

TRY TO PREVENT DISEASE.

A Thorough Physical Test May Point the Way to Saving a Life.
 "Careful investigation," says a health bulletin, has shown that the physically perfect man is almost impossible to find. Almost every one who has reached the age of thirty has some impairment or defect of his body. It may be such a minor defect as a decayed tooth or a slight digestive disturbance. Or it may be trouble with the kidneys that will develop into Bright's disease if not attended to promptly. Little defects or impairments, if neglected, may cause untold suffering and loss.
 "If you have a regular family physician arrange with him for a thorough overhauling of your body. This inspection, which should be conducted without clothing, should consist at least of the following:
 "Height, weight, chest and abdominal measurements and a survey of the general bodily condition. Examination of eyes, ears, nose, throat, mouth, teeth, tongue, skin, glands, lungs, heart, circulation, stomach, liver and other abdominal organs. Examination for evidences of rupture, varicose veins, faulty posture, flat foot, spinal curvature, deformities and asymmetries. Tests of the vision and hearing. Tests of the brain and nervous system for paresis, locomotor ataxia and other central nervous affections or nervous instability. Chemical and microscopic examination of the urine. Blood pressure tests.
 "Such a thorough examination as is suggested here may be the means of prolonging, if not of saving, life."

THE CAREFUL ELEPHANT.

His Bump of Caution Seems to Be Remarkably Well Developed.
 The author of "From Jungle to Zoo," in explaining the difficulties of transporting wild animals by rail, gives a striking example of the elephant's cautiousness:
 "The keepers generally place a heavy platform from the door of the truck to the ground, but few elephants will venture on it. In one case the men sent in a trained elephant first in the hope that the newly captured elephant would follow. The new elephant stopped dead, however, threw up his trunk and made it evident that he would go no farther.
 "They offered him all kinds of food and addressed him with encouraging words; they led the trained elephant out and then in again with a rush, in the hope that the other would follow in the excitement of the moment. But it all had no effect whatever; there the bumpy one stood, waving his trunk and glancing from left to right and then from right to left with his little crafty eyes.
 "At length after two hours of hard work, when the men were exhausted and streaming with perspiration, the elephant suddenly lowered his trunk, seized the inclined platform and threw it away. Then, lifting up first one huge foot and then another, he walked quietly into the truck and settled down at once to a good meal."
 The "English Lord" of Our Stage.
 England, which has given to the stage Shakespeare, Sheridan, Congreve, Goldsmith, Colman, Farquhar, Milman, Bulwer, Barrie and Pinero, does not contain in all its literature such a character as the "English lord" of the American theater. No one in England has ever seen a lord with any likeness to the American caricature. But he "goes his way," and it has proved a profitable one for the actor who specializes, so to speak, in stage English lords. Will the procession ever end? Can any one halt it? Can the silly ass lord change? It does not seem probable, and I can hear him now in reverie as he calls out, "Come, now, my bally old top, and watch me making love to the blooming helress, and, my word, it will be ripping!"—Porcupine.
 Cobbett and the Potato.
 William Cobbett, the English economist, was firmly convinced that the potato and prosperity could not exist side by side, and he quotes with approval the opinion of Sir Charles Walsley that on the continent "in whatever proportion the cultivation of potatoes prevails the working people are wretched." He is indeed constantly girding at the vegetables, and in his "Rural Rides" recounts nothing with satisfaction in the course of a journey from St. Albans to Chesham that he did not see "three acres of potatoes in this whole tract of fine country."
 Telephone Grandeur.
 "What's your opinion of Bommas-ter?"
 "Well, when I first met him he impressed me as being a leader of men, a 10,000 volt dynamo, a clarion voiced czar who would brook no opposition, but when I met him the second time I sized him up for a pusillanimous mouse."
 "Where did you meet him the first time?"
 "On the telephone."—Chicago News.
 The Exception.
 "I understand," said the foreign statesman, "that you elect all your rulers by ballot."
 "You have been sadly misinformed," answered the American. "We don't elect our wives in that manner."—Exchange.
 Gawky.
 Edith—Which would you advise me to take, violin or piano lessons? Her friend—Piano, dear. You look so much better sitting down than standing up.—Boston Transcript.
 The wildest colts make the best horses when they come to be properly broken and handled.—Themistocles.

WHALERS GET NO WAGES.

The Crew Divides a Third of the Profits After Each Cruise.
 The business principles of American whaling are often mentioned as an excellent example of industrial co-operation.
 A ship is stocked and equipped by the owners, and the profits of the cruise are distributed in the ratio of two-thirds to the capital invested and one-third to labor. No member of the crew receives wages or a guaranty of any sort, but to each is allotted a certain share, termed the "lay," of the net results.
 In general, the captain's lay ranges from a fifteenth to an eighth, according to his whaling record. The mate and three lower officers, the four boat steers or harpooners, the cooper, steward, cook, carpenter, seamen and green hands receive proportionate shares, and so down to the cabin boy, whose lay is in the neighborhood of one two-hundredth, called the "long lay."
 Thus the profit of each individual depends upon the success of the cruise. Ships have sometimes failed to pay for their fitting out. On the other hand, the Onward of New Bedford once returned with a catch worth at the prevailing prices \$395,000, of which the captain's lay was \$40,000 and that of the least member of the crew about \$2,000.—Argonaut.

FUTURE OF THE HUMAN FOOT.

Is Man Destined to Lose His Toes in the Course of Time?
 That the human race is slowly evolving toward a condition of clubfootedness is suggested by Dr. Truman Abbe of Washington in the Medical Record.
 Dr. Abbe points to the horse's hoof and its evolution from the five toed foot of the prehistoric horse by the dropping of one toe after another and the consolidation of the bones from the knee down.
 "When we look at the human skeleton and compare the bone of the tibia and fibula and the digits beyond each of them," he continues, "it does not take much imagination to see suggested in the slender fibula and the diminutive little toes an early stage in the reduction process, which if carried further would lead to a diminution of the number of toes on man's foot."
 And he closes his article with these words: "We come thus to the suggestion of clubfoot as a tendency toward the dropping of the post-axial digit group of the lower limb. And this dropping of a digit group would seem to be due to restricted development in the central nervous system—a factor that has been at work since before the days of the five toed horse."
 Why You Eat Food.
 Nine-tenths of our food is eaten to supply heat and energy. The amount of heat and energy required by individuals is reckoned in calories. The most accurate way to determine how much food to buy for a family is to figure how many calories the members require. Tables of food values with directions for using them are published by both national and state agricultural departments. There are also simple textbooks that explain clearly the usefulness of reckoning by calories. These books are readily understood after a little study of them. When one knows approximately how many calories each member of the family requires and how many calories certain amounts of food contain, one can settle with definite figures the old question that used to be answered by guesswork only, "How much shall I buy?"—Woman's Home Companion.
 High and Low Ground.
 According to the measurements and calculations made by the United States geological survey, Delaware is the lowest state, its elevation above sea level averaging only sixty feet. Colorado is the highest, averaging 6,800 feet above the sea, while Wyoming is a close second, only 100 feet lower than Colorado. In minimum elevation Florida and Louisiana dispute second place after Delaware, their average elevation being 100 feet for each. Taking the United States as a whole, our country lies slightly above the average elevation of the land of the globe.
 Too Efficient.
 "How is that efficiency expert making out over in the place where you work?"
 "He got the gate the very first day he was there."
 "What was the matter? Was he incompetent?"
 "No; he was too darned competent. He discovered that the boss was wasting half of our time telling us things that we knew better than he did."—Philadelphia Ledger.
 Magnanimous.
 Jack Ford—Did you see that girl out me then? Frank Wilcox—I noticed she didn't bow. Jack Ford—And yet I saved her life! Frank Wilcox—How? Jack Ford—We were engaged, and finally she said she'd rather die than marry me, so I let her off.—Exchange.
 If Useless, Quit.
 "Oh, stop whining! Is whining going to mend matters?"
 "I suppose not."
 "Then, if not, whine not."—San Francisco Chronicle.
 Only Newlyweds Happy.
 Iris—Do you think there are many unhappy marriages? Cyrus—All, except those that took place today.—Town Topics.
 The best portion of a good man's life—his little, nameless, unremembered acts of kindness and of love.—Wordsworth.

FLIGHT OF THE MOSQUITO.

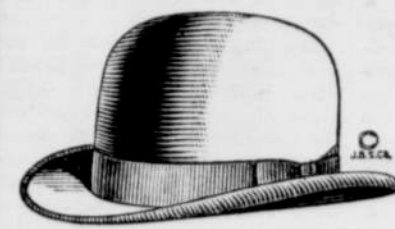
The Malaria Laden Pest Rarely Travels More Than a Mile.
 There is a good deal in modern prophylaxis in taking care of the mosquito, but it is always a feature in the case to know how much territory must be covered to assure a reasonable degree of safety. If mosquitoes were like birds, capable of outdistancing a railway train and for scores of miles, the problem of oiling the ditches and ponds would be a very serious one, and the question of careless neighbors would be a very wide one. The practical limit of flight of Anopheles quadrimaculatus, the insect selected for the trials, proved to be about a mile.
 The method used by these investigators in their experiments was to stain mosquitoes and report on their recapture after being liberated. The species in question was selected for the work from the fact that it is the most vigorous flier of its group and is probably the principal carrier of malaria. The result of the research suggests that at the distance of a mile and a little better from a prolific breeding place the individual is quite safe, and his efforts need be directed only to the nearer pools.
 The mosquito apparently required three days for the journey and in some instances returned to precisely where it was caught, for the specimens were oftentimes carried to a common point before being liberated, but were quite abundant.—Public Service Health Bulletin.

JOHN IS A GREAT NAME.

Known in Nearly All Lands, It Has a Famous Family Tree.
 The name John is one of our best, also one of our oldest. It is found in nearly all languages, and no matter how disguised, from Juan to Johannes, it is almost certain to be identified. The Johns have a magnificent family tree.
 There was an apostle named John and also a John the Baptist. There have been twenty-two popes and one anti-pope by the name of John. Three kings of Aragon and Castile, one at least of Bohemia and several of Portugal, France and England have borne the name of John.
 There was John Sobieski, the "greatest of the Poles." There was John, surnamed Lackland, who was forced to sign the Magna Charta. There was John the Good. Running down the famous list, we find also John the Fortunate, John the Perfect, John the Fearless, John the Constant.
 Then there was Jack of the Bean Stalk, also Little John, who was not little, but who, on the contrary, was tall and strong, and who was one of the most impudent followers of Robin Hood.
 If old King John gave England the Magna Charta John Hancock helped to give us our Declaration of Independence. If the historical and symbolical Johns seem too numerous we might add John Rockefeller and John Doe.—Indianapolis News.
 Weather and the Spider's Web.
 One of the simplest of nature's barometers is a spider's web. When there is a prospect of wind or rain the spider shortens the filaments by which its web is sustained and leaves it in this state as long as the weather is variable. If it elongates its threads it is a sign of fine, calm weather, the duration of which may be judged by the length to which the threads are let out. If the spider remains inactive it is a sign of rain; if it keeps at work during rain the downpour will not last long and will be followed by fine weather. Observation has taught that the spider makes changes in its web every twenty-four hours and that if such changes are made in the evening just before sunset the night will be clear and beautiful.
 Use Some Kerosene.
 If your sewing machine runs stiffly saturate the parts with kerosene and leave it on over night. In the morning wipe dry, then oil with a high grade machine oil, and the machine will run like a breeze.
 Put some kerosene in your starch and see what an easy ironing day you will have. If your irons are rough wet a cloth with kerosene and while the irons are very hot rub them on the cloth vigorously.
 Tides Him Over.
 "According to this expert, an aeroplane is built like a watch."
 "From my point of view," said the impecunious citizen, "a watch has one great advantage an aeroplane lacks."
 "What is that?"
 "It's easier to pawn."—Birmingham Age-Herald.
 Sandpapering the Stove.
 Before applying the polish if a bit of sandpaper is rubbed on the stove any little accumulations of grime will be removed, and a smooth, even coat of polish will result.
 Conflicting Precedents.
 A man can't always regulate himself according to history. There was Samson, who lost his life because he had his hair cut, and Absalom because he didn't.
 A Cinch.
 "How does Gladys manage to preserve her complexion so well?"
 "Easily. She keeps it in air tight jars."—St. Louis Post-Dispatch.
 Prayer.
 Prayer is the contemplation of the facts of life from the highest point of view. It is the soliloquy of a beholding and jubilant soul.—Emerson.

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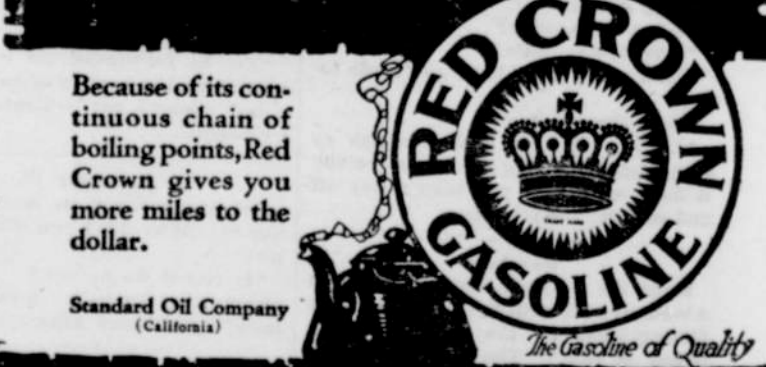
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