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Health Reminders

By Frederick D. Stricker, M. D.

NERVES.

A great number of people are over-excited, worried, troubled,—in short, they are far from healthy-minded. The mind isn't simply the brain in your skull. The mind lives in every extremity of the body, acting on every nerve and muscle, reacted by every change in the body. Our thoughts can change the beating of the heart. Our emotions change the very chemistry of the body. Your actions and your health are controlled by two closely allied nervous systems.

One system is concerned with voluntary movements and acts of the will. The other system is associated with the actions of involuntary muscles in the blood vessels, heart, intestines, or other organs with secretory cells. These two systems, the cerebro spinal and autonomic, are closely associated in activity. The health of the nervous system, and indeed of the body as a whole, depends on a nice adjustment of the work to be done by the two systems.

If you wish to attain the best results from any hygienic measure you will have to satisfy the mind along with the body. It is better to disregard some rules of hygiene rather than worry over them. Health demands the elimination of fear, worry, anger, hate, envy, jealousy, and other depressing abnormal mental states.

A wholesome mental attitude is not suddenly acquired. It comes only by persistent and conscientious effort to see straight, to keep the values of life clear. The secret of equanimity consists not so much in repressing fear or worry, as in dropping or ignoring it, that is, diverting and controlling the attention. The main art of mental hygiene consists in the control of the attention.

It is quite possible for many persons to develop wholesome mental responses and for many to achieve a higher type of control than the usual and customary. To train oneself in small things to meet the problems of life is the beginning of that power which in crises of life will find the owner strong, able, and sufficient.

Wholesome mental traits essential to health are confidence, open-mindedness, unselfishness, and faith in the goodness of life. The way to develop self-confidence is to try honestly and keep at it until experience increases confidence. Open-mindedness means plasticity of mind, ability to feel new meanings, to find new values. It makes for variety, interest and health. Unselfishness is to be cultivated because of its wholesome effect on health. Mental health and growth feed on satisfying situations. Faith in the goodness of life means optimism. Enjoy the many wonderful things of life. The path to faith in the goodness of life lies among the commonplace everyday affairs of work and play. The simple life makes for such faith.

To do anything well you must practice. The healthful mental state can be developed just as surely as exercise tends to muscular development. The art of nerve control must be practised like penmanship, public speaking, singing, or anything else that is worth while. This is something that needs more than ordinary effort. Learn to control the power of attention and you will form a power to turn on the currents of thought as you would turn on an electric light. The most vital thing in mental hygiene is decision. Indecision is a mind worrying with itself which is a waste of much useful energy. Learn to make clean-cut decisions and you will establish a habit that does not know failure.

Learn to exercise an intelligent control over your nervous system.

PAVING PROJECT TO BE DISCUSSED WEDNESDAY

The question of paving the Powell Valley road from the end of the pavement in Gresham to Christensen's garage at Powell Valley will be the subject of discussion at a mass meeting to be held at the Powell Valley schoolhouse on Wednesday evening, April 2, at 7:30. All interested in the project are urged to be present. One of the county commissioners is expected to be there. Two petitions have been presented to the board of commissioners within the past six months, one from residents of Gresham and one from those living in the vicinity of Powell Valley.

KELSO

The playshed built by the Kelso Women's club for the school is nearly completed. This building was first made possible by Ned Nelson's donation of lumber toward its construction. However, instead of building the ordinary structure, open on all sides, the club later decided to entirely enclose three sides, leaving the north side of the building open, facing the schoolhouse. Also a solid concrete foundation was put in, making a sheltered and comfortable place for play in stormy weather. A very good grade of rustic is used for the walls and joists were put in so that the building may, later, if desired, be made into a room. The building is 40 x 60 feet, with hip roof, strongly braced. Herman Miller was hired as head carpenter but much of the labor has been donated by patrons of the district, some giving as much as six and seven days. Jonsrud-Gunderson Lumber company furnished lumber on time and donated \$29.26 on lumber bill. Eri and Jonsrud donated \$30 on bill of material purchased from them. There remains about \$200 more to raise before the building is paid for, and the club hopes to raise this amount within the next year. Those who were unable to donate labor on building will be asked to contribute whatever they wish. The club plans to give a play and entertainment early in June, the proceeds of which will go toward the playshed debt. Following are those who donated labor: Max Kligel, Ben Kligel, Mr. Peterson, Mr. Dolan, Ed. Littlepage, Gilbert Eri, Mr. Dahl, Edward Herz, P. C. Spooner, E. V. Erickson and A. C. Baumback.

The Woman's club met at the home of Mrs. Max Kligel last Thursday, and the 15 members present enjoyed a very pleasant afternoon. The next meeting will be at the home of Mrs. Ned Nelson.

FAIRVIEW

A tea and social will be given by the ladies of the Methodist church next Wednesday afternoon at 2:30 o'clock at the home of Mrs. John Mollar. All ladies are welcome.

The Epworth League will hold services at the church on Wednesday evening at 7:15, led by Miss Rachel Peterson. This will be followed by the regular prayer meeting session.

All members and friends of Smith Memorial Presbyterian church will gather at the grange hall on Friday evening at 7 o'clock for the annual congregational meeting. A pot luck dinner will be served at that hour, after which a business session will be held and a social time enjoyed.

COTTRELL

The Ladies' Aid society of the Methodist church will meet next Friday afternoon at 2 o'clock at the home of Mrs. Chas. Wilkinson.

Miss Eula Marvin has returned to her studies at Willamette University, after a week spent at the home of her parents, Mr. and Mrs. J. Donaldson.

Mr. and Mrs. Frank Noble of Portland spent Saturday night at the home of the Rev. and Mrs. S. F. Pitts. Mr. and Mrs. Frank Davis plan to leave on Wednesday for Des Moines, Iowa, where they will make their home.

Cottrell Parent-Teacher association cancels its meeting next Friday on account of so much sickness. The next meeting will be held May 2.

PLEASANT VALLEY

Mrs. A. M. Springer is enjoying a visit from her sister, Mrs. F. C. Griswold of Minneapolis, Minnesota.

An entertainment and dance was given by Mr. and Mrs. A. M. Springer last Saturday night at which about 200 persons were present.

The Ladies' Aid society of the Methodist church will give two interesting affairs this week, one on Thursday afternoon at the home of Mrs. Grant Sager, then the women of the community will enjoy a program and tea, and the other on Friday evening at the Grange hall, when they will sponsor a basket social. All are invited to these affairs.

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ROCKWOOD

Miss Margery M. Smith will conduct the class in nutrition next Thursday, beginning at 10 o'clock. Dinner will be served at noon. The meeting will be held in the Rockwood grange hall.

PLEASANT HOME

The Baptist Ladies' Aid will hold a meeting on Thursday, April 3, with Mrs. Sadie Chase. Luncheon will be served at 1 o'clock. All ladies are urged to be present.

The Men's Brotherhood of the Baptist church held a bazaar and basket social at the church on Saturday evening, March 29. It was a very interesting and successful affair. The proceeds were over \$35.

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STATED COMMUNICATION

Fairview Lodge No. 92, A. F. & A. M., Saturday evening, April 5, 1924, at 8 p. m. Labor in the M. M. degree. Visiting brethren welcome. WM. H. STANLEY, Sec'y. WM. D. FRITZ, W. M.

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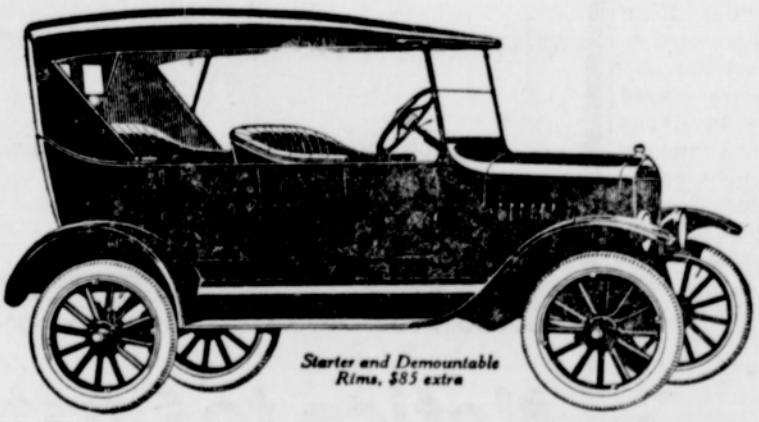


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