

How to Be Healthy
The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention
Prepared by the OREGON TUBERCULOSIS ASSOCIATION

No. 3. BUILDING RESISTANCE
PROF. ALLEN K. KRAUSE, M. D.,
Johns Hopkins University Medical School, Baltimore.

MAN is the only animal that habitually and unnecessarily uses his bodily functions to excess—in overwork, overplay, overexercise, overworry, prolonged mental and emotional stress, in unnatural hours of activity without rest.

In most men's bodies are little growths of tissue called tubercles in which are concealed the germs of tuberculosis. These tubercles form spherical walls around the germs, called tubercle bacilli, and thus imprison the germs.

If the tissues around the tubercle function normally, these walls tend to remain strong and so tight that few or no bacilli can make their way out of them and spread throughout the body.

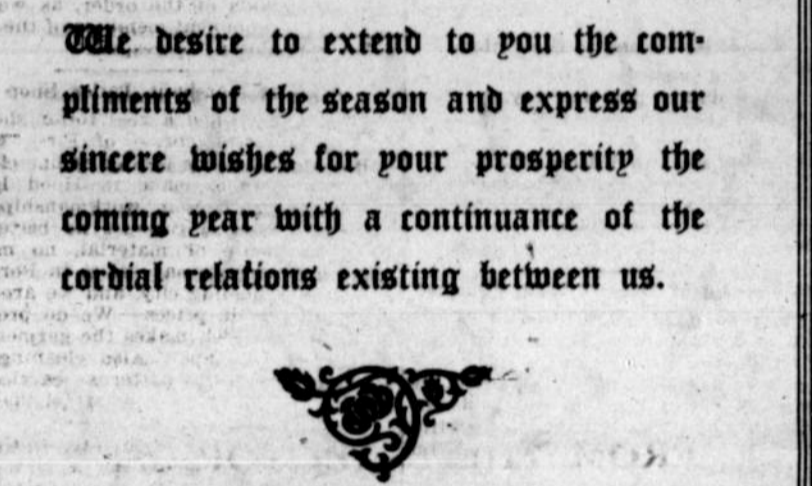
We heal tuberculosis by rest—of a knee, of the lungs, of the whole body. We become ill with tuberculosis by reason of overstrain. Other diseases, especially those that cause inflammations and congestions in the lungs, whip up the physiological activities of the body and throw a strain upon the walls of tubercles.

The point where activity becomes overstrain is an individual affair. The miner, the broker, the farmer, the school teacher, might every one of them become fatigued by the other's ordinary labor.

Food, clean air, adequate clothing, decent hours of sleep, conserve and promote health—the normal body. But the normal machine was built for one man power and a too persistent effort to squeeze out more will sooner or later mean an overheated boiler and outworn gears.

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The desire to extend to you the compliments of the season and express our sincere wishes for your prosperity the coming year with a continuance of the cordial relations existing between us.



ECONOMY MARKET
(Successor to Mt. Hood Meat Co.)
R. E. STEELE - L. A. BEAUDOIN

We extend to you the Season's Greetings and wish you all a Happy New Year



MOORE ELECTRIC CO.

Blue Ribbon Cafe
THIRD AND OAK STREETS
We Never Sleep—Open Night and Day
Dinners. Short Orders Anytime. Chicken Dinners Sundays.

THE GLACIER
WISHES YOU ALL
A Happy New Year!

ODELL
The Methodist church school begins at 10 o'clock, missionary opening service. Junior church at 11 o'clock.

PINE GROVE
Miss Ruth Hill, who is a senior at Mills College, is spending the vacation with her father, M. M. Hill.

FRANKTON
Mrs. Charles Miller returned from the hospital yesterday morning. Her many friends will be pleased to learn that she is improving each day.

CENTRAL VALE
Mothers' club meets next week, Thursday, January 7, at the home of Mrs. Mary Jarvis on Willow Flat.

BARRETT
Mrs. John Griffith and Mrs. Jessie Miller spent Wednesday afternoon in The Dalles.

DEE
Today is the last day of one of the best years this community has yet enjoyed. The Oregon Lumber company made a record out of all materials with sales at a satisfactory price.

WEST SIDE
Rockford Grange will celebrate the evening of December 31. There will be a watch party dance at the Rockford hall.

MOUNT HOOD
Mr. and Mrs. Kaitale Devin were Hood River visitors Monday.

SEBASTOPOL
The Sebastopol Apple Prices
The Sebastopol Apple Growers' Union has mailed a thousand checks to members in payment for the 1925 crop.

HENRY RICE
News of the death of Henry Rice, formerly a resident of the Upper Valley, has been received from Mrs. Fred Rice, of Santa Paula, Calif.

NOTICE OF STOCKHOLDERS ANNUAL MEETING
The regular annual meeting of the Stockholders of the Oregon-Washington Telephone Company will be held Monday, January 11th, 1926, at 2 p. m. at the office of the Company in Hood River, Oregon.

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Friday, January 1, 1926
New Year's Day

The Dark Angel
with RONALD COLEMAN and VILMA BANKY

Also a Buster Brown Comedy, "Educating Buster"
Prices 10-35-50
Continuous 2 till 10

Saturday, January 2
LOOK! LOOK! LOOK!
Red Hot Tires

with Monte Blue, Patsy Ruth Miller, Fred Esmelton, Lincoln Steedman, Chas. Conklin, Tom McGuire and Wm. Lowry.

And a Special Added Attraction. Wrestling! Wrestling!
Three Reels Showing Big Munn and Strangler Lewis in their Big Championship Match.

All holds used shown in Regular and Slow Motion. Well worth the price of admission.
NEWS - TOPICS - FABLES
Prices 10-35-50

Sunday, January 3
ROD LA ROCQUE
IN THE COMING OF AMOS

with JETTA GOUDAL, NOAH BEERY and TRIXIE FRIGANZA. ALSO HAM HAMILTON

IN "WAITING"
Prices 10-35-50
Continuous, 2 to 10 p. m.

Mon., Tues. and Wed., Jan. 4, 5 and 6
The most beautiful story of the year made into a magnificent motion picture!

Gene Stratton Porter's THE KEEPER OF THE BEES
A photodrama that will live in your memory as one of the finest stories of all time

with ROBERT FRAZER, CLARA BOW and ALYCE MILLS. ALSO A Mack Sennett Comedy "THE PLUMBER" featuring RALPH GRAVES.

Prices, 10c and 50c
Bargain Matinee Wed. 10-35c
Thursday, January 7
PEACOCK FEATHERS

with JACQUELINE LOGAN and CULLEN LANDIS. Also "Chasing the Chaser" with JIMMY FINDLAYSON. AND FOX NEWS EXTRA ADDED ATTRACTION The Dixie Handicap Girls!
A Good Clean Big Time Vaudeville Act—Pretty Girls—Nifty Costumes—Good Music—A Guaranteed Attraction.
Prices, Matinee, No Vaudeville 10c, 35c and 50c.
Evening, with Vaudeville, 25c-50c
Entire program subject to change without notice.