

UNITARIAN CHURCH DEDICATION SOON

Special Services Will Be Held Sunday, Sept. 28 By Portland Pastor

After being forced to hold services in temporary quarters for more than a year due to the loss of their church by fire, members of the Unitarian congregation are rejoicing over the completion of their new \$25,000 building at Cottage and Chemeketa and a splendid program has been arranged for the dedication of the church to be held Sunday, Sept. 28.

Trustees of the Unitarian church and the complete organization of the church are Walter A. Denton, C. S. Hamilton, Miss Cornelia Marvin, Dr. R. E. Lee Steiner and Russell A. Mohney.

The Sunday school is under the supervision of Rev. Fereshtian, as superintendent and teacher of the adult class. Mrs. W. A. Denton is pianist, with the following in charge of departments: Mrs. George Goodrich, senior girls; Russell E. Mohney, senior boys; Mrs. Martin Fereshtian, junior girls; Mrs. Charles Norton, junior boys and Mrs. W. A. Denton, primary department.

The Women's Alliance has the following officers: Mrs. C. S. Hamilton, president, Mrs. Goodrich, vice president and Miss Ethel Fletcher, secretary and treasurer. Miss Rose Huston is president of the Young People's Religious

union, with Miss Olive Goodrich as secretary and Gerald Kubin, treasurer. The Emerson club officers are Mrs. Blanche Jones, president and Mrs. J. M. Devers, secretary. Mrs. Martin Fereshtian, contralto soloist, Mrs. W. A. Denton is organist and members of the Unity club provide choir music.

The complete program for the dedicatory services follows: Organ prelude—Mrs. W. A. Denton.

Scripture reading—Rev. F. F. Eddy, of Eugene. Prayer—Rev. M. Fereshtian. Response.

Greetings—Carl B. Wetherell, field secretary American Unitarian association. Quartet—"A Dream of Paradise" (by Gray).

Remarks—W. A. Denton, president board of trustees. Announcements.

Offertory—"Christian, the Morn Breaks Sweetly O'er Thee"—(by Shelley). Sermon—Rev. William G. Elliot, of Portland. Benediction—Rev. M. Fereshtian. Postlude.

Proper Measures Reduce Deaths From Tuberculosis

NEW YORK, Sept. 21 (AP)—The city of Framingham, Mass., after seven years of effort, has reduced the tuberculosis death rate among its people by 68 per cent, as contrasted with a reduction of 32 per cent in nearby towns where no such intensive campaign was conducted. The death rate among infants under one year of age was reduced 40 per cent.

The demonstration at Framingham was conducted by the National Tuberculosis association.

ANNUAL HEALTH DAY IS PROPOSED

Once Each Year Nation Should Mobilize its Disease Fighting Army

Whatever one may think of Defense Day from the military preparedness standpoint, it has in it a highly important idea for the nation as a health defense measure, in the opinion of Dr. Lee K. Frankel, director of the welfare work of the Metropolitan Life Insurance company.

"But it is not what we know about disease prevention and personal hygiene that counts so much, it is what we put into practice. Typhoid fever was the soldiers' most dangerous enemy in the Spanish-American war. After this war science began its fight against this disease, and public and private health agencies, working together, have educated the public to a point where typhoid practically has been conquered through sanitation and inoculation. Despite this advance, however, there are sporadic outbreaks, as was instanced a few months ago when contaminated water in Palisades Park caused a small epidemic in New York city.

"Vaccination against smallpox should be universal and yet recent in Cleveland, Pittsburgh and other centers the outbreak of this disease revealed the fact that thousands were unprotected. Ten thousand persons rushed to defend themselves in a single day in Cleveland by being vaccinated.

"These events proved that eternal vigilance is the price of safety. At least once a year state and private agencies of all sorts should join in a nation-wide demonstration to emphasize the importance of disease prevention. All the means by which medical authorities, health officers and private agencies are preventing disease should be recalled to the public mind and a new impetus given to

the observance of the health regulations. Every sensible man has a thorough physical examination at least once a year. He wants to determine the weaknesses which have cropped up since his last examination. He knows that many diseases can be cured or arrested if caught early. These are diseases which are practically incurable once they get hold. So the nation should take inventory of its health defenses. Epidemics can be prevented much more easily than they can be stopped once they take hold.

"No one doubts the value of health education. During a decade the death rate among Metropolitan policyholders was reduced to such a remarkable extent that more than fifty thousand persons were alive at the end of 1923 who would have died had the old rates prevailed for that year. Much of this improvement was due to the general progress in disease prevention sanitation and personal hygiene by the people of the nation at large, yet the improvement for Metropolitan policyholders was proportionately better than the improvement for the nation by 23,000. This was no accident. It was the result of persistent health education by literature and nursing service carried on by the company over a period of fifteen years.

"The idea of demonstration in health work is comparatively recent. If the public can be shown the possibilities, they will act. In Framingham, Mass., the National Health Council and the leaders of the community joined in a health demonstration which the Metropolitan financed. It was carried on over a period of seven years. Not only was the death rate from tuberculosis reduced by sixty-eight per cent and the infant mortality by forty per cent, but the people of Framingham learned a lesson which they were unwilling to forget. Before the demonstration the health appropriation by this manufacturing town of 17,000 people amounted to forty cents a person, after the demonstration and since then the annual appropriation amounts to two dollars and forty cents or six times as much.

"A health defense day could become a great national demonstration by the army of health officers, physicians, nurses, social workers and newspapermen. Each community could take stock of its front line and supports for defense against disease. The adequacy of clinics, dispensaries, hospitals and nursing service in its industries could be brought into the limelight and the weaknesses revealed. Exhibits of all sorts could be used to dramatize the successful achievements and bring home to every man, woman and child the great practical value of a sound public health program.

Few Men Learn Art of Sleeping The effectiveness on sleep does not depend on quantity but on quality. The fact that a few great men have been able to get along on three or four hours of sleep is not because they were so exceptional in their body requirements as in their mental attainments but because they had mastered the trick of obtaining the proper kind of sleep.

Recent scientific investigation shows quite definitely that the time-honored idea that it is wise to get a great deal of sleep has scant basis in fact. As a matter of fact, many people probably get too much sleep, and too much sleep may be harmful, just as too much food is. Though sleeping may seem one of the most natural things you do, there is an art of sleeping you can learn.

If you find it hard to get out of bed in the morning, it is because you have not learned how to sleep. The "tired feeling" that makes arising at the call of the alarm clock so difficult would not disappear, as you imagine, were you able to disregard its summons for the deep, restful sleep that repairs weariness of body and mind comes during the first hour or two after you go to bed. It is then that your muscles are most relaxed, your blood pressure lowest, and your skin sensitivity least.

After the first couple of hours, sleep becomes lighter. After four hours it is very light. The slightest noise will awaken an average sleeper after this time. To continue this light sleep in the morning is not restful. Why not, then do away with this light, fitful slumber that does you no good and substitute deeper sleep of shorter duration?

You can do it very easily if you can manage to take a 45-minute nap at noon. This is the equal of three or four hours of light sleep at night. If you cannot take this nap, you can still learn how to sleep soundly, and to become rested thoroughly with six hours' sleep instead of eight or nine.

The three necessities of sound sleep are muscular relaxation, quiet and comfort. The first can be obtained by lying partly on the side and partly on the stomach. The second can be obtained by sleeping where there are no unusual noises. The third can be obtained by avoiding lumpy beds and heavy covers that cause an ever pressure on the body. If you wish to cut down your sleeping time, do it gradually and make the reduction from the right end of the sleep period. That is, stay up later and rise at your

The Oregon Statesman

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Consuls in Europe Fight Against Passport Swindles PARIS, Aug. 21 (AP)—Since the new American immigration law went into effect, Europe has seen an outbreak of attempted passport frauds. So great has been the desire to reach the shores of the United States, on the part of would-be emigrants, that they are easy prey for unscrupulous traffickers in false documents. American consular officers are engaged in running down frauds in Warsaw, Berlin, Hamburg, Brussels and Paris.

A favorite but futile device among Italians has been the "Argentine dodge." The quota from this country, into America, is far from being exhausted. Armed with a faked Argentine passport, and a faked birth certificate, purchased from swindlers at a cost of \$250, many an Italian has seen his hopes fade rapidly under the expert scrutiny of American consular officers.

William Wallace Graham, distinguished violinist and teacher, has opened his studios at the Marlborough Hotel for the winter. Mr. Graham needs no introduction to Salem, since almost without exception, no young artist has gone forth from this city in years, or are practicing their profession here, who have not received the major part, if not all of their musical education at this studio, and there are many professional violinists (probably more than from any other city of its size in the state) winning prominence playing and teaching in different parts of the United States and Canada.

During the past season Mr. Graham had as students, here and in Portland, pupils from Idaho, Montana, Washington, California, Eastern Oregon and British Columbia, beside many from near by towns in the valley. The enrollment at present would indicate one of the largest classes this coming season that he has ever taught.

MOSMOUTH DAHLIA SHOW MONMOUTH, Sept. 21.—The Dahlia Show, the flower event of the fall, is scheduled to be held in the Steele building on Tuesday, September 30. A fine list of prizes has been arranged, largely through donation of Monmouth merchants and the list will be published next week. There is something worth while to be competed for in each class. Prizes are to be awarded to local growers only, protecting them from the competition of professionals. Premiums will be on display in the windows of business houses in the city next week.

There will be a chicken dinner, served at noon by the Home-like society which sponsors the Dahlia show, and home made ice cream, cake, and candy will go on sale during the day. And what could make a man madder than being beautiful instead of handsome?

SALEM MARKETS Prices quoted are wholesale and are prices received by farmers. No retail prices are given. No. 2 wheat, \$1.20 @ \$1.24 No. 3 red wheat, sacked, \$1.20 @ \$1.24 Oats, \$1.00 @ \$1.05 Hay, \$12 @ \$14 Clover hay, \$12 @ \$14

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