

HOME READING COURSE FOR CITIZEN SOLDIERS

This course of thirty daily lessons is offered to the men selected for service in the National Army as a practical help in getting started in the right way. It is informal in tone and does not attempt to give binding rules and directions. These are contained in the various manuals and regulations of the United States Army, to which this course is merely introductory.

Lesson No. 7 Your Health

(Preceding Lessons: 1. Your Post of Honor. 2. Making Good as a Soldier. 3. Getting in Ready for Camp. 5. First Days in Camp. 6. Cleanliness in Camp.)

The living conditions in the Army are just what most vigorous men need for their physical well-being. Every day brings an ample amount of exercise, fresh air, and good food. You will be a very unusual case if you do not find yourself after a few months stronger, healthier, and more buoyant than you have ever been in your life.

It is true, on the other hand, that extreme exertion in marching or fighting may in time be called for. But this will not be until you are thoroughly trained and fit. The periods of strain or exposure will probably be short and are not likely in themselves to do you any real harm. At any rate you owe it to yourself—and, what is more, you owe it to the country—to make yourself "fit" at the earliest possible moment. Sick men can not do much toward winning this war. In the Army they are not only a loss, but during their sickness a positive handicap.

There are a few simple, common-sense rules to follow, which are briefly summed up in this lesson.

Everything you eat will be carefully inspected by the officers in charge of that duty. You will have plenty of fresh meat, bread, potatoes, and other vegetables, and other simple and nourishing food. As a general rule, you should eat nothing not supplied in your company mess. Especially avoid green or overripe fruit and the inferior "soft drinks" which will be put before you in shops and by peddlers outside the camp limits.

Your chief care in connection with food will be to chew it thoroughly and eat it slowly. Don't drink excessive quantities of water, tea, or coffee with your meals; this is rather a common fault among soldiers.

Avoid needless exposure. You may be often called upon in the line of duty to march through mud and rain. So long as you are actively on the move it will probably do no harm. As soon as you are off duty, however, take proper care of yourself. Give yourself a rub down and if possible bathe your feet and change your clothing. Use a little extra care to protect your belly from getting chilled. It may save you some annoying attacks of cramps and diarrhoea.

If you come in from exercise or drill sweating freely, try to cool off

gradually instead of allowing yourself to get chilled. Even in hot weather throw a light coat or wrap over yourself for a few minutes.

One of the most important rules of all is to be careful about drinking water not provided in the camp or recommended to you by medical or company officers.

If pure water is not at hand, it is better to drink boiled water or weak coffee or tea. Boiling kills the disease germs.

If you are in the habit of using tobacco, be moderate, especially while you are on the march or just before taking strenuous exercise. Your smoke will do less harm and at the same time will be much more enjoyable, if you wait till you can sit quietly during one of the periods of rest.

Eight hours of each day are set aside for sleep. This is ample, but not too much for most men. Even if you can't sleep for any reason, lie still and get a good rest during those hours.

The medical officer will be ready to do everything he can to keep you well. Don't hesitate to report to him if you need any attention even for slight ailments. Every day at "sick call" any soldier who is not feeling well may ask for medical treatment.

It is frequently assumed by well-meaning critics that illicit sexual intercourse and venereal diseases are more common in the Army than in civil life. This is probably a mistaken impression, due largely to the fact that statistics of these diseases are collected in the Army, whereas the corresponding figures for civilian life are incomplete. In the new Army the evils of sexual immorality will be reduced to a minimum. The men will find their time and energy so fully occupied that they will have fewer temptations and dangers of this type in everyday civil life.

One of your obligations as a citizen-soldier is to conduct yourself in such a way as to create and spread the true impression—namely, that the National Army is made up of men too much in earnest in the great task assigned to them to indulge in lewdness and vice.

The only sure safeguard against venereal disease is to avoid illicit intercourse. A clean life is the best guarantee of sound health. To maintain a clean life, keep away from those things which tend to promote sexual excitement and desire, particularly obscene conversation, reading matter, and pictures.

The moral reasons which should impel every self-respecting man to avoid debasing himself by sexual vice are well known to every man who joins the National Army and need not be recounted here. In addition to the moral reasons there rests upon every soldier the special duty of avoiding everything that may unfit him for active and effective service.

This obligation in the present crisis is even greater and more urgent than

HURRAH! RINGLING DAY ALMOST HERE

Big Circus and Great Spectacle Occupy Five Trains Crammed With Wonders

The big event for which the youngsters and grownups have been impatiently waiting is drawing near, for on Monday, Aug. 27, Ringling Brothers' Circus is to exhibit afternoon and night in Portland. Expectancy ran so high before and it is likely that this district will send a large delegation to feed the elephants. Unusual interest centers around the gigantic spectacle "Cinderella," with which the famous showmen are this season offering their wonderful main tent program. "Cinderella" is probably the best loved of all fairy tales and to see it produced with more than 1000 persons, hundreds of dancing girls and glorious pageants, indeed gives promise of making "childhood's golden dreams come true." In the same great tent, will come the marvelous women performers, in which 400 men and women performers, scores of trained animals and a galaxy of special features are introduced. The majority of the acts are entirely new to America, the Ringling Bros. having secured the pick of all European performers who have been obliged to seek engagements in this country. The all-new street parade will take place show day morning.

A Freak of Death Valley.
Saraboga springs is one of the freaks of Death valley and has probably caused more profanity than anything else in the region. The waters are as clear as crystal, and they bubble up from a deep, sand basin like a well-spring of joy. But they are strongly impregnated with sulphur and other minerals, are tepid in temperature and act instantly like an emetic upon any one who drinks them.—Exchange.

A Disadvantage.
"Do you think 'The Star Spangled Banner' is a good song?"
"I don't see why it isn't a perfectly good old ditty. You don't always get a favorable impression of it owing to the fact that anybody feels free to tackle it, regardless of whether he can sing or not."—Washington Star.

Some Hope.
"Does the doctor give you any hope?"
"Yes, indeed. He told me yesterday not to worry about the size of his bill."—Detroit Free Press.

The Bow and Arrow.
The first mention of the bow and arrow is found in the book of Genesis, where it is written that Ishmael, the son of Abraham, "dwelt in the wilderness and became an archer." "A bow shot," too, is mentioned as a measure of distance. In the sculptured reliefs found at Khorsabad and Nineveh representations of archers frequently occur, and the bow seems to have been a weapon in the Assyrian and Persian armies.

Rules For Frying.
First, everything must be as dry as possible before frying; second, the fat must be smoking hot; third, drain everything on paper to absorb the fat; fourth, fry everything evenly a golden color; fifth, take up quickly and lightly; otherwise things will lose their crispness.—New York Mail.

Children's Prattle.
At times it cannot be denied the questions of children become irksome, but who would wish a child to ask no questions? Julius Sturm tells in one of his pretty fairy tales how a grandfather, driven into impatience by the constant questionings of his grandchild, exclaimed, "I wish your tongue were out of joint!" But when unexpectedly his wish was fulfilled and the child became dumb how he joyfully exchanged one of the two years which an angel had prophesied he was yet to live for the privilege of hearing the little one's prattle again!—Exchange.

A Bad Case.
The cynical man was staring through the window at the chesty man swinging down the street. "Does Chesty know anything?" asked his companion.
"Know anything?" said the cynical man. "He doesn't even suspect anything."—New York Times.

Wasted Energy.
It is none of our business, but it does seem that a porch climber wastes a lot of energy when he might just as well get in by a window on the first floor.—Arkansas Gazette.

No Gloves For Her.
Flatbush—And are Mr. and Mrs. Carnisee working hand and glove together now? Bensonhurst—Oh, no; she handles him without gloves.—Yonkers Statesman.

One of the mistakes in the conduct of human life is to suppose that other men's opinions are to make us happy.—Burton.

THROWING THE DART.

Venice and Cork, For Different Reasons, Observe This Old Custom. In widely differing communities—Venice and Cork—there obtains a curious ceremony, that of throwing the dart.

In the first case this is an ancient custom signifying the marriage of the Adriatic. Every year since 1177, on Ascension day, Venice has been made the bride of the sea, and the throwing of the dart is a picturesque feature of a picturesque ceremony.

Equally interesting are the circumstances attaching to the similar function on the first Thursday of September in Cork harbor, Ireland. By virtue of a clause in the city charter the mayor of Cork is constituted admiral of the port. Every three years he must evidence his jurisdiction by throwing a dart into the sea.

At 2 o'clock in the afternoon the mayor, the town council, all the civic officers and the land of the Cork civil artillery embark on a vessel and proceed to a point between Poor head and Cork head, which is held to be the maritime boundary of the borough. The mayor dons his official robes and, attended by the mace and sword bearer, the city treasurer and the town clerk, likewise wearing their official robes, goes to the prow of the vessel and launches into the sea a dart made of mahogany tipped and winged with brume. In this way asserting his authority as lord high admiral of the port.—Argonaut.

VENOMOUS SEA SNAKES.

Gaudy Colored Serpents of the Indian and Pacific Oceans. Innumerable sea snakes, most of which are highly venomous, infest the waters of the Indian ocean and the western Pacific.

Nearly all of them differ from the land serpents by the laterally flattened and oarlike shape of the tail and also by the scales of the under surface of the body. When cast ashore accidentally the majority are quite helpless and soon die, for they are unadapted for getting about on land. Three species, however, differ from the majority of the sea snakes. One of the most common kind is a three foot snake that lives in the waters from the Bay of Bengal to Oceania. This species easily crawls on land and sometimes makes journeys of a considerable distance inland.

Most of the sea snakes have brilliant colorings. They feed on fish and other marine creatures and are extraordinarily active. In length they vary from about two feet to as much as ten or twelve feet. Sea snakes also differ from land snakes in the shortness of the tongue. In their natural element they thrust only the extreme tip of this organ through two small notches in the closed mouth. They have comparatively small nostrils, placed on top of the snout and furnished with a valve that opens to admit air and that closes to exclude water when the reptile is beneath the surface.

Silent Wisdom.
Keep still. When trouble is brewing, keep still. Even when slander is getting on his legs, keep still. When your feelings are hurt, keep still—till you recover from your excitement at any rate. Things look differently through an unagitated eye.

Dr. Burton relates how once in a commotion he wrote a letter and sent it and wished he had not. "In my later years," he said, "I had another commotion and wrote a long letter, but life had rubbed a little sense into me, and I kept that letter in my pocket against the day when I could look it over without agitation and without tears. I was glad I did. Less and less it seemed necessary to send it. I was not sure it would do any hurt, but in my doubtfulness I learned to reticence, and eventually it was destroyed." Time works wonders. Wait till you can speak calmly, and then you will not need to speak, maybe.

Children's Prattle.
At times it cannot be denied the questions of children become irksome, but who would wish a child to ask no questions? Julius Sturm tells in one of his pretty fairy tales how a grandfather, driven into impatience by the constant questionings of his grandchild, exclaimed, "I wish your tongue were out of joint!" But when unexpectedly his wish was fulfilled and the child became dumb how he joyfully exchanged one of the two years which an angel had prophesied he was yet to live for the privilege of hearing the little one's prattle again!—Exchange.

A Bad Case.
The cynical man was staring through the window at the chesty man swinging down the street. "Does Chesty know anything?" asked his companion.

"Know anything?" said the cynical man. "He doesn't even suspect anything."—New York Times.

Wasted Energy.
It is none of our business, but it does seem that a porch climber wastes a lot of energy when he might just as well get in by a window on the first floor.—Arkansas Gazette.

No Gloves For Her.
Flatbush—And are Mr. and Mrs. Carnisee working hand and glove together now? Bensonhurst—Oh, no; she handles him without gloves.—Yonkers Statesman.

One of the mistakes in the conduct of human life is to suppose that other men's opinions are to make us happy.—Burton.

KNOX BUTTE

Knox Butte, Aug. 18.—Mrs. A. Crowder and son Clifford of Albany, visited Sunday with Mr. and Mrs. Wm. Carey.

Mr. and Mrs. Paul Smith leave on Monday for California to reside.

Mr. and Mrs. A. J. Caldwell and Ruth spent Sunday with Mr. and Mrs. James Caldwell at Riverside.

J. Williams made a business trip to Stayton Friday.

Cyrus Smith will leave in a few days for the Soldiers' Home at Roseburg.

The Sunshine Circle met with Mrs. Frank Plagman at her home on Thursday afternoon. A splendid meeting resulted. Roll call was responded to by each member with a joke. Luncheon was served at the close of the afternoon. The ladies present were Mesdames J. H. Copeland, L. G. Cox, A. J. Caldwell, F. Furnish, W. Jackson, F. Lines, W. H. McBride, Carl Miller, J. Sellar, W. Works, E. Plagman and Miss Mary Lines.

When answering classified ads, please mention the Democrat.

Go to Newport.
Mr. and Mrs. W. C. Burns spent the week-end in Newport.

DEEDS RECORDED.

Roy Newport and wife to Roy E. Dood and wife, August 6th, 1917. Lands in Park Add. to City of Albany, \$10.

A. W. Cowder et ux to E. A. Hudkins, May 17th, 1917. Lands in City of Albany, \$10.

Ralph Robertson et ux to Clark G. Rush, et ux, July 24th, 1917. \$10,000 lands in Tp. 14, S. R. 2 West.

William N. Sherman to John M.

W. W. W.

We make a specialty of

Friendship

Engagement, and

Wedding Rings

F. M. FRENCH & SON

Jewelers and

Engravers

Electric Ranges Are Clean Safe Reliable

When I get back My Dinner will be ready to serve

An Electric Range Is a Thing of Beauty

Something every woman admires and wants in her kitchen but not for beauty alone.

Because electric ranges employ no open flame for heat—they are clean and safe.

Because they are clean they are sanitary

Because they are not subject to the whims of dampers and drafts and flues they are reliable.

More than all else—modern housewives prefer and use electric ranges because they are economical and produce superior results with less trouble.

Ask about the new cooking and heating rate—and decide to take advantage of the low price time payment offer before it expires.

Electric Ranges Low Prices Time Payments

Both Phones 15

OREGON POWER COMPANY

306 W. Second St.

TIME TO PAINT

Now is the time to paint your buildings: We are closing out some of Patton's Sun Proof Paints.

Gallons to close out for	\$2.75
Quarts to close out	75c
Porch Paint	85c qt., \$1.55 1-2 gal., \$2.95 gallons
Floor Paint	85c qt., \$1.50 1-2 gal., \$2.85 gallons
Auto Gloss, the Best Automobile Paint	\$1.25 quart
Furniture Varnish	55c pint, 90c quart
1 inch Paint Brushes	10c each
1 1/2 inch Paint Brushes	15c each
2 inch Paint Brushes	25c each

Woodworth Drug Co.

Itney Service Both Phones 25

Schlegel and wife, August 1st, 1917. Lands in Tp. 13, S. R. 4 West, \$10.

Anna Peterson and husband, to Esther Peterson, July 27th, 1917. Lands in Tp. 13, S. R. 2 East, \$10.

Miriam H. Reed, to John W. Reed, July 20th, 1917. Lands in Tp. 13, S. R. 1 East, \$10.

Miriam H. Reed to John W. Reed, July 20th, 1917. Lands in Tp. 13 S. R. 1 East, \$10.

Fred W. Sylvester and wife to R. Sylvester and wife, June 25th, 1917.

Look the List Over

If you are interested call and get our prices.

WINDOW GLASS, ALL SIZES

VARNISH, STAINS, ENAMELS

PHOENIX PURE PAINTS

SHEEP DIP STOCK TONIC

POULTRY FOOD

—and a new and up-to-date line of Wall Paper. WE BUY RIGHT—we'll SELL RIGHT.

Burkhart & Lee

Albany, Oregon

No Other Fireless Cook Stove LIKE THIS

Roasts
Bakes
Steams



Stews
Fries
Boils

The "IDEAL" Fireless Cook Stove

An automatic maid that never grows tired, or careless—never burns the food, never wants a day out, never leaves you, demands no wages—that relieves you, of more than half of your kitchen work, saves four-fifths of your fuel bill and cooks the most delicious meals you ever tasted.

We will be glad to Demonstrate the many Advantages to You.

Fortmiller Furniture Co.