

The Oregon Statesman

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THE GOSPEL OF CLEAN LIVING

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"Farmer" Burns is a wonderful wrestler of the middle west who is now 60 years old. Although "still in the ring," he has recently signed for 14 weeks with the Redpath Chautauqua circuit, and will make 90 talks, beginning at Davenport, Iowa, June 1, on the subject of "Athletics, Optimism and Clean Living." Of his Chautauqua engagement he says: "Besides my talk, I am going to show all the famous 'rastlin' holds, do an expansion act and show what clean living has done for me."

Of his personal habits the Redpath Circuit speaks thus: "Farmer Burns never has smoked; he never has tasted that which blights the stomach and reddens the nose. He never has chewed anything stronger than food, the 'rag' and a few of his opponents' ears. He doesn't drink tea or coffee with cream, or sugar in it—in fact, he doesn't drink it with tea or coffee in it. He doesn't drink anything but milk and water. He never swears. The 'Farmer' is as clean as the open prairie, and to this he attributes his great physical strength and his strong nerves."

Here is an object lesson for everybody, and especially for the young. Not only in wrestling matches and athletics generally is it true that those who have the most perfect habits and live the cleanest lives are usually the winners, but it is true in the professions, in business and in every line of employment. At the head of the professions and the great business enterprises of the country are to be found men whose constitutions and intellects have not been undermined by alcohol, whose perceptions have not been dulled, whose hearts and nerves have not been weakened by narcotics of any kind, and whose blood and inner lives have not been poisoned by any form of immorality or degeneracy. Such men will generally be found in the best positions in their line, and no matter what the industrial situation or the conditions of the labor market, they are the first to be employed and the last to lose their jobs.

Yet there are those—even some physicians—who will boldly tell us that any of these things from which "Farmer" Burns abstains, used in moderation, are harmless. To begin with, they are seldom used in moderation. They are all habit forming, and once the appetite for them is created, the call for more frequent and complete gratification becomes constantly stronger and more insistent. Only those with the strongest wills can resist these calls of the appetite and be guided by judgment in the use of them. Besides, it is not true that these things are harmless, used even in moderation. They are harmful used in any amount.

Those who say that they are harmless possibly do so in self-justification. Perhaps they do not like to admit, even to themselves, that they are yielding their better judgment to these unnatural cravings. At least, these apologists usually try to influence their children and the women not to use stimulants, tobacco or other narcotics. If they are so harmless, why not give them to the women and children?

Of the physicians who advise that the habitual use of alcohol in moderation is all right and habitual smoking harmless, it may be said that too many of them are moved to give such advice because they do not want to offend and so lose a patient. Others are doubtless ignorant of the effect of these things in the human system. In any case, if one's physician advises him thus, and especially if his advice comes from ignorance, it is time to get another physician. In this age of scientific investigation there is no excuse for such lack of knowledge in a physician. One can not afford to trust his life in the hands of one so ignorant. It has been scientifically demonstrated times without number that alcohol and tobacco are both poisons and operate as such in the human system. They are not so deadly as strychnine, it is true, but their deleterious effects are just as known and certain.

But there are other and stronger reasons than those sug-



DOWN AT THE HEEL

IT IS all too easy, in an endeavor to retrench, for the farmer to permit his implements to go unrepaired or unreplaced, his improvements to lapse and his operations generally to lag.

It is always harder to pull out after slipping back than to keep pushing ahead, so our advice here at the United States National is to have everything in ship-shape condition.

United States National Bank
SALEM OREGON

gested by health or financial considerations for abstaining from stimulants and narcotics. Human life is something more than the mere performance of the bodily functions. That one lives to be old is nothing if he be half dead all his life. One with an iron constitution might be a confirmed inebriate all of his mature life and still live to be 80 years old. But what of it? Is that an argument in support of the liberal use of intoxicants? Had he been a total abstainer, he might have lived to be 100 years old. What has his life amounted to? What has he accomplished that is worth while? What has he really enjoyed? What is the condition of his mind, his soul? Has his use of alcohol helped him to do, to be, something, or otherwise? Are not these the important considerations?

One's nerves and sensibilities may be so deadened or benumbed by dissipation, by the use of stimulants, tobacco or narcotics that he is incapable of real enjoyment, even in a physical way; and they become so deadened in proportion as he yields to the appetite for these things. The nerves thus deadened can not feel to the same degree the pleasure that comes constantly to him who leads a truly clean life. The man with uncontaminated brain, nerves and life gets real thrills from his pleasures, his work, his achievements. To him it is a constant joy merely to be alive. For him no periods of ennui, no disturbing, abnormal cravings, no wishing for the end of an empty life or thoughts of suicide to finish it all. His daily life is full of rich rewards that make life well worth living.

His religion, for of course such a one eventually turns to religion, is not one of sorrows and gloomy regrets; one full of wonderings whether a just God may or may not have forgiven his sins and vices. His religion is a joy, the source of his highest, greatest pleasures. As the end of life approaches he faces the future—the great eternity—not with trembling uncertainty, but with upturned eyes and radiant face, confident and unafraid.

There are 66 books in the Bible, 1189 chapters, 31,173 verses, 773,693 words and 5,336,489 letters. If you doubt it, count 'em. It will be a good way to "search the scriptures."

Some men just dote on punishment. Billy Sunday is now trying to take a fall out of the sinners of Cincinnati, Ohio.

Don't be afraid of the devil—he can do nothing unless you assist him.

If you can help the Salem slogan editor on the subject of silos, please hold up your hand. That is the slogan subject for next Thursday. It is an important one for this district.

Now the broccoli industry for the Salem district is all ready to shoot. It will be big at the start, and it will grow like a green bay tree, especially after this year, if all goes well with the 1922 crop.

The Hamon girl is coming to Los Angeles to enter the moving picture game and there is much excitement among the folks on the lot. Please read your John VIII:7.—Los Angeles Times. Possibly that great family newspaper thinks this verse of Scripture applies with especial force in the moving picture circles of that jazzy burg.

A dinner given recently in New York to Thomas Mott Osborne by about 100 former inmates of prisons in New York state and the naval prison at Portsmouth, N. H., was eloquent testimony to the vital quality of Mr. Osborne's contribution to prison reform. All of his hosts are said to be useful citizens. If only a considerable proportion of them are the testimony holds; and the same thing is true in Oregon and elsewhere.

The extraordinary scope of American inventive genius is almost proverbial. That it is accompanied by remarkable patience seems to be indicated by the annual report of the commissioner of patents. The average wait before a new case is reached by the examiners, he says, is seven months. After a record year the office now has 40,444 applications on file awaiting examination. The plea for more help seems to be entirely reasonable.

Secretary Hughes displays due caution and no haste regarding a trade agreement with soviet Russia. Preliminary to such an agreement he requires of Russia "fundamental changes . . . involving due regard for the protection of persons and property and the establishment of conditions essential to the maintenance of commerce." In the word "property," he means private property, and the abolition of private property is what communism lives for. The latest word from Russia is to the effect that the soviet authorities do not

FUTURE DATES

April 8, Friday—Dual Women's debate between W. S. C. and Willamette.
April 8, 9, and 10—County Sunday school convention at First Methodist church.
April 10, Sunday—Blossom Day.
April 15, Friday—Baseball, Willamette vs. U. of O. at Eugene.
April 16, Saturday—Baseball, Willamette vs. U. of O. at Eugene.
April 16 and 17, Saturday and Sunday—Baseball, Salem Senators vs. Red Sox.
April 22, Friday—Dual Debate between Willamette and Whitman.
May 2, Wednesday—Apollo club in concert with Virginia Ray, soprano, at Armory.
May 5 to 8 Inclusive—Annual conference of Fraternal Association.
May 7, Saturday—Marion County track meet and baseball tournament.
May 26, 27 and 28—Baseball, Willamette vs. Whitman, at Walla Walla.
October 1, Saturday (indefinite)—Football, Willamette vs. O. A. C. at Corvallis.
November 24, Thursday (tentative)—Thanksgiving day, Corvallis, Willamette vs. Multnomah, at Salem.

fer and blue mud. When they take to monkeying with our bill of fare we feel like turning in a riot call. When the scientists get to making Manhattan cocktails out of the Missouri river, even the home brew hounds and bootleggers of jackass brandy and wood alcohol will turn to prohibition with a smile of welcome.

BITS FOR BREAKFAST

Broccoli starts off right.

The Salem district will take the lead.

There is plenty of room in the broccoli band wagon. The more the merrier and the better for all concerned, if all growers will stick to the rules of the game.

But the big thing is quality, from the seed to the crate and the consumer.

There was a farmer in Salem yesterday praying for rain. Said it was getting dry in his neighborhood. Can you beat it?

The bootleggers of high and low degree around Salem would better look out. The devil is going to be to pay for them, and no pitch hot.

The slogan editor is going to try to prove that there should be a silo on every farm—and several on some. Can you help?

Next week congress will be grinding; and the grist will be good for the whole country and the whole world.

The pony contest of The Statesman and its allied papers is getting under headway already. It is going to be something worth watching.

BOOK REVIEW

Those who enjoyed "The Prestons" by Mary Heaton Vorse, will welcome the little book, "Growing Up," or "Parent's Progress," as someone has termed it.

Tom and Alice go to meet parenthood with a feeling of self-sufficiency. They turn their backs upon the good old days of "snore the rod and spoil the child."

Robert, their first baby, is healthy and happy because they are wise in their treatment of him. They do not understand the problem of other parents because they do not have any problems. In due time, Robert develops a decided personality of his own. He persistently disobeys. Shall they resort to spanking? Tom finally tries spanking, much against Alice's wishes. Even this measure seems to fail.

Howling, irrepressible, Sarah leads them farther into the slough of despond, and funny, good-natured little Jamie presents

problems entirely beyond their ken? Well meaning neighbors, neighbors' children, and an ever-present mother-in-law add to their troubles. We leave them still struggling to work out their own problems, and entirely in sympathy with those of other parents.

Strength comes from well digested and thoroughly assimilated food. Hood's Sarsaparilla tones the digestive organs and thus builds up the strength. If you are getting "run down," begin taking Hood's at once. It gives nerve, mental and digestive strength. Adv.

Dry Leader Scheduled To Give Public Address



W. J. HERWIG Supt. Anti Saloon League

Rev. W. J. Herwig, superintendent of the Anti-Saloon league of Oregon, will be heard in the First Methodist church Sunday morning, 11 a. m. He is a speaker of magnetic power and his arguments against the lawless and illicit sale of liquor with a force that nothing withstands. His wide experience as leader of the forces of law and order in three or four states gives him a grasp of the situation that few men possess. The results that have been obtained by the law and order department under his direction tell of the effectiveness of his plans. The league is simply overwhelmed with calls for help. His coming to Salem ought to insure for him a wide and sympathetic hearing.

This Anti-Saloon league of Oregon is in the midst of a vigorous campaign to arouse public sentiment in favor of law enforcement. Daily the evidences of its effectiveness are seen from the results obtained. More than a score of stills have been captured, 35 convictions secured, thousands of gallons of mash and hundreds of gallons of liquor destroyed. In the present struggle against the illegal sale of liquor, several hundred communities have turned to the Anti-Saloon league for help. The league is backing the authorities to the limit and rallying all the forces of righteousness to the fight.

SPEEDY NAGS.
"Horse?" said the American. "Guess you can't talk to me about horses. I had an old mare, Malzpop, who once licked our best express by a couple of miles on a 30-mile run."
"That's nothing," said the Canadian. "I was out on my farm one day, about 50 miles from the house when a frightful storm came up. I turned the pony's head for home and do you know, he raced the storm so close for the last ten miles that I didn't feel a drop, while my old dog, only ten yards behind, had to swim the whole distance."—Chronicle-Telegraph.



Knowledge and Experience
In Our Examinations
Merit and Worth
In Our Methods
Quality and Style
In Our Glasses
Some Of The Reasons
For Our Success
HARTMAN BROS.
Jewelers and Opticians
Salem, Oregon

You Choose The Material

From the largest assortment of new patterns to be found in any store in the state, made up of 100 percent all-wool materials—and we will make a suit tailored to your measure at a very reasonable price.

The variety of weaves and colorings we offer gives you ample opportunity for selecting the very material you fancy—the most becoming to you.

Our accurate measuring, careful cutting, painstaking tailoring, positively assures you of perfect fitting, shape retaining garments.

The high standard material and trimmings, superior tailoring, combine to give you the most satisfactory service possible and at prices that are most reasonable.

SCOTCH WOOLEN MILLS
426 State St. Salem, Ore.



Just as usual we are always leading the way for others to follow.

This time it's an extraordinary

Spring Suit Sale

To give you an opportunity of getting the very latest fashion, the very latest in shades, and above all else, to get the very highest in workmanship and quality and the very lowest in price

Good Suits for Less

can be had here and the variety and styles are so many as to please the most exacting

LOOK OVER OUR ASSORTMENT
Watch For Further Particulars

NOTICE!
The Crowds On Saturday Were So Large That It Made It Impossible To Wait On All. Therefore Our DOLLAR OPPORTUNITY DAY Will Be Continued On Monday Only



Shop Where The Crowds Buy

THE PEOPLE'S CASH STORE

SALEM ORE.

It Always Pays You to Shop Here

CONFIDENCE

—The deepest darkness of the night cannot shake your confidence in the fact that daylight will come.

—It is hard for anyone with vision to picture themselves without it, such is the confidence inspired by your ever faithful servants—your eyes.

—As you look forward each day to each day's rise and set of sun, so you unconsciously look forward to each day's promise of continued vision.

—Vision is a "Once Given Gift." Guard it; care for it and it will last you a lifetime. If you have never had your eyes examined, do so now. It is a safeguard you owe yourself.

P.S.—For invalids or for people unable to leave their homes we will make arrangements for someone to call at their homes if they will call us by telephone. Phone 239.

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Eyeglass Specialists
204-211 Salem Bank of Commerce Building
SALEM, OREGON
Oregon's Largest, Most Modern, Best Equipped Exclusive Optical Establishment.