

**Daily Democrat**

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TUESDAY, JULY 31, 1917.

**KEEPING WELL**

A scientific test has been made in Framingham, Mass., for the past six months to see whether much of the usual disease, death, ill-health and physical defects might not be prevented by taking proper precautions. Dr. Donald B. Armstrong is conducting the experiment.

Publicity campaigns were undertaken in order to arouse public interest in keeping well. There was a "Medical Examination Week" in which hundreds of people were given competent and thorough examination by doctors. There was a "Baby Week" and a "Clean Milk Demonstration" and other interesting things.

Six months, of course, makes only a beginning in a work so huge and requiring so much time to carry out. But in the six months some facts have been demonstrated satisfactorily enough to show the usefulness of the experiment.

The marvelous conclusion to which those in charge have come is that fully one-half of all sickness is preventable. It is preventable by means already known to the medical profession and social workers. The means are known to a great part of the public at large, though naturally in a vaguer way than to the professionals. Where serious sickness exists these means, though known, are not utilized. All we need to get well and to stay well is to use the means at hand.

Sickness represents an enormous economic waste. It means loss of wages. It means pain, distress, misery, depression.

Why be sick, when using your brains will keep you well?

The first essential is a thorough physical examination. The next is to keep yourself and your premises clean, well-sunned and well-aired. The next is to eat pure and wholesome food, and not to mistake self-indulgence for nourishment. Getting enough sleep, keeping your teeth looked after, your eyes fitted and your feet in sane shoes comes next. If you do all these things, medicine will not be needed.

Some of these conditions are not possible of attainment unless a community gets together to procure them for all its members. Most of them are individual matters in which you can set the example for your community.

The country needs every ounce of your energy. Why be sick?

**AMERICAN INVENTION LOCATES CANNONS BY SOUND WAVES**

Washington, July 31.—(U. P.)—An ingenious American must again be given credit for another revolutionary invention, this time one which is calculated to upset the whole theory of artillery battles.

The new invention, the name of which must be kept secret for military reasons, is based upon an invention perfected by the United States Bureau of Standards, the decimeter, an instrument which is used to tell the location of any noise producing body by the decrement of the air waves produced.

By means of the new invention, which is now in actual use on the French front, it is possible to tell the exact location of a German cannon, even when it cannot be seen or heard.

It is possible to judge, even at a distance of eight miles, so accurately the position of an enemy gun that a shell can be placed within fifty feet of the cannon aimed at.

The instrument now in use is set up at a certain point on the French line and the actual distance to the enemy cannon is judged by the decreasing air waves. From another instrument at another point in the French line

a similar reading is given so that German cannon a triangle is formed. By determining the exact distance from the two instruments to the German cannon, its position can be found. A shell is fired from a French cannon, and the position at which it strikes can again be determined by use of the new American instrument. If the aim is inaccurate, it can be corrected until the German cannon is destroyed.

This instrument is so revolutionary in its practical application that when it is placed into use along the entire Western front, officials say, the use of aeroplanes as locators of enemy artillery will be done away with.

**BIG REAL ESTATE DEAL CLOSED HERE**

E. B. Williamson, vice president of the Albany State Bank, reports the sale of the Foster farm of 117 1/2 ac. by the Pacific Land Company of this city to Edward F. Pompe of Kendrick, Idaho. The consideration was \$12,000.

This is one of the largest deals that has been made in Linn county during the past few months.

**MARKET REPORT**

The prices given in the local quotations are those asked by the wholesaler from the retailer for fruit and vegetables. All other prices are those paid the producer. List corrected daily.

**LOCAL GRAINS**

Wheat	\$1.75
Oats, new	.60c
Bran	.35
Hay, cheat	\$18.00
Hay, vetch	\$20.00
Hay, Timothy	\$20.00
Clover	\$16.00
Flour, hard wheat	\$12.00
Sugar	\$8.53
Flour, valley	\$10.40

**Butter**

Butterfat	42@44c
Creamery Butter	44c
Country butter, trad_e	32@35c

**Eggs and Poultry**

Eggs, cash	33c
Eggs, trade	34c
Hens, per pound	11@13c
Roosters	7c
Broilers	14@15c
Springs	14c
Ducks	11c
Ducklings	13c
Geese	7c

**Pork, Veal and Mutton**

Hogs	\$12@14.75
Cows	41-2@51-2c
Steers	5@7c
Veal	7@8 1/4c
Bulls	4@5c
Ewes	5@7c
Lambs	91-2@11c
Yearling sheep	8@9c

**PORTLAND MARKET**

Portland, July 30, 1917.

Club	\$2.14
Red Russian	\$2.14
Bluestem	\$2.20
Fortyfold	\$2.18
Oats, white No. 1 feed	\$45
Barley, feed	\$42.50
Potatoes	\$2.75
Hogs, best live	\$15.30@15.50
Prime steers	\$7.50@8.50
Fancy cows	\$6.50@6.75
Calves	\$7@9
Sheep, valley yearlings	\$8@8.50
Spring lambs	\$10.25@11.50
Butter, city creamery	43c
Butterfat	42c
Eggs, selected ex	341-2c
Hens	16c
Broilers	18@20c
Wool, 16, valley cotswold, best	65@68c

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H. F. MERRILL Insurance, Loans, Surety Bonds Special attention given to care of property belonging to non-residents. Room No. 1, second floor, First Savings Bank building, Albany, Oregon.

FOR SALE—Almost new modern household furniture. Bargain if taken at once. 115 W 5th street, or call Phone Bell 610-L. Home, 4433. J-30-A-1\*

FOR SALE—6 good work horses and harness. Al Hammegean, care Princess Hop Ranch, Home phone 6851. J-27-31\*

FOR SALE—Ferry, in good condition, income from \$600 to \$900 a year. Bargain if taken at once. See C. A. Bevier, P. O. Box 146, Albany. J-26-A-1\*

FOR SALE—1916 4-Cylinder five-passenger auto, Electric lights and starter. Good condition. Phone Bell 380-J, address Box 302, Albany, Oregon. J-724-31\*

FOR SALE—Two general stores, good location doing good business. Also ranches and city property. Call on or write R. A. Scott, Scio, Ore. J-14-A-14\*

FOR SALE—Improved stock farm, 865 acres Linn county, at \$18 per acre. Address Geo. W. Wright, lawyer, Albany, Oregon. J-28-A-4\*

FOR SALE—One three-compartment Caloric Fireless Cooker, complete with aluminum utensils and cook book. 128 West 2nd St. Bell phone 443-J. J-28-A-4

HOGS FOR SALE—Brood sows with pigs, shoats, and pigs. On Greenhouse road, S. G. Tobia, Albany, Oregon. J-28-A-4

FOR SALE—Fresh cows on easy terms. H. Bryant. D4tf

FOR SALE OR EXCHANGE—A 10 million timber claim in Douglas county for city property or good farm land. Home 1143 f16f

FOR RENT—Store building on First street, at low rental. Apply to eGo. Wright, lawyer, city. J-28-A-4\*

FOR RENT—Warehouse 40x114 ft. Corner Ferry and Water streets. All railroads and steamboat transportation. Fish & Hodges. J-21-4f

HEMSTITCHING—10c a yard. Sur Breckenridge, 333 Second St. Bell Phone 452-R.

HELP WANTED—Female—An intelligent person may earn \$100 monthly corresponding for newspapers; \$40 to \$50 monthly in spare time; experience unnecessary; no canvassing; subjects suggested. Send for particulars. National Press Bureau, Room 4388, Buffalo, N. Y. M-21-N-21

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WANTED—To rent, a good typewriter for a few months. May buy it later. Phone 581-R. J-28-31

WANTED—Woman wants washing to do at home. Will go away to work on Saturdays. For information call Home phone 1266. n13f

HELP WANTED—Male—An intelligent person may earn \$100 monthly corresponding for newspapers; \$40 to \$50 monthly in spare time; experience unnecessary; no canvassing; subjects suggested. Send for particulars. National Press Bureau, Room 4388, Buffalo, N. Y. M-21-N-21

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