



OPINION

Offbeat Oregon History

Civil War plotters hoped to get West Coast to secede

BY FINN J.D. JOHN
For the Sentinel

(Note: This article quotes sources who use archaic terms for black, Asian, and American Indian people which have become offensive in modern speech.)

Sometime around early 1860, as the United States of America teetered on the brink of what would become the Civil War, a small group of legislators from Oregon and California came together secretly to make plans.

They were all Southern Democrats, members of the pro-slavery wing of the Democratic Party. In the previous year or two, they'd broken with the moderate Democrats so sharply that the two sides were barely on speaking terms. Indeed, later that year one of their number — Oregon Senator Joseph Lane — would be joining John Breckenridge to form a third-party ticket for the 1860 Presidential election. That would split the Democratic voters, so it seemed at least a good possibility that the next President, to be elected later that year, would be an anti-slavery Republican — probably Lincoln.

The conspirators all knew what would probably happen if Lincoln were elected.

Senator William Gwin and Governor-Elect Milton Latham of California had an idea that they wanted to propose. The idea was that when the South seceded, so would the West. The country west of the Rockies would declare itself as an independent nation, calling itself "Pacific Republic."

"The Pacific Republic was to be an aristocracy after the model of the ancient republic of Venice, all power being vested in a hereditary nobility, the chief executive being elected on a very limited suffrage," historian Dorothy Hull writes.

There was, alas, a subtle problem with the scheme: Very few Californians, Oregonians and residents of the Washington Territory had slaves. And you can't found a pro-slavery nation when your population of slaves is numbered in the dozens. So, to properly outfit the new land with the "livestock" it would need, the conspirators envisioned an

international swindle of breath-taking audacity and moral repulsiveness:

"Slaves," Hull continues, "were to be procured by inviting coolies, South Sea islanders and negroes to immigrate to California, and then reducing them to slavery."

Although this proposal was by far the most audacious suggestion of West Coast independence, it wasn't a new idea. The first stirrings of a secessionist movement came in 1848.

That was the year the federal government finally granted Oregon territorial status, after a two-year delay while Congresscritters duked it out over whether slavery would be legal there or not. During this time, the federal government was in the hands of the Democrats, and most Oregonians were Democrats too.

Then came the elections of late 1848, in which the Whig party was voted into power behind Millard Fillmore. The Whigs immediately gave all the appointed Democratic office-holders their walking papers and started replacing them with their friends and political cronies. And because these decisions were being made back east, the replacement civil servants were almost all newcomers from the Eastern Seaboard.

These officials soon found themselves up against Oregon's new but powerful Democratic Party machine, headed up by the charismatic and pugnacious editor of the Oregon Statesman, Asahel Bush. Tensions mounted to unbearable and business-halting levels. Something, everyone knew, had to be done.

By 1851, things were so intolerable that Democrats were whispering of secession. Whig newspaper The "Weekly Oregonian" openly accused the Democrats of "design(ing) at no distant day to throw off their allegiance to the United States Government and attempt to set up an independent republic."

But then, in 1852, Democrat Franklin Pierce won the national election; the Whig office-holders were sent packing; and Asahel Bush and his cronies simmered down and got back to work.

Eight years later, though, Bush was on the other side of this fight.

Please see OFFBEAT, Page 5A

HIS MOTHER IS AMERICAN.



HIS FATHER IS A FOREIGNER.



THERE ARE QUESTIONS ABOUT WHERE HE WAS BORN...



ALSO ABOUT HIS BIRTH CERTIFICATE.



AND DONALD TRUMP BELIEVES HE SHOULDN'T BE PRESIDENT.



LADIES AND GENTLEMEN, INTRODUCING TED CRUZ!



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Bunnies for Easter: Understand the commitment

(courtesy of the Humane Society of Cottage Grove Spring 2015 newsletter)

Easter time brings thoughts of fuzzy fluffy rabbits; but sadly, many Easter bunnies end up abandoned once the novelty wears off.

Rabbits can make wonderful additions to your family, but like dogs and cats, they are not a toy; they are living, breathing 10-year (maybe longer) commitments. They should not be considered simply a good

"starter" pet for a child. If you would like to have a rabbit as a pet, please consider:

Rabbits should be spayed or neutered to avoid health and behavior problems. Rabbits need daily exercise, playtime and companionship. Rabbits have a very specific diet, including hay, fruit, vegetables and fresh water.

An outdoor hutch is not adequate housing. Rabbits must be kept indoors for their safety. Outdoors, they are susceptible to extreme temperatures, predators, fleas and

disease. Your indoor space should be bunny-proofed, as some rabbits love to chew on electric cords, rugs, furniture, etc. Also, consider whether your other companion animals will get along with a rabbit.

If you think you are ready for a rabbit, please adopt. Greenhill Humane Society has many rabbits and small animals (in addition to dogs and cats) looking for their forever homes.

High salt intake linked to headaches

BY JOEL FUHRMAN, MD
For the Sentinel

Headaches (including migraines) are a common health issue, affecting approximately one-fifth of Americans. Several dietary factors are known to trigger headaches, including alcohol, caffeine, chocolate, cheese, nuts, citrus fruits, processed meats, artifi-

cial sweeteners and fatty foods. However, salt is rarely mentioned as a potential trigger, and there has been little or no research on sodium intake and headaches published



until recently.

Salt intake in our modern food environment is unnaturally high; the average daily sodium intake worldwide is 3,950 mg (3,600 mg in the U.S.), far above the American Heart Association's guideline of 1,500 mg/day and the World Health Organization guideline of 2,000 mg/day. It has been estimated that 15 percent of all deaths from cardiovascular disease are due to excess salt intake. Processed foods, fast foods and restaurant foods are notoriously high in salt, and increasingly, these sources are where people's meals come from. In addition to cardiovascular disease, high-salt diets are implicated in bone loss, stomach cancer, autoimmune disease and possibly headaches, too.

Researchers analyzed data on headaches from the DASH-Sodium trial, which tested the effects of two different dietary patterns, each with three levels of sodium, on blood pressure. The control diet was a typical American diet, and the experimental diet was the DASH (Dietary Approaches to Stop Hy-

pertension) diet. The DASH diet limits fats, red meat, and sweets, is focused on vegetables, fruits and low-fat dairy, and also includes whole grains, poultry, fish and nuts. Within each diet, there were three different levels of sodium: 1150 mg/day (low), 2300 mg/day (intermediate), 3450 mg/day (high).

Overall, the risk of headache in participants assigned to the DASH diet was not any lower than that of those on the control diet. However, when low, intermediate, and high sodium intake within each diet were compared, low sodium intake was associated with a reduced risk of headaches. Compared to the control diet with high sodium, the DASH diet with low sodium was associated with a 36 percent reduction in headaches.

Is it because a high-salt diet could elevate blood pressure? The researchers aren't sure. It is unclear whether elevated blood pressure provokes headaches; reports on the relationship between blood pressure and headaches are inconsistent. Regardless, this study suggests that

reducing dietary salt is an important part of a dietary plan to fend off headaches and provides another reason to limit added salt in the diet.

Whether or not you have frequent headaches, sodium in excess is harmful. By primarily relying on the sodium present in natural foods and preparing most meals in the home, we can avoid most sources of added salt and take in adequate but not dangerously high levels of sodium. Increased levels of cellular toxins and heightened cellular inflammation are the chief causes of headache syndromes in general. A diet rich in phytonutrients and antioxidants is the key to resolution. I have utilized an eating plan for headache sufferers with remarkable success; described in my book "Eat For Health." For people who have frequent headaches, the solution is almost always dietary. This anti-headache diet starts with my basic Nutritarian dietary principles and additionally eliminates some healthful, yet potential trigger foods, such as nuts and avocados, which may be added

back in at a later time. A huge nutritional improvement over the DASH diet, a Nutritarian diet is naturally low in sodium, and rich in green vegetables and other plant foods that enhance the body's natural detoxification mechanisms and promote superior health. It is not merely elimination of trigger foods that is effective, it is that the person becomes healthier and improves their detoxification capabilities and remove cellular waste as they follow such a healthful diet. If you have regular headaches, you can banish them forever and earn back great health that will also offer you protection against later life stroke, heart disease and cancer simultaneously.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to newsquestions@drfuhrman.com.

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