

Doctor Tells How to Detect Harmful Effects of Tobacco

Try These SIMPLE TESTS

New York: Doctor Connor, formerly of Johns Hopkins hospital, says: Many men who smoke, chew or sniff incessantly and who are seemingly healthy are suffering from progressive organic ailments. Thousands of them would never have been afflicted had it not been for the use of tobacco, and thousands would soon get well if they would only stop the use of tobacco. The chief habit forming principle of tobacco is nicotine, a deadly poison which, when absorbed by the system, slowly affects the nerves, membranes, tissues and vital organs of the body. The harmful effect of tobacco varies and depends on circumstances. One will be afflicted with general debility, others with catarrh of the throat, indigestion, constipation, extreme nervousness, sleeplessness, loss of memory, lack of will power, mental confusion etc. Others may suffer from heart disease, bronchial trouble, hardening of arteries, tuberculosis, blindness or even cancer of the common affection known as tobacco heart. If you use tobacco in any form you can easily detect the harmful effects by making the following simple tests. Read aloud one full page from a book. If, in the course of reading your voice becomes muffled, hoarse and indistinct, and you must frequently clear your throat, the chances are that your throat is affected by catarrh and it may be the beginning of more serious trouble. Next, in the morning before taking your usual smoke, walk

up three flights of stairs at a regular pace, then stop. If you find that you are out of breath, your heart beat is forced, or trembling or irregular, you may be a victim of functional or organic heart trouble. If you feel that you must smoke, chew or sniff to quiet your nerves, you are a slave to the tobacco habit, and are positively poisoning yourself with the deadly drug, nicotine. In either case you have just two alternatives—keep on with the self-poisoning process irrespective of the dangers and suffer the consequences, or give up the habit and escape the dangers. You can overcome the craving and stop the habit in a very short time by using the following inexpensive formula. Go to any drug store and ask for Nicotol tablets, take one tablet after each meal, and in a comparatively short time you will have no desire for tobacco, the craving will have left you. With the nicotine poison out of your system your general health will quickly improve.

Note—When asked about Nicotol tablets, one of our leading druggists said: "It is truly a wonderful remedy for the tobacco habit; away ahead of anything we have ever sold before. We are anxious to see the manufacturers refund the money to every dissatisfied customer, and we would not permit the use of our name unless the remedy possessed unusual merit." Nicotol tablets are sold in this city under an iron-clad money-back guarantee by all up-to-date druggists, including D. J. Fry.

geous purple robe and the bewigged town clerk.

British and American officers stood with the mayor to receive the NO-4 crew. As their boat drew alongside the pier the bany played "The Star Spangled Banner" and "God Save the King," and the crew advanced to receive the mayor.

MR. STEWART'S LETTER

(Continued from page 1)

get back each year the four mills of road tax that it pays into the county funds, regardless of whether they are included in the 150-mile program or not. Not only would it be wrong to ignore the 1200 miles of side roads for five or six years, but it would be illegal, since the law expressly provides that at least 70 percent of the road funds paid by each road district must be spent within that district.

The market roads committee agrees with Mr. Condit that the Pierce bill should pass, and in the campaign has treated this bill as a companion measure to the county bonds bill, and equally meritorious.

"Coming down to brass tacks, it will take all the money in sight from all available sources, including the bonds, to build the proposed 150 miles of roads within five years, and to keep up the 1200 miles of other roads within the county; and as the interest on the bonds as sold by installments will be only \$50,000 for the first four years, by voting the bonds the county will have just exactly \$800,000 more to spend for roads during the coming five years than it would have if the bonds were voted down. And without that \$800,000, and the state and federal aid that it may bring, the entire paving plan of Marion county will fall to the ground, and the available funds be spent from year to year as heretofore, in filling mud holes and spreading gravel that on the main traveled roads, where auto traffic is heavy, disappears almost as fast as laid down.

"It is significant, and doubtless prophetic of the great majority that is to be given the road bonds next Tuesday, that in the entire campaign, Mr. Condit's letter is the only one that has been written for the press in adverse criticism of Judge Bushey's plan.

"In conclusion it should be borne in mind by the voters that the last legislature, in returning one-fourth of the auto tax to the counties, provided that such fund should be used and disbursed preferentially for the payment and retirement of any bonds that may have been issued by the county for the purpose of road construction and improvement, and that such fund alone will pay off all the interest and more than one-fourth of the entire county bond issue. That section was put in the law with the express purpose of enabling counties to finance their road bond issues as far as possible without the burden of direct taxation.

—JAMES S. STEWART.

"Campaign manager Marion County Market Roads."

Send a copy of the Peace edition to the boys in the service. Only a limited number of copies left, so order early. 25 cents per copy.

COLONEL MAY RESIGNS

(Continued from page 1)

In justice to both Colonel May and his employers cannot but consent.

"Colonel May has rendered most valuable service to the state in the organization of the national guard."

The governor stated that arrangements are practically completed as to Colonel May's successor and will be announced shortly.

BITS FOR BREAKFAST

June, first summer month.

Summer is supposed to begin about June 21.

If spring conditions continue, with the usual "June rains," bumper crops are sure in nearly all lines.

The flax fields are immense; great crop assured. This will keep the flax mill at the penitentiary going in fine shape.

The eagle of the air came home to roost—the NC-4 landed at Plymouth.

It took three hundred years save one for the bird to get back, but it finally came to the place from which the Mayflower left.

The Pilgrims builded about three hundred times better than they knew.

The great German bluff is due to be called almost any hour now.

Finally, make it even, and don't miss a number. Put Oregon on the reconstruction map and let the world know we are up and coming.

CHEMAWA HAS COMMENCEMENT DURING WEEK

Baccalaureate Sermon to Be Preached by Rev. T. S. Anderson Tonight

CONTEST IS TOMORROW

Nine Students Enter Oratorical Events—Concert This Afternoon

Commencement week at Chemawa Indian school begins today with the baccalaureate services at 8 p. m. Rev. Thomas S. Anderson, of the First Presbyterian church will preach the sermon.

The main feature for Monday will be the declamation contest in the auditorium at night. Nine students have entered this.

Band concerts and baseball games will be among the outstanding events of the week. A sacred concert will be held at 2:30 Sunday afternoon and dress parade at 4:30. The first ball game will be at 2:30 Monday and this will be followed by a concert at 6:45. Visitors are invited to be present on all occasions.

Below is the program for tonight: Processional—Orchestra.

My Country 'Tis of Thee—School.

Invocation—Rev. Thomas S. Anderson, Presbyterian church, Salem, Oregon.

Vocal solo—Teach Me To Pray (Jewett) Charles Williams.

Cathedral Chimes (Arnold Brown) Orchestra.

Allie (Ascher) Girls' Octette.

Baccalaureate sermon—Rev. Thomas S. Anderson.

Praise Ye The Father (Gounod) choir.

Song—"Chemawa," school.

Recessional—Orchestra.

Monday night's program follows: Processional—Orchestra.

Lasea—Eleanor Houk.

Bed Time—Mary Motanic.

The Night Run of the Overland—Julia Cromoff.

Victor of Morengo—George Thomas.

The Death Scene of a Traitor—Arthur Johnson.

The Soul of the Violin—May Belle Healy.

The Making of Our Country's Flag—Victoria Damon.

America—Charles Williams.

Joan of Arc in Prison—Katherine Wilder.

Judges' Decision.

Recessional—Orchestra.

ARMY DRIVE TO OPEN WEDNESDAY

Elks to Stage Mass Meeting in Armory for Aid of Salvationists

The Salvation Army drive for funds for its home service work which is being conducted under the auspices of the Elks lodges throughout Oregon, will be launched in Salem at a mass meeting in the armory, Wednesday night, June 4, when Dr. Charles T. Wheeler will be the speaker. There will be no admission.

Dr. Wheeler, whose lectures have been acclaimed by the press of the eastern states, as "the greatest ever given" will be the speaker and he will relate his experiences as a Salvation Army worker on the battle fields with the American army. Salem Elks are planning to attend in a body, headed by their band.

All the \$250,000 to be raised in Oregon is to be spent in the state.

Golfers Compete Today for Magazine Trophy Cup

The elimination tournament for the Golfers' magazine trophy will be played at the Illahee country club course today. Sixteen players qualified at the matches held Friday and these will compete today in groups of four.

Recent matches have been hampered a bit by unpleasant weather but the tournament today promises much for the spectators because of the weatherman's predictions of "fair and warmer."

Following are those who have qualified for the match: Fred A. Thiesen, Chester C. Cox, Errol Kay, O. A. Locke, S. E. Edwards, Dr. H. H. Illinger, T. A. Livesley, W. H. Eldridge, Walter McDougall, W. H. Lerchen, Arthur Hutchins, T. B. Kay, Everett Anderson and David Eyre.

Prominent Women Will Speak at Church Today

Two special missionary meetings will be held at the First Methodist church today, one a mass meeting at 2:30 in the afternoon attended by the auxiliary members as well as the officers of the entire Oregon conference. The evening session is scheduled for 8 o'clock.

Officers of the National Women's Home Missionary society of the Methodist church will address the gathering. Among the women who will take part in the program is Mrs. George O. Robinson, now first vice-president, who was for five years president of the organization and is founder of the George O. Robinson orphanage in Porto Rico.

Her sister, Miss Henrietta A. Bancroft, for 11 years general superintendent of the national deaconess work, will have a prominent part

MRS. MAY COULD NOT WORK

Made Well and Strong by Lydia E. Pinkham's Vegetable Compound.

Columbia, Pa.—"I was very weak and run down and had dragging-down pains and pains in my back. I could not get around to do my work and had to sit down and rest often during the day. I saw Lydia E. Pinkham's Vegetable Compound advertised in the papers and read the testimonials, so I thought I would try it. Now I am healthier than I ever was in my life, and can recommend it to any woman who suffers as I did."

—Mrs. ELIZABETH MAY, R.F.D. No. 1, Columbia, Pa.

The reason Lydia E. Pinkham's Vegetable Compound is so successful in overcoming women's ills is because it contains the tonic, strengthening properties of good old fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strength-giving, curative influence, and the letters which we are constantly publishing from women in every section of this country prove beyond question the merit of this famous root and herb medicine.

In the devotional services. Both are most cultured and attractive women, having occupied positions as deans of women at Northwestern Woman's college and Adrian college respectively.

With them are four speakers from the Southern California conference, Mrs. Daniel Dundas, a specialist in young people's work, Mrs. M. M. Northrup, an authority on methods, Mrs. Kirk, who is to speak on the work in Alaska, and Mrs. M. C. Bliss, national field secretary.

That their action in compelling James Sykes to march in the armistice day parade was inspired by a desire to create a spirit of loyalty and that they were without malice and without injury to the plaintiff.

Bert W. Macy and Morris W. Welch filed answer in circuit court yesterday to the suit brought against them by Mr. Sykes for \$5000 damages. Elmer Mangis, also a defendant in the suit, filed answer in which he denied all the allegations.

Mr. Macy and Mr. Welch alleged

that Sykes made utterances that he did not march in the parade unless compelled to do so and that the utterances were made to provoke assault and that in the intensity of feeling at the time, Mr. Welch and Mr. Macy did compel Sykes to march for a block and a quarter. They claim that Sykes afterward made an extensive apology and admitted his mistake.

Send a copy of the Peace edition to the boys in the service. Only a limited number of copies left, so order early. 25 cents per copy.

Kimball Commencement to Open With Sermon Today

Commencement week of Kimball College of Theology will begin today with the baccalaureate service at the First Methodist church at 11 o'clock. Dr. William Wallace Youngson of Portland will deliver the address. The two graduates and the faculty of the college will meet at the college and attend the service in a body.

On Tuesday the contest for excellence in reading of scripture and hymns will be held, five students taking part. The prize is offered by Rev. Dr. A. N. Fisher, of Portland, a well known reader and former editor of the Pacific Christian Advocate for over 12 years. Those who are entitled to enter the contest are Rev. S. W. Hall, Rev. Mr. Bates, Rev. Joseph Miller, Rev. Mr. Roysten, and Harvey O. Cooper.

Wednesday the reception for the graduates will be held at the college and on Friday Dr. R. H. Shuett, pastor of the First Methodist church at Tacoma, will deliver the commencement address in the Kimball assembly room.

Loose clothes, loose gloves, and loose shoes spell comfort and health.

For Sale by Lebold & Co., 14 E. Goodman, Lanier-Morley & Co., W. B. Gerth, J. D. Cooley, A. W. Schunk, J. L. Busiek, W. K. Richardson, Reddaway's Cash Store, Gibson & Birch, Liberty.

M. V. Johnson, Mays & Goode, Donald, Oregon, J. C. Savage, Wacunda, Oregon, W. H. Hamp, Brooks, Oregon, M. J. McCormack, West Woodburn.

SYKES DAMAGE SUIT ANSWERED

B. W. Macy and Morris Welch Allege Forced March Inspired by Loyalty

That their action in compelling James Sykes to march in the armistice day parade was inspired by a desire to create a spirit of loyalty and that they were without malice and without injury to the plaintiff.

Bert W. Macy and Morris W. Welch filed answer in circuit court yesterday to the suit brought against them by Mr. Sykes for \$5000 damages. Elmer Mangis, also a defendant in the suit, filed answer in which he denied all the allegations.

Mr. Macy and Mr. Welch alleged

that Sykes made utterances that he did not march in the parade unless compelled to do so and that the utterances were made to provoke assault and that in the intensity of feeling at the time, Mr. Welch and Mr. Macy did compel Sykes to march for a block and a quarter. They claim that Sykes afterward made an extensive apology and admitted his mistake.

Send a copy of the Peace edition to the boys in the service. Only a limited number of copies left, so order early. 25 cents per copy.

ARMY DRIVE TO OPEN WEDNESDAY

Elks to Stage Mass Meeting in Armory for Aid of Salvationists

The Salvation Army drive for funds for its home service work which is being conducted under the auspices of the Elks lodges throughout Oregon, will be launched in Salem at a mass meeting in the armory, Wednesday night, June 4, when Dr. Charles T. Wheeler will be the speaker. There will be no admission.

Dr. Wheeler, whose lectures have been acclaimed by the press of the eastern states, as "the greatest ever given" will be the speaker and he will relate his experiences as a Salvation Army worker on the battle fields with the American army. Salem Elks are planning to attend in a body, headed by their band.

All the \$250,000 to be raised in Oregon is to be spent in the state.

Golfers Compete Today for Magazine Trophy Cup

The elimination tournament for the Golfers' magazine trophy will be played at the Illahee country club course today. Sixteen players qualified at the matches held Friday and these will compete today in groups of four.

Recent matches have been hampered a bit by unpleasant weather but the tournament today promises much for the spectators because of the weatherman's predictions of "fair and warmer."

Following are those who have qualified for the match: Fred A. Thiesen, Chester C. Cox, Errol Kay, O. A. Locke, S. E. Edwards, Dr. H. H. Illinger, T. A. Livesley, W. H. Eldridge, Walter McDougall, W. H. Lerchen, Arthur Hutchins, T. B. Kay, Everett Anderson and David Eyre.

Prominent Women Will Speak at Church Today

Two special missionary meetings will be held at the First Methodist church today, one a mass meeting at 2:30 in the afternoon attended by the auxiliary members as well as the officers of the entire Oregon conference. The evening session is scheduled for 8 o'clock.

Officers of the National Women's Home Missionary society of the Methodist church will address the gathering. Among the women who will take part in the program is Mrs. George O. Robinson, now first vice-president, who was for five years president of the organization and is founder of the George O. Robinson orphanage in Porto Rico.

Her sister, Miss Henrietta A. Bancroft, for 11 years general superintendent of the national deaconess work, will have a prominent part

Trustworthy TIRES

We handle nothing but trustworthy tires.

Your motor car is exactly as good as its tires. It cannot be better for without tires it will not carry you a single mile.

Doubtful tires make even the best car doubtful.

You must be able to trust your tires day or night, rain or shine, city street or country road.

Protect your family with tires such as we sell and guarantee.

Modern equipped repair and retreading plant, 250 ton press for solid tires.

United States and Kelly-Springfield solid, fabric and cord tires and tubes.

QUACKENBUSH AUTO SUPPLY & VULCANIZING

"Service Car"

219 North Commercial St. Phone 66

"That poor woman has not been married any time and already she is taking in washing."

"What is her husband doing?"

"He is taking in the proceeds."—San Francisco Chronicle.

Boys! Boys!

VACATION DAYS

will soon be here. Get in line to make MONEY this summer. No premiums or prizes. REAL CASH!!!

List your names with the Circulation Manager before June 1st—he will tell you all about it.

PARENTS—Let your Boy earn his own spending money in a clean legitimate way. Initiate a BUSINESS INSTINCT in him. Keep him out of mischief. A few hours walking in the open air each day—What could be healthier?

Open to boys over 14 years old.

Circulation Dep't.

The Oregon Statesman

CLIP THE COUPON

Clip the accompanying Coupon and mail to The Statesman Office today.

25c POLK AND MARION COUNTY 25c
the PEACE EDITION OF the
Copy THE OREGON STATESMAN Copy

The Oregon Statesman,

Salem, Oregon.

Enclosed find \$..... for which please mail me copies of the Peace Edition.

(Your name here)

Post Office Address

Great Mass Meeting

WEDNESDAY, JUNE 4—ARMORY—8 P. M.

Dr. C. T. Wheeler

Of Chicago

FEARLESS
SILVER
TONGUED
ORATOR

RECENTLY
RETURNED FROM
BATTLE FIELD
OF FRANCE

Admission Free—No Collection

AUSPICES OF SALEM ELKS LODGE