

St. Johns is Calling You

Is second in number of industries. Is seventh in population. Cars to Portland every 16 min. Has navigable water on 3 sides. Has finest gas and electricity. Has two strong banks. Has five large school houses. Has abundance of purest water. Has hard surface streets. Has extensive sewerage system. Has fine, modern brick city hall. Has payroll of \$95,000 monthly. Ships monthly 2,000 cars freight. All railroads have access to it. Is gateway to Portland harbor. Climate ideal and healthful.

ST. JOHNS REVIEW

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St. Johns is Calling You

Has seven churches. Has a most promising future. Distinctively a manufacturing city. Adjoins the city of Portland. Has nearly 6,000 population. Has a public library. Taxable property, \$4,500,000. Has large dry docks, saw mills. Woolen mills, iron works. Stove works, asbestos factory. Ship building plant. Veneer and excelsior plant. Flour mill, planing mill. Box factory, and others. More industries coming. St. Johns is the place for YOU.]

THE DRUG HABIT

Evil Effects of "Dope" Vividly Portrayed

The following excellent paper on "The Perils of the Drug Habit" was read by Mrs. Dr. H. O. Brown at a recent Mothers' Meeting in the city hall:

Continued from last week. An adequate Federal law would provide for the registration of every importer, manufacturer, wholesaler, retail druggist and physician engaged in the interstate drug commerce. It would make them all account for every grain of drug they handle, through a system of numbered blanks supplied to them by the internal revenue branch of the U. S. treasury department. Now, of course, this sounds very remote from us—we, the people who are not in power. But we could be factors in helping the various states in adopting uniform laws, in tightening the restriction on the druggist, the doctor, the nurse and the consumer. They must prevent the sale of hyperdermic needles, except to physicians.

Now you may say this trouble will not affect you in any way. We never know. You have all heard the saying, "We are born, but not dead yet." Our children, in the course of time, we expect to have homes of their own. We don't know of all the habits of the ones to whose keeping we give them. All we can do is to do our very best, and leave the rest to the God who never sleeps. A great deal has been said and written on the subject of the drink called "Coca Cola." I will here quote from John Witherspoon, M. D. professor of medicine at Vanderbilt University, and president-elect of the American Medical Association: Coca Cola is a heart stimulant. I think one glass, containing the amount of caffeine it is shown by Mr. Fuller's analysis to contain, would have very little effect, more than as a mild stimulant, but it is the continued use that has the serious effect. It would affect the nervous system, making the user very nervous by its action on the brain and spinal cord, overstimulating the reflexes; stimulating directly the centers. My experience with Coca Cola shows that continued users of it are seriously impaired in digestion. Young people soon form the habit of taking Coca Cola and take it sometimes 8, 10, 15 or 20 drinks a day. Some become extremely nervous, weak, and the heart becomes rapid and irregular.

There are other drug habits which are of less magnitude, but which are none the less drug habits. I refer now to the countless beauty preparations which are on the market. The most dangerous of these are the so-called wonderful hair tonics. Some of the preparations, for instance those known as "Mme. Yales," have been proven to be worthless as to efficiency, but very expensive. Among the hair preparations, "Eau Sublime," "Weith's Sage and Sulphur" and "Endora" are found wood alcohol, a lead salt, and in two of them a poisonous aniline dye. The so-called "Walnut" hair dyes contain no walnut juice whatever. Not always are toilet preparations merely frauds; sometimes they are very injurious. Illustrative of this class are "Kintho Beauty Cream," which contained when last examined over 12 per cent of ammoniated mercury, a poisonous substance; "Berry's Freckle Ointment," containing the same, with a little zinc oxide besides, and "Madam Ucelia's Face Bleach," containing corrosive sublimate compounds calculated to remove not only the freckles, but a goodly layer of the epidermis as well. Here's a case of a woman who was using this last commodity: Her face became very much inflamed, with the result that she consulted a physician. The physician considered it a very serious matter, and he prescribed an ointment of iodid of potash. The iodid of potash coming in contact with this mercurial compound, produced a bright vermilion red, and the face of the woman turned a boiled lobster like color. That annoyed the woman very much, and she, therefore, hid herself to another physician to help her out of her

dilemma. He prescribed an ointment of sulphur. That coming in contact with the mercury, of course turned black. I'll leave you to imagine the feelings of the woman.

The case of a victim of "Mrs. Potter's Walnut Hair Stain" might here be related and might be a warning to some unsuspecting person. There are several cases, but this one will suffice. The case in question requiring two months' treatment to effect recovery from the pain and disfigurement resulting. The physician called diagnosed the case as one of absorbent poisoning, though he knew nothing of the use of the dye. The victim stated that she would not have had it happen for a thousand dollars, so intense was the suffering, to say nothing of the loss of a long, thick suit of hair. She also asked that the offender be brought to justice, but unfortunately this could not be effected, since the preparation is not a drug used for the cure, prevention or mitigation of disease, and no medicinal claims are made. They say beauty is only skin deep, and some of the so-called beauty preparations proceed to do the skinning. But so much for this digression, and hope it will bear fruits also.

In getting back to our original subject, "The Perils of the Drug Habit," will say that if women and men, too, would try to get their minds off of their ailments, there would be less need of so many drugs. And right here let me say that right living, and right living means right eating principally, tends largely to the amount of drugs needed. I have known persons, and so have you, who persist in eating foodstuffs which they know will cause them distress afterward, admitting that they could take some form of dope to get relief. But there comes a time when this form of dope fails to bring relief, and they have to resort to a stronger form or larger dose. A great many mothers do not realize that some of the drug habits of sons and daughters could be largely laid to the food cooked in the home. You will rebel against this, no doubt. But why, let me ask you, do you prevent the taste of son or daughter by adding an extra amount of red pepper, salt, pepper sauces and other condiments so hot that it brings tears to the eyes of the one eating it? The cayenne pepper is a stimulant, as every one knows, and when the stomach is tired of this form of stimulant it reaches out for another, possibly drugs or liquors. We wonder then why they could have done so. We as a race of people have been in the habit of having our own way, instead of trying a little of self denial. Here I will give a little poem which was copied from the Christian Advocate, which seems applicable to the ending of this subject:

The Art of Doing Without. There's a beautiful art that is sadly neglected, And daily I wonder to see it rejected, By some who'd be healthy, wealthy and wise, By just condescending to open their eyes, And look at things fairly, with never a pout—I refer to the fine art of doing without. "Why, that's nothing wonderful!" maybe you'll say, "I do without things I want every day!" Quite likely you do, but how do you do it— With good grace, or a face that's blue as a bluet? There's a wonderful difference (just jot that down), Between giving up things with a smile or a frown; And that is precisely the difference between The artist and bungler—you see what I mean. You can't do as you like? Then do as you can; I'm sure you will find it the very best plan. Can't have what you want? Take what you can get; No better device has been patented yet. 'Tis the bravest and blithest and best way by far Not to let little losses your happiness mar; 'Tis an art that needs practice, of that there's no doubt, But 'tis worth it—this fine art of doing without.

The commission investigating the Atlanta prison found it in a normal condition. Which means that, like all other prisons, it is a good place to keep out of.

West Side Notes

From the Linnton Leader.

With Whitwood situated as it is upon one of the prettiest rivers in the world, with its scenic beauty, the grandeur of its lofty hills towering hundreds of feet above the water level, the eye of man has never rested upon a more beautiful spot on the earth than is found at Whitwood. There is one thing that would complete the picture, one thing that is lacking to make it perfect, to make it the ideal residence district of the most beautiful section of the finest country in the world, and that is a high bridge connecting St. Johns with Whitwood, the eastern end resting on Fessenden street and the western end on the German town road opposite. It is impossible for us of today to realize that would be accommodated by this bridge within ten years. There would be a great deal of travel over it at once, and if a street car line could be passed over it, the line would pay from the start. Now is as good a time to talk it up and to agitate the building of the bridge as any. It will never be built unless a start is made, and there never will be a better time than now. Let those most directly interested get together, make arrangements to carry the project thru, build the bridge upon bonds which will mature in 20 or 30 years, and let the coming generation and the natural influx of citizens coming in pay for the bridge for they will be the ones who will receive the greatest benefit. What say you?

A persistent rumor is afloat that some corporation is figuring on the purchase of several hundred feet of water front just above or just below the wood distilling plant, for the purpose of erecting and operating one of the largest manufactures in the Northwest. We are glad to know that there is a possibility of its consummation, as it will mean much to Whitwood and the surrounding country. People who are fortunate enough to own property at Whitwood Court will do well to hold on to it, and get more if you can.

We understand there is to be a change at the wood distilling plant which will require a crew of about 20 men. If it be true, we wish the company success in its new undertaking.

J. T. Harbin, president of the Linnton Quarry Co., reports that operations will begin at the quarry Wednesday of this week, and the number of men to be employed is 15 to 20.

With the mills starting up again, everything is looking brighter and a better and more optimistic feeling is spreading over the community like a lump of butter on a hot griddle cake. We believe there will be things doing in this neck of woods this summer that will make the natives sit up and hold their hats on. We may be a little impatient to see things start, but they will start, and you can't stop it.

A. M. Stearns of St. Johns made Whitwood a pleasant call one day last week. He is favorably impressed with this side of the river.

The Order of Moose

The Order of Moose organized a lodge in St. Johns last Thursday evening with the largest class of any order ever organized in St. Johns, or possibly upon the Peninsula. The meeting was held in the St. Johns rink, and the degree team from the Portland Lodge with about sixty members and the band attended. E. P. Bodley acted as dictator, and about 125 new members were enrolled in the organization and initiated. S. M. Green, assistant National organizer of the Order, was present and made an address. The following officers were installed: Perry C. Stroud, dictator; Ross Walker, vice dictator; O. F. Mason, past dictator; Paul Cochran, prelate; M. E. Joyce, inner guard; F. W. Valentine, outer guard; S. L. Dobbie, treasurer; P. G. Gilmore, secretary. The new organization starts out with a vim and vigor that bids fair to carry the membership to the 500 mark within a short while.

Where shall I get my hair cut? At Gilmore's barber shop. adv.

Dr. Vincent Vindicated

Dr. A. W. Vincent, who was summoned before Judge Jones' Court in Portland last Saturday on a charge of not reporting a case of smallpox in St. Johns, came out of the situation with flying colors. The charge, we understand, was brought by Calvin S. White, state health officer, who acted with undue haste or without investigating the circumstances thoroughly. Dr. Vincent acted as his own attorney, and it is said by some of those present that he handled his own defense like an adept disciple of Blackstone. The evidence showed that when the smallpox in question was still in its incipency, and before any telltale eruptions or pimples had made their appearance that he called upon Dr. L. E. Graves, city physician, and stated that the case had suspicious symptoms and that she had better look into it. He also stated that he expected to make another visit to the patient, and if the symptoms then showed that it was not a case of smallpox he would so advise the city physician. Accordingly, he did make another call, and had no reason to believe other than the patient was in the first stages of smallpox. Therefore, he made no further report to the city physician, naturally supposing that she would look into the case. It seems, however, that Dr. Graves did not understand correctly, understanding that the doctor was to advise her if upon another visit he had found it to be smallpox. Simmered down, it was only a case of misunderstanding, and not of non-notification. Had Dr. White taken the trouble to investigate, the matter would never, of course, have reached the courts. Judge Jones instantly discharged the case after hearing the evidence, and without giving Dr. Vincent a chance to make his plea.

Few, if any, of our citizens doubted for a minute that Dr. Vincent had been directed in his duty, and the result was only what was fully anticipated by the St. Johns people, even though they were not familiar with the circumstances. The Dr. is receiving many congratulations upon his remarkable showing as an impromptu attorney.

Dog Muzzling

Dog owners who have been hoping the ordinance would be repealed providing for the muzzling of dogs the year around may have their hopes blasted. The council by a close vote Tuesday night decided to allow the dog a chance for his sore nose, but I understand the ordinance has not yet been signed by the Mayor.

I was an onlooker to the proceedings, and it seemed to me that the owners of dogs did not receive enough consideration. Because a man owns a dog is no sign he is poaching on the rights of others. He pays taxes on his property, and it is not fair to him for the city to pass an ordinance making his property valueless, for a muzzled dog is worthless. He cannot even bark, or wout. It takes all the spirit out of him. I believe it is necessary to keep dogs muzzled through the summer, but it is both unnecessary and cruel to keep him muzzled all winter. If the dogs must be muzzled all the year it means practically that there will be no dogs in St. Johns. That would decrease the revenue derived from dog tax, and take away the playmate of many a little kiddie.

Fred Marlett.

Building Permits

No. 5—To Antony Faber to erect a dwelling on Allegheny street between Smith avenue and Hudson street; cost \$1500. No. 6—To George Mohling to erect a dwelling on Olympia street between Charleston and Cruikshank streets; cost \$200.

That hogs are more profitable in Hood River Valley than fruit is the assertion of a rancher in that section who last year marketed 130 animals, for which he received \$2,755. Among the porkers disposed of was one weighing 720 pounds dressed, said to be the largest ever raised in that county.

COUNCIL MEETS

Matters of Importance Receive Attention

All members were present at the regular meeting of the city council Tuesday evening, Mayor Bredeson presiding.

A waiver petition signed by practically all of the property owners living on Mohawk street between Fessenden street and Swift boulevard asked for the improvement of this street, but it was found that the greater portion of the property owners were not residing in St. Johns and did not sign the petition, thus leaving an excess in the estimated cost of the improvement of over \$300, and the matter was tabled for the present. An arc light petitioned for at the corner of Smith avenue and Bristol street was disallowed for the reason that the location was in too close proximity to another arc light already installed.

A claim of \$69, being the balance of the \$150 that the council had decided to allow the defense in the Willamette boulevard case now pending before the Supreme Court, was allowed to Attorney H. E. Collier, although there was some objection to paying the amount before the work on the case had all been completed.

The Chief of Police reported that he had secured an estimate of \$345.10 from the Portland Railway, Light & Power Co. for installing a complete system of red light police signals throughout the city, and the matter was referred to the health and police committee for recommendation.

L. E. Woods having stated that he would be unable to serve in the capacity of night clerk in Ward No. 1 at the primary election, A. W. Schaffer was appointed in his stead.

An ordinance amending the dog muzzling ordinance and reducing the time of muzzling from the year around to three months in the summer time, was passed by a four to three vote, but the document has not yet received the mayor's signature.

A resolution providing for the improvement of Mohawk street between Fessenden street and Central avenue was adopted. The improvement provides for grading and cement sidewalks.

A resolution making February 19th the last day for filing nomination papers for the primary election March 7th was adopted.

A claim of C. E. Pottage in the sum of \$375, being balance due on the improvement of Macrum avenue, was allowed.

It was decided that the arc light at the corner of Charleston and Leonard streets, which had been ordered removed to another location last week, should remain in its present location until its removal had been further considered, and the probabilities are that it will not be changed.

Contractor V. W. Mason was given permission to dump excess dirt from the improvement of Willamette boulevard upon Pittsburg street, where a heavy fill will be necessary in the event of improvement of that street.

The following bills were allowed: County clerk, filing deeds, \$4.30; Bonham & Currier, supplies, \$1.25; A. E. Dunsmore, special police, \$17.50; P. G. Belleu, special police, \$17.50; Geo. Skaar, street work, \$15; Bert Olin, street work, \$15; St. Johns Transfer Co., removing garbage, \$9; S. W. Bugbee, team work, \$5; P. R. L. and P. Co., moving arc light, \$7.50; making a total of \$92.05.

Be Sure to See Them "Magic that is magic" is what The Floyds offer as the next attraction in the High School Lyceum Course February 21st. Every feature on their program is thick and broad and long with entertainment—the kind that is utterly devoid of the conventional and antique. Their twenty years of experience has placed them in the front rank of America's greatest artists. They are entertainers of the very highest class. All of their wonderful experiments in modern magic, mind reading and illusions are strictly original. An evening of startling surprises, refined mirth and pleasing music is assured all who attend this unique performance.

A New Suggestion

Editor Review: The unemployed again. A news item in a daily paper of recent date states "more than a dozen lumber and shingle mills that have been idle through the winter months are arranging to resume operations by March 1st. Meanwhile some repairs to the plants have been made." I have often wondered why it happened that saw mills and shingle mills so often needed repairs in the winter time and how it was they all broke down about the same time. They remind me of our old clock at home when I was a boy. It would run all right in warm weather, but as soon as the weather got cold it would stop. The watchmaker said the oil gummed up.

I don't see why some genius don't invent a saw mill and shingle mill that will run all winter. I have noticed several times that just about the time of year when the laboring man has to buy new shoes and winter clothes for his family and lay in his winter wood and want a few dollars for Christmas money, the mill where he works "gums up" and shuts down and he is out of a job.

Then follows three or four months of trying to make a living at any odd jobs he can find, with two or three men for every job. He is, indeed, lucky if by earning all he can and straining his credit to the limit, he manages to live at all until the mill gets "ungummed" enough to start up again. Then it takes him half the summer to pay his debts made during the winter, and by the time he gets even, and may be a pay check ahead, the old mill gets "gummed up" again and he is again out of a job. If they can't build a mill that will run over six months or so at a time, why not start up in the Fall and run until Spring? Then the mill hands would be out of a job in the summer, and could run a little farm, with some chickens and a cow, and the children could go barefooted, and they could get along fine until the mill started up again.

Our old clock finally got so bad we had to get a new one, and then we had no further trouble. Don't you think if the mill owners would get new mills that would run all winter without "gumming up" it would go far to solve the problem of the unemployed?

Capital now employs labor, but unless capital manifests a little more regard for the welfare of labor, the tide will turn and labor will employ capital at no distant day. S. C. COOK.

REGISTER

Registration books are now open at the City Hall for primary and City elections.

Last day to register for primaries, Feb. 28. Office open 7 to 8 p. m. Sat., Mon. and Wed. evenings.

Candidates may file on Electors' Register as Democrat, Republican or Progressive for the primaries.

F. A. RICE, Recorder.

Don't expect the impossible of your town and its merchants. Be sure first before you complain of the goods and prices of home merchants that you haven't had a hand in making it impracticable for our merchants to handle the kind of goods you want at the prices you can pay. Merchants are not mind readers, nor are they blind to their own best interests. If they haven't what you want they will get it for you at as low or lower price than you can get it anywhere else. They deserve to be given an opportunity to do so anyhow; but if they do not deserve it you will be doing yourself a bigger favor than you will be doing them to deal face to face with men you know and that can be held personally accountable for their promises and performances. Try this for a rule of trading hereafter.—The Live Wire, Pendleton, Oregon.

HIGH SCHOOL

Items of Interest Regarding School Doings

The schedule of study and recitation periods for each day has now been definitely arranged so that we are again settled at our work. An unusual interest is displayed in the opening work of the new term.

Friday night, February 13, J. J. H. S. played the St. Helens basket ball team and were victorious by a score of 38 to 18. J. J. H. had been defeated earlier in the season by St. Helens by a score of 30 to 17. The St. Helens girls' team was unable to come, so the girls played a curtain raiser among themselves, the Junior-Senior team defeating the Freshman-Sophomore team 8 to 2. The visiting team was given a reception by the boys and girls' teams of J. J., refreshments being served in the lower hall of the H. S. building.

On February 9, the beginning of the Spring term, sixty-three members were enrolled. This week the enrollment has been increased by two others.

A reception is to be given in honor of the Freshmen by the upper classmen Friday night, February 20.

The Klatawas' first trip made this term was taken to the old Fair Grounds. They left in the morning and returned late in the afternoon. Lunches were taken and every one reported a glorious time.—Reporter.

Prospect Remote

There is but a remote prospect that Multnomah county and Portland will ever be consolidated. The experience of Denver, Colorado, where the city and county of Denver consolidated is not encouraging to other cities and counties. It has been found that consolidation there has not worked out to any advantage to either the city or the county. According to the report L. M. Lepper received from Denver, the cost of the consolidated county and city is as much as when they were separate entities. As many if not more men are employed by the consolidated administration as when the city and county were separate. The officials are not particularly anxious to cut down expenses. I am under the impression when the benefits of consolidation are ascertained it will be found that they are exceedingly small. Multnomah county and Portland had better weigh the matter carefully before consolidating.—L. H. Wells, in Gresham Outlook.

Fruit and Berry Plants

Now is the time to buy nursery stock. For apple, plum, prune, pear, cherry trees, and all other fruits and berry plants, see J. H. CANRIGHT, 415 North Leonard street, St. Johns.

City Primary Nominating Election Notice

Notice is hereby given that on Saturday, the 7th day of March, 1914, at 401 South Jersey street, at the corner of South Jersey and Charleston streets, for the First Ward, and at the City Hall for the Second Ward, a Primary Nominating Election will be held, at which the Republican, Democratic and Progressive parties will choose their candidates for city offices, namely: One Mayor. One City Recorder. One City Treasurer. One City Attorney. Two Councilmen First Ward. Two Councilmen Second Ward. Three Councilmen at Large. Said election will be held at 8 o'clock a. m., and will continue until 8 o'clock in the afternoon of said day. Dated this 12th day of February, 1914. F. A. RICE, City Recorder. Published in the St. Johns Review Feb 12, 20, 27 and March 6, 1914.