

The Oregon Statesman

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AMERICANS LIVE LONG AND WELL

Americans live longer, on the average, than any other people, according to the mortality tables of the great life insurance companies—

And they get more solid enjoyment out of life. The expectancy of American life rose from forty years in 1855 to fifty-one years in 1910.

Some of the statisticians have attributed the higher death rate in European and Asiatic countries to overcrowding in the great centers of population.

One scientist has taken the increased expectancy in the United States for a thesis in which he disserts on the superiority of mixed bloods, holding that every people which holds itself aloof from others impoverishes its blood and passes into decadence.

In order to solve this somewhat perplexing problem it will be necessary to consider what advantages we possess over the generation of 1855.

Fifty years ago the southern half of the United States was ravaged almost every summer by yellow and typhoid fevers. They claimed a heavy toll of life and thus reduced the average expectancy.

Wealth is more equally distributed in the United States than elsewhere and the per capita average is higher. There is perhaps less grinding poverty here than in any other equally populous country.

Worry shortens life, and Americans as a class are less inclined to fret and be cast down than the residents of other countries. The average American is an optimist, and the statisticians agree that optimism tends to prolong life.

During the last twenty years a great deal has been written about the waste of nervous energy in this country and its effect on the duration of life.

reason to believe that the expectancy of the rising generation will be increased to sixty-five years. When one reads of so many accidents and deaths of violence the outlook for the future seems discouraging; so it is genuinely refreshing to discover that, with all our faults, we are still living longer and getting more out of life than our forebears.

AFTER MANY YEARS

They built the Marion county courthouse so well that it is undergo interior changes for the first time in 25 years. In Auld Lang Syne, somebody conceived and planned a structure that matches well a city that has been constantly growing more beautiful.

But this is true of the Marion county courthouse in spite of the tragedies of severed family ties, broken marriages, murder trials, disastrous litigation and the thousands of heartaches that are staged under the roof of the official building of a shire city.—Portland Journal.

HANDS ACROSS THE SEA

The former Democratic presidential candidate forfeits consistency when he attacks the Washington conference. No friend of the League of Nations can logically find fault with the work of the Washington meeting.

Price of wheat going up. No farm bloc will attempt to block this rise.

The big Armour packing plant lost millions of dollars by the drop in the prices of their commodities. Is nobody in the world making any money but Henry Ford?

What is there in a name? Ignatius T. Lincoln, an international spy, is again in the toils of the law. Imagins a man named Lincoln in such a dirty business!

The Opportunity Edition, the annual edition of The Statesman, will be the Friday Daily. Not too late yet for your announcement, if you have been overlooked.

The signatures of nine nations guarantee the open door to China. That distinguished American secretary of state, John Hay, drove the entering wedges 20 years ago.

It is worse to buy bootleg whiskey than to sell it. The person who buys it risks his life and health, while he who sells only gets arrested and pays a lawyer.—Los Angeles Times.

Former Governor Cox disapproves of the arms conference that has just adjourned in Washington. But it will be recalled that he did not like the result of the last presidential election, either.

It is believed that the peace and arms parley agreements will slip through the senate with but little opposition; that the bitterenders, headed by Johnson and

HOOVERIZE — DON'T GORMAN. DIZE:

Says Herman J. Stich in the Los Angeles Times: I picked up a headline in a newspaper a day or so back which tells me that a learned college professor has just discovered that Americans die of overeating and not of old age or overwork.

Well, I discovered the same thing about 10 years ago, but forgot to mention it, even though I had in mind Emerson's warning, "Speak your thoughts today or tomorrow you may hear them from the lips of another."

Nevertheless, the college professor is right. Gluttony writes more obituaries than starvation. Feasting is far and away more dangerous than fasting. When your belly's your god, your idol's of clay. Living the cormorant doesn't pay.

The stomach is the master of the house and must be respected. Health is symmetry, upbuilding; disease is deformity, destruction. Both are the result mainly of what we eat.

Food is fuel. Improper or excessive fuel checks the flames and chokes the human furnace—starting auto-intoxication, complications of the kidneys, nervous indigestion and premature old age.

This fact was long ago recognized by the ancients who crystallized it in the exhortation, "Eat to live—don't live to eat."

Human beings, like armies, sustain and fight on their stomachs. Your dinner pail is your greatest asset or a hopeless liability. Food makes or mars your career—helps make it big or cuts it short.

Cramming to kill a slight craving is as intelligent as swinging a trip hammer to drive tacks. Greasy, acidic, richly spiced palate ticklers are sure to take their toll in ill-health, debility and inefficiency.

At the summons of necessity you would die for your family or your country. How much more sensible to live for them—by eating wisely while eating well?

Would you add at least 15 years to your life? Take this tip—HOOVERIZE, DON'T GORMANIZE!

BACK TO DUST

Jane Addams says that if the United States does not take part in the Genoa conference Uncle Sam should venture into some international gathering long enough to explain to the peoples of central Europe why it is that American farmers are burning corn while they are starving to death over there.

BURNING QUESTIONS

There are those who would reform the year. An organization has been created which has for its purpose the remodeling of the calendar. They would have 13 months where 12 grew before.

CHANGING THE CALENDAR

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TODAY'S PUZZLE

Curtail a surface and leave a verb; curtail to wither and leave a body of water; curtail to perceive by touch and leave a doctor's payment; curtail a French word for "friend" and leave a form of "to be"; curtail to jump and leave a pasture; then use the letters you have curtailed to spell the name of a month. Solution tomorrow.

JINGLE BELLS

"There's nothing grander in all the world than sleigh riding!" sang Neva.

ONE REEL YARNS

"I had a nice time, really," said Neva, as she climbed in again. "And you're going to have a nice one," smiled Mr. Park. "I've phoned your mother and you're going to drive out in the country with me for dinner."

THE THOUGHT THAT TROUBLED MADGE AFTER THE BRAITHWAITES LEFT

Jack's ridiculous exhibition, and knew that I must answer his query with care. "Of course not, goose!" I said soothingly, squeezing his arm, and hastened to change the subject with a comment upon the frailty of Katherine's appearance. "She'll look worse than that by the time she gets through humming that gink," Dicky returned, and I saw that the old animosity against Jack was peeping through the layer of liking which he had carefully built up for my brother-cousin after the signal service Jack had done for him. "Take it from me, old dear, Katherine's the kind of girl who breaks under heartache. And the one thing about it is that Jack's simply mad about her. But he'll kill her with that icy-I-am-sure-let-me-one-dispute-me-manner. Somebody ought to kick some sense into him. I would if I knew him well enough."

SASH AND DOORS

O. B. Williams Co., 1943 First Ave., South, Seattle. Largest mill in the west selling direct to the user. Saves you all middleman's profits.

man who is paying \$100 a month for the rent of a \$40 house will hardly give three cheers at the approach of another rent day.

BITS FOR BREAKFAST

Last week was smile week. If you overlooked it you can celebrate this week, and all the rest of the weeks of the year, with pleasure and profit to yourself and your neighbors.

President Harding is up against the real thing in the matter of deciding how to provide the money for the proposed bonus and ship subsidy legislation.

He will be "damned if he does and damned if he don't" by some people; by many. The dilemma has several horns, and if the chief executive gets by with this problem, he will be acclaimed a real genius.

One of the observers at the Washington conference tells how the delegates all called for Premier Briand of France, after Secretary Hughes had made his epochal address, and how William Jennings Bryan, who was present, as a reporter, smilingly arose and was about to make a few epoch marking utterances on his own part when a friend pulled him by the coat tails and made him sit down. The similarity of the names was a bit confusing, but none of the delegates wanted to waste any time on an outsider.

Humors Come to the Surface in the spring as in no other season. They don't run themselves all off that way, however, but mostly remain in the system. Hood's Sarsaparilla removes them, wards off danger, makes good health sure. Adv.

MY HEART AND MY HUSBAND

Adede Garrison's New Phase of REVELATIONS OF A WIFE CHAPTER 29 THE THOUGHT THAT TROUBLED MADGE AFTER THE BRAITHWAITES LEFT. Jack's ridiculous exhibition, and knew that I must answer his query with care. "Of course not, goose!" I said soothingly, squeezing his arm, and hastened to change the subject with a comment upon the frailty of Katherine's appearance. "She'll look worse than that by the time she gets through humming that gink," Dicky returned, and I saw that the old animosity against Jack was peeping through the layer of liking which he had carefully built up for my brother-cousin after the signal service Jack had done for him. "Take it from me, old dear, Katherine's the kind of girl who breaks under heartache. And the one thing about it is that Jack's simply mad about her. But he'll kill her with that icy-I-am-sure-let-me-one-dispute-me-manner. Somebody ought to kick some sense into him. I would if I knew him well enough."

CLUBS AND WOMEN'S ACTIVITIES

The Woman's Christian Temperance Union will hold its first regional conference tomorrow in Corvallis. Women will be present from Multnomah, Clackamas, Yamhill, Washington, Polk, Marion, Linn, Lane, Benton, Lincoln, Clatsop, Tillamook and Columbia counties. Sessions will be held in the morning, afternoon and evening. Of principal interest will be the visit to the Oregon union home, which the Oregon union will establish three miles east of Corvallis, between Corvallis and Albany. The farm contains 245 acres. It is hoped that sufficient money will be available so that the home will be ready to receive children by early summer.

CLUB CALENDAR

Story Telling Section, arts, league, library, 8 p. m. St. Monica's Altar society, sewing, Mrs. E. T. Thompson, 1545 North Capitol street. West Central circle, Mrs. J. A. Patterson, 679 North High street. Lucy Anna Lee circle, Mrs. F. A. Legge, 1499 State street. South East, Mrs. E. J. Swafford, 190 South Seventh street. Yew park, Mrs. Reigelman, 940 Mill street. Naomi circle, Mrs. M. C. Findley, 225 North Twentieth street. East Central circle, Mrs. E. T. Barnes, 325 North Capitol. Thursday McGilchrist, Sr.

WOMEN'S ALLIANCE

Women's Alliance of Unitarian church with Mrs. C. S. Hamilton, 2:30. Women's Union of Congregational church, at church. D. I. Sewing for Associated Charities, with Mrs. E. T. Thompson, 1545 North Capitol street.

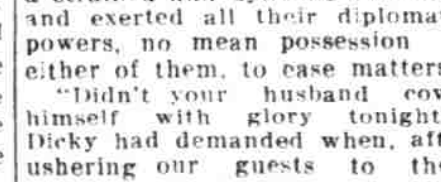
SATURDAY

The Salem Grange, Union hall. D. A. R. Miss Frances Richards, Lausanne hall. W. R. C. corps meeting, McCracken hall.

OUCH! LAME BACK RUB LUMBAGO OR BACKACHE AWAY

Kidneys cause backache? No! Listen! Your backache is caused by lumbago, sciatica, or a strain, and the quickest relief is soothing, penetrating St. Jacobs Oil. Rub it right on your painful back, and instantly the soreness, stiffness and lameness disappears. Don't stay crippled! Get a small trial bottle of St. Jacobs Oil from your druggist and limber up. A moment after it is applied you'll wonder what became of the backache or lumbago pain.

Rub old honest St. Jacobs Oil whenever you have sciatica, neuralgia, rheumatism or sprains, as it is absolutely harmless and does not burn the skin.—Adv.



SASH AND DOORS

O. B. Williams Co., 1943 First Ave., South, Seattle. Largest mill in the west selling direct to the user. Saves you all middleman's profits. Chicken House Sash 20" wide by 25" high. 80c. A dozen different sizes in stock for prompt shipment. Chicken House Sash 36" by 40". Price slightly 82c. This is the size recommended by Western Washington Experiment Station. Orders filled promptly.

Setters of Astoria Is Candidate for Judge

O. B. Settlers of Astoria, yesterday filed with the secretary of

The Junior Statesman

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REAL WRESTLING LESSON 3

Much of your success in wrestling depends upon the strength of your neck. For instance, if you have a strong neck it is possible for you to resist to a degree the force of your opponent's arm when he tries the half nelson on you. If your neck is not strong, you will want to strengthen it, of course. The "wrestler's bridge" is about the best method of doing this that I know. It is shown on the left side of the picture printed above. Lie down on your back with a pillow or something else very soft under your head. Fold your arms across your chest. Draw your knees up, keeping your feet on the floor. Then raise your body off the floor, bracing yourself on your feet and your head which should be turned as far back as possible. Be careful not to turn it so far back that the cords of the neck are strained. Practice "Bridge" Daily. Hold this position for a minute and then lower your body. Repeat the exercise several times a day and within a short time the strength of your neck will be greatly increased. The wrestler's bridge may be used to save yourself from being "downed" in a match. As you know, a wrestler is "down" when both his shoulders are square on the mat. By using the bridge when your opponent has thrown you on your back you can gain a moment in which to plan a course of procedure. It is not a difficult matter to roll out of a dangerous position by getting up on the bridge and rolling your body to one side or the other. Another exercise I recommend for you is the one shown on the right side of the picture. It will strengthen the muscles of your back and abdomen. Get down on your knees. Fold your arms. Bend your body as far back as you can. Then come to an erect position on your knees. Do this four or five times a day. Your wrestling costume should be as light as possible. Your gymnasium suit is satisfactory. It is quite possible, of course, to wrestle in the clothes you wear to school. Wear Rubber-Soled Shoes. I recommend high gymnasium shoes instead of slippers which are easily pulled off. Shoes that do not have heels for the laces

are advised, too, for the laces may scratch your opponent badly. And if you wear a belt, do not wear one with a buckle. The buckle may scratch your man. And speaking of scratches: It isn't considered good sportsmanship in wrestling to scratch purposely the man you are wrestling with, nor to poke your elbows in to his face and body, nor to rub your knuckles across his face.

For your own good and the good of the boy you wrestle with, don't try strangle holds, nor holds that result in flying falls. In the first case you may cause your opponent to become unconscious, and in the second, the fall may result in broken bones. We want no unconscious boys nor broken bones in this city as the result of wrestling matches.

ONE REEL YARNS

"There's nothing grander in all the world than sleigh riding!" sang Neva. "And there's nobody any nicer than Mr. Park," chorused the rest. Mr. Park stood in the doorway, waiting for them, while old Maude was out in front, shaking her head so that the little bells tinkled merrily. Mr. Park had stopped to ask the young Wickers to go sleigh riding.

"I had a nice time, really," said Neva, as she climbed in again. "And you're going to have a nice one," smiled Mr. Park. "I've phoned your mother and you're going to drive out in the country with me for dinner."

ter. You an stop for me when you come back." "I came back to go sleigh riding with you, Buster," she said. "Come on." As he helped wonderingly, they put two chairs side by side, then two more in back. Another chair was put quite a ways up in front. They borrowed Mrs. Jackson's dinner-bell. Buster rang the "jingle bells," and they were "off" in their "sleigh."

The tears dried on the little fellow's cheeks, as he and Neva chattered gaily about the places they were passing. It seemed a very short time before the real sleigh was back. "I had a nice time, really," said Neva, as she climbed in again. "And you're going to have a nice one," smiled Mr. Park. "I've phoned your mother and you're going to drive out in the country with me for dinner."

