

HOW KNOWLEDGE BEGAN

Editor Scio Tribune:—

Away back in the gen-e-sis of the human race, from the unknown and unknowable, a lonely man walked to and fro upon the earth. In the solitude of his loneliness he could have no thought of sin or crime. A non-entity in thought or motive.

Something had to awaken the hidden power within him. Suddenly a beautiful form appeared. So ignorant was he, that he had not yet learned one of the primary elements through which KNOWLEDGE is attained—SIGHT. His eyes were opened and he found himself gazing upon this beautiful form. He stood; he looked, he admired, he went closer, reached forth his hands to touch it. Something thrilled his being. What can this thing be? A second unconscious source of knowledge penetrated his being—FEELING. He touched it, so soft, so tender in comparison to his own hard muscular tissues. In awe he viewed the gracefulness of this beautiful form's movements, with its eyes fixed, gazing into his. In wonderment he cried out: "Who, and what art thou fair one? From whence comest thou?" A soft gentle sound penetrated another latent element in his nature, and joy unspeakable touched his being—he could HEAR. What did he hear? A voice sweet and low said: "I am woman. I came to be a help-mate for you." Rapture filled his soul. "What! A helpmate for me?" "Yes," she said, "man was made to mate, without me, you would always be lonely. No tender hand would ever smooth away your sorrows." "Come closer, fair one," he says; "what does all this mean? I have never in all the days that I have wandered on the earth, felt so enraptured, so light-hearted. Come, let us walk together, fair one; through a beautiful garden that lies away in the Southland, where the sun never goes down, and flowers always bloom.

SEEING, FEELING, HEARING, had been awakened in the organic matter of his being. As they journeyed toward the Southland many beautiful scenes came to their vision. The song of birds, beautiful landscapes, trees laden with rich, red and golden fruit, hung over their pathway. "What are these?" the fair one said. "It is some kind of fruit." "What is fruit?" she said. "Something to eat, he answered, but I have never eaten any of it." "My, it looks so beautiful." Unconscious of taste, she nibbled a small piece from a limb over his head. "Oh! how good this is. Why man! Have you never eaten any of this?" "No, I never have." "Please take a small piece. She passed it to him. He ate a small portion. 'What is this that seems so good about this fruit?' a new and fourth attribute of their natures blended together—TASTING. Here began the blending and harmony of the man and woman's nature, that was to end finally to that perfect union in which they were to bear fruit of their own.

SEEING things alike, FEELING things alike, HEARING things alike; all blending together, could but form perfect harmony for future development of knowledge and understanding. One other faculty yet to be attained and he used as a body guard to keep the first four elements in obtaining knowledge always pure was the subconsciousness of SMELLING. My! Where the carcass is, there the buzzards will be gathered.

As this man and woman proceeded on their journey through this fairy land of fruit and flowers, their feet became entangled with an obnoxious vine from which was hanging a green thorny bulb. "Phew," said the woman, "what is this unpleasant odor? It seems absolutely bitter. Come, make haste, let us get away from it. What is this thing, man; placed here amid all these sweet things we have been tasting and smelling?" "This is a wild gourd, nothing stays around it because of its unpleasant odor. It is put here as a warning to keep us away from the unclean. We have now learned a fifth element in our natures, which is the sense of SMELL, which if always heeded will keep us in the path of cleanliness, and purity." "I see," says the woman; "we have become wise through the experience of five little things. SEEING, FEELING, HEARING, TASTING and SMELLING, from which all knowledge is subsequently attained."

Some people have never used this fifth sense, very much, for the purpose for which it was given them. But are always hunting for the alime, the fifth, the rot in their fellow-man.

This man, this woman found their natures were blending more and more into perfect harmony, and from which a sixth sense was born, which is the sense of LOVE. The man could not love himself, the woman could not love herself, but they could love each other, and this love had to be united. What were they to do? There was no minister, or magistrate of the law to perform a meaningless ceremony. The law of natural selection, and harmonious blending of likes and dislikes had united them, as one and in this way, they felt they were married from above. Strange isn't it?

They have lived together now, ten million years. From this source, knowledge began; also all the races of man, who are fast being ruined by the "Jazz band"; with one long horn with its grunt and its groan. That terrible horn, The sliding trombone.

—A STUDENT.

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No. 3. BUILDING RESISTANCE

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MAN is the only animal that habitually and unnecessarily uses his bodily functions to excess—in overwork, overplay, overexercise, overworry, in prolonged mental and emotional stress, in unnatural hours of activity without rest. And being organized into communities, men herd together and thus establish continual contact with one another and become unduly exposed to one another's infections.

In most men's bodies are little growths of tissue called tubercles in which lie concealed the germs of tuberculosis. These tubercles form spherical walls around the germs, called tubercle bacilli, and thus imprison the germs. As long as the wall is strong and unbroken the germs cannot spread; they cause no illness and are no more to be feared than a common wart or a mole in the skin.

If the tissues around the tubercles function normally, these walls tend to remain strong and so tight that few or no bacilli can make their way out of them and spread throughout the body. But too prolonged activity of the body as a whole, or of the part in which may be the tubercles, will in general bring about conditions that favor the weakening of the tubercle wall and the emergence of bacilli.

We heal tuberculosis by rest—of a knee, of the lungs, of the whole body. We become ill with tuberculosis by reason of overstrain. Other diseases, especially those that cause inflammations and congestions in the lungs, whip up the physiological activities of the body and throw a strain upon the walls of tubercles. So do certain bodily activities, like repeated and long-continued work without sleep, pregnancy, childbirth, menstruation, etc.

The point where activity becomes overstrain is an individual affair. The miner, the broker, the farmer, the school teacher, might every one of them become fatigued by the other's ordinary labor. The phlegmatic and the irritable, the beefy and the wiry, respond very differently to the same stimulus, whether this be play, labor, exercise or dissipation. Every man's point of fatigue is his own, registered in his own consciousness by sensations that all have experienced. Every rational man knows when he is tired or experience soon teaches him what will make him tired. And no rational man should push himself beyond this point unless he must.

To reduce exposure to all infections to a minimum and to balance one's activities so there will always be a healthy surplus on the credit side of rest, nay, more, a good reserve to draw upon in time of need—this is building up resistance. At thirty we build it a little differently than at twenty, at forty again differently than at thirty; there is a different proportion of details, yet principles and details remain the same.

Food, clean air, adequate clothing, decent hours of sleep, conserve and promote health—the normal body. But the normal machine was built for one man power and a too persistent effort to squeeze out more will sooner or later mean an overheated boiler and outworn gears; rusted, roughened and thinned out metal, and then—the collapse or the explosion. Then may an insignificant little tubercle become ablaze.

A Farmer's Remedy

The following is taken from the Producers Call, published in Oregon City, and is worthy of repeating to our readers for their best consideration. It is sure time something was being done to relieve the stress under which the farmer is laboring, and this, in our poor judgment, offers at least a plausible remedy, and just as reasonable as the system under which the National Banks do business. If you have a better plan than this, write your thoughts and send them to us for publication. Out of many ideas, maybe our law makers can find a proper solution. Read and reflect on the following:

Vale, Oregon, Jan. 28, 1922.
Editor Producers Call:

It is generally admitted that the farmer is the foundation of the whole superstructure of business. Therefore to insure general prosperity the farmer, himself must be prosperous. But for the last two years he has had to sell his products for less than the

cost of production. In consequence banks and mercantile houses are failing, mortgages are being foreclosed and property is being sold for delinquent taxes. From newspaper reports it seems that similar conditions are to be found in every agricultural section in the United States. High rates of interest, high taxes, high freight rates the farmer must buy, together with the low price of his own products have combined in bringing about the present distressful situation. We cannot expect a satisfactory adjustment within the next two or three years, and the farmer is not in a position to wait for improved conditions; for every day drives him deeper into debt and brings nearer the day when the mortgage on his farm falls due.

As a remedy, I suggest that Congress enact a law permitting any group of farmers owning say \$250,000 worth of land, and this land needn't be contiguous, to execute and deliver

to the treasurer of the U. S. a first mortgage on their property and directing the treasurer to issue to each of such groups \$200,000 in paper money similar to the issue of the national banks and made a legal tender for all indebtedness. I would have this paper redeemable in 10, 15 or 20 years at the option of the farmer. At any time any group member wanted to pay off his pro rata of the issue to his group he could do so and receive a release of mortgage on his property.

I maintain that this would be just as good paper money as ever was printed. It would bear no interest. Why should it? It cost nobody anything except the cost of printing and the charge for appraisal, which of course, the farmer would pay. The national banks pay no interest on their issue and just why should they have privileges not given the farmer.

Abstract No. 59, published by the State Banking Department, shows that on the 21st day of February, 1921, there were 95 national banks in this state with outstanding notes to the amount of \$6,624,750. Assuming that the outstanding national bank notes in each of the other states bear about the same relation to the population that be outstanding bank notes bear in this state to its population, there must be in the whole United States two or three billions in outstanding bank notes, and the people are paying interest on every dollar of this huge sum; for the only way a bank gets into circulation is through a loan. Now, what makes a national bank note good? Why the government bonds deposited with the treasurer of the U. S. to secure its circulation. What makes the bonds good? Why the taxable property of the people, the major portion of which is farms. If, in a roundabout way, our farms are a good and sufficient security for a like amount of Farm Notes issued directly to the farmer? As it is our property is behind, as security, the huge loan made by our great and good government without interest to the national banks and which the national banks have loaned so generously to the producer at the maximum rate of interest allowed in the various states.

The plan I propose would immediately relieve the farmer of an interest bearing debt that rides him like the Old Man of the Sea. He could at once pay his debts with perfectly good money that has not cost him nor anybody else anything and upon which he pays no interest. He could then

wait for improved conditions without the harassing fear of having his home taken by foreclosure of mortgage.

For a long time Congress, particularly the Senate, has been regarded by many people as the mercenaries of predatory wealth, holding the legislative fort against the common people, ready at any time to make a sortie to prevent the enactment of any legislation that did not have for its purpose the sole and exclusive benefit of the said predatory wealth. There has been no financial legislation for the last 50 years unless O K'd by Wall Street. It is high time that we had some legislation O K'd by the farmer. If the present Congress neglects to do something to relieve the situation, it may be confidently predicted that the next election will bring about a marked change in the personnel of that body.

W. G. THOMSON.

FARM REMINDERS

Early spring seeding of grain gives the best results, but when planted in rather cold soils the rate of seeding should be increased. Spring oats should be planted not less than three bushels per acre, and spring wheat and barley at about two bushels per acre for western Oregon conditions.—O. A. C. Experiment station.

PLANS CLOSER COOPERATION

Under the leadership of William Hanley, president, the Oregon State Chamber of Commerce has completely reorganized its departmental work for the coming year. All future activities of the organization will be segregated into departments with a director in charge who will be expected to report back to the Executive Committee on results achieved.

One new department, which was authorized at the Annual Meeting of the State Chamber in January, has been confirmed by the Board of Directors. This is the Department of Organization and Service, which provides for a closer working cooperation with the local chambers of commerce throughout the state. An organization expert will be put into the field for the purpose of assisting these clubs to perfect their organization, and to organize clubs in communities which have no representative commercial bodies.

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