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FRIDAY, FEB. 2, 1912

HOW TO BATHE AND SLEEP TOLD BY DEAN OF WOMEN

Must Not Take Plunges Too Cold, While Hot Bath Is Good for Nervous Exhaustion - Keep Thoughts Good on Going to Bed

of the body, especially in regard to place where Senator Heyburn and baths, sleep and the proper treatment myself reside. In the forest ranger of the feet, hair, eyes, stomach, nose, service during these fires, as II reall throat and teeth, was the subject of it, six or seven of the forest rangers in the address by Dr. Anna Z. Crayne, the discharge of their duty fighting dean of women, before the women of flerce forest fires, were burned to the short course at the Oregon Agrideath. I know individually of three cultural college, in which she gave or four cases where the eyesight of them some excellent advice.

"Although some people can stand a are blind for life. plunge in ice water, it is apt to prevent the desired results with most people, if they are suddenly subjected to cold water," said Mrs. Crayne. thorities claim it is not right to take in the county. an absolutely cold bath.

it means something to live for to the cold; at first the blood vessels not refuse them the slight pittance of -a real object in life-an ac- contract, and then become greatly di- six months' pay for disability or one lated, the skin gets full of blood, the year's pay in case of death." a joy forever. That NOW IS A heart beats faster, and the sweat r y,alyea Mo(sTheirsONoffge pC-J GOOD TIME TO BUILD goes glands begin to work vigorously. Bmosfitb 7890\$ 7890\$. N. N. without question - money is The special use of the hot bath is to draw away the blood from some conous exhaustion. In such a case a hot noon for six weeks. bath is excellent.

"What is it in us that goes to sleep? come in and talk it over with Is it the brain? Certainly it is not us maybe our experience in the body, for the body keeps working the building line will make it incessantly. Its activity is simply reduced to a lower level. The heart beats more slowly, the blood pressure is lower, the breathing is irregular and less frequent, the muscles relaxed the blood supplied to the brain is diminished; but there is still work being done. Sleep is a nearly relative condition, not sharply cut off from waking life.

"The moment of all moments when we are most susceptible to psychic suggestion is that when we are on the verge of sleep. Make sure that the thoughts admitted to your mind at that time are strong and healthy ones -thoughts of joy, of success and accomplishment. It has been proven beyond a doubt that a man can make suggestions to himself at this time with a positive effect for good upon the spirit and efficiency of his life.

"As a general prinpicle it must be that sleep is a non-strenuous thing. It must not be approached like an enemy to be conquered, but as a mistress to be wooed, not by direct attack, but by indirect methods. To let down the tension of the day, to become quiet in body and mind, is the first essential step. Dr. Morse says that one of the next great steps forward will be the gradual acquisition of sleep control, so that a man can take a few minutes' rest whenever he scalp troubles. wants it through the day."

Stops earache in two minutes; tooth ache or pain of burn or scald in five minutes; hoarseness, one hour; muscle ache, two hours; sore throat, 12 hours-Dr. Thomas' Electic Oil, monarch over pain.

expects to give special features at the Sunday afternoon concerts during February and March.

Something Doing Watches repaired by us are always

on the go because when we do the work we do it right. The Reason For This:

I am a graudate of one of the best watchmaking schools in the United I have had fifteen years actual ex-

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THE EVENING HERALD FOREST FIRE FIGHTERS GET NO MONEY FROM NATION

Men Blinded and Disabled in Saving Government Trees Subjects of Relief Efforts Begun by Schator Dixon

United Press Service

WASHINGTON, D. C., Feb. 2 .-Forest service men who are blinded One year \$5.00 or otherwise disabled and the dependents of men killed in fighting forest fires, can expect no compensation from the government. To remedy this condition Senator Dixon, repub- I hereby announce myslef as a candi lican from Montana, is making a sturdy effort to have the forest service employes included in the law which wards compensation to victims of hazardous government employment. The law, with proposed amendments in behalf of employes of the bureau of mines and the forest service, is I pending in the senate.

Speaking of the widespread fires of 1910, Senator Dixon said:

"I was in the very center of the great forest fires of the Northwest during that period, and there were over seventy-five men burned to CORVALLIS, Feb. 2.—Take care death in a radius of 150 miles of the those men were destroyed, and they

"I remember in particular an old man who lives at the southern end of Bitterfoot Valley, who three years ago in the forest fires had his even "The water should be cooled gradual- completely burned out. His companly, and the temperature suited to each lons rescued him, and he is living person's reaction power. Most authore on the charity of his neighbors

"When those great crises occur and "Do not be too severe with yourself, men take their lives in their hands but get the bath habit at all events, and go into the mountains fighting Hot baths have just a contrary effect fire, certainly this government should

The band concerts at the Pavillon gested part, or to relax the tension of are a pronounced success, and the the system. A man sometimes finds management have decide i in give it impossible to rest because of nerv. them regularly every Sunday after-5 -4t

Radishes, lettuce spinach, artichokes, sweet potatoes, at Van Riper Bros.

Temple theater, Matinee daily, 2:20 m. Evening, first performance.

GROWS HAIR ON EALD HEADS. Bald-headed People May Get a New

Chance In Life. In these days when youth is the moving factor in business, when a man makes his mark at thirty-five and is ready to retire at forty-live. business houses pension the man we call "middle aged" rather than allow his lagging inducace to intrude upon the commercial rush, a told head is almost fatal to any man's hopes. The following must therefore prove interesting to people who are losing their bair or who are baid.

Resorcin is one of the latest and most effective germ killers discovered by science, and in connection with Beta Napthol, which is both germicidal and antiseptic, a combination is I hereby announce myself a candidate which rob the hair of its nutriment, and also creates a clean and healthy condition of the scalp, which prevents the development of new germs.

Pilocarpin is a well-known agent for restoring the hair to its natural color, where the loss of color has been due to a disease of the scalp. Yet, it is not a coloring matter or dye.

This combination of curatives mixed with alcohol as a stimulant perfects a most effective remedy for hair and

The famous Rexail "93" Hair Tonic is chiefly composed of Resorcin, Beta Napthol, and Pilocarpin. It helps to make the scalp healthy, to nourish the halr, to stimulate the follicles. Where the head is already bare, it enters th folicies, revitalizes the roots, supplies nourishment, and stimulates a new

The Klamath Falls Military band Revail "18" Hair Tonic, on our per sonal guarantee that the trial will not cost you a penny if it does not good you absolute satisfaction. That's proof of our faith in this remedy and should indisputably demonstrate that we know what we are talking about when we say that Rexall "53" Hair Tonic will grow bair on bald heads, except, of course, where baldne been of such long duration that the roots of the hair are entirely dead, the follicles closed and grown over, and the scalp is glazes.

Remember, we are basing our state ments upon what has already been ac-complished by the use of Rexall "93" Hair Tonic, and we have the right to assume that what it has done to hunfreds of others it will do for you. In I guarantee all my work for one by event you cannot lose anything by giving it a trial on our liberal guarantee. Remember, you can get Rexall Remedies in this community only at our store - The Rexall Store. Star Drug Store,

POLITICAL ANNOUNCEMENTS

For Prosecuting Attorney

For District Attorney for Klamath and Lake counties, Oregon, on the Republican ticket. JOHN IRWIN, subject to the primary nomination to be held on April 19, 1912.

I hereby respectfully announce myself a candidate for the republican nomination for Prosecuting Attorney for Klamath and Lake counties, subject to the will of the voters at the primary election to be held on the 19th of April, 1912. D. V. KUYKENDALL.

For County Treasurer

date for the nomination for Treasurer of Klamath County on the Republican ticket, subject to the will of the people at primary election to be held on April 19, 1912. JAY MANNING.

hereby announce myself as a cand!date for the nomination for Treas urer of Klamath County on the Democratic ticket, subject to the . will of the people at primary elec-tion to be held on April 19, 1912. ◆ C. H. DAGGETT.

For Assessor

hereby announce myself a candidate for the nomination for Assessor of Klamath county on the Democratic ticket, subject to the will of thepeople at the primary election to be held on April 19, 1912. J. P.

For Sheriff

I hereby announce myself a candidate for the Republican nomination for Sheriff of Klamath county, subject to the will of the voters at the primary el ction to be held April 19, 1912. SCAR L. CARTER.

I hereby appounce myself a candidate for the nomination for sheriff on the kepublican ticket, subject to the will of the voters at the primary election to be held on April 19, 1912. C. C. LOW.

hereby announce my self a candidate for the democratic nomination for Sheriff of Klamath county, subject to the will of the voters at the primary election to be held April 19, 1912. CHESTER AVERY.

For Coroner

I hereby announce myself a candidate for the Democratic nomination for Coroner, subject to the will of the voters at the primary election to be held on April 19, 1912. EARL WHITLOCK.

hereby announce myself a candidate for the Republican nomination for Coroner, subject to the will of the voters at the primary election to be held on April 19, 1912. E. R. WILLIS.

For School Superintendent

hereby announce myself a candidate for the nomination for County School Superintendent of Klamath county on the Republican ticket. subject to the will of the voters at the primary election to be held April 19, 1912. FRED PETER-

For County Clerk

Clerk on the Republican ticket, subject to the will of the voters at the primary election to be held April 19, 1912. C. R. DE LAP.

For Justice of the Peace

hereby announce myself a candidate for the Republican nomination for Justice of the Peace for Linkville precinct, subject to the will of the voters at the primary election to be held on April 19, 1912. W. H. SHAW.

For State Senator

hereby announce myself as a candidate for the office of State Senator in the Seventeenth Senatorial District, Including Klamath, Crook and Lake counties, on the Republican ticket, subject to the will of the voters at the primaries to be held on 19th day of April, 1912. W. LAIR THOMPSON.

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