

"WE HUNTED A DEER"

We drove 400 miles to the hunting ground. And rested there for the night. Not morning we got in the faithful car. And drove thru the trees before light. After forty miles right up a hill. Quite suddenly, we sighted our kill. There silhouetted, we against a tree, A 4-point buck stood looking at me. I raised my rifle, a shot rang clear. Never touched him, a bit of Buck fever, I fear. He drew his ears up straight and trotted away. And we examined our gun in utter dismay. On we drove thru the trees to the next sage flat. And saw a group of seven, right off the bat. I handed the gun to the driver, a trifle sore. "Try your luck, son! I may miss, as before." He squatted on his knee and careful aim did take. Another shot pierced the air. Missed again! Goodness Sakes! To a tree, a target, we tacked on. See what was wrong. We were shocked and determined to. We stepped off 30 yards and each tried a shot. To our fervent disgust, we were undershooting a lot. A couple more shots, just to practice a bit. And then park by a tree and quietly sit. But twilight came, so we returned to the lake. Mumbling, "to miss shots like that sure takes the cake." By a huge bonfire, way into the night. We talked to old hunters in about the same plight. The next deer we sighted was at dawn by a tree. No Buck Fever, my nerves were as steady as could be. I raised my rifle, I was sure of the sight. My eyes had no glare, like on that first night. The buck stumbled and fell as the shot rang clear. I grinned as I hurried to my first deer. We stayed three more days. Did I get my quota? I'll say! And we toured Fremont National Forest, in a Chevrolet.

* Experience of local mail carrier in Gearhart Mt. area.—M. M. Buchanan.

Specialist Names Causes Of Many Foot Disorders

Most foot disorders can be traced to certain anatomic defects in the framework of the bones themselves. Dudley J. Morton, M. D., New York, maintains in a recent issue of Hygeia, the Health Magazine. Pointing out that such troubles are usually vaguely attributed to "faulty footwear" or "weakness of foot muscles and ligaments," Dr. Morton declares that they are most frequently caused by the failure of the first metatarsal (the bone of the big toe) to assume its share of weight bearing and the consequent thrusting of an extra burden on the adjacent bone. There are two reasons for this situation: First, the metatarsal bone may be short. "This shortness is really an evolutionary defect," Dr. Morton states. "In the ideal foot, the first and second metatarsals are of the same length. But when the first bone is short, the whole weight falls on the slender second, placing a terrific burden on its joints and causing intense abnormal strain inside the foot." The second cause is laxness of the ligaments of the first metatarsal, so that they permit the bone to wobble like the loose leg of a chair. "Once more the second metatarsal is called on to assume the brunt of the burden," the author explains. "As a result, the foot rolls inward, and this uneven distribution of weight causes the condition spoken of as 'fallen arches' or 'flat feet.' "Weak muscles" are erroneously blamed for the collapse of the arch. But tests have proved that the muscles which run under the arch are not directly involved in weight bearing. Normally, only a slight effort is required of them. "But when the foot rolls out of its normal position and the muscular effort is vastly increased, these muscles are subject to constant over-tension with resulting pain and fatigue."

Although examination by X-ray is indispensable in determining such structural defects, Dr. Morton points out that the nature of foot ailments is often left to mere guesswork.

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National Consumption of Fruit Juice in Huge Gain

The average American today drinks 24 times as much fruit juice as he did eight years ago, according to Bruce McDaniel, general manager of the Mutual Orange distributor of Redland, Calif. Last year the nation's pack of unfermented fruit juices, exclusive of cider, was 24 million cases; in 1931 it was slightly over one million cases, McDaniel stated. At least 14 different juices are being packed today, with citrus fruits and pineapple leading the field, he said. "Changes in public taste are responsible only in part for this huge increase," McDaniel said. "A bigger factor is said to be the rapid development of America's efficient mass distribution system, which has brought an abundant supply of fresh fruits and vegetables within the budget range of millions of families in the lower income brackets."

McDaniel cited a recent nationwide citrus fruit campaign launched by chain stores and other retailers to move bumper crops in Florida, California and Texas, as a graphic example of the operation of this system. During the campaign, consumption of citrus fruits and fruit juices was boosted as much as 60 per cent over the same period of the previous year, he said. In two of the three 10-day periods of the campaign, one chain store organization alone moved approximately 78,000,000 oranges, equal to two and a half oranges for every family in the nation.

"Extensive newspaper advertising, co-ordinated sales promotion efforts and consumer education programs were utilized by 240,000 participating chain and independent stores," McDaniel said. "The campaign was the latest of more than a score of similar 'producer-consumer' movements staged to assist producers and at the same time provide substantial savings to housewives."

Collector Purchases First Bill of Rights

Dr. A. S. W. Rosenbach of Washington, D. C., has acquired the original manuscript of the bill of rights, which the congress of the United States assembled to consider 150 years ago. The noted collector of rare books and manuscripts has declined to indicate from what source it had come into his possession. It was on March 4, 1789, that the congress assembled in New York city, then the national capital, to consider the first 12 amendments proposed for the Constitution. Of these original 12, the first two concerned the number of members in the house of representatives and the manner in which their salaries could be altered. These two were rejected, so that Article III became the first amendment, and so on down the list to Article XII, which became the tenth amendment—the first 10 constituting what the world has since known as the bill of rights. The manuscript acquired by Dr. Rosenbach has been placed on display at Philadelphia. Written on parchment, it bears the signatures of Frederick Augustus Muhlenberg, then speaker of the house, and of John Adams, then vice president of the United States and president of the senate. The document was attested by John Beckley and Samuel A. Otis, respectively, clerk of the house and secretary of the senate.

Majority of Stutterers Are Men
Nine out of ten of the 1,350,000 stutterers in the United States are men, Dr. James F. Bender, authority on stuttering, has revealed. "The radio and talking movies have made the nation more speech-conscious," Doctor Bender said. He reported the results of a study he has made of 249 college stammerers, over a period of seven years, at the American Speech Correction association's convention here. He is the association's director of information. His survey showed that college students suffering from dysphemia (stuttering) made higher scores in intelligence than comparable groups of non-stutterers. It showed also that stammerers were less sociable and more emotional than persons with normal speech.

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Notice

The Sunday services and Tuesday and Thursday classes of the Vedanta Society will be resumed on Swami Devatmandra's return from California, October 29th. The topic for 11 a. m. Oct. 29 at Vedice Temple, 1206 NW 25th ave., is "God is Everything;" at 3 p. m. Masonic Temple, Corinthian Room, "Divine Illusion."



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Agricultural War Budget

Marauding insects and destroying fungus disease kill three billion dollars' worth of crops annually in the U. S., according to the department of agriculture, which reports that an increase rather than a decrease in these attacks is probable. For the war against these plant enemies, the annual budget is estimated at not less than \$100,000,000 for supplies of such insecticides and fungicides as sulphur compounds, arsenicals, oils and nicotine.

Church of the Air

A Columbia Church of the Air program of the Christian Science church was radio-cast on Sunday morning October 22, from New York City and reached thru Portland station KOIN from 10 to 10:30 o'clock



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