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FUTURE FARMER A MANUFACTURER

"Keep them down on the farm", is a familiar slogan heard for the past twenty years and may be heard again during the readjustment period following the war. We have always felt and still feel that one of the best ways to avoid another depression and hard times is to decentralize the population. Overcrowding in the population centers has its evil effects, the chief of which when difficult times hit, there was the bread line to deal with with no prospects for relief from this sort of thing until better times arrived.

Perhaps the automobile plus good roads, the airplane and the radio will do their share toward keeping the population well distributed, but perhaps Dr. Howard Doane of St. Louis, leading professional manager of farms writing in a recent issue of the Farm Journal also has a partial answer. He believes the future farmer will be an industrialist as well as a producer of raw materials. He thinks the next biggest step in agriculture is the establishment of fixed and movable processing plants, which will handle products grown nearby and which will extract, compress, dehydrate, refrigerate, concentrate and fabricate these farm products. "Fifty to eighty percent of the food", he says need never leave the community. And the farmer will be his best customer. In crushing soybeans for instance, eighty percent of the meal is needed locally, why ship it elsewhere, get it tangled up in a maze of distribution and then ship it back.

"Products which offer the best possibilities for first processing in the community which they are grown are those which are bulky, full of water or perishable. Some of the processing will be done on individual farms, some by cooperatives and some done by individuals. The farmer should concentrate on his profitable crop and make it as near ready for the consumer as he can.;"

We face three surpluses according to Dr. Doan and first of these will be a surplus of young people looking for jobs. They will be well trained mechanically, the best we have ever had. Second there will be a surplus of agricultural products and third there will be a surplus of factory space, which might be turned into making new tools for farmers needed for producing and processing crops.

PLANNING

A good many people in the older sections of the country evidently operate under the theory that providence will take care of them and that any future planning is on the order of wasted effort. This theory according to our notion is carrying our faith a little too far.

Great changes are in store for us during the next ten to fifteen years and millions share this view. For this reason one hears a great deal about post war planning. We believe that every community of any size in the United States ought to have a planning commission. Even if the commission is not able to scare up a worthy project or two, it can resolve itself into a fact finding commission, and this in itself will be something since we can at least keep abreast of the times.

We hope before this appears in print the city council will have appointed a planning commission. We would hate to see the returning soldiers be sent away again with the expression, "We have nothing for you here, we cannot offer you any means of making a livelihood, you must go to some other community if you expect to get along and prosper, or even make a living."

Another phase of the lack of planning or at least having something concrete to work on is that in the period of readjustment we either do something for ourselves or the government will take over. Nobody would like to see the government step in again even to establish a WPA projeet But if the government does find it necessary to step in with help, it might be to an extent we have never yet seen; so much so that it might seriously affect our way of life. So much for this.

The other day we heard a middle age man express a desire to live for the next thirty years just to see what will take place. It will undoubtedly be an interesting period. Commercial air line companies are already making plans to establish regular air routes, linking the smaller communities of the United States and Cottage Grove is included in the plans. What the facilities will be needed here would be interesting information. Air conditioned homes, gadgets that will remove every bit of the dirt and dust from the home while the housewife listens to television radio are some of the future utilities which we may look forward to along with the super highways.

THE EFFECT OF TOBACCO ON HEALTH

Dr. H. A. Hagen

That there has been a marked increase in the consumption of tobacco in the last few years must be evident to all. Just how marked that increase has been, however, only becomes apparent upon analysis of the official reports. These are, in fact, quite startling and, to the thoughtful person, ominous since they demonstrate the fearful power of constantly reiterated salestalk as exemplified in modern broadcasting.

Here is a product, toxic in its very nature, neither necessary to health, to comfort or happiness for which an enormous demand has been created. Evidently half truths and, in some cases, downright misstatements of fact if uttered in a sufficiently melliferous voice are all that is necessary to bring about this unfortunate result. Deleterious in its effects upon many and suspected by net a few authorities of being the principal exciting agent in several fatal diseases, its sales have, nevertheless, reached such a scale as to permit it to qualify as one of our leading industries.

Science, in general, has been pretty evasive as to the merits and demerits of tobacco. As is the case where great capital as well as personal indulgence is involved, there is a tendency among many investigators and physicians to refuse to pass upon its dangers or virtues and generally to find a haven in that peculiar Scotch verdict, "not proven". The evidence is not sufficient to warrant a sound conclusion, they say.

Not all are of this calibre, however. Some, in fact, have raised the question as to whether the progress of the war is not being retarded by this universal habit. In America, Britain and in Germany some military authorities and doctors have spoken candidly and without reserve asserting that there is a direct relation between the increase in the use of tobacco and peptic ulcers. Says Sir Maurice Cassidy, a physician of note, writing in the London Times:

"Most of the men (in the armed forces) seem to have unlimited supplies of cigarettes which they never cease to smoke. Now, these men are being trained to fight for their lives. Yet, were they being trained for a soccer cup tie or a boat race, their smoking, if not stopped altogether, would be seriously restricted. The cigaret impairs the oxygen carrying capacity of the blood by the carbon monoxide inhaled. At the same time it often ruins digestion and diminishes resistance to respiratory infection. We are rationed on meat, milk, eggs, sugar, butter and clothing. Surely the time has come to ration tobacco and thus increase our efficiency."

(Continued next week)

Washington Letter

(By Harris Ellsworth)

WASHINGTON, D. C. — No rivers and harbors bill was passed during the 77th Congress (elected in 1940, sessions in 1941 and 1942). A bill was reported in November, 1941, but was not considered on the floor of the house. National defense work on rivers and harbors has been done, but regular improvements were delayed for the duration.

Last week, however, the rivers and harbors committee of the house reported out a rivers and harbors bill. Oregon is represented on this committee by Hon. Homer D. Angell of Portland. The bill had been in the course of preparation for a long time. Several large controversial projects (including the Florida ship canal, for example) were orignially included in the bill, but these have been eliminated. It seems likely, therefore, that the bill just reported will have favorable action by both the house and senate.

Oregon projects in the current rivers and harbors bill, which are of particular importance to our fourth district are as follows:

CHETCO RIVER — to provide for stabilization of the channel through the bar at the mouth of the river by the construction of jetties and dredging. First cost $190,000. Annual maintenance, $8,000.

COQUILLE RIVER — To modify existing project to the extent of providing a channel 13 feet deep at mean low water from sea to one mile above Coquille river lighthouse, and for snagging to the state highway bridge at Coquille. Estimated cost $2,000 annually for maintenance in addition to that now required.

UMPQUA RIVER AND HARBOR — Modification of existing project recommended to provide for a channel 200 feet wide and 22 feet deep from the main river channel near mile 8 to and including a turning basin of same depth 500 feet wide and 800 feet long opposite mill dock at Gardiner. Estimated first cost $55,000. Annual maintenance $10,000 in addition to amount now required.

Also modification of existing project on channel is recommended providing for 10-foot depth 100 feet wide from deep water in river to vicinity of docks in Winchester Bay with mooring and turning basin 10 feet deep, 175 feet wide, and 300 feet long at the inner end. First cost $44,000 with $1,000 annually. (Local interests expected to furnish $10,000 toward first cost.)

WILLAMETTE RIVER — Open channel navigation works as may be necessary, recommended, to secure with stream flow regulation controlling depths of 6 feet to the mouth of the Santiam river and 5 feet thence to Albany. Also reconstruction of the locks at Oregon City. Estimated cost, $3,600,000.

Another item is included in the bill which, although the suggested improvement is in California, is of particular interest to southern Oregon. It is the proposed improvement of the harbor at Crescent City, with an estimated $1,810,000 to be spent on the work. improvement is inCalifornia, is in California, is of particular interest to southern Oregon. It is the proposed improvement of the harbor at Crescent City, with an estimated $1,810,000 to be spent on the work.

Add one item to the discussion of the soldier vote bill contained in my letter last week: The President sent a special message to congress on the subject. He DEMANDS the passage of the Green-Lucas (or Worley) federal streamlined ballot plan, calls the committee bill a fraud, and practically calls those who oppose the streamlined, bob-tailed ballot plan traitors.

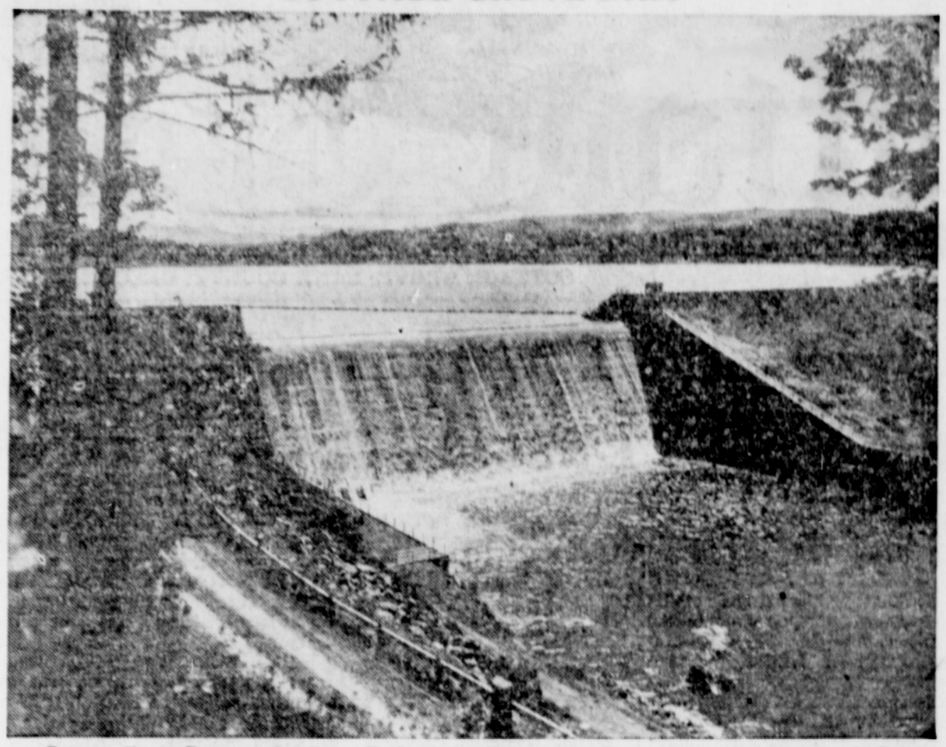
It seems to me the president is a bit over-anxious for the passage of the federal control plan. We all want the soldiers to vote, but I think it will be far better to provide a full and complete ballot with names on it than a ballot for only three offices—president, senator and representative—with no names on it. I think it will be far better to provide the ballot in an orderly and constitutional way than to attempt to provide any kind of ballot in a legally doubtful manner.

The committee bill which the president calls a fraud would pave the way for a complete ballot for soldiers to be provided by the states on a constitutionally sound basis.

The issue will probably be decided this coming week although action has been delayed by the administration until as much pressure as possible could be applied —and the pressure for the federal ballot plan has been plenty!

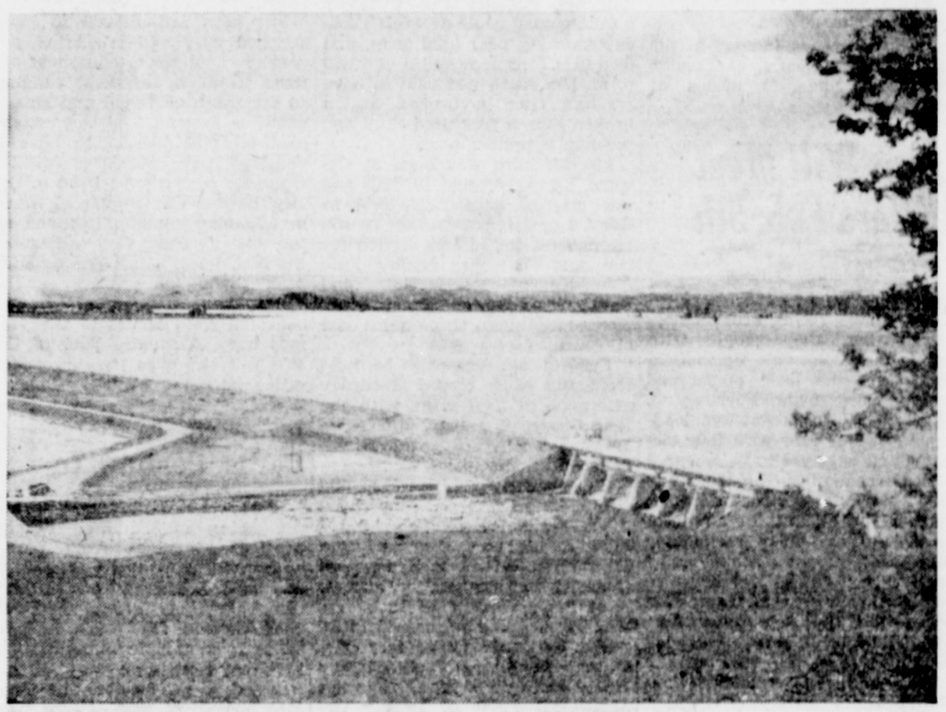
Lamb
Nipples, 5c ea.
Brown's Drug Store

COTTAGE GROVE DAM



Cottage Grove Dam on the Coast Fork of the Willamette River, five miles south of Cottage Grove, was completed by the U. S. Army Engineers just prior to the outbreak of war. The spillway, unlike Fern Ridge, is the free overflow type.

FERN RIDGE DAM



Fern Ridge Dam on the Long Tom River, nine miles northwest of Eugene, was built primarily for flood control. The large reservoir is a popular spot for recreation seekers in the summer months, providing good fishing and boating. The U. S. Army Engineers completed the dam in 1940. Fern Ridge is one of seven proposed dams in a flood-control program for the Willamette River basin, two of which are constructed. Cottage Grove Dam is the other completed project.

(Ed. note: The following article on the Willamette valley flood control project, its purpose and benefits has been prepared by the public relations department, U. S. Army engineers and submitted by W. O. Silverton of that office. Mr. Silverton with J. M. Allison with the division office, army engineers were on an inspection tour Friday and while looking over the Cottage Grove dam, paid the Sentinel a pleasant visit. History of the project familiar to many, will no doubt be interesting to our readers.)

Since early pioneer days farmers in the Willamette river basin have listed floods high among potential enemies. And with good reason. Recurrent floods in cycles that are unpredictable have caused many thousands of dollars in crop losses and property damage. At less frequent intervals flood waters have devastated wide areas, destroying homes and claiming lives.

These recurrent disasters will be eliminated by a plan of the U. S. Army Engineers, whose job it is to study flood situations and prepare remedial measures. The plan calls for construction of seven dams, two of which were constructed before the war interrupted the program. The other five will be built in the post-war period. Plans for the first dam, on the North Santiam river at Detroit, are already completed and ready to go as soon as the shooting stops. Meanwhile the Axis—enemy number one—will require full concentration.

The dams will do more than control flood waters. They provide irrigation, power and navigation benefits as requirements seem to dictate. But flood control is the primary purpose.

Just one year ago a severe flood caused extensive property damages along the entire length of the Willamette and some loss of life, despite warnings and emergency operations. The two dams already built - Cottage Grove and Fern Ridge - prevented great disaster in their respective areas.

A "master plan" to cope with disaster from possible floods this year provides for general mobilization of all organizations equipped to deal with such emergencies, including the Red Cross Army Engineers, U. S. Coast Guard, state highway department and local authorities and organizations.

One of the worst floods on record in the Willamette valley was that of December 1861 when the falls at Oregon City were completely submerged and river boats could pass directly over them as though they had never existed. Small communities were obliterated, although population centers were sparsely settled in those days, and property damage ran high.

The flood of 1890 was almost equal in magnitude to the 1861 disaster and in some parts of the valley property losses were even greater, though the area covered by the flood waters was not so extensive. Other large floods, all of them attendant loss of lives and property, occured at irregular intervals. The development of the Willamette valley has been so rapid that each passing year increases the value of property endangered by the threat of uncontrolled storm-swollen waters.

It is the purpose of the proposed but now postponed flood-control program to control all but the greatest floods, and to reduce the damage done by even the greatest floods to the very minimum. Carefully prepared studies indicate that the cost of the dams will be more than offset by ultimate benefits. The people in the areas directly concerned will of course benefit most by the improvements. But the entire state will stand to profit from the power, irrigation and navigation features of the program.

The two dams already completed are the smallest of the seven. Although a part of the coordinated program, they are too small to greatly reduce a major flood affecting the entire valley. Until the other dams are built they will offer flood protection only in their immediate areas. Dorena dam on the Row river was started before the war and work will be resumed in the post-war period.

Fern Ridge dam, situated on the Long Tom river nine miles northwest of Eugene, was completed by the Portland district of the Army Engineers in the late fall of 1940. It was built for flood control but secondary benefits are: aid to navigation, irrigation, stream purification.

Another benefit already apparent is recreation, the reservoir site having become popular for fishing and boating.

A carefully conceived plan of operation provides that during the more critical part of the annual flood season, Fern Ridge dam reservoir shall be operated solely in the interest of flood control. During the late winter and early spring a gradual filling of the reservoir will be permitted. Water stored during this period is slowly released in amounts equal to navigation and irrigation requirements.

In the fall when river stages are normally lowest water will be released in sufficient quantity to aid navigation in the Willamette. When channel improvement work which is now in progress has been completed, water released will not be sufficient to cause damage in the immediate downstream area. This release of water will deplete the reservoir storage during the period of flow and thereby provide space during the flood hazard season for future floods.

The increase of the low water flow has not aided navigation but has made it possible during the past two fall seasons to float log rafts downstream to mills in the Portland area to be converted into lumber for various war uses. Mill operators say this has materially aided the critical supply situation during the height of the emergency.

If flood inflow to the 102,000 acre-foot Fern Ridge reservoir should continue after storage capacity has been exhausted, the automatic spillway gates are so designed that they will open gradshould continue after storage catiually as the flood peak approaches, discharging slightly less water than that entering the reservoir. Only after the peak passes will a discharge slightly greater than the inflow be permitted.

In the last two flood seasons - abnormally adverse - Fern Ridge dam has proved its value, but improvements which are now under way in the Long Tom river must be completed before full benefits are realized. This work is scheduled for completion during the 1944 construction season.

Cottage Grove dam, on the Coast fork of the Willamette river a few miles south of Cottage Grove, was completed shortly after the outbreak of the war. The plan of operation is similar to that at Fern Ridge, providing for the storage of flood waters to be followed by gradual release after the threat of damage has subsided. The needs of irrigation and navigation are served during the dry season and low water stages.

The spillway is the free overflow type and becomes operative only after all flood control storage space has become exhausted. During the total period that the spillway is in operation the volume of water entering and leaving the reservoir will be equal but the automatic lowering of the flood peak will reduce any downstream damage. The volume of water flowing through the reservoir and over the spillway cannot under the most adverse circumstances exceed the volume of flow under natural conditions.

During the flood of 1943 the stream flow was the greatest on record and Cottage Grove dam was put to the test. Despite this major flood the flow of the Coast fork below the dam was at all times controlled, affording 100 per cent protection to the town of Cottage Grove.

For esthetic purposes a minimum amount of water will be maintained in all reservoirs - three thousand acre feet for Cottage Grove and seven thousand acre feet for Fern Ridge. This will be adequate for fish life and will permit continuation of recreational activities, at the same time serving engineering requirements without seriously reducing storage space.

Completion of the seven-dam flood control program will not only provide flood protection to the Willamette valley, but also serve the requirements of agriculture and industry with power and navigation benefits that will continue to pay dividends. Fish life will be protected as the program progresses and the stream purification phase of the plan will restore some of the natural purity of the streams throughout the valley.

DON'T LET YOUR WAISTLINE SAG

The maintenance of a correct bodily attitude, or poise, is scarcely less important than the development of the muscles by exercise. Correct poise and exercise go hand in hand in building up a strong body. A weak body naturally falls into a bad attitude, whereas a strong body naturally assumes the fine physical bearing characteristic of health and vigor.

A splendid horse or a finely bred dog does not have to be trained to take a fine attitude. He takes it naturally. The curve of the back, the well-poised head and the artistic ensemble of his bearing are the natural result of the high vital tension with which his nerves and muscles quiver. If he hangs his head or stands on three legs instead of planting his four feet solidly on the earth, it is because he is sick or exhausted.

A well developed adult man has a large chest and a waist several inches smaller. The masculine waist is in fact, relatively smaller than the feminine. The after 40 sag is a handicap both mentally and physically. A sagging abdomen indicates a great excess of blood in that part, and in consequence, a deficiency in the rest of the body. The muscles are flabby. This condition appears a little later in the change of facial expression. The cheeks droop, a double chin and various facial wrinkles appear due to the relaxed condition of the muscles of the skin.

From Good Health—May 1943.

The best way to prevent this condition from developing is to visit your chiropractor at regular intervals so that he can check on the mechanical aspects of your body contour. This is important because many body ills result from the distortion of the spine and body.

Dr. H. A. Hagen.