Ne Favor Sways Us; No Fear Shall Aws." 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

ific Coast Advertising Representatives: Bur W. Stypes, Inc., Portland, Scourty Bide, ancieco, Sharon Bidg.; Los Angeles, W. Pac. Bidg., Eastern Advertising Representatives; Lysine-Stacker, Inc., New York, 271 Medicon Ave.; Chicago, 500 N. Hichipun Ave.

Entered at the Postoffice at Salem, Oregon, as Second-Class latter. Published every moreing except Monday. Business fice 215 S. Commercial Street.

SUBSCRIPTION RATES

man Subscription Rates, in Advance, Within Oregon; Dally and man, 1 Mo. 50 cents; 3 Mo. 51.15; 6 Mo. 52.35; 1 year \$6.00 Mass.

Changes in Diet

NE popular food had as its slogan "Tell me what you eat and I'll tell you what you are." Just what it meant we sever could quite understand. But curiosity into what peoeat has been exceedingly persistent. Those who have a en interest in the diet of humans are the professional dietitians and doctors whose major interest is the health of the human body; and the vendors of food stuffs whose chief interest is the promotion of sales of special products.

Styles in eating change from generation to generation. Primitives were fish eaters or consumers of roots and fruits. Lacking agricultural machinery they had to depend on provisions readily seized. Food was eaten raw or in semi-cooked state. Human progress has been rapid in the field of foods and cookery. Markets now offer a wide diversity of foodstuffs and mechanical improvements offer varied ways of preparing foods for the table.

The diet of modern folk has undergone considerable change in the past thirty years. E. G. Montgomery, chief of the foodstuffs division of the federal department of com- lod or who goes through merce has been making a study of this change. His study same motions repeatedly may was directed to finding out how much of the different classes of foods the average person was consuming now as compared with 30 years ago. Here are some of his discoveries:

Your average American eats much less cereals than formerly, using 230 pounds per annum now as compared with 350 pounds 30 years ago. His consumption of meat is 3% trouble, Later these pains disapgreater, which will surprise many who thought the beef-pear during rest. As a rule, there consumption had fallen off. In addition Mr. Average Man is increased tenderness along the consumes 10% more fats and oils which he gets in salad course of the nerve in the indressing nowadays. Dairy products have mounted in consumption 150%. Each person now consumes 1040 pounds of may be avoided by changing the milk a year. Use of fresh fruits is up 33%. As to fresh vegetables which we would think would show much gain, Mr. Montgomery reports little change.

A great change has come in the manner of supply of toms are always relieved by brief this food. The can opener plays a far more important part than ever. Canned peaches and pineapples have led in the increase, the former going from 8.60 pounds per person to means of benefiting the victim.

Brid manual m 20.87 pounds in 30 years. Pears and grapes about doubled. Apples went from 11 pounds to 71 pounds. Oranges jumped from 6.69 pounds to 19.49 pounds.

The total consumption measured by calories has not changed much, but the segregation of the consumption shows a great change in the items which are eaten in quantity.

As the Pacific Rural Press comments on the change in our foods:

"These figures indicate that we are not eating less, but we do change our diet. Or perhaps we should say our diets are changed a cup of soup. This should reform us. In these days of intensive promotion and advertising the fresh you and drive away the refords which do not speak up are not likely to receive most attensult of the day's work. Later you

Hoover Speaks Up

TORESIDENT HOOVER has been demonstrating real qualities of leadership which commend him to the American public. In the matter of the pension bill the president spoke rather sharply in condemning the bill which was a palpable raid on the treasury conducted by timid congressmen. The senate with a show of courage repudiated his advice and passed the bill by a big vote; but the house proved more ra-tional and upheld the president's veto.

In the matter of the confidential documents the president spiked the guns of his opponents when in refusing to magazine refused that we likeforward the treaty documents he said he would show them to wise refused this sort of adver-any senator who agreed not to publish their contents. That tising. This past week the Graleaves nothing for the recalcitrant senators to stand on.

This country has a president who is a leader. Its complaint with Coolidge was that he was too much given to standing back. For a year Hoover was inclined to back and fill, to march up the hill and then march down again. His recent boldness gives ground for hope that he is waking up to the possibilities of his position. The public will support him if he shows courage to stand up and fight.

One of the Reasons

THERE are many reasons why prohibition does not prohibit with the rigidity which its advocates hoped for. all tobacco and cigarette adver-Not least in importance among them is the fact that the enturned down quite a number of forcement is entrusted all too often to men who have no sympathy with the law. The public may elect or appoint prosecuting attorneys, sheriffs, police who disbelieve in prohibition, and either do all they can to belittle it, to overlook its infractions, or who do nothing at all unless forced to.

We note that the wife of a prosecuting attorney in a daily to perform in bearing and the contracts and that others might have been received it we have advertising agencies on rate cand bearing the words, "No behave that we have a daily to perform in bearing as

popular county of this state has brought a suit for divorce in a duty to perform in keeping our which she alleges that her husband is "a constant and invet-erate drinker of intoxicating liquor, on occasions drinking too freely and becoming intoxicated." Such a description makes to be consistent in this.—Newreliance on a person who fits it to enforce prohibition a per- berg Graphic, fect absurdity. Merely writing down a law gives it scant sanction if its enforcement is not entrusted in friendly hands.

Audit All Public Funds

J. TUOMALA, Astoris justice of the peace, is in jail charged with theft of \$11,000 in fines and bail money he collected over a period of four years.

If the charges are true and there is strong presumption

they are, Astoria citizens are partially to blame. Every public official handling public moneys should have his accounts thoroughly audited by a certified public accountant at least

ch an audit is a protection to the officer as well as to the blic. Public business is oftentimes conducted in negligent thin. Before Justice Brazier Small took office here there was no audit of the local justice court and Small demanded of the county court that one be taken. We are not sure that ther public office in Salem and in Marion county is audited; each one should see if it is not. Good husiness distates it, protection of the individual and the taxpayers demends it. Oftentimes the audit will reveal possible improvements in business methods of the offices checked,

How delicious is the coolness that has succeeded the few torrid days of last week. The refreshing ocean breezes bring home to us the delightfulness of the Oregon coast climate in midsummer. Not or in the heat. We

On my deak is a letter from Oakland, Calif., asking for an article on "Occupational neu-



printers and other work-ers. Divers suffer from had air. The immediate annoyances of most of these disturbances dis-appear when the person leaves his work at the end of the day.

The term "occupational neu-ritis" includes a large number of disturbances of nerves and mus-cles due to long-continued over-use. They are due to strain or to repeated shocks to nerves or muscles because of the demands in certain occupations. As a rule these are occupa-

tions requiring intelligence and concentration. But occasionally persons doing unskilled labor are roubled with pains in overworked parts.

The most common of the occupational disorders are allments known as "writer's," "telegraphers" and "typist's" cramp, Many musicians, particularly planists, violinists and drummers, develop neuritis.

ters, machinists, tailors and masons. In fact, anyone who holds the same position for a long perhave trobule.

Massage Helps This condition shows itself in pains and cramps in the muscles during exercise or while holding the position which has caused the volved part.

Neuritis due to occupation cular pressure from one group of muscles to another. The symp-If there is much pain massage, talking together; and Nolls heat and electricity are all help-ful. Sometimes it is necessary to have a complete change of occu-

When you leave your work change to fresh clothes and take a short walk. Do not eat if you are tired or do not feel well. Rest will enjoy the evening meal.

Editorial Comment

From Other Papers

IT COSTS US MONEY Same time age the Graphic noted the fact that a farmers' magazine refused tobacco adverphic received contracts and cuts for a series of eigarette advertisements. These carried beautiful pictures and reading matter regarding a certain brand of cigarettes and the total contract would have amounted to over \$100. In keeping with the policy of the publishers we are not running any of these ads and of course in so idea how much money we lose over a period of years by refusing columns clean from such things

esterdays

Town Talks from The States

County Superintendent Ackerman says that reports coming to his office indicate that county school teachers and clerks are grossly careless in keeping their attendance reports for the year. Ackerman believes a revision of the state school laws should be made to overcome the difficulty.

Lebanon — George . B. Whit-comb, who lived above Lebanon on the South Santiam, reports having discovered platinum paying quantities.

THE PERMANENT REMNANT



The SEA BRIDI BY BEN AMES WILLIAMS

THE ROMANCE OF AN EVENTFUL WHALING CRUISE

Mauger was still with him. Mau- still. "Wood and stores, sir, I sup-"You think Mr. Brander to too much with the crew?" he said to

Dan'l? Dan'l shook his head "No, not too much. It's as well for an officer to be on good terms think so, I was never one to do t, But—no, not too much, Nevertheless, he's much with them,

frowned.

CHAPTER XXXII. Noti thought for a while, his brows lowering. he said harship. "Their clacking set down the glass, spilling a lit-tongues should be dragged out!" tie of the liquor; and he wiped

Dan'l nodded. "Aye; but that would not stop them. You know the men, sir. Still, it seems Brander should be able to hush them." he added.

the men of late."
Noll'a face contracted, He touched Dan'l's arm. "I've seen that he is much with Mauger," he agreed. "And Mau-ger—" His muscles twitched, and he went on under his breath; "Manger's whetting his kails for me, Dan'il I'm watchful of that

"He has a stinking eye," said Dan't. "But I make no doubt he's harmless enough, sir. I'd not fear

"I'm not a hand to fear any many, Dan'l," Noti said stoutly. "Nevertheless, that twitching eye of his frets me." He shaddered and gripped Dan'l's arm tighter. "I should not have kicked the man, Ban'l I've been a hard man day, I doubt the Lord has raised he asked: up Manger to destroy me."

Dan'l laughed. "Pshaw, sir- Even the Lord rould have small use for a thing like Mauget." He waited for a mement thoughtfully "Any case," he said, "if you were minded, you could drop him sahore at Port Russell and be rid of him." Noll moved abrouptly. "Eh?" he said. "I had not thought of that." He seemed to

shrink from the thought. "But ft-may be he is meant to he about me. I'd not go against the Lord,

Dan'l jocked sidewise at the captain; and there was something like contempt in his eyes.

"If it was me, he said slowly, "I'd set the man quietty habore."

He turned away and laft Noll to think of the matter.

Dan'l wondered, dil that day, whether Noll would set; but toward nightful they existed a topout, and killed as dark came upon them. That held them, for cutting in and trying out, three days where they lay; and thay killed ence more before they made the Hay Islands. They were fouching at Port Russell for water and fresh vegetables; they put in here.

When the anchor went down, sevoited. His impulse was to

Noll's eyes ranged the deck. Brander faced him. They were "Go 'way," he said Brander was amidships now; and in the after cabin; and Noll sat his hand. "Go 'way! "Wa're staying here a day," he Noll screamed in a way that woke the ship; he had come out

> "Oh, aye: and something else, Mr. Brander. I'm going leave here that man in your boat—

> Mauger. Brander's lips tightened faintly; he held his voice. "Mauger?" he echoed. What's wrong with him?"

"Don't want him around more," said Nell slowly. "Why not?" Brander insisted. Noll's lips twitched with the play of his nerves, and he poured a drink and lifted it to his mouth with unsteady fingers. He

his mouth with the back of his hand. "I had 'casion to discipline Mauger," he said with awkward dignity, his head wagging. And after a moment more: "You had 'easion to discipline Manger. mark, he's all but deserted us in An' new he's got a knife for me, the cabin. He sticks much with He's going to kill me. I ought to

kill him, I'll put the man 'shore 'stead of that." Brander smiled reassuringly. "Mauger's harmless, sir; and he does his work." Wall shook his head.

."I knew 'im. He's a murderer. I'm goin' to put him ashore."
The fourth mate hesitated; hen he said quietly: "All right. If he goes, I go,

Noll's head jerked back as if he had been struck. His red eyes widened and narrowed again as

Rated unsteadily. "What's that?" "What's that you say?" "I say I'll go if he goes."

ed weartly; but after a moment "Wha" for?"

his work. I'll not be a party to nulling him ashore-dumping putting him ashore-dumping him in this God-formken hole! Nell raised a hand. "Don't speak of God," he said reprovingly. "You don't unstand him, Mr. Brander." He der sald nothing; and M

der sald nothing; and Moll's hand dropped, and he whined: "Man can't do what he wants on hie owe ship!" "Do as you like, sir," Brander, said, "I think you should let him stay. He means no harm."

Lebanon George B. While comb, who first shore Lebanon on the South Santiam, reports having discovered platinum in paying quantities.

Paul B. Wallace, a well known young man of this city, has returned from a visit with his parents in Pittsburgh, Pana.

The hop growers' meeting in Silvarion and his fingura and his congue were unstandy. The mus-

"Go 'way," he said, and waved That night, in the small hours,

with a vivid appalled him.

Brander was at Mauger's back. Paith and Dan'l fought to coothe him; Faith in her loose dressing gown, her hair in its thick er seen her so beautiful; never seen her, he thought, so desperately to be desired. His tips were wet at the sight of her. Noll's terror racked and tore at the man; it seemed to rip the very flesh from his bones. When

asleep again, he was wasted like a cornse. Dan'i, looking at Noll and at glad!" Faith, wished Noll were a corpse

Faith at this time, As the weakened she grew strong. She had never lacked a calm

came back to her that day, ex-hausted by the struggle, the fire had gone out of him, Faith per-sure in so small a bulk, had nev-

Noti was no longer a man. His hands and his heart had not the be said, and there was danger in force needed to command the Sally, to bring the bark eafety back to port. Yet Faith refused to consider the chance of failure, the consider the chance of failure, the said of She would not have it said of stuff.

Of it of late; there was nothing to cost of cementing the ricor and wall at 25c a square yard?

Answer to Kesterday's Problem

10 feet. Explanation — Take the square of 55; from this result take the square of 55; from this result take the square of 65; then take square root of the passes of 55; then take square root of the passes of 55; then take square root of the passes of 55; then take square root of the passes of 55; then take square root of the passes of 55; then take square root of the passes of the passes of 55; then take square root of the passes of the passes of 55; then take square root of the passes of the passes of 55; then take square root of the passes She would not have it said of stuff, him, when he was gone, that he (To be had sailed the seas too lung; that "The mine shipped for the had sailed the seas too long; that cruise," said Brander, "He does lie had failed at last, and shame-

to had failed at last, and shape faily.

She had come to look spon the subcess of this last verage of Noll's as a sagred charge; and when Moll's shoulders weakened she prepared deliberately to take the burden on his own. The Sally thus come safely home, with filled aspix for old Jonathan Felt, so matter what happened to Noll—or to herself. The grouperity of the Sally Sims was almost a religion to Faith.

She had begun to study navi-She had begun to study navi-

BITS for BREAKFAST

"The Dim Past:"
Concluding the articles by James T. Huat: "One of my earliest recollections was a prairie fire coming over the hills, a wall of tire four or five teet high, and the excitement it created with the whole many articles that twee aumerous in the same of the hills and tilling raticles are a sport and gambler and with all a very loveshie man, always were a sport and gambler and withal a very loveshie man, always were a broad smills and was every body's friend. He owned the raceberrie Red Rover, and 'Pep Smith' and the Englishes owned the 'Gold Dirger," a herse that had been winding at all the races, and after getting up a big race between the twe horses and having it well advertised, thousands of people came to Selem on the day of the race to see Red Rover be the victor over Gold Dirger, a great deal of money changed hands on that same, My ancle was his own jockey and I shall never forget how the people cheered him and picked him up and carried him about the grounds on their shoulders; it was a wild assen. The Stewarts of European Change, They owned a racchorse called Lumax,' and at a big race in Eugene my uncle was killed when Lumax stumbled and threw him about 50 feet and broke my uncle's need.

him about 30 feet and broke my uncle's neck.
"My father and brother George sellsted to go and fight the Inlians during the Cayuse war; in the meantime a young man-John Downing—came to our place and persuaded father to let him go as a substitute in his stead, and when the war was over Downing returned and claimed my sister Tempa. and they were married later. As I look back to my childhood days, one vivid picture was brother George leaving for California mines, and seeing him brought back on a stretcher between two mules. He was sick while in the mines and two of our neighbors, a Mr. Sappingfield, and I san't remember the other man's name,

brought him home. (The second man was Owen Bush.) "In the memory of the long ago, I see that log schoolhouse built on my father's place with a fireplace in one end of the building, puncheon floor, flattened logs with wooden pins for legs that answered for seats, one log cut out of the south side of the building with canvas tacked over the space for a window and a broad puncheon fastened beneath the window to write on. Besides being a schoolhouse, it was used for church and Sunday school and any public gathering.

woke the ship; he had come out of a drunken slumber, desperate ber could be obtained, father conhallucination that cluded to build a good dwelling house, but could find no stone He thought that Mauger was at suitable for a foundation, and so him with a sheath-knife, and that concluded to burn a brick kiln, and after considerable trouble found suitable clay and burnt quite a large kiln that supplied foundation and chimneys for himbraids. Dan't had more eyes for self and the neighbors in the surrounding country.
"In the Waldo hills at this date

(1926) there still exists some of the chimneys and foundations from that brick kiln. "In an early day wild straw-

upon the captain in those days. He said nothing; so Faith said: "Yes, we've done well. I'm

Old James Tichel, the second mate, looked slyly from face to

"And the 'gris, stowed below strength flowed out of Nell, at us here, will make it a fine, fat seemed to flow into her. As he cruise for old Jonathan Felt

strength of her own, the strength of a good woman. But she was acquiring now the strength and resolution of a man.

At the mention of the ambergrie a little silence fell. Brander was at the table with the othera.

Dan'l and Willis Cox, the third For a long time she clong to mate, and young Roy Kilcup the picture of the Noll of the past to the hepe that the captain ing him to speak. He said nothwould become again the man she ing, and old Tichel, gnawing at had married. But when Noll his food, chuckled again, pleased

ceived that he was a weak vessel, or been fergotten for a minute by cracking and breaking before her eyes.

Noil was no longer a man. His of it of late; there was nothing to

F. Levy, ploneer merchant of the Waldo bills town called Lebanon, on the Hunt donation claim, became a leading old time merchant of Salem, and large owner of property up the river from Salem. The family was long prominent here, the daughters of the Levy household being leaders in society and beautiful in face, form and kindly character.

The old Mansion house, which Mr. Runt's father conducted, was Mr. Runt's father conducted, was on Broadway street, the extension of Ferry; it was on "the island" of pioneer days. T. E. N. Cooke hotel, conducted later by Mr. Hunt's father, was on the west side of Liberty street, south of North Mill creek, in what was then known as E. N. Cooke's addition. Mr. Cooks was the grandfather of Hal Patton, and he was state treasurer and active in many ways in the business of the old days of Salem. He erected the Cooke (now Patton) home on Court street— Patton) home on Court street-then and for a long time the most costly and palatial residence in the capital city.

B. F. Dowell, one of the first will be referred to soon at more length in this column. He was well known to the Bits man, in southern Oregon.

> Allen Davy, old time justice of the peace in the Waldo hills and Sublimity section, was one of the immigrants of the 1842 train—the year before the coming of the Applegate covered wagen train of 1848, the first large company coming clear through with wagens—all the way from Independence, Missouri, to the Willamette valley.

There is a movement for the organisation of a detachment of the Marine Corps league in Salem. This is the only veteran ma-rines organisation of national scope. The details may be had from Sergeant Mack Sherman of the marines, at the recruiting headquarters in the postoffice building. There are enough veterans in and about Salem to make up a fine and large detachment.

(A little more about this ganization tomorrow.)

Froblem For You For Today

cylinder 10 ft, in diameter, and 13 ft, 5 in. deep. What is the cost of cementing the floor and

AGED:55 NOW HAIR **15 NO LONGER GRAY**

