

**HON. W. C. HAWLEY**  
 REPUBLICAN CANDIDATE FOR  
 RENOMINATION TO CONGRESS



A. N. Moores, of Salem, Oregon, has just received a letter from a cousin, Hon. Merrill Moores, who is a representative of the state of Indiana in the national house of representatives at Washington, D. C. In the course of the congressman's letter he refers to the forthcoming primaries in the state of Oregon, and had the following to say with reference to the standing and ability of Representative W. C. Hawley:

"I hope your congressman, Willis Hawley, has no opposition. He ought not to have. If the people of the district know anything of Mr. Hawley's standing in congress, I feel sure that any opposition to his return would be fruitless. Influence in the matter of legislation is a matter of slow growth in this most conservative body on earth. A new member is always placed on a committee of little importance or responsibility, and is promoted only as he demonstrates his capacity for better service. With each promotion he goes to a committee on which it is believed that he will be of greater service to his district, and to the country than in his old committee assignment.

"Mr. Hawley served for years on the committee on agriculture with great credit, and stood third in rank among the republican members when in the spring of 1917 he was promoted to the last place on the committee on appropriations which is, after the committee on ways and means, the most important committee in the house. In the fall of 1917 he was again promoted and became a member of the ways and means committee, the oldest, most powerful and most desirable committee in the house. It possesses jurisdiction over the revenue and bonded debts of the United States and is the acme of every congressman's ambition. Having served four years on this committee, Mr. Hawley now ranks fourth in the membership, the only members ranking him in a membership of 25 being Chairman Fordney, Wm. R. Green, of Iowa, and Nicholas Longworth. Should Mr. Hawley cease to be a member it would probably be twenty years or more before Oregon would have another of this committee.

"I know Mr. Hawley well; he is an indefatigable worker, a hard student and keeps thoroughly informed on all matters before the house. He is popular among the members of both parties, and has their complete confidence, and when he speaks in congress he has the attention and respect of the house and his words carry weight and usually conviction. His loss to the house would be serious for Oregon and the nation."

Representative Moores was at one time a resident of Oregon, and is well known here by many of the early settlers.

It is funny that when we produce a thing ourselves it never seems as extravagant by half to us as it would if we had to put out Uncle Sam's coin to secure it.

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**How to Be Healthy**

The Crusade of the Double-Barred Cross  
 Practical Talks on Disease Prevention

Prepared by the  
 OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

**HOW NOT TO CATCH COLD AND HOW TO MINIMIZE ITS EFFECTS WHEN CAUGHT**

By S. ADOLPHUS KNOPF, M. D.,  
 New York.

EVERYBODY knows what a cold is by its effects, but perhaps not everybody knows that it is due to a germ sometimes called micrococcus-catarrahalls. We may get this germ from the careless cougher, sneezer, or excited talker, through tiny droplets or sprays. The cold may develop at once, or it is quite possible that we also carry the germs for some time within us. When our system is rendered less resistant by chills, overeating, or intemperate acts of some kind or other, or by being badly nourished or overworked, these germs have a chance to multiply and then produce the symptoms of a cold.

To prevent infection, it is of course best to avoid the close proximity of a careless sneezer, cougher, spitter, or excited talker who expels small particles of saliva (droplets) when speaking. If one is on familiar terms with the individual, he can advise caution such as sneezing or coughing in a handkerchief, or at least holding the hand before the mouth during a so-called dry cough, which is in reality never dry, for droplets are expelled whenever there is a cough.

The individual who expectorates should, of course, always try to deposit his sputum in a receptacle (spittoon, cheese-cloth, or handkerchief) when indoors and in the gutter when out-of-doors. In crowded assemblies, street cars and subways, the dangers of becoming infected by others with the catarrh germs of course always exists.

What can we do to protect ourselves by making our system less susceptible when we are exposed? It must be remembered that when we are in good health, the germs of a cold coming from one afflicted with the disease have little effect on us, nor will those which may lurk within us have much chance to multiply and do harm. In the healthy individual the white blood corpuscles in our blood stream take care of the invading microbe. They swallow it; hence the name "phagocytes." Thus the best way to protect oneself from catching cold is to keep in the best physical condition.

In order to make the body resistant to contracting colds, breathe as much good, pure air as possible all the time, breathing quietly and deeply, particularly when out-of-doors. When indoors try to be in a well ventilated room. Whenever convenient, take special breathing exercise every hour or two, raising and rolling the shoulders upward and backward during the act of a slow and deep inhalation, retaining the air for about 5 seconds while holding the shoulders backward, then exhaling a little more rapidly than it took for the inhalation, during which act the shoulders move forward and downward.

Accustom the body to a daily application of cold water in the form of a plunge, shower bath, or a cold sponge. One unaccustomed to the use of cold water must of course begin gradually. This can best be done by standing in water at a temperature of about 105° F. and squeezing out a sponge soaked in cold water at a temperature of 85° over the back of the neck, in front of the neck, and over the left and right shoulder, so that the whole body receives the ablution, the head remaining dry. Should the individual not react, that is to say, feel warm after the bath, he should return to a warm bed for a few moments. In a few days reduce the temperature of the cold water to 80°, then to 75°, until he comes down gradually to 45°, which is the average temperature as it comes from the faucet.

The judicious use of cold water, as just indicated, is the best means to guard the system against what is commonly called "catching cold." The circulation will be improved, the respiration will become deeper and more regular, the skin more resistant, and the whole system less susceptible to chills.

Besides the external use of cold water, always bear in mind that the drinking of five to six glasses of cold water a day between meals, will materially help in the preservation of good health. The constipated individual produces an auto-intoxication, that is to say, creates a poison in his system which renders him below par and more susceptible to the invasion of the germs of common colds.

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**PREVENTION OF TUBERCULOSIS**

DR. GEORGE THOMAS PALMER,  
 President Illinois Tuberculosis Association, Springfield, Ill.

THE prevention of tuberculosis consists first, in the avoidance of infection by the germ of the disease and second, in the prevention of active tuberculous disease after infection may have been acquired. Thousands of persons acquire tuberculous infection without succumbing to the disease. In fact, if one lives properly, it is possible for him to carry tuberculous infection throughout his entire life without developing tuberculous disease or consumption. The man with tuberculous infection, however, is always in more or less danger and consequently every effort should be made to avoid initial infection.

To avoid first infection and to prevent the development of later disease there must be team work on the part of the individual and the community. However careful the individual may be, he is not safe in a community where health regulation is disregarded, and on the other hand, the entire community is endangered by the carelessness of the infected person.

The first problem of preventing infection must be solved not only by sane public regulation and control of all consumptives who may spread the disease, but by the regulation of all of those things which directly or indirectly affect the general public health. To prevent his own infection the individual must exercise care in his contact with known consumptives, must insist upon good hygienic conditions in all places where he works or plays, or joins with others in his recreation. The individual child must be rigidly protected from contact with any consumptive or possible consumptive.

To avoid tuberculous disease or consumption on the part of the individual who is already infected—and at present about eighty per cent of persons acquire tuberculous infection at one time or another—the chief problem is that of maintaining individual health at its highest point. While the infected individual may round out a long life without evidence of the disease, it is also true that he may develop active disease at any time through the lowering of his physical strength or resistance. Hence, he must live a safe, sane, normal life with the right kind of food, with ample fresh air, with moderation in all his habits, including those of work and play and with avoidance of any unnecessary strain. He must also exact of his community those civic conditions necessary to good community health, including good housing, efficient general health administration, clean streets, proper ventilation of public places, safe milk supply and a reasonable measure of public recreation.

It has been stated that if every man, woman and child would utilize our present knowledge of prevention, tuberculosis would be wiped out in a few generations.

The gratifying reduction in tuberculosis during past years has not been due to epoch-making scientific discoveries, nor even to records of the activities of sanatoria and doctors and nurses, but rather to national, state and local campaigns of popular education through which people have been taught to live sane and wholesome lives. In spite of the success which has attended the educational efforts of the past, it must be recognized that the vast majority of the people of the United States have not yet acquired the truth about this disease—the truth which will make them free from the greatest scourge with which mankind has ever been afflicted.

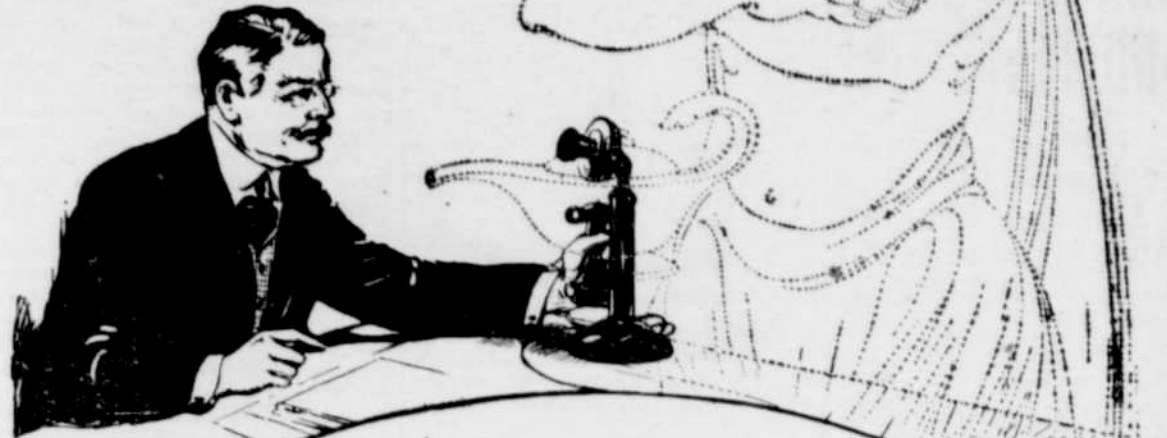
**Novel Idea for Player Piano.**

A novel attachment for player pianos is to be a pictured series of grotesque animals and human heads, which appear to open their mouths when the keys of the instrument are depressed. The heads form a panel along one face of a patented box containing a music roll. When the box is laid along the white keys the funny faces are flush with the front edge of the latter, and inasmuch as the lower jaws are omitted, the animals and queer people seem to be opening and shutting their mouths with the fall and rise of

the keys. Just nonsense business, of course, but amusing. The box, it should be said, is made just wide enough to fit in front of the black keys and lie flat on the white ones.—Philadelphia Ledger.

**Dream of Other Days.**

The country-raised man is inspired to dream of the good old days when big, thick slabs of ham were stacked on the platter, after he has received an order of ham about the size of his hand and perhaps twice as thick as tissue paper—and a bill for 75 cents.—



**The Genie of the Wires**

Aladdin summoned the genie of the lamp and any wish was immediately gratified.

At your command there is the genie of the wires. He will take your voice instantly—without regard to distance—wherever you may desire to send it.

You are familiar with the conveniences of local telephone service, but have you ever thought of the pleasure or profit available in the use of the long distance lines?

The genie of the lamp was the servant of a single individual. The genie of the wires will respond to the call of every telephone user.

Every Bell telephone is a Long Distance station.



**The Pacific Telephone And Telegraph Company**



**THINGS WE THINK**  
 Things Others Think and What We Think of the Things Others Think

The Egyptian who discovered how to make mummies out of women must have made a tremendous hit with the married men.

The person who doesn't like to be praised is such an awful har that there is nothing good to be said about him.

If you want to be a society man, be the presiding officer of your home circle—and don't miss a meeting.

The aviator seems to be about the only person who can make a solid reputation on air.

Liberty is represented by a woman—who takes the liberties away from us men.

The lawyer who practices strict veracity doesn't collect many fees.

You would hardly expect a deaf mute to be the happiest person on earth, but you never wasted any time listening to one telling his troubles.

A man feels uncomfortable in a new hat that he feels everybody is looking at—but a woman is in her glory under the same conditions.

Tomorrow never comes to the man who promises to pay you a bill on that day.

Some folks just enjoy having you tell them your troubles.

The "also man" gets more votes than the man who doesn't try.

Popularity is often bought—but no one ever sold any.

The woman who despises matrimony usually does not speak from experience.

A bill of \$145 for his wife's bathing suit has been refused payment by a New York man on the ground that the garment was too short at both ends. He probably thought the dressmaker wasn't making his money go far enough.

One subject to be taken up in an eastern convention is "The Elucidation of an Atom." Sounds like it might be the autobiography of the man who peeps down the business end of an unloaded (?) gun.

Gall often serves in place of brains in getting ahead in the world.

A woman will go to a society doings looking like a plucked pullet and then say she is in full dress.

About the most incongruous thing a person can think of is for a wife to throw a plate at her hubby, miss him, and break the "God Bless Our Happy Home" motto.

A girl will trust a young man with her heart before she would with her jewelry.

The young man who does just as his father wishes him to, is probably stronger on filial duty than were the sons of his grandfather.

After a girl reaches 25 she might as well marry. There's no pleasure left for her anyway.

The first preliminary to letting you in on a "good thing" is to take your money away from you.

The worst ever is not to be able to afford the thing you can't afford not to afford.

The Lord does not expect you to east your bread upon the waters unless you have sufficient to satisfy your hunger until its return.

If women would wear their dresses as high as the tariff on clothing and as low as the people wanted it, they would save themselves a lot of criticism.

**"STOPS LAXATIVES—HEALTH REGAINED BY INTERNAL BATHS"**

Mr. A. Czarnecki, 657 Montgomery St., San Francisco, Cal., writes Tyrrell's Hygienic Inst. of New York as follows:

"I must admit that the use of the 'J. B. L. Cascade' has cured chronic constipation from which I suffered. Since May 12th, 1913, I have never even tasted any kind of patent medicine or purgative. My health is excellent in every respect."

Over half a million bright, keen, intelligent Americans have found that Internal Bathing is more essential to their health than external baths—

Have found that used occasionally at night they feel like different people the next morning. No more of that bilious, tired, nervous feeling, but having by nature's own cleanser—anti-septic warm water—removed all the poisonous waste from the lower intestine, they awake thoroughly refreshed by normal sleep, with all their functions acting properly, clear headed, happy, confident, eager and capable for the duties of the day.

**KEM'S, THE REXALL STORE.**

will gladly explain to you the simple operation of the "J. B. L. Cascade," why it is so certain in its results, and will give you free of cost, an interesting little book containing the results of the experiences of Dr. Chas. A. Tyrrell of New York, who was a specialist on Intestinal Complaints for 25 years in that city. Why not cut this out as a reminder to get this book as soon as possible. Remember, please, it is free.

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