

WHAT FASTING FEELS LIKE

University of Chicago Professor Has Made Public the Results of Investigations He Has Made.

In numerous descriptions of the experiences of man in the course of more or less prolonged fasting, one meets the repeated assertion that after a brief initial period little or no hunger whatever is felt. Since it has been well-established that the sensation of hunger is induced by a certain type of tonic and peristaltic contractions of the empty or nearly empty stomach, it must be assumed either that these contractions are abolished as a fast proceeds or that the sensations are decidedly modified.

A professor of the University of Chicago has lately had an exceptional opportunity to investigate these questions. As the result of careful observations on man during prolonged intentional starvation, he found that during the 15 days' complete fast and the subsequent eight days of abstinence from food with daily ingestion of cotton fiber, the gastric hunger contractions of his subjects continued with practically normal rhythm and intensity; but the subjective sensations induced by the gastric contractions appeared to be somewhat weakened and tinged with an element of general epigastric distress or sick stomach.

Auto Replaces Dogs.

To a "cheechako," which, in the vernacular of Alaska, signifies an individual who, in the days of the storied West, would have been called a "tenderfoot," falls the distinction of introducing trapping de luxe into the North.

Harry Beagle, not long from the "outside," conceived the idea of setting out on a trapping expedition in an automobile instead of by dog team. Frank Burgess went with him. Loading their outfit into a light car, the pair set out for the Big Delta country, despite snow and almost impassable roads.

So far as is known at Fairbanks, the idea has proved a success.

Dangers to Game Fish.

The great cause of the decline in fish life in a stream is the pollution of the stream and for this there is neither pollution nor excuse. A writer in *All Outdoors* says it is true that a brook or river is a convenient place into which to throw refuse. The people of medieval cities thought the same of their streets until plague and pestilence taught them better and instilled the elements of hygiene into their minds. Such ignorant negligence was a sign of their unenlightenment, yet, with all of our boasted civilization, we are but a step in advance when we convert our sparkling streams into noisome sewers.

ENJOY SINGING IN CHORUS

Why Children Should Be Encouraged to Take Part in Exercises of Juvenile Glee Clubs.

Anyone who has watched a class of schoolchildren singing their songs together, or the members of a juvenile glee club raising their voices in melody, knows to how great an extent children enjoy expressing themselves musically. It is perhaps one of the few times when they begin to get an appreciation of what concerted action means in creating strength and power both for the individual as well as the group. You seldom get a child to stand up and sing alone, but place him among a large group of children and note the change in him—the change in his expression, his bearing and his whole attitude.

It is therefore a cause for much encouragement to hear the news that people are growing interested in community choruses for children. The movement for grownups has become widespread and its good results have been appreciated by all who have taken an active part in it. The question naturally arises, then, why wait until a person is grown up before you let him take part in that which undeniably is beneficial to him? Why not give the child an opportunity to musically express himself before he has grown too self-conscious to do it freely?

INSECT PRODUCTS OF VALUE

Many Small Creatures Make Contributions to the Country's Wealth of No Insignificant Amount.

We have many insect products of no small value. Most familiar are honey and wax from the bee.

There is also a Chinese bug which secretes a kind of grease on various trees. This hardens into wax, and is collected, melted and purified, when it becomes white and glossy in appearance, and when mixed with oil can be made into candles. The cochineal, a scale insect living on cacti in the American tropics, besides having medicinal qualities, yields the two dyes called carmine and lake. While nowadays most dyes are chemically made, the natural dye of the cochineal is employed in coloring the soldiers' uniforms, as it stands the weather better than commercial dyes. The pupae of a Mexican black fly which swarms in great quantities near Lake Texcoco are used as fertilizer. No enlargement is needed on the work of the precious silkworm—a native of China which is now raised here also. Commercial shellac is obtained by melting lac, the resinous substance produced by an East Indian scale insect and deposited in a crust on twigs to contain the insect and its eggs. The export value of lac from Indian ports in one year has risen as high as \$3,000,000 rupees. Lac has also been used to make dyes, but while the lac industry is a growing one, the employment of lac in making dyes has probably had its day. The best lac is obtained from Bengal and the central province of India. It is also used as stiffening for hats, sealing wax, as an ingredient of lithographic ink, in electrical work and in the manufacture of gramophone records.

SPRING FESTIVAL IN CHINA

Beginning of the Year is a Time of Rejoicing Throughout the Whole Country.

In the United States one knows that spring has come when he sees boys playing marbles and flying kites. In China, says the Christian Science Monitor, there are regular spring-playing festivals that all the people have a part in and which are especially interesting for children.

Just when the spring festival comes depends on the moon. It is the beginning of the year in China, and in the first moon the magistrates and other important persons in the town go out in a procession "to meet the spring."

It is at the lantern festival, the 15th of the first month, that the children have the best time. Brightly colored lanterns are everywhere, at the doors of shops and houses, and carried in processions. Boughs of evergreen are also placed above the doors, and there is an abundance of "moon cakes," little round sweet rice cakes.

The boys dress up in all sorts of fantastic clothes, sing, dance and give little plays. They wear masks of animals and of human faces. Companies of them go about through the streets of their villages, and from one village to another. Now and then a group of maskers will be seen on high stilts. There is a very pretty dance where every dancer carries a lighted lantern. This is called the lantern dance.

Explaining "Mizpah."

Mizpah or Mispah is the name of several towns in Palestine. The name is derived from a verb of the ancient Hebrew signifying to look or watch out. The word occurs in several places in the Old Testament. The first mention is the most significant. Jacob and his prospective father-in-law, Laban, met on a slope of Mt. Gilead and entered into a covenant. Laban had several times violated his agreement as to the wages he was paying Jacob, and Jacob demanded a fair deal. When they came to an agreement they raised a monument of stones, which Laban declared should be called "Gilead, and Mizpah." "This heap shall be a witness between me and thee this day. The Lord watch between me and thee, when we are absent, one from the other." This passage is used as a benediction by the Young People's Society of Christian Endeavor.

British Columbia's Coal.

Writing of the discovery of coal in British Columbia, Johnson in his "First Things in Canada," states: "One day in December, 1849, an officer of the Hudson's Bay company in Fort Victoria was informed by the foreman of the blacksmith's shop that an old Nanaimo Indian chief had just stated that he knew where there was 'stuff' like that which the white man was using in the blacksmith's fire. The Indian was told that if he would bring some pieces of the 'stuff' he would have his gun repaired free and receive a bottle of rum. The chief reappeared in the following April (1850) with his canoe laden with coal. A prospecting party went out and found the coal where the city of Nanaimo now stands. In 1874 the production of coal from the Nanaimo mines amounted to 1,000 tons; in 1896 it exceeded 1,000,000 tons.

Its Kind.

"They say that at marriages in the future there will be a strictly American wedding march."

"I suppose it will be something on the order of a two-step."

Paradoxical.

Squabs—What made poor Griggaby so light headed?

Squibs—Well, there are differences of opinion, but he attributes it to heavy thinking.

John C. Brown and son Edward came down from Walla Walla the past week to remain here for several days. They have been superintending some work on their Heppner property, getting new concrete walks built and making other repairs. They have been debating whether or not to return to Walla Walla just now, owing to the epidemic of influenza that seems to have invaded that city.

Wright Saling was in from the Bill Hendrix ranch Monday. He states that he is so busy these days getting ready to put in a big crop of grain that he can't find sufficient time to do the work. He had three big drills all ready to begin work on Sunday and just as fast as the weather will permit he will be putting the seed in the ground on well prepared summerfallow.

Herman J. O'Neill, draftee, was up from Ione on Monday to undergo physical examination before the local draft board.

LOST—Some sheep, coming from the mountains—about 150 head. o-o brand. Will pay reward of \$150 per head for their recovery. JAMES CARTY, Lexington, Ore.

D. Cox, Jr., was in Heppner on Saturday with his family. Mr. Cox is farming the Tex McKinney place in Clarks canyon and says that he will get in a lot of fall grain on his summerfallow. He has had charge of this place the past two years. We are under obligation to Mr. Cox for a paid-in-advance subscription.

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