ROSEBURG NEWS-REVIEW

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POLITICAL PLATFORMS.

Political platforms have long been laughed at as a means by which politicians put up a pleasing front and attract votes by flattering various elements, without necessarily committing themselves very far on doubtful questions. The intelligent citizen is not so much impressed by what they say, as by what they fail to say. He looks beneath the plausible and attractive form of words which sounds good and to which people would generally assent, and thinks that such statements very often lack that firm and decisive quality that indicates that a party has strong beliefs, and that it proposes to establish those ideas in the form of legislation when it gets a chance. In days when there have been clear issues about which people felt intensely, there was no doubt as to what political platforms meant. The people would not tolerate in such moments any half way statements that might mean anything or nothing. Candidates for office had to come out flat-footed with clear and intelligible statements as to just what they thought. Of course in these days political managers are often at a loss to know what to do, because their own party is so divided in its opinions. With their own organization rent by differences of belief, they naturally dislike to offend large elements of their following that do not assent to the majority ideas. But as a general rule it is true that a party must have a clear sense of a definite mission before it wins much public strength. It must have a keen feeling of work that needs to be done, a definite idea of the form that work should take, a feeling of wrongs that ought to be righted, before its program seems attractive. There is nothing winsome about vague platitudes and mushy statements.

In the old days in many country towns it was a somewhat common thing for the rough boys to break up the discipline of a school. The teacher was sometimes put out of the building, and deposited in a snowdrift if such a thing existed in that neighborhood, while the girls snickered and egged the boys on. Efforts by the big boys to "lick" the teacher were not uncommon. Today all that has gone by, but there is an independent element of children that make trouble if they can. They take it out now in mean little ways of irritating a teacher, which promote disorder and interfere with work. An educational speaker remarks that in a town where he formerly taught, he was asked to take charge of a very disorderly schoolroom. "All I ask of you is to keep those children in the room," the superintendent said, feeling that building up discipline in that room was going to be a long and hard job. Unruly youngsters do not hurt their teacher much, but they hurt themselves infinitely, and they will realize it in a few years.

Shall women be given an equal position of political influence in the organization of their party, or shall they take a place of lesser importance, and let the men manage politics, and they would better let the men, as the older heads at among the politicians. Many of them feel that the women, even with the best of intentions, are inexperienced in politics, and they would better let the men, as the oldr hads at the game, run the thing for a time yet. It seems likely that political parties that want the woman vote, will have to give them equal rights in the political organization. The women believe they should be regarded as equal partners in the business of government.

A slush fund is the campaign fund of the other party.

Rippling Rhymes
by Walt Mason

FOOLED AGAIN.

We thought, when we at last got busy, and wound up Europe's long-drawn war, and made the Germans sick and dizzy, we'd get the praise we hungered for. The war, no doubt, would still be raging, had we not crossed the briny seas, the bold, determined foe engaging, with modern gats and snickersnees. All wearily the war was dragging, the end of it seemed most remote, when we broke in with pep unflagging, camped on the foe and got his goat. Now, was it strange if we reflected that in the future we would be admired, begarlanded, respected, when we appeared beyond the sea? We thought our welcome would be sunny when we arrived beyond the wave; they owed us forty kinds of money, aside from all the help we gave. We'd have the keys of all the cities, triumphal arches would appear, and waving flags and gracious ditties would please the eye and charm the ear. Alas, our good old friends the British don't seem to love us as they should; we find them acting cold and skittish when we loom up, unstained and good. No kindly feelings do they nourish, there is no friendship in their tones; they ask us how our pawnshops flourish, and if we're making further loans. The French, they stand among their lilacs, the French we've always loved so well, and call us low-down, pie-faced Shylocks, and sternly bid us go to Hannibal, Mo. On every shore we're grimly greeted by men who should be bosom friends; thus always is the nation treated that freely gives, that freely lends. The Germans treat us rather better than do the ones who had our aid; there's no one hates you like your debtor whose bills, though just, remain unpaid.

PRUNE PICKIN'S
By Bert G. Bates

GOOD EVENING FOLKS

As ye ed. was
Sauhterin' down
Hollywood boulevard
Yestiddy sniffin'
The ozone we ran
Smack into our
Feller townsman—
Bill Weaver—
Bill is livin' here
Now in spite of the
Ferocious night life
And confided in us
That he had just
Returned from
Carmel-By-The-Sea
Where he spent a weekend
And we never thot it
Of Bill—
Did you?

DUMBELL DORA THINKS

Her wrist watch is lousy because it is full of ticks.

"We see by the papers" that Connie Talmadge is separated from her hubby. It's gittin' to be so now down here that whenever you meet a movie star you hafta say: "Who're ya livin' with now?"

Accordin' to the sassiety page of the News-Review "light refreshments" are still in vogue.

Now that Saint Louis has taken the world serum pennant, Gene Tunney is wearin' Jack's diamond studded derby and Helen Wills broke her racquet, it looks as if we might settle down to a quiet winter—unless Red Grange decides to stir up another mess in sportin' circles.

A Hollywood siren has written a new song ditty, "I didn't raise my shades to be a spectacle."

Yestiddy p. m. ye ed. accompanied Louis Lewyn, a producer, Ralph Spence, a title writer, and Harold Lloyd, one of the local citizens, over to watch Carter DeHaven's Music Box Revue chorus rehearse for their openin' night next Monday and Harold soon forgot his dignity, as did Ralph and Louie and were slappin' each other on the gent and aside from pinchin' a the rafters for their amusement. Of course, ye ed. sat there like a gent an daside from pinchin' a couple of 'em on the knee-cap, caused no unusual amt. of gossip.

Lafe Perkins Sez.

"Happy is the feller who has a wife that can open a can of peaches without callin' him in off'n the davenport."

Can't Trust 'Em With the Cows

By Wickes Wamboldt

Not long ago, when an attempt was made to convert one of the North Carolina prison farms into a dairy farm, the Governor of North Carolina knocked the move in the head.

"It requires intelligence to operate a dairying nidustry," the Governor declared, "and 95 per cent of the state prisoners are totally unfit for it."

What do you know about that: 95 per cent of the prison inmates of the Old North State not competent to work in a dairy! Isn't that food for thought? Doesn't that throw a little light on the why and wherefore of the crime game? Doesn't that emphasize a point that criminologists have long known and expounded—that the criminal hasn't much sense?

Of course the criminal hasn't much sense; if he had much sense he wouldn't be a criminal. The fact that a man is a criminal is prime facie evidence that he hasn't much sense; he may be bright in some directions of directions, but he isn't long on horse-sense; he hasn't sense enough to play a practical part on a dairy farm.

There are persons who contend that the criminal is born with his evil tendencies and that it is really not his fault. There are others who hold that pernicious conditions of society make the criminal and that it is really not his fault. The bare fact of the matter is that every man is potentially a criminal. Every man who isn't a criminal has kept himself from being a criminal by fighting off his criminal tendencies; and he fights them off because he has sense.

When a man with sense—enough sense—finds himself in the grip of an evil impulse, he goes down on his marrow bones and prays to be delivered from evil. There is a reason why that particular petition appears in the Lord's Prayer; it is because everyone needs to have recourse to that petition at one time or another.

But, when an unholy desire swoops down on a man who hasn't sense—enough sense— he thinks that is the way to feel about things; he thinks that is the way things are; he thinks that is the thing to do and so he does it.

Some day we shall learn how to deal with criminals. Some dey it wil get hammered into our consciousness that 85 per cent of the criminals who break the law the second time never reform. It will also come into our heads, some day that we are a little shy on sense ourselves, when we turn loose on ourselves a class of men who we know are fundamentally committed to the policy of knifing us, shooting us, robbing us and doing us damage in a thousand different ways; because they haven't sense.

SMITH RIVER BULL MOOSE TO BE MOVED TO PORTLAND PARK

(Associated Press Leased Wire.)

PORTLAND, Ore., Oct. 14.—A. M. Fish, Powers, deputy game warden, has been instructed by the game commission to capture the bull moose which strayed from the Lake Tahkenitch herd over into the Smith River country and took up its abode in a rancher's front yard. Portland park officials have notified the game commission that the city will take the moose for the Washington park, but a definite arrangement about the expense of capture and transportation has not been made. The game commission asks that the city pay all expenses.

ATTENTION, NOBLES

All Nobles of the A. A. O. N. M. S. are requested to meet at Masonic Temple Friday, Oct. 15th, 8 p. m. Important business.

Did You Ever Stop to Think

By Edson R. Waite, Secretary of the Shawnee, Oklahoma, Board of Commerce.

R. B. Kennedy, editor of the Whittier, (California), Daily News, says:

THAT the greatest incentive for careful management and honest effort is personal gain.

THAT private capital invested in public utilities protects itself by securing the best management available.

THAT the best management of public utilities returns dividends to the public in better service and lower rates.

THAT usually community business and political business become mixed with a consequen lowering of service and an elevation of costs.

THAT the rate paid to a community owned utility for service is not the total cost of that service.

THAT with the rate must be computed the taxes paid to purchase and operate the community owned utility, plus the loss of tax revenue which would have been received from private capital invested in the public utility.

THAT cost figures of publicly owned utilities may not lie, but they seldom tell all the truth.

Regulation of privately owned utilities has been proven best from the consumers' standpoint. In nine cases out of ten the public utility owned and operated by private capital delivers better service at lower costs to the tax payer than does the community owned utility.

(Copyright 1926.)

State Press Comment

Taxing The Smoker.

Measure No. 322-323 on the official ballot at next month's election is known as the cigarette and tobacco tax bill. It requires little explanation, for its purpose is made perfectly plain by the title. It proposes to levy a tax on cigarettes, cigarette papers, smoking tobacco and snuff, the tax to be paid by retailers. By them, of course, it will be passed on to the purchaser.

It is open to two principal objections: 1. That it will be generally evaded by means of mail purchases from dealers in adjoining states and (2) that it will promote bootlegging on a large scale. It is further objectionable because it levies on the cigarette and pipe smoker and permits the cigar smoker to go free. It will be generally agreed, we think, that the cigar smoker is fully as able to pay a tax as the cigarette and pipe smoker. Usually he is better able to pay.

Evasion of the tax will be extremely easy, as all that will be necessary is to order a carton of cigarettes or several packages of smoking tobacco from a dealer in another state, for states can not levy an import tax on articles carried in interstate commerce. Bootlegging will also be easy. Thus the honest dealer will be exposed constantly to the destructive competition of the illegal hawker.

It may be argued, of course, that the cigarette and tobacco tax is exactly similar in principle to the popular gasoline tax. That is true. But the gasoline tax is easily collected, whereas the other will not be. Gasoline is bulky and hard to handle in small shipments, and besides nearly all adjoining states levy gasoline taxes. Cigarettes and tobacco are extremely easy to handle by mail, and there can be no doubt that mail order houses in Washington and California will take full advantage of the opportunity to undersell Oregon dealers. The revenues from such a tax, in this newspaper's judgment, would be disappointing. — Eugene Register.

Plows that will plow sticky black land as well as free soil plows at Wharton Bros.

EUGENE GAME SATURDAY TO BE HARD STRUGGLE

The high school football team had a lively practice last night in anticipation for Saturday's contest with the Eugene high school eleven. Coach Turner put the boys through a hard scrimmage in which they developed a number of new plays, which doubtless can be used to great advantage. The local team looks fine in practice, particularly on the defense. The team is still rather weak on the offense, although rapid strides have been made in this direction since last week's game with Cottage Grove, when Roseburg came off victorious by a score of 20 to 0.

The Eugene game Saturday will probably be one of the hardest of the season, and if the local squad can work out a victory there is no question but that the school will be able to mark up a fine record for the rest of the period.

Eugene has always defeated Roseburg by a big score and fans will welcome a reversal of the usual order.

The ticket sale for Saturday's game has started, the tags having been distributed to the students for sale among the fans of the city. It is important that the school have good support in its athletic endeavor this year because of the great expense which must be met. Over $500 worth of new equipment has been obtained, while the fact that five out of seven games for the season are to be played in Roseburg means that the school will be required to pay out a huge sum to pay the expenses of the visitors. Fans are assured of seeing games well worth the small admission price charged, for the Roseburg team this year is possessed of a fighting spirit which assures a good game even in defeat.

CARD OF THANKS

We wish to thank our friends for their sympathy and beautiful floral offerings during our recent bereavement.

Mrs. S. C. Durland and Family.

UMPQUA CHIEFS TO HAVE NOVELTY MEETING TUESDAY

A novelty meeting which will be unique and unusual in every sense of the word has been arranged for the joint meeting of the Umpqua Chiefs and Squaws next Tuesday evening at 7:30. The program committee has arranged a banquet, entertainment, initiation and dance, all being out of the ordinary and particularly interesting. The members of the two orders are instructed to appear in Indian regalia.

Several new members are to be received into the organizations so that the initiation will take considerable time, while the entertainment arranged by the program committee will provide a great deal of fun.

The chiefs are preparing to inaugurate a program looking to the establishment of new industries in Roseburg and at the meeting on Tuesday evening definite plans will be made.

DRAIN MAN GIVEN 60-DAY SENTENCE

Jack Matoon of Drain was arrested yesterday by Deputy Sheriff Ed Sterling and was fined $100 and given 60 days in jail by Justice of the Peace George Jones after pleading guilty to driving a car while intoxicated. Matoon was apprehended by Officer Sterling and is said to have put up a hard fight before being subdued by the officer. When arraigned he entered a plea of guilty and immediately started serving his time in jail.

ROTARY BANQUET AT UMPQUA HOTEL THIS EVENING

Members of the Rotary club and their wives are looking forward to an interesting and enjoyable time tonight when the banquet given by the losing team in the attendance contest is served at the Umpqua hotel. The banquet will start at 7 o'clock and will be attended by about 90 persons.

The club has been engaged in an attendance contest with O. L. Johnson and Jack Sinniger as captains of the respective sides. Mr. Sinniger's division won the contest and is to be feted by the losers, who have arranged a fine program for this evening.

E. DOUGLAS ST. RESIDENCE SOLD

Fred Southwick has purchased the E. G. Johnson home on East Douglas street and is taking immedite possession. The property includes a fine residence and about an acre of ground in a very desirable location. Mr. Johnson is moving to California because of his wife's poor health. The deal was made by the D. S. Deals Realty company.

Oregon Journal of Portland, says of Moroni Olsen company: "Surpasses many of the largest road shows." Here Oct. 18th at the Antlers theatre in "Dear Brutus". Brought by the Roseburg Woman's Club.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 488 Masonic Bldg.

KITCHEN CUPBOARD

By NELLIE MAXWELL

Hot Weather Foods

BY THE calendar we should be enjoying hot weather and foods appropriate to such weather are now being prepared.

For a hot night when anything hearty will not appeal, try preparing a dish of—

Bread and Cheese Custard.—Spread as many slices of bread as will be used with butter, sprinkle thickly with finely cut or grated cheese and pour over a custard, using two eggs to a pint of milk, with a little salt. Bake in a moderate oven until puffed and the custard cooked, then serve at once, as it is much like an omelet—does not wait for late comers.

A sandwich with a glass of ginger ale, lemonade, grape juice, or if liked, a hot drink is good for a little summer meal with a simple salad. For a refreshing sandwich try sliced cucumbers spread with mayonnaise dressing on buttered bread. Lettuce with a highly seasoned salad dressing makes a good filling for bread and butter sandwiches.

Sponge cakes, the centers removed, then filled with whipped cream or sweetened berries and cream, make a delightful and quickly prepared dessert. Custards of various kinds, some of caramel, others with coconut or fruit flavors all are well liked.

Ginger Custard.—For a molded custard use four eggs to a pint of scalded milk, add one-half cupful of sugar, one-half teaspoonful of salt. Garnish the sides of the custard cups with strips of canton ginger, strain the custard into the cups and cook in water in a moderate oven. Less sugar may be added and some of the ginger sirup used for sweetening.

Baked Orange Custard.—Beat the yolks of three eggs until light, add one-half cupful of sugar, one egg white, the grated rind of an orange, one-fourth cupful of orange juice and one-quarter cupful of milk. Mix and turn into buttered custard cups and bake until firm.

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CHICAGO RECORDS 3 HEAVY TEMBLORS 4,000 MILES OFF

(Associated Press Leased Wire.)

CHICAGO, Oct. 14.—Three distinct earthquake shocks were registered on the United States weather bureau seismograph here in the 24 hours ending at 8:30 a. m., today. The second shock recorded, continuing from 1:18 p. m. to 5:30 p. m. yesterday was called "serious" by officials. It was at an estimated distance of 4,000 miles.

The first earth tremble was recorded on the instrument at the University of Chicago at 8:28 a. m., yesterday, lasting until just before noon, at an estimated distance of 4,000 miles. The last vibrations were recorded from 8:21 to 10:40 o'clock last night, with the quake estimated 4,100 miles.

WASHINGTON, Oct. 14.—Five earthquakes, all apparently centering in the neighborhood of the Aleutian Islands, off Alaska, have been recorded within 24 hours of the seismograph at Georgetown University.

Three left their record yesterday. A fourth, lasting three and a half hours, began at 9:22 p. m. and reached its greatest intensity at 9:52 p. m. The fifth, described by Director Tondorf as less severe than its predecessor, took place between 2 and 3 o'clock this morn-

Bonemeal fertilizer on your garden or flowers now will bring the benefit in the spring. We sell it in any quantity. Wharton Bros.

MARKET RATINGS

(Associated Press Leased Wire.)

PORTLAND, Ore., Oct. 14. — Values in the local egg market are following the upward flight of other markets. Today extras are posted 2 cents higher on the dairy exchange at 449 cents. Current receipts and undersized advanced a cent to 41 and 28c respectively. Firsts and pullets held firm and unchanged.

The local egg market has been slow to respond to the advances in other markets, although receipts here have been light for some time. The delay was partly due to the influence of bearish interests and partly to offerings of shotrage stocks.

Butter barely steady. Extra cubes, city 44½c; standards 40½c; prime firsts 33c; firsts 31½c; prints 47c; cartons 48c.

Milk steady. — Best churning cream 44c net shippers track in zone 1. Cream delivered Portland 46c. Raw milk, (4 per cent) $2.25 cwt. f. o. b. Portland.

Poultry steady. Heavy hens 25@26c; light 16; springs 21@25c; pekin white ducks 24@25c; colored 15c@17c; turkeys, live 32c@34c; dressed 43c@44c.

Potatoes steady $1.50@$1.75.

Onions, steady; local 75c@1.10; Walla Walla 90@$1.00.

Nuts steady. Walnuts, No. 1, 18c@24c4; filberts nominal; almonds 30c@34c; Brazil nuts nominal; Oregon chestnuts nominal; peanuts 9½c@11½c.

Cascara bark steady, 8c; Oregon grape root nominal.

Hops steady, 3 year contracts 22c@23c; 1926 fuggles 30c@30½c; clusters 24c@25c.

BEAUTY CHATS
by Edna Kent Forbes

AN OILY SKIN

If your complexion is oily there are several simple treatments which will cure this abnormal condition. One treatment which will also bleach the skin is to mix ordinary starch and water to a thin paste and to spread this over the face. It can be washed off after five or ten minutes. If the skin is very oily, and you don't particularly want to bleach it, rub the starch paste into the skin, and as the pores seem to absorb it rub in still more then wash out at once with warm water.

Another treatment which is quite simple is simply to go over the skin after it has been washed and rinsed with a piece of absorbent cotton wet with witch hazel. An excellent lotion for oily skin and enlarged pores is made by adding two drachms of boracic acid to an eight ounce bottle of witch hazel. And still another simple remedy is to pour tincture of benzoin drop by drop into a bottle of clear water which has been previously boiled until a very milky solution results. Rub over the skin with this, using it as you use the witch hazel.

You can also use oatmeal bags in treating an oily skin. Take a cup of oatmeal and mix with it a generous pinch of flower of sulphurs, another of powdered benzoin and a teasponful of shaved castile soap. Tie up a teaspoonful of this mixture in a square of cheesecloth and use one of these instead of a face cloth with quite hot water twice a day, morning and evening. An oily skin may also result from too rich a diet or chronic constiation. If you keep your body in good physical condition and take a thorough warm bath every day you are not likely to have an oily complexion, but if you have try one of these simple remedies.

Collette.—If you are between 25 and 30 years, your weight of 123 pounds will be normal for the height of five feet, four inches.

C. K. T.—As you are only 17 years and have done considerable growing to have attained a height of five feet, six inches, you should not try any method of reduction or even go in for strenuous exercises for this purpose. Your hips will not appear to be too large after a few years for your whole body will have developed evenly, and all parts will be in proportion.

Miss J. F.—If you stop to take a deep breath and hold it for an instant, it will usually prevent you from blushing. One reason for this is the fact that your mind is taken off yourself in the interest of the breathing. Self-consciousness is only cured by getting the mind away from self, so try this simple method.

Efficient Housekeeping
By Laura A. Kirkman

DELICIOUS CHUTNEYS

TOMORROW'S MENU

Breakfast
Oranges
Cereal
Creamed Dried Beef Muffins
Coffee

Luncheon
Baked Beans Catsup
Coffee Cake
Baked Apples Tea

Dinner
Meat Balls
Potatoes Carrots
Cole Slaw
Chocolate Pudding
Coffee

Apple Chutney: Pare, core and dice 12 ripe apples. Put them through the food chopper with two pounds of large, seedless raisins, three lemons (seeds discarded), one peeled, sliced onion, and two of the small, red ("hot") Italian peppers. Turn the mixture into your preserving kettle with four cups of brown sugar ,five cups of cider vinegar, and one tablespoon each of ground ginger and salt. Boil till the apple bits are transparent and the vegetables very tender, then turn into hot glass jars which have been sterilized by being boiled, empty, 15 minutes in water to cover, and drained. Put on new rubbers, glass tops, and seal airtight at once.

Ripe Tomato Chutney: Pare and core six apples . Scald ten large, ripe tomatoes and rub off skins. Remove seeds from four hot Italian peppers and six green sweet peppers. Cut six sticks of celery in fairly small pieces. Now put all these ingredients through your food choper. Turn the mixture into a preserving kettle, add three pints of cider vinegar, one pound of seedless raisins, one cup of brown sugar, two tablespoons of salt, one tablespoon of white mustard seed, and the following spices tied in a little bag: Two tablespoons of mixed whole spices—allspice, cloves, mace, cinnamon and peppercorns. Cook one and one-half hours, or till thick, then remove bag of spices and turn the chutney at once into hot, sterilized jars. Put on new rubbers, covers, and seal airtight at once, while still hot.

Green Tomato Chutney: Put through the food chopper 16 large, green tomatoes. Let these stand overnight in layers with salt (using about three-quarters of a cup of salt in all). In the morning drain away the juice which has collected, and put the drained tomatoes into a preserving kettle with the following chopped ingredients: five small, peeled onions, two pounds of seedless raisins, and three hot Italian peppers (seeds discarded). Add one tablespoon of ground ginger, four cups of brown sugar, and four cups of cider vinegar. Let all cook till the tomatoes are tender and the mixture thick. Then turn into hot, sterilized jars, seal airtight, and store.

Tomorrow—Which Kind of Furnace?

Diet and Health
By Lulu Hunt Peters, M.D.
Author of "Diet and Health" and "Diet for Children"

T. B. KIDNEYS AND BLADDER TROUBLE

Mrs. B. has bladder trouble and has to get up as many as 20 times during the night. She is all broken up and tired in the morning. She had a tubercular kidney removed ten years ago and there are open sinuses continously giving off some pus, but is seems now that all her trouble is attached to her bladder. She wants to know if I approve of having her bladder treated with artificial sun rays.

Dear Mrs. B., why are you not under the care of a physician? If you can't afford to go to a private physician, there must be some clinics in your town or at least near it.

The artificial light which gives off the ultra violet ray is doing miraculous work with the healing of surgical tuberculosis, and I don't doubt that if you could have these treatments, you would be cured. (Of course, other agents for health would have to be correct, especially your diet.)

If you cannot go where you can get the artificial light treatment, I suggest you begin to expose yourself to the sunlight (not through clothes or glass, and be sure to have your head covered), every day, beginning with three or four minutes and increasing it very slowly until you are in the sunshine for an hour and you are as brown as a nut.

Your bladder trouble is no doubt secondary to your kidney condition, and if so, it will clear up when that is well.

Will you send for our article on Tuberculosis, please? It gives a list of books on the subject written for the layman. We have had some wonderful response from it. (Enclose a fully self-addressed, stamped envelope with request.)

Varicose Veins

Mrs. P.'s husband has varicose veins due to heavy lifting. Lately they are beginning to itch so that he is almost insane. He has tried several salves, but they do not help.

Varicose veins are veins that are stretched and dilated. The condition is very common, especially in the legs and rectum (causing hemorrhoids or piles), during pregnancy, and in persons who stand for long periods on their feet. They rarely affect the arms so that gravity has something to do with their formation.

Anything which hinders the return flow of the blood in the veins may cause them to become varicose. The valves of the veins fail and the blood remains too long. Overweighters are quite apt to have varicose veins, for the heart cannot pump efficiently enough to force the blood through the fat. Because the blood moves too sluggishly, the tissues over the varicose veins are very apt to become eczematous and later break out in ulcers.

The treatment of varicose veins consists of keeping off the feet as much as possible with the affected leg elevated, massage to force the blood on, and to tone up the tissues and during the day, while standing, to have a snug bandage or an elastic stocking such as can be purchased at the surgical supply

(Continued on page 7.)

My Dear Followers:

When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope bearing your full name and address. The pamphlet on reducing and gaining is the only one for which you must enclose ten cents in stamps extra. Address your letters to me in care of this paper. Make them as brief as possible, not over 200 words, and type or write them legibly with ink. Please sign your name as evidence of good faith—we will not use it in any way. Remember it is impossible for me to diagnose for you or to answer you personally. I appreciate very much the beautiful letters you send me and regret it is impossible to give you individual advice. The questions you ask will be answered in the column as soon as possible, if they are of general interest. Don't forget the stamped, self-addressed envelope if you expect me to send you the information I have offered.