

# Eugene Guard

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The Guard serves the city of Eugene and Lane county, a territory as large as the state of New Jersey and one of the richest areas in the Northwest. The city had on Jan. 1, 1928, a population estimated at 24,000; the Eugene trading area (radius 70 miles) a population in excess of 80,000.  
Second only to Portland is the Eugene market. Center of a rich agricultural area, a division terminal of the Southern Pacific railroad and the Northern lines, home of the University of Oregon. One of the lowest hydro-electric power rates in the United States is bringing Eugene forward rapidly as an industrial and commercial center.

## A WARNING TO YOUNG FLYERS.

THE rapidly increasing popularity of the airplane has caused the Guggenheim Fund for the Promotion of Aeronautics to issue a word of warning to young men who want to learn how to fly. It quotes Lindbergh on the subject as follows:

"There are many schools that advertise that they will teach a novice how to fly an airplane. Some of them give the course for \$100, usually turning out the student as a finished pilot after about 10 hours in the air.

"Ten hours of flying will not make anyone a pilot, and \$100 will not buy a good course in training. The man or woman who wishes to become a pilot should be prepared to spend at least \$500 for training, and some agreement should be reached whereby the use of a plane for practice may be obtained after the course has been completed.

"A great many serious aviation accidents occur because of pilots who are turned out of cheap schools without sufficient experience to meet emergencies."

If the aviation bug has bitten you and you are thinking of learning to fly, you had better think over this advice from America's greatest flyer.

## THE WAY OF THE UNDERWORLD.

MURDERS are not uncommon in our larger cities. Nor is it uncommon for a shooting to be explained by the police as "part of an underworld war." The bootleggers, gangsters and racketeers have a way of settling their disputes without outside help. A business rival, an upstart gang lieutenant or a squealer is quietly pistolled on a dark street, and things go on as before.

Police seldom are able to bring the slayers to justice, as the parties involved—even the wounded men—will not talk. But, after all, we needn't feel so badly about it. In its own rough way the underworld is keeping its population down. Acts of violence are regrettable, of course; but the death of a beer baron or a gambling king is no loss to society.

## OUR STANDARDS SPREAD

SOCIAL students who fear that standardization brought about by American industrial methods is having a bad influence on the world will not get any comfort from a report just issued by the American Engineering Standards Committee.

This report reveals that American standardization methods are spreading all over the world, and shows how 20 great industrial nations have joined in a move that will increase standardization in practically every industry on earth.

It is an inevitable trend of the times and there is no use lamenting it. It has changed our civilization, to be sure; but there are increasing indications that it is going to prove a change for the better.

## A TIP ON PAYROLLS.

MORE and more, business and industrial houses with large payrolls are coming to realize the advantages of paying by check rather than by cash.

To begin with, there is the not insignificant fact that payroll bandits are not attracted by the prospect of getting a batch of non-negotiable paper. They want cash, and they will steer clear of the place that does not have it. Or, if they do make a visit, they get nothing of value.

In the second place, it is a pretty good thing for the employe to get into the habit of visiting a bank once a week to cash his check. Sooner or later he gets the idea of salting his check away there and only taking part of it with him. Before he realizes it he has got the habit of saving.

## OUR YOUNG DREAMS.

PATRICK HURLEY is 13 years old and lives in Detroit. If we're not mistaken, he is a young man who is going to make his mark in the world some day.

Patrick built a sailboat the other day. It was eight feet long and two feet wide, and highly rickety. He got up before dawn, left his father a note saying, "I am going to Alpena," and embarked on his 300-mile cruise.

By luck he didn't drown. His boat was swamped in Lake St. Clair, but he managed to cling to a buoy until rescued. He returned home quite undismayed.

Every boy dreams at some time of making a boat and going adventuring. Few actually do it. Young Patrick seems to be a lad with determination. The quality should carry him far.

## WHAT OTHER NEWSPAPERS SAY

A Good Indian (Medford Mail Tribune)  
Hoover and Curtis sounds good—comes tripping off the tongue, so to speak. And Hoover and Curtis will be good—a hard task to beat.

Of course, as far as respective abilities are concerned—like-wise temperaments and capacities—they are not well matched. Senator Curtis is not—and never will be—in Secretary Hoover's class. But he will be a good vote getter, particularly where the republican party may need votes, and at the present stage of the game, the republican leaders are more interested in votes than they are in selecting a vice-president of true vice-presidential calibre.

Good Indian (Tulsa World)  
Senator Curtis, as everyone knows, has Indian blood in his veins, but we use the phrase in its colloquial and semi-sporting sense.

Probably no man in the middle west has more friends than Senator Curtis—not just acquaintances, but gen-

uine, heart-throbbing friends. A republican stalwart himself—as regular as the tides,—he numbers among his most loyal cronies such natural rebels and congenial progressives as William Allen White, and Senator Borah of Idaho.

Yes, Charles is a "good Indian." He makes a good speech and plays a cool game of poker. He is as loyal to his friends as his country and the republican party. No man or woman in need ever failed to get Charles's ear, no appropriation for the folks back home ever failed to gain his steadfast support.

It is not what he has done, but what he is as neighbor and friend that holds the people of Kansas,—and the people in Nebraska and Oklahoma as well—to him with bands of steel.

He is not the intellectual or epistologian of Herbert Hoover, but he is, politically, his perfect complement.

Need more be said to demonstrate that the republican party, in its selection of candidates this year, showed a shrewdness of judgment and

## LITTLE ORPHAN ANNIE

## In the Hills

By HAROLD GRAY



comprehension of the necessities of the case, which almost deserves the title of genius?

## 25 Years Ago

(From The Guard, June 21, 1903)  
TOMORROW is S. W. Taylor's 50th birthday. Mr. Taylor is undoubtedly the youngest veteran of the Civil war in Oregon, or on the coast for that matter. He was born June 22, 1848, and enlisted in the army July 13, 1863. He was promoted to corporal and later, at the age of 16, to sergeant, being discharged as such July 14, 1866.

George G. Gross has let the contract for furnishing his new hotel to H. Gordon, the housefurnisher of Eugene. The cost of the furniture and other fixtures complete will be in the neighborhood of \$3000.

The work of building an extension on the Methodist church will commence in a short time. Of the \$2000 asked for, something over \$1900 has been raised. The addition will be built on the south end, making an additional seating capacity of 400 or 500. When this is completed the Methodist church will be the largest auditorium of any church in the city. It is the intention to repaint the church and parsonage also.

President Shelly of the Lane County Veterans' association has named his executive committee as follows: A. O. Jennings, S. W. Taylor, L. Gilstrap, and L. P. Phetteplace. A. Terington was appointed secretary and treasurer.

## Tom Sim's Barbs

SOME Pittsburgh telephone users protested the naming of an exchange "Brandwine" since it suggested liquor. Guess we had better change the name of that battle in our histories to the Battle of Lemon Phosphate or something.

A New York woman who died left \$1 each to her three former husbands. Death makes philanthropists of some of us.

How can one look at the wonderful record Babe Ruth is making this year and still think we ought to throw out the republican administration?

Dispatches say that Hugh Leven of Pittsburgh is the world's greatest tyer of knots. Send the man to Hollywood.

Forty million tourists will travel the roads of the country this summer, according to the American Automobile association. Such a crowd ought to get results if they'd boycott the goods advertised on those glaring billboards.

New York producers agree that the girl shows are the best summer attractions. The showman seldom has a falling out on a limb.

## SIDE GLANCES By George Clark



"No, you're way over in the cabbage now, I'm sure you planted those onions near the tree."

## HEALTH AND DIET ADVICE

By DR. FRANK MCCOY  
Author of "The Fast Way to Health"  
Questions in regard to Health and Diet Will Be Answered by Dr. McCoy Who Can Be Addressed in Care of This Paper  
ENCLOSE STAMPED ADDRESSED ENVELOPE FOR REPLY  
1926 McCoy Health Service, Los Angeles, Cal.

## ENERGY FROM THE SUN

All of our energy comes from the sun. Most of our muscular force comes from the food we eat. This we obtain from plants or from animals which feed upon plants, and plants require the sunshine to grow and to store food material. Only

plants have the property of using the radiant energy in such a way that they convert carbon dioxide into carbohydrate, and absorb nitrogen from the soil.

Not only the energy in our food comes from the sun, but every force that will produce an electric current, such as burning coal, exploding gasoline, and electricity, can all be traced to the sun's force.

The most astounding effect of the sun is its effect on plants. Plants have been experimentally grown one season without sunlight and even though during the succeeding season they are exposed to the direct rays of the sun, most species will become extinct in four generations.

The sun also affects the human body. We have in a slight degree some ability to use the sun's rays directly in much the same manner that the plant does. A lack of sunlight will produce a lessened number of red corpuscles and a lack of coagulation in the blood. A lack of sunlight also causes an increase in the fluid parts of the body and in the white blood cells, producing diseases known as leukemia and anemia.

The sun's rays also aid in our assimilation of calcium and some fatty substances. The treatment of sunburn is especially recommended in anemia, tuberculosis, rickets, asthma, catarrh, chronic tonsillitis, nephritis and diabetes.

One of the handicaps of modern civilization is that we have emphasized the idea of modesty to such an extent that we wear too much clothing. Consequently, these life-giving rays of the sun are completely shut off from our bodies except on the face and hands. Physicians have attempted to produce an artificial light which can be applied to the nude body. This light produces ultra-violet rays, and has been attended with some success, but the most satisfactory results come from using the direct sunlight, since there seems to be some unknown energy in the sunlight that is lacking in the chemical ultra-violet rays.

When taking a sunbath, either in the nude or at the beach, one should always bear in mind the fact that an overdose of these rays is injurious. Most people have the mistaken belief that if a little sunshine is good, a great deal would be better. Sunshine is of course very dangerous, as the pores become so swollen and injured by the burn that a proper elimination of poisons from the body cannot take place. Be careful not to be sunburned today because this is the longest day in the year.

A small amount of sunburn likewise affects the body in a proportionate manner. Even the faintest glow on the skin is injurious as long as it lasts. It is therefore much better to measure your sunbath so as to produce an increasing tan each time over several exposures than to try to become tanned through the effects of only one or two sunbaths.

The tanning of the skin, or the sunburn, cannot in themselves be beneficial. The only helpful thing about a sunbath is the absorption of the ultra-violet rays by the blood. The skin becomes tanned only because the body is trying to protect itself against too much sunlight to which it has not been accustomed. The darkening of the skin there-

fore acts as a protection against the ultra-violet rays so that the time of each exposure must be increased day by day to daily get the same benefit.

## Questions and Answers

Question: H. J. L. asks: "With what diseases does one lose flesh and strength?"  
Answer: Tuberculosis, cancer, and most of the deficiency diseases, as scurvy, rickets, etc.

Question: Reader asks: "Will you please suggest a diet that would be suitable for a person who is going to business every day?"  
Answer: The foods named in the menus which appear in this column each week can be secured in any ordinary restaurant if you are not living at home. I purposely make these weekly menus so liberal that there will be no difficulty in your being able to get your choice from the foods I prescribe.

Question: Mrs. O. J. writes: "No matter how much work I do, I do not seem able to perspire. Also, I suffer a great deal from rheumatism."  
Answer: Those who have any kind of rheumatism have difficulty in perspiring. I believe this is due to the rheumatic toxemia which seems to poison the body to such an extent that the pores of the skin do not open freely. If you will get rid of your rheumatic poisons through dieting and increasing the health of your skin by frequent bathing, you will soon find that you will begin to perspire freely. When copious sweating finally starts, it is a sure sign that you have reduced your rheumatic diathesis and you are on the way to recovery.

Question: S. G. writes: "Would you suggest the orange juice fast for a growth on the spine under the intestines?"  
Answer: An orangejuice fast is always indicated in the treatment of any abnormal growth where an operation is not advisable. If the growth is not cut out it must be absorbed and eliminated through the blood stream. Fasting relieves the body of the burden of assimilation and the building of tissues, and gives the body forces more chance to eliminate toxins or any abnormal growths.

## Mail Bag

Eugene, June 19, 1928.  
Dear Editor: In reading The Guard Monday, June 18, I found an article headline thus: "A Shrewd Selection," referring

to Mr. Hoover's running mate, Mr. Charles Curtis.

Mr. Curtis has fought for the interest of general public and the welfare of the nation and will continue to do so. He is a man that Tammany cannot boss. He is a man to back up the largest industry in the world, agriculture. As a cloakroom vote getter if he is it sure is a bigger honor to get them out of a cloakroom than Tammany hall. I have been a democrat all my life but I had to have my card changed over before the primary so I could vote. There is two democrats in the Tammany Roman democrat and the Jefferson and Jackson democrats. What a difference! Al Smith, the leader of the former, cannot be considered a true leader. He is only a wolf in sheep's clothing, a grand leader of the New Old Party.

As for Mr. Curtis' ancestors if they have Indian blood in them glory be to God as they are Americans and he is not the fruits of Tammany and Rome. Talk about the cowboy ceremonials and Indian tribal and the circus stuff it would be an honor for the democrats to take this to their convention instead of Tammany rum and Romanism.

King Coal for the Furnace. Phone 851.

C. McC.

## This date in AMERICAN HISTORY

June 21  
1783—Armed U. S. troops surrounded congress in Philadelphia and demanded redress of grievances, forcing congress to adjourn to Lancaster.  
1788—New Hampshire ratified the constitution.  
1892—Grover Cleveland nominated for president by the republican convention at Chicago.

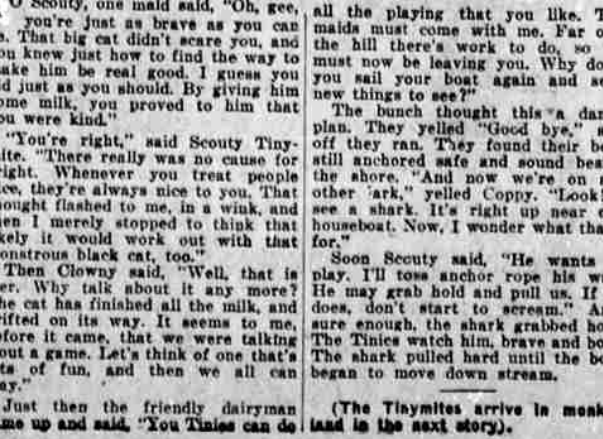
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KAY'S COAT and DRESS SHOP  
823 Willamette

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## THE TINYMITES



(The Tinymites arrive in monkey land in the next story).

FRIDAY AND SATURDAY SPECIALS  
Greatest Bargains of all time

Two Big Days of Supreme Values—a real master merchandizing event, in assortment, value giving and money saved for our hundreds of customers. Fresh, new merchandise for personal and home needs. Large assortment for immediate delivery on wanted items.

5 Boxes Stationery A 39c value writing paper, 1 box white, 4 boxes tinted; with envelopes. \$1	2 Brooms Securely sewed, selected broom corn, enamelled handles. Two brooms complete with metal holders. \$1	Shaving Set Valued at \$3.12, complete shaving set with case. \$1
Rayon Vests Fine quality rayon vests, full and roomy with an elastic "give" that means perfect comfort and long wear. \$1	Rayon Bloomers Knit of fine gauge, heavy quality rayon and cut in full roomy sizes, with double reinforced crotch; elastic waistband and knees. \$1	2 Play Suits Play-proof Allovers of sturdy blue chambray, colored trim. \$1
Ironing Board Covers Ironing board pad and cover, fits an standard board. Good grade unbleached muslin, heavily padded. \$1	Bib Overalls Ward's bargain leader, full standard white back denim bib overalls. \$1	Khaki Trousers Lower prices on our biggest selling work trousers; full cut, strongly made and finely finished throughout. \$1
18 Glasses Medium weight, clear polished glass tumblers. Come in three sizes. \$1	3 Aluminum Pans Save now! Polished aluminum sauce pans, with sturdy built handles. \$1	Clothes Rack Convenient for indoor drying, provides 26 feet of drying space. Height when opened, 5 feet. Bars are made of smooth finished hardwood. \$1
Kitchen Step Ladder Light weight, strong, and sturdily built. Straight grained wood. Each step reinforced with steel rod. Height about 24 1/2 inches. \$1	Bed Lamps A colorful design with artwork to decorations that will make a charming improvement to your rooms. Values at \$5.95, now ..... \$2.98	Mop Sets An exceptional offering—2 mops complete with handles. \$1

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