

Roseburg News-Review

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ROSEBURG, OREGON, SATURDAY, NOV. 30, 1929. FREE STOCKS TO THE INFLUENTIAL

THE Oregon Voter has recently recounted, without naming names, the rise and ruin of a promoted corporation of Oregon, some of whose officers and stockholders had received their shares gratis for permitting the use of their names in connection with the promotion.

Such a shady practice is not new in our business life, however. Every man who has attained to any sort of position above common knows what it is to be approached with offers of free share in doubtful promotions.

There was the Credit Mobilier of Reconstruction infamy. That concern, formed of certain railroad promoters and stockholders with interlocking directorates as a construction company, started with proceeds of bonds which it issued and vast government grants which it turned over to itself to the total of more than \$50,000,000.

The promoters feared government interference with what bore all the earmarks of a gigantic steal. Onkes Ames, chief promoter of the Credit Mobilier, was also a representative in congress, so he distributed fat blocks of stock among senators and congressmen who were influential in the ruling radical bloc, although it was not called a bloc then.

The blow-up when it came was high, wide and handsome. Some of those involved as recipients of the tainted bounty were among the very leaders of the nation. There was Schuyler Colfax, by that time vice-president although he had only been speaker of the house when he accepted the gift.

This story of the Credit Mobilier might well be read by persons in high places when free stocks are offered them. It is quite a lesson.

POEM FOR THE DAY By LOUIS ALBERT BANKS

MAKING HANDICAPS BLOSSOM The Presbyterian banner has this about Helen Keller: "This wonderful woman, blind and deaf from infancy, but now in the fiftieth year highly educated and cultured, author of many books and lectures, has a letter in the New York Times of October 24 in which she asks for contributions to the fund she is raising for the blind. For more than twenty-five years, she says, 'I have gone up and down the land, trying to open the eyes of the public to the problems and requirements of the blind. For the last four years I have been endeavoring to raise an endowment fund of two million dollars to finance the activities of the American Foundation for the Blind, a national organization whose work is scientific, educational and philanthropic. It is laboring constructively to raise the sightless of America from isolation and idleness to a useful citizenship and some measure of happiness. It will bring me heartfelt happiness, she concludes, 'if you will suggest that the publication of my new book, 'Mistaken—largely a record of my work for the blind—be made the occasion of completing the Endowment fund.' Then, indeed, will the real of my inspirations find blossom in the removal of other broken lives. If you will give (tune) to my wish in The Times, I am sure the people will respond generously, and the dream of my life—to bring the sightless of America to better days—will be fulfilled. Contributions may be sent to her at her home, Forest Hills, Long Island, N. Y."



Brave Helen Keller's strong appeal Awakes our minds and hearts to feel. She pleads for those who cannot see. Would bring them light, would set them free. She pleads for those who cannot hear. Would have them sense the blessings near. She sees her handicap bloom. Would have its fragrance scent their gloom. Out through a tunnel dug by love. She came to know the Soul above. It warmed her heart; it waked her mind. Such wondrous wealth of love to find. And now her loss she turns to gain. Makes it relieve her fellows' pain. She knows the sleeping angel's there. Would have them in her blessings share. The thought that sets my mind awing. That makes the heart within me sing. Is that her grievous chastening rod. May bloom with beauty from her God. I'd like to catch that thought alive. And have it grow in me, and thrive. Until each weakness of my own. Shall be a rose in fragrance blown. Let's thank our God for handicaps— Till they drop fortune in our laps. Thanks, Helen Keller, for your thought. For fancies sweet your life has taught. We'll make our weakness bring us good. We'll make it bloom for brotherhood. See blossoms blow on every loss. As Heaven shines in Christ's dear cross.

BRINGING UP FATHER

By Geo. McManus



EDITORIALS ON THE DAY'S NEWS

(Continued from page 1) priests and became, in their hands, a thing of form and ceremony; a device for the exaltation of the few and the exploitation of the many.

This period was ended by the Reformation, and again priestcraft became once more a matter of individual conscience and personal faith.

Here is the answer to the question asked by this thoughtful minister in his Thanksgiving Day address:

Religion can stand prosperously if it lives on in the hearts of people, comforting them and inspiring them and uplifting them. But if it becomes a matter of form, meaningless in the lives and the hopes of common, ordinary people, kept alive by the mere ceremonies of priestcraft, it CAN'T stand prosperously in the future, any more than it has been able to stand prosperously in the past.

Maybe I'm Wrong By J. P. MEDBURY

The anti-saloon league is trying to find out how many habitual drunkards there are in this country. They'll probably gather their statistics by making a house-to-house canvass.

SOCIAL ACCOMPLISHMENTS The alphabetical soup salesman who's making the public eat his words.

EXCUSE IT PLEASE Many a dull wife is a sharp-shooter.

WONDERS OF NATURE Men used to drift into bad habits, but thanks to fast motor cars, they can now rush into them.

TODAY'S TIGHT WAD The artificial limb manufacturer who refused to give his wife a free hand.

DAILY TRUE STORIES "I'm going to confession," remarked the young lady as she walked into the editorial office of the Daco Facts magazine.

THE GOOD OLD DAZE Entertaining joints are necessary so that the mayor can give visiting guests the speech of the city.

MATRIMONIAL MARTYRS A bespeckled husband is a man who's under the influence of hickor.

AMONG THE ILLITERATI! At repartee, the India rubber man always has a snazzy comeback.

OUR OWN VAUDEVILLE Banish! Is the justice rather this morning? Clerk: No, he's justice drunk as ever.

GIFTS THAT LAST Save I on your Christmas silverware, clocks and diamond rings by buying Wilbur L. Spang's other than for you. I have just put in a new display case for my fine of beautiful Blain, Wallham and Heiborn men's and ladies' wrist watches, and I have in stock Call and Spang at 601 S. Pine St. Adv.

The First Methodist church ladies will hold a bazaar and food sale on Saturday, December 7th, Adv.

HEALTH IS FOUNDED ON DAILY EXERCISE

You Can't Shirk Your Duty to Your Muscles, Says Dr. Copeland, and Still Expect Them to Go Right Ahead Serving Your Body.

By ROYAL S. COPELAND, M. D. United States Senator from New York. Former Commissioner of Health, New York City.

Of one type or another, the muscles have most to do with the makeup of the body. The heart is a muscle, or a mass of muscles. Almost all of the substance of the alimentary tract consists of muscles. These contract in waves, pushing the food through the canal.



DR. COPELAND.

If the muscles are weak and flabby and reced, they cannot do the required work of digestion. They must be hard, tense and strong, in order that we may have good health.

The only way to keep these muscles strong is to use them, to exercise them. Vigorous exercise every day for everyone must be the rule if the muscular "tone" is to be maintained.

Proper food must be the rule. We need certain roughage in food, bulky foods, the great part of which travel through the colon and encourage the muscular action of the bowels. This effect is known as "peristalsis," that wave-like action of the muscles of the abdomen.

Let us consider this peristaltic movement in the intestines. Like other muscles unless they are given work to do, the intestinal muscles become flabby and weak.

The muscles making up the outer layers of the intestines run lengthwise while those on the inside are ring-shaped. Both sets work together in a wonderful way, producing the wave-like motions which carry the food along through the intestines.

Chronic constipation leads to or accompanies some serious diseases. Cancer, chronic appendicitis, displaced organs and deformities, carry certainly not benefited by obstinate constipation. There are plenty of authorities to charge constipation with having a real part in its production.

The ordinary case of constipation can be prevented and cured by persistent effort and will power. If the patient will observe the ordinary rules laid down by his physician, or the knowledge which he may have for the asking, good health will be his reward for well-doing. The first step is to develop the general muscular tone.

Answers to Health Queries M. M. Q.—How can I reduce? What is good for a chapped face? What should a girl of seventeen, five feet two inches tall, weigh? A—Eat very sparingly of starches, sugars and fat. Get regular, systematic exercise. A gradual reduction in the amount of food consumed, with the regular exercise, will work wonders in most cases.

J. A. R. Q.—Are salt baths good for reducing? A—No.

J. A. R. Q.—Can bow legs be straightened? A—Consult an orthopedist.

GEORGE H. Q.—What is the easiest and most convenient method of making the drinking water safe when at various places on tour? A—Boil for twenty minutes.

A. A. R. E. Q.—What do you advise for treating bronchitis? A—In treating bronchitis, constipation must be corrected. Build up the general health and you will not be as susceptible to colds. For other information send a self-addressed, stamped envelope and repeat your question.

J. A. R. Q.—Are salt baths good for reducing? A—No.

Good Manners By MRS. CORNELIUS BEECKMAN Personal Compliments With Greeting Cards

DEAR MRS. BEECKMAN: Is it correct to address a Christmas card to Mr. and Mrs. Jonathan Smith and family? P. T. No, it is never correct to use the term "and family" in an address for a greeting card, letter, or for an invitation or an announcement of any kind.

Talk About Costs! 15-21 John Deere Tractor \$1235.00 AND IT PULLS THE LOAD If you want your work done at the lowest possible cost, buy a John Deere. SPECIAL 2-section Harrow \$15.00 32-volt Fairbanks-Morse Water System \$50.00 Disc Plow \$30.00 Disc Harrow \$25.00

Farm Bureau Cooperative Exchange Roseburg Oakland AGENTS FOR L. & H. Electric Ranges Hood River Spray Co. Sutherlin Spray Co. Bean Spray Pump Co. John Deere Plow Co. Hoosier and Milwaukee Pumps

Green Feed! Try Crown Completefeeds. Less trouble, less waste, and they get results. Crown Feeds eliminate guesswork. They cost more per sack but less per dozen eggs. Farm Bureau Cooperative Exchange Roseburg Oakland AGENTS FOR L. & H. Electric Ranges Hood River Spray Co. Sutherlin Spray Co. Bean Spray Pump Co. John Deere Plow Co. Hoosier and Milwaukee Pumps

SOUTH DEER CREEK COMMUNITY ENJOYS DINNER, PROGRAM One hundred and sixty-four people enjoyed a community Thanksgiving dinner at the South Deer Creek grange hall, the ladies meeting at the hall before noon and setting the tables.

Setting An Example "The older men in business today are able to set the younger ones an example, and pass on their experience to them." Experience is a valuable factor for attaining success. The experience of our officers is at your service—consult them freely. The Roseburg National Bank Roseburg, Ore. Arundel, pianq tuner. Phone 189-L.

MONEY Compare Our Rates With Those of Other Organizations Doing Business in the State Schedule set out below shows the total amount it costs to carry our various loans per month. We have no requirement that our borrowers take additional investment stock.

Umpqua Savings and Loan ASSOCIATION ORGANIZED 1917 UNDER STATE SUPERVISION MONEY PLACED IN OUR INSTITUTION IS NOT SIMPLY SAFE—It Earns More! OFFICERS: E. N. Ewart, Pres. A. G. Sutherland, Vice Pres. H. O. Pargeter, Secretary. DIRECTORS: E. N. Ewart, M. E. Ritter, Carl E. Wimberly, W. F. Harris, Guy Gordon, S. V. Wimberly, Henry Harth, H. O. Pargeter, A. G. Sutherland. Phone 87 Douglas Abstract Bldg. 248 North Jackson St.