

**The Oregon Statesman**  
 "No Favor Sway Us; No Fear Shall Awe."  
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# HEALTH

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

For the most part, the foods we eat are wholesome and free from any contaminating influences. We need not be afraid about them. Government regulations and careful inspection of all foodstuffs are so strictly carried out in the United States today that most foods come to us in splendid condition.

But because some foods contain a deadly bacteria, or ptomaine, it is incumbent upon us to buy only reliable dealers. We must learn what are the earmarks of good meats, as well as their origin, as well as the signs of their freshness and fitness for consumption.

The trouble is that in some instances there is nothing about the food we buy, either before or after it is cooked, to indicate that it is unsafe to eat. Usually we know either by its taste or smell whether the meat or other food is good to eat. Sometimes these bacterial poisons are so resistant to heat that neither roasting nor boiling can destroy them.

Ptomaine poisoning may come from canned meats, or other canned goods. This rarely occurs now, since government inspection is rigidly enforced.

There is probably no animal tissue that decomposes and forms ptomaine so quickly as fish. When taken from its natural element, the water, fish die and decompose very rapidly. Bacteria of a deadly nature form very rapidly in the tissues. Such poisons form much more quickly in the heat than in the cold. Therefore, it is very necessary to keep all fish on ice in order to have them fresh and safe for eating.

Apart from the influence of food, there are some poisons that develop in the human body. This is true in diseases like typhus fever, Asiatic cholera, or lockjaw. Ptomaine poisoning varies very much in its severity and character. Its severity depends upon the virulence of the poison, and one's resistance to disease.

The attack may appear immediately after eating the food, or hours or even days may pass before the ill effects are felt. In the latter case the attack is usually most severe, for all the time poisons are at work in the body.

One of the first symptoms of food poisoning is intense itching or pricking of the skin. It is apt to grow in intensity until it is almost unbearable. Soon there are cramps in the intestines, nausea, and vomiting. Fever, headache, dizziness and weak heart action follow.

While waiting for the doctor, the patient should be kept warm in bed. The bowels should be kept open. It is very necessary to eliminate the poisons in the system as soon as possible, and to this end the patient should drink tepid water to which soda has been added. Vomiting may be induced in this way or by using the finger as far back in the throat as possible, the food will be ejected. Care in the selection and cooking of your foods will keep you from disease. Let us not trust to good luck.

## Power Comes to the Farms

A new ruling of the state public service commission has just gone into effect which ought to speed up the extension of electric power lines into the country. The new regulations provide that the power company serving an area must, in extending its lines into the country, supply all the cash for the construction of the line. The customers to be served, will, if the total cost runs over a certain sum, have to pay the excess; but their proportion is less than formerly, and they do not have to put up the money. The amount is charged to them and paid for in their monthly bills. In this way a farm does not have to dig up several hundred dollars cash money to get the line put out to his place.

There is a marvelous field for extension of electric service through rural areas. Every farm is a small industrial plant. The possible uses of electrical energy there are increasing. "Juice" is now used to turn the cream separator and the churn, heat the incubator and the brooder, run the ensilage cutter and light the barn. It may be used for milking the cows and cooling the milk; and it can perform all the services in the home for the country woman that it does for her city sister.

The studies of light with respect to vegetation are revealing new possibilities all the while. Electric lights might be used to force vegetation; or to illuminate fields for farm work, though this is customarily done now by powerful lamps attached to the tractor. They are used in henhouses to stimulate egg production in winter months.

Electric motors are the modern geni; electrical energy is the new Aladdin's lamp. Bringing of electric power to the farm will lift many burdens off the backs of men and women and children on the farms, should lower production and operating costs, and will go far toward enabling the family-unit farm to continue as a profitable economic unit. The latter is very important. Because power can be delivered in small, easily controlled quantities over electric wires, the small farm with its numerous operations calling for power may be continued rather than merged in big scale operations and chain farms. At least electric power on the farms will help to maintain the independence of the small farm.

This ruling of the public service commission will undoubtedly be helpful to the farmers now unserved, and should result in building up a big business for the utilities.

## The Degenerative Diseases

Heart failure, apoplexy seems to be the arch foe of life at the present time. Medical science has done much toward ridding mankind of germ diseases like smallpox, cholera, fevers, diphtheria, tuberculosis. But the so-called degenerative diseases show an increasing rate of mortality. Because of this while the average span of life has been increased due to lower death rate in infancy and childhood, the expectancy of the person who reaches age 40 is no greater than previously.

There is no cure known for many of these diseases. Kidney trouble and heart disease are responsible for a third of all deaths, and cancer is the cause of a large proportion as well. Habits of living are more important than medicines. Good habits call for regularity of exercise, diversion from one's occupation both daily and annually, temperate eating, in short, a carefully regulated regimen of living.

When the cause of death is some organic trouble the question that comes up, is why did the organ fail to function? What neglect or abuse did it suffer that it should fail to carry its load? One may not say the trouble was one particular thing; but rather the result of long continued abuse or neglect.

This is some sort of health work, and there is general urging of adults to have a physical examination to uncover weak spots and catch bad conditions before the organs of the body are impaired. The shock that came to the people in the death of a distinguished citizen this week ought to make those of 40 and over stop and think about their health, about their manner of living, and about the precautions they should take to ward off the encroachments of the degenerative diseases. The events urge three things upon men in middle life: have a health examination; study your life insurance program, and review your will.

## Tunneling the English Channel

Twenty miles of water which makes an island of England has played an important part in European history. The English channel barred Napoleon who looked across from Calais with hostile purposes. Its storms played havoc with the fleet of the Spanish Philip, whose armada threatened the England of Elizabeth. But the security which the English felt behind this strip of water was rudely broken with the menace of the submarine whose torpedoes destroyed ships and endangered food supplies.

Tradition has done much to preserve this channel as a barrier to easy access from the continent; but the imperative demands for speed in communication and transport are bringing to the front the old proposals for constructing a tunnel from Dover to Calais. The tunnel length would be 31 miles and the estimated cost, with two twenty-foot tubes for railroads, \$125,000,000. Construction of the tunnel would cut down the running time of trains from London to Paris some 60 minutes. It would of course take away the discomforts of the ocean crossing, where storms are frequent. Transshipment of freight from train to boat would no longer be necessary.

A private company is now proposing to undertake the venture; and parliament has recently listened to fresh arguments in favor of the project. The old argument of military security is countered by the assertion that the blocking or destruction of the tunnel in time of war would be comparatively easy if England or France wished to cut off this means of transit.

The project does look entirely feasible and the cost not prohibitive. In this country we would probably be quite willing to undertake it. Perhaps England will decide her security is not endangered by an easy access to the continent and will encourage private interests to go forward with a tunnel.

## Yesterdays

June 18, 1905  
 D. R. Yantis, of the firm of Steelhammer and Yantis, has just completed a handsome cottage on North Commercial street and W. D. Claggett is building a fine two-story dwelling in the southwest corner of Commercial and Marion.

The initial number of "The Lead Hand," a weekly journal published by the convicts at the state penitentiary, has just been issued from the printing plant there. It is a neat four-page publication.

Word has been received that Clarence M. Bishop, street car boss on North Commercial street, last year at St. Johns.

The Martin-McVay meeting has reached the end of its sixth week and is still drawing large crowds.

# BECOMING AIR-MINDED ALMOST OVERNIGHT

I NEVER THOUGHT I'D LIVE TO SEE THAT!

YESTERDAY

H-M-M-M... MUST BE SOMETHIN' SPECIAL ON FOR TODAY!

TODAY

WELL, I GUESS I'LL HAVE TO BUY ONE OR BE CONSIDERED OUT OF DATE!

TOMORROW

# "The SEA BRIDE"

By BEN AMES WILLIAMS

THE ROMANCE OF AN EVENTFUL WHALING CRUISE

**CHAPTER IX**

"Your fault, you damned, careless skunk!" he accused. "You're no more fit for your job. You're—"

Willis Cox was little more than a boy; he had a boy's sense of justice. He was heart-broken by the accident, and he said soberly: "I'm sorry, sir. It was my fault. You're right, sir."

"Right?" Noll roared. "Of course I'm right. Do I need a shrinking fourth mate to tell me when I'm right or wrong? By—"

His wrath overflowed in a blow and for all the fact that Noll was aging, his fist was stout. The blow dropped Willis like the stroke of an ax. Noll himself filled a bucket and sluiced the man and drove him below with curses.

Afterward the reaction sent Noll to Faith in a rage at himself, at the men, at the world, at her. Dan'l, in the main cabin, heard Noll swearing at her. And he set his teeth and went on deck, for fear of the thing he might do. He was still there half an hour later, when Faith came quietly up the companion. Night had fallen by then; the sea was moderating. Faith passed him where he stood by the galley, and he saw her figure silhouetted against the gray gloom of the after rail. For a moment he watched her, his fingers pinching himself. He saw her shoulders stir as though she wept.

The man could not endure it. He was at her side in three strides. She faced him and he could see her eyes dark in the night as she looked at him. He stammered: "Faith! Faith! I'm so sorry."

She did not speak, because she could not trust her voice. She was furiously ashamed of her own weakness, of the disloyalty of her thoughts of Noll. She swallowed hard.

"Here's a dog, Faith!" Dan'l whispered. "Ah, Faith—I love you, I love you. I could kill him, I love you so."

Faith knew she must speak. She said quietly: "Dan'l, that is not—"

He caught her hand with an eloquent grace that was strange to see in the awkward, freckled man. He raised her hand to his lips and kissed it.

"I love you, Faith!" he cried. She freed her hand, rubbed at it where his lips had pressed it. Dan'l was scarce breathing at all. He was fearful of what he might do or say.

"Dan'l, my friend, I love Noll. With all my heart," she said simply.

"And poor Dan'l knew, for all she spoke so simply, that there was no part of her which was his. And he backed away from her a little, humbly, until his figure was shadowed by the deck-house. And then he turned and went forward to the waist and left Faith standing there.

He found Mauger in the waist, and leered at him good-naturedly until he was him to leave from the deck-house. Faith, after a little, went below. Noll was asleep in his bunk above hers. He lay on his back, one bare and hairy arm hanging over the side of the bunk. He was snoring, and there was the pungent smell of rum about him. Noll passed, at this time, into a period of slumber. He gave up, bit by bit, the vigorous habits of his life. He had been accustomed of old to take the deck at morning and keep it till dusk, and when used arose in the night, he had always been quick to leap from his bunk and spring to the spot where his strength was demanded.

He had, in the past, loved to take his own boat after the whales that were sighted. He had con-

# Editorial Comment

**From Other Papers**

**TOM KAY THE MAN**

The untimely death of Senator George W. Joseph has thrown republican political leaders into turmoil. Deprived of a leader for the coming November elections the task of selecting a new candidate for the gubernatorial chair now falls on the republican state central committee. Yamhill county will have its voice in the selection through James Teegarden of Yamhill, who is the state committeeman from this county.

It is a lamentable situation that the runner-up in the recent primaries and at the present time governor of Oregon, has so conspicuously proved since his defeat that he is not gubernatorial timber and has so conducted himself that he would not be acceptable to the voters of Oregon under any circumstances. He has barred himself from any hope of consideration by the central committee.

Unquestionably Tom B. Kay, state treasurer and a native son of Yamhill county, will be the first to receive consideration by the committee. Refusing to run as an independent, Mr. Kay may now see his way clear to accept the nomination at the hands of the committee. Mr. Kay would easily carry the republican standard to victory. Telephone Register, McMinnville.

**JUST A TEAPOT TEMPEST**

The state board of control declines to accept the proffered resignation of Howard C. Merriam of Goshen, as a member of the state board of control manifesting sound sense and regard for justice.

In Marion county there is a fruit inspector against whom complaints had been made of lack of seal. Mr. Merriam upon investigation concluded that the complaints were well founded, and at a meeting of the board of horticulture moved that the inspector be suspended. There was opposition to the motion from Marion county friends of the accused inspector, and Mr. Merriam in arguing the necessity for competent inspection cited a case wherein inspection had resulted in the discovery and quick eradication of new fruit tree pest, whose identity and location he did not disclose.

Upon this the friends of the inspector under fire seized as a means of turning the tide of criticism against Mr. Merriam. He was accused of slandering and trying to wreck the Oregon fruit industry. A newspaper at Salem and another one at Medford furiously shrieked their denunciations and broadcast them from their offices in stipatches. And Mr. Merriam, a conscientious and hard-working member of the board of horticulture, but a man quite unaccustomed to the slings and ar-

# A Problem For You Today

If a body of men consumes \$600 worth of food in 4 weeks, in what time would \$1800 worth of food be consumed?

Answer to Yesterday's Problem: 250 miles. Explanation: 6 x 5 = 30 equals 10 1/2 and 10 1/2 equals 21.3. Multiply each of these by 13 1/3 (or 40/3) and add results.

# BITS for BREAKFAST

By R. J. HENDRICKS

Continuing the account of his plains journey by this prominent member of the 1847 immigration, that doubled the population of Oregon; the man who was one of the first school teachers of this state and in many other ways outstandingly useful in the new land he came to help develop:

"We struck the Platte river on the first day of June. We saw the first buffalo the day we passed Grand Island. They were on the north side of the main Platte. Some of them were lying down, others were apparently feeding, and others traveling about. I was raised near the Darby Plains in Ohio, where they had immense herds of cattle, but I never saw so large a herd as that was; it extended for miles and covered sections, and when some of the hunters from a company just ahead of us rode wildly into the drove and fired a volley at them, they fairly made the earth tremble in their endeavor to escape. (The tremble part I have from the hunters, as I was too far away to feel it.) After we crossed the South Platte, we took a turn at buffalo hunting, and found it both agreeable and profitable.

"At Ash Hollow, on the North Platte, we stopped a day for washing, there being plenty of wood and water. Our oxen and cows began to get footsore and we had to leave some of these on the way, which were generally killed and eaten by the wolves. I, with several others, visited the grand towers, from the tops of which we could see the emigrant road from Ash Hollow to Scott's Bluffs, and I think it was the finest sight I ever saw. The long train of covered wagons one after another, just as far as the eye could see each way, with their loads of brave pioneers silently wending their way towards the setting sun, made a never to be forgotten sight; it appeared to me that there were 1,000 wagons in sight.

"We reached Fort Laramie just as the Indians had returned from a successful raid on the Pawnees, and were encamped at the mouth of the Laramie river on both sides of both rivers. The officers at the fort told me that this camp contained 1,800 lodges. We stopped one day at Laramie to set work oxen and trade our lumber for sound ones, giving two and sometimes three for one. There our lumberman left his log wagon, which he was advised to leave at St. Joe. At Box Elder creek we saw the graves of several of the Woodside family, who, it was said, were the first to eat fruit that had been cooked and allowed to stand in brass kettles.

"We crossed the Platte on the last day of June on a raft, and Captain Palmer swam his horses hitched to his hack across the river.

"From the best data I can get, we were at this place about the middle of the 1847 emigration. We passed Independence Rock, on the Sweetwater, on the 4th day of July, and hoisted the stars and stripes and fired the cannon on top of said rock 15 o'clock that day; met the first company turning from Oregon that night; heard good news from Oregon, and also heard that the emigrants in front were getting along finely, which cheered the despairing ones if any, in our company.

"Our captain told us we might expect sickness in our camp on the Sweetwater, and we did have it, but no one died, although many were sick and some a high unto death. At the snow bank we met J. G. Campbell, of Oregon City, and William and Samuel Campbell, who were going back east for their father and family, at the last crossing of the Sweetwater, we met a man by the name of Grant, with his whole family on his way back to Missouri. When asked what his objections to Oregon were, he said: "In the first place they have no corn there; and in the second place the can't raise corn, or what they can't raise corn they can't raise hogs, and what they can't raise hogs they can't have bacon, and I am going back to old Missouri where I can have corn bread, bacon and honey!"

"On getting from Pacific Springs to Bear River, half the company went by Fort Bridger, and half by the desert, but the half that went by the cut off had the worst of it. Three days' travel before we got to the Soda Springs, we passed the grave of Elias Brown, who died on June 17th, 1847, of mountain fever, father of Henry Brown, our official secretary. The first grave of the company that left us on the Little Blue that we had seen, and the only one that we did see.

"At the Soda Springs all the sick were healed; and on the first day of August we camped on the Snake River. At what was called Bluff camp, a few miles below the great falls of the Snake river, part of the cattle swam across the Snake river, and in the morning the captain and H. Simpkins rows of politicians, tendered his resignation.

It is well that the resignation was handed back to him, and it is well for the work that the board of horticulture is doing that he is to remain a member. The whole episode of the effort to oust him was a tempest in a teapot.—Morning Oregonian.

# Stomach Sufferers

If many foods do not agree with you, and you suffer from gas, heartburn, bloating, sour stomach, and dyspepsia, why not make the Dietox 15 minute test? Dietox is harmless, yet works with surprising speed. One ingredient of its power, Digest 3,000 times its own weight. Don't give up. Get Dietox at any drug store. Put it to the test. Money back if you don't soon feel like new, and able to eat in comfort. Only 50c.

Ferry's Drug Store  
 115 E. Commercial

# Premier Arrives

LONDON, June 16. — (AP) — Lord Strickland, premier of Malta, arrived here tonight by plane to consult the government on the disturbed state in Malta.

# The HULL CONGRESS

PORTLAND, OREGON