

HYGIENIC CONDITIONS IN PUBLIC SCHOOLS

Improved Sanitation in the School Buildings and Shorter Hours, Especially for Pupils in Lower Grades, Would Bring Better Results

In a bulletin of the Oregon state board of health, prepared by Drs. Wood Hutchinson and Andrew O. Smith, is much that is of vital interest to parents, teachers and members of the school board. It is modestly entitled "Hints Upon School Hygiene," and contains many suggestions that are well worth earnest consideration.

When the errors of our present system are pointed out by gentlemen of such unquestioned authority, there is every reason to believe that we are on the eve of great improvements; for while many parents have long been awake to the unsanitary condition of our schools, it is only when men of such ability turn their attention to the evils of present conditions that improvements are made.

In the pamphlet alluded to, the doctors do not, however, confine themselves to pointing out the mistakes in the building of the schools, nor the hygienic conditions relating to the lighting, heating, ventilating and feeding of the children, although each

with gymnastics, songs and one complete recess in the middle. For the third and fourth grades, two or three hours per day; and for the fourth to the high school, three to four hours per day. These hours have been followed or closely approximated in many schools with decided benefit to the health of the pupils, to the task of the teacher in keeping up the interest and preserving order, and to the rate of progress of the children.

To many people above the range of school hours will seem impractically short, but it must be remembered that it is not only unnecessary but unwise to have the same studies gone over every day; for it is the very "grinding" that is responsible for the lack of better results. No time is given under the present system for the children to assimilate what they have learned. And surely it is what a child assimilates that counts—not the number of grades gone through.

When four hours of school is the maximum, in school buildings planned with consideration for correct sanitation, and provided with suitable playgrounds, the children will leave school not only with a much more thorough education, but in far better health than is at present the rule. F. R. G.

Campaign Rally at Woodburn.
Saturday, May 7th, the political campaign in this district will be opened by a grand political mass meeting at Woodburn, and an effort is being made to run special trains to that place from Salem and Oregon City and Silverton. There are to be a number of speakers, male quartet and a brass band. The Salem Republican organizations have been set to work to get up a crowd to go down on that occasion. Here is an opportunity to start the ball rolling for an old-fashioned majority for the whole ticket in the county. The railroad company is being bombarded for train service, and it is believed that the Lebanon local can be got down from Albany and make the trip in good season, leaving Salem about 7 p. m. and returning the same evening. Congressional Chairman W. L. Tooez will extend the freedom of that city for the occasion, and a rousing meeting will start the ball rolling down on French Prairie in good shape. Prominent speakers have been secured, and the following are already announced: Mayor Grant B. Dimick, of Oregon City. Mayor Dimick announces that he will be present with a male quartet—the best in the state—he says; Hon. L. T. Harris, of Eugene, late candidate for congress; Hon. Dan Maloney, of Portland, candidate for State Senator; John H. McNary, of Salem, candidate for district attorney; Hal D. Patton, Jas. M. Kyle, J. N. Smith and other Republican workers of this city, are interesting themselves in securing a special train, and getting a large crowd to go down to Woodburn on the above date.

The Punkin Husker.
There are but few plays dealing with rural life that have been produced in recent years that have met with the unqualified success that has been accorded "The Punkin Husker" in every city in which it has been seen. It is interesting, amusing, entertaining and true to the life it depicts. It has none of the cheap sentiment which is ordinarily one of the chief characteristics of what is generally termed a "rube" play. "The Punkin Husker" is of the same class as "Way Down East" and "Shore Acres," and those who do not go to see it when it appears at the Grand Opera house tonight will miss a genuine treat.

Good Spirits.
Good spirits don't all come from Kentucky. Their main source is the liver—and all the fine spirits ever made in the Blue Grass state could not remedy a bad liver or the hundred and one ill effects it produces. You can't have good spirits and a bad liver at the same time. Your liver must be in fine condition if you would feel buoyant, happy and hopeful, bright of eye, light of step, vigorous and successful in your pursuits. You can put your liver in fine condition by using Green's August Flower—the greatest of all medicines for the liver and stomach and a certain cure for dyspepsia or indigestion. It has been a favorite household remedy for over thirty-five years. August Flower will make your liver healthy and active and thus insure you a liberal supply of "good spirits." Trial size, 25c; regular bottles, 75c. At all druggists. At Dr. Stone's drug stores.

Dancing Classes Will Continue.
The dancing class and assembly which has been conducted in Tioga hall every Saturday during the winter will continue for several weeks, with the same instructor. A cordial invitation is extended to all.

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Eggs—16c, cash.
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Oats—Choice white, \$1.17½@1.20.
Barley—Feed, \$23.50 per ton; rolled \$34.50@35.
Millstuffs—Bran, \$19@20.
Hay—Timothy, \$15@16.
Potatoes—Common, \$1.00@1.25.
Eggs—Oregon ranch, 18@19½c.
Poultry—Chickens, mixed, 13@13½ per pound; turkeys, 16@17c.
Pork—Dressed, 8c.
Beef—Dressed, 5@7½c.
Veal—7@7½c.
Hops—23@25c.
Wool—Valley, 16@17c; Eastern Oregon, 11@14c; Mohair, 30@32c.
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Protection Lodge—No. 2, Ancient Order United Workmen, meets every Saturday evening in the Holman Hall, corner State and Liberty streets. Visiting brethren welcome. J. G. Graham, M. W.; J. A. Sellwood, Recorder.

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