

The Oregon Statesman
 "No Favor Shows Us; No Fear Shall Awe."
 From First Statesman, March 28, 1851

THE STATESMAN PUBLISHING CO.
 CHARLES A. SPRAGUE, SHIELDON F. SACKETT, Publishers
 CHARLES A. SPRAGUE - - - Editor-Manager
 SHIELDON F. SACKETT - - - Managing-Editor

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 Chicago, 360 N. Michigan Ave.

Entered at the Postoffice at Salem, Oregon, as Second-Class Matter. Published every morning except Monday. Business office 215 S. Commercial Street.

SUBSCRIPTION RATES
 Mail Subscription Rates, in Advance, Within Oregon: Daily and Sunday, 1 Mo., \$1.00; 3 Mo., \$2.50; 6 Mo., \$4.50; 1 Year, \$7.00. Elsewhere \$5.00 per Mo. or \$5.00 for 1 year in advance. Per Copy 2 cents. On trains, and News Stands 5 cents.



Banish the Harmful Habits
 It's So Foolish to Persevere in Habits That Are Detrimental to Health, Says Authority.

By R. S. COPELAND, M. D.
 U. S. Senator from New York, Former Commissioner of Health, New York City.

WHAT habits have you that may cause ill health? In these some pet food that always makes you sick and yet which you cannot resist? Habiting habits are among our worst practices.

Do you run into the open air, hot and perspiring perhaps, but reckless of what sudden exposure may do to your health? Lots of good women do that, and too many men.

Are you so careful as you should be about cleanliness of the skin, particularly of every part of the body where two skin surfaces come together? If not, the itching, burning and discomfort in these regions are accumulated for you.

What care do you give the nose? The use of soiled handkerchiefs and failure to practice cleanliness of nostrils may account for frequent colds.

What about the eyes? Does it hurt to read or sew? Do you have squashes and headaches and other pains that might be traced to eyestrain? If your glasses have not been changed for a long time, or if you never had your eyes examined, it is time to see about them.

Do you hear as well as you did? If not, why not? Perhaps there is too much wax in the canal, or that some other ear trouble needs attention.

What about the intestinal tract? Do you have regular bowel action? If there is constipation, or if the movements are too free, something is wrong with the system, or other harmful habits.

These are a few of the many symptoms and a hint as to several organs that may be troubling you. After you have considered these, give a little study to your own habits, if you are not doing so already. Serious thought will lead you to some conclusions which will help your doctor a lot.

Now, as I've reached the point, don't wait till you are really sick before seeing the doctor. The greatest pleasure the doctor has, is not to struggle with desperate disease. Rather it is to prevent sickness.

The doctor can't be very proud when he is reminded of a sick, debilitated, broken-down patient. When he smiles it is when you remind the doctor of some red-cheeked, cherry-lipped, robust individual, and ask him how he ever did it!

I beg of you to be healthy by keeping well, not by getting well. Take care of your ailments just as soon as they arrive. Form such habits of living that you won't be ailments.

That's that!

PROMOTED?

Brigadier Hugh A. Drum has been recommended by the Secretary of War and nominated by President Hoover as Inspector-General of the Army with the rank of major-general for a term of four years. Upon formal appointment by the Senate, the new Inspector-General will succeed Major-General William G. Rivers.

Yesterdays
 ... Of Old Oregon
 Town Talks from The Statesman Our Fathers Road

February 12, 1908

Still another company of capitalists are coming into Salem to operate the street railways of the city, the stock of I. Lowengart and F. Langerman and allied interests being purchased by Rhodes, Sinkler and Butcher, brokers and bankers of Philadelphia. Mr. Welch will continue to manage the company here and there will be no change in the policy, except toward improvements.

The Bailey bill to appropriate \$14,500 for purchase of the Cooke residence near the state house for use as a gubernatorial home was defeated 12 to 13, in the house. The Multnomah delegation turned the proposition down.

Dissension in the ranks of the Marion county delegation did not prevent the Newell bill, to abolish the state fair in Salem in 1908, from passing the house by a large majority.

Lou Kibley of Salem was sandbagged in Portland Sunday morning within half a block of the union depot. He was knocked down but gained his feet before the robber had a chance to flick his pockets.

The beautifully preserved leaves and fruits found in the Clarno sediments and the agatized teeth and mineralized skulls of the John Day basin, huge cats, wolfy dogs known as creodonts and many other extinct types of flesh eaters.

The Clarno rocks, where the fossil fruits were recently found, is but a chapter in a story volume—a volume which opens with an account of restless seas and closes with a record of flows of molten lava that covered much of the northwest. Between the records of the seas and the lava is a graphic history of jungles which grew, one on top of the other; a story of the appearance and disappearance of strange, sub-tropical animals, an account of the erosion of mighty hills and the birth of new mountains. After the ancient seas lapped the lands of interior Oregon for the last time, and long after the Clarno jungles were covered by volcanic ash, there ranged over the ancestral John Day basin huge cats, wolfy dogs known as creodonts and many other extinct types of flesh eaters.

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History Speaks in Art

THOSE who have had the pleasure of seeing George Arliss in "Disraeli" now playing at Bligh's Capitol theatre, have been profoundly moved by the superb acting of Mr. Arliss. His impersonation of the great English prime minister is beyond criticism. Disraeli was something of an actor himself, both in youth and maturity, not a professional actor, but a poseur. His dress, his mannerisms, his speech were planned for effect. The Arliss portrayal is distinguished for its fidelity to character. The long, grey coat, the stooped form, the monocle, the mobile features, yet inscrutable, the dyed ringlet of hair in mid-forehead—they all are true to history. And Mary Anne, Lady Beaconsfield, the wife of Disraeli, she too lives again in the role carried admirably by Florence Arliss. Quaint and lovable, she was devoted to her husband and possessed sublime faith in his greatness.

BITS for BREAKFAST
 By R. J. HENDRICKS

Flax cooperatives:

The movement for a farm relief loan to promote the flax industry of the Willamette valley, fostered by Col. W. E. Bartram, superintendent of industries at the prison, is a timely one.

Dispatches indicate that, through the help of Senator McNary, there is promise of success in the quest. It is given out that the loans can be granted only to cooperative associations, which nearly everybody already knew.

But there should be no difficulty or hesitancy in this. The state flax plant can afford to pay and does pay \$40 a ton for flax 35 inches or over. When all the seed used shall be of the J. W. B. pedigreed variety, it will be possible for good farmers having suitable land to grow at least four tons to the acre. That means \$160 for a field crop, not more difficult to grow than any grain crop.

From this four tons of the farmer's acre of flax of the variety, there will be produced at least 1000 pounds of long line fiber, worth around 30 cents a pound, and \$25 to \$50 worth of seed, besides some bolls, tow and other products, including in time shives that will be of considerable value in making paper string, paper board and ferverol, etc.

The farmer, in a well managed cooperative, having threshing, retting and scutching facilities, may thus be able to get more than double the original \$160 per acre return from his crop, at a cost not taking all the extra \$160, with a well managed primary plant for getting out the seed and fiber, etc., for the markets—besides furnishing employment for member of his family and neighbors.

It is plain that nothing in which the farm loan board could use \$200,000 or more in the Willamette valley would be safer; nor is there anything else that would give promise of as large benefits, directly and indirectly. Flax and linen are as old as civilization. The fiber plant was grown in Egypt before the tombs of the pharaohs were built, and the fiber woven into cloth, some of which is found with their mummified bodies, and fine linen is mentioned in the record of Job, in what is reputed as the oldest book in the world.

That institution contracted for 3000 acres of flax in 1923, for 4500 last year, and this year 6,750 acres will be in that crop, contracted from valley farmers. The acreage will probably be 10,000 for next year. That is about the limit of capacity for the state plant, or will be for the pedigreed seed product, with the available help.

Without independent plants, the industry would be limited to the 10,000 acres, or thereabouts. And it should not be so limited.

Editorial Comment
 From Other Papers

WHO IS REPUBLICAN?

Senator George W. Norris of Nebraska says that he and millions of other people are interested in knowing whether he can be expelled from the Republican party because he is not "regular" as defined by those who claim to speak for that party.

The question will be solved by the action of the secretary of state of Nebraska to whom a formal protest has been made questioning the right of the senator to run for re-nomination in the Republican primaries.

Political parties as they now exist were unknown to the framers of the United States constitution; no mention is made in that famous document of any such governmental agencies. They came into being as hard and fast organizations after, assumed the place of major import in the American life, were recognized and regulated by law but at the present time give every indication of returning to the limbo from whence they came.

To Senator Norris—and most probably of the dissenting political party is merely a ploy to be used to carry them to the camp of their destination; the steed chosen by the Nebraska is the Republican elephant because the political trails of that state are not suited to the gait of the Democratic donkey.

No politician is any longer expected to adhere to the principles of his party for there are no such principles. The direct primary has made it impossible to maintain party discipline or to carry out party platforms; there is therefore no room in the scheme of things for principles.

When the scrap is over Senator Norris will be found safely ensconced on the back of the elephant which he will ride to the door of the capitol and upon his arrival he will sit his steed outside and go in to assume his duties unhampered by the thoughts of the faithful animal which carried him to his destination.—Yakima Republic.

VICE-PRESIDENT IN NEW ROLE

Vice-President Charles Curtis distributing diplomas to the graduates of the Pierce School of Business Administration following his address at the world peace conference in the Academy of Music, Philadelphia, Pa.

(Left to right) Virginia Smith, Margaret Dismore, Mary Smith, Florence Kod, Mayor Mackay, Vice-President Curtis and Louis E. Moffat, director of the school.

Jefferson

Mr. and Mrs. J. J. Denson motored from Carleton Saturday evening and were guests of McKee Bros. and families at the Territorial.

Miss Jean Ferguson of Portland arrived from Portland Saturday evening and is the guest of Estella Lillard.

Gilbert Sprague has just returned from a visit to Los Angeles, is Sunday on account of the serious illness of Mr. Kessler's brother Sylvan who has been ill for a long time.

Mr. and Mrs. T. O. Kessler and son Herman were called to Molokai Sunday on account of the serious illness of Mr. Kessler's brother Sylvan who has been ill for a long time.

The senate rejected the proposed increase in tariff on starch. That will not win many votes because most men wear soft collars now and as for starched petticoats...

That Portland baby case is attracting quite a little attention due to the publicity it has received. The woman came home with a baby and claimed it was her own, producing certificates to prove it which those whose names are signed to the papers deny. What impresses us is that here is a married couple that wants a baby and is ready to give this one a home. So long as no one else claims the baby why not let them alone? There ought to be more people eager to welcome infants into their homes.

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YOUR health is too important!

A family doctor's laxative is the sensible choice!

He was a family doctor for more than forty-seven years. He specialized in the disorders of the digestive tract. He tested this prescription in thousands of cases. Men liked its quick and thorough action; the children liked its pleasant taste; old people praised it because it never gripped.

Today, millions of families rely on Dr. Caldwell's judgment in the selection of their laxative. Dr. Caldwell's Syrup Pepsin is now sold in all drug stores. It is the world's largest selling laxative.

Dr. W. B. CALDWELL'S SYRUP PEPSIN
 A Doctor's Family Laxative

YOUR health is too important! You can't afford experiments with your delicate bowels when a coated tongue, bad breath, gas, headache, nausea, feverishness, biliousness, lack of appetite, and no energy, warn of constipation. This applies not only to grown people; it is particularly the case when a young child is constipated.

That's why a family doctor's laxative is always the safe choice! Only a doctor knows just what will cleanse the system of men, women or children without harm.

Dr. Caldwell's Syrup Pepsin is prepared today under strict supervision from freshest herbs and other pure ingredients, and exactly according to Dr. Caldwell's original prescription.