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### WAR REVENUE BILL

MEASURE FOR REDUCTION OF THE TAX RECEIPTS

WASHINGTON, Dec. 15-The House today passed the War Revenue Reduction bill. The opposition sought to recommit the bill, with instructions to report back a measure reducing the revenue at least \$70,000,000, and inchilding a provision for the licome tax so drawn as to escape the anverse de-cision of the Supreme Court. Motion failed, 131 to 155. Thereupon the bill was passed without the concurrence of the minority, who refrained from voting. The amendment placed in the bill yesterday, to tax express receipts, was defeated on an axe and no-vote in the House, 125 to 139. The Pension Appropriation bill, earrying \$145,145,-230, was passed in exactly thirteen

The House Committee on Census bean its consideration of the reapport foundant bill today, and by a vote of six to five expressed a preference for leaving the representation of the House of Representatives at 357, as at present: This vote was not considered a finality, however, as several



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## **EDUCATORS**

Western Division of State Teachers Association at Albany.

TO GATHER IN ALBANY THIS MONTH

Excurison Trains Arranged for and Many Teachers Will Attend from Portland and Salem.

(From Dally Statesman, Dec. 16.) The session of the Western Division of the State Teachers' Association to had a good work-a-day gymnasium of gives unusual promise of a successful meeting. The program, which has siduously. been prepared with careful thought and with special reference to the needs of teachers engaged in school room werk, was distributed among the part of last week, and has created of the individual much interest in the meeting wherlem meeting last year.

Teachers are announcing their inpreparations are being made to get way. transportation rates as low as possible. The Portland teachers have arranged to charter a car to carry a land schools, the round trip rate being \$2. Dallas, Monmouth and Inde- is my explanation: pendence teachers are discussing the matter of securing a car to take the teachers from these towns of Polk vidual cells in one grand aggregation, county, to Albany. They will no and that the unity of the living body doubt make the arrangement. The is founded only in the dependence of eachers from Roseburg are not to be lits parts, each on the other, a dependoutdone in these matters, and Rose once accomplished by means of nerves, burg and Douglas county teachers circulation and immediate auastomoses will have a special car and in all probability. Eugene teachers will probably adopt the same plan of coming to and returning from the Association, as the matter of chartering a car is being considered by some of the leading educators, 'The teachers of the Capital City are not behind in their interest in the Albany meeting. At a meeting of the Salem teachers yesterday, twenty-live of them signified their determination to attend, which, with those outside of the city schools, who have already shown their willingness to attend, will make enough to justify the chartering of a car,

By this means the expense of the bees, and it is believed they will endeavor to bring the next meeting to Salem as the location and accommodations for such a meeting are especially

From Albany the report comes that seventy-five persons have engaged rooms for the meeting, and applications are coming in by every mail.

### THREE NEW COMPANIES

Articles of Incorporation Filed in th State Department.

(From Daily Statesman, Dec. 16) In the Department of State, at the Capitol, yesterday, three new companies filed articles as follows:

The American Timber Company will buy, sell, handle and locate land warrants and land scrip of all kinds, deal in timber and timber lands and do a general development business, The company is capitalized for \$25,000 divided into 250 shares valued at \$100 each. Portland is the headquarters of the corporation, and E. M. Runya: O. P. M. Jannison and F. O. Farrison are the subscribing stockholders.

M. Apach's Cash Grocery will engage in the retail grocery trade in Portland, The capital stock of \$1000 is divided into shares valued at \$1 each. M. Apach, H. N. Ross and E. Merges are the incorporators of record.

The Eastern Oregon Advertising & Bill Posting Company will do a general advertising business, with head-quarters at Baker City. George L. Baker, L. H. Pearl and V. P.McDowell are the incorporators of record.

HOW TO GET STRONG AND KEEP SO WITHOUT THE USE OF AP-PARATUS AS ADVOCATED BY A MAN WHO NEVER EATS COOK-ED FOOD.

When I Tell As Athlete That He Can Keep His Body in Perfect Trim Year In and Year Out by Two Minutes' Exercise Twice a Day, Without Apparatus of Any Kind, and That One-Half of This Time Is Spent in Resting, He Is Astonished, and Would Doubt What I Say If I Could Not Show Him a Set of Muscles

Such is the declaration of Dr. Julian years' practice, and formerly at the tlent rests. head of an institute for propagating Next, the arms are extended to the gospel of health by means of excr-

wenty-months-old boy are living ducunients in support of his theory of the efficacy of vibrating addictics. More than that, they are exhibits of no mean significance in the exposition of his belief that in uncooked food les secret of good health, says the N.

ercise of the muscles with the least expenditure of nerve energy. I get, The patient will feel his lungs therefore, the quickest and best return for the work done," says Dr. Thomas.

"Think of two minutes' exercise twice a day being enough to keep any thenics and physical exercises for lu-person in good physical condition! I creasing thest expansion and deep belive I am in a position fairly to breathing mean merely swaying the judge of the advantages and disadvan- body with relaxed muscles. Try this tages of all forms of exercise, for I hand movement without holding the have been deeply interested in build-muscles tense and no appreciable ing up my own and other folks' bodies effect follows. Do it according since childhood.

"Having a very small and weak body as a child. I soon found that It was then the next movement is taken up. necessary for me to practice regularly if I accomplished what I wanted to do-that is, to excel companions of Young Men's Christian Association, in the gymnasium of which I trained as-

"To these ordinary gymnasium ap-paratuses I added Swedish movements, massage, electricity and exer- to the right-repeatedly. With cising machines, called vibrators, that

"Put after years of study in body ever it has gone. It begins to took as building by the aid of these compliif this Association meeting was going cated and costly instruments I found to have a larger attendance than that to my surprise and delight that our of any held in recent years, although bodies were constructed so that they 350 teachers were enrolled at the Sai could exercise themselves without any apparatus or extraneous aids far cheaper, much better, quicker and tention to attend this meeting and more pleasurably than in any other by grasping a chair back and propagations are being made to get way.

"Athletes and business men have asked me how it is possible to achieve increased height, greater chest exparty of sixty people from the Port- pansion and solidarity of muscle with only four minutes' work a day. Here

"Virchow has demonstrated that our bodies are conquosed of minute indi-

"When we contract a muscle or se ries of muscles, we squeeze the contents out of these cells, just as when one squeezes water out of the interstices of a sponge. That squeezing of blow. His thighs are very solid and the cells causes all the impurities in muscular, the cells to be expressed into the veins, and carried to the kidneys and lungs, and expelled thence from the system.

"Relax the muscles and cells refill with new blood or air, and derive fresh sustenance, and so on indefi-The first object, then, of exercise is

to remove from these cells the materitillo will be materially reduced as the al that has been used and would be up a twenty pound chair with the fare there and return will be only 75 poisonous to them if retained. A sim-other and hold it clear of the floor for eents each, if sixty persons go on the ple, single cell would move away from an instant or two.

Executation The teachers of this countries in the irritating material, but in a comty will be in attendance in large num- plex body like ours it is cast into the lies Dr. Thomas advises an abstention When the exercise of squeezing censes containing all the elements necessary to strengthen and rebuild the cells and nruscles or body, provided one's diet is correct.

"It is necessary for this new materi al to remain in the cell awhile in order to be appropriated by the cell. It is absolutely necessary that the cell be not contracted until this has been accomplished. Hence, rest is imperative. Steady exercise means merely fatigue, and not recuperation. "Thus we have three essentials to

well being, First, exercise, to expel the used up matrials or waste, Second. the replenishment with new material. Third, rest, in order to extract the nutriment. "After one set of muscles have been

exercised and rested another set may be contracted and then rested, and so on until all have been exercised. This removes all the impure material from the cell and feeds it anew, producing bealth in the individual cell and finrmony, beauty of form and action in the body at large.

"If one part of our system is exercised more than another (as is so apt to be the case when mechanical means are employed), it tends to deform the body and warps the action of every organ. If exercise is taken properly it is just as intural and agreeable as eating, drinking or the performance of any other function.

"Nothing," continued Dr. Thomas, "can live without exercise. Every living thing exercises. It is, therefore, a prime condition of vitality which I have dwelt upon at length in my pamphlet on the Theories of Life and Health.' Overexercise kills. If one part of the body, for instance, the ti will wear out sooner than the rest, while an unexercised part will accumulate all kinds of impurities; they will settle in the joints and tissues, the same as dregs in a stagnant pool. as is often done, at random, in the vain hope that it may do good."

Dr. Thomas begins by directing his patients to hold the elenehed fist close to the body, as his little boy does, and Kept in Perfect Condition by This with tense muscles vibrate the hand, wrist and arm strenuously for a minute. Unless one observes very close-ir, it is impossible to see the vibra-P. Thomas, a physician of a dozen there the bands are allowed to fail naturally to the sides, and the pa-

cise. Dr. Thomas, his wife and his up and then with palms facing for-

ward, and the hands, arms and upper part of the body ribrated rapidly. Again rest ensues.

Then the hands, pointing downward are extended as far as possible, the neuscles, of course, held tense, and while the bands and arms vibrate

they are raised very, very slowly, this they reach the bighest possible point over the head. This movement must "I exercise every muscle in my body in what I think is the simplest and best way. I get the most thorough exetit

pand and he will breathe deeper in his chest and abdomen than he ever did before when he tries it. Most calls-Thomas regimen and see the difference. Again the patient rests, and

With hands on hips, contract the muscles of the chest and back and jet them vibrate rapidly, Again rest, and my own age at any pastime. I have then hold the neck muscles rigid and tried all sorts of outdoor sports, have vibrate the head up and down for a minute. Oftentimes this will combe held in Albany during the holidays, my own, and was a member of a pletely cure a bendache, Dr. Thomas says. Vibrate the head sideways, after resting a minute.

For corpulence many physical cult-ure teachers advise swaying the body from the waist-first to the left, then torso held loosely no remarkable re would exercise every fibre in one's suits can be traced to this source, but teachers of the state during the first body without any exertion on the part hold all the upper body muscles tensor part of last week and has created of the individual. consequences. One woman reduced ber girth four inches in a month, according to Dr. Thomas, by steadily pursuing this vibratory exercise twice a day for two minutes at a time.

For strengthening the legs and thighs the exercise is to hold one leg at an easy angle and support the body vibrate once again vigorously

Dr. Thomas, his wife and his baby boy all rejoice in biceps as hard as any athlete's to be found in a day search. Dr. Thomas ims increased his chest expansion from five to seven inches. After he was twenty-eight years old be took up this idea of v bratory athletics, and much to his surprise when his height was taken a few months ago he found he bad grown an inch and a quarter since his beight was last recorded.

His abdominal mucles are light, "Pob" Fitzsimmons and he can stan ! very severe solar plexus blow white boxing without any aparent discomfort. The muscles of his back and arms are wonderfully developed also, and he can lift a tremendously hard

Little Paby Thomas, twenty months old, is far above the average two and a half year old child in size, yet not an ounce of superfluous flesh can be found on him, and his muscular development is remarkable.

He can support himself by his hands for as long a time as a boy of four-teen, and when his father holds him up by one arm Baby Thomas will pick

veins, and they temove the debris. from all cooked foods. For years he and his wife have lived upon raw the cell is refilled with fresh food, wheat (frusks and all) compressed into

> Whole wheat, nilk and nuts quite enough, Dr. Thomas holds, But Baby Thomas has never had an idea of cooked food of any sort. Dr. Thomas explains how and why uncooked food scems the best kind of human provender by saying: "Uncooked, compressed bread is a combination of living organic and inorganic elements called wheat mechanically combined so as to form bread, care being taken not to destroy its original vital and inorganic qualities. It is agreeable to sight and taste and contains more nutriment per pound than any other food product, vegetable or animal. Not only that, but it contains the various elements in such proportions and in such natural condition that the system can use them in the repair of the

various parts most readily. "There is not too much of some ele-ments and not enough of others," says Dr. Thomas, "as is the case with offi-er breads. Although very rich, it should not be considered a condensed food, the same as beef ten and condensed milk, for, unlike them. bread represents the entire article, or as Graham would say. /Its constitutional relations are not changed.' If the vitality, moisture, busk or any inorganic element had been removed this law would have been broken."

### ANCIENT DEED IN PHILADEL

The first deed conveying properly to the proprietor of Pennsy William Penn, is written in old Dutch and is now preserved in the city ball. Philipdelphia. The property was what is now-known as Lemon dill, including brain, is exercised more than the rest, the unasion and the Schnylkill river Front, where the old Parmount was terworks was located. There Penn kept his barge and some rowboats. the barge carrying an admiral's pennant. It is said there is only one man It does not pay to use much vitality, in Philadelphia who can read this

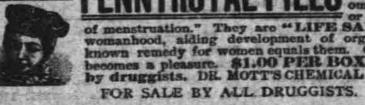
> A HIGH SCHOOL Selo will some tion it open the institution after Nes Years. This will necessitate the em ployment of another teacher, makin four employed by the district in which the city is located. Frof. J. R. Gedde is principal of the schools. Not a resident of Scio is opposed to the high school project.

DELEGATES NAMED. Gov. T. T. Geer yesterday appointed F. .D Cully, of Joseph, Oregon, and Ge A. Young of Antelope, to serve with W. D. Hanna, of Vale, us delegated from Oregon to the National Live stock Association, which meets it Salt Lake City, January 15th to 18th

SIX MONTHS.-J. E. Sargent was resterday received at the pentitentiary. from Umatilla county to serve six months, having been convicted of an attempt to commit burglary.

BOUNTY FUND.-The treasurer of Harney county yesterday deposited \$1116.15 in the office of State Treasurer Chas. S. Moore on account of the State Scalp Bounty fund.

Berlin is to have an Italian exposi-tion in the oZological gardens. There will be initation streets of Naples, Rome, Florence. Pompell, Venice (with camels), etc.



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