

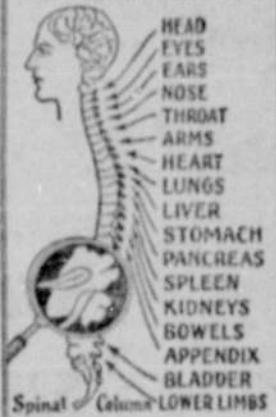
UNCLE BEN SAYS:  
 "To look healthy, Nevvy, is to have one of the passports to success, but to look healthy you must be healthy."

## When Your Nerves Get on the Outside

By D. O. L. SCOTT, C.

When your nerves get on the outside of your clothes, as Elbert Hubbard used to say, you are a nuisance to yourself and your friends. The victim of a nervous breakdown usually complains of weakness in every organ of his body, but the weakness invariably includes the stomach and usually seems centered there.

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



THE LOWER NERVE UNDER THE MAGNIFYING GLASS IS PINCHED BY A MISALIGNED JOINT. PINCHED NERVES CANNOT TRANSMIT HEALTHFUL IMPULSES. CHIROPRACTIC ADJUSTING REMOVES THE PRESSURE. THE UPPER NERVE IS FREE AS NATURE INTENDS.

The chiropractor makes his analysis of the spine and taking a typical case here is what he usually finds, though no two cases are exactly alike. There is nerve pressure on the spinal nerves to liver and kidneys, to the lungs quite often, and almost always to the stomach and stomach region, affecting what is known as the solar plexus. By chiropractic spinal adjustments these nerves are freed and the affected organs begin to function normally. The body is rebuilt, the nervousness disappears.

### In the Midst of a Second Breakdown

"When I turned to chiropractic I was in the midst of my second breakdown. I was much reduced in flesh, despondent and my digestion was very bad. Under chiropractic spinal adjustments Nature began to restore order. Today I am feeling fine and heavier than ever before. I have great faith in chiropractic."—Rev. Omer Porter, Williams, Indiana.

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32x4	11.85	2.05
33x4	12.65	2.15
34x4	13.10	2.35

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## THE HOME RADIO

How to Make and Use It By A. HYATT VERRILL

### II. PRINCIPLES OF WIRELESS TRANSMISSION

Before attempting to explain the functions and the principles of the radio telephones, or describing how to make, use and operate them, it is necessary to understand something of the underlying principles and fundamental laws of wireless transmission.

It is not, however, necessary to enter into a long discussion on the theories and principles of electricity or physics which enter into the subject, but merely to illustrate and make clear a few important and salient laws, causes and results which make the transmission of sounds possible without the use of wires between the sending and receiving instruments.

The first and most important principle of all radio transmission is the fact that all our atmosphere is constantly disturbed by vibrations or oscillations or, as we may call them for the sake of simplicity, waves. We are accustomed to think of the atmosphere about us as a more or less uniform substance which we call air, but in reality the air or atmosphere, space, and in fact all solids as well as are pervaded by an invisible, odorless, and almost weightless but exceedingly elastic substance known as ether or luminiferous ether. It is by means of this ether that all heat, light, electricity, etc., are transmitted, in the form of waves or vibrations. Light and heat waves have been known to science for a long time, but it is only within comparatively recent years that man has learned that electric or electro-magnetic waves also travel through the ether, and it was through this discovery, and by means of these waves, that wireless telegraphy and telephony became possible. In a way, the electro-magnetic waves are very similar to the waves or ripples formed by dropping a stone in a calm pool of water, for, just as the water waves travel in gradually widening circles from the splash, so the electric waves, started by the spark of a wireless transmitting or sending instrument, spread in ever-widening circles through the ether. Moreover, just as the waves in the pool are short and clear near the spot where the stone is thrown and gradually become longer and less noticeable and farther apart as they flow from the splash, so wireless waves are clearer and sharper near the instrument and decrease in clearness and size as they get farther and farther away and, to draw still another comparison, just as the shore of the pool or any object in the water interrupts or breaks the waves, so a wireless receiving instrument will interrupt or receive the electrical waves of the ether. Indeed, just as the waves or vibrations set up by the wireless spark are electro-magnetic waves and the energy that starts them is electrical energy, so the waves in the pool are started by muscular or mechanical energy. You can readily understand how it would be possible to communicate by means of such liquid waves, for, if a person at a distance should toss stones into the water at stated intervals, a person watching the shore, and noticing the intervals of the waves, could understand signals which had been prearranged. This, of course, would be a very crude and uncertain method of communication; but if you could devise some instrument to count and measure the waves and could devise means for creating waves of definite sizes and numbers, a practical means of communication could be established. It is just this which occurs in the transmission and reception of electro-magnetic or wireless waves, for, by breaking or interrupting the waves sent out by the spark they are transformed into long and short sections which correspond to dots and dashes as used in wireless telegraphy. These waves set in motion by the sending apparatus, possess the property of starting oscillations in any conductor which they strike, and if they strike the aerial or antennae of a wireless station they start oscillations in the wires, but so faint and weak that they would not be detected unless sensitive instruments were provided to magnify and catch them. Such instruments are known as detectors and consist of various substances or devices which are adjustable and from which wires lead to a telephone receiver. The high frequency oscillations of the ether, which are known as alternating currents, as they flow back and forth, are cut off by the magnets in the receiver, while the detector is designed to allow the oscillations to pass through in one direction, but will not allow them to return, and thus it acts as a check-valve in a water pipe and the alternating, back-and-forth currents are transformed into impulses going in one direction only and known as direct currents. These will flow through a telephone receiver and cause the diaphragm to vibrate, and thus the ear detects the interrupted buzzing sounds which indicate the dots and dashes of the code. Another very important part of the mechanism of the wireless apparatus is the tuner, for without this the various vibrations of the ether sent out from numberless stations would come as a hodge-podge of meaningless sounds to the receiver. But by arranging the receiving instrument so it may be adjusted to receive or pick up only those waves of a certain length, all other vibrations, and the messages they carry are eliminated or cut out. So, the wireless operator who is receiving messages, may adjust his instrument back and forth until he picks up any message which may be passing through the ether at the time.

### GILKEY STATION

June 27

Margaret Serfling is enjoying a few days at Newport. S. B. Holt and family attended Providence church Sunday.

Forty young people surprised Orville Gilkey Monday evening in honor of his birthday. Refreshments were served and a good time enjoyed.

Frank and Joe Prokop are building a woodshed.

Will Mespelt is preparing to build a barn.

Mrs. Emma Mentzer, of Lebanon, was a recent visitor at the Henry Preever home.

Fred Mespelt has discontinued his work at the sawmill for a few days in order that the men may work in the hay.

Nora Holt and Elmer Whetstone were out from Albany Sunday.

Mr. and Mrs. Ben Shafer, of Stayton, were visiting at S. F. Zysset's and W. A. Gilkey's Sunday on their way home from Providence.

Mrs. Henry Preever left today for Grants Pass, in company with Mr. and Mrs. H. D. Fearney, of Portland, who have been visiting at her home.

Mr. and Mrs. John Shepherd drove to Scott's Mills Sunday to visit relatives.

Mr. and Mrs. R. A. Scott and son drove to Corvallis Saturday to get John Scott, who attended summer school. They brought Allen Gilkey home also.

L. H. Wright and wife, of Stay-

ton, and Malcolm Wright and family, of Central Point, visited at the S. B. Holt home Wednesday. Malcolm is principal of the high school in Central Point. They were friends of Mrs. Holt at Dufur.

Leonard Gilkey and family, Cora Smith and Orville and Alvin Gilkey, attended the Rural Sunday school rally at Waterloo Sunday, and report a very pleasant and profitable day.

Mr. and Mrs. Ben Serfling and son Byron and two women, from Eugene, called at Fred Sommer's on their way home from Providence Sunday. Ben has worked in the Eugene postoffice for many years, and his brother Chester has also. George Serfling and family, who have been living in Eugene for about three years, have returned to California to live.

Loganberries are drying up before they are matured. Leonard Gilkey is going to try to get water from the creek to irrigate his.

Mrs. Louis Calavan and daughter, of Lebanon, came over Saturday to assist some of our women with sewing at the J. H. Kelly home for Mrs. J. G. Holt, whose home recently destroyed by fire.

### Very Much to Be Desired.

We all should like a cook such as an English clergyman advertised for in the London Times. In his advertisement he said among other things that it was essential not only that his cook should have a sense of humor but also that she should exemplify the spirit of Galatians, verse 22. Now Galatians, verse 22, reads thus: "But the fruit of the spirit is love, joy, peace, long-suffering, gentleness, goodness, faith."

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