

The Oregon Statesman

"No Favor Sways Us; No Fear Shall Awe" From First Statesman, March 23, 1851

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Health and Hollywood

If there were any arguments needed for continuance of public health work in this county the letter of the Hollywood community club attacking this program would supply them.

The Hollywood club believes that a great deal of the present expenditures of the county health unit, under the control of the Commonwealth Fund of New York, has no bearing on effect on the health in Marion county, and that much more real medical and nursing service can be secured for the same amount of money by a reorganization of the service and placing it under the control of the county court or some other authority, instead of leaving it as a private New York enterprise as at present.

The Marion county health unit is not under the control of the Commonwealth Fund of New York. It is under full control of the health unit committee, every one of whom is a resident of the county. Taxing bodies contributing to the support of the health work are represented on the committee and control the expenditure of all funds.

The Commonwealth Fund is now demanding that its appropriation of \$12,235.00 in Marion county for 1936 be increased to approximately \$55,000 for 1937.

The Commonwealth Fund is not demanding any appropriation in Marion county. It has offered to donate to this work \$6500 if local sources provide \$36,250. This would make a total budget of \$42,750.

The results speak for themselves. We do not have at hand the vital statistics for Linn county, but we have for Marion and Polk counties. In the period 1920-1924, before the health work was started in this county the infant death rate in Polk county was 52.8 per 100,000 and in Marion county 55.4.

There are fifteen in the staff of the health unit. Two are doctors of medicine; one a doctor of dental medicine; eight registered nurses; one milk inspector; one sanitary inspector; two clerks. Another mis-statement for Hollywood.

So far as the control of the health work of the county is concerned it might be better if it were all administered under the county court; but the court will not appropriate the full amount necessary to carry on the work.

Don't scuttle the ship. An ounce of prevention is worth a pound of cure. Smallpox, typhoid, diphtheria epidemics warded off are better than those which come and claim some victims.

There should be no cut in appropriations for the county health unit.

Deferring the Hotel Project

The sponsors of the new hotel project for Salem acted wisely in postponing the enterprise to a more propitious season. The project had numerous handicaps. The fate of similar community hotel ventures in neighboring cities; the present lack of prosperity in the hotel business; opposition to the Patton site which was receiving chief consideration—these were as potent influences as present lack of funds to put into an enterprise of this kind.

To our mind there are other things which Salem needs to do before it goes ahead on such an expensive undertaking. We need to consolidate some of the ground we have already staked out in community undertakings.

Then there are local industries, particularly the linen mill which need support. Under reorganization and with fresh capital the Oregon linen mill can be made to succeed;

HEALTH

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

So much has been written concerning constipation and so much advice given that I almost hesitate to take up another article on this subject.



DR. COPELAND

As a civilized nation we will always be confronted with the problem of sanitation. Constipation is the result of bad habits. The only way to cure it is to teach the bowels new habits, a good habit.

Relief is promoted by eating at the same time each day, and having daily bowel movements, at regular times. The use of drugs, particularly drastic cathartics, will never cure constipation. It will increase constipation for the bowels will soon learn to depend entirely upon the drug for its action.

Bowel movement should take place at a definite time each day. If there is but one, preferably this should be before the day's work has begun. Time and patience are required to teach the bowels to move regularly.

In the training of children the importance of regularity of bowel movement cannot be over-emphasized. This good habit acquired in youth will be a blessing in later years.

Food and exercise are additional factors in promoting normal bowel movements. All fried foods should be avoided. Salted, smoked or pickled foods should be excluded from the diet.

All fruits are advisable. Avoid entirely the heavy and rich varieties of cheese, nuts, pastry, rich desserts, cakes and candy. Tea, alcoholic drinks, sweet or sour whole milk, and chocolate should be entirely excluded from the diet.

Diet and Exercise Eat a good breakfast, including a large portion of coarse cereal without white sugar, or with a reasonable quantity of brown sugar. Before going to bed it is advisable to eat either figs, a dish of prunes or an apple. Always include a good assortment of fresh fruits and vegetables with your meals.

Most persons suffering from constipation do not get enough exercise. If the muscles of the body are weak, it follows that the muscles of intestines will be weak. For this reason artificial exercise, in the form of abdominal massage may be very helpful. This is particularly indicated in elderly people who cannot resort to physical exercise.

General exercise in the open is most beneficial. For the relief of constipation such forms of sport as golf, tennis, horseback riding and swimming are all strongly recommended. The most economical and often most beneficial form of exercise is walking. It helps the circulation, stimulates the appetite, improves digestion and aids intestinal action.

Never eat unless you are really hungry. It is best to leave the table still a bit hungry. Chew your food slowly and well. Let your food be essentially wholesome but always of good materials with plenty of vegetables and fresh fruits.

Drink plenty of water. I am more and more impressed with the thought that many of us fall short of sufficient liquids. It can not be expected that the intestinal tract can function without fluids.

Yesterdays

Nov. 22, 1905

The Capital National bank of this city yesterday completed its first period of 20 years, and its charter has been extended for another 20 years.

Insurance adjusters have concluded their labors as the result of the recent fire in the Red Cross pharmacy. Bert Jarman and Frank Ward are new proprietors of the drug store.

One of the speediest launches playing the Williams at this point is the new launch put on the river by Percy Larsen, son of P. J. Larson of Salem.

A. Wilhelm, foreman of the Stege and Garner furniture factory, was slightly injured while at work yesterday morning.

Governor Chamberlain has appointed Thos. G. Halley of Pendleton supreme judge. Halley succeeds Judge Wolverton.

and Salem people ought to be the ones to see the industry through its difficult pioneering years. If this one industry is brought through to success it will be one of the greatest factors in the industrial development and growth of Salem which we could have.

SEEMS HOPELESSLY MIRED



"GIRL UNAFRAID" By GLADYS JOHNSTON

"And—" the girl went on breathlessly, "Mrs. Gleason is bad at heart and Miss Carroll is always kind. It is not good that you should use it for the bad. And I am telling this to you because you will know what to do. I will stick to it, Mr. Corbett. And if you make him, my Cousin Lee, he will have to tell me the truth even though he will be very angry at me. But I'm doing it for Miss Carroll. I don't care, if it will help her—"

Ah Ling had begun to cry. She pulled her beret hard down on her head and groped her way out of the front door.

Tom was overwhelmed by the knowledge so astonishingly handed to him. His first feeling was blind rage at Cecile and Cyril Underhill. In his fancy he was crushing his fist full into the sneering face of the man.

But his usual cool judgment quickly followed on the heels of this. "Wouldn't do, just to raise a row. . . . Get the thing into the daily papers. . . . That wouldn't be so clever. Ah Ling had placed a powerful weapon in his hands. He must use it to the best advantage when he struck for Ardeth.

A few moments of deep thought, then Tom put on his hat and left, locking the front door of the little shop.

CHAPTER 50 When Tom climbed the front steps of the Parker home and asked Mrs. Gleason, Cecile sent back word that she was not well and asked to be excused.

Tom checked a grim smile. He had never been a favorite with Cecile; still less so, he imagined, since he had been attentive to Ardeth.

He drew a card from his pocket and wrote on the back. Replacing it on the butler's tray, he directed, "Take that to Mrs. Gleason and tell her that I will await her."

He stepped into a small, bright room to one side of the front hall and seated himself on the divan. On the card he had written, "Concerning Cyril Underhill."

Cecile appeared in a remarkably short space of time. His first glance told him that she was annoyed and alarmed, both qualities which she tried to hide under a mask of false sweetness.

She wore a dress of black chiffon, lavishly printed with flaming red and green and orchid flowers. The effect of this was to heighten the dead white of her face and throat and turn her eyes to ice-green. Her long, tatty-colored hair was combed sleekly back and wound into a French twist. Her lips were the usual startling and unconvincing red.

To Tom she was more astonishingly artificial than ever, reminding him of the featureless and futuristic clothing models he had noticed in the large shops downtown.

Cecile sank bonelessly upon the divan beside him. "You have made me so curious your inscription about Mr. Underhill," she smiled.

verton blacksmith, was in Salem on business.

and Salem people ought to be the ones to see the industry through its difficult pioneering years. If this one industry is brought through to success it will be one of the greatest factors in the industrial development and growth of Salem which we could have.

"Please do relieve my burning curiosity."

Tom did not return her flashing smile. "I regret that I had to use his name. But it was necessary that I see you."

She made large eyes at him. "But Mr. Corbett, it is a pleasure. Tom took up the burden, very red in the face. "No, this is not going to be a pleasure for either one of us," he said desperately.

"And we'll make it easier for ourselves if we drop all pretense of friendliness and act naturally. I must be frank. Brutally frank. I am going to speak of very personal matters and of course you are not going to like it."

Cecile's eyes had narrowed as he spoke and they were like the watchful, half-closed eyes of a cat.

"Well?" "Well—you know that I am an old friend of Ken. Ever since we went to college we've been thick."

"No," Tom's eyes narrowed now. "I see we understand each other. But notwithstanding, I am here on Ken's behalf now. I am asking that you give him a divorce."

Cecile's eyes glistened. "A most peculiar request for a man to make even for such a dead friend."

"Perhaps. But then you see fate's chance, rather than a placed some very peculiar weapons in my hands."

"Such as—"

"Did you have a pleasant trip when you went south last time?" Tom was sweating profusely. The girl's face was less and less in line but he held himself doggedly to it.

The blood drained away from the woman's face until her lips stood out startlingly from the background. "Why do you ask that?"

"Because Mr. Underhill has a very intelligent Chinese servant named Lee whom I imagine he is shortly going to discharge and whom I shall arrange to take into my sister's home. Luckily Carlotta needs a cook."

For a moment she looked at him speechless and there was murder in her eyes. She moistened her lips. "The word of a servant!"

Tom shook his head regretfully. "Ah, but people are so willing to believe the worst!" And in his mind he was thinking, "This woman dreads me!"

"Oh, sure, not that!" he said gently. "Let us say that I would not like to see the wife of my friend—misjudged—on the word of a Chinese servant. For my own part, I am discretion itself if I think the other party is willing to do the right thing."

"You can't bully me into your schemes!" Cecile was beginning violently when she became cautious. She was suddenly badly frightened.

"Tom . . . someone has been lying about me—viciously lying—"

She stopped at the sight of his hardening face. She sank down again on the divan and covered her face with her long white hands. Her muffled voice sounded. "Oh—this is ghastly! My God . . ."

He quick mind was darting back and forth like a shuttle as she searched for a way out. She dropped her hands. Spoke with feverish intensity.

"I know why you're doing this! It isn't for Ken. It's for her! For that girl! Oh, what a fool you are. Can't you see if I divorce Ken it will make it possible for him to marry her? That means you've really lost her. Let a few months go by. They'll get tired of each other. She'll be glad enough to suit for divorce—"

Tom was looking at her just as

BITS for BREAKFAST

By R. J. HENDRICKS

Fritz Kreisler—a sorman: He is one of the poorest rich men in the world; or should it be stated the other way around, that he is one of the richest poor men living?

Here is the most renowned and most popular violinist in any country, and the one who earns the largest sums of money through his performances before vast audiences in the greatest halls in the largest cities; playing to high prices, with standing room only for belated comers—

And he feels that he should not indulge himself with high priced meals or more than comfortable clothing, because he needs all his earnings for the needy, and if he should expend the least cent for luxuries, he would be depriving some hungry person of the means that would keep him from starving.

Fritz Kreisler was in Portland some days ago, where he gave a concert to one of the greatest audiences ever gathered there for a similar purpose—and one of the most enthusiastic that city has seen in all its history.

He told a friend these substantial facts which he may have more to give away to those less fortunate and more hungry and needy than himself. He said his wife feels the same as he does about it, and she has never owned a house, because they would feel that its cost and the expenses of its upkeep would stand between them and the poor they can otherwise assist.

There are not many such men and women in the world today. There are many millions who subscribe to the precepts of the Sermon on the Mount, but you may almost count on the fingers of your two hands those who live up to those precepts, or even the least of them.

Kagawa, his Japanese prototype, among his many benefactions, provides suits of clothes for his followers at a cost of a dollar or two or three dollars each—comfortable suits. And, though, in his writing he makes little mention of his own costly clothes than the average of those he teaches to observe the rules of the Sermon on the Mount; to take them literally.

Fritz Kreisler began his studies in music almost as a cradle child. He was born in Vienna February 2, 1875. His father before him was musical; the boy was born, almost, with a fiddle in his hand. At 7 he played in a concert with Carlotta Patti, in Vienna. At the same age he went to a conservatorium presided over by the masters of Austrian music, though their rules called for students not less than 14.

At 10, Kreisler won the gold medal for 1885 for violin playing. At 12 he won the Premier prize.

He might have regarded some strange and repulsive bug. "Lord, you are rotten!" His voice was thick.

She flushed. "And you are a blind fool! You and Ken—what you can see in that common shop girl—"

Tom rose. He knew the victory was won and he was suddenly very tired.

"It really isn't necessary that you see," he replied. "I am to understand then that you will see your attorney right away and file suit for divorce—"

Come to you on your own terms. Tom was looking at her just as

Grand Prix de Rome, or first grand prize, in Vienna, against 40 picked competitors, all of them 20 years or older.

Then, for a time, he stopped studying music; studied medicine in Vienna, art in Paris, and military tactics under the Austrian leaders. He became an officer in a regiment of Uhlans, crack cavalry soldiers of the old empire, having thrown his violin aside.

But he went back to his first love, and in eight weeks of constant and intense practice and study, regained command over his favorite instrument.

He appeared before American audiences as 14, in 1888. He was back again in a grand tour at 24, in 1899, after which he made frequent visits, each time increasing his audiences among our people. On July 3, 1914, on the eve of the World war, he was recalled to the Austrian army from Luzern, Switzerland. He was obliged to go, by the oath of allegiance he had taken. Early in the fighting he was wounded, and came again to America. Many readers will remember what the result was. He was sprung in this country; was not allowed to hold concerts. He was classed with the then hated Germans.

He suffered through it all, nor made any outcry. He knew in their hearts that his friends in this country would come to acknowledge that genius has no international boundary lines; nor is there caste or class in brotherly love or human sympathy. He was sure that the heart of all peoples is one. His analysis runs with blood of one hue, and that tears have the same salt wherever they are shed in sorrow for suffering.

Why is the music of Fritz Kreisler popular and soul stirring? Because it is intensely individual, and issues from a heart that speaks through its vibrant notes in a language that is universal. His soul speaks through his violin.

all the people of the world worked and lived and loved and helped as Fritz Kreisler does. There would be no suffering anywhere from unemployment. No one would go hungry, or naked, or suffer from cold.

There is enough for all, and to spare. That any one lacks the necessities of life is an indictment of Christianity, that pretends to believe in the Sermon on the Mount, and has for nearly 2000 years, and yet practices not one of its precepts or takes it literally.

That any one goes hungry in the United States is an indictment against our boasted land of plenty and liberty.

That is this morning's Sunday sermon, preached from the text given by Fritz Kreisler, willom German sympathizer.

TODAY'S PROBLEM . . .

How long on a slide must a cubical block be to contain 3 cubic feet? Today's answer tomorrow. Yesterday's answer: skaters 1,400; spectators 2500.

FARMERS HEAR TALKS ON CROPS

Prof. Ruzek of O. S. C. Addresses Four Meetings Recently

DALLAS, Nov. 22 — Ninety-five farmers attended the four county meetings, arranged by J. R. Beck, county agent, when Professor C. V. Ruzek, of the soils department of the state college advised on crop rotation, fertilizers, etc.

Following a good rotation is the easiest and best way to maintain and increase soil fertility and involves no expense and the surest way to continue long time fertility on our farms," stated Mr. Ruzek. A good rotation is given in a legume such as clover or alfalfa, grain and a winter crop such as corn and potatoes.

Good rotation will keep up increased yields practically as well as where commercial fertilizers or barnyard manure are used. In the use of the latter, much fertilizer value is washed away during the winter rains. When barnyard manure is used it was advised to build a shed, which consisted of a foundation with a roof over it. This provides sanitation around the barn as well as keeping the fertilizer under cover and making it of greater value.

The practice of burning stubble behind the combine was not advocated by Mr. Ruzek. He stated it could only lead to decreased yields within a few years.

HEALTH IS SUBJECT OF JEFFERSON NOV. 22

An interesting and instructive health talk was given by Mr. Amos, Wednesday evening in the parlors of the Christian church. It was in the nature of a benefit for the church. One thousand points were necessary, according to attendance, to receive the benefit, but the number of points received was above the required amount.

Dinner was served by Mr. Amos and Mr. Hunt, assisted by ladies of the church.

RADIO SERVICE

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ART CLUBS AT KEIZER FORMED

KEIZER, Nov. 22. — The seventh and eighth grade pupils in Keizer school were organized into art classes Friday afternoon. The girls' class is named, "The Bonheur followers," named for Rose Bonheur, the famous artist. Officers elected were president, Ruth Bennett; vice president, Blanche Betser; Mary Terasaki, secretary.

The boys' club is named "The Brush and Palette club". Officers are president, Donald McCull; vice president, Grover Betser; secretary, Tom Ory.

The display of the art work at the last community club was a credit to any school.