



Offbeat Oregon History

Oregon's own would-be fascist dictator:
Gov. Charles Martin

BY FINN J.D. JOHN
For the Sentinel

Remember General Jack D. Ripper, the character from the 1964 movie "Dr. Strangelove; or, How I Learned to Stop Worrying and Love the Bomb"? Can you imagine what might have happened if General Ripper had been elected governor?

For Oregonians, just a few years ago, it wouldn't be too much of a stretch. In 1934, voters elected a retired major general named Charles Henry Martin — known to the soldiers assigned to his care during the First World War as "Old Iron Pants." And although Martin isn't known to have gone on any anti-fluoridation rants or spluttered about "precious bodily fluids," his political style was more than a little reminiscent of Ripper's ... and, of course, it's not a work of fiction.

"If things come to a crisis," he wrote to a sympathetic fellow military man in 1937, while discussing the likelihood of a Communist takeover in America, "there are enough strong men left in the country to handle it properly. ... The Italians wouldn't submit; they organized their blackshirts. The Germans wouldn't submit, so they had their brownshirts and Hitler. I don't believe Americans will submit."

Left unmentioned in this remark was any suggestion for who might play the role of the American "strong man" analogous to Mussolini or Hitler, but it was clear that he felt himself to be up to the challenge.

Charles H. Martin stands athwart Oregon history like a cartoon super-villain, a larger-than-life caricature of a would-be fascist dictator. He established his own forces of secret police; his agents infiltrated every leftist organization in the state with undercover agents tasked with reporting, provoking and occasionally soliciting perjured testimony. He responded to at least one labor strike by deploying the National Guard and State Police with orders to shoot to kill. And according to historian Gary Murrell, he gave official support to a plan to euthanize 900 inmates at the Oregon State Institution for the Feeble-Minded as a cost-saving measure. These are just a handful of the most egregious things Martin is remembered for.

On the other hand, we have

him to thank for the federal government's decision to build the Bonneville Dam and establish the Bonneville Power Administration in 1934. Ironically, his attempts to reserve the benefits of Bonneville for his plutocrat friends was a significant factor in his eventual downfall.

But Oregon, and America, would have to wait a long time for that downfall, and a lot of damage would get done before it happened.

Charles Henry Martin was born near the town of Grayville, in southern Illinois, during the American Civil War. He was the third of 10 children, with two older brothers, and his father was determined that his oldest boy would pursue a military career. Charles was happily pursuing his goal of becoming a gentleman-farmer and writer when the unthinkable happened: His two older brothers drowned in the Wabash River. One of them got in trouble, the other dove in to save him, and both perished.

A titanic clash of wills ensued. But in the end, the old man had his way, and Charles reluctantly went off to West Point.

Charles had a rough time at West Point, characterized at first by extreme homesickness and misery, but he eventually graduated 19th in a class of 65. He was assigned to an infantry regiment stationed in Fort Vancouver, just across the river from Portland.

During the decade in which he was stationed in Vancouver, Martin put down roots in the Portland area. In 1897, he married a Portland girl — Louise Jane Hughes, daughter of Portland attorney Ellis G. Hughes.

The very next year, when the Spanish-American war broke out, the young officer — by now a captain — was sent to the Philippines to help organize, with the Filipino rebels, resistance to the Spanish. Shortly after that, when the Boxer Rebellion broke out in China, he was dispatched to China to help with that.

These operations — especially the experience in China, where the allied European and American troops storming through the Chinese countryside looking for rebelling "boxers" adopted a sort of "kill 'em all and let God sort 'em out" attitude — seem to have

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SAID THE OL' MAN ABOUT TO RETIRE,
TO THE KID WHO WAS THE NEW HIRE,
"SURE, MY TIME WAS QUITE TOUGH,
BUT IT WASN'T AS ROUGH,
AS THE YEAR YOU'RE ABOUT TO ACQUIRE!"



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The path to a healthy new year

BY JOEL FUHRMAN, MD
For the Sentinel

The holiday season is a joyous time when we celebrate with our family and friends.



However, the festivities often present us with tough choices — tempting, unhealthy foods are everywhere. It has become accepted in our culture to use the holiday season as an excuse for a six-week binge on dangerous foods loaded with sugar, fat and salt.

Maybe overindulging while celebrating the holidays has left you feeling unhealthy and

regretful in the past. When you are not in good health, it exacerbates every other problem in your life and contributes to emotional unrest. Don't wait for the New Year to make a resolution — now is the time to make changes. If you are serious about caring properly for your body — the only body you will ever have, you'll need to make the commitment to stay on the road to wellness and longevity, even through the tempting holiday season. No excuses. Only you are in charge of your future health.

The holiday eating frenzy causes more than a few extra pounds. The holidays are also associated with trips to the emergency room and deaths due to dangerous eating. The emergency room doctors call it "holiday heart" — the busiest times at hospitals are when heart attacks, strokes and other emergencies occur the morning after a big holiday meal. I take bad nutrition seriously because people die from it. Junk food, including the traditional, disease-promoting foods served at

the holidays, may produce momentary pleasure, but the results continue on to compromise your health for a long time to come.

As a first step, remember the acronym G-BOMBS: Greens, Beans, Onions, Mushrooms, Berries and Seeds. These are the most health-promoting foods in existence — build your diet around them. Watch out for addictive, disease-promoting foods: white flour, sugars, artificial sweeteners, oils and processed meats. These foods are not only disease-causing but also addictive.

Here are some strategies for staying on track, during the holidays and all year round:

Always keep your kitchen stocked with fresh and frozen produce.

Keep disease-causing foods out of your home to avoid temptation.

Budget time: plan out when you will shop for groceries, cook, exercise, relax, and spend time with friends and family.

Bring healthy dishes to share when you attend gatherings.

Cook warming vegetable

bean soups in large batches, and store leftovers in the refrigerator so you can quickly heat some up for lunch or dinner later in the week.

Stay focused on your health — eating right is self-care. Do not allow the ubiquitous unhealthy foods around you to derail you from your health goals.

Find a healthy living buddy. Commit together to your food and exercise goals. Getting support from a friend will firm up your commitment to yourself.

Don't give in to "food bullies." Friends, family or co-workers will inevitably push unhealthy foods on you; remain confident in your pursuit of excellent health and decline unhealthy foods in a kind and loving manner. Not only will you be pleased with your food choices, you will give the bullies a chance to learn from your example.

Fast forward to next year's holiday season: you will effortlessly make the best choices; the ones that will allow you to achieve overall health and quality of life. You'll be celebrating

your health instead of simply indulging in the "traditional" destructive foods. As you eat for optimal health and vitality, you'll be able to more fully enjoy the special times with family and friends. You will flourish and it will be the most enjoyable holiday season you've ever had. There will be no need to "start over" next Jan. 1. You will already be committed to your health, and feel pleased with yourself for maintaining your healthy habits over the holidays.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. His newest book, *The End of Dieting, debunks the fake "science" of popular fad diets and offers an alternative to dieting that leads to permanent weight loss and excellent health. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to news-questions@drfuhrman.com.*

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