

# THREE MILE WALKS URGED WILL KEEP SNIFFLES AWAY

"A three-mile jaunt should be taken by everyone whose duties are indoors."

So declares a bulletin just issued by the state board of health urging the general benefit of exercise and particularly of walking.

"Daily exercise," say the bulletin, "is necessary for all around development of the body and mind. The right kind of exercise has a tonic effect on the mind. Good, wholesome athletic sports inspire enthusiasm, and enthusiasm in itself is a benefit to health."

"Systematic exercise is essential and beneficial. It keeps a healthy mind in a healthy body. This means a healthy life."

"Outdoor exercises are preferable the year around. There is no reason for a 'shut-in season' in Oregon. It is easy to acquire the walking habit in the summer, but there is nothing more bracing and stimulating than a walk during the winter months."

"Walking is an ideal all around exercise, available to everyone, and gives one an opportunity to enjoy the wonders of nature in a way in which they were meant to be enjoyed."

"Walk with the body erect, chest fully expanded and arms swinging. A daily three-mile jaunt should be taken by everyone whose duties are indoors."

"Exercise accomplishes the purpose only when carried to the point of moderate fatigue. Daily exercise sharpens the appetite, improves digestion, very greatly promotes the assimilation of food and aids in the excretion of waste products."

"Sedentary habits and physical inactivity contribute largely to the ills of man. Poor circulation, as evidenced by cold feet and hands, is one of the indications of sedentary living. The circulation of blood is directly influenced by the contraction and expansion of the muscles."

"Perfect circulation, therefore, demands daily exercise of the muscles. Exercise increases the

force and frequency of the heart beat.

"Daily exercise followed by a cold shower is a great preventive of colds. Exercise develops full, deep breathing. Most persons leading a sedentary life use only one-half their capacity for breathing. Stagnation of air due to lack of proper air motion makes them susceptible to colds and respiratory diseases."

"Physical exercise increases the amount of oxygen taken into the lungs and the amount of carbon dioxide and other waste products given out."

"Physical exercise, suitable to age, skill and ability, regularly practiced, is an invaluable aid to the acquisition of a pleasant disposition and the full enjoyment of life."

"Why not treat your body as you do your business—keep it going and improving the whole year around regardless of the season or weather?"

## Tax Bill Will Be Up For Conference

WASHINGTON, D. C., Feb. 16 (U.P.)—Without a dissenting vote, the house today adopted a resolution suspending the rules and ordering the tax reduction bill sent to the senate for adjustment by conference.

## EGG AND CHICKEN INDUSTRY GROWING

SEATTLE, Wash., Feb. 16 (U.P.)—The egg and chicken business was looking up in Washington today.

At the annual meeting of the Washington Cooperative Egg and Poultry association it was reported that last year's business aggregated about \$11,000,000. The weekly pool prices averaged about 7 cents a dozen higher than in 1924 and operating costs were reduced.

Six hundred and fifty carloads of eggs were sold in eastern markets alone during 1925, it was revealed.

## Ex-Evangelist To Serve Prison Term

TACOMA, Feb. 16 (U.P.)—"Three Finger" Jack Godwin, former evangelist, was sentenced by Judge Remann this afternoon to from 10 to 15 years in the state penitentiary at Walla Walla. Godwin was found guilty for the fourth time a week ago of contributing to the delinquency of a 13-year-old girl.

## Stanfield Pleads For Own Measure

WASHINGTON, D. C., Feb. 16 (U.P.)—The interior department's grazing bill was criticized today by Senator Stanfield of Oregon as the public lands committee resumed its hearings. Senator Stanfield said his bill is best because the administration bill gives the secretary of interior too much authority.

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# When it's your birthday—and celebrating friends flock in for the glad event—when happy thoughts and laughter fill all the house—have a Camel!

WHEN your own birthday again has come. And well-wishing friends troop in with gay congratulation. When your festive halls resound with laughter and happy praise—then how fitting are those words, "Have a Camel!"

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Our highest wish, if you do not yet know Camel quality, is that you try them. We invite you to compare Camels with any cigarette made at any price. E. J. Reynolds Tobacco Co.

## MANY TO JOIN IN BLOSSOM FESTIVAL

SARATOGA, Calif., Feb. 16 (U. P.)—Santa Clara county communities will be joined by San Francisco in the 27th annual Blossom Festival at Saratoga this spring. The exact date of the Festival has not been set although it probably will be held late in March, if weather is propitious. The celebration is to mark the coming of the crop season and is similar to the May festivals held in some other countries where products of the soil form the chief source of revenue. Arrangements have been made by the county for special officers to handle traffic. More than 10,000 machines were here last year and as many or more are expected next month. The San Francisco symphony orchestra will play a special program.

## Gift Announced

CAIRO, Egypt, Feb. 16—According to announcement here yesterday, John D. Rockefeller, Jr., will make a gift of \$10,000,000 for the Cairo museum for relics.

## \$400,000 Worth Of Planes Junk

SAN ANTONIO, Texas, Feb. 16.—Fifty army pursuit planes which have been removed from service because of mechanical defects, were flown yesterday to Kelly field where they will be junked, according to announcement here today. The best parts of the air ships will be salvaged. The planes are said to represent a total investment of \$400,000.

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