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MAY NOT BE EASILY HALTERED HEALTH The Oregon & Statesman Today's Talk "No Favor Sways Us; No Fear Shall Awe" By R. S. Copeland, M. D. From First Statesman, March 28, 1851 THINK HELL Getting the right kind of sleep THE STATESMAN PUBLISHING GO. for the most of us, is a really STAND FOR great problem. With the complex CHARLES A. SPRAGUE, SHELDON F. SACKETT, Publishers THAT, lives we lead, CHARLES A. SPRAGUE - + - - Editor-Manager simple habits HERBERT? SHELDON F. SACKETT - - - - Managing Editor of living are difficult to fol-The Associated Press is exclusively entitled to the use for publica-tion of all news dispatches credited to it or not otherwise credited in this paper. low. Our habits have much to do with our Pacific Coast Advertising Representatives: welfare. The Arthur W. Stypes, Inc., Portland, Security Bidg." San Francisco, Sharon Bidg.: Los Angeles, W. Pac. Bidg ability to sleep Eastern Advertising Representatives: Ford-Parsons-Stecher, Inc., New York, 271 Madison Ave.; Chjengo, 360 N. Michigan Ave. well depends upon the physical and mental well being. Entered at the Postoffice at Salem, Oregon, as Second-Class If you have Matter. Published every morning except Monday. Business office, 215 S. Commercial Street. DR COPELAND SEVENTY-SECOND some physical disability, be it great or small, you may go sleepless for many nights. Broken Mail Subscription Rates, in Advance, Within Oregon: Dally and Sunday, 1 Mo. 50 cents: 2 Mo. \$1.25 6 Mo. \$2.25; 1 year \$4.00. Else-where 50 cents per Mo. or \$5.00 for 1 year in advance. sleep for a few days may fix the habit of not sleeping well. Fear, By City Carrier: 50 cents a month: \$5.50 a year in advance. Per opy 2 cents. On trains and News Stands 5 cents. worry and great mental and emotional strain are responsible for thousands of cases of insomnia. To have sound sleep the sur-Election Echoes from the State Press roundings must be right. In the first place, if it is at all possible, This newspaper, which opposed Julius Meier, believes that it every person should have a sepwould be best for Oregon if his leadership were now accepted arate sleeping room. Peace and wholeheartedly, that instead of continuing to live in a separate poquiet come from such an arrangelitical camp, with eyes open for nothing but wrong, that we who ment. were against him forget all about politics, and turn our support and You should have a wide and our activities to things which are certain to do far more good for comfortable fed. Good springs should be used but not too soft Rare opportunity lies ahead of Julius L. Meier. He has behind a mattress. A mattress that alhim such a phalanx of supporters as any candidate could hardly lows the body to repose naturally hope for in such a hard-fought political campaign as that just endis the sort of thing that promotes ed. It is his own statement that he goes into office with no political rest promises to fulfill. He has undoubted business ability. Oregon has

A glaring light of any sort will keep you awake. On this account definite, tangible needs to which a business man may well turn his attention. If the next four years are devoted to constructive activithe dull finished bed is better ties, Oregon may well benefit by his governorship. It is our hope than the glittering metal one. It that he may prove the man over half the voting electorate thinks is well to have the bedroom furnished with dull finished furniture in general.

The storm is still raging, and all the results are not known. Shut out the glaring morning but there is no doubt that this demand for a change was evidenced. light by having dark window to a greater or less extent everywhere; in this city and county, as shades. A darkened room, with the minimum noise, is the ideal Those who have been through similar uprisings, and really for sound sleep. understood the psychology of this one, are surprised that the casual-

It is true that mental workers require more sleep than those who do physical work. In scientific tests upon college students it was shown that the feelings the day after are no sure sign of how

mittee hold to the belief that "anything" can be put over in a nombeneficial sleep has been. ination. No longer will the state house crowd at Salem live under These tests did show that durthe apprehension that a Republican nomination is all that is needing the first part of the night ed to win an election. No longer will a state chairman nominate the important, rebuilding process takes place. During the lat-

The people are aroused. They have spoken in a decisive manter part of the night there is greater muscular relaxation. In ner, and the echo of this election will penetrate into counties where the case of the student, who got old-timers have held forth for years, and gradually put together but six hours sleep instead of the a little political machine. The day of the machine is over. The eight which normal persons usu-ally require, it was found that full . Kash Meler victory demonsetrates that most emphatically-Bruce Denuis, restoration of vigor did not oc-

Mr. Meier will bring to the governorship the attributes of a successful business man. His administration will open with an un- much energy to accomplish the usual degree of public support. No man in that position in like same amount of mental work. circumstances but would be deeply impressed by a sense of personal

will give the best that is in him to the governorship of this state. for good or bad may mean in la- own volition. and that his capabilities are of no mean order.-Portland Oregonian ter life. Irregular habits of sleep

health.

our lives.

It was cruelly unexpected, that likes. Sort of starched linen sion in Ardeth's mind. Ken- Rapacious eye, you know. I know really Ken-and he was holding the Colonel here doesn't like

> The Colonel . . . Something pitiully appropriate in the nickname Ken had bestowed upon his son. Nothing round and rosyfant, which looked owlishly back

hind the small features.

BITS for BREAKFAST By R. J. HENDRICKS Correction and addenda:

> ness concerns in what became Sa- pulco in 1855, his widow brought lem, a mistake was made as to his body on to Salem. She was the location of the third store. It met by members of the Moores was near the corner of what is family in Portland, and the funnow Commercial and trade eral was here, and the interment streets, but not the corner where in the I. O. O. F. cemetery, on the the water company's office now main road, and near the top of north of that, where the North- ters, where the tombstone can be west cannery's office is.

5 N N

In the early days, there was a brewery on each of those corners. for many years in the affairs of Sam Adolph had his brewery the city and state. He was the where the water company's office father of A. N. Moores of Salem is now. Maurice Klinger (after- and the late C. B. Moores, long of wards Klinger & Beck) later had Salem but later of Portland. I. the principal brewery of this sec-tion on the corner where the his brother, J. H. Moores, and at Northwest cannery company's of- first did surveying in Yambill fice is. Many present day old county. Later he was taken into and could tell you of the jovial past generation. "parties" staged there, especially in the hot afternoons and even-

ings in dry summers. \$ \$ \$

reputations for obeying the laws and observing the amenities of

ser and entertainer, was differtheir thirsts there, and foregathered to talk politics and swap stories, and partake of the gen-

out. Those were days that will never come again.

after he formed his partnership with Joe Holman to open the third store in Salem, on the Klinger or Northwest cannery corner, July 1, 1849. The historians who mention him say he died that year or in 1850. A well known old timer who lived through those days in what became Salem says David Carter

. . . Joseph Holman carried on the business alone until 1853, until

Ardeth's arms, he had been fas- arriving in Portland in 1852 and cinated by the glitter of a tiny coming on up to Salem in 1853. with the intention of opening up Ardeth. I was just passing. Just nothing babylike about the in-tured it and a scatter of tiny named Salem in 1850. After Mr. here making arrangements for a his intentions had become known,

thome in Illinois, to marry and bring out his bride. He took sick In the series on the first busi- and died of tropical fever off Acathe hill, on the right as one enseen now.

5 5 5

J. H. Moores was prominent

They acquired the corner where the United States National bank now stands, from Silas and David

5 5 S

For a long time, the store of well regulated society. But the J. H. & I. R. Moores was the prinbar of Klinger & Beck, with cipal one in Salem, the chief op-Maurice Klinger the chief dispen- position one Leing owned by W. C. Griswold, who build the Grisent. It was not a saloon, or not wold block opposite, now known regarded generally in that class. as the Murphy block, southwest So the best men in Salem slaked corner of Commercial and State streets.

> **N N N** Two deaths the past few days have removed men from life's stage here who will be sadly

(Continued on page 7)

esterdays ... Of Old Oregon Town Talks from The States man Our Fathers Read

Nov. 7, 1905 Large steam heater for the new high school building arrived committed suicide, in a fit of de- and will be installed immediate-

Mrs. Watson Townsend and T. Coggeshall of West Branch, J. H. Moores came to the state, lowa, arrived here for a visit with relatives and friends.

J. W. Sherwood, state coma store here. The town had been mander of the Maccabees, is-Moores had looked around and grand meeting of the local tent.

Mr. Holman approached him and The sheriff has reported that proposed that he buy his store, in- the 1904 tax roll still shows a stead of starting a new one, as delinquency of \$10,765.21. The he (Holman) wished to get into sheriff has collected and turned other lines of business. Mr. over \$285,859.49. Moores protested that he had not

CHAPTER 42 plunge of eyes into eyes. Confu-

Ken's first instinctive movecur. With lack of sleep it was remained there looking at her. ment had been to leave. But he "I didn't expect to see you,

walking by." responsibility to the people. The Oregonian believes that Mr. Meier to learn to realize what habits words seemed to come of their little old man peered from be-

young they have likes and disnurse she is; eye like a hawk.

"Won't you-come in?" The at Ardeth. It was as though a broke.

WANDER

"GIRL UNAFRAID" By GLADYS JOHNSTON

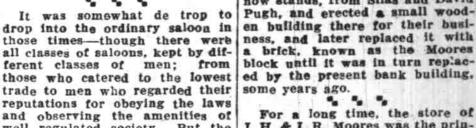
she tried, in dismay to check. She saw that he had risen. Was rangement. reaching for her.

"Oh-Ardeth-sweetheart!" A little cry halted him. A little crow from the baby. Held in chain about her neck. His small wavering hand had at last cappearls sprinkled the girl as it

The accident startled them ck to themselves. Ken stopped, gathered the scattered beads. "Really, it doesn't matter,' Ardeth protested softly.

erous free lunches that were set N N N David Carter did not live long

timers remember, with more or partnership with his brother, and less of pleasant thoughts, the J. H. & I. R. Moores became a his-Klinger & Beck establishment, toric firm name in the Salem of a 5 5 5



Everywhere throughout the nation there was that unrest, that feeling of antagonism to the Hoover administration, that bespoke defeat for the party as a whole in the many elections over the country. While President Hoover and his predecessor Coolidge were stumping on behalf of Republican candidates, the propaganda bureau of the administration, headed by Senator Simeon D. Fess stalked over the land, white-washing the false moves made by their 'bosses" in power.

ties of those who weathered the hurricane were not greater .- Med-

No longer will Oregon's Republican machine and its state com-

The voice of the people has been heard.

himself and then expect the voters to ratify his act.

SUBSCRIPTION RATES:

Oregon than politics ever could.

him to be .- Fugene Register.

well as in the country at large.

ford Mail Tribune.

Klamath Falls Herald.

But the laws of cause and effect prevailed. There was an utter absence of sentiment in behalf of the Hoover administration. If that administration today can claim any portion of victory, it is empty victory. The country still lies under the heavy hand of depression. Jobless thousands still walk the streets. The farms of the country are desolate places. There isn't much velvet anywhere. Let us see now whether the great engineer who occupies the White House has learned his lesson. We shall await further developments with extreme interest .- Medford News.

The election of Mr. Meier means that the people of Oregon want a change in the attitude at Salem, particularly with regard to the problems of developing the state's water power. We have favored such a change. We supported Ed Bailey rather than Mr. Meier because we believed he had a sounder and more logical program for bringing such a change about. Bailey stood for the balancing of private and public ownership, making the private concerns compete with the rates of the public utilities, making the public utilities alert to match the private concerns in efficiencyto our way of thinking the most powerful of all forms of regulation.

Mr. Meier stands pledged to two much more radical policies. He stands pledged first of all to abolishing the public service commission and substituting home rule in utility questions. He stands pledged to the development of complete public ownership as rapidly as possible. It ought to be pointed out in fairness to him that it is very doubtful if he will be able_to bring either of these plans to early fruition. As governor Mr. Meier will be able to exert a powerful influence but he will not be able to make fundamental changes of state policy without the consent of the legislature .- Eugene Guard.

There is one real element of satisfaction that members of the republican party can derive from Meier's election. So far as the republican party is concerned there is less future menace in the present situation than there would have been had Bailey been successful. Meier is independent, he will strengthen no party fences. The parties, particularly the republican party, have four years in which to do a little house cleaning.

One fact stands out clearly as a result of the Meier election. This state does not like the convention system-the future of the direct primary is assured. Metschan was an unpopular candidate. The committee had its opportunity to demonstrate whether or not a small group of men can lay aside political notions and meet and nominate the VERY BEST man in their party to represent that party. The committee picked the man of all prominent republicans who was perhaps the hardest to elect. The republican committee may not have another such chance.in a good many years. Those who feared for the future of the direct primary system must surely be pleased by the results of yesterday's election.

Those who voted against Mr. Meler need have no great fear. Meier is a sensible man. Winning an election with its attendant ballyhoo and promises is one thing, and being governor of a great state for four years is quite another. It is more than likely that the sole reason Meler wished to be governor is for the honor and glory of the office. It is also as likely that having been elected politics .- Bend Bulletin. he will be just as anxious to bring credit to his name from his term in office. Any man would be foolish indeed to do otherwise. Roseburg News-Review.

Two factors entered into the upset in Oregon. First, and by a great measure, was the unprecedented use of money by the winner. Nothing like it was ever known here and it had a killing effect. No campaign was ever so well organized because the sinews of war were never before available.

The second influence was a protest vote. People were dissatisfied with conditions and when they are, the party in power always gets the blame. Voters are a queer lot, For instance, if Gov. Patterson had lived, he would unquestionably have been renominated and reelected. There would have been no hooey 'campaign, no independent condidate. Even as it is, those who, said they "wanted a change in the state house gang," still have the larger part of the "gang" there.

And here is a prediction: If Meier is allowed to take the chair, those who voted for him are going to be the most disappointed people in the state. He has promised them everything and can deliver absolutely nothing. Not a single one of his promises will be carried into effect. They were political frog feathers, platform molasses on which to catch fly votes .- Corvallis Gazette-Times.

The election of Julius Meier reveals the powerlessness of the private power interests longer to delude aroused and enlightened voters wih false arguments and misleading statements. It maintains ople's privilege to make their own bargains with their hired

They were in t store, still very often lead to chronic wake- in that strained silence. The girl ed back to the girl: "The nurse fulness. We are free agents and was leaning back against the said she pretty nearly killed the can do as we please, but if we counter. One hand was pressed neglect our physical needs it is hard over her throat where a usually at the expense of good little pulse fluttered. We may be very sure "I was too tired to go down

that the habits we form will to the country today with Tom." haunt us or cheer us all through She spoke with an apparent ef-"Yesterday was awfully fort. Any great mental or emotional busy. And there was the winstrain, or too exciting relaxation dow to dress..." in the evening hours may drive "I saw you," he answered with away sleep. If the wheels in your the same unnatural calm. "And head continue to turn after long I thought of that first time I hours of day-time mental work, came in here. When you were try taking more muscular exer- in the window arranging the cise. A brisk walk before bed- ivory elephants."

time stirs up sluggish circulation With a fluttering movement of and makes for sound sleep. If her hands she said, "The baby, you are not bodily tired, you will I've never seen him." probably have a sleepless night. Sometimes the quieting of the Ken explained. "I have an idea mind by the reading of an absorb- he doesn't like his nurse. You ing but not too exciting book know, even when they're very causes mental relaxation. This results in a stupor that brings on slightly bent but not all curled up restful sleep. in a hard knot. Go to bed to sleep

The ideal way to sleep is to re- and not to solve all your financial sumption of lightness. cline on one side, with the body or domestic worries.

upon a nonentity, draped it with ridiculous flatteries and tried to pass it off as a practicable, working exhibit of a prospective governor.-Portland Telegram.

The election of Julius Meler completes the tragically interupted triumph of George W. Joseph. It says that free men still insist upon the right to voice their honest views regarding the public acts of public servants and believe that there is no sanctity

in an elected judge that should grant him immunity from criticism. The election of Julius Meier rebukes the insolent conceit of a puny politician who used the prestige of his office as chairman of the Republican state committee to seize for himself the so-called "party" nomination for the governorship. It retires to his private condition of inconspicuous mediocrity a man who, in his selfish ambition, did not scruple to use the party organization as a bludgeon not only to attack opposing candidates, but to break up the very party he claimed to lead.

Having made such a signal failure properly to interpret the public mind at the beginning of the campaign we hesitate to try again at the end. And yet with the result before us and general conditions easily describable it is not so difficult to speak with some degree of accuracy. Undoubtedly the important reason that made the people care-

less of how money was spent was the feeling that Meler was the representative of George Joseph and the inheritor of the Joseph tradition. Although only a third of the republican primary votes had been cast for Joseph, they made him the party candidate and apparently the people felt that that fact should warrant his successor in the tradition of their support. Then there was the feeling that the Metschan nomination, although made in a careful observance of the direct primary law, smacked of old-time machine

The new governor has a clear, unmistakable ukase from the people and they will look to him to make good his promises. He will stand or fall according to his ability to give the state a superior business administration. On the other hand, there is no mistaking the voice of the people that he be given the chance, and our democratic system, based upon the rule of the majority, should assure him a clear path unobstructed by prejudice and unhampered by the hurling of monkey wrenches .- Oregon City Enterprise.

Julius L. Meier is governor of Oregon, elected by the large group of people who are discontented with things as they are, and

convinced that Meier is the man to bring about a change. Julius Meler was elected because this discontented element concentrated on his candidacy. The conservative part of the Oregon electorate, disregarding party lines in some instances, was split between Phil Metschan and Edward F. Bailey, Even combined, though,

it would not have been sufficient to have elected either candidate. -The Dalles Chronicle.

The Meler victory was won by money power. Without his millions he would not have been a contender at all. The support of the three Portland evening papers, a support that put him over by ide-show tactics, was secured by manipulation of his store advertising. Pressure was exerted upon everyone dependent in any way upon Meler and Frank for business patronage, an enormous weap-on whose power is not conceived by the mass of people. Mr. Meler was elected upon a platform in which he does not believe and by

Phyllis Hawkins' words flashpoor little brat from the firstthe boy never had a fair start."

a macaroni. A cold undertone to the tiny face. The eyes pale blue, with a strange set stare-an unself thinking.

The resentment she had known know." was swept away in a gush of pity. A little cry broke from her. "Such a little bit of thing! Let me-"

She had it in her arms, the baby's stare regarding her brooding face. "The darling-" she said softly. Her fingertips lightly caress-

ed the milky little face. "The pretty little fellow-' With a pang it struck Ken

that no one had ever before used that inappropriate term to the child. Something choked in his throat, and he spoke with an as-

"Well-the Colonel doesn't go in much for beauty. But he's bright as a dollar. I always manage to know how he feels." That hurt the girl. Ken, lone-

ly-trying in some clumsy way to make up to the unwelcome mite for the love it should have had as a right.

"We slipped out for a walk before the starched nurse could stop us. I could see by his eyes that the Colonel was bored. He likes to be with me. And somehow we came down this way. But I didn't dream of seeing you-"Where's Cecile?" She did not raise her eyes to his own. Ken seemed as young and helpless in that moment as the baby and the

pull on her sympathy was dangerous Ken shrugged. "Coralie Gaines' house party. I can't get on with

that woman so-for the sake of peace I stayed away." An awkward little moment of

silence. Then Ardeth found herself saying in a choked voice: "Would you like to come back here and sit down?'

They were in the hack room. She found herself sitting on the couch holding the silent baby. Ken had taken the chair opposite. By the light which slanted

on him through the one long window she saw his ease of manner was merely a mask. His face was white and his eyes were bleak. If she had changed in this last bitter year, so had he. Little left of the triumphant youth she had given her heart in that long ago Summer. Here

was a man disillusioned-suffer-Ken's eyes went around the room, noticing the simple, comfortable furnishings. They came back to rest on her face and such sudden yearning flashed there that she spoke hastily. "Tell me about yourself-your

business." "Did you know I'd left Mr. Parker's office? I'm in for my-

At her nod he went on. "It wasn't that he wasn't considerate. He's been kind. But that was just it. I don't want kindness! I want to stand on my own! To own my own success!

When Ken rose he-was master sufficient means to take over of himself again. He made a such a large business; but Mr. A frail little thing; bones like desperate grasp after his selfpossession

"Have to get the Colonel home or the starched nurse will hang earthly stare. Ardeth found her- us both. We both thank youshouldn't have done this, A bleakness in that mon, and later Lamon was sucwhich pierced her heart.

ceeded by J. N. McDonald, a cou-"Apologize to the lady, you sin of Mr. Moores. Mr. McDonrascal, for plundering her jewald soon went back to his old elry!'

They were gone. The little shop was suddenly empty, with She picked up the broken chain only the sunlight slanting in to and let it drop slowly into a fall on the mandarin coats and small velvet case. the bright feather fans.

Through the yellow silence it. Ardeth walked to the back room. (To be continued)

Splendid improvements have been made on the Jefferson. Holman answered that he did not Pringle, Rosedale, Asylum farm, want money-he would take his Silverton, Brooks and Slough notes. So the deal was arranged. roads leading into Salem as re-Mr. Moores had as a partner sult of the prize inducements of-fered by the county court for for about six months, R. B. Labetterment of roads.

> TODAY'S PROBLEM ...

If A can do a piece of work in 1-3 of a day, and B in % of a day, how long will it take both She knew she would never to do it? Answer tomorrow, Yesterday's answer: R, 818; S, 827; T. 618.



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the people's privilege to make their own bargains with their hird ntilities instead of yielding all authority to a pliant and complaisant public service commission. It declayes for the common sense of thinking human beings instead of the ailly "horse sense" of robot the leave we do not know. It realy doesn't need to be for when big corporations. The election of Julius Meler advertises the assinine folly of the pompous Morning Oregonian and its vassal newspapers through-out the state, who tried to thwart the expressed will of the voters, who theory tit that by much loud speaking they could make twe and jwo seem like something more than four; who tacked a party label

