

MAN SHOULD NOT DIE

There is No Physiological Reason For Death.

THE BODY IS SELF RENEWING

Perfect Diet and Mode of Living Would Insure Exact Balance Between Bodily Waste and Renewal and Would Mean Physical Immortality.

"The last enemy that shall be destroyed is death," said the Scriptures, yet if some man attempted seriously to reassert this ancient truth today we would look upon him as a mad prophet indeed.

Death some day will be acknowledged to be as unnatural to the economy of the creative plant as are sin and suffering. But whether or not in some millennium period mortal man will be able to forego the gross process of physical dissolution in becoming a spiritual body is a purely metaphysical question that does not enter here.

William A. Hammond, one of the great authorities, answers it by saying, "There is no physiological reason why man should die."

Thomas J. Allen, M. A., LL. D., writing in a similar strain, says: "The human body is not like a machine which must wear out by constant disintegration, for it is self-renewing. It is a simple, scientific fact that we get an entirely new body every few years, estimated at from three to seven years."

There is no doubt that when we become more enlightened and understand perfectly the laws that govern and determine our physical lives and when we conform to these religiously life will be immeasurably prolonged.

The decay of the body as evidenced in old age is unnatural. The aesthetic within us recoils in mere contemplation of its approach. We feel that there must be something self-perpetrating in the change when the strong color in a healthy man and the fresh beauty in a pure woman take their departure.

Medical science has pointed out the physiological cause of these conditions. Probably the time will come when it will be able to point out the manner of avoiding them.

We know that the body grows old because of the existence of an imperfect balance between the waste which the body accumulates and the amount it is able to throw off. During youth the balance is perfect, because the body has more than its normal vitality and strength to throw off the waste matter.

The strength that should go to eliminating impurities from the body is not squandered, but rather, squandered in different ways. Then, too, we eat and drink those things that cause excessive waste. An impure diet composed of foods containing uric acid, such as meat, or of drinks containing poisons, such as tea and coffee, taxes the eliminative powers, and when the time comes when these give way a state of imperfect elimination has set in, and the wastes in part are deposited in the system, settling in the arteries and joints of the body and accumulating until they become obstructive elements.

The blood stream circulates imperfectly, and when once this condition exists bad functioning of every organ of the body results, and old age and death gradually ensue.

Mind, too, has a great deal to do in hastening or retarding the unpleasant signs of physical decay. Mental science has satisfactorily demonstrated that mean, narrow, selfish and unpleasant thoughts act destructively on the tissues of the body, while thoughts of a wholesome and positive character act constructively.

And when the curtains of "the windows of the soul" are drawn, when the temple's door is closed and a final silence is within, when the spirit passes the threshold to take up a newer and finer edifice of its own creation, science assures us that the body lives on. Here at least physical immortality is an assured fact.

Theology has irreligiously taught us that the body returns to inanimate dust. The religious answer of science is that it returns to God. The latest word in the field of biology is that all nature, including the all mother soil, is animated and hallowed with the divine principle of life.

More than this, matter is indestructible and eternal. There is not an atom that can be lost in all the universe. For this reason our bodies do not really die. They are in the care of the angels of the elements.

THEY WENT TO CHURCH.

A Bit of Strategy That Won For the Minister.

"When Bishop Wilmer was rector of the little Protestant Episcopal church at Upperville, Va.," said a Virginia minister, "he was much worried by the nonattendance at service on Sundays of the majority of the young men of the community. On inquiry he found that instead of going to church they were in the habit of playing marbles for stakes. Marbles in those days, it must be remembered, was a much more serious game than it is now, occupying much the same position in the realm of sports as do billiards and pool in these days.

"Bishop Wilmer, then a 'parson' not well known, determined to break up this practice. He himself had been an expert marble player in his boyhood. Accordingly one Saturday he came across a number of the young men engaged in a game. The good bishop asked several questions and finally challenged the lot to play him for 'keeps.' They readily consented.

"Much to their astonishment, the young minister won steadily, and soon they had to go to the stores to replenish their stock. Toward the close of the afternoon Mr. Wilmer had won every marble in the town of Upperville. Putting his winnings in a bag, he remarked as he walked away, 'Now, gentlemen, since you can't play marbles tomorrow I hope to see you all at church.' And he did."—New York Tribune.

THE IVORY HUNTER.

Troubles Begin When He Has to Get Ivory Out of the Jungle.

First catch your ivory, then get it home—if you can. A man's troubles have barely begun when the tusks of the fallen monsters are chopped out, wrapped in sack and taken back to camp. Each weighs 50 or even 100 pounds. I have seen specimens that are on record as tipping the scales at 250 pounds. Suppose I have got together \$100,000 worth of fine ivory. I am perhaps a thousand miles from anywhere with this load of 50,000 or 60,000 pounds. There are no railroads, no wheeled vehicles, even no draft animals. The stuff must be carried across the wilds of Africa on the backs of native porters, who think nothing of dropping their loads and deserting if the fancy happens to seize them. The worst of the hunting is nothing to what such a homeward march may mean. I have had my men shot down by hostile tribes from ambush with poisoned arrows. I have seen them die in agony from the bites of noxious insects. I have been attacked by bands of Dinkas, who knew the value of ivory as well as I did and who tried to help themselves to mine.—Everybody's Magazine.

The Too Fat.

Fat hens, being wretched layers, are always sold off by farmers. The early Romans banished all useless persons, including the fat in this category.

Ovid, in his "Art of Love," says, "Keep ever slender and supple, for the fat have no success with women."

The Gouty tribe enter their houses by a hole in the roof of a certain prescribed size, and they who grow too bulky to enter by this hole are slain as useless and lazy.

In England it was once the law to put the fat to death—"All drunkards, fat guttuns and consumers of vitallis more nor was necessary to the sustentation of men, were tane, and first commandt to swelly their fouth of guhat drink they pleitt, and incontinent tairfer was drount in ane fresche river."—New Orleans Times-Democrat.

Spinach Omelet.

Make a puree of spinach in the usual way—that is to say, after having boiled it till tender chop it very fine and rub it through a coarse wire sieve, season with salt and pepper, stir over the fire and add two ounces of butter and a little cream. Take two tablespoonfuls of the spinach and stir it into four eggs which have been previously beaten, yokes and whites separately. Add a little piece of shallot which has been rubbed through the sieve, and salt and pepper to taste. When thoroughly mixed put the whole into an omelet pan with two ounces of butter and fry a pale brown. Serve very hot.—By-stander.

History of Smallpox.

Smallpox appears to have been first described by Rhazes, an Arabian physician living about 900 A. D. It was introduced into southern Europe in the time of the crusades and slowly spread into the more northern regions. In 1517 it was carried from Spain to Santo Domingo and thence to Mexico, where it is said to have swept off 3,500,000 of the natives. It spread rapidly all over the new world, and whole villages and even tribes of Indians were carried off by it.

Easier.

"That house I have taken from you," said the dissatisfied tenant, "is horribly drafty. When I am sitting in the middle of the room my hair blows all over my head. Can't you do something to the windows?" "Don't you think, sir," replied the house agent suavely, "it would be easier and cheaper for you to get your hair cut?"—London Telegraph.

Useless Worry.

It frequently happens that a woman worries a great deal over the question of calling on another woman who does not care in the least whether she calls or not.—Chicago Record-Herald.

Folly is never long pleased with itself.—German Proverb.

A WALPOLE ANECDOTE.

To Save the Woman's Life She Couldn't Recall Who Told It.

"I heard a very funny story the other night about Horace Walpole," said Mrs. Blake. "I wish I could remember who told it. Henry, can you remember? Was it Mr. Sellers?" "No," said Blake stiffly; "it wasn't Sellers."

"I wonder if it could have been Mr. Windsor?" "No," repeated Blake; "it wasn't Windsor."

Before Mr. Blake had a chance to express an affirmative or negative opinion of that hazard as to the source of the Walpole anecdote Mr. Barton came in. Mrs. Blake, being by that time sure of herself, tried on him her recipe for winning universal affection.

"Oh, Mr. Barton," she said, "I am very glad to see you. I have hardly stopped laughing since I saw you the last time."

Mr. Barton, a cadaverous man with solemn eyes, looked rather foolish.

"Indeed?" he said. "May I ask what about?"

"Over that funny story you told about Horace Walpole," said Mrs. Blake.

"M-m-m—Horace Walpole?" stammered Mr. Barton. "I am afraid you must have got me mixed up with somebody else. I don't know the first thing about Horace Walpole, and if I did know anything funny about him I couldn't tell it. To tell a funny story is beyond my powers. Even if it was funny to start with it wouldn't be by the time I got through with it."

Mrs. Blake's spirits were somewhat dashed by her flasco in finding an owner for the Walpole story, but she bore up courageously, and later when Mr. Markham came in she drew him out of earshot of Mr. Barton and dilated on the pleasure his story of Horace Walpole had given her. Mr. Markham was not cast in the funeral mold that gave to Mr. Barton his grave aspect, but he protested himself totally incapable of telling a funny story about Horace Walpole or anything else.

Presently Mrs. Blake left the room to prepare the sandwiches. Mr. Blake followed her.

"For the love of the Lord," he said, "don't make a fool of yourself again by trying to get some other idiot in there to father that Walpole story. I told you that yarn myself."

Mrs. Blake stood still, with carving knife poised in air.

"You?" she said incredulously. "And it was so clever too."—New York Times.

A CHEMICAL FURY.

Fluorine is a Rabid Gas That Nothing Can Resist.

The fury of the chemical world is the element fluorine, although, strangely enough, it exists peacefully in company with calcium in fluorspar and also in a few other compounds.

Although this element was known and named a good while ago, it long resisted the efforts of chemists to isolate it—that is, prepare it in a pure state, unmixed chemically with other substances—for the instant the compound containing it was torn apart the free fluorine attacked and combined with whatever substance composed the vessel containing it. It was finally isolated by the great French chemist Moissan.

Fluorine is a rabid gas that nothing can resist. It combines with all metals, explosively with some, or if they are already combined with some other nonmetallic element it mercilessly tears them away from it and takes them to itself.

In uniting with sodium, potassium, calcium, magnesium and aluminum the metals become heated, even to redness, by the fervor of its embrace. Iron filings slightly warm burst into brilliant scintillations when exposed to it. Manganese does the same. Even the noble metals, which at melting heat proudly resist the fascinations of oxygen, succumb to this chemical siren at moderate temperatures.

Glass is devoured at once and water ceases to be water by contact with this gas, which, combined with its hydrogen, at the same moment forms the acid, glass dissolving hydrofluoric acid and liberates ozone.

Even hydrofluoric acid eats into and destroys every known substance except platinum and lead.—Exchange.

Glaciers.

It has been demonstrated that the glacier does not move in one block, but down, accommodating itself to the terrain in which it moves. Professor Tyndall planted a row of sticks in a straight line across a glacier, and after a few days the line had become a crescent, with the concavity upward, showing that the middle of the glacier moved faster than the sides. Just as in a river the stream is stronger in the center.

Her Mild Ambition.

"You expect your boy to become a good man?"

The mother's face fell.

"He is not a brilliant child," she made answer doubtfully. "No, I think I shall have to be content if he attains only a moderate success—becomes a very rich man, say, or something like that."—Puck.

A Scratch.

"How does Mrs. Sleigh get on in the club?"

"Oh, she always comes up to the scratch."

"Of course she does—the cat!"—Kansas City Newsbook.

Some people only believe half of what they hear, and then invariably select the wrong half.—New York Telegram.

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NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Portland, Ore., July 15th, 1908. Notice is hereby given that LEWIS E. MORTON, of Tillamook, Oregon, who on July 15th, 1908, made timber application, No. 074, for the NW 1/4 of the SE 1/4 of Section 19, Township 3 South, Range 2 West, Willamette Meridian, has filed notice of intention to make final timber proof, to establish claim to the land above described, before W. H. Cooper, U. S. Commissioner, at Tillamook City, Tillamook County, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: J. C. Bewley, of Tillamook, Oregon; Jonas Olson, of Tillamook, Oregon; A. B. Allison, of Tillamook, Oregon; Geo. F. Will, of Tillamook, Oregon. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Portland, Ore., August 3rd, 1908. Notice is hereby given that GORDON T. NICHOLS, of Portland, Oregon, who on July 15th, 1908, made timber application, No. 074, for the NW 1/4 of the SE 1/4 of Section 19, Township 3 South, Range 2 West, Willamette Meridian, has filed notice of intention to make final timber proof, to establish claim to the land above described, before W. H. Cooper, U. S. Commissioner, at Tillamook City, Tillamook County, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: J. C. Bewley, of Tillamook, Oregon; O. O. Gooch, of Portland, Oregon; Chas. J. Clement, of Portland, Oregon; John S. Magnus, of Portland, Oregon; Geo. A. Stephenson, of Portland, Oregon. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at Portland, Ore., July 15th, 1908. Notice is hereby given that JAMES WOOD, of Portland, Oregon, who on 15th day of July, 1908, made timber application, No. 076, for the NW 1/4 of Section 22, Township 1 North, Range 2 West, Willamette Meridian, has filed notice of intention to make final proof, to establish claim to the land above described, before the Register and Receiver of U. S. Land Office, at Portland, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: Samuel H. Rothermal, of Portland, Oregon; Malcolm S. McGilivray, of Portland, Oregon; E. M. Snyder, of Portland, Oregon; James W. Carey, of Seattle, Wash. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Portland, Ore., July 15th, 1908. Notice is hereby given that JAMES W. CAREY, of Seattle, Wash., who on July 15th, 1908, made timber application, No. 084, for the NW 1/4 of Section 14, Township 1 North, Range 2 West, Willamette Meridian, has filed notice of intention to make final proof, to establish claim to the land above described, before the Register and Receiver of U. S. Land Office, at Portland, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: Samuel H. Rothermal, of Portland, Oregon; Malcolm S. McGilivray, of Portland, Oregon; E. M. Snyder, of Portland, Oregon; James W. Carey, of Seattle, Wash. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at Portland, Ore., July 15th, 1908. Notice is hereby given that SAMUEL H. ROTHERMAL, of Portland, Oregon, who on the 15th day of July, 1908, made timber application No. 084, for the NW 1/4 of Section 14, Township 1 North, Range 2 West, Willamette Meridian, has filed notice of intention to make final proof, to establish claim to the land above described, before the Register and Receiver of U. S. Land Office, at Portland, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: James W. Carey, of Seattle, Wash.; James Wood, of Portland, Oregon; Malcolm S. McGilivray, of Portland, Oregon; E. M. Snyder, of Portland, Oregon. ALGERNON S. DRESSER, Register.

Notice of Final Account.

NOTICE IS HEREBY GIVEN,—That the undersigned has filed his final account as executor of the last will and testament of William Patterson, deceased, in the County Court of the State of Oregon for Tillamook County, and the County Judge of said County has set Monday, September 7th, 1908, at the hour of 10 o'clock a. m., at the office of the County Judge, in the Court House, in Tillamook City, Oregon, as the time and place for the hearing of objections thereto and the settlement thereof. Dated this 23rd day of July, 1908. SAMUEL M. BATTERSON, Executor.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Portland, Ore., July 31st, 1908. Notice is hereby given that WILLIAM W. ROSEBRAUGH, of Tillamook, Oregon, who on July 31st, 1908, made application for Timber Entry, No. 077, for N 1/2 of Sec 14 and N 1/2 of Sec 15, Township 3 South, Range 2 West, Willamette Meridian, has filed notice of intention to make final timber proof, to establish claim to the land above described, before W. H. Cooper, U. S. Commissioner, at Tillamook, Oregon, on the 17th day of October, 1908. Claimant names as witnesses: J. C. Bewley, of Tillamook, Oregon; N. G. Bonnest, of Tillamook, Oregon; C. A. Swenson, of Tillamook, Oregon; Jonas Olson, of Tillamook, Oregon. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Portland, Ore., August 3rd, 1908. Notice is hereby given that NILS G. ROQUIST, of Tillamook, Oregon, who on August 3rd, 1908, made application for Timber Entry, No. 076, for N 1/2 of Sec 14 and N 1/2 of Sec 15, Township 3 South, Range 2 West, Willamette Meridian, has filed notice of intention to make final timber proof, to establish claim to the land above described, before W. H. Cooper, U. S. Commissioner, at Tillamook, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: J. C. Bewley, of Tillamook, Oregon; C. A. Swenson, of Tillamook, Oregon; J. C. Bewley, of Tillamook, Oregon. ALGERNON S. DRESSER, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at Portland, Ore., August 10th, 1908. Notice is hereby given that NELLIE E. ADAMS, of Tillamook, Oregon, who on August 10th, 1908, made application for Timber Entry, No. 076, for NW 1/4 of NW 1/4 of Section 22, Township 1 North, Range 2 West, Willamette Meridian, has filed notice of intention to make final timber proof, to establish claim to the land above described, before W. H. Cooper, U. S. Commissioner, at Tillamook, Oregon, on the 24th day of September, 1908. Claimant names as witnesses: J. C. Bewley, of Tillamook, Oregon; W. V. Rosebraugh, of Tillamook, Oregon; C. A. Swenson, of Tillamook, Oregon; Jas. Armstrong, of Tillamook, Oregon. ALGERNON S. DRESSER, Register.

Summons.

In the Justice Court for the Second Justice District in Tillamook County, State of Oregon.

Rudolph Zweifel, Plaintiff,

Andrew Casper, Defendant.

To Andrew Casper, the above named defendant:

You are hereby required to appear and answer the complaint filed against you in the above entitled action on or before the expiration of six weeks from the date of the first publication of this summons, and if you fail so to appear and answer, for want thereof the plaintiff will apply to said Court for the relief demanded in the complaint herein; that is to say for a judgment against you for the sum of \$50.00, with interest thereon from May 1, 1908, and for the costs of disbursements of this action, and that the following described personal property heretofore attached in said action will be ordered to be sold to satisfy said judgment, or to proceed thereon, if said property be sold before judgment is rendered, shall be applied to the payment of said judgment. The said personal property referred to and attached herein is described as follows, to-wit:

One horse, the property of said defendant, about six years old, being a horse purchased by said defendant from one H. V. Alley, and now in the custody of the constable of the second justice of the peace district of Tillamook County, Oregon. The Summons is published by order of G. W. Bappington, Justice of the Peace in said Court upon file as a writ of the plaintiff in said cause, and an order made thereon on the 29th day of August, 1908, and the first publication of this summons is made on Thursday, the 3rd day of September, 1908. G. W. BAPPINGTON, Justice of the Peace.