

Weekly Health Talks

Where Most Sickness Begins and Ends

BY FRANKLIN DUANE, M. D.

It can be said broadly that most human ills begin in the stomach and end in the stomach. Good digestion means good health, and poor digestion means bad health. The minute your stomach fails to properly dispose of the food you eat, troubles begin to crop out in various forms. Indigestion and dyspepsia are the commonest forms, but thin, impure blood, headaches, backaches, pimples, blotches, dizziness, belching, coated tongue, weakness, poor appetite, sleeplessness, coughs, colds and bronchitis are almost as common. There is but one way to have good health, and that is to put and keep your stomach in good order. This is easy to do if you take Dr. Pierce's Golden Medical Discovery. It is a wonderful tonic and blood purifier, and is so safe to take, for it is made of roots and herbs. Dr. Pierce, of Buffalo, N. Y., stands behind this standard medicine, and it is good to know that so distinguished a physician is proud to have his name identified with it. When you take Dr. Pierce's Golden Medical Discovery, you are getting the benefit of the experience of a doctor whose reputation goes all around the earth. Still more, you get a temperance medicine that contains not a drop of alcohol or narcotic of any kind. Long ago Dr. Pierce combined certain valuable vegetable ingredients—without the use of alcohol—so that these remedies always have been strictly temperance medicines. If piles are torturing you, get and use Pierce's Anodyne Pile Ointment. The quick relief it gives is hard to believe until you try it. If constipated, Dr. Pierce's Pleasant Pellets should be taken while using Anodyne Pile Ointment. Few indeed are the cases which these splendid remedies will not relieve and usually overcome. They are so good that nearly every drug store has them for sale.

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The United States Shipping Board issues the following statement:

"At the opening of the European war, the very little seagoing tonnage operating under the American flag carried only 9.7 per cent of the exports and imports of this country. Today the American merchant marine comprises 46 per cent of all shipping plying between our own and foreign ports. Moreover, this new and rapidly increasing fleet now represents nearly one-fifth of the entire seagoing tonnage of the world.

"Altho a very large number of our ships are still absorbed by Army and Navy needs, there being on January 31 a total of 302 vessels diverted to Army requirements and 51 to the Navy, yet we had enough shipping left to make an important showing in overseas commerce. Tables prepared by the Shipping Board's Division of Planning and Statistics show that on January 31 there were employed in overseas service under the American flag a total of 752 vessels, aggregating 1,961,239 gross tons.

"This fleet includes 251 freighters, 84 freight and passenger vessels, 3 freight and refrigerator vessels, 7 freight, passenger, and refrigerator ships, 6 colliers, 71 steam tankers, and 230 sailing vessels.

"When the Army and Navy return to the Shipping Board the 353 ships which they are now operating, the commercial fleet under the American flag will be augmented by 1,873,521 gross tons, equivalent to 2,434,917 dead-weight tons."

RETURNED SOLDIERS WON'T HERD SHEEP

With the opening of spring work and the advent of the lambing season, a shortage of labor is being experienced at The Dalles and the local branch of the federal employment service is unable to supply the demand of local ranchers for farm help.

A feature of the employment situation there has been the fact that, while the office was opened primarily for the purpose of securing employment for returning soldiers and sailors, practically none of these have been willing to accept ranch jobs.

Oregon will have \$25,000,000 to spend on roads in next 3 years.

Douglas Man Pays High For Venison

After reading about the delicious venison feast enjoyed by the members of the State Fish and Game Commission, the very thoughts of which makes a fellow's mouth water with reflections of tender and juicy steaks, after seeing pictures of large bucks dressed and ready for the culinary services and subsequent proceedings to be enjoyed by the state officials, after reading over the columnous, contradictory, camouflaged game code, which seems to suspend "in the air" all necessary laws and vests supreme power in the hands of a few, is there anyone who wouldn't be sorely tempted to kill a deer, especially if said deer trotted serenely in front of one's nose while out for target practice with a trusty rifle?

Such were the thoughts of James Hildeburn as he "pungled up" twenty-five "bones" for killing a deer recently in Alexander's addition. Mr. Hildeburn, while out with his rifle a few days ago, spotted a deer very near the Alexander bridge, the deer having been driven down to the water by dogs, and consequently Mr. Hildeburn's finger wouldn't behave and before he could avert the disaster the deer was dead—the dogs would have probably caught it anyway.

Sheriff Quine found out about the "murder" and after waiting a week or so decided that it didn't make much difference to the game commission whether the laws are enforced or not, or it may be that the said commission was too busy explaining matters to the Multnomah Rod and Gun Club and trying to convince the anglers that a salmon is not a fish, so the Douglas county maintainer of the peace and dignity of the law took matters into his own hands and Mr.

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Hildeburn was hailed before the justice of the peace where he immediately explored the pockets of his jeans, the judge of the court appropriating the contents thereof.

The deer slayer didn't mind the fine imposed but he was decidedly pained over the fact that shortly after the deer had been killed and put in the brush to await the cover of darkness to be removed to a more secure hiding place, it was found by the prying eyes of a number of young boys and was taken by them, and the spoils divided so that the hunter was unable to emulate the example of the more fortunate residents of the state who have been enjoying the most delicious meat the wilds of the state affords.—Umpqua Valley News.

Kaiser Would Die Rather Than be Tried

The former emperor of Germany is entirely impenitent, says Harold Begbie, writing in the New York Times and the London Daily Chronicle, after an interview with the former kaiser at Amerongen, Holland. The ex-ruler said he would kill himself rather than be tried. He protested that he did not cause the war, insisting he had done everything in his power to avert it. He declared that he had come to the throne too young and that he had made mistakes. The kaiser said:

"I see now where I might have done better, but consider my difficulties. I came to the throne too young. I really succeeded my grandfather, the hundred days of my father's reign do not count. I succeeded my grandfather and I found myself surrounded by his staffsmen. They were all old men. They regarded me with amused tolerance which the old men in those days employed toward their youngsters. It was really insufferable."

"I determined to assert my power. . . . The opposition I encountered made me headstrong. I can see now how bad it was for me. I became impatient, intemperate, but in spite of my faults I did help Germany to grow to a great power, and I kept

the peace for many years, and if Russia had not betrayed the world there would be peace now. I have made mistakes, but no man is more innocent of this war than I.

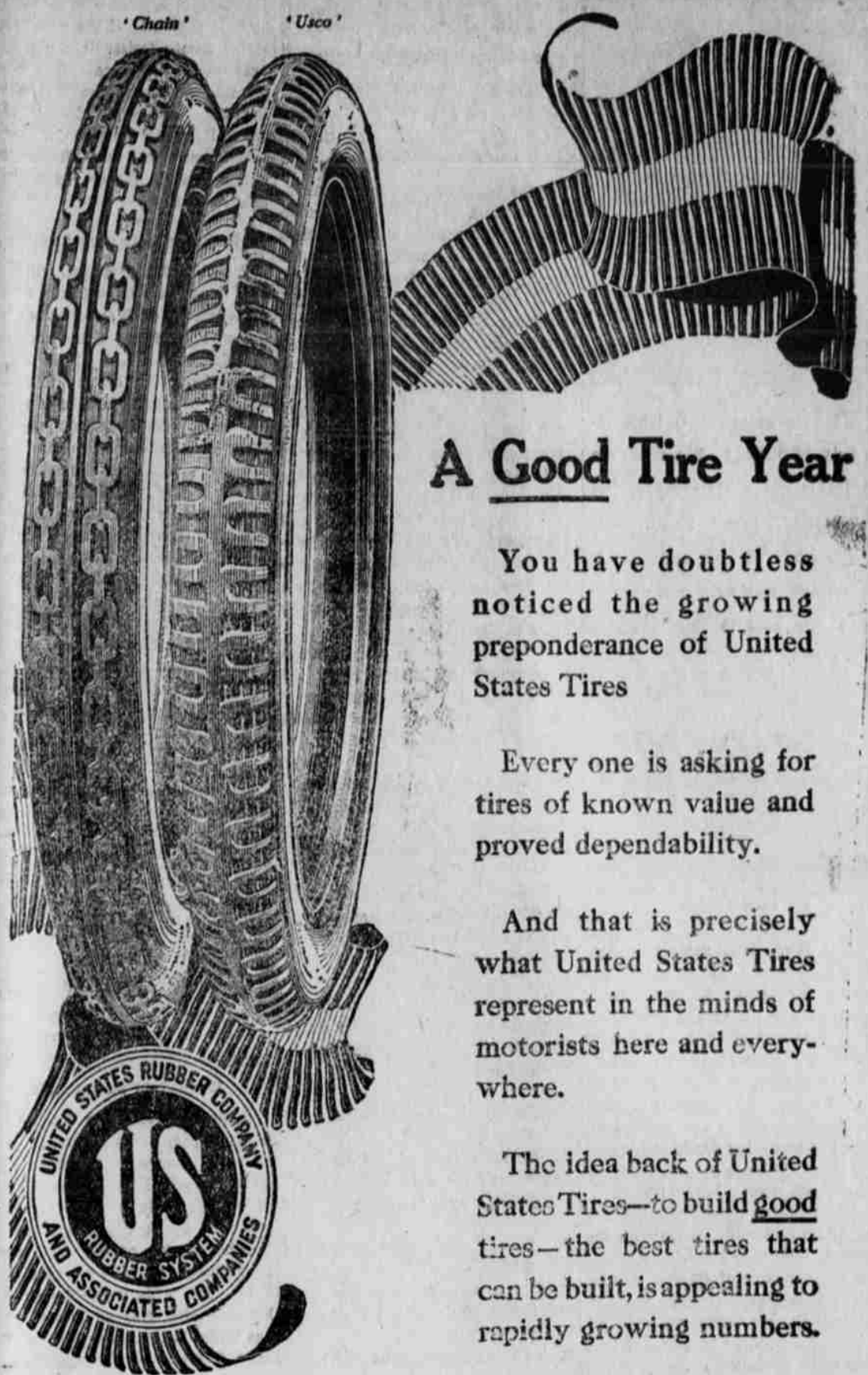
"I did not want war. Nicholas did not want war. George did not want war. No ruler wanted war. We were all dead against war. War was made by the diplomatists. The whole guilt of the war rests on the Russian government, and there were secret forces at work in the Russian government."

The kaiser sees himself as one who strove harder than any man in the world to avert war, writes Begbie. As for being put on trial he laughs at such an idea. . . . If he thought he was to be arraigned before an international tribunal he would destroy himself, not out of any fear of the result of such a trial, but because he would regard such an ordeal as insufferably undignified. He says:

"I am answerable for my conduct only to God and God knows how I strove, to my own peril and the peril of my throne, to avert the calamity of war."

Three western states, Arizona, Nevada and Washington, have restored the death penalty and Oregon added life sentence for holdup crime.

County has \$100,000 available for Drain-Reedsport road. Two fine bridges going in between Dillard and Myrtle Creek.



A Good Tire Year

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Missionary Meeting is in Session Today

The annual meeting of the Woman's Home and Foreign Missionary society of the Methodist district will be held in Grants Pass today and tomorrow. Three sessions a day will be held, at 9:30 a. m., 1:30 and 7:30 p. m. From the beginning of the convention this morning until the closing hour the sessions will be filled with interesting and inspirational numbers.

Some of the speakers to be on the program are Mrs. A. R. Maclean, of Portland; Olla Grace Davis, superintendent of the work of the Portland Industrial center, Portland; Mrs. C. A. Edwards and Mrs. H. J. Van Fossen, of Ashland, and others. Mrs. M. C. Reed, of Ashland, will be the presiding officer.

Tonight Rev. C. A. Edwards of the Methodist church of this city will give a stereopticon lecture. Several vocal numbers from Grants Pass talent will be features of each session.

Astoria Marine Iron works rated third largest ship-fitting plant in United States.

Monmouth will build a \$7500 memorial hall for soldiers and sailors.

Government to start work on Klamath Falls-Natron cutoff soon.

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