservative and often refuse to accept helpful advice.

The most promising agency available for the redeeming of rural life is the rural school. It is the one fundamental and common agency; but the rural school must provide suitable education. This can be done only by having trained teachers in rural schools, teachers sympathetic with rural life and whose training is equal to that of the best trained city teachers. When such rural schools are provided rural life problems will be solved by rural people.

CAN WE STAND THE PRESSURE OF PROSPERITY?

Money in the average man's pocket burns its way out. Prosperity too often brings discontent.

As with the individual, so it is with states and nations. People will struggle against adversity, and be drawn closer together by hardships. But when the necessity for self-preservation is removed, dissatisfaction, envy, jealousy, and agitation creep in. That is the greatest danger our country faces today. We have been unusually prosperous. We have had more money than the necessities of life required.

The "cure-all doctor" with his caldron of steaming political theories offers us a remedy for our real or imaginary problems. Like the magician who can produce a bowl of gold fish from a silk hat, he offers us laws to help this class or that class, at the expense of another class. But when the curtain goes down on his act, he has our tax money, and we have had the pleasure of seeing him do his political tricks.

Our country is ripe for the "cure-all doctors." They can show us what is wrong with our present prosperity, and how by adopting their courses of treatment we can put two dollars in our pocket where we now have one, and better yet, make "the other fellow" pay the bill.

We should be thankful for the prosperity which is now ours. The dog with the bone that saw his shadow in the water tried to grab the bone of the other dog and lost the one he had.

We not only have a bone but a good juicy steak in our teeth today. Our banks are full of money, our workmen are the highest paid on earth, most of our farm crops are bringing good prices, transportation is above normal, building is at record figures, power development has broken all records, our homes are filled with electric lights, telephones, radios, automobiles, and every modern convenience under the sun.

As a nation, can we stand prosperity, or will we allow ourselves to be duped by the "cure-alls" who would offer visionary theories in trade for proven advantages which we now enjoy?

BEND PLAYS GOOD BALL

Reports from Bend state that the baseball game on the 4th between the home team and the Wasco team was a warmly contested one with the final score ending 5 to 7 in favor of Bend. C. P. Moore of this city was one of the Wasco team players.

The next day, on Monday, the Bend team played against a hand picked team from members of seven other ball teams, including players from the Union Pacific team of Portland. This game terminated with a final score of 4 to 2 in favor of Bend.

C. P. Moore of Moro, Jeff Wilson and Ducky Drake of Wasco, and Harrison from the University of Oregon team played with Bend. Harrison pitched.

WANT DEALERS LICENSED

Farmers in Jackson county want the incoming legislature to pass a law licensing and bonding commission dealers and others who buy farm products. During the past three years many complaints of unfair dealing have been made to the state market agent, many of which were justified upon investigation. There are many reliable commission houses in Portland, but many farmers are not familiar with them and have shipped products to concerns that simply closed up and went out of business. Licensed firms, under bonds, would weed out these shyster concerns.

Mr. and Mrs. Karl Schade and Mr. Schade's father, J. H. Schade, who has been visiting at Moro the last few weeks, accompanied C. R. Sparling and wife on an auto drive to Cascade Locks last Sunday, where J. H. Schade left the party to return to his home at Portland. The party ferried to Stevenson, driving from there to Government Springs where Mrs. Schade remained to enjoy a camping outing with Mrs. H. O. Kunsman. Mr. Schade and the Sparlings drove over the crossing the interstate bridge to Hood North Bank highway to White Salmon River and home over the Columbia highway.



Cut out the picture on all four sides. Then carefully fold dotted line 1 its entire length. Then dotted line 2 and so on. Fold each section underneath accurately. When completed turn over and you'll find a surprising result. Save the pictures.

County Notes

News Items From Kent And Near Vicinity

A light sprinkling of rain fell here Tuesday.

Everyone is thankful for the cool weather.

Joe Paterson of Portland is visiting relatives here.

J. E. Norton and family were Moro visitors Tuesday afternoon.

Clair Simler and wife of Toledo spent the fourth at the Hogue home.

Clarence Snyder who sails the high seas arrived in Kent Sunday.

"Kidde" Haynes is also here. The sailor boys are here on their vacation. They seem to like the rolling deep.

J. L. Matthes and family spent the fourth with E. J. Barnett and family at Clem.

Some went to The Dalles, some to Tygh Valley, some to Buckhollow, and a number stayed home the fourth.

Items of General News Concerning Wasco

Mrs. O. Yocum returned from The Dalles hospital Sunday.

Mr. and Mrs. Ryan motored to the foot of Mt. Adams Sunday.

Mr. and Mrs. Hugh Beall spent the July holidays in Portland.

T. E. Sink was confined to his bed this week, a sufferer from an abdominal ailment.

R. H. McKean spent the holidays in Portland where his family has been staying for some time.

Dr. Wonderlick and family spent the 4th and 5th at Cloud Cap Inn and climbed the mountain.

A. W. Spencer and family motored to Portland via the Mt. Hood loop Sunday, returning Monday evening.

Mr. and Mrs. Geo. N. Crossfield and Mrs. Jessie Amos motored around the Mt. Hood loop over the holidays.

Mrs. Williams, who was operated on some time ago, returned to the farm home of Lee Dehler last Thursday.

The 4-year old child of Homer D. Belshee was given an anesthetic the first of the week by Dr. Wonderlick, to assist in removing a small foreign body embedded in the eye.

Andy May was seriously injured at his farm south of Wasco on Tuesday morning. The accident was caused by the brake on the combine failing to hold when the machine was going down a steep place in the field.

Interment services were held at Wasco last Saturday for Charlotte Hatley, four months old daughter of Mr. and Mrs. M. B. Hatley of DeMoss. Death was caused by an attack of pneumonia following whooping cough.

A large wheat fire destroyed 450 acres of wheat for Frank Medler last Saturday afternoon. It was said the wheat was fully insured, 30 acres had been cut and 50 sacks were unburnt. The fire had its origin from the back-fire of a truck.

Gibbs Martin who was employed by Ed Kaseberg got his hand-caught in the tractor clutch Tuesday morning. Although severely crushed there were no bones found broken, after an x-ray examination.

NEWSPAPERS AND UTILITIES ARE PUBLIC SERVANTS

Classing the newspapers and public service corporations as "brothers under the skin," because both are public utilities serving the American people with an essential and permanent service, W. P. Stranborg, of Portland, Oregon, says:

"Of the two it would be unfair to say which is the most indispensable. The newspapers have a circulation of 25,000,000, while the major utilities light, power, gas and telephone, have contact relations with about 35,000,000 customers.

"One thing is sure. It would be a monumental catastrophe if either the newspaper or the public utilities should discontinue service for a single day. Both have become a vital part in the progress of modern civilization and society."

Last year, it is estimated, public utilities spent approximately \$25,000,000 for advertising, of which 63% was used in the newspapers.

MISS SHERLOCK HOLMES IN TELEPHONE SERVICE

A man who spoke no English appeared at the Salt Lake city passenger depot, to demand telephone word with an address nobody could understand. The chief operator at central took the name that was all but unintelligible, though it sounded like "Hinsissel," as he pronounced it, and finally located at Eureka, 70 miles away, a subscriber with a name that might be imagined to be what the caller gave. A request to this Eureka man to answer and, if possible, assist the caller to be understood, disclosed that the caller was the Eureka man's nephew, just over from Norway, and stranded in Salt Lake city through some ticket mistake or loss.

Steady advertising is a business asset.

QUALIFICATIONS COUNT EVEN IN WINDOW WASHING

As a nation we distrust the motives of a great financier who seeks to enter public life. We sling mud at a lawyer who has made plenty of money and prefers the honors of a judgeship to big fees. We fear that such men would rob and betray us, forgetting that if such was their intention they would not have to get into public office to do it.

When Andrew W. Mellon became secretary of the treasury many good people shivered in their boots for fear that some morning we would wake up and find the United States gone, vanished in the capacious pockets of Mr. Mellon. Instead of this, we find taxes reduced, economy in government such as we have not seen for many a long year, and the public finances on a sound basis.

Perhaps a few examples of this sort will convince America, not that wealth should be made a qualification for public office, but that it should not be made a disqualification. In those branches of government where expert advice is needed it is not unreasonable to inquire into the experience and capabilities of candidates at least as carefully as we would look into the qualifications of a window washer. As we would not turn down a window washer merely because he was so good at it that somebody else was willing to pay him more money.—San Francisco Chronicle

CARD OF THANKS

To our friends and neighbors who so kindly extended us their help and sympathy in our late bereavement at the time of the death of our dear little Charlotte we extend our most sincere thanks. Also for the beautiful floral offerings. We also offer special thanks to Rev. and Mrs. W. L. Dillinger.

Mr. and Mrs. M. B. Hatley, Mr. and Mrs. W. F. Johnson.

Reading of advertising is worth while.

OBSERVER WANT ADS

Rates: Under 15 words, 35c
15 to 30 words, 50c
Over 30 wds., 1 1/4c per wd.

FRESH COW for sale—A No. 1. Phone 21P4, Box No. 241, Moro, Oregon.

WANTED AT ONCE—Women and girls to can Loganberries—good wages—excellent working conditions. Apply Libby, McNeill & Libby, The Dalles, Oregon. j2-14

MCCORMICK COMBINE for sale cheap; 5-foot cut; ground power; good condition. Arthur Smith, Grass Valley. j25

WE PAY parcel post one way on all shoe repairing. Good quality work and leather. Joe Amore, The Dalles, opposite the post office.



Take a Picture -- Get Your Kodak Out

And let Crosby's experts finish your films. 24 hour service on a quality basis. We make the most of every film you send us.

Everything in Anything
Everything in Drugs Everything in Kodaks

A. E. CROSBY

The Dalles, Oregon.



How far do you intend to drive your CAR?

Don't judge a motor car by its first 10,000 miles.

Almost any car will go that far in a fairly satisfactory fashion.

The miles from then on will show you the difference between Buick and a lot of other cars that sell for the same money.

Buick cars are built for future, as well as for present use. Big volume makes it possible to build them without a quality compromise, and still keep the price low. Come in and look them over.

The Better BUICK

Geo. N. Crossfield

Distributor for Sherman County

WASCO, OREGON

READ THE OBSERVER ALL THE TIME For The County News

WASCO Open Air Dance

Under Auspices of

American Legion Frank E. Brown Post No. 91

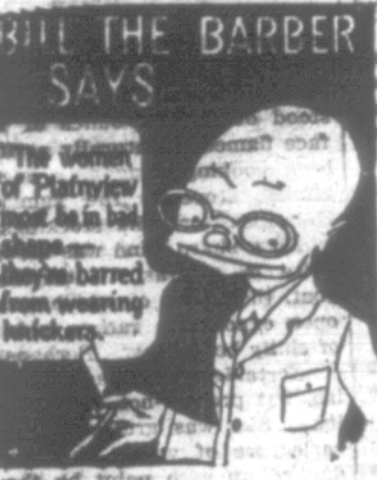
of Wasco, Oregon

Saturday Night
July 10th, 1926

MUSIC BY

Foister's 5-piece Orchestra

Tickets \$1.00 including tax



A MATURE knowledge of co-operation with the clergy in appropriately conducting the funeral service, is a part of our equipment. To recognize the importance of an atmosphere of worshipfulness and devotion, is an element in the service of the modern funeral director which should not be overlooked.

The Crandall Undertaking Company

Lady Assistants: Photo 33-J, The Dalles, Oregon
Moro, Grass Valley, Wasco, Kent
Samuel Brisbane, W. H. Myers, J. E. Norton

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MORO, OREGON



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at all times.

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