

HEADACHES HEALTH BULLETIN SUBJECT

Determination of Cause is First Problem; Worry, Fatigue Often in

"Headaches" is the subject of the latest bulletin of health advice from the state board of health, and here is what the board offers:

"The most common and very distressing form of headache is known in everyday language as 'sick headache'. In its lighter form it is spoken of as 'nervous headache'."

"In order to prevent and cure these headaches the cause must be known. There are two kinds of causes. The causes that favor the development of headaches are known as predisposing causes. Those which excite the attack are the exciting causes."

"The predisposing causes are hereditary, sex, age and certain constitutional diseases. Sick headaches are frequently inherited, being handed down from parents for several generations. These hereditary defects are not necessarily incurable but may be overcome by proper living and treatment. Such headaches usually begin in early adult life. Sick headaches are far more common among women than men."

"Anemia, indigestion, constipation, neurasthenia and other diseases lower the resistance and may cause a tendency toward sick headaches."

"The most common exciting causes of sick headaches are indigestion, constipation, intestinal intoxication, fatigue, nervous excitement and emotional disturbances such as fright, anger, worry. Any cause sufficient to make a decided impression upon a sensitive nervous system may develop an attack of sick headache."

"At first there is a feeling of indigestion, fatigue, exhaustion, faintness, loss of appetite, constipation and sometimes insomnia for a night preceding an attack. This is usually followed by a feeling of numbness in the hands, of a prickly sensation in the finger tips or there may be intestinal disturbances."

"The headache may develop within a few minutes to several hours. It usually begins in a small spot on one side of the head, or in front of the head, back of the eyeball, on top of the head, or less frequently, at the back of the head. As it progresses it becomes more severe and may spread over the entire head. An attack may last one to 48 hours and seldom more than three days. In typical cases the headache usually terminates in sickness of the stomach or by nausea and vomiting. After the stomach is emptied the pain usually disappears."

"In order to prevent sick headaches the habits of the individual should be carefully regulated. He should have regular hours of sleep, preferably in the open air, he should avoid physical and mental strain of all kinds. If there is a tendency to sick headaches he should have careful medical attention and all constitutional defects should be remedied."

HIGH WATER CAUSES SLIGHT DAMAGE

SCIO, April 3—Thomas creek has been out of its banks this week and Tuesday one of the school buses was unable to make its regular route.

Tuesday night, the water was flowing down Main street and running into some of the basements and business houses. Skillful work on the part of the business men kept it from doing serious damage. People living up the creek and in the lowlands had to move out. The bottom lands were all flooded, taking away small bridges and fences and washing away plowing and in some instances some of the spring sowing, where it laid in the low places. Many sheep men were busy rescuing their sheep and lambs, where they were marooned by the water.

Wednesday, the Salem milk truck was unable to make its route, but the water had receded enough so the school bus could make its regular trip.

TRUCK AND CAR IN COLLISION

HUBBARD, April 4—The Hubbard Feed mill truck was damaged when it collided with an automobile at the Willamette river bridge at Oregon City Friday afternoon while returning to Hubbard from Portland with a load of feed.

Louis Ainsworth, truck driver, and Mrs. E. C. Erickson, wife of the owner of the feed mill, the only occupants of the truck escaped unhurt. The driver of the automobile received slight cuts and bruises.

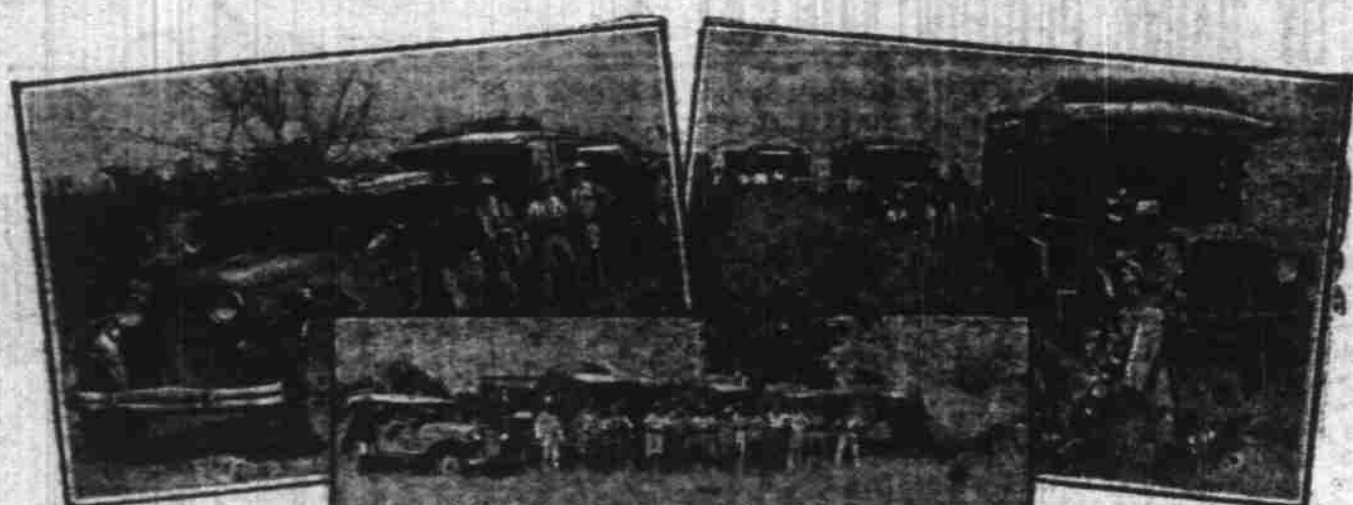
Mr. Erickson was notified and left immediately to take charge of the return of the truck.

Solo Champions Of High School Bands Selected

CORVALLIS, Ore., April 4—(AP)—Judges of the eighth annual Oregon high school band contest which opened here yesterday have named the outstanding high school trumpet, trombone and saxophone soloists.

The results were: Trumpet: David Longren, Grant high school, Portland. Trombone: Robert Walpole, Oregon. Saxophone: Edward Corgeron, Corvallis.

AFRICAN EXPEDITION USED DODGE TRUCKS



The Vernay-Lang Scientific Expedition which spent six months in 1930 in the heart of darkest Africa used five Dodge Trucks and a Dodge Touring Car for transport purposes. There were entire days during the grueling journey across central Kalahari when four miles an hour was too slow.

DRUM CORPS GIVES SERIES OF DANCES

New Equipment to be Bought This Year; Outlook of Season Bright

Capitol Post No. 9 drum corps has launched upon a program of social events for the purpose of raising funds to buy new equipment for the corps. Several dances have been given at Kent hall and so far have been very generously patronized.

The next dance to be conducted by the corps will be at Kent hall on Monday evening, April 6. The Kent hall is located two miles north of Independence.

Members of the drum corps declare that prospects for a successful season are bright and that the spirit manifest by the members is better than ever before.

The great need of the corps is for new equipment. The one thing that stood between the corps and the national championship was the poor equipment, particularly the uniforms and the present efforts of the group to secure new equipment is commendable.

At present the group is practicing regularly and some fine material is available. The officers of the corps are H. E. (Dave) Shadle, president; M. Clifford Moynihan, secretary-treasurer and Hiram Brown, drum corps manager.

ACQUIT ROBINSON OF MALFEASANCE

CORVALLIS, Ore., April 4—(AP)—Henry Robinson, Corvallis chief of police, was acquitted by a circuit court jury last night of charges of malfeasance and negligence in office.

The jury deliberated only about an hour. An indictment returned by a circuit court grand jury investigating alleged vice conditions in Corvallis, charged that Robinson, as deputy sheriff, last June failed to arrest Jue Chambers, an escaped prisoner from the Benton county jail.

In charging the jury Judge Skipworth said that the entire case hinged upon whether or not Robinson actually had seen Chambers and talked to him last June 14 as testified by Chambers, who later was re-arrested and is still a prisoner here. Robinson denied he talked to Chambers after he had escaped from jail.

Kidnap, Assault Charges Faced By C. C. Julian

LAREDO, Tex., April 4—(AP)—Charges of kidnaping and assault with intent to rob, tonight faced C. C. Julian, oil operator, in connection with an alleged attempt to extort \$50,000 from L. S. Bolling, San Antonio business man.

Julian was charged jointly with C. C. Boren in a complaint filed in justice court. The charge alleged that Julian, alias Herbert Murphy, and Boren unlawfully detained Bolling against his consent by assaulting him with firearms and threatening his life, with intent to hold Bolling for ransom and extort money from him.

Julian was charged jointly with C. C. Boren in a complaint filed in justice court. The charge alleged that Julian, alias Herbert Murphy, and Boren unlawfully detained Bolling against his consent by assaulting him with firearms and threatening his life, with intent to hold Bolling for ransom and extort money from him.

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Trucks Carry Expedition Through African Jungles

When Arthur S. Vernay decided to lead a large scientific expedition across the center of the Kalahari through Namaland and north to the Zambesi, he did what the chief of any well organized scientific expedition would do—carefully considered the selection of motor vehicles. During a long and arduous exploration through desolate regions everything depends on a smoothly working transport system. The entire organization is keyed for achievement, and the choice fell to Dodge trucks.

Thus equipped, the Vernay-Lang Kalahari expedition left Pretoria March 4, 1930, for Capetown, a small station on the Cape-Rhodesian railway line on the eastern edge of the Central Kalahari, which was the actual starting point of the expedition. On March 19 the whole party, consisting of 14 white men and 16 trained natives, left Capetown.

Two of the Dodge trucks were assigned to do relay work. The relay trucks carried up to two tons of load and often moved with engines boiling at an average speed of only four miles an hour. Once it required 12 hours to cover five miles. So enormous was the strain that anyone not knowing the reliability of the Dodges might have expected any moment that clutch, gear box, differential or engine would give way but they did not. The advance guard of relay trucks, fighting thus against tremendous difficulties, made it easy for the combined group of vehicles to proceed at a fair rate of speed.

April 19 the expedition arrived at Ghanzi, 412 miles from Capetown. During this time the relay trucks actually had crossed the center of the Kalahari three times in one month.

From Ghanzi the relay party traveled 296 miles to Gobabis-Witvle, the railhead of the S. W.

A. line. There the specimens collected were dispatched to Pretoria.

Returning to Ghanzi, the expedition entered the second stage of its journey, proceeding 300 miles northeast through Namaland, arriving at Maun May 8. The waterless tracts were left behind and, the ground being less sandy, further relay work was dispensed with so that progress was made at a fair rate of speed.

The third phase of the expedition, which was by far the easiest, was made over a special motor road maintained by the Bechuanaland authorities. The 324 miles from Maun to Livingstone, across the Gogha Hill sand belt, was managed easily with heavily laden trucks in two and one-half days.

The remainder of the journey, including trips to Makariki lake and Southern Rhodesia, was made without incident. After six months of the most grueling kind of work, the party arrived at Pretoria, its home port, August 8. The Dodge trucks and the Dodge car achieved a memorable success in the annals of South African motor transport and in the service of scientific exploration.

CLARK SMITH ILL

STAYTON, April 4—Mr. and Mrs. E. Roy and Mr. and Mrs. Henry Smith have received word from New York City of the serious condition of their grandson, Clark Smith. The boy who is about seven years old had his tonsils removed a short time ago. Following the operation he suffered a double mastoid. While still in the hospital he contracted erysipelas and the latest word is that now he is suffering a mastoid infection. The family who had always lived here or in Salem, left for New York last fall.

Special Prices for Spring Clean-Up

COMPLETE PAINT JOBS

Special No. 1 — Wash Complete - Paint Chassis, Wheels, Fenders - Polish Body - Dress Top and Clean Upholstering.

Special No. 2. — Wash Complete - Dress Top - Clean Upholstering - Polish Complete - Touch Up Spots.

PRICES ON REQUEST

Make your car look like new again or see us for that new Oakland or Pontiac

Wood-Wheaton Motor Company, Inc.

High and Chemeketa St.

Phone 9588

Towing—Day or Night.

9151 AUTOMOTIVE PARTS -- TOOLS ACCESORIES

We Have 'Em — Your Garage Man Can Supply You

W. E. BURNS--DAN BURNS

Not Brothers, the Same Man

Ferry at High

Salem, Oregon

IS ORGANIZED NEW POULTRY CLUB

AURORA, April 3—The 4-H club work has been greatly strengthened by the formation of the North Marion county poultry club, organized at the Grammar school building Thursday with Mrs. Lorin Giesy, leader.

Mrs. Lorin Giesy, leader.

Fourteen youngsters signed for the work including two girls. Officers elected were John Kraus, Jr., president; Richard Hill, vice president; and Bruce Giesy, secretary.

Members will keep accurate account of their flocks which will run from a few to a hundred chicks. The work is not new to some of the members, who have been working to a disadvantage by not having a local club, but who have been very enthusiastic

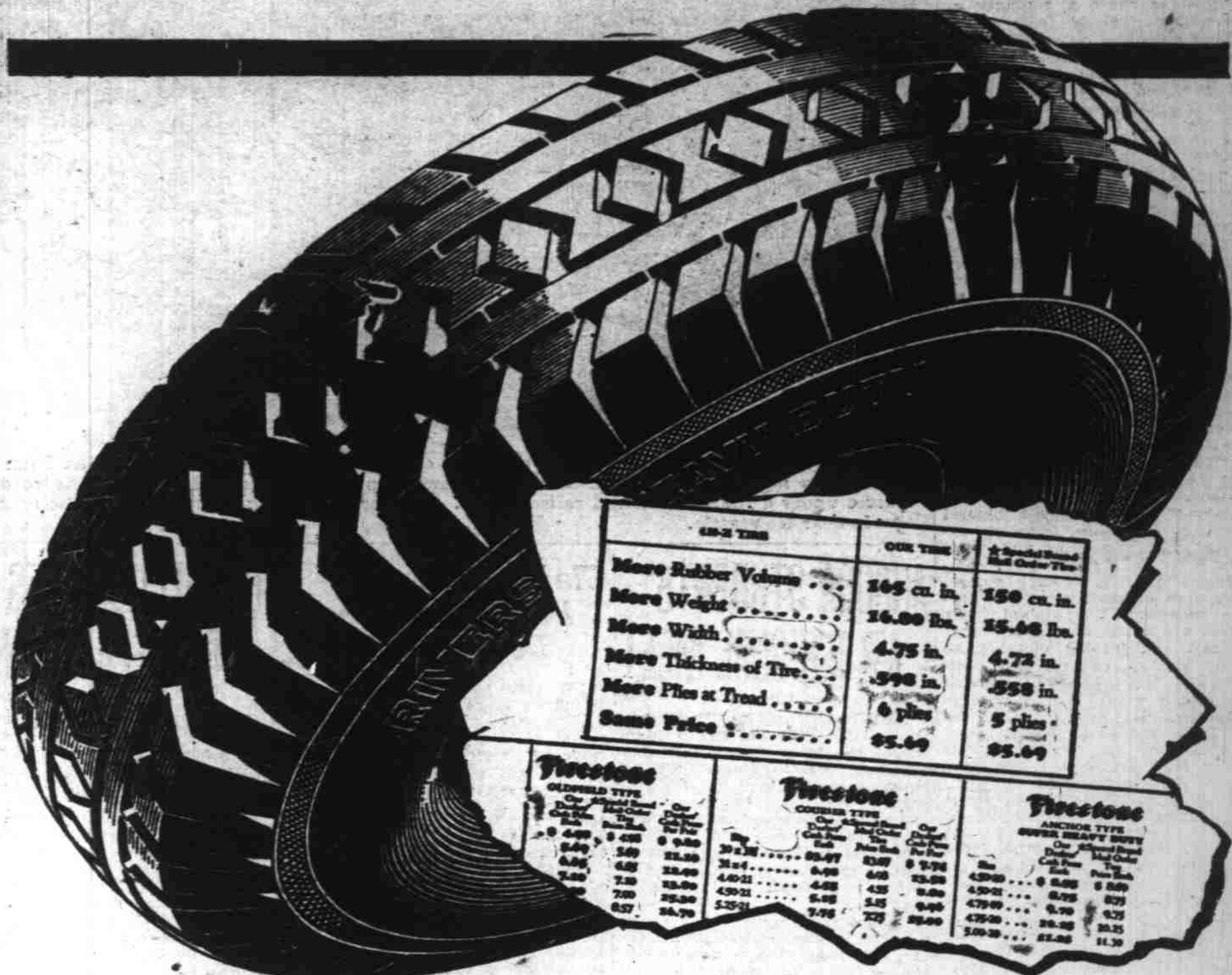
withal and have been exhibiting and taking ribbons for sometime.

Club members are: John Kraus, Richard Hill, Fred Ehlen, Francis Grow, George Kraus, Cecil Armstrong, Leland Armstrong, Dorothy Snyder, Jimmie Minnals, Fred Lamecke, Octave Lenick and Bruce Giesy. The latter three are from Donald district.

CHILDREN HAVE EGG HUNT HAZEL GREEN, April 4—Miss Alma Blamffer, teacher, gave the

primary room a treat of chocolate eggs in bunny boxes. An egg hunt and other outdoor games were enjoyed. In the egg hunt Kiyu Mio and Beulah Cook were winners in the fourth grade, Archie Rutherford and Funiko Kaymas in the third.

TEACHER IS ILL NORTH SANTIAM, April 4—Miss Mildred Kirk, principal of the North Santiam school, is ill this week. Mrs. Beryl Porter of Salem is substituting for her.



An Open Letter to Mr. Firestone Whose "Mail Order" Tire Are You Talking About?

... Here is a Correct Price Comparison of Montgomery Ward & Co. Tires with Firestone Tires

Ward's Trail Blazer and the Firestone Oldfield are similar in quality—Compare:

SIZE	WARD'S Trail Blazer (4-ply)	Firestone Oldfield
29x4.40/21	\$4.95	\$4.95
30x4.50/21	5.15	5.69
28x4.75/19	5.95	6.65
29x5.00/19	6.50	6.98

Ward's 4-ply Riverside is similar in quality to Firestone Gum-Dipped High Speed. Compare:

SIZE	WARD'S Riverside (4-ply)	Firestone Gum-Dipped High Speed
29x4.40/21	\$4.95	\$7.05
30x4.50/21	5.69	7.85
28x4.75/19	6.65	8.55
30x5.00/20	7.10	9.40
28x5.25/18	7.90	10.35
31x5.25/21	8.55	11.40
29x5.50/19	8.90	12.00
30x5.50/20	9.00	12.50

Ward's 6-ply Riverside is similar in quality to the Firestone Gum-Dipped High Speed Heavy Duty. Compare:

SIZE	WARD'S Riverside Heavy Duty (6-ply)	Firestone Gum-Dipped High Speed Heavy Duty
30x4.50/21	\$ 7.40	\$10.80
28x4.75/19	8.30	11.15
30x5.00/21	9.10	12.60
28x5.25/18	9.60	13.50
31x5.25/21	10.25	14.75
29x5.50/19	10.95	15.20
30x5.50/20	11.10	16.10
32x6.00/20	11.90	17.00
32x5.50/20	13.90	20.40
35x7.00/21	19.70	22.75

Free Mounting Service at Every Ward Store

Dear Mr. Firestone: Above, we reproduce part of one of the many newspaper and magazine advertisements appearing throughout the country, in which Firestone tires are compared with "a mail order" tire ... Montgomery Ward & Co. is the oldest mail order house in America. So when you say "mail order," many people naturally think first of Montgomery Ward & Co.

But — the specifications of the "mail order" tire listed in Firestone advertising fall far short of the specifications of Montgomery Ward & Co. tires. ... You have also stated in your advertising that "a mail order tire is made by some unknown manufacturer ..." Well, Ward's tires are made by one of the largest and best known rubber companies in America ... a company, in fact, that is larger than your own company, Mr. Firestone. ... Furthermore, your advertising says "Compare prices." You compare Firestone prices with "mail order" prices. Montgomery Ward & Co. states emphatically that your advertising does NOT make a correct comparison between Ward tires and yours, in either quality or price. But the table at the left DOES.

The Firestone advertising lists three grades of tires—Courier, Oldfield and Super-Heavy Anchor. Your Courier, Mr. Firestone, is what is known in the trade as a "third line" tire. Montgomery Ward & Co. does not sell a "third line" tire. Your Oldfield is what is known as a "second line" tire—it compares in quality with our TRAIL BLAZER. The table at the left shows how Trail Blazer prices compare with Oldfield prices. Your Super-Heavy Anchor is also a "second line" tire—but is a quality which we do not sell. ... OUR BEST TIRE IS OUR RIVERSIDE. The Firestone advertising does not list a tire equal in quality to our Riverside—in the table at the left however, we list Firestone tires that are equal in quality to our Riversides and show ALSO how the prices compare.

In view of these facts, Mr. Firestone, we ask that in the future you state whose mail order tire you are talking about.

MONTGOMERY WARD & CO.

Mr. Auto Owner Montgomery Ward & Co. guarantees you that quality for quality, there are no better tires made than Ward's Riversides and Trail Blazers. Furthermore, they are backed by the finest, surest tire guarantee ever written. And they sell for LESS than other tires of equal quality. Stop into Ward's store where you will find a complete stock of Riversides and Trail Blazers and see for yourself. COMPARE before you buy. Ward's Always Sells for Less

MONTGOMERY WARD & CO.

275 N. Liberty Salem Dial 8774