

THE OREGON STATESMAN

Issued Daily Except Monday by
THE STATESMAN PUBLISHING COMPANY
215 S. Commercial St., Salem, Oregon

MEMBER OF THE ASSOCIATED PRESS
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DAILY STATESMAN, served by carrier in Salem and suburbs, 15 cents a week, 50 cents a month.

DAILY STATESMAN, by mail, \$6 a year; \$3 for six months; 50 cents a month. For three months or more, paid in advance, at rate of \$6 year.

SUNDAY STATESMAN, \$1 a year; 50 cents for six months; 25 cents for three months.

WEEKLY STATESMAN, issued in two six-page sections, Tuesdays and Fridays, \$1 a year (if not paid in advance, \$1.25); 50 cents for six months; 25 cents for three months.

TELEPHONES: Business Office, 23. Circulation Department, 583. Job Department, 583.

Entered at the Postoffice in Salem, Oregon, as second class matter.

HELP THE RED CROSS AND THE RED CROSS WILL HELP YOU: DON'T LET THE FLU GET YOU

Health education lies at the root of the physical well being of a state.

Normal school, rural schools, local health organizations and the press of the state are the co-ordinating agencies employed for the propagation of health in the state of Oregon.

Ohio is challenging the other states of America in a race to make its citizens the healthiest in the Union.

Each county will have a full time health officer, public health nurse, and clerk.

Cities of over 25,000 population will have city health departments.

All but four counties have already organized their health boards.

All of the counties which have completed their budgets have "gone over the top," by providing for larger expenditures than the State Legislature set as the irreducible minimum.

The demand for public health nurses exceeds the supply.

Wisconsin, by an act of the last Legislature, provides that by 1921 there must be at least one public health nurse or health instructor in each county. Twenty-three counties are already supplied.

But Minnesota public health demonstration nurses have been sent to 80 out of 84 counties for periods ranging from two to six months.

Through the agreement between the Red Cross and the Minnesota Public Health Association, made July 14, 1919, the Northern Division, American Red Cross, has already placed 28 permanent public health nurses.

This agreement released the funds of the Minnesota Public Health Association for other health educational and demonstration work with the result that Minnesota now has 82 county public health associations.

Thirty-seven of these counties have conducted children's clinics. Dental, nutritional, tuberculosis, maternal welfare and psychiatric clinics will soon be conducted.

Ten have health surveys.

Thirty-four support their own county tuberculosis sanatoriums.

Minnesota won 51 out of 110 pennants awarded to schools in the United States for the Modern Health Crusade Tournament, and, furthermore, the activities are growing bigger and wider every day under the demands of the people themselves—not just the physicians and nurses. The people are organizing and working for the good of their counties and their state.

The splendid advantages to every county of securing the advice of these physicians cannot be over estimated—as one of the greatest proofs of the rapid advances now being made in the field of preventive medicine.

The movement is nation wide.

It will make for the development in the United States of a race of real super-men; or as nearly that ideal as may be reached this side of the millennium.

It should be prosecuted till every enemy in the shape of preventive disease shall be put under the feet.

The American Red Cross should be kept permanently on the job; the "Greatest Mother of the World" warding off the diseases that attack her children, and ministering to them in time of sickness; binding up their wounds and healing the hurts and soothing the suffering and feeding the hungry, and guiding them towards the pathways of strength and health and self-respecting and independent citizenship.

The sick world needs sentiment, but it needs service more, and the Red Cross supplies both.

A new house a day will not be enough for Salem.

It is a pity we might not have had the treaty ratified before the anniversary day of the armistice.

Strikes are industrial barbarism, says the senate report. Correct. And they must be stopped.

Talking about drives, the one for more houses in Salem is along the line of patriotic duty.

It is proposed to allow smoking in some of the churches in England. Possibly to get the congregation accustomed to what is to come.

Senator McNary's bill to equalize the supply, and for the government to buy sugar where needed, through 1920, is reported favorably by the committee. Charley is the candy kid.

We are not advised where Billy Sunday is now, but if he is within reach of the news he must know that the devil he has hit so hard and many times is loose in this country. —Philadelphia Press.

Rev. D. Henry Falconer of Baltimore expresses the opinion that there is too much of the noise of the world in our prayers, too much formal dramatic staging. He must be one of the old-fashioned men who are of the opinion that if we pray in secret we shall be rewarded openly.

DID YOU KNOW that the slogan pages of The Statesman of last Thursday gave the most complete and up to date information on the flibbert industry ever printed, as applied to this territory? That is what an expert told the writer yesterday. And you will find the same, as to

Eye-Glass Delays Are Dangerous

Whenever your eyesight becomes defective a strain is put upon the eyes often resulting in headache, nerves or ill temper.

This strain if long continued will more seriously impair your vision and cause your greater discomfort.

Our scientifically fitted glasses instantly relieve the strain, restore normal vision and replace that scowl with a smile.

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ing in the struggles of a puny church toward greatness, but, after all, a community can best be served by one strong church rather than two or three weak ones. When a congregation must devote most of its energies to the task of raising the money for the preacher's salary there is a lost motion that wouldn't be put up with in the business world—and the church of today must be operated on a business basis. Leaders of religious thought all now admit that a town can have too many churches for its own good. Many of them do, in fact.

A JOB FOR THE CHURCH.

"If any organization on earth can help to guide the people to a solution of the anarchistic problem, then it ought to be the church of Jesus Christ," said a minister recently.

If the church can succeed in instilling into the minds of the murderous, order-hating I.W.W. and other anarchists a modicum of respect for Christianity, then the church will have performed a miracle.

CHURCH MOVEMENT.

Reports of the Interchurch Survey show one California city of 4000 inhabitants without a single church, while another town of but 1600 people in the same county has no less

than 14 different Protestant organizations. One community is highly overchurched while the other has only the picture show as its Sunday attraction. Such inequalities are to be corrected and church federation will help at lot.

DAYS OF BIG PROFITS.

People are so used to talking big money in these times that even those who read their Bible regularly don't pay much attention to the minor prophets.

A LASSIE'S LAURELS.

The Distinguished Service medal has been awarded to Evangeline Booth, head of the Salvation Army. It is suggested that in the eternal fitness of things, the trophy might take the form of a golden doughnut and be presented to her on a Friday.

THE DOXOLOGY APROPOS.

Last Sunday an elder announced: "Owing to a misunderstanding, the supply arranged for in the absence of the regular pastor has not appeared, consequently there will be no service. The congregation will rise and sing 'Praise God from whom all Blessings flow' and be dismissed." —Correspondence Denver News.

SOME OF THEM THERE.

An evangelist who was conducting nightly services announced that on the following evening he would speak on the subject of "Liars." He ad-

vised his hearers to read in advance the seventeenth chapter of Mark.

The next night he arose and said, "I am going to preach on 'Liars' tonight and I would like to know how many read the chapter I suggested."

A hundred hands were upraised. "Now," he said, "you are the very persons I want to talk to—there isn't any seventeenth chapter of Mark."

IN A DIFFERENT BOOK.

A bashful curate found the young ladies in a parish too helpful. At last it became so embarrassing that he left.

Not long afterward he met the curate who had succeeded him.

"Well," he asked, "How do you get on with the ladies?"

"Oh, very well indeed," said the other. "There is safety in numbers, you know."

"Ah!" was the instant reply. "I only found it in Exodus." —Dallas News.

BITS FOR BREAKFAST

It is a show-down.

The coal strike must be called off.

The men who ordered it must call it off or suffer the penalties of the law.

The might of the American people is behind the law which their representatives have made and their courts will order enforced, and which will be enforced.

And the deportation of the yellow Russian reds who are being rounded up will help some.

Looks like the treaty, with reservations, is going to be ratified at last. Glory be.

Full again.

The Statesman this morning. Jammed to the guards. The advertisers did it.

And the advertising men of The Statesman said the advertisers were so busy yesterday that the could with difficulty get copy. So they know they are getting results.

The people are responding to the intelligent and fair offerings. "It pays to advertise," which marks Salem as a live and progressive city.

If you have not joined the Red Cross, why not? There is not a single solitary valid excuse.

COTTON PRODUCTION.

Arizona and California (including that part of the Imperial Valley situated in Mexico) have grown 176,000 bales of cotton during 1919, an increase of 53,000 bales over 1918. With indicated yields of 305 pounds and 333 pounds per acre respectively, these yields, which are the highest per acre in the United States, exceed the average by 147 and 175 pounds respectively.

As He Saw It.—Robbie first heard a concert when he attended a recent entertainment in aid of a patriotic fund. A celebrated soprano, accompanied by a famous orchestra, was singing when Robbie arrived. The small boy became at once interested in the gesticulations of the conductor.

"Mother, why is that man shaking his stick at the lady?" he asked.

"Hush! He is not shaking his stick at her."

"Then, what is she screaming for?"

WOMEN! MOTHERS! DAUGHTERS!

You who tire easily; are pale, haggard and worn; nervous or irritable; who are subject to fits of melancholy or the "blues," get your blood examined for iron deficiency. **WATERBURY'S** Iron Tonic takes three times a day after meals will increase your strength and endurance in two weeks! Time in many cases.—Ferdinand King, M.D.

Sold by Daniel J. Fry and J. C. Perry drug stores and all other druggists.

WITHOUT a savings account no man can realize on the full measure of his opportunities.

Deposits made on or before the 5th of any month, draw interest from the 1st of the month.

Salem Bank of Commerce

Naturopathy—What It Is, and Five Reasons Why You Should Be Treated By a Naturopathic Physician

What Is Naturopathy?

Naturopathy is a system of treating the sick by the use of drugless and non-surgical methods. It is based upon the principle that if the causes of disease are removed, Nature will restore the body to health, because the body, when functioning normally, contains within itself the elements to restore and maintain health.

What Methods Are Used in Naturopathy?

Naturopathy uses various principles efficacious in healing the sick, some of which are:

Dietetics—Scientific food selections, preparations and combinations.

Hygiene—General personal hygiene.

Manualtherapy—Manual methods of correcting abnormal conditions of the body.

Hydrotherapy—Scientific application of water of varying temperature.

Electrotherapy—Scientific application of the different forms of electricity.

Psychotherapy—A scientific application of the powers of mind to the problems of health and disease.

Vibrotherapy—Mechanical and manual vibration.

Ozone and Oxygen Vapor—Oxygen converted into ozone by electricity.

Phototherapy—Scientific application of sunlight, incandescent light and arc light, for curative purposes.

What Is the Standing of Naturopathy?

Naturopathy has already been recognized and adopted by many of the brightest minds in the orthodox schools of medicine.

Naturopathy is not Osteopathy, Chiropractic, Christian Science, or any other similar system. We do not condemn them; we recognize the good in all of them.

Five Reasons Why You Should Be Treated by a Naturopathic Physician

First—Because Naturopathy uses all drugless and non-surgical methods in treating the sick.

Second—Because Naturopathy is the oldest of the drugless cults.

Third—Because Naturopathic methods are based upon scientific observation and practical experience.

Fourth—Because Naturopathic methods are adapted to the treating of all persons from infancy to old age.

Fifth—Because Naturopathy is more effectual and less expensive than other systems of treating the sick.

DR. A. SLAUGHTER

Naturopath
210 U. S. National Bank building
Phone 110.

FURNITURE

Quality + Economy

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The Famous Charter Oak Ranges and others \$80 to \$125	Combination Ranges, Coal, Wood and Gas, "The Occidental".....\$110 to \$145	Combination Heaters, Air Tight, Coal or Wood \$25 to \$35	Coal Oil Heaters \$5.25 to \$9.50
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If you are going to furnish that new home get our money-saving prices before you buy.

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