Che Oregon Batalesman

"No Favor Sways Us; No Fear Shall Awe" From First Statesman, March 28, 1851

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Free Power, at Last!

T last the campaign promises are to be fulfilled. Free A power without cost, the famous campaign shibboleth is to be translated into reality. Governor Meier, himself and in hibition Commissioner Haynes person, with Henry Hanzen and Senator B. L. Eddy as aides yesterday to show that the 18th in his entourage will make a pilgrimage to Washington, there amendment is being enforced. to secure Free Power. But it will not be free power without cost to the taxpayers. The government would have to foot the on display in Salem yesterday. bill and assess the cost to the taxpayers.

It requires little imagination however to see a move for a trifle more up-to-date in the power other than Electric in this pilgrimage to Washington. she has her ears covered. The Has not Gov. Meier been approached with reference to run- American eagle on the obverse ning for vice president on a ticket with Sen. Norris for president, a third party ticket if you please; the bull frog hopping to the tune of "My Country 'tis of thee"?

What better chance then for Henry Hanzen to get his principal before the country than through this march to Washington to meet the national exponents of the same doctrines which have here proven political dynamite? And Sen. Norris may be looking for some one who can be financial angel to the foundling party; only running for the presidency or the vice presidency would be far more of a drain on the bank balance than getting the Oregon governorship.

We shall see what we shall see. We did not know that Sen. McNary needed any help in trussing up the board of en- THE FRIENDS OF HAL PATTON gineers. But Gov. Meier's trip may work well as a publicity move for the Columbia dam, and of course in this year 1932 with its prospect of political thunder showers, there is no tell- and something more than 600 were ing where the lightning will strike, and anyone with ambitions should get his lightning rod up.

Moltzner Convicted

victory for the people of Oregon and for the present ad- council-of which body Mr. Pat-A ministration of the corporation department is seen in all sorts of persons from many few decades ago he was one of the conviction of Jay Moltzner, former managing director walks of life. The only qualificaof the Guardian Building and Loan association, who was the guest need have was to be Marion. For many years before of the Guardian Building and Loan association, who was charged with unlawfully lending the funds of the Guardian company. Here was a man who took the savings of thousands of people and through illegal handling of funds robbed | casionally has been identified with | circle of friends. His letter, in them of their substance. Such breach of trust,-altogether public life. He has been a member too common it is now revealed—deserves not only the full of the public service commission application of the law, but deserves the moral scorn of an aroused citizenship.

The cities have been full of these clever, unscrupulous gate to republican national congentry who have lived by their wits, have been parasites ventions. But these, we think, are sucking the life-savings of thousands of people. Glib promises have been all they have offered. Unfortunately the people reception is considered. He has who thought they were protected by the safeguards of the been selling books for forty years state wake up to find their interest betrayed.

There must be increased caution by investors in the whom he asked no more, than placing of their funds. Why trust some stranger who makes of friends is the golden gift. It gilded promises? Men who devote their lives with all dili- bears witness to tolerance, and gence and honesty to the handling of the funds of other peo- generosity, and kindliness, and ple find it very difficult to do so and still make modest earnings for the investors and reasonable compensation for their own services. How then can others make seven, eight or more per cent over a long term of years? They can't do it, cere congratulations on the occaexcept in very rare cases. The investing public must learn sion of his 60th birthday .- Portto steer clear of new deals rigged up to get their money.

A Call to Civic Duty

THERE is a call to civic duty in the appeal for jobs for men and women. What WORK can YOU give? Men-and women (don't forget there are women who need work too) need work. Without work they must have charity. For men and women must not be allowed to suffer.

So scores of loyal men and women got out in the snow and rain yesterday to call from house to house soliciting jobs from householders, extra work, if you please, so needy and worthy men might earn daily bread and provision for clothing and shelter.

What did YOU do?

The majority of people in Salem live snugly, in warm homes, have plenty to eat, their bodies are clothed in comfortable and attractive garments. They have suffered nothing at all in the physical necessities of living. They may be poorer, their automobiles may be a year older, but they have not really suffered. And the majority of people here can make some contribution in the way of work provision for

It is the citizen's duty-it is also his opportunity to show himself a decent and worthy member of the community.

Right-of-Way Debate

ONE thing the people here seem to be agreed on, and that is the desire for a thirty-foot paved highway to Portland designed so later it can be enlarged to a four-lane road which is recognized as the ultimate solution of growing traffic density on this important roadway. But when it comes to first snow I've seen since I left right-of-way opinions split forty ways. As the Woodburn Independent says:

"And still the controversy rages over details, of the proosed improvement of the highway between Oregon City and Salem. The 60 foot right-of-way is sufficient. The 60 foot rightof-way is not sufficient. There should be two roads with a strip between. There should be just one road. The edges should be tiled. The edges should not be tiled. The state should buy the additional right-of-way. The county should buy the new right-

of-way. And so on, far into the night." Perhaps the communities, having gotten the consent of the commission to a 30-foot roadway, should leave the details up to the commission. Unless we do dissension may hold up the job for months. We do not want another Portland-to-the-

Let's all move to Chicago. No taxes there. It ought to be the eal haven for our two-fisted fighters of high taxes like Zorn and W. A. Jones and Lambert and Custer Ross. But no one is rushing Mrs. C. A. Fammel; secretary, to live in Chicago because nobody is paying taxes in that city. In- Mrs. A. C. Powers; treasurer, stead the very fact is set down as a great calamity. The point we Mrs. H. K. Sickafoose; chairman want to drive in is that a town without taxes is no paradise, that if membership committee, Mrs. Iris we are going to have governmental service we must pay for it.

A newsboy's call is a veritable rite. It combines with artistic skill the yodel of a Swiss mountaineer and the basso of a Missouri hired hand calling the hogs. The newsie fills his lungs with air, ead, then gives his cry, wholly unintelligible. This little class in music apprecia- lather, Charles Baldwin, a reorgy over, he chirps out in perfectly clear English, "paper, mister?"

Federal architects have certainly thrown conservatism to the winds. Besides putting gargoyles on postoffices now they are dolling winds. Besides putting gargoyles on postoffices now they are dolling up interiors. At Bend they are going to use knotty pine for interior the business session. Mrs. Roden- James Baldwin, author of the several years. She now owns and paneling. The pine is native to Bend. One would expect the specific baugh is assisting Mrs. Elliott famous Baldwin school readers, makes her home on a farm near

Yesterdays

Papers of incorporation were filed yesterday for the institution of a series of savings banks in various Oregon cities. The incorporators were Messrs. H. S. Myers, F. N. Myers and M. S. Myers, wealthy San Francisco bankers.

"The financial condition of the state was never better in its history than now, there being no indebtedness of any kind outstanding against it." Governor Chamberlain declared yesterday in his address to the legislature.

The fishing in the Columbia river is to be regulated and the shooting of game indiscriminately is to be stopped, if resolutions presented to the legislature are turned into bills and become

January 16, 1922 "The Melody Minstrels" will hold the boards at the Oregon state penitentlary, five nights of the coming week.

WASHINGTON - Facts and figures were presented by Pro-

The new "peace" dollar was On the new coin Liberty looks coil of her hair and the fact that side looks more peaceful, its wings calmly folded. Instead of clutching spears, it grasps a wreath of flowers.

Editorial omment

From Other Papers

The book seller of Salem, Hal D. Patton, was host to a few of his friends on his 60th birthdayin attendance. There were street cleaners and federal judges, and courts, and members of the city ton has long been a member-and tative and senator in the state legislature. Twice he has been a deleminor distinctions, when the testimony of Hal Patton's birthday in Salem, and making friends of fine character, as nothing else

The Oregonian wishes to convey to Mr. Patton, book seller, its sin-

went about town inquiring: "How do you like the snow? The answers:

Lillie Madsen, Silverton Statesman correspondent: "Oh, I don't. Why? It's too messy."

David G. Drager, county treas-

Paul Hendricks, realtor, alder-

urer: "I'm not strong for it. used to be but I got over it."

Eva Roberts, clerk, assessor'

office: "Fine." Miss Tansy Nieswander, busi-

ness woman; "Oh, no; but we have to take it." Mrs. William Rush, homemak-

when it is gone." William Wilson, janitor: "I don't know; I've been too busy to get out in it."

er: "Oh, I like it, but I am glad

John W. Smith, recent easterner: "Not very well; it's the the east. Anyway, it isn't 28 degrees below here.

Mrs. Blanche Allen, office secetary: "I hate it!"

C. A. Vibbert, merchant: don't like it."

"Where law ends tyranny begins."-Willfam Pitt.

SOCIETY ELECTS for the Dorcas society of the Christian church are: President, Powell; chairman visiting committee, Mrs. A. Cooper.

CLASS ELECTS MONMOUTH-Mrs. R. D. ElBy EDSON



Sunday: "Grover Cleveland Hanged two men".

BITS for BREAKFAST

By R. J. HENDRICKS

Uncle Joe not sorry: 1 1 1

HERE'S HOW

heading, "Marion in the Mirror." Rose B. Marsh conducts a column in the Chronicle, Marion, Indiana. a city 70 miles northeast of Indianapolis. The last census gave Marion 24,496 people; about 2,-000 less than Salem's 26,266.

merchants, and clerks, and state a few years ago to the late Edofficials, and judges of the state gar M. Baldwin by Annon, or 'Specs' Baldwin is typical of the writer. For if 'Specs' wasn't humorous he wasn't anything. A the best known young men in

" 'I recall incidents from hearing my father relate them. He was born March 30, 1810. When a boy he learned the hatter's trade at Richmond, Indiana. My years of age at the time. They struck camp on the shores of Lake Calatia to get feed for their cattle, as there was some prairie grass around the lake. As soon as he gained his majority father walked through the woods by the aid of a compass and the blazes on the trees to Fort Wayne, where he entered 80 acres of land, later known as the McDonald farm. He afterward entered 80 acres south of Fairmount.

" 'I remember when I was a small boy we lived in Jonesboro, and I went up to visit my uncles, Henry and Phil Davis. I took my Sunday pants along. I was to start home in time to get there before night. I stopped at Fairmount to play with Micah Baldwin's boys. They were 'wild and woolly and full of fleas and hard to curry below the knees,' when it came to rough-and-tumble play. I forgot it was getting late. It was sundown when I left the boys and started down the pike afoot, with my extra pants tied up with a strap hung over my back. 5 5 5

" 'I got along until I came to Back Creek graveyard, where now is the resting place of my father and mother, grandparents on both sides, also some of my sisters and brothers, and many other relatombstones loom up in the dark, also a white eow lying down close to the fence. I shied over to the east side of the pike, keeping my eye on the white cow, but did not see a black cow lying on the east side, and I ran up against her and fell over her, when she jumped up and bawled. I thought the devil had me sure. I threw away my pants and have not seen them to this day. If you know of any one finding them please send them to me. I am in need of a good pair of Sunday breeches." "

A. J. Baldwin left Marion in 1885 and lived in South Dakota until 21 years ago, when he came to Salem. He says 51 of his father's and brothers first cousins grew up and had families of their own-and, strange to relate, he himself was in Salem in time to attend the funerals of the last three of them to pass away. One of them, Tristran Coggeshall, was for 40 years president of the bank at West Branch, Iowa, where Herbert Hoover, president of the United States, was born. A few years ago, Mr. Coggeshall died in Salem in his 80th year, and was members. So far this year Marburied here. His daughter, Alice garet and Hazel Mages have en-E. Edmundson, lives at 2709 rolled for the work. South Commercial street.

* * * His sister, Esther Townsend, mother of Watson Townsend, father of Zane Grey, celebrated member of the Salem city council, his 83d birthday at his West Sadied here a few years ago and lem home a few days ago. Mr. rests in a local cemetery.

tion enjoyed an afternoon of Chi- tired Quaker minister and yearly be glad to know that she is much nese music at her home Satur- superintendent of the churches of improved after being very ill at day afternoon. Connie Riddell that denomination, died and was a Salem hospital with pneumonia. was chosen president, and Im- buried here about 10 years ago. Mrs. Caplinger was a prominent

with direction of the class work. | was a first cousin of his father. Turner.

He was with the American Book | company, New York, for 50 years, You will find in the Salem city and 30,000,000 of his school directory: "Baldwin, Annon J. books were sold. He also wrote a (Nellie G.) home rear 2450 W. book with the title, "In My Nob Hill." Mr. Baldwin is the Youth," that is on the shelves of well known auctioneer. Under the thousands of libraries, besides a number of others, along educational lines.

A. J. Baldwin remembers Uncle Cannon, the famous Illinois house of representatives. The That column in a recent issue father of Uncle Joe was an orphan boy, and he was raised by one of the Baldwins, who were all or "The following humorous letter nearly all Quakers. He was brought from North Carolina to Wayne county, Indiana, as a matter of course, when he grew up, married a Quaker girl, and Uncle Joe was born into that denom-

> But when Uncle Joe came to vation." And in those days that was the next thing to committing a crime, in a settlement of Quak-

> For the reader who knows his Bible, as it is assumed all the plous persons who peruse this verse in Paul's second letter to the first Christian church in ancient Corinth, sixth chapter, 14th verse, which admonishes:

"Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?"

5 5 S The members of Uncle Joe's church took those words as meaning just what they say, and when a brother married outside the fold, he was a subject for discipline. Or a sister, either, it is to be presumed. So a committee went to labor with Uncle Jos. though he had not then attained to the dignity of the uncleship title bestowed upon him when he had gathered other great honors. and attributes of fame. Now, it seemed that if such a revalcitrant offender would only express sorrow and repentance, it was customary, after certain forms, to restore him to fellowship in full

It is related, as A. J. Baldwin remembers the story, that his church brothers asked Joe Cannon, with the customary thees and thous of the old fashioned Quakers, if he was sorry. Would he extives and friends. I saw the white press repentance? And his an-

> He said he had been married only six weeks, and was so far not sorry; in fact, was well satisfied. Would they please come back in six months, when he might be fourth grade work. able to give them a better ans-

Whether Uncle Joe was 'churched" or remained in the fold, deponent saith not. But it is his belief that he was "churched," and remained out of the

RICKEY, Jan. 15 .- S. Botts is serving on the circuit court jury this term of court.

Supervisor of Rural Schools Harding visited the school Wednesday and left cards for 4-H club N. J. Bowers, who was born

near Zanesville, O., named for Col. Ebenezer Zane, great-grand-Bowers is the father of Nina Bowers Raymond of this place and The third, a brother of A. J.'s Hattie Bowers Boling of Bethel. Friends of Susan Caplinger will

"The Gay Bandit of Border" By TOM GILL

"And if you find him?"

hands. For a long time he looked

dear?"

ing to this man

"Old enough."

SYNOPSIS

"Probably it doesn't exist, but ready 1 am planning to strike—one
For years, Paco Morales ruled the Ted thinks his father bought land success and all the country will fold peons in Mexico with an iron hand, here in the old days. He has sent low us. And if we failcating their lands and driving back East for maps and records. In them from their homes, but the crisis the meantime, keep those pretty perpetrated by Morales. The ranch- still after me?" word to revolt. Morales, with the give you grave concern." were stolen. He doubts that "El anyone he may suspect to me." Bob raised her long, delicate fingers. Coyote" is responsible and goes with Ted to Mendoza's, a gambling relike to kill this dog without good white hands."

Sort, to investigate. Ted wonders why Bob defends the character of it is too late." notorious Ann Reed, an entertainer. Bob goes upstairs to a girl's room. for watching the clock. CHAPTER XXXII

"It's because I have Radcliffe killer. Does that disturb you, my anyone." downstairs-I promised to come

"Your young giant? They talk of nothing else here."

back."

"What do they say?" "Everything. Some say he waiting for a chance to tear your Americano apart. They say too he find you in every way perfect." is in love with Adela Morales." She stopped, with a cigarette half-way to her lips. "That might be fatal." Bob nodded. He raised one of down into her great black eyes. "All the secrets of the border come

to you, little Ann, soner or later." ily draped room. "Always secrets, and you make me wonder, too, what that if the Mexican government There are times when every man all this loveliness and youth of yours should fall, or find its own hands will talk to a woman of the thing is ultimately destined for." nearest him, and so I learn. I think the very ghosts of secrets must cling mocked. about every corner of this room, and behind every tapestry. Most of them are sad little unimportant secrets, but some of them have the power sever really loved. If you could give to wreck human lives. And all these yourself as I give myself, freely, hap- ment prodded the little major to see tales that men bring me are at the pily, and utterly, you would never that he would at slacken in his disposal of this imperious Don Bob. be old. Why have you never loved, pursuit of El Coyote, And although Not," she added, "because I care a really?" damn about his border crusade-I merely happen to leve him."

Suddenly she laughed. "Last night that young Mexican captain of cav- old. I had already learned a little as a reward for all his efforts. Aunt alry was downstairs. It is he who about this thing called love. The Clara was the chief beneficiary. tells me their plans against you. All girl who taught me that dangerous next week they are to wait in force wisdom decided at last that there good," she said more than once, to along the Verdi road down by the mesa. He was still very angry because the major let that peon es- since then, little Ann, life has never his digestion is strong as an os-

Bob smiled. "The major didn't. I came back and released him." His playing now. That may be why I of him. I wonder if El Coyote eyes grew thoughtful. "So they're can't seem to fall in love." going to hunt along the Verdi road. When Manuel comes tomorrow, get think, has come to this Radcliffe him word for he band to keep back boy, and that way danger lies. Moin the foothills. Tell him that on rales suspects it. Jito suspects. Thursday I lead them in a raid." Once they are certain-or once they in the Mexican hills, laying his Bob turned toward the girl and believe Adela cares for him,"-Bob plans, keeping his band scattered in smiled gravely down at her. "If you shrugged his shoulders-"Morales little groups that dared meet only only knew how indispensable you will issue orders." are in every way." His hand touched her shoulder. "And how desirable."

The woman's body thrilled a little at his touch, and a mist played be- I do is my own affair. I can't drag of cattle to water on the Mexican fore her eyes. "What I tell is nothing ing. You know I would do anything enough road since he came here. I on his thin pony, shouting at the for you."

The man said nothing, but walked across to the dressing table and took one of her long cigarettes. He Bob.' stretched out comfortably on her chaise lounge.

"Have you ever heard of any piece of land owned in the name of all be over soon. Either I win or I ning we shall make the higher coun-

She shook her head.

declare itself and follow me. Al-

He smoked for a time, "Love, I

"Does your giant foreman know

"I never want him to know. What

"But he must know sometime,

Don Bob-whatever comes."

"When it is all over."

"And that will be?"

you are El Coyote?"

"Then I shall kidnap Mendoza's has come. "El Coyote," the mysteri- cars open." He smiled. "You know, star singer and take her to some ers await their unknown protector's Ann Reed laughed. "That must the tyranny of love."

ous bandit, avenges every outrage of course, that Blount's men are tropical island where there are no bandits or pesos or tyranny, except Submissively she laid her dark aid of the U. S. Cavalry, has searched for the bandit in vain. Ted Radeliffe, of them is that any traitors in my you all to myself," she murmured.

De Michigan Or of Albert & Stag throng Front of

an American whose late father was band would be more likely to give "Bob, I am so tired of the struggles ruined by Morales, is in love with information to Blount than they of men and their hates and secrets. Adela, the Spaniard's beautiful niece. would to the Mexican soldiers. They Jito, Morsles' ward, is jealous of have greater confidence in Blount's peons, whether they are free or ability to protect them, and they slaves? Always something is telling tells him he has plans for settling know that if he promises a reward me all this is so vain—and it is only the score with Morales. While out he will pay. The major has let it love that matters." riding, Ted and Adels lose their way out that someone in the band already Bob smiled. He looked down at and spend the night in the desert, feels the itch for Morale's gold. He her with a vast tenderness. "Ann,"

Adela resents her uncle's suspicions. may know much or little. He may he told her, "I sometimes suspect Later, Bob returns home with Ted be able to ruin me. Tell Manuel you of sentiment. Now I must go. and learns that some of his cattle what I have said—have him send Tell Manuel to be watchful." He

should betray you?" He shrugged. "I should say that

"My dear, what could I do? This too would be part of the great game. She greets him affectionately, calling is not work for sentimentalists. For Yet even then it would sadden me him "El Coyote." She chides him two years I have existed because I to destroy this lovely body of yours, strike first. That is a fundamental for I am really very fond of you." rule of warfare, and this is border "I wonder," she questioned. "I warfare, so when I must I am a wonder if you are really fond of

> From the open door Don Bob There came again to the girl that smiled back. "There are one or two look of submission and utter yield- people I have a great weakness for, Ann mia, and you are the loveliest "How little you know women, of them all."

Nothing you do disturbs me. To For a long time after the door had Jito's master. Some say that Jito is me your little finger is worth more closed, the girl sat staring into the than the life of all your band, for I mirror before her. At last she smiled, and once again she touched Bob rose and, walking to where those lips of hers with deepest carshe stood, took her face in his mine.

As summer gave way to autumn, those long white hands to his lips. Then at last he shook his head, the whole border about Verdi found You make me wonder, Ann, why itself girding for war. News of apall this loveliness and youth of yours proaching revolution from Mexico She looked about her at the heav- should find me in any way desirable, City added to the unrest. All knew filled with revolution, Morales would Ann laughed. "Old, old man," she have to depend on his own vaqueros alone. So both sides made ready, quietly but steadily, and men rode "One is never old if one loves, the Mexican ranges cautiously, not That is your tragedy, Bob, you have knowing friend from foe.

From time to time the war depart-Blount hunted early and late, fol-The man patted her cheek and for lowing every vagrant ciue, he had answer lighted another cigarette, only the memory of long, futile pur-"When you were about five years suits through the sun-baked desert

"It's doing the major a world of seemed a very important or vital trich's again. These little games of business, except in the game I am hide-and-seek are making a new man knows he's being chased? It has never interfered with his activities."

But, as a matter of fact, it had. Don Bob, throughout that torrid summer, had spent long days back for an occasional raid and a quick

retreat to the hills again. One morning in late winter found Ted with old Manuel, driving a herd want him to go on as foreman for straggling cattle, swearing fine Spanish oaths as the clouds of choking dust drifted upward and enveloped them. At last he pointed before him.

"Down there it is, Senor Ted. Beyoud that arroyo is the waterhole. "Soon. One way or another it will Let us rest there now, and by evelose. I think the border is ready to try where grass is better."

Victims of nervousness complain

of feeling depressed. They are easily

frritated and find little joy in living.

They have their "ups and downs.

At times the appetite is poor, and

then again it is extremely good.

They may have difficulty in sleep-

ing for days at a time, and then

sleep unusually well. Sometimes they are happy; at other times

gloomy.

The afflicted person is greatly influenced by his imagination. He often believes he is the victim of some dreadful disease. This belief

can be removed only by careful ex-

amination and the urgent advice o

Rest is important for the cure of

nervousness. If possible an after-noon nap should be taken every day

fresh vegetables and fruits, cereals,

as well as spiced foods and condi-ments, should be avoided. Alcohol

In many cases a warm bath taken just before bedtime is beneficial Massages as well as certain forms of

able. If constipation exists it must

be corrected. This can be done only

by the establishment of a regular

A person suffering from nervous-ness should not become alarmed. He

should be taken.

Even if sleep is not possible, rest

physician.

KEIZER, Jan. 15 .- The Keizer school board met at the schoolhouse Thursday night to select a teacher to fill the vacancy made by the resignation of Mrs. Sadie Costello, who leaves for Longview, Wash., early in February. The teacher chosen was Mrs. R. F. Polanski of Salem, who comes highly recommended for the third and

Mrs. Arthur Holden was hostess for the Ladies' Aid at her home Thursday afternoon. The time was spent in sewing for the Wilfred Weathers family, who lost everything in a fire which destroyed the house in which they lived on the Louis Lachmund ranch.

Present were Mrs. Clarence Poole, Mrs. M. F. B. ven, Mrs. F. E. Evans, Mrs. W. E. Savage, Mrs. Ben Claggett, Mrs. H. L. Oldenburg, Mrs. F. S. McCall, Mrs. Car-roll Poole, Mrs. J. C. Ackman, Mrs. G. N. Thompson, Mrs. J. E. Bartruff, Mrs. R. B. McClay, Miss Rae Kinkaid, Miss Lois Keefer, Miss Irma Keefer, Mrs. G. W. Browning, Mrs. 3. W. Beecroft and Mrs. Arthur Holden.

Mrs. Poole, Mrs. Beecroft and Miss Kinkaid assisted in serving. Word has been received from Mrs. Ray Betzer, who is in Portland, that Mr. Betzer underwent a second operation at the veterans hospital Weinesday, and is getting on nicely although not yet out of danger. He will have to remain at the hospital for four or five-weeks.

HOLLYWOOD

Daily Health Talks By ROYAL S. COPELAND, M. D.

RECEIVE many letters re- Usually there are marked digestive questing advice about nervous- disturbances, with sour taste in the mouth, belching, heartburn and conness. "I am nervous. What stipation. shall I do about my nerves?" is the appeal in most of these letters. N ervousness

is difficult to describe. It is really not a disease. It is a symptom or sign of weakness in the nervous system, which may be caused by a variety of things. N e rvousnes is one result of

method of livprimitive man never suffered. He led a simple life. His greatest problem was obtaining materials. Exercise is important but should never be strenuous. The best form of exercise is walking. Dr. Copeland problem was obtaining sufficient ood. When this was accomplished

he rested from his work.

Today the problem of food is enevery day. Fried and greasy foods.

every day. Fried and greasy foods. tirely different. We eat too much, as well as too little, too quickly, or not at all when we should. The nervous system is influenced by the food we in many take, by the digestion, by work, sleep

Men and women suffer from nervous conditions, but it is more common in women. The victim of ner-vousness seldom feels rested. He wakens in the morning tired and ex-As the day advances he may pick up more strength.

Various complaints such as lumbago, headache, or vague pains of one sort r another are found in nervousness. The heart is rapid in action and there may be palpitationation affilicted one is imperative in the speedy cure of this condition.

Answers to Health Queries Mrs. E. D. H. Q.—What do you Mrs. M. R. Q.—What causes here advise for varicose veins and ulcers? orrhoids and how can they be cleared orrholds and how can they be cleared

A .- For full particulars send a self up? peat your question. . . . heart and a sluggish lazy feeling?

determine the cause.

A.—This trouble is usually due to constipation. Proper attention to the C. M. Q.—What causes sharp diet as well a regular exercise should stabbing pains in the region of the overcome the constipation and help the condition in general. For fur-ther particulars send a self addressed A.—Have a thorough examination