

## RURALITES HAVE BIG HEALTH ADVANTAGE

Abundance of Fresh Air and Sunlight Do Much to Check Ravages of Tuberculosis.

### DANGER IN CLOSED WINDOWS.

National Tuberculosis Association, Which Sponsors the Annual Sale of Red Cross Christmas Seals, Reports 150,000 Deaths Each Year From the Disease.

People who live in the smaller towns and on farms have a great health advantage over the city dwellers in that they have ever an abundant supply of fresh air and sunlight.

These two gifts of nature, so lavishly bestowed, are not always appreciated to their fullest extent. They are two of the strongest weapons against the menace of tuberculosis, or consumption, as it is sometimes called.

But consumption is not unknown in the rural districts. The death rate is sometimes as great in these sections as in the more crowded localities, chiefly because of carelessness or indifference to laws of health.

Few, indeed, are the farm houses or the homes in the smaller cities and villages that cannot have an outdoor sleeping porch. On the contrary, we often find that the windows of sleeping rooms in the home are shut tight in the mistaken belief that night air is harmful.

This paves the way for disease, especially tuberculosis, which generally attacks the lungs.

#### White Plague Kills 150,000 a Year.

The white plague claimed 150,000 lives last year in the United States. More than 1,000,000 Americans are suffering from it today. These figures are compiled from reports of experts all over the country and sent to the National Tuberculosis Association, the leading agency in the country to combat this disease. This organization is sponsor for the Red Cross Christmas Seal sale, from which its financial support is chiefly derived.

As medical science has proved consumption is both preventable and curable, the suffering caused by this disease is largely unnecessary. Most tuberculosis victims are between the ages of eighteen and forty-five.

#### Causes Half Billion Loss Annually.

These are the years when people are most active, the years of their greatest production. The snuffing out of these lives just when they are at the height of their usefulness means an annual loss to the country of nearly half a billion dollars.

Fresh air is the cheapest of medicines. Outdoor sleeping porches are not only for the sick. They help well folks to keep well, and the country dweller can have this aid to healthy living at far less inconvenience than his city neighbor.

You can help directly by seeing that you and your family are living under the most healthful conditions possible.

#### Can Now Eat and Sleep in Comfort.

If troubled with indigestion or sleeplessness you should read what Miss Agnes Turner, Chicago, Illinois, has to say: "Overwork, irregular meals and carelessness regarding the ordinary rules of health, gradually undermined it until last fall I became a wreck of my former self. I suffered from continual headache, was unable to digest my food, which seemed to lay as a dead weight on my stomach. I was very constipated and my complexion became dark, yellow and muddy as I felt. Sleeplessness was added to my misery, and I would awake as tired as when I went to sleep. I heard of Chamberlain's Tablets and found such relief after taking them that I kept up the treatment for nearly two months. They cleansed my stomach, invigorated my system, and since that time I can eat and sleep in comfort. I am today entirely well."

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### NEW MINISTER AT METHODIST CHURCH

Dr. S. A. Danford, for the past three years pastor of the Methodist church in Springfield, was appointed superintendent of the Klamath district by Bishop Hughes at the Methodist conference held in Salem last week.

Dr. Danford before coming to Oregon was superintendent of the Fargo, North Dakota, district for six years and superintendent of the Bismark, North Dakota, district for six years, so he will be at home in his new position. His headquarters will be at Ashland.

Rev. J. H. Ebert, who succeeds Dr. Danford at Springfield, comes from Forest Grove, where he has been pastor for three years.

Dr. Ebert is a graduate of Morning-side college, in Iowa, and also a graduate of the Garrett Biblical Institute, Chicago. He is reported to be a young man of fine talents and with a past record of success. He has a wife and two children.

He will preach his initial sermons as pastor of the local church the coming Sunday, morning and evening.

### CHINESE EGGS

[New York Sun]

An inconspicuous item in the Sun is full of suggestion as to the future of our food supply. It records that an American provision firm has a client at Tientsin, China, who is in a position to supply large quantities of beef, eggs, poultry, potatoes and various other products to this country, and the lack of vessels with proper refrigeration space plying the Pacific presents the only obstacle to the importation of perishable foods.

At first sight it will strike one as anomalous that the oldest, most worn out, most densely peopled nation in the world can possibly have large surplus supplies of food to offer to the newest, most fertile, richest, and, among the great countries, least thickly settled realm. Moreover, we are used to hearing of famines in China. They are regarded as a natural, inevitable happening, every now and then. A failure of the rice crops always brings famine to certain districts—regions holding many millions of people. Yet China can spare us "large supplies" of meat, eggs, poultry, potatoes and other things!

It might also be added that, given fairly moderate ocean freight rates these foods can be delivered here at a price far below what it would cost us to raise them. There is, in fact, a very large trade in Chinese eggs. It is no new thing, and it is likely to increase, because it is easy to preserve eggs and our consuming market is uncrITICAL.

With ships enough—and Japan is building them for Chinese-American trade as fast as she can, the Orient can follow its eggs with preserved chicken, beef and vegetables. They will find a ready market.

Why? The reason is not far to seek. With all her other handicaps China has the one thing that we conspicuously lack: an immense surplus of cheap and efficient labor. It isn't a question of whether we like the contemplation of it or not but rather a brute fact which we cannot safely ignore. With free, plentiful ocean carriers we are coming squarely into competition with Oriental production, from primary foods to the most complex manufactured article. The Chinese egg is likely to hatch out a monstrous big bird some day.

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### DEBATE TO BE DEVELOPED

Eugene.—Debate, developed more last year than ever before in the University, has received an additional impetus this fall in the announcement by the department of public speaking that two hours of college credit toward graduation will be allowed those who participate in intramural debating under faculty supervision.

The plan to be followed for the inter-organization debating will be approximately the same as that in use last year, when sixteen fraternities, sororities and halls of residence, together with the Oregon club, made up of non-fraternity students living off the campus, put affirmative and negative teams into the race for the campus championship.

An organization meeting is to be called by Robert W. Prescott, professor of public speaking, within a few days, when the rules for this year's contest will be drawn up and a schedule prepared. Professor Prescott announces that competent coaches will be provided from among members of the faculty, varsity debaters and others, and he expects even more interest in debating than was worked up last year.

Hendricks Hall, champions of the girls' division, last year, and Beta Theta Pi fraternity, leaders among the men, tied for championship, and the names of both teams are inscribed on the cup offered as the trophy to the winners in the series. Besides intramural debating, an enlarged schedule of intercollegiate debate is to be contested this year.

### THIS WILL ASTONISH SPRINGFIELD PEOPLE

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