

# The Oregon Statesman

"No Favor Sways Us; No Fear Shall Awe." From First Statesman, March 23, 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

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Ford-Parrsons-Sherber, Inc., New York, 271 Madison Ave.;  
Chicago, 230 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 Subscriptions: In Advance, Within Oregon: Daily and Sunday, 1 Mo. \$2.00; 3 Mo. \$5.25; 6 Mo. \$10.00; 1 Year, \$19.00. Elsewhere 10 cents per Mo. or \$2.00 for 1 year in advance.  
By City Carrier: 20 cents a month; \$2.50 a year in advance. Per Copy 2 cents. On trains, and News stands 5 cents.

## HEALTH

Today's Talk

By R. S. Copeland, M. D.



DR. COPELAND

Vertigo is a sensation of giddiness in the head. There is a swimming sensation, the surrounding objects seeming to whirl in space. There is staggering and uncertainty of the body balance. If you once experience it, you do not forget the feeling of vertigo. . . .

There is a disease called "Meniere's disease," an affection of the internal ear, which is unpleasant and very serious. This ailment is accompanied by vertigo. . . .

Vertigo may occur when certain muscles which move the eyes are paralyzed momentarily. The eyes are disturbed in their relationship to each other. . . .

There are certain physical conditions that will produce vertigo. The most common cause, perhaps, is some form of indigestion or intestinal disturbance. . . .

The average person makes a plaything of the stomach. Without the slightest hesitation there go into this patient organ the most doubtful dishes. . . .

When you have an attack of vertigo it is time to find out what is wrong. If it is due to digestive trouble, that is readily remedied. . . .

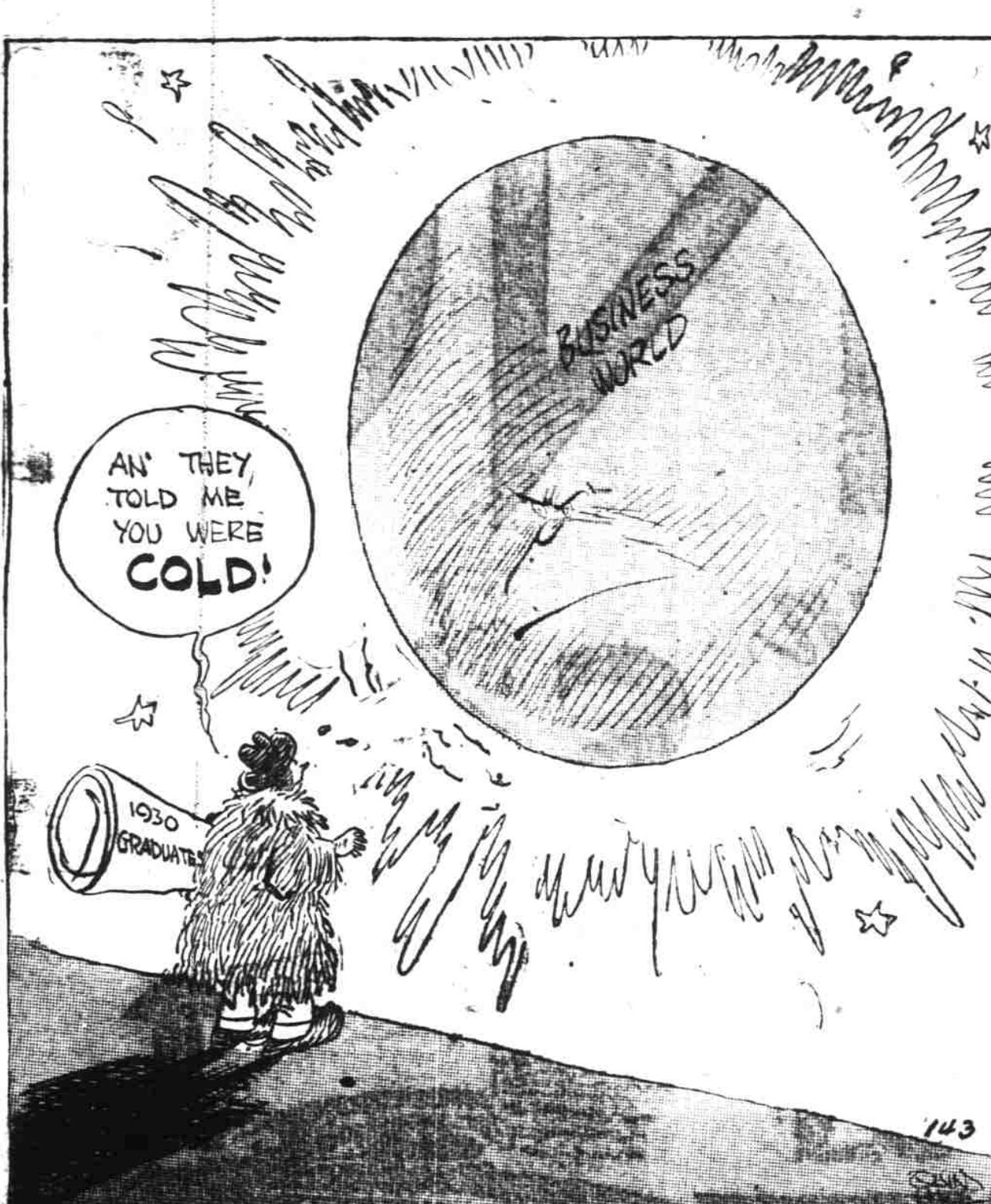
Simple giddiness may be relieved by emptying the bowels. An enema is the simplest way to accomplish this purpose. . . .

If you have an attack of vertigo, lie down and keep quiet. When the face is flushed, support the head and shoulders with several pillows; but if the face is pale, use no pillows, and allow the head to be a trifle lower than the general level of the body. . . .

By eating the proper foods and by simple living you should try to get the digestive and other organs into a normal condition. . . .

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## ANOTHER HEAT VICTIM



## "THE SEA BRIDE"

THE ROMANCE OF AN EVENTFUL WHALING CRUISE

By BEN AMES WILLIAMS

CHAPTER XII  
The water was soothing as heaven itself after the salt; but she was not satisfied with merely wading. She stood for a little listening, gathering courage, striving to pierce the shadows of the bush about her with her eyes. . . .

and his mate—mate's name was Trant, and I'd not like to meet that man on a dark night. There was murder in him—the sheer love of it. He was the sort of man that will catch a shark just for the fun of spiking the creature's jaws and turning him loose again. . . .

want to get up. There was some confusion, you understand. I did not stay to straighten things out. I went over after Leadfoot. He could swim like a porpoise. He was ahead of me, but half-way in he met a shark and came clamoring back to me to be saved. . . .

### What to Wear

IN years gone by, though not so dreadfully long ago but what matrons who still are eligible to the young ladies' guilds in the churches can remember, styles were propagated by publication. They originated in Paris as indeed they still do, although Hollywood makes bold at times to challenge Deauville. . . .

How do the stores know what to buy? They do know, for charts and graphs and percentages and ratios have reached the merchandise marts. No more does the storekeeper depend on what Marshall Fields' man may tell him on his semi-annual visits; nor does Ely, Walker's salesman, give him the true picture of what to buy. . . .

### Greeks Bearing Gifts

IN their zeal for preservation of roadside beauty the women's clubs of the state and country need to be on their guard lest they fall victims to the stealthy plans of competitors of billboard advertising. . . .

### The Safety Valve

Letters from Statesman Readers  
To the Editor: . . .

### What Are Libraries For?

THE librarian at Grants Pass thinks the library is made for the housing and the reading of books. She has a high sense of the duties of her office and the function of the library in the community. . . .

### A Problem

For You For Today  
How many gallons of water will fill a cylindrical vessel 3 feet 4 inches in diameter and 8 feet deep? . . .

### Yesterdays

of Old Oregon  
Town Talks from The Statesman Our Fathers Read  
June 21, 1905  
Dwight B. Huss of Detroit, Mich., "Old Scout" leader in the mad dash across the continent in the Oldsmobile race from New York to Portland, whirled into Salem last night. . . .

### READY TO FIGHT LAWBREAKERS

Believed to be the only Sheriff equipped with an airplane, for the purpose of tracking down criminals, is Wayne Hanning (above, with plane), sheriff of the county seat of Shawnee County, Topeka. . . .

### Marines Assigned

WASHINGTON.—(AP)—More than 1,200 Marines will be in Nicaragua in November to assist Captain A. W. Johnson, envoy extraordinary and minister plenipotentiary, in supervising the elections. . . .

### Aurora

June 20.—J. J. Waller of this place, has been appointed city marshal of Mollala, former marshal Wald having resigned. Waller's family will reside here temporarily. . . .

### Candidates for Governorship

The candidates for the governorship nomination have this consolation: their campaign won't cost them as much as the primary. . . .