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A NEWSPAPER IS A CITIZEN OF ITS COMMUNITY
MORE SUTHERLAND MYSTERY

WAS the forlorn wanderer who died in the LaGrande hospital Ray Sutherland, the Marcola killer, wanted for the murder of two deputies here in Lane county? The sheriff here awaits photographs of the dead man to decide whether to send people from here to make positive identification.

1830 — DEPRESSION — 1930

HOW bad is this depression? The question is on nearly everybody's lips. Encouraged by the hard times, the radicals in the large centers howl their doctrines of reform or revolution and stage demonstrations which get into the picture papers.

Here's an interesting thing. Back in 1830, just one hundred years ago, things were not so good. Europe was recovering from great wars and revolutions; industry was suffering the first disturbances of the machine age and Lord Macaulay wrote an essay in The Edinburgh Review of January, 1830, from which we quote as follows:

"We see in almost every part of the annals of mankind how the industry of individuals, struggling up against wars, taxes, famines, conflagrations, mischievous prohibitions and more mischievous protections, creates faster than governments can squander and repairs whatever invaders can destroy. The present moment is one of great distress. But how small will that distress appear when we think over the history of the last forty years—a war compared with which all other wars was to sink into insignificance; taxation, such as the most heavily taxed people of former times could not have conceived; a debt larger than all the public debts that ever existed added together; the food of the people studiously rendered dear; the currency impudently debased and improvidently restored.

"Yet is the country poorer than in 1780? We fully believe that in spite of all the misgovernment of her rulers she has been becoming richer and richer. Now and then there has been a stoppage, now and then a retrogression; but as to the general contingency there can be no doubt. A single breaker may recede but the tide is evidently coming in. IF WE WERE TO PROPHECY THAT IN THE YEAR 1930, A POPULATION OF FIFTY MILLIONS, BETTER FED, CLAD AND LODGED THAN THE ENGLISH OF OUR TIMES WILL COVER THESE ISLANDS, that cultivation rich as that of a flower garden will be carried to the very tops of Ben Nevis and Helvelyn, that MACHINES CONSTRUCTED ON PRINCIPLES YET UNDISCOVERED WILL BE IN EVERY HOUSE, THAT THERE WILL BE NO HIGHWAYS BUT RAILROADS, NO TRAVELING BUT BY STEAM, THAT OUR DEBT VAST AS IT MAY SEEM TO US WILL APPEAR TO OUR GRANDCHILDREN A TRIFLING ENCUMBRANCE,—many people would think us insane."

And so on, and so on, citing many instances and comparisons and finally:
"We cannot absolutely prove that those are in error who tell us that society has reached the turning point, that we have seen our best days. But so said all who came before us and with just as much apparent reason."
What a remarkable prophecy! What a consoling thought for those of us who feel that this particular ebb tide of prosperity must turn! What profound insight into political futurities! And yet the disturbing thing is that in 1930 just as in 1830 and 1730 and 1630, we look to luck and natural science and physical development to save us, and are almost as far from a scientific approach to human relations as ever. That's something to think over.

Macaulay, the optimist predicted the people of 1830 would climb out of their business depression. Doubtless the pessimists of the time predicted that people would go through depressions again and again. What the world seems to need is some wizards who can show us how to make progress move in straight lines instead of circles.

A new review remarks that Europeans generally did not like the results of our elections. A good many Americans didn't like them either.

"An Oregon City baby has been born with teeth. Heretofore only tax bills were born so equipped"—Oregonian. Shucks, but the tax bills lose 'em even sooner.

California reports a couple wed happily after 42 years of waiting on account of parental objections. Score one more for California's natural wonders.

The Red Cross Roll Call is an opportunity to enlist in a great service.

AS OTHERS SEE THINGS

Concerning Scapulas (Oregon Emerald)
WHEN all the rest of the men were out of the office yesterday, we pledged our secretary to secrecy and blushing asked what a scapula is. She didn't know. We, too, had noted that University co-eds are to be judged on the beauty of their backs and legs, for with: concerning flatness of scapula, curvature, overhang, condition of skin and evenness of shoulders in the back, and straightness and ac-

parentage than about so personal a matter.
As for curvature, there's a lot to be said on both sides of that matter. Curves are quite pleasing this year, it seems to us. Probably the reason that the Health Week committee in charge of the judging and the incidental beauty contest include curvature is that they are using blanks printed a year or two ago. A girl who had curves then felt as flat as a pancake as one whose scapula isn't quite flat nowadays.
After all, it's rather doubtful if the Health Week girls are to be praised for the beauty contest. Oregon men and women are probably not as much interested in shoulders and legs as their jokes might indicate—nor is it likely that the danger of bad feeling which beauty contests usually engender will be overshadowed by the benefits of the judging.

A more valuable health survey would include inspection of all ill-formed backs and legs, and would cooperate with less fortunate girls in improvement. It is unlikely that the present emphasis will do that.
A scapula, by the way, our dictionary tells us, is the superior or proximal element of the shoulder-girdle of vertebrates.

WASHINGTON LETTER

WASHINGTON, Nov. 21.—Along with the Democrats and the wets, organized labor and the candidates it endorsed came out on top of the heap in the congressional elections.
Senators and representatives whom the labor organizations considered inimical to them were driven out in large numbers during the nominating primaries, while labor's friends were nominated and retained. The same tendency continued in the election.

Among outstanding defeats of candidates who had formal labor support were those of Senator McMaster in South Dakota, Senator Robison in Kentucky and former Senator Gerry of Rhode Island. All had been supported on the strength of their senatorial records, but the defeat of McMaster and Robison appears to have been attributable to the Democratic landslide and labor leaders believe their successors are likely to prove as acceptable as the incumbents. None had been among labor's foremost champions. On the other hand, labor spokesmen point to the election of nearly a score senatorial candidates who had labor support and to the retirement or primary or election defeat of as many who could be depended upon to have little sympathy for legislation which labor supports.

Labor supplied the extra push which terminated the senatorial career of Henry J. Allen of Kansas, President Hoover's close friend and senatorial adviser, who will be succeeded by a Democrat named George J. McGill. Allen fathered the famous Kansas Industrial Court, which labor hated and bitterly fought. Another of labor's pet hates was ex-Senator William M. Butler, who lost to Marcus A. Coolidge in Massachusetts.

The American Federation of Labor makes no general list of its endorsed candidates leaving endorsements to state federations and locals, but the executives of the 21 Standard Railway organizations unanimously called for the election of 19 senatorial candidates, nine Republicans and 10 Democrats.

At the top of the list stood Senator George W. Norris of Nebraska, who as chairman of the Senate Judiciary Committee has been helpful and sympathetic to such labor-sponsored measures as the anti-union legislation as well as to other progressive and humanitarian measures. Norris defeated his Democratic opponent, former Senator Hitchcock, by a large majority.

The others who won out were Senator Sheppard in Texas, Senator Borah in Idaho, Edward E. Costigan in Colorado, Senator Crounse in Michigan, Secretary of Labor Davis in Pennsylvania, Governor Huey P. Long in Louisiana, Senator McNary in Oregon, Senator Walsh in Montana, Senator Capper in Kansas, former Senator M. M. Neely in West Virginia, Congressman Cordell Hull in Tennessee, former Congressman James J. Byrnes in South Carolina—who with labor support defeated Senator Hise in the primary; Senator Bratton in New Mexico, and Senator Harris of Georgia, whom labor aided in his primary fight.

The more important of the successful labor endorsements happen to be dry—Norris, Borah, Costigan, Walsh, Hull and Neely. In fact, only three or four of the whole 19 were wet. In no case, however, did the dry records of these candidates have anything to do with their endorsements.

In the next Congress labor will especially be looking to its friends—assuming that no important action is taken in the coming short session of the present Congress—to lead fights for the passage of anti-union legislation and effective measures to combat unemployment. In the last session the only major achievement claimed by the A. F. of L. was the nomination to the supreme court and the federation's executive council reported at the recent annual convention that the attitude of the 71st Congress had been "antagonistic."

QUOTATIONS

IF you believe in the Lord, he will do half of the work—but the last half.—Cyrus H. K. Curtis.

Our machinery of justice is over-worked.—George W. Wickersham.

It behooves the United States to be prepared to enforce peace in so far as we are concerned.—Representative Fred A. Britten.

Business is wisely taking advantage of present conditions to put its house in order.—Allen L. Gutches, Toledo, Ohio, manufacturer.

I believe that when a man puts limit on what he is going to do, he has put a limit on what he can do.—Charles M. Schwab, steel magnate.

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SIDE GLANCES



"Sure, the opera is O. K., but why did you have to pick the night the Little Bricklayers Quartet is on the air."

Daily Health Service
Have Mind Clear When Going To Bed To Avoid Insomnia

By R. S. COPELAND, M. D., U. S. Senator from New York, Former Commissioner of Health, New York City.

NOTHING is more disturbing than going to bed at night and not being able to sleep. It makes the night hideous and ruins the happiness of the following day.

Sleeplessness or insomnia is largely a matter of habit, a bad habit. Excessive fatigue, worry, lack of fresh air and physical exercise, are the main causes leading to insomnia. One should acquire the habit of absolutely dropping work and cares at bedtime. I have told you of Mr. Henry Clews who said he made Fourteenth Street the dividing line in his life. He would not permit himself to think of business when he reached that street on his way home at night.

People resort to all sorts of methods to induce sleep. The counting of sheep and other such fantastic mental games have been tried by all of us but usually without beneficial results.

If you are restless and cannot sleep do not worry about it. Dwelling on the thought that you are having difficulty in sleeping will keep you awake. Relax in bed, and even if you are awake, you are forcing rest to your body. Rest will come only with relaxation and that will be followed by sleep.

Sleep is Nature's way of rejuvenating the body. Sleep should be sufficient in duration and it should be uninterrupted. The average number of hours of sleep required by an adult is from seven to nine hours. Growing children require more sleep than adults.

Sleep comes most readily when the stomach is practically empty. If the drinking of water induces bladder action during the night it is better to avoid late drinking. Where possible sleep outdoors or in a room open to fresh air. Outdoor sleeping is more restful and beneficial than indoor sleeping.

Never take drugs for sleeplessness. Once you start relying on medicine for sleep, you begin a habit that is often difficult to break.

Plenty of exercise in the open during the day is essential for good sleep at night. Let your evening meal be a wholesome one without spices and condiments. Avoid all stimulants.

Let me repeat—make sure there is plenty of fresh air in your bedroom. You can be assured of this if all the windows of your sleeping chamber are open. A warm bath just before going to bed is a great aid in relaxing the body and preparing for a good night's sleep. Sleep may be encouraged by drinking a glass of warm milk.

If you are worried and cannot relax in bed, it is often a good plan to read something diverting. Do not read exciting books in an attempt to relax. A book that requires concentration will help you quiet the mind and induce sleep.

If you continue having insomnia in spite of these measures consult with your physician. Continued lack of sleep is injurious to the body. There are many nerve disorders that cause insomnia. Such disorders should be under the personal supervision of your physician.

cut down to make way for rice crops. This is the inevitable result when one tires of rubber.

A miniature golf course, says a news item, has been set up in a church. Many have doubtless felt that nothing short of a prayer would help their score.

EARLY EUGENE

(From The Guard, November 1880) COUNCIL proceedings—Council met pursuant to ordinances. Present—Councilmen Dunn, Edris, Church, Sloan, McClung, Peters; recorder and marshal Mayor Dorrise. Reading the minutes of the last meeting was dispensed with. On

Knute Rockne, Notre Dame coach, is a good actor they say. Maybe it's because he studies his lines before every game.

In Java, rubber trees are being



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motion the city council resolved it-self into a committee of the whole to act in connection with the committee chosen by the citizens for the purpose of considering the question of fire and water. On motion adjourned. H. C. Humphrey, recorder.
The Oregon City grave digger notifies the court that he won't dig graves for paupers at \$8 apiece.
Sam Rosenblatt has moved next door to the McClaren's saloon.

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