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## Spring and Summer Stock of Millinery and Hair Goods

My trimmer will leave in a week and all those wishing special work done should call immediately.

## HERREN MILLINERY PARLORS

Mrs. L. G. Herren, Proprietress

## "DRUGLESS MEDICINE" AND "BLOODLESS SURGERY"

By Dr. J. Perry Conder.

(Continued from last week)

A medical physician usually tries to find out what is wrong with his patient by asking her how she feels, thus compelling the patient to act doctor, so far as defining and arraying a list of symptoms is concerned. He then looks at his patient's tongue, feels her pulse and asks, "How are your stomach and bowels?" Then makes up his mind what medicines will meet the case, as symptoms seem to indicate, prescribing one or more drugs. Symptoms, symptoms—everlasting symptoms! Simply symptoms which by blind custom are believed to call for certain medicines. By time-honored habit the doctor probably calls the name of the disease by some Latin or Greek name and prescribes drugs imagined to be indicated for the disease; but concerning the real underlying cause of the trouble, which has produced the chain of symptoms—that remains unknown and it not sought.

On the other hand, by strong contrast, the case is very different with the drugless physician. While he wants all the light he can get from his patient as to the symptoms experienced, yet this is only the beginning point for making actual bodily investigation of the patient to determine actual conditions. The educated drugless physician will be able to find the mal-adjustments, derangements and faulty tensions of the structural parts of the body; obstructions to nervous currents and the blood and limp flow; and consequent starvation to parts of the body that are being deprived of their due and adequate nerve force and blood life; these tell him, as the feelings of the patient cannot, the cause of the aches, the pain and the disturbed functioning in her system. He knows that diseased organs and disturbed functioning are caused by these tissue derangements, or "lesions," which he discovers. In this way he searches for and finds the actual causes of the sick persons condition, while the medical doctor as a general proposition—at least in ordinary practice as we all meet it—chiefly listens to the patient in an over-excited state of mind recite her own ideas of her own symptoms, thereby in effect really prescribing what medicine she is to get without reference to causes, since the medicines are to be determined by the picture of the symptoms presented.

### THE TWO METHODS CONTRASTED.

To show this difference in actual application let us consider cases. If there were severe pain experienced, as headache or sciatica, the medical doctor would give something to allay the pain, without much or any reference to the cause, while the drugless doctor would search persistently for the cause—however distant it be from the feeling of distress—and work to remove that cause. Indigestion, perhaps, would be the immediate cause of the headache. But the cause of indigestion might prove to be an over-tensed condition of the muscles of the middle of the back, inhibiting, as this condition often does, the splanchnic nerves and pneumogastric nerves which control the stomach, bowels and large digestive glands, such as the liver and pancreas. He would give attention to these abnormalities and relieve the patient of such conditions as constitute acute causes, and then the headache, the remote symptoms, would cease. In case of sciatica the innominate, or hipbone, at its juncture with the sacrum has probably become mal-adjusted to such an extent as to cause pain. If so adjust this and the sciatica disappears. In all cases he seeks out the mechanical causes of disease and these are his guides in treatment. The medical doctor in both these cases will usually be satisfied to administer morphine or depressing "coal tar derivatives" which only hide the pain without reference to treating or removing the cause at all.

### THE BEST OF TREATMENT FOR BABIES.

Diseases may be caused by a simple thing as contracted muscles blocking the nerve supply to given organs. Indeed, the colicky baby a few weeks old may be relieved of its sharp pains by light pressure in the back, just as successfully as an adult can be relieved of his attack of dysentery or cholera morbus by more vigorous treatment. The "regular" medical system, by contrast does not prescribe drugs to an infant under one year old, or, if it is done at all, it is not regarded as good medical practice. This because infants do not respond to drug action with any sort of uniformity, and experience has taught that it is dangerous to prescribe for them. There is nothing so good for infants and children, on the other hand, as drugless treatment, which regulates their little bodies, secures normal functioning and tones up their nervous systems to natural activity.

Continued Next Week.

(Advertisement)

## Society News

### SOPHOMORE CLASS PARTY.

The pleasant home of Mr. and Mrs. Eugene Slocum was a scene of merry-making on Friday evening, May 29, the occasion being a lawn party given by the Sophomores in honor of the Faculty of the Heppner High School, and a few other guests.

Various games were played on the lawn which was brilliantly lighted with Chinese lanterns.

During the evening, the "grave and reverend Seniors" undertook to "steal a march" on the refreshment quarters, but were foiled. Later, the fair hostesses relented and treated the would be offenders to punch and wafers.

After the games, the guests were invited to partake of a "Marshmallow toast," which was thoroughly enjoyed by all.

Miss Zara Snell was an out-of-town guest from Arlington, Oregon. The list of Sophomores reads: Pearl Le Trace, Pearl Thompson, Altha Devin, Marcia Winnard, Edith Thorley, Mary Notson, William Fisk, Tom Hughes, Loren Mikesell, Elra Hayes and Samuel Stevens.

Haylor for some nifty presents. 5-2

### HONOR G. A. R.

Mrs. Emeline Sherman Kelley, assisted by the Woman's Relief Corps royally entertained the members of the G. A. R. at her home on the afternoon of Memorial Day, May 30.

On the bridge leading to the house the large flag belonging to Rawlins Post was hung at half-mast. The lawn and house were beautifully decorated with American flags and vases of flowers. Easy chairs and cozy corners were in evidence.

The members of the G. A. R.—now few in number—were present. During the afternoon, many laughable and pathetic stories were told of what happened, "Way back in the sixties." Dainty refreshments of ice cream and cake were served. Mrs. Mary Thompson, formerly of Heppner, but now of Portland was present also Mesdames E. C. Maddock, Bovee and Brunton.

### COMPLIMENT MRS. BLACKMAN

Ruth Chapter No. 32, O. E. S. gave Mrs. Henry Blackman a very pleasant surprise at the Masonic Hall on Wednesday evening.

Mrs. Blackman, supposing the Grand Worthy Matron was to be Honor guest, took her ritual and went to the hall to attend a business meeting of the Chapter.

Not 'till the Worthy Matron had instructed the Guest of Honor to be presented, did Mrs. Blackman discover that she herself, was the one for whom the banquet had been prepared.

Misses Long, Thorley and Goulder furnished the music. Dainty refreshments were served, and a general good time enjoyed by all.

Its new and up-to-date—The Black, Red, Rose and Cameo Jewelry at Haylor's. 5-2

### "RAG-TACKING" PARTY.

Among the social events of the week was the "rag-tacking" given by Miss Millie Rood at her home on Court street on Wednesday afternoon. The guests began to assemble at two o'clock. Between that hour and six, sixteen pounds of rags were sewed. Mrs. Spencer made a record for sewing the most rags, and Mrs. Binns for sewing the least. The parlor decorations were American Beauty roses. In the dining room green foliage was most artistically used.

Refreshments consisting of ice cream, cake and punch were served. The hostess was assisted in serving by Mrs. Hanson Hughes.

Appropriate music was furnished. The following is a list of the guests present:—Mesdames S. W. Spencer, John Rasmus, Hanson Hughes, Al Binns, Sam Hughes, L. N. McGowan, J. H. Kinsman, Sarah Brown, Mary Barton, Fred Elder, Roy Glascock, McCraw and Misses Margaret O'Rourke, Pearl Wright and Millie Rood.

Mrs. Hanson Hughes entertained the "500" Club at her home on Friday.

### ELKS ENTERTAIN

The social session of the Heppner Elks last Thursday night, when about a hundred members and their friends gathered at the lodge rooms, was one of the most enjoyable gatherings of the season.

500 was played and Mrs. Fred Lucas carried off the first honors. She was presented with a beautiful prize. Del Ward carried off the prize among the gentlemen.

Misses Lulu Campbell, Josephine Richardson and Alberta Goulder sang "Aloha." This number was highly complimented.

Music was furnished by a four-piece

orchestra. Those not playing cards spent the hours in the banquet room. Ice cream, cake and punch were served as refreshments during the evening. Dancing was indulged in until midnight.

Edgar Ayers, Dr. Allison and J. L. Wilkins were the committee in charge of the entertainment and they handled affairs in fine shape. Those present expressed a desire to attend more such jolly parties in the future.

## LOCAL AND PERSONAL

Born—to Mr. and Mrs. A. Hahn, a son, on Tuesday.

Frank Engelman of Ione attended the Elks' party Thursday night.

Geo. Blackman and wife of Hard- lone were in the county seat last Saturday.

Mr. and Mrs. Jack Mills of near Ione were guests at the Elks' party Thursday evening.

George Rader, a pioneer stockman from Long Creek brought in a load of wool Wednesday.

Orve Rasmuss has accepted a position with the Heppner Garage and his place at Thompson Bros. is filled by Willard Herren.

Mayor Smead is improving daily. Mrs. W. O. Bayless of Rhea Creek has been helping to take care of Mr. Smead during his illness.

FOR SALE—Second hand sewing machine, just overhauled and in good order. \$10 takes it.

Mrs. L. G. Herren.

John Maidment, Nat Scott and Ed Case of Lone Rock were visitors here the past week. Mr. Case was looking for a band of sheep to buy.

Mrs. Julia Metzler, a former resident of Heppner, was here visiting friends several days, returning to her home at LaGrande on Sunday.

### EARLY AND LATE CABBAGE

Plants that don't run to seed, 50c per 100, tomato plants that don't blight easily at 15c per dozen, 50c for 50, 75c per 100 at

### CUMMINGS NURSERY

Mrs. Everett Huston of Eightmile spent several days in town keeping house for her son-in-law, John

### America's Only Medieval Castle

Landmark in St. Augustine. For more than 200 years St. Augustine was the Spanish capital of Florida, and the Florida of those days extended from the Chesapeake bay to the Pacific ocean. It was an impregnable stronghold all of those years.

Old Fort Marion, begun in 1592 and finished in 1750, is the only medieval castle in America. It cost an enormous sum of money. Repeated heavy drafts of the builders caused the king of Spain to inquire if they were building Fort Marion of gold dollars. The castle stands today in perfect condition, guarded by the United States government. The keeper conducts visitors through the castle, down into the dungeons and shows you rings in the walls where victims of Spanish oppression were chained to die. Report fairly well authenticated, has it that when the castle fell into the hands of the British two skeletons were found in one of these dungeons chained to the wall. One was of a man, the other a woman. There is something uncanny about these dungeons that cannot be described by word of mouth.

While there has been great improvement in old St. Augustine, the ancient landmarks have been preserved. The old city gate is intact; the Spanish monuments hundreds of years old attract the lover of antiquities. Narrow streets characterized all Spanish towns of medieval times. There are streets in St. Augustine not more than ten or a dozen feet wide, each side lined with the same type of buildings that were the custom three or four centuries ago.

### Wanted to Be Safe.

Tom Jackson had participated in a narrow escape from death, due to an accident which happened while he was crossing to Liverpool. It was, therefore, with much fear and hesitancy that he decided to return home.

Approaching the porter hurriedly at the last minute, he was told that he was too late for a stateroom. "The last one was just taken," announced that worthy.

"Stateroom?" queried the frightened passenger. "Who wants a stateroom? Give me a reserved seat in a lifeboat."—Buffalo Express.

### A Painful Process.

Little Prescott had been leaning out of an upstairs window.

"Come away from the window, son," his father said sternly. "You might fall out and get a bump on your back—like the camels you saw yesterday."

The little boy was silent for a few minutes. Then he asked, "Father, do all the little camels have to fall out the window to get their humps?"—New York Post.

## Go to Church and Get Acquainted With Your Clergyman; He's Not a Bad Sort

"I CAN'T be a hypocrite," was the ready excuse of one man when asked why he didn't attend church. "I know that I am not righteous and that I cannot practice what the church preaches."

There is hope for this man. He is the kind the church wants. If he is not righteous he is not happy. Let him acquire the habit of GOING TO CHURCH and he will get a broader, better and happier view of life.

We cannot all be saints. But surely a man can forget the temptations of the world for one hour or one day each week. At least for the hour or so that he is in church he can really think over the big things in life. Let him listen to the word of God and do his best. Of course there are some persons in every community who will criticize as freely the man who GOES TO CHURCH as the man who stays away.

NO MAN WHO GOES TO CHURCH CAN BE A HYPOCRITE LONG. DEEP DOWN IN HIS HEART HE KNOWS THAT HE CANNOT SELL GOD A GOLD BRICK. IF ORIGINALLY HE GOES TO CHURCH SOLELY TO MAKE A GOOD IMPRESSION WITH HIS NEIGHBORS—AND THIS IS TO BE ENCOURAGED—EVENTUALLY HE WILL FIND THAT HE IS GRADUALLY BEING LED TO THE RIGHT SORT OF LIFE. IT IS EASY TO ACQUIRE THE GO TO CHURCH HABIT. TRY IT ONE SUNDAY. WHEN ANOTHER SABBATH ROLLS AROUND YOU'LL FEEL A PANG OF REMORSE IF YOU DON'T GO AGAIN. GET ACQUAINTED WITH YOUR CLERGYMAN. YOU'LL FIND THAT HE IS NOT A BAD SORT. TALK TO HIM. IF YOU HAVE ANY CRITICISM OF THE CHURCH OR ITS METHODS, DON'T TALK ABOUT IT ON THE OUTSIDE, BUT TELL HIM. HE'LL MEET YOU HALFWAY. NONE REALIZES MORE THAN HE HOW HARD IT IS TO WORK UP AN INTEREST IN RELIGIOUS AFFAIRS AMONG SOME PEOPLE.

But give him and his church a chance.

GO TO CHURCH once! Then go again!

Vaughn, during Mrs. Vaughn's absence.

Gus Mallory, Harold Cohn and Leo Blackman were fishing in Potamus creek last week-end and had great luck, catching nearly the limit each day.

Mr. and Mrs. Wallbridge and Mr. and Mrs. Frank Nash accompanied J. B. Sparks on a fishing trip up Willow Creek last Sunday and brought back a fine mess of trout.

Ione will celebrate the 4th. The committees are now laying out their definite plans which will be announced in the near future. They will have horse racing, street sports, ball games, music by a band and all other customary features.

NOTICE—During the baseball game last Saturday I lost a sweater on the Heppner diamond. The sweater belonged to a friend and I regret its loss very deeply. I will be greatly

obliged if the finder will take same to the office of the Heppner Herald. Fred Hoskins, Echo, Oregon.

Gus Read and Miss Mabel McNabb of Ione were married in Heppner last Friday, Judge Patterson officiating. The bride is a daughter of Mr. and Mrs. W. T. McNabb and has been engaged in teaching the past few years. Mr. Read is one of the county's most progressive and successful young farmers and is the son of Mr. and Mrs. Chas. Read. They have host of friends who are extending congratulations.

Roy Sheldon, an O.-W. R. & N. operator has been visiting at the home of his old friend, L. K. Harlan, this week. He went down to Arlington Sunday and played ball with the Condon team against Blalock. Condon had an easy victory. Chas Fitzmaurice, the Condon first baseman, who tried out with Walla Walla, was turned back because of his weak hitting and is again playing with the Condon team.

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