

Oregon Statesman

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

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The Disappointment at London

TWENTY-SEVEN envoys signed the treaty which is the fruit of three months of conference in London. Three nations: Japan, Great Britain and the United States...

The Christian Century, ardent advocate of peace, expresses regret that the conference early shifted ground from negotiation on the basis of the Kellogg pact...

A Fire Alarm System

SHOULD 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 nature...

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...

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.

"Bob Hendricks came into the office the other day, looked at our nose, looked at the boss's nose, looked at the society editor's nose, passed around among the reporters and printers...

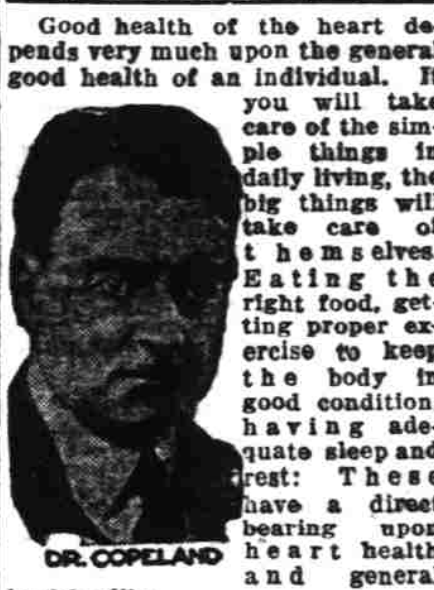
"A chicken hatched at Castle Rock, Washington, receives special mention because it has an extra pair of feet pointing to the rear. One man jumps all over the chamber of commerce, the Oregonian tries to mother it down with an unobtrusive proclamation on town harmony. Too bad, too bad. We thought it was 'Is Portland we do.'"

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...

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 license plate for ready identification.

HEALTH

Today's Talk By R. S. Copeland, M. D.



Good health of the heart depends very much upon the general good health of an individual. If you will take care of the simple things in daily living, the big things will take care of themselves. Eating the right food, getting proper exercise to keep the body in good condition, having adequate sleep and rest: These have a direct bearing upon heart and general health alike.

Today when the fad is to be thin, many poor hearts are undernourished. Underfeeding is bound to make the heart suffer. For the muscles of the body and muscles of the heart we need protein foods for tissue building—lean meats, milk, cheese, the cereals and eggs. These must be regular intakes of these foods or the heart grows weak.

The emotions have an immediate effect upon the heart. News of an accident to someone near to you or any other emotional experience which brings a sudden strain on the heart is in a good condition. When you take care of yourself in what you eat, how you exercise, how you work and how you rest, you are storing up the necessary health and vigor of heart and body necessary for future emergencies.

Girls and boys in school and college should realize this. Too often we hear of the boy or girl who has been over doing in athletics in school or college. Athletics and sports in moderation are exceedingly good, but in excess they are harmful to the heart.

Yesterdays

April 26, 1905 The granting of a pardon to Otto Miller by Governor Chamberlain was occasion for making public exchange of some exceedingly caustic official communications between the governor and Circuit Judge George H. Burnett. In which both officials take opportunity to indulge in a few personal rebukes and insinuations quite unusual in ordinary official correspondence of that nature.

A deal was announced last night whereby the Capital Lumbering company transferred all of its property and interests in this city and elsewhere to the Charles K. Spaulding logging company of Newberg, for a consideration approximating \$200,000.

Mrs. Edith Trustor Weathered of Portland was here on her return from an extended trip through southern and western Oregon.

A Problem For You For Today

What is the cost of flooring a bridge 100 feet long and 15 feet wide with 2 1/2 inch planks, at \$83 per 1,000 feet? Answer to Yesterday's Problem: 10.52 per cent. Explanation: Add all expenses together; subtract from sales; result \$65,750. Subtract 20 from \$65,750 per cent; multiply \$65,750 by 80 per cent; divide result by \$500,000.

ANOTHER PRESIDENTIAL PROBLEM



"WHERE'S EMILY?" by CAROLYN WELLS

CHAPTER XII. "I know her by her spiritual mood," her psychic manifestations. I can say what she would do with more accurate knowledge than can those who know her in her daily walks and avocations. "Then say it!" exploded Gibby. He didn't want to encourage this foolishness, but he felt he must get every possible angle of the situation.

"Ah, that cannot be done promptly. It would require time. Only through the mystic ecstasy may we achieve a veritable glimpse into eternity, may we become an ethereal floating part of the All, at one with the great Over-Soul of the Universe. Earthbound, we can do nothing, but once tasting Nirvana—" "Cut it out, Swami!" begged Gibby, not rudely, but as one who can stand no more. "Just wanted a little sample, just to get the drift, you know. I've got it, so don't waste any more on me."

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"What do you know of that?" "Oh, my!" said Aunt Judy, shocked at the speech. "I don't know much, to be sure, but it must speak like that! He's a holy man!" "Holy caterpillar!" Pete snorted. "He's a first class fake. I sincerely hope he's not true and happened to meet any. And, take it from me, this Laif person isn't one of them. Who is he?"

"Why, I don't know," Aunt Judy spoke helplessly. "He's a friend of the Penns—" "Mrs. Penn or both?" "Mostly Polly's friend," I guess. "And Emily likes him?" "Oh, they're all crazy about him. He has made a hit in the place, and he's invited everywhere and all the best people go to his meetings and lectures."

"What if he's a Hindu?" "Who cares anything about him? He didn't kidnap Emily did he?" "Maybe he did," said Gibby, thoughtfully. "You know, he's bound, bent and determined to get money from her—a lot of money—isn't he, Aunt Judy?" "Yes," came the somewhat reluctant reply. "But she has made a bequest."

BITS for BREAKFAST

"Oregon's prison problem:" That is what the Capital Journal calls it, and the Portland Telegram says there is danger of a holocaust at the Oregon penitentiary and the other Portland newspapers demand immediate action in eliminating imminent fire risks at the institution.

Referring to this, the editorial page of the Oregonian of the same date has a long article, under the heading, "Ohio's Lesson for Oregon." It is which one finds among many other things: "Prisons should not only afford security to society, and teach the lesson that society imposes—but for this but the half of it—but they must also afford the inmates themselves, some one we haven't even thought of, 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 yield up their lives that the public purse may be the heavier. Society does not intend it. No voice is raised save that of sympathy and horror at the thought. There should, of course, be an official inquiry—but in an ineluctable sense it is untimely. The time for an inquiry into the Oregon penitentiary, to determine its susceptibility to fire, to institute at whatever expenditure the most efficient safeguards against fire, to provide 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."

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 Oregon penitentiary. The great majority of the men know everything is being done for them that is in reason and with present means and facilities can be done. A considerable 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.

The industries of the penitentiary, with the money from sales of the present property, could finance an entirely new prison, on a 1500 acre tract, which it should

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 36,165 against and only 46,666 votes for the measure.

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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, he is busy with his own affairs, and naturally these are of primary importance to him. The matters of 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.

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