

GRESHAM OUTLOOK TWICE A WEEK

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Phone 701

The Linotype Way is the Way that Wins.

Official paper of the Town of Gresham, Oregon. Official paper of the Town of Fairview, Oregon.

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Praise from Sir Hubert.

The printer's ideal newspaper in Oregon is the Gresham Outlook. It is always clean and neat and well handled. The spirit of "go" about the office, and the capabilities of its equipment, are shown in the handsome holiday edition in a cover of two colors and a comprehensive write-up of the little city, all done, as the editor boasts, within three days. He modestly omits to state it was all well done.—Oregonian.

THE PNEUMONIA SEASON.

Health officers the country over, according to their wont, are flooding the land with warnings against colds, their complications and consequences, and particularly against pneumonia. So often have these helpful suggestions been laid before us that little necessity should remain for repeating them again. Statistics, however, show that heedlessness still prevails. Pneumonia, every year, claims as its victims thousands who might have escaped the dread disease had they observed the advice of the health authorities and physicians.

These writers are declaring that pneumonia, in most instances, can be evaded by breathing fresh air, cultivating regular habits, getting enough sleep, eating wholesome food, taking outdoor exercise, keeping aloof from crowds, imbibing no alcoholic stimulants and by avoiding excessive fatigue. Most of this advice is easily followed.

Fresh air is free and the supply is unlimited. As for the regularity of habits, the eating, sleeping, exercising and the abstinence, these speak for themselves. They are matters of common sense. It is not always easy, though, to avoid crowds or to stop short of excessive fatigue.

Most of us are obliged to ride in crowded cars, and a good many of us find the temptation to assemble in theaters stronger than our fear of pneumonia. Nor can we always be sure that circumstances will permit of our protecting ourselves from excessive fatigue. On the whole though, most of the danger from pneumonia arises from our failure to keep to the letter of the other health laws laid down. If these were carefully observed, it is likely that there would be little cause to fear disastrous results from mingling with crowds or from overdoing ourselves. People can stand a good deal of the latter if their habits of living are not in themselves a drain on their strength and vitality.

And the average person would do well to remember, too, that a slight cold, if neglected, is an open invitation to pneumonia. In a majority of cases the pneumonia victim was first a cold victim. A good way to avoid pneumonia is to avoid colds, and there is no better way to avoid colds than to follow the advice of the medical authorities in their timely preaching against pneumonia. That advice is more important because it has been many times repeated.

THE CIGARETTE HABIT

The statement recently made before a convention of life insurance presidents in New York that in the United States the consumption of cigarettes has doubled in the last five years is not to be lightly dismissed. The increase is very likely confined to no one class, but educators and employers have noticed among boys and very young men more cigarette smoking than was thought wise a few years ago. But neither this nor the reported growth of cigarette smoking among women would account for an increase of 100 per cent.

The life insurance presidents were interested in the effect of the cigarette on the smoker's health, and that is a question about which there has been much controversy. There can be no doubt that the use of tobacco can be carried to harmful extremes.

Physicians agree that in the young even the moderate use of it is bad, but perhaps not bad enough to result in immediate harm. The trouble is that most youthful smokers—and they are not alone—are inclined to smoke to excess. Then the habit becomes positively harmful and is to be ranked with other forms of intemperance.

Among mature persons the cigarette answers the need for a taste of tobacco. It is lighted, smoked for a minute or two, and cast aside. The smoker is satisfied, and his satisfaction has cost him but little. The possibility that he has set a bad example for a boy is not a consideration with him. And this is the problem that the educator and athletic director must solve. He must join parents in making it plain to boys that smoking is not a manly habit, but the aping of a man's weakness, however amiable it may be. Any boy can prove by experiment that cigarette smoking reduces his stamina, but experimenting in this line is dangerous, and he should do his share toward conserving the health of the people by conserving his bodily strength.

THE GROWING DAYS.

The days are growing slowly longer, but the growth is scarcely perceptible yet. Accordingly the astronomers who write up those interesting statistics for the almanac tell us that at 1:51 p. m., December 21, was the time the sun changed his mind about the early closing movement and decided to put in longer hours.

But the observer who gets along with eight hours a day to prevent a labor strike will tell you that the days are really getting longer, and that these moonlight nights make the day seem longer than it really is. If one will get up early enough these mornings to see the sunrise, and will look along the west side of his nose for a few mornings, he will see the sun going north. When it sets it is just a wee mite further north every evening.

On Monday evening next the moon will rise full and round, and then the day will seem longer than it really is, but it is a fact that the mathematicians who hold stop watches on the moon will tell you that by the end of next week the days will seem shorter again. The amateur weather sharp must, therefore, take his almanac to the privacy of his room and read up the sun and moon's time tables before he can bet on the days being any longer between Sunday and Wednesday of next week.

But it is a fact that the days are actually growing longer at the rate of about 70 seconds a day, and those who pride themselves on being up and about before the sun might feel some alarm about being caught napping. For a few weeks they need not be greatly alarmed, however, but the professional weather observer will give him no rest by the time the next full moon rolls around.

He deals in minutes and tenths of minutes, and, among other duties he must know how many minutes of sunshine each day brings forth. As the sun's timekeeper, the length of each day is of some importance to him, but to the man who works according to the schedule of the labor unions one day is very much like the days which come just before and just after it.

Two Frenchmen cancelled a duel engagement on the grounds that it was unpatriotic. A French duel never kills, so why should they forego the pleasure of popping at each other unless they feel that they can get better results from the Germans?

Those statesmen at Washington know the people of this country have all the money the government needs to pay off that \$279,000,000 deficit, but the puzzle is how to get it away from them without their missing it.

But not even an unprecedented and unpleasant car shortage, according to federal figures, was able to prevent the railroads from breaking their prosperity record.

A Seattle girl says she had to go to Harvard to have greatness thrust upon her. Others suffer the same fate by selecting Oregon as their native state.

There is so much floating ice in the Columbia river that the people of the up-river towns have no present fear of an invasion by a Japanese fleet.

A food boycott would be a fine weapon if it were not for the fact that each person secretly decides to let all the other people do it.

Perhaps if the public would take more interest in the number of the legislature's hired hands there wouldn't be so many.

All last week the people were celebrating, masticating and bicarbonating. This week some of them are medicating.

It has been observed that when eggs went beyond 40 cents a dozen that very few people followed them.

MADE BY MASTER MINDS.

When a newspaper shuts up shop on New Year's day and then rushes the regular edition out in eight hours, as the Outlook did on Tuesday, it always overlooks something good. That was why the very complimentary notice in the Oregonian referring to our Christmas paper was not noticed; it was also the reason why we failed to mention the Oregonian's superb annual.

When Portland's big daily undertakes to send out a yearly review of state, county and municipal prosperity it takes four sections each as large as an ordinary newspaper. And the stories are well told. Some of them are stories without words, but they are amazing works of art and oftentimes tell more than the printed page. Such was the Oregonian's New Year edition, to which was added all the world happenings and local news of the day before.

Such a paper is the true spokesman of the state, reflecting, as it does its resources in every legitimate line of endeavor. Its value is recognized by every person who is at all posted upon Oregon's possibilities or her place in the eyes of the world. To send it away to some friend elsewhere is better than a hundred letters. The work of describing Oregon and its greatness is done for each individual by master minds and placed before him in completed form ready for mailing for only a nickle besides the postage.

THE SIGNBOARD MENACE.

Yesterday's frightful accident near Linnemann was without doubt largely due to one of those landscape disfigurements that are getting to be too common everywhere—a huge signboard.

Only a few weeks ago the Outlook had an article on this monstrosity and called attention to them as being a menace to all who travel the county roads either by auto, team or on foot. Yesterday's accident might have never taken place had the railway track not been shut from view. The evil should be remedied.

It is not quite clear how the people can go about to clear these obnoxious disfigurements of the landscape from their cozy corners at so many of the prominent crossroads and railroad crossings. Perhaps the county commissioners have authority to remove them. If not the matter can be taken to the legislature for a law to prevent their erection. Such a law is in force in some other states. Why not in this?

Tokio papers say that a Japanese professor has invented an incombustible celluloid which can be made from soyabean cake, and is superior to all others of the kind, in that its cost is only about 20 sen \$0.10 a pound, as compared with the normal cost of \$5 and \$6. It is also said that a valuable lacquer varnish is obtained as a by-product.

Just count this pleasant Oregon weather as one of the fine after effects of the new year celebration last Sunday night.

Found a Sure Thing.

I. B. Wixon, Farmers Mills, N. Y., has used Chamberlain's Tablets for years for disorders of the stomach and liver and says, "Chamberlain's Tablets are the best I have ever used." Obtainable everywhere.—Ad.

Gresham Time Table

Table with 2 columns: Destination (Estacada or Bull Run, Mt. Hood Depot, etc.) and Time (e.g., 12:25 AM Sunday Only, 5:25 AM Dly. Mail and Express, etc.)

Table with 2 columns: Destination (Trains for Portland, Mt. Hood Depot, etc.) and Time (e.g., 12:30 AM Dly. Ex. Sun., 2:04 AM Sun. Only, etc.)

Table with 2 columns: Destination (MONTAVILLA-TROUTDALE LINE, Mt. Hood Depot, etc.) and Time (e.g., 6:15 a. m., 7:15 a. m., etc.)

To Linnemann, connect with O. W. P. train for Portland. \*Daily except Sunday. \$1.00 p. m.

Subscribers. Notice the date on the label of your Outlook. If you are in arrears your prompt renewal will be appreciated.

Edison on the Cigarette.

"Acrolein is one of the most terrible drugs in its effects on the human body. The burning of ordinary cigarette paper always produces acrolein. That is what makes the smoke so irritating. I really believe that it often makes boys insane. We sometimes develop acrolein in this laboratory in our experiments with glycerine. One whiff of it from the oven drove one of my assistant out of the building the other day. I can hardly exaggerate the dangerous nature of acrolein, and yet that is what a boy or man is dealing with every time he smokes an ordinary cigarette."

A new form of portable lamp, the light from which is adjustable, is being brought out in Germany according to the London Electrician. A small spiral resistance in series with the lamp and switch is mounted above the battery. The resistance can be readily varied by the motion of a small knob at the side of the case, the brightness of the lamp being thus altered within the limits of maximum intensity and a dull red glow. This enables current to be economized when only a small amount of light is needed, prolonging the life of the lamp and battery. The resistance is also useful in preventing the tendency to overrun the lamp unduly when a new battery is substituted for the old one.

One of the tallest telephone poles in the world is where the wires of the Pacific States Telephone company cross the Chehalis river, near Aberdeen, Washington. For some time a pole ninety feet high was sufficient to keep the wires clear of the river craft, but the increasing passage of ocean steamers making a higher pole necessary, a new one 120 feet high was set up. The pole is one single stick of Washington fir, eighteen inches at the butt and eight inches at the top. The pole weighs 6,000 pounds.

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1c word for first insertion; one-half cent a word each subsequent insertion. Minimum, any insertion, 10c.

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As a general thing land is being made by the recession of the sea along the east coast of America, while it is being cut away on the west coast of Europe.

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As a general thing land is being made by the recession of the sea along the east coast of America, while it is being cut away on the west coast of Europe.