



OPINION

Offbeat Oregon History

Did Oregon's political supervillain save the world from Nazi nukes?

BY FINN J.D. JOHN
For the Sentinel

Charles Henry "Iron Pants" Martin was probably the most scurrilous and unlovable character in Oregon political history. As an Army officer during the Boxer Rebellion, he looted Chinese palaces; as Oregon governor during the 1930s, he expressed support for fascism; and, worst of all, as an Army general after the First World War, he was in charge of "breaking" America's African American war veterans at a sort of post-service humiliation-and-degradation camp so that they would not get "uppity" after returning to civilian life.

So it's a little odd to think that Oregon, and the rest of the world, may actually owe him a debt of gratitude for saving it from a nuclear holocaust at the hands of the Nazis.

Here's the story:

In 1933, when newly elected President Franklin D. Roosevelt set about showering the country with borrowed money in an attempt to stimulate the economy out of the Great Depression, one of the projects on his list was putting a hydroelectric dam on the Columbia River.

The government quickly green-lighted one. But to the dismay of Oregonians, it was set to go at Grand Coulee, up in Washington. It would do nothing for the navigability of the lower Columbia, where boats were still having to portage around the Cascade Rapids or use the locks there. It would do nothing for flood control, either. And – probably most importantly, for the political elites of both parties in Oregon – it would not provide Oregon's well-connected private electric utilities with a pipeline to super-cheap hydroelectric power that they could buy cheap and make a killing selling at their standard residential service rates.

So Oregon's Congressional delegation swung into action. And that's where Charles Henry Martin comes into the story.

At that time, Martin, a Democrat, was serving in the U.S. House of Representatives. Martin joined with Oregon Sen. Charles McNary, a Republican, to urge the President to spend some of the \$3.3 billion appropriation on a second dam project on the Columbia – what would turn into Bonneville. McNary, who had been pushing for a dam since the Hoover Administration, sent a letter to the President; so did Martin; and a couple months later they followed it up with a personal visit. The President was convinced and told the two lawmakers that if they could find a suitable place to put a dam, he'd put it on the list.

Elated, Martin and McNary went to

work. But in the meantime, Interior Secretary Harold Ickes – who was in charge of all the projects – learned what was afoot. Ickes was a passionate opponent of the Bonneville Dam project from the start. It's not clear why; Martin felt it was personal animosity toward himself, but Martin had a deep and ugly streak of paranoia when it came to things like that. It may have been because of appreciation of the scenic beauty of the Columbia Gorge, some of which would be disappearing beneath a lake if the dam were built. Or it might have been simply a sense of financial responsibility; a green light for Bonneville, after all, meant a red light for some other project. \$3.3 billion was a lot of money, but it's not an unlimited amount. And he surely was also aware of Oregon's private electric utilities' agenda; he may have thought a dam at Bonneville would simply be a gift to those wealthy private interests.

But the reason Ickes gave for opposing the project was very reasonable: With two dams on the river, there would be far more power coming out than the Pacific Northwest could possibly use. Much of it would be simply wasted. Why spend a bunch of money to build a second dam when the first one would slake the area's power needs and then some?

So while the two lawmakers were busting about getting things ready, Ickes was smoothly and effectively walking the President back from the commitment he'd made.

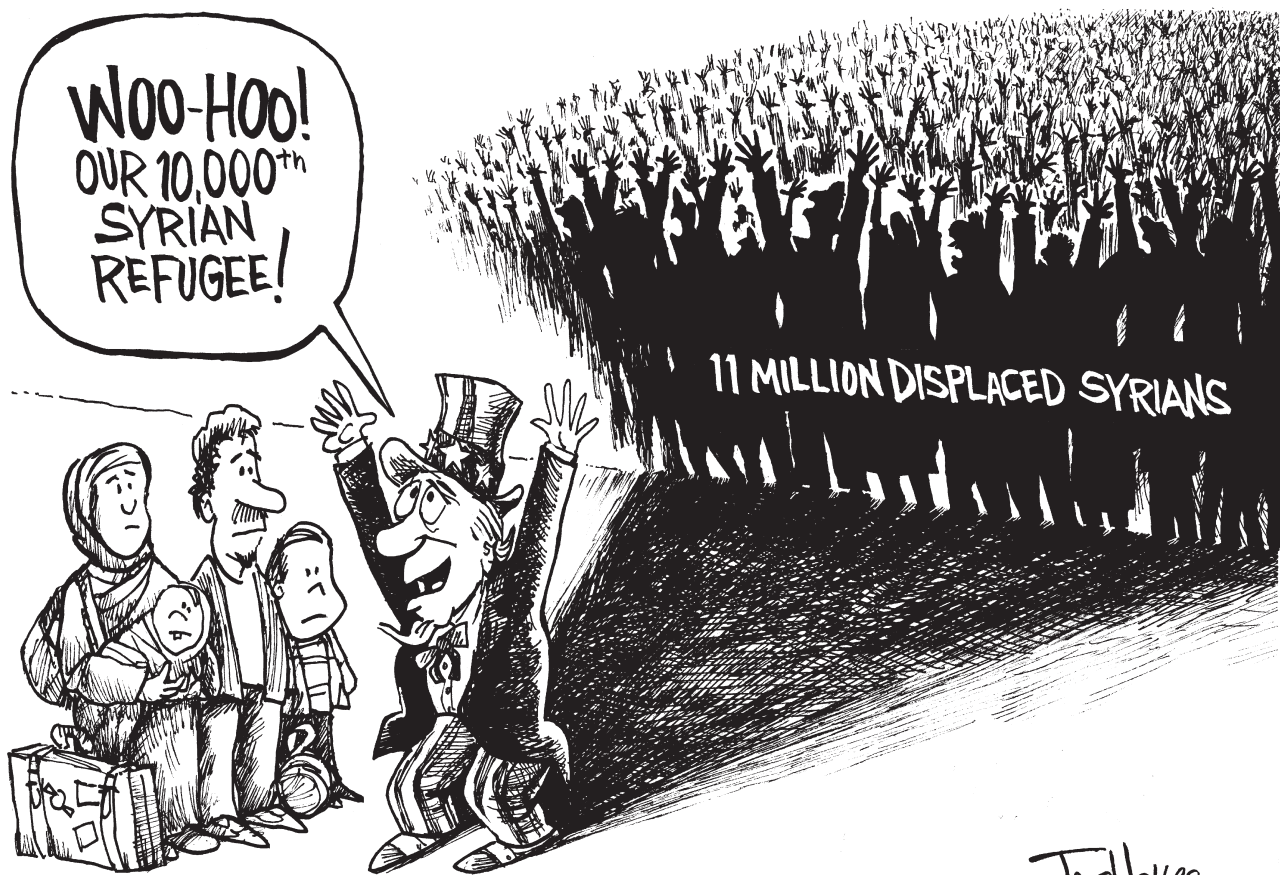
Months went by, and Martin grew suspicious. Back in Washington, he learned what was up; but he also learned, through a fellow officer, that the Army Corps of Engineers had just finished a survey on the site, and was recommending a \$31 million facility there. Martin got a copy of this report, but kept it to himself.

A few weeks later, he learned that the President had allocated \$250,000 to investigate the feasibility of a dam at Bonneville. Instantly he knew that the 250 grand was kiss-off money – a little economic something attached to an empty promise to buy a little time so that Roosevelt and Ickes could move on with a minimum of drama.

Calling home to Oregon, he told McNary the showdown was nigh and asked him to return to Washington. Martin knew that he, a mere House member, had little pull in the White House; but McNary, as one of the 96 Senators who voted on Cabinet confirmations, would have a lot more clout. Reluctantly, McNary came, and the two of them essentially staged a sit-in in the White House until Roosevelt agreed to see them.

When, as predicted, Roosevelt

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September is national Library Card Sign-up Month

A reminder from Friends of the Cottage Grove Library

If you live in the city limits, you are entitled to a library card. Card costs are paid by taxes for those living or

owning property within the city's taxable boundary.

Those outside the city limits can get a family card for an annual fee of \$55.

A photo ID and current proof of address is needed to apply for a card. A library card applicant must be 18 years old or have a parent signature.

A Cottage Grove library card provides access to the library's 57,000 physical items (books, DVDs, CDs, audio books, videos), and over 40,000 electronic items (ebooks, videos, digital audio books, magazines). Digital items can be accessed from anywhere you have internet access.

Type 2 diabetes is easily reversible with superior nutrition

Over 20 million people in the United States (about eight percent of the population) have Type 2 Diabetes, and diabetes accounted for 6.8 percent of global deaths in adults (age 20-79) in 2010.

Excess weight interferes with insulin and is the primary risk

factor for developing Type 2 Diabetes. Therefore the most effective treatment for Type 2



Diabetes is significant weight loss. However, the primary mode of treatment by physicians today is glucose-lowering medication. These medications give a false sense of security, providing implicit permission to continue the same disease-causing diet and lifestyle that allowed diabetes to develop in the first place. Many of these medications promote weight gain – making the patient more diabetic; most importantly, these medications do not prevent diabetes from progressing and causing complications.

Type 2 Diabetes is associated with serious health consequences. Diabetes is the seventh-leading cause of death in the United States, and 84 percent of those deaths are due to heart attack and stroke. Diabetes doubles the risk of these cardiovascular events. In addition, diabetes is the leading cause of kidney failure and blindness in adults, and a frequent cause of nerve dam-

age. Diabetes even increases the risk of cancer, especially colorectal cancers.

The good news is that diabetes can be reversed and its tragic complications can be avoided. The key to diabetes reversal is superior nutrition and exercise. It may take a little extra effort, but avoiding the devastating complications of diabetes and a premature death is well worth it. My diabetes-reversal diet is vegetable-based with a high nutrient-to-calorie ratio, containing lots of greens and beans, other non-starchy vegetables, (such as mushrooms, eggplant, tomatoes and onions), raw nuts and seeds, and limited fresh fruit with no sweeteners or white flour products. When diabetics eat in this style, they lose their excess weight – the cause of their diabetes – quickly and easily, reducing or eliminating their need for medications. They simultaneously flood the body with disease-protective

and healing micronutrients and phytochemicals that aid the body's recovery and self-repair mechanisms.

Hundreds of diabetic individuals who have followed my dietary recommendations are no longer diabetic! Here are just a few examples: Charlotte, who lost half her body weight (133 pounds) and Calogero, who lost 100 pounds in just seven months, both reversed their diabetes. Richard had been on insulin for 25 years and was able to stop taking it after just a few weeks of following a high-nutrient diet. Most of these individuals, who have completely reversed their diabetes, have never seen me as a patient. They merely read my book, Eat To Live, and then received further encouragement and information as members of DrFuhrman.com.

The most lifespan enhancing diet-style is also the most effective treatment of diabetes. Diabetics have the right to know

this so they can make fully informed decisions that control their health destiny.

If you have Type 2 Diabetes, here are some steps you can take to begin to treat it naturally:

1- Visit DrFuhrman.com to learn more about a high-nutrient diet, and read about the successes of others who have reversed their diabetes at drfuhrman.com/success.

2- Read my book Eat to Live: follow the dietary guidelines and advice for diabetic patients, and try the delicious recipes. Or consider the "Eat to Live Starter Pack," which includes a "Secrets to Healthy Cooking DVD."

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com.

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Personal attacks and name calling in response to letters are uncalled for and unnecessary.

If you would like to submit an opinion piece, Another View must be no longer than 600 words.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.