

Lung Weakness and Hacking Cough

By O. L. SCOTT, D. C.



Many sufferers from terrifying lung diseases that hang on and on, threatening at any time to become virulent, have no realization of the fact that chiropractic spinal adjustments will go directly to the seat of the trouble and remove the cause.

If the spinal nerves to the lungs are under pressure, it is most reasonable to expect lack of tone, weakness and disease. Chiropractic spinal adjustments by freeing the nerves for their work give Nature a chance and health results.

Suffered 15 Years

"For 15 years I had headaches, asthma, indigestion, lung weakness and a hacking cough, very inactive bowels for which I had to take purgatives and cathartics. I tried many different methods without relief. After taking several courses of chiropractic spinal adjustments, I can thankfully state that chiropractic has made me well in nearly all of the troubles. I weigh more and feel better now than in years. I shall be glad to refer anyone to the chiropractic method, for I firmly believe it is the only method that can do anyone any permanent good."—Mrs. Dora B. Taylor, Chiropractic Research Bureau Statement No. 1305H.

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DR. O. L. SCOTT
CHIROPRACTOR

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STIRRING LIFE IS CALLED 'HUM-DRUM'

Oregon Woman Fights Typhoid, Saves 1000 Children and Runs Special Trains.

"My life has been so hum-drum and as nothing has happened to me out of the ordinary I am sure there is nothing in what I have done the last two years in the Near East that would be of interest to my Oregon friends," stated Mrs. Amy Anthony Hurl of Bend, Oregon, to J. J. Handsaker, State Director of the Near East Relief when he met her in Constantinople last summer.

"After much effort," says Mr. Handsaker, "I persuaded her to tell me some of the things of this hum-drum life of hers. Sitting in a Constantinople coffee-house she told me of some of the events of her life since March 1919, when she arrived in the Near East."

"Her first work was at Karakalis, where with her sister, Miss Gertrude Anthony, she had charge of a large orphanage and a territory 75 miles square for general relief. During the time she was there she nursed her sister through both typhoid and typhus. The two women were alone in this station."

"After going through this experience they went to Alexandropol and there one day received a message from the English that they were evacuating Baku, some 500 miles away. The British had been feeding about 1,000 children, and unless they were transferred immediately they would starve as soon as the British left. This Oregon woman whose life was so hum-drum quietly secured two special trains, putting a man in charge of one, and taking the other herself. On arriving at Baku, she began loading the children at 10 o'clock a. m. and had the children and their supplies all aboard by 6:30 p. m. She read the riot act to the Turkish captain in charge of the train and he compelled the guards to cease attempting to enter the cars where the older girls and women were. The round trip took nearly two weeks, but Mrs. Hurl returned to Alexandropol with her two train loads of children without having lost a single child."

LIFE OR DEATH?

Lives of 2500 Children at Stake in Question Asked Oregon Man Last Summer.

A question which is still haunting State Director J. J. Handsaker of the Near East Relief, was put to him by Mrs. Jeanette W. Emrich when he was in Constantinople late last summer. Mrs. Emrich is well known in Oregon through her talks on conditions in the Near East four years ago, when she spoke in the 1918 campaign. "Mrs. Emrich is now in charge of extensive Near East Relief work at Constantinople, her duties including the management of several industrial units, a number of soup-kitchens, and a feeding station for 5,000 children," said Mr. Handsaker. "She is one of the most energetic, efficient and devoted workers on the Near East staff, and has borne up wonderfully under a succession of heavy personal griefs. Her husband died when heading a relief expedition in Aleppo shortly



MRS. JEANETTE W. EMRICH

after the signing of the armistice, and one of her little boys died suddenly just one week after my first conversation with her. * * * When I saw her, her heart was heavy because of her inability to give the children under her care enough food to keep them in normal health and strength. In great agony of soul she discussed with me whether she should continue feeding her 5,000 children as she was doing, or whether it would be better for the future of the race to double the allowances of food for each child and cut the number of children in half. The latter plan, of course, would mean

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the abandonment of 2,500 helpless little boys and girls to the stark fate of starvation, and the giving of their food to the other 2,800 children, in order that the smaller group might be brought to normal maturity. With in a week after she asked me this question, her own little boy was stricken and died. One week after the lad was buried, I returned to Constantinople, from the interior, to find Mrs. Emrich again at her post, with the ante-room of her office filled with widows and orphans to whom she was giving careful sympathetic attention."

How to Face a Valve.

When valves are badly pitted the operation of facing is best carried out in a lathe. Chuck the valve stem and clean the center in the valve end and support it in the dead center of the tail stock. If the valves are so hard that facing with a tool is impossible, they may be ground with a wheel in the lathe.

Clean Oil Holes.

Whenever it becomes necessary to examine the interior of the motor, for any cause whatever, the car owner should make it a point to clean the oil holes at the lower end of the connecting rods.

A Sure Reminder.

Perhaps the most original suggestion for a "reminder" was that of the little boy whose grandmother had forgotten his birthday present the year before. She wished to know what she could do in order that she should not forget it again. "You might put your teeth in upside down," said the boy.

Special School Meeting

Notice is hereby given to the legal voters of School District, No. 95, of Linn county, state of Oregon, that a Special School Meeting of said district will be held at the school house on the 22d day of April, 1922, at two (2) o'clock in the afternoon, for the following objects: To elect two (2) directors, one (1) to fill the unexpired term of Bert Hollis, deceased, and one (1) to fill the unexpired term of J. S. Sticha, resigned.

Dated this 28th day of March, 1922.

J. S. STICHA,
Chairman Board of Directors.

Attest: ANNIE D. BARTT,
District Clerk.

Administratrix' Notice

Notice is hereby given that the undersigned has been by the county court of Linn County, Oregon, duly appointed administratrix of the estate of Bert Hollis, deceased. All persons having claims against said estate are hereby required to present the same, to the undersigned, at her residence in Seio, Oregon, with proper vouchers therefor, within six months from the date hereof. Dated this 24th day of March, 1922.

NELL HOLLIS,
Administratrix of the Estate of Bert Hollis, deceased.

L. M. CURI, Atty. for Admrx.

Notice of Final Settlement

Notice is hereby given that the undersigned executor of the last will and testament of Lizzie Bilyeu, deceased, has filed his final account as such executor with the clerk of the county court for Linn County, Oregon, and that the judge of said court has fixed Monday, the 1st day of May, 1922, at the hour of ten o'clock in the forenoon, as the time for hearing objections to said final account and the settlement of the said estate.

Dated and the first publication hereof is March 30th, 1922.

G. W. MORROW,
Executor of the last will and testament of Lizzie Bilyeu, deceased.
C. C. BRYANT, Atty. for Executor.

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