

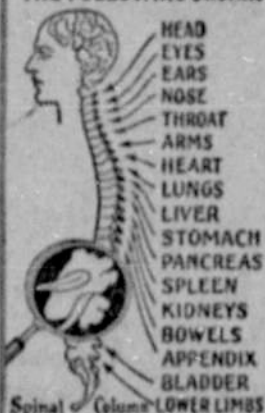
UNCLE BEN SAYS:
—“Nevvy, if you want your self reliance to grow sick and die,
just keep on passing the buck.”

Everyday Health and How to Know It

By D. O. L. SCOTT, C.

Everyday health depends on temperate habits, but most of all upon an active liver. A multitude of troubles camp on the trail of the man who suffers from an inactive liver. Bowel wastes are poisonous and will quickly break down the health if not completely eliminated daily.

HEALTH FOLLOWS CHIROPRACTIC CORRECTS PRESSURE ON SPINAL NERVES IN DISEASES OF THE FOLLOWING ORGANS:



THE LOWER NERVE
UNDER THE MAGNIFY-
ING GLASS IS PINCHED
BY A MISALIGNED JOINT.
PINCHED NERVES CANNOT
TRANSMIT HEALTHFUL
IMPULSES. CHIROPRACTIC
ADJUSTING RE-
MOVES THE PRESSURE.
THE UPPER NERVE IS
FREE AS NATURE INTENDS.

Where the sluggish liver is due to interference with the proper transmission of nerve impulse there is no relief to be obtained except through skillfully administered chiropractic spinal adjustments. It is sometimes the case where the condition is one of long standing that the adjustments will be slow in bringing results, but in most cases results are quickly obtained.

General Health Much Improved

“For a number of years I suffered from sluggish liver and indigestion. I tried many things with no appreciable results before I was advised to try chiropractic. I can now say that my general health from day to day is excellent and my physical condition much improved.” — Rev. J. H. Barnes, Chiropractic Research Bureau Statement No. 1314H.

Your Health

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Scio has a milk condensery, and no better milk is canned anywhere.
Scio has a flouring mill, and its product finds a ready market at all times.
Scio is close to billions of feet of standing timber, and soon big mills will be busy making it ready for market.
Scio has a hospital second to none.
Scio—if you want to know more about Scio and the surrounding country, write to the bank, the mayor or to the editor of this paper.

Graduation Was

(Continued from page 1.)

diploma's were Howard Ravodsky, primary; Vincent McDonald, 4th grade; Ronald Howard, 6th grade; Lionel McKnight, Edgar Barnes, 7th grade; Ray McKnight, Frand Holub, high school.

The Arnold orchestra furnished the music for the occasion. Rev. G. L. Hall delivered the invocation, Prof. H. E. Tobie acted as chairman, and E. C. Shilton awarded the diplomas.

POULTRY

This department conducted by A. Shanks, of Shelburn, Oregon.

HANDLING OF CHICKS

It is often advisable to teach the chick to roost when 8 to 12 weeks of age. When they are allowed to remain on the floor it is difficult to keep them from crowding. If wide

roosts of three to four inches are used there is very little danger of crooked breasts than if the chicks are allowed to remain on the floor.

The chicks can generally be taught to roost by putting the perches near the floor, but if this plan is inconvenient or does not prove effective the chicks may be placed on the perches after dark for a few nights until they have to go there of their own accord. Where a large number of chicks are brooded together around a brooder stove it is a good plan to place roosts in the house when the chicks are 4 or 5 weeks old, so that the larger and stronger chicks will start to using the roosts while the weaker chicks will stay around the hover.

As soon as possible the chicks should go out on the range; in the orchard or at the side of a corn field is an ideal place to locate your colonies. Once the chicks are on range the labor of attending them is very greatly reduced, but if good results are to be obtained it must be borne in mind that the chicks must not be neglected. They should be kept growing every minute from the time they leave the shell until they are matured. See that they are abundantly supplied with water, and keep hoppers of ground feed where they can help themselves at all times. If possible the chicks should have a regular supply of buttermilk; if milk is not obtainable, it is advisable to see that the ground grain contains animal food in some form. See that the houses are kept thoroughly ventilated. Make the chicks live as much as possible in the open air.

Evidence is constantly accumulating to show that skim-milk in some form is a desirable food for poultry of all ages. So far it seems to be the only remedy for the most dreaded disease of baby chicks and a reliable preventative of worms. It should be fed in about the same degree of acidity each time, and not sweet one day and bitter the next.

Large quantities of skim-milk in various form, including dried buttermilk, are fed by Petaluma poultrymen with most satisfactory results.

MAN ASKS AND GOD ANSWERS QUESTIONS ON THE RESURRECTION

By The Laymen's Home Missionary Movement, 1327 Snyder Ave., Philadelphia, Pa.

What are the two special resurrections?

(1) The heavenly, or spiritual, resurrection, Rev. 20: 6: Blessed and holy is he that hath part in the first resurrection. . . . They shall be priests of God and of Christ, and shall reign with Him a thousand years.

1 Cor. 15: 41-44, 49, 52, 53: It is sown in corruption, it is raised in incorruption; it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; it is sown a natural body, it is raised a spiritual body. And as we have borne the image of the earthy [one, Adam], we shall also bear the image of the heavenly [One, Jesus]. The dead shall be raised incorruptible; for this corruptible must put on incorruption, and this mortal must put on immortality.

(2) The earthly, or human, resurrection, Ezek. 37: 1-14: When I shall bring again . . . the captivity of Sodom and her daughters, and the captivity of Samaria and her daughters, then will I bring again the captivity of thy captives in the midst of them. When thy sisters, Sodom and her daughters, shall return to their former estate, and Samaria and her daughters shall return to their former estate, then thou and thy daughters shall return to your former estate. Then . . . thou shalt receive thy sisters, thine elder and thy younger; and I will give them unto thee for daughters. Is. 25: 6, 8: In this mountain shall the Lord of hosts make unto all people a feast of fat things . . . He will swallow up death in victory; and the Lord God shall wipe away tears from off all faces; and the rebuke of His people

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shall be taken away from off all the earth. Is. 65: 17, 19, 21-23: For behold I create . . . a new earth. And I will joy in My People. They shall build houses and inhabit them; and they shall plant vineyards and eat the fruit of them. They shall not build and another inhabit; they shall not plant and another eat. . . . And Mine elect shall long enjoy the work of their hands. They shall not labor in vain, nor bring forth for trouble.

What are some Scriptures bearing on both resurrections?

John 5: 28, 29 Rev. Ver.: All that are in the tombs shall hear His voice and shall come forth—they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of judgment. Acts 24: 15: There shall be a resurrection of the dead, both of the just and unjust.

1 Cor. 15: 45-48, 54-57: The first man is [was] of the earth, earthy; the second man is the Lord from heaven. As is [was] the earthy [one, Adam], such are [shall] they also [be] that are earthy; and as is the heavenly [One, Jesus], such also are [shall] they [be] that are heavenly.

Why should we expect a resurrection—a perfecting—of the obedient of the world as well as of the church?

(1) God's Oath-bound Covenant to bless all nations through Abraham's Seed, Jesus and His followers, Gen. 22: 18: In thy seed shall all the nations of the earth be blessed. Gal. 3: 16, 29: He saith . . . To thy seed, which is Christ. If ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.

(2) The Ransom-Sacrifice of Christ for all, 1 Tim. 2: 5, 6: The Man Christ Jesus, . . . gave Himself a ransom for all. John 12: 32, 33: And I, if I be lifted up from the earth, will draw all men unto Me. This He said, signifying what death He should die. Rom. 15: 18, 19: (Am. Rev. Ver.): Through the righteousness of one the free gift came [shall come] unto all men to justification of life; for . . . through the obedience of the one shall the many be made righteous.

1 Cor. 15: 21, 22: By man came also the resurrection from the dead. For all in Christ shall be made alive.

(3) The sacrificial sufferings of Jesus' followers for the dead. 1 Cor. 15: 29-32: Else what shall they do which are baptized [with sacrificial sufferings, Mark 10: 35-40] for the dead, if the dead rise not at all? Why are they, then, baptized [with sacrificial sufferings] for the dead? And why stand we in jeopardy every hour? I protest by your rejoicing which I have in Christ Jesus our Lord, I die daily. If after the manner of men I have fought with beasts at Ephesus, what advantageth it me, if the dead rise not?

Where will these two resurrected classes spend eternity?

(1) The faithful followers of Christ, John 14: 3: I will come again, and receive you unto Myself, that where I am there ye may be also. 2 Cor. 5: 1: We have a building of God, a house not made with hands, eternal in the heavens. 2 Pet. 3: 13: We . . . look for new heavens, . . . where-in dwelleth righteousness.

(2) The obedient of the world, Prov. 2: 21: For the upright shall dwell in the land, and the perfect shall remain in it. Is. 60: 21: Thy people shall be all righteous; and they shall inherit the land forever. 2 Pet. 3: 13: We, according to His promise, look for . . . a new earth, wherein dwelleth righteousness.

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