By EDSON

TRAWBERRIES, GROWN IN

CLAY LAST FOUR DAYS LONG ER THAN STRAWBERRIES GROWN IN OTHER SOIL, — PURDUE UNIV. SCIENTISTS FIND,

panied by the doctor and the

governor, made occasional visits

accommodations might not be so

comfortable, and, accordingly,

two men were set to work, put-

unaccompanied

% % %

son. It seems that McTavish had

at first intended, after getting the

fort well established, which ap-

parently he thought would not be

a very extended task, to take Jane

with him overland to Montreal

when he returned, but, 'on learn-

ing the impracticability of her

performing such an arduous jour-

ney, he abandoned that idea, and

made arrangements with the cap-

tain (of the Isaac Todd) for her

return to England by way of Can-

ton.' The Isaac Todd was to sail

on August 1, and McTavish may

have expected to leave (for Mon-

treal) before that date.' At any

rate, he determined that the in-

evitable break could best come at

once, and so proposed in order to

protect the woman from the

crowd of clerks and voyageurs at

the post, to turn her over formal-

ly to Henry. To this proposition the latter, after a joint conference

with McTavish and Miss Barnes,

finally consented, describing the

arrangement as 'more an act of

necessity than anything else,' and

disclaiming all emotional consid-

erations save those of humanity.

Accordingly, on the appropriate

date of Sunday, May 8, the new

arrangement went into effect, the

longboat 'came with Jane, bag and

baggage,' and 'about sunset the

jolly boat took Mr. D. McTavish

on board alone.' A further inter-

change of notes and another con-

ference took place on the next two

days, indicating that McTavish

was not altogether satisfied with

the arrangement which he him-

self had proposed, but after this

of the 'woman in the case,' as Dr.

Coues (eminent historian) styles

the errant Jane, completely dis-

appears from the fournal of her

new protector, in which it had

previously occupied quite a con-

the Chinook ex-'wife' of the As-

torian, Benjamia Clapp, whom he

women were soon to be deprived

of their protectors and the white

one to suffer a double bereave-

ment-for on Sunday, May 22,

while going from Fort George to

the Isaac Todd in an open boat, Alexander Henry, Jr., Donald Mo

Tavish, and all the boatmen but

Comments Mr. Porter: "It may

be remarked, for the benefit of

those moralistically minded who

might be inclined to see the hand

of God, rebuking the violation of

certain of his commandments, in

this catastrophe, that it is evi-

dent, from the journal of one of the victims, that a not insignifi-cant tidal wave would have been

necessary to deal adequately with

these particular sins in the vicin-

(Continued tomorrow.)

one, were drowned."

ity of Fort George.

both

siderable amount of space.

"On May 17, McTavish ceeded to console himself

marks disapprovingly-but

"This was for a very good rea-

seems.

mistress.

The Oregon Was States man

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

THE STATESMAN PUBLISHING CO. CHARLES A. SPRAGUE, SHELDON F. SACKETT, Publishers CHARLES A. SPRAGUE Editor-Manager SHELDON F. SACKETT - - - Managing Editor

Member of the Associated Press The Associated Press is exclusively entitled to the use for publica-on of all news dispatches credited to it or not otherwise credited in

Pacific Coast Advertising Representatives: Arthur W. Stypes, Inc., Portland, Security Bidg. Eastern Advertising Representatives: Ford-Parsons-Stecher, Inc., New York, 271 Madison Ave.; Chicago, 360 N. Michigan Ave.

Entered at the Postoffice at Salem, Oregon, as Second-Class Matter, Published every morning except Monday. Business office, 215 S. Commercial Street.

SUBSCRIPTION RATES:

Mail Subscription Rates, in Advance. Within Oregon: Daily and Sunday, 1 Mo. 50 cents; 3 Mo. \$1.25; 6 Mo. \$2.25; 1 year \$4.00. By City Carrier: 45 cents a month; \$5.00 a year in advance. Per Copy 2 cents. On trains and News Stands 5 cents.

Dervishes Dance

THE howling dervishes of congress held a near-riot Saturday when they rebelled against house and party leaders to scuttle the program of taxation recommended by the ways and means committee. With LaGuardia, New York as that of many other men who labor yell-leader the bi-partisan coalition of insurgents proceeded throughout the months and years to tear to shreds the revenue measure which the committee had recommended after prolonged hearings. The rebellion had two objectives, first to soak the rich; and second to relieve the "masses", the voting masses, by striking from the bill the sales tax on manufactures. The first objective was accomplished by putting jackscrews under the surtax rates and hoisting them to 65% on incomes in the high brackets, compared with 20% now. Today the fate of the sales tax provision will be decided.

The country need not waste particular sympathy on the glutted rich with incomes of five millions or over. There are very few of them left, and the legalized highjacking of sympathize with the old-fashioned their fortunes by taxation will yield very little to balance a sentiment that has brought it budget with yawning voids of some two billions between rev- forth. enues and expenditures. If we grant that these enormously wealthy people are not entitled to their wealth, mere high taxation does not solve the problem. Mal-distribution of wealth is not adjusted by government's reaching in and stripping the rich. The excessive profits deserve to be distributed to the employes or to the consumers in reduced prices rather than split with the government.

So far as the sales tax is concerned business interests do not like it, because it adds to the cost of doing business and each business feels it will have to absorb the tax. In the present glut of goods there are comparatively few manufac- inability to get wheat. Unless turers who can add the tax to selling prices and pass it along. wheat begins to come into the Or if it is passed along it becomes pyramided, each link in city within two days, there will be the chain to untilmate consumer adding a percentage to the amount invested in the original manufacturer's tax.

But the federal government has to have money. If it on a line for a point near Garden took all the earnings of those with incomes in the highest Home to Hillsboro and Forest brackets it still would be short hundreds of millions of dollars. These same political guerillas who ripped up the democratic revenue bill are the ones who vote vast grants out of the public treasury. They buy reelection with "bread and circuses" paid for out of the national treasury. They are political freebooters who care little if the treasury runs a huge deficit or not.

If the congress would set about reducing government expenditures and abolishing tax-consuming boards, and cancelling government subsidiaries to private interests the need for the unpopular sales tax could be averted. Should the sales tax be adopted it will be abolished when normal business is restored and normal receipts accrue from other sources. This country has never liked direct and excise taxes. Under an economical government they would not be needed.

Coaches and Presidents

THE press of the state takes note of the stir raised when the resignation of Doc Spears as Oregon coach appeared imminent. Showers of telegrams fell on the state board, the university and the governor and on Doc Spears himself. As the Oregon Voter says,—"As a result of this tremendous tion last night was referred by the outpouring of public opinion, football is saved."

But the Voter notes that the state accepted with calmss news of the retirement of Pres. Kerr "after some 25 years of loyal devotion to serving our state and its youth" and of Pres. Hall "who has been with us five lively years" The Medford News made note of the "relative importance of a college president and a football coach", observing that few protests came in when Pres. Hall was dropped.

The Medford Mail-Tribune comments without tears, that "Dean Allen must stop turning out good newspaper men; but Doc Spears can go on turning out bigger and better football teams."

All this reminds one of the bitter comments evoked when the death of former president C. W. Eliot of Harvard received "inside" space while that of Rudy Valentino was plastered all over the front pages.

There is a difference however in the reaction over the news of the dropping of college presidents and the possible loss of a coach. The public had been informed months ago that the board would have a single head of the state school system; so the final announcement was received with no shock. There has been such tension over school matters that intelligently on it." the public was anesthetized to endure most any order. Only local disturbances would have been created if the board had closed some of the schools.

Before long however the people will come out from un- that has an income like that der the sedative and as the time draws near for Pres. Kerr to leave the Corvallis campus and Dr. Hall to leave the Eugene campus there will be many manifestations of sorrow. While he has been in the state comparatively few years Dr. Hall has won the confidence of students and faculty at Eugene and their affection as well. In 25 years Pres. Kerr has made great contributions to the welfare not only of the state college but of agriculture and industry in Oregon. His contacts and associations have been seasoned through years of service and all those acquainted with him and his work know that the state loses a man of great capacity in executive lead-

ership. The state may keep a coach who may, if luck attends him, win a few football games in the fall. In dropping col-lege presidents the state may discover, too late, that it has turned great institutions, vibrant with young life, over to wrecking crews.

Sell the Surplus

Sell the Surplus

THE wheat and cotton markets suffered sinking spells last
week on report that the stabilization boards were going

state of windom; the games policy
grasped and eaten without faltering are the price that must be
paid for the golden fruit of knowledge."—Ouida. week on report that the stabilization boards were going to unload their vast holdings of those commodities. Sec. Hyde announced an intention to press sales, but denied any plan to "dump" the stored grain and cotton. While the market reaction was adverse, the outlook for next year's crops would be much better if these stores could be unloaded and con-

The Safety Letters from

GIVING A GOOD MAN HIS DUR Editor Statesman-Dear Sir: Not long ago reference was made on your editorial page to the change that has come over Salem in recent years.

Statesman Readers

"Salem is growing up. . . These are youngsters now in junior high school whose births we had never heard of, and there are folks resting on the hill south of the city whose deaths passed unnoticed. And this despite the fact that they or some of their people were once acquaintances of ours."

I am reminded in this connection of a good man who was suddenly taken from our midst a short time since. This man had been closely identified with the upbuilding of Salem for 20 years and more. He was a familiar fig-ure on the streets and in the where business affairs were going forward, a pleasant personality, quiet and unassuming, effective in his work, honest and dependable, a good husband and father, a good citizen.

The passing of Fred L. Wood is not entitled to greater notice than in the accomplishment of their full share of the world's work, One day they are here and on the morrow they are gone. But when the town was younger and smaller we gave more heed to the merits of our departed associates. Perhaps it was better so, perhaps

This is the tribute of a friend to the merits of Fred L. Wood, who was deserving of atribute, and I am sure that of those Salem people who read it many will

Y esterdays . . . Of Old Salem Town Talks from The Statesman of Bartier Days

March 22, 1907 Every flour mill in Seattle has closed completely on account of its a flour famine.

Surveyors are quietly at work

The boys of the East school have prepared a miscellaneous program of readings, music and drills, to be rendered this afternoon. They have decided it is time they obtained the good results to be derived from such exercises, as have the girls.

March 22, 1922

C. I. Lewis, who has been identifled with the horticulture of Oregon for 16 years, has resigned as assistant general manager of the Oregon Cooperative association. to become editor of the American Fruit Grower.

West Salem is still just West Salem, without any one of the nearly 200 names that friends have sought to saddle on the thriving community. The quescouncil to a mass meeting Friday night. Sentiment was against establishing a fourth class postoffice there in place of the rural free delivery from Salem.

American troops will be out of Germany by July 1, under orders issued by Secretary Weeks yesterday at the direction of President Harding.

Views

"Congress is likely to pass a surtax charging incomes of more than five millions an annual tax of 65 per cent. Is this too much and is it socialistic?"

Willard Marshall, manager hospital association: "I really haven't studied the proposal very much so you see I cannot express myself

Rich L. Reimann, real estate agent: "On incomes over five milions, no I don't think so. A man should be able to help the government, too. The government helps him get it, otherwise he couldn't have that income."

Reed Rewland, printer: "Sixty-five per cent—that's a lot. It would be a sure way to bring capital into taxation. I think, though, that a general sales tax is the thing. They are trying to hit the income and the land too hard."

Daily I hought

"The bread of bitterness is the food on which men grow to the fullest stature; the waters of bitterness are the debatable ford through which they reach the shore of wisdom; the ashes boldly

HOME ABOUT DONE RIVERVIEW, Mar. 21-The new home Alfred Sheiman is building on his father's farm is

hitherto known as the Dolly (which had come out in the ill fated Tonquin and had probably been named for Dorothea Astor, John Jacob Astor's sister-in-law, or possibly for his own daughter), doubtless getting a great deal of satisfaction from this demonstration of his company's commercial victory over their great New York rival. During

be much better if these stores could be unloaded and consumed. There have been no recent reports of farm board holdings of wheat but it must be down around 100,000,000 bushels after deducting the forty million congress ordered given away to the nation's hungry.

So long as this store of wheat hangs over the market it acts as a depressing influence. It is a menace because it may be dumped most any time, or at least after June which was that much longer. The same holds true of cotton.

Igreat New York rival. During

HAS INFLUENZA

M. Scholl; education, Mrs. Walde

Cornell; nutsing, Mrs. Walde

Miss Stells Dybevik, who is secretary to Robert Goets, superintestary t



HERE'S HOW

Tomorrow: "Eyebrows are Never Mates"

BITS for BREAKFAST

By R. J. HENDRICKS that week Miss Barnes, accom-Oregon's first white Jane:

\$ \$ 5 The first white woman to arrive in the Oregon country was to the shore, once for a couple named Jane; so was the second. of hours during the afternoon of Both English. And neither re- the 26th, and all day on the 30th. mained long. They were Jane On Sunday, May 1, McTavish and Barnes and Jane Beaver; but his 'lady,' with the doctor, remuch different one from the oth- turned Henry's call by breakfaster. The first, Jane Barnes, was ing with him, apparently spend-an English barmaid, attached to ing the night on shore and re-Donald McTavish, one of the turning to the ship next morning. chiefs of the Hudson's Bay com- McTavish was planning on taking pany, and the second was Jane up his permanent residence on Beaver, wife of Rev. Herbert shore at once, even though living Beaver, Episcopal ctergyman.

Jane Beaver arrived with her husband at Fort Vancouver just ting 'a room in order for D. before the arrival there of Nar- | McTavish and Jane.' His reason cissa Whitman and Eliza Spald- for this decision was that his ing, the first white women to person was thought not safe on cross the Rocky mountains. Ban- board, due to home difficulties he croft says six weeks before. The had experienced with the captain Bits man thinks three weeks, or and his extreme unpopularity less. The ladies over the Rockies with the crew. However, he did arrived Sept. 12, 1836.

Kenneth W. Porter, for the into effect, though he was ashore June, 1930, number of the Ore- on May 4, for the first time, it gon Historical Quarterly, contributed a carefully written article telling about the coming and the stay of Jane Barnes. words of introduction read: "The character of Jane Barnes, the first white woman on the Celumbia river, is one of many which may be classed as much more interesting than inspirational."

He goes on: "Originally a lively, flaxen haired, blue eyed barmaid at a hotel in Portsmouth. England, she caught the fancy of Donald McTavish, who had stopped at the establishment where she was employed a few days previous to his embarkation on the Isaac Todd for the Columbia river, where he was to act for the North West company as governor of the pest which that organization would supersede the American station of Astoria.

"That gentleman, withou much difficulty, succeeded in adding her to all those comforts of home, including 'bottled beer,' excellent cheese," and prime tinned English beef, with which he and his fellow proprietor, John McDonald, intended to solace their long ocean voyage and subsequent exile in the Indian country of the northwest coast, What some of his inducements were may appear later, but at any rate Miss Barnes must have possessed a fair share of courage to brave the dangers of sea, war and savages—and this perhaps help to justify her right to that small but secure niche in history which her physical charms were chiefly instrumental in winning.

"After a passage of 13 months from England, the Isaac Todd, with Governor McTavish and his compagnonne de voyage, crossed the bar of the Columbia on April 17, 1814. It was on Sunday morning, a week later, that Alexander Henry, Jr., went on board and was introduced to her by McTavish, after which the morning was pleasantly spent in smoking and chatting. Dr. Swan, McTavish, the governor of Fort George when it was Astoria, Duncan Mc Dougail, Henry and Miss Barnes also dined together, at which meal, Henry observed, rather-disapprovingly, 'a vile discourse took place in the hearing of Jane on the subject of venereal disease and Chinook ladies.' After dinner the company went ashore in the jolly boat for the afternoon Jane Barnes 'doubtless being her feet for the first time since leaving the Isaac Todd's wintering port of Yerba Buena' (San

Francisco.) "The next day, McTavish, a one of the first acts of his administration, chivalrously rechristened as the Jane, the ship

"THE LOVE TRAP" BY ROBERT SHANNON Pretty Mary Kennedy breaks her engagement to elderly. Buck Landers, wealthy sports promoter, when she falls in love with his young ward, Steve Moore. Landers tries to force Mary to marry him by kidnapping Steve and threatening him, unless she does. He gives Mary twenty-four hours to decide. She enlists the sid of Carlotta, Landers' former sweetheart, who suggests that a flirtation with Bat. He liked to talk—he probably find the probably find the probably find the all-important information—but it would have to be dragged out of him. Yet she had made a beginning—the flood gates, she felt, had begun to give way. Somewhere in the vast scheme of things was a method, a device, to draw out the turgid current of information that he held back. Mary felt like steel. At any risk, she had to keep Bat with her. Undoubtedly he knew something—but "I guess this would hand the

tries to force Mary to marry him by kidnapping Steve and threaten-ing him, unless she does. He gives Mary twenty-four hours to decide. She enlists the sid of Carlotts, Lan-ders' former sweetheart, who sug-gests that a filrtation with Bat, Landers' henchman, may reveal Steve's whereabouts. Carlotta and

couldn't turn Buck down. He sort of depends on me in everything he does—all his big deals. I'm his confidential advisor, in a way. Most of the time, he won't make a move unless I put the okay on it. Sometimes he pretends to act like I was only one of the hired hands, but that's just to throw people off the track, understand?"

She refused to feed his egotism. It was beginning to be clear that he is a conspicuous for their chivalry. The thought of the automatic pistol concealed in the hand bag she was carrying brought her a little tremor of confidence. But it was no time to hang back because of small perils.

"No, I'm not going to a movie," she said, struggling to control the nervousness in her voice.

"Why certainly," But said, extending a pack across the table. If he didn't try to pet, she knew around here, do you know!"

It was beginning to be clear that he was a foel, as well as a braggard. And a liar, too but she meant to winnow his conversation in search of the precious grains of truth.

do you know about me, or Steve beer sure is real."

planned ft." "Yes, you did!" "It's a fact. I said to Buck, 'Just surely. "I guess maybe Buck "It's just his way," Ba you keep a close eye on the girl, wouldn't get sore if—I might take but his voice was surly. Buck, and everything else will be all you in, and sit down with you. Matright.' He was tickled to death with ter of protection. They know me in

my advice, too." "And I suppose you know where harm in that, would there?"

Steve is right now?" she baited him Mary found herself in a narrow jeeringly. "Certainly I do."

"Well, where is he?" not immediately carry this plan

Steve is."

"I could lay my hands on him in fifteen minutes," he stated pro- she studied the man.

"Well, if you could you wouldn't dare," she said deliberately. "You'd be too afraid of Buck Landers. What do you want to kid me for? You cause I did," Mary told Bat. "If you more crooked than ever. Before he know you wouldn't have the nerve want Scotch go ahead and order it." to tell the real truth to a girl like me. That's why Buck is your boss-

because he's got more nerve."
"Is that so?" Bat demanded in elsurely voice—but there was a stung look on his face. "Well, don't tell everything I know." "I don't believe you know anything about Buck's affairs." "You'd be surprised."

What he needed, she realized, was something more to loosen his tongue. same time.

back to Broadway. She noted with ironic satisfaction that he fell in beside her. It was more to his fancy to walk with a pretty girl than to follow her like a dog. Her contempt rankled him, and he started talking rapidly.

"It might look to you like I'm doing a sneaky piece of work, but I couldn't turn Buck down. He sort of depends on me in everything he

around here, do you know?" street where they got real beer."

"Is it a good place?" "I eat there all the time, myself. "Rubbish! Mr. Landers doesn't It might be a little tough for a girl ality; his gesture toward Mary had tell you any of his business. What like you, Miss Kennedy-but the been half-mechanical

It was a perfect opening for her Bat said with elaborate con But threw out his chest like a purpose. She affected a little hesi-pigeon. "Why, Miss Kennedy, don't tation. "Well, I think I'll go around Bu you give me no credit, at all? I there and have lunch, but maybe I sense of injustice. "I thought you know the whole works—in fact, I hadn't better go in there alone—if were a smarter man than that, Bat.

it is a tough place." He rose to the bait slowly, but

Mary found herself in a narrow He rapped with his knuckles on basement restaurant where there the table for the waiter. "Bring me were small tables covered with red- another Scotch. Well, what does he checkered cloths. A few hardlook- say about me behind my back?" Bat closed one eye mysteriously. ing people were eating—they were "I hate to tell you," Mary said, "I'm not at liberty to say. I could nightbirds and this was their break- "It might hurt your feelings." say—but I won't."

She tossed her head in disbelief.

"Just as I thought—you're bluffing.

corner and smoked while they ata. out of his hand, and as long as you haven't the faintest idea where."

"Beer for you?" Bat asked her, as dummy." "Yes, thank you." "Make it two," he said to the

waiter. "You needn't take beer just be-She spoke negligently. Whiskey his slant-mouth and drained it. she knew, was a quicker intoxicant "I'll show him." Bat said. than beer.

"What makes you think I like Scotch better?" Bat asked. "Oh, I don't know-Mr. Landers seems to like Scotch, and I thought, naturally, you would too."

There was subtlety in this that put Bat on his mettle. He tried to look casual and important at the

doubtedly he knew something—but "I guess this would hand the how much?" Landers' henchman, may reveal
Steve's whereabouts. Carlotta and
Mary go to see Landers and Carlotta warns him against the kidmapping. Landers orders her out.
Later, Mary discovers she has Carlotta's bag by mistake. It contains an automatic. Mary encourages
Bat.

how much?

Withguardedeyes she tried to read his face. It was incredible, but he did not even suspect that she was trying to draw him out. He was the elemental male, fatuous in conceit and stupidity. Women were smarter.

"I'm not going home now—it's too early," said Mary. "I think I'll go to a movie."

Bat.

"I'm to going home now—it's in the center of her being. Now, if ever, she had to act her part.

"I'm to go to a movie."

"On its war." But dealand heldly.

"I'llke you a whole lot better than

CHAPTER XXVIII

"Suits me," But declared boldly.

"I like you a whole lot better than
But a movie, Mary decided imI do Buck," she said. "I think it's
mediately, would not serve her pura shame it o way he treats you. He

pressure of his hand on here had "There's a chop house on the next given her a vile sensation; had momentarily confused her cunning. Fortunately, his conceit, at the moment, was greater than his sensu-

"Oh, Buck's all right, I guess,"

Why, he talks to you like a servant -like a dog."

"It's just his way," Bat protested. Mary laughed. "If he treats you that way to your face what de there. I guess there wouldn't be any you suppose he says about you behind your back?"

ducted her and Bat to a side table, will keep on using you for a

The waiter put a bottle beside Bat. He poured himself a straight drink, and swallowed it at one tilt. Then he poured another and sat looking at it. His face appeared spoke again, he lifted the glass to

"I'll show him," Bat said. His face was a repellent, sallow mask. "I'll show him something, too. The deuce with Landers! Come on-let's get out of here."

He was half drunk. It certainly coked as though she was beginning

(To Be Continued) Copyright, King Features Syndicate, Inc.

VISITS AT CHEMAWA

CHEMAWA, March 21. - E. W. Estep, for many years super-intendent of the Yakima Indian Agency in Washington, and his wife visited with their daughter, Miss Josephine Estep, at Chemawa. Miss Estep is a member of the local faculty, being assistant music instructor. As a feature of ontertainment for her parents, her piano pupils gave a recital at the practice cottage Thursday night, which all those present voted to be very praiseworthy. Mr. and Mrs. the understanding seems to have Estep are leaving for a few days for their home at Willows, Calibeen so complete that the name fornia.

Mrs. Thos Ross was hostess to

the Chemawa Mother's club at the

regular meeting Thursday afternoon. The members present were Mrs. W. L. Allen, Mrs. H. Boyes, Mrs. Paul Carrow, Mrs. G. De-Corah, Mrs. R. S. Hicks, Mrs. C. D. Rainey, Mrs. W. D. Rogers, Mrs. D. S. Turner, Mrs. Thee Turner, and the hostess, Mrs. Ross. Mrs. Allen, president, presided at the program which an informclothed 'in fine black broadcieth al discussion of "How parents may which cost 24 shillings sterling a guide the child in his choice of asyard,' as the thrifty Henry resociates." At the close of the meeting, refreshments were served by the hostess assisted by Mrs. Boyes and Mrs. Theo. Turner. The next meeting will be held

at the home of Mrs. Theo. Turner on March 31. Health Committee Work Has Impetus

On Reorganization HUBBARD, March 21, - Miss Edna Flannigan who is connected with the state tuberculosis association was in Hubbard Thursday morning to organize a health committee to cooperate with the chairmen of the seven different

divisions in Salem.

The following have accepted positions on the committee; advisory, Mrs. H. L. Carl, Dr. Edward Schoor, Dr. de Lespinasse; finance, H. C. Mack and Mrs. L.

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

WT is believed that more than | it is swallowed. If the intestines are four million persons in the United States, including one million children, are sufferers from migraine, or headache. Not all cases are due

te failure of elimination, but most of these sufferers have been habitually constituated for Intestinal laziness is an

with our modern civilization.
The eating of highly refined foods, lack of foods, lack of roughage in the Dr. Copeland diet, hasty eating, improper habits and carelessness in personal hygiene are factors fundamental to

this disturbance.

In children, constipation is due to faulty training, lack of proper habit - formation and poor diet. Training in regular elimination should begin in infancy.

The diet should contain abundant regetables and fresh fruits. For older children it is important to insist that ample time be set aside for the tollet. This should be attended to before other duties of the day are begun.

Q.-I always suffer with

recent years graham and whole wheat breads have been advised for the relief of chronic constipation. Figs, because of the small seeds they contain and the roughage they supply, are also recommended. Agar-The diet should contain an abundance of vegetables and fruits but, although fruits as a rule are beneficial. I would like to remind my readers that strawberries, raspherries and blackberries may be harmful.

There is nothing as stimulating to normal intestinal action as a glass of cold water taken upon arising in the morning. Some prefer hot water, which may be taken to good advantage. You should drink at least six to eight glasses of water every day.

or prevent constipation, while in time these drugs will fall in their action and have no effect whatever.

Good habits, a healthy life, sufficient exercise, fresh air, as well as proper dist and care of the body in general, will often cure constipation of long standing. Remember that there are no drugs that will cure

begun.

Food should be eaten slowly and carefully. Each morsel of food should be thoroughly chewed before the standing. Remember that there are no drugs that will cure this condition. You must respect your body, your food and manner of living in order to be normal in this respect. Answers to Health Queries J. G. Q.—What causes cold feet B. McH. Q.—What causes a dull pain in my shoulder every morning when I wake up?

A.—This may be due to neuritis. Some infection in the system is usu-ally responsible. Application of heat is often helpful. H. C. Q.—Is bean irritating?