

The Santiam News

PUBLISHED EVERY THURSDAY BY
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Entered at the postoffice at Scio, Ore.,
as second-class mail matter.

SUBSCRIPTION RATES:
One year in advance \$1 25
One year, at end of year 1 50
Six months in advance 75
Three months in advance 50

Advertising rates made known on
application.

HOT WEATHER HAPPINESS

One of our most valued exchanges gives four rules which, if followed, will wipe the perspiration from your brow and fan you while you sleep during the heat of July and August.

The wisdom of the ages, crystallizing in adages, has brought down to us four priceless rules for human conduct during midsummer:

Keep your pores clean, your head cool, your bowels open and your conscience clean.

To which we would add a fifth: Don't fret about the thermometer; forget it.

Of course there are other summer rules which are also good. For example, summer is a fine time to let up on meat eating and to emphasize on salads. Almost anybody can have a little patch of lettuce, onions, spinach and the like, from which frequent salads can be made. They are inexpensive, nourishing, cooling and help you in the observances of that very important mandate about the bowels.

Fruits too, are useful parts of the summer dietary, but you would do well to be very careful that the fruits you eat are fully ripened. Here is a rule with regard to fruits which, if observed, will save many a doctor's bill: "If in doubt, stew." A stewed fruit is almost always digestible, but a green fruit may be a terror in the tummy.

Another suggestion, perhaps a minor one: Fight shy of iced water. Slowly sipped when you're not overheated—and assuming, of course, that the water itself is pure—iced water is safe enough. But that isn't the way it is usually taken. Gulped immoderately when the bodily temperature is abnormally high, it chills the system and starts loads of trouble. Drink abundantly of water in the hot spells—there's little danger of overdrinking; your "innards" need flushing as much as your sewers, but let the beverage be only moderately cool. A handful of oatmeal or the juice of a lemon in a painful of cool water makes a fine potion when Old Sol is cutting high jinks.

Finally, don't worry. It is idleness and thinking about the heat that makes the heated term so trying. Don't overwork, but don't loaf either, at least not for long at a time. Being interested in congenial work is one of the best aids there is to forgetfulness of heat.

As we grow older we can't see why pushing the lawn mower is not just as good exercise for the young boy or girl as dancing the turkey trot to ragtime music.

The Supreme Court has ruled that pedestrians have the same right at crossings as automobiles but the difficulty is to induce seven passenger cars to stop and argue the matter.

Rivers Frozen Solid.
During several months of each year some of the great rivers of Siberia are frozen solid to the bottom, but the fishes imprisoned in the ice maintain their vitality and resume their active life when the ice melts in the spring.

Swedish Barber Shops.
In Sweden barber shops are as numerous as in the United States, and their owners take pride in keeping them neat and clean, but they are not as lavishly furnished as are most American shops.

Unexplored.
At least a quarter of the continent of Australia has never been explored. Its neighbor, New Guinea, the largest island in the world, is known only in small part, although it may be filled with undeveloped riches.

Jagielle University.
The University of Jagielle of Cracow, Poland, where Copernicus received his education, was founded in 1364 by the Polish king Kazimer the Great and endowed by a later Polish king, Jagiello, in 1400.

Leprosy.
Sir George Turner is reported to have said that though leprosy is usually spread by contagion, most lepers are not nearly so dangerous to the public as a person suffering from consumption.

Very Judicious.
"They tell me he's a tightwad."
"Not exactly that, but he's judicious in his expenditures. He's prompt about paying the carfare, and that puts it up to you to pay for lunch."
—Pittsburgh Post.

Better Still.
"No woman knows how to drive a nail."

"And what of that? Every woman knows how to drive a man any way she wants him to go."
—Washington Herald.

It's Pretty Hard.
Teaching a calf to drink out of a pail is an elementary performance compared with some others. The most difficult feat is that of matching up a half worn coat with a new pair of trousers.
—Philadelphia Ledger.

The Influence of Clothes.
He—Did you ever observe what a difference clothes make on one's mind? Now, when I am in my riding togs I'm all horse; when I have on my business suit my mind's full of business; when I get into my evening dress my mind takes a purely social turn.

She—And I suppose that when you take a bath your mind's an utter blank?
—Stray Stories.

He Was Spurred.
"Believe me," said old Gotrox, "although I'm an old bachelor I'm sure I could learn to be a good husband. You know, a man is never too old to learn."

"Not too old to yearn, perhaps," replied Miss Pechis; "also I'm sorry to say you're not too old to spurn."
—Philadelphia Press.

Taking His Meals Out.
"And do you take your meals out?" asks the village probe, who is garnering information from the former resident who is home from the city for a few days.
"Not until after I have eaten them," searily responds the unwilling victim.
—Judge's Library.

Better Kept Quiet.
Patient (angrily): The size of your bill makes my blood boil. Doctor—Then that will be \$20 more for sterilizing your system.
—Boston Transcript.

Do all the good you can and no harm where you cannot do good.

Bound to Be Missed.
"Will anybody miss me when I'm gone?"
"Plenty of people. There's the piano man with his dollar a week, the encyclopedia man with his dollar and the insurance agent with his 50 cents."
—Kansas City Journal.

The Poor Waiter.
Old Lady (who has been lurching with her son): Here, William, you left this quarter on the table by mistake. It's lucky I saw it, because the waiter had his eye on it.
—Life.

His Vain Neglect.
The first parents were leaving the garden together when Eve suddenly stepped behind Adam. "Age before beauty," she remarked, with more truth than modesty.

"Hub!" muttered Adam, with a boastfulness that was surprising. "If that order had been followed, when the serpent was interviewed I bet we wouldn't be walking out now!"
—Puck.

Sized Them Up.
A well esteemed preacher in a community that was rather notorious for the stinginess of its inhabitants, according to Lippincott's, suddenly announced his resignation, and the deacons immediately sought him out for his reasons.

"My decision has been brought out by the negligence of my congregation," announced the divine.

"Why, sir," protested one of the hearers, "I can't see how you can accuse us of negligence. The church is crowded every Sunday."

"Oh, yes," agreed the preacher, "but what I accuse them of is contributory negligence."

They All Write.
"The Rousmittens are a literary family, aren't they?"
"Yes, they have a common genius."

"What do you mean by that?"
"Well, the son writes plays that nobody will act; the daughter writes poetry that nobody will print, and the mother writes novels that nobody will read."

"Does the father write anything?"
"Sure! Papa writes checks that nobody will cash."
—Cleveland Plain Dealer.

Something New.
"Your snowstorm made a hit."
"I knew it would," declared the proud playwright.
"Yes; they turned it loose in the drawing room scene."
—Exchange.

Its Location.
Gladys Roston—And the duke is so brave, papa! Why, he declares he intends to become an aviator. Papa—H'm! He does, eh? Wants to visit his castle, I suppose?
—Puck.

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