Today's Talk

By R. S. Copeland, M. D.

health alike.

traction period.

ished and vigorous.

nourished.

The food we eat must be pre-

pared by the blood. The blood

cannot do its good work unless it

has a good heart to send it

throughout the body. The heart,

Today when the fad is to be

thin, many poor heart is under-

For the muscles of the body

and tonsils, chronic indigestion

Some mineral poisons have a

When you walk, run or indulge

in sports the heart beats faster,

with shorter rest periods in con-

sequence. A great and sudden

strain is put upon the heart and

it has to accommodate itself to

the added burden. If the muscles

are fortified by nourishing food

and right living you can see that

it will be a more efficieent ma-

chine to bear the great strain put

The emotions have an immedi-

ate effect upon the heart. News of

an accident to someone near to

you or any other emotional exper-

by the heart if it is in good con-

dition. When you take care of

yourself in what you eat, how

how you rest, you are storing

up the necessary health and vigor

of heart and body necessary for

Girls and boys in school and

esterdays

Town Talks from The States-

man Our Fathers Read

April 26, 1905

Otto Miller by Governor Cham-

berlain was occasion for making

public exchange of some exceed-

ingly caustic official communications between the governor and

Circuit Judge George H. Burnett,

in which both officials take oppor-

tunity to indulge in not a few

personal rebukes and insinuations

A deal was announced last

Mrs. Edith Tozier Weatherred

of Portland was here on her re-

through southern and western

For You For Today

What is the cost of flooring a

correspondence of that nature.

The granting of a pardon to

... Of Old Oregon

future emergencies.

harmful to the heart.

"No Favor Sways Us: No Fear Shall Awe." From First Statesman, March 28, 1851 THE STATESMAN PUBLISHING CO.

CHARLES A. SPRAGUE, SHELDON F. SACKETT, Publishers CHARLES A. SPRAGUE - - Editor-Manager Sheldon F. Sackett - - - Managing-Editor

Member of the Associated Press The Associated Press is exclusively entitled to the use for publication of all news dispatches credited to it or not otherwise credited

Pacific Coast Advertising Representatives: Arthur W. Stypes, Inc., Portland, Security Bldg. Prancisco, Sharon Bldg.; Los Angeles, W. Pac. Bldg. Eastern Advertising Representatives: Ford-Parsons-Stecher, Inc., New York, 271 Madison Ave.; Chicago, 360 N. Michigan Ave.

Entered at the Postoffice at Salem, Oregon, as Second-Class Matter. Published every morning except Monday. Business office 216 S. Commercial Street.

SUBSCRIPTION RATES

Mass Subscription Rates, in Advance. Within Oregon; Daily and Sunday, 1 Mo. 50 cents; 3 Mo. \$1.25; 6 Mo. \$2.25; 1 year \$4.00. Elsewhere 50 cents per Mo. or \$5.00 for 1 year in advance. By City Carrier: 50 cents a month; \$5.50 a year in advance. Per Copy 2 cents. On trains, and News Stands 5 cents.

The Disappointment at London

TIWENTY-SEVEN envoys signed the treaty which is the I fruit of three months of conference in London. Three nations: Japan, Great Britain and the United States agreed to the treaty provisions limiting armaments, while France and Italy joined in the treaty stipulations modifying sub- sleep. marine warfare. The latter is an important provision for the "humanizing" of war. It puts outside the pale of international approval the policy of "frightfulness" which brought Ger- mal conditions, the heart rests one many to her ruin. Submarines and surface vessels may not tenth of a second after each beat. sink merchant vessels without warning. They must conform This short rest permits it to store to the rule of search and seizure and ample protection of passengers and crew. This is a substantial gain if other nations agree and if they then observe the treaty.

So far as the figures for armaments go they look much your heart is able to do its full like the "economy" budget of the ways and means committee of the legislature. The figures are there but they spell boosts instead of reductions in important categories. The Nation submits the following figures, and adds its comment:

Attitude city Total Little Tolling and and and		
	Treaty Basis	Present navy
Capital ships	460,000	525,850
Cruisers	339,000	305,000
Aircraft carriers	135,000	92,500
Destroyers	150,000	837,996
Submarines	52,700	81,807
"A few points deserve notice: Bat	tleships are ob	solete, and the
to be no replacements for six year	s. Our actual	cruiser tonnag
oat last July was 75,000 tons, the	figure given	above includir

cruisers building as well as the additional fifteen only authorized. The treaty figures would mean an addition of nurly half to our present tonnage in aircraft carriers. As for the let two categories, both Great Britain and the United States wanted to abolish the submarine entirely. We are glad that the president finds the figures too, has to be properly fed and

The Christian Century, ardent advocate of peace, expresses regret that the conference early shifted ground from nourished. Underfeeding is bound negotiation on the basis of the Kellogg'pact outlawing war to make the heart suffer. to one recognizing war. In other words, after having a few months before solemnly renounced war as an instrument of national policy, all the powers gathered around the table in London scheming and planning to protect their interests for the "next war." The Christian Century does find two strips regular intake of these foods or of "silver lining" to its cloud of disappointment. One is the the heart grows weak. actual agreement of nations to set maximum limits for their the body so that it shares all the navies rather than continuing it as a matter of independent benefits as well as all the disaddecision. The other is the reaffirmation to the world of the vantages of the body. When you decision. The other is the reallirmation to the world of the have poinsons in the body, arisperil of "security pacts" such as France sought as the price ing from chronic sores, bad teeth of signing the treaty.

Our diplomats seem to do better at home. When they go and constipation, the chances are to Europe the miasma of intrigue and jealousies seem to that your heart will feel the bad seize them. Witness Versailles and London. When they stay effects. at home they think more clearly, act more decisively. Witness the Washington conference. The peoples of the nations will tion. Lack of iron in the food is feel disappointment that the high hopes are cast down, and another factor. the gains are so meagre.

Perhaps it is well to be thus disillusioned. The war spirit is not dead in the world. We will still have to trust God and keep our powder dry.

A Fire Alarm System

CHOULD Salem install a fire alarm system? That is a Question confronting the city council at the present time. It is distinctly a question of a somewhat technical na- upon it. ture which the council is the only proper body to study and decide on. So we are going to be satisfied with the decision of the council, provided that decision represents the honest judgment of the council and is uninfluenced either by sales- ience which brings a sudden strain talks of the concern selling the apparatus or by the racket on the heart is more easily born of ill-informed protestants on the other hand.

Fire alarm systems have real merit. Large industrial plants put them in at their own expense for their own pro- you exercise, how you work and tection. Most cities of much size have fire alarm systems, and insurance underwriters and fire chiefs strongly favor their installation.

But that is not the sole question. What the council has to decide is whether Salem can afford the system now; whether the fire alarm system is needed more than other things such as additional men or additional equipment or the in school or college. Athletics and South Salem station; and whether it is wise to buy anything for the city on the instalment basis. Some people claim that the alarm system is just another gadget that costs a lot of money; others that it is a very valuable agency in cutting down the time in getting to fires. It is up to the council to

sift the matter out and make the final decision. Eventually the city will install a fire alarm system, because the growth of the city and the greater wealth invested in buildings and goods will warrant adding this tool for battling with the fire menace. When the system is installed the plan should be for covering the entire city, making the job complete. We think the council is fully competent to decide if and when the city should put in the fire alarm system; and believe the most of the people are willing to let them make

The tax money is going to be spent, that's sure. The council has to decide whether it should be spent for this or for something else.

quite unusual in ordinary official "Bob Hendricks came into the office the other day, looked a our nose, looked at the boss's nose, looked at the society editor's nose, passed around among the reporters and printers looking at their noses and went out. We couldn't figure it at first until we remembered he's been hired to count noses in Salem. He won't overlook anybody if he can help it."—Slips in Capital-Journal. Slips ought not to complain. Suppose Bob had been a prohibition agent smelling breaths instead of looking at noses.

"A chicken hatched at Castle Rock, Washington, receives special mention because it has an extra pair of feet pointing to the rear. And yet automobile manufacturers years ago equipped their cars with turn from an extended trip

reverse gears."-Bend Bulletin. The Bulletin should know that this is a special breed for office-

C. C. Crow seems to be starting the same back-fire on Hawley that he did on McNary. That seems to be Crow's style, to stir up the natives in order to prod the Oregon delegation into action. Sometimes it will work; but our guess is that next time the lumbermen will need to keep Mister Crow at home if they want to get anywhere.

The alley cats are at it in Portland. Each one is out with his little hammer blaming someone else because the town isn't a million.

One man imms all over the chamber of commerce. The Oregonian

What is the cost of flooring a bridge 100 feet long and 18 feet Aunt Judy returned to the sub-motive for wanting to do away wide with 2½ inch planks, at \$53 ject nearest her heart. "Why do with Emily?"

At least it was the road she One man jumps all over the chamber of commerce. The Oregonian per 1,000 feet? on town had mony. Too bad, too bad. We thought it was "In Portland we do."

Another astronomer now says the recent discovery at Lowell observatory is not planet X at all, but some other ball of star dust. We think every celestial sphere ought to have a liceuse plate for ready identification.

10.52 per cent. Explanation — Add all expenses together; submake," said Pete sadly, and then things."

She had certainly not reached they all sat silent for a time.

Nell returned shortly, saying faced. If we can't find Emily, what can we think of but that she has been carried off by someone (To be continued)

(To be continued)

ANOTHER PRESIDENTIAL PROBLEM



ERE'S EMILY?" by CAROLYN WELLS

CHAPTER XII. tions. I can say what she would reproachful glance. do with more accurate knowledge

He didn't want to encourage this

"Ah, that cannot be done imglimpse into eternity, may we be- dislikes of people. way of undermining the heart ac-

bound, we can do nothing, but phoned. once tasting Nirvana-"Cut it out, Swami," begged Gibby, not rudely, but as one who I'd like a talk with him. Stay or can stand no more. "I just want- go, the rest of you, as you like. ed a little sample, just to get the drift, you know. I've got it, so about some housekeeping matdon't waste any more on me." Lal Singh looked at him with a face of mild reproach, but Pete

descried a baleful gleam in his along soon and asked, "Where's eye, and he couldn't help wonder- Emily?" ing if the Hindu had anything to do with Emily's disappearance. and he put it aside in favor of more practical theories.

"I haven't had enough, Mr. Singh," Nell Harding told him. "I wish you'd instruct me further in Gibby said. "You can call it lost your fascinating philosophy. Come out on the veranda with me and give me a little lesson." The two went off, and Gibby said to Aunt Judy:

"What do you know of that Scum?" "Oh, my!" said Aunt Judy,

college should realize this. Too ofshocked at the speech, "I don't ten we hear of the boy or girl who know much, to be sure, but you has been over doing in athletics mustn't speak like that! He's a Now, what I want you to tell us, holy man!" sports in moderation are exceed-"Holy caterpillar!" Pete snortingly good, but in excess they are

ed. "He's a first class fake. I don't say there aren't true and person. sincere theosophists, but I never it from me, this Lal person isn't one of them. Who is he?" "Why, I don't know," Aunt

Judy spoke helplessly: friend of the Penns-" "Mrs. Penn or both?" "Mostly Polly's friend, I guess.

But Jim likes him, too." "And Emily likes him?" "Oh, they're all crazy about im. He has made a hit in the place, and he's invited everywhere and all the best people go to his meetings and lectures."

"Of course they do! Well, he's no Swami, to begin with, and doubt if he's a Hindu at all." "What of it?" asked Betty. Who cares anything about him? He didn't kidnap Emily did he?" "Maybe he did," said Gibby, thoughtfully. "You know, he's night whereby the Capital Lum- bound, bent and determined to

bering company transferred all of get money from her-a let of its property and interests in this money—isn't he, Aunt Judy?" city and elsewhere to the Charles "Yes," came the somewhat re-K. Spaulding logging company of luctant reply. "But she has made Newberg, for a consideration approximating \$200,000. bequest-"Bequest nothing! He wants it

> her for ransom?" "I can't think that, Pete," Aunt Judy smiled. "But be careful, he may overhear your flattering Vishnu-I don't believe you know the Stevensons.

"No," said Gibby, "he and Nell have gone down to the arbor to sit. I saw them pass the window from the crossword puzzles, and when they first went outside. I the quiz books have taught me a suppose she's drinking u his mystew more. But I'll bet I know as he had a fine sense of direction tie babble and pretending to un-much about that lingo as your old and went straight to his goal. derstand it."

"I think he didn't come in |-somewhere-" "I know her by her spiritual again because you were so rude "No, no, I won't hear of it! moods, her psychic manifesta- to him, Pete," she said with a Pete, she's at some of the neigh-"Was I?" he said, cheerfully, thought of. They got into a game

her daily walks and avocations." again. See here, Nell, you're not and she didn't realize how time "Then say it!" exploded Gibby. to fall for him, you know." flew. I'm going to call up a few "Mustn't I? All right." foolishness, but he felt he must smiled acquiescently, but her get every possible angle of the mental reservation was that she

would do as she pleased. She was good friends promptu. It would require time. Pete, he admired her greatly, but Only through the mystic ecstacy he hadn't acquired the right to may we achieve a veritable dictate to her about her likes or

come an ethereal floating part of Restlessly Gibby wandered the All, at one with the great about the room, then he went to Over-Soul of the Universe. Earth- the booth in the hall and tele-

> Returning, he said: "I called Craven over, I think Aunt Judy went off to see ters, but the two girls stayed, for lack of anything better to do. Craven, who lived near, came

"We don't know." Pete replied, and then he recounted the sit-But the idea was too fantastic uation. Craven was amazed and decidedly perturbed.

"You don't mean-you can't mean," he said, "that she's lost!" "She's unexplainably missing," or whatever you choose. The fact is that she isn't here, and we don't know where she is. A few of us ories until you see at least a newent out to look for her, without cessity for an explanation?" success, and now a few others have gone to look with so far no success, either." "But it's incredible-impossi-

"Well, it's so, all the same, and I'm sure you can make no

"But that's in her will," Cray- in the police." happened to meet any. And, take en said, " and so it couldn't be paid while she is alive, Moreover, and that automatically annuls her distinctly opposed to it, and so will. Perhaps when she makes a we'll have to wait for Rodney new one, which she intends to do Sayre's return. He was opposed, tomorrow, she'll cut the Hindu also, but I think his common sense

"How can a will made tomorher marriage than her present much as I do. Can't we get a line

"Because she means not to sign ing for Rod?"
"I don't see how. He was here it until after the ceremony; then she will sign her married name, and of course it will stand." "Then, Craven, granting there is anything wrong about Emily's

Everett Craven stared at him. "Abducted her and killed her, him best?" so he'd get his mo e under her present will?" he asked bluntly, They introduced him here. Want and Betty gave a little shriek. Nell flared up instantly, and said: "Pete Gibby, how dare you Are they easy people to talk to?" suggest such a thing! It's bad

if the wily heathen had some-

thing to do with it?"

of Vishnu-"Hold on, Nell, you don't mean one heathen god from another!" "Do you?"

"Well, I know Ra, the sun god, the quiz books have taught me a the road was a new one to him, faker does. Look at ft, Craven.

Answer to Yesterday's Problem back?" her hands over her ears. "Don't meant to the state of them things."

her hands over her ears. "Don't meant to the state of t her hands over her ears. "Don't meant to take, whether she had

bors, some one we haven't even than can those who know her in "Hope I'll have a chance to be of bridge or something like that flew. I'm going to call up She people on the telephone."

harm. Be a little guarded, no use is the abandonment of the present sounding an alarm quite yet." Everett Craven put his mind on a new site further removed, and

"I can't see it, Gibby," he said. 'It could be done, of course, in a movie or in a melodramatic thriller, but here in broad daylight, in a civilized community-'

"It wasn't broad daylight," Pete told him. "It was dusk. And many a civilized community has had crimes on its fair lands. And, I tell you, that Indian is a bad Indian! He would knife a victim

as quick as a wink-' A low moan from Nell proved that her belligerent attitude had changed to fear and terror.

But Pete went inexorably on. "What do you know of the man?" he demanded.

"Practically nothing." "Exactly what everybody else knows about him. Now give me some other theory-any other that will fit the case."

"But I don't admit there is a case," said Craven, rather lamely. "Why get up such wild the-"There is a necessity. Emily is gone. We can't find her. If those

chaps out looking for her had had any success, we would have known it before this." "Well, then, Mr. Gibby, if you think there has been foul play, if

Mrs. Bell or Mr. Sayre believe objections, is about this money there has been or may have been Emily bequeathed to this Swami foul play, then, as you yourself know, the thing to do is to call "I quite agree to that, and I think it should have been done she's to be married on Saturday, sooner. However, Mrs. Bell is

will make him agree to it. He doesn't particularly like the Swarow be any more efficacious after mi, but he doesn't dislike him as on that bird at once, without wait-

this evening, wasn't he?" "Yes, talking twaddle about mysticism and things." "Emily doesn't care for him, disappearance, doesn't it look as really. I wonder she put that codicil to her will."

"He probably hypnotized her

into it. Who in Hilldale knows "Oh, the Stevensons, I guess to call them up?

"No, I think I'll go over there. "Delightful. But I'd keep the enough to have Emily gone, but matter quiet a little longer, don't now. What price his abducting to attempt to fasten a crime on you think? The search party may that godly man, that holy priest bring some news." "Can't wait. I've got to move.

If Rod comes home, call me at Feeling the imperative need of action, Gibby went to the Steven-

son house. He went cross lots and though

He thought as he plodded along

BITS for BREAKFAST

"Oregon's prison problem:"

That is what the Capital Jour-

nal calls it, and the Portland Telegram says there is danger of a holocaust at the Oregon p e n i tentiary, and the other Portland newspapers demand mmediate action in eliminating imminent fire risks at the institution.

The Oregonian of Thursday last published a communication from Oswald West, who was governor of and the people, but without re- it from disastrous fires. sults. The destruction of our prison by fire and a necessary accompanying loss of life was my con- be said. Former Governor West 'ours."

Referring to this, the editorial page of the Oregonian of the same gon," in which one finds, among many other things: "Prisons should not only afford security to society, and teach the lesson that society imposes-for this is but the half of it-but they must also afford the inmates themselves security against undeserved and terrible fates. They are men that we have sentenced to prison, fellow creatures, beings of our own kind. The law does not contemplate that they should be caused to suffer needlessly, or to is raised save that of sympathy creased, and horror at the thought. There should, of course, be an official inquiry-but in an incluctable sense it is untimely. The time for an official inquiry was before the fire . . . The time to hold an inquiry into the Oregon penitentiary, to determine its susceptibil- out any blaze that may start or be ity to fire, to institute at whatever expenditure the most efficient safeguards against fire, to proide a well seasoned plan and discipline wherewith to meet a not improbable emergency, is not tomorrow, nor this autumn, nor next year. It is now.' 4 4 4

The Capital Journal thinks the construction of new buildings on the present penitentiary site is a "Go on, Betty. It can't do any mistake, saying: "What is needed Betty went off to telephone and heart of the city, the selection of the construction of a modern, fireproof prison with ample acreage for prison farms, industrial buildings and future expansion. The present site can be sold for industrial and residential purposes and the proceeds used to finance the new prison. The more money spent upon the old structure, which ere long must be abandoned, the

greater loss to the state." \$ \$ The "what is needed" is correct. But how to get it is the big question. In 1917, the people of Oregon voted down a \$400,000 tax levy for a new penitentiary, nearly two to one; with 86,165 his country by giving it to the against and only 46,666 votes for public. the measure.

tiary, with the money from sales | The Statesman Travel and Trafof the present property, could fi- fic Accident policy. One dollar nance an entirely new prison, on per year to Statesman subscriba 1500 acre tract, which it should ers and members of their family.

have, as the minimum size, and all good land. And they could pay interest on the money required to handle the deal. But in the mean time, the institution must be conducted, and the new buildings just erected and expected to be built at once are necessary for the increased population. There is no way to get away from the pressing demands. Besides that, the cost of construction, compared with outside work, is small. Cuyler Van Patten, well know Salem architect, says the new administration building was erected at less than a third of what it would have cost on the outside. Also, the steel work can all be taken to the new site, when it is provided-and much of the other materials.

Both Superintendent Henry W. Oregon from 1911 to 1915, as fol- Meyers and Warden James W. lows: "The news from Ohio is ap- Lewis urge the necessity for an palling, yet we have in our state entirely new prison on a new site penitentiary just as great a fire further from the center of the city trap. Several of our governors, in-cluding myself, called that fact the present prison, in order to to the attention of the legislature get any where near the safety lim-* * *

But something more ought to stant fear while governor. In the should hear it. The something Ohio disaster stands our warning. more is that there has been a vast Unless we heed it, it is only a improvement lately in the safety question of time-we will get devices at the Oregon prison. A great deal of new hose has been added. And many more fire extinguishers have been purchased. There is plenty of water availdate has a long article, under the able. More explicit rules have been heading, "Ohio's Lesson for Ore- made and instructions given, in case of fire. Over charged power wires have been removed. Many menaces of various kinds have been done away with-almost too numerous to mention. Scores of dangers have been minimized. No dust is allowed to collect anywhere in the flax scutching and threshing quarters. This is looked after, day and night. A sprinkler system is being put in, for the main prison. There is new outside fire escape from the hospital; also new fire escapes for the adyield up their lives that the pub- ministration building. The water lic purse may be the heavier. So-ciety does not intend it. No voice also the pressure has been in-

> In fact, everything that is humanly possible, with the present construction, has been done or is being done, to minimize the danger of a fire starting, and to increase the likelihood of putting

And to make it as nearly impossible as may be for lives to be sacrificed to the fire demon, in case of a general conflagration.

Discipline has a lot to do with safety in this matter. There is no general spirit of unrest at the Oreon pennentiary. The jority of the men know everything is being done for them that is in reason and with present means site, which will soon be in the siderable proportion of them are receiving a daily wage, and those who understand the situation know this is likely to extend to every worker before very long.

. . . There is no idleness. Men work willingly and efficiently, as a general rule, with or without a daily wage, In this respect, the Oregon prison will bear comparison with the best of them in this or any other country.

• If there is a way to speed up the full solution of "Oregon's prison problem," the one who possesses the knowledge of it will confer a favor upon his state and

Spring and summer time is tra-The industries of the peniten- vel time, make application for

SPEND A DAY SAFEGUARDING THE WORK OF A LIFETIME.



An Additional Burden Your friend or relative, for whose ability and judgment you have the highest regard, may be qualified to handle your estate wisely and to the advantage of your heirs. But has he the time or the facilities? After all,

your estate would constitute an additional burden. Contrast such an individual with the Trust Department of this bank, whose business is confined solely to the handling of such matters. Necessarily this department can offer far greater service, and in addition, guarantee efficiency through adequate facilities and a specially trained organization. If you are interested, our Trust Officer will be glad to assist you in

completing these important arrangements. Come in

at your earliest convenience.

he is busy with his own affairs, and naturally these

are of primary importance to him. The matters of

