

## † How to Be Healthy †

*The Crusade of the Double-Barred Cross*  
Practical Talks on Disease Prevention

Prepared by the  
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

### EXERCISE FOR ADULTS

GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways than there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain. Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nerves jumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head, are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a daily sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly. On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bluffs attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexercise certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.

## OREGONIANS IN THE NEAR EAST

W. E. Rambo and Wife Tell  
of Their War Ex-  
periences.

"Aid for the Armenians and other sufferers in the Near East is necessary only because war still rages in the Near East," says W. E. Rambo, who, with Mrs. Rambo has recently returned from Asia Minor.

"When we read of the battles now being fought by Greeks and Turks, we think of burning villages, of fleeing



MR. W. E. RAMBO

mothers, of crying children, their only place of safety an already overcrowded American orphanage.

The Rambos were absent from their home in Baker about two years while they were in charge of an orphanage at Harounle near Tarsus, the home of Saul, the great Apostle. The orphanage was under fire for several days and finally Mr. and Mrs. Rambo and the other Americans made their way by night through a storm to the railroad, on which they took their children to Meraine.

"It is a matter of great pride to us that we were able to bring our children through without the loss of a single child," said Mrs. Rambo. "Our



MRS. W. E. RAMBO

kiddies were just as attractive and dear to us as any we have ever seen in this country, except of course our own."

After the Rambo's time of service was up and they were waiting for a ship for America, word came that the war had left thousands of Greeks stranded at Batoum, across the Black Sea. They immediately volunteered for further service and spent weeks in caring for the refugees and loading them on vessels furnished by the Greek Government.

Queen Sophie of Greece, to show her appreciation of the work of the Rambos and others of the Near East Relief workers, recently sent an appreciative letter and also a check for a substantial amount to the Near East Relief.

### SCHOOL HELP IS URGED

Commissioner Claxton Hopes Teachers  
and Children Will Aid Near East

I sincerely hope that teachers and children in the public and private schools of the United States will cooperate heartily and liberally with the Near East Relief in raising funds for food and clothing and care of children and others who have suffered from the ravages of war in the countries of the Near East. To do this with only being doing as we would have others do to us if, like these people, we were reduced to poverty and suffering through no fault of our own but through the ruthless ambitions of others.

Yours sincerely,  
(Signed) F. P. CLAXTON,  
Commissioner of Education,  
March 30, 1921. Washington, D. C.

## HAS TONIC EFFECT THE HOLY MANGER

Christmas Day Pleasures Are of  
Benefit to People.

Mental State Does Everybody Good  
and Festivity Equals Prescrip-  
tion of Physician.

CLOSE observers in the ranks of the medical profession have noted one very interesting fact concerning the Christmas season—that it generally has a good tonic effect upon their patients. In explanation of this the London Lancet says that since Christmas has come to be regarded as a time for good cheer, a universal feeling of contentment and happiness is engendered at this time of joyousness, routine is for a while relieved, a certain freshness is given to the daily round, differences of opinion are sunk, and a charitable spirit prevails. Is it, by the way, hoping for too much, asks the Lancet, that the season of good fellowship should leave some lasting effect upon the manners and methods of all?

It may not be easy to trace exactly why the sense of exhilaration and well-being comes with the advent of Christmas, for the psychological factors concerned are not simple. But the main point is that the mental state does everybody good, and the annual festivity is just as excellent an institution as the prescription of the physician which gives tone and vigor to the struggler in life's race. There is no need nowadays, thanks to the good sense of the people and the counsels of their medical advisers, to moralize about the evils of a stupid indulgence in food, alcohol and tobacco on a festive occasion such as the present. Practically everybody realizes the great physiological advantages of being wise on a merry occasion.

Many more persons than formerly feel where use ends and abuse begins, and they act sensibly accordingly; and so far from it being a crime to make the season festive by enjoying, on a little extended scale perhaps, the creature comforts of life, some decided good is done to both the mental and physical health of the individual.

The festive season may, therefore, be welcomed, which brings cheer to thousands, which induces the generous and charitable to brace the mental and physical functions of the community at large, giving it the opportunity of relinquishing its business and its worries for a time, to start again refreshed and ready for "the trivial round, the common task." The prescription "A Merry Christmas" is sound so long as the "signature" of good sense is observed.

"Prespio," Instead of Christmas  
Tree, in Italy and Spain.

It is Representation of the Place  
Where Baby Christ Lay in  
Bethlehem.

GIRLS and boys of Italy and Spain, which are called the Latin countries, never hang up their stockings at Christmas time, nor do they have Christmas trees. Kris Kringle and Santa Claus are German saints and the Christmas tree came out of the German forests long ago, when the nations of northern Europe were forest tribes. It is the northern peoples—the Germans, Scandinavians and English, all of whom are descended from old Teutonic tribes—who keep Christmas as Americans do.

Instead of the Christmas tree, Italian and Spanish boys and girls have the prespio. "Prespio" means manger, and it is a representation of the manger where the baby Christ lay in Bethlehem. It is presented in different ways. Sometimes it shows only the inside of the barn where the Baby and His mother lay, with Joseph, the Three Wise Men and the animals about. Sometimes it shows a hillside, with the Wise Men coming on foot or horseback, or on donkeys, bringing their gifts to the stable. Sometimes the manger is small—not more than a foot square. Sometimes it is large enough to occupy the whole end of a room. It is built on a board foundation and is made of wood, with earth, pebbles, dried grass and leaves for the outdoor scenes. The figures are carved of wood, or perhaps little dolls are used, all very carefully and elaborately dressed by the girls. Sometimes brooks and lakes are ingeniously represented with "paper, glass or isinglass. Sometimes the whole is rough and rude, but again it is very neatly and beautifully done, and is quaint and interesting when all complete.

The French, who are half Latin and half Teutonic in their makeup, mix the customs of both races in their Christmas keeping. They build the manger and they also give the children presents; only, instead of hanging her stocking, little French Babette puts out her shoes. The French call the manger "creche," and in country villages in France companies of children still go from house to house on Christmas eve, carrying the creche and singing Christmas carols. Sometimes they help to build a beautiful large creche in the village church, over which they are very proud and delighted.

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