

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 25,000; the Eugene trading area (radius 20 miles) a population in excess of 50,000.

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 line, 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. A. ROGERS

IN the selection of Arthur A. Rogers to succeed Pliny E. Snodgrass, the directors of the First National Bank are making a choice which will find wide approval in Lane county and Eugene. Mr. Rogers is not only an exceptionally able banker but a splendid citizen. He brings to his new work a fine conception of what a bank president can do and what a bank can do for its community.

The choice is really of great importance to the community. Banks and bankers stand in intimate relation to the welfare of the people they serve. It is important that they be interested and friendly. It is important that they have not only sound judgment but courageous vision of the future of business and industry. This is particularly true when a community stands on the eve of important developments as we stand now in Lane county and Eugene.

Mr. Rogers is a man whose personality and record both inspire confidence. Never has there been anything arrogant or "high hat" about him. The humblest person finds him interested and friendly. His excellent native judgment rests on accurate knowledge of his community. He has courage which rests on sincere belief in the future of this part of Oregon. President Rogers is a happy selection.

THE HILL ROAD.

THE Siuslaw Oar, published at Florence, calls attention to the necessity of completing the improvements of the road over the big Mapleton hill and down the North Fork even though it now seems likely that there will be actual work on the state highway down the Siuslaw river this summer. The point is well taken.

It will take at least two years to complete the grade of the new river road. In the meantime the road over the Mapleton hill which is being improved by the county with forest aid offers a practicable all-year route to the Coast country. It can be completed this summer with proper cooperation. Its new grades and curves when covered with rock will be reasonably safe in all weather. Furthermore the North Fork valley which it taps is an unusually rich country and the road will be much used even after the main highway is completed.

But the main thing is to get some passable road to the Lane county coast as soon as possible. Western Lane has been out off so long that the rest of the county can take the risk of being a bit over-generous.

BUSINESS RESPONDS.

IT is far too early for detailed predictions about 1929, but there is a good deal of evidence of a new confidence in business that will mean much for prosperity. The election of Herbert Hoover, the response from South America to his good will overtures, the outlook for more stable trading relations with the world generally have had their effect on business the country over.

In the East the approach of the great Ford industries to normal production is a tremendous factor. And while the competition between General Motors (with the new Chevrolet) and Ford will be keen, the changes which General Motors has been making to meet Ford have stimulated a long line of industries.

Though it is still hard to tell when Congress will provide the expected farm relief and what that relief will be when it comes, farmers are bound to have a better year in 1929 if the new activity in industry continues for this activity of itself will improve the market for farm products.

Here in the Northwest, the spirit of optimism is also quite apparent. Most noticeable is the new courage in the lumbering industry and its allied industries. Better production control has been established. But improved industrial conditions and agricultural conditions in the Middle West have already toned up the markets for western woods products. And the huge Boulder Dam enterprise is almost sure to have good results on western lumber markets.

The man who looks for 1929 to be a "boom" year is apt to be disappointed. Let's hope no boom develops. But the first year under Hoover is apt to prove exceptional confidence in his constructive, far-sighted leadership.

WHAT OTHER NEWSPAPERS SAY

Eventually But Not Soon
 (Albany Democrat-Herald)

Commenting on a contemporary's
 felicitations over the state highway
 department's success in keeping the
 McKenna Pass open this year later
 than usual, the Salem Statesman says
 under the caption "More to Expect."

There is more than that to expect,
 and better. The highway that will
 eventually be built from the central
 part of the valley, commencing at
 Salem and crossing the summit by
 way of the Minto or the Hog pass,
 will be kept open the year through,
 because it will not ascend to "an
 elevation of a mile."

The highway authorities will have
 much less depth of snow to "buck"
 on the average.

It is important that there be more
 than one highway over the Cascades,
 but the one commencing at Salem
 will be the only automobile route that can
 be used for a part of most winters,
 if not every winter.

"Eventually" says the Statesman,
 Salem's pet road project will be built.
 We rise to say that the word "eventually"
 is well chosen. Eventually perhaps,
 but not immediately nor even
 soon.

The Salem-Detroit-Hog pass route
 is not included in the state highway
 system. It is not a project on which
 the state highway commission can
 expend any of its funds either for
 construction or maintenance. It must
 be made a state highway project

before it can fulfill the prophecy
 of the Statesman.

It is not likely that the state will
 fund new projects to its highway system
 in the near future. It very likely
 will content itself with completing the
 highways already adopted, at least for
 some years, until amounts and sources
 of revenue are more fully tested. With
 maintenance and betterment requirements
 running into millions annually,
 the state will very likely be slow in
 assuming additional obligations, especially
 in the case of projects like the
 Salem-Detroit-Hog Pass route, which
 is ante-dated by a better highway already
 under construction.

As a matter of fact the state's road
 program should be the completion of
 adopted projects before adopting any
 new ones.

20 Years Ago

(From The Guard, Jan. 8, 1909)

ALBERT KEMP and company, of
 Corvallis are about to launch a
 boat to run the river as far as Eugene.

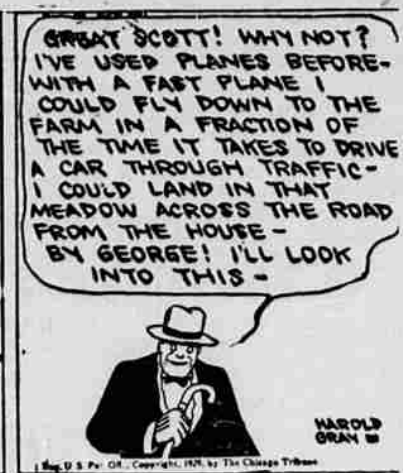
Pictures of the snow, though not
 appreciated now, will be interesting
 when it is all over and the usual good
 weather prevails.

The family of J. H. Young, the
 forest ranger, who is stationed on the
 lower Siuslaw, will remove to Florence
 soon to reside.

The buttermilk wagon goes as follows:

Other times soundly slept. We

LITTLE ORPHAN ANNIE



lows: West of Willamette street on Mondays and Thursdays; east of Willamette street on Tuesdays and Fridays; Wednesday, College Hill and Fairmount.

W. M. Green returned this afternoon from the grocer's convention at Portland. He was instrumental in securing it for Eugene next year.

Mrs. M. A. Withrow went to Portland today to remain for the rest of the winter.



MUSICAL INSTRUMENT

Instead of using a club for our shots, as they do in regular golf, we have a SOUP BOWL today to serve the same purpose. Par is five and one solution is on the classified page:

S	O	U	P
B	O	W	L

The Rules

1—The idea of Letter Golf is to change one word to another and do it in but a given number of strokes.

Thus to change COW to HEN, in three strokes, COW, HOW, HEW, HEN.

2—You change only one letter at a time.

3—You must have a complete word of common usage, for each jump. Slang words and abbreviations don't count.

4—The order of letters cannot be changed.

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SIDE GLANCES

By George Clark



"Take a bite of this and you'll see why I've been married for twenty years."

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.

WARDING OFF OLD AGE

In the course of time we may learn to so control our environment and ourselves that we can overcome some or all of the symptoms of old age, but at the present time the only hope of a real rejuvenation lies in that which can be secured by better physical health and a joyful

mental attitude. Too many people are seeking short-cuts. They would rather have something done to them than do something for themselves.

In Goethe's opera, "Faust," is found the remedy for warding off old age. Faust, as do many people today, refused to employ a remedy which required much effort on his own part, preferring a magic formula or decoction. Here are some of the first instructions given to Faust.

"Drop luxuries, and to the fields repair. Support thyself upon a frugal fare. This is the surest method, without fail, at eighty to grow young again and hale."

Today, Faust would probably have fallen the victim of a "get rich quick" gland specialist.

There are undoubtedly many gland specialists, sincere in their work. They undoubtedly accomplish good in many cases, and I am not trying to deride their efforts. In the least, for they know, perhaps better than anyone else, that the big promises of the "rejuvenators" are untrue. There is no method at present known that can in a few minutes make a man of eighty years of age grow in appearance like a man of twenty-five.

It must be remembered in transplanting a gland from one animal to another that the life of the gland depends upon two factors. The first is nourishment from the blood and the second is nerve stimulation. It is usually possible for a transplanted gland to obtain sufficient nourishment to keep alive for a limited time, but it is almost invariably true that the transplanted glands have been absorbed and entirely disappear before one or two years have elapsed.

There is much hope dietetically for prolonging youth. The key probably lies in some special balancing of the mineral elements of foods. Potassium, for instance, is believed to be a protective element against many parasites and fungus growths, while sodium acts as an agent to keep the salts of lime and magnesium dissolved. In its absence these are precipitated into the tissues.

Much can be accomplished by living on a carefully selected diet, adopting a youthful attitude of mind and using regular vigorous physical culture exercises. The idea that food may play an important part in warding off old age is not a new one. It is found in the legends of practically every land. It is said, for instance, that the only difference between the legendary gods of ancient Greece and human beings was that the gods were immortal. The people ate of ordinary foods, but the gods had a special diet consisting of ambrosia and nectar. By using only this food and drink they incorporated within themselves none of the gross material stuffs of the earth. The secret of these two compounds were supposed to be strictly guarded by the gods, who regarded their own immortality with jealousy, for had man been able to secure ambrosia and nectar, he, too, would have become immortal.

(Dr. McCoy will gladly answer personal questions in care of The Guard. Enclose large self-addressed stamped envelope for reply.)

The Tynmites have a queer side in the next story.

(Copyright, 1929, NEA Service, Inc.)

Other times soundly slept. We

cross the ground.

While they're asleep we'll dance and play and have some fun all through the day. I've found a little dwarf who plays an organ very sweet. She called the dwarf and out he came. They soon found he was in a frame of mind to send out pretty tunes. Said Clowey, "What a treat!"

The queer dwarf turned the crank real fast. "A little fairy said, 'At last! There's music in the air and we can gaily dance around.' So Clowey, thrilled with her sweet charms, real quickly took her in his arms, and started dancing gaily, and lightly, cross the ground."

THE cookies from the cookie tree Clowey raced right down the hill and shouted, "Here I come." A pretty fairy right nearby soon welcomed Clowey with a wig. Said she, "You're smart, but all the rest are rather dumb."

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Tom Sims' Barbs

THE headline, "Car Hits Congressman and Runs," is just a bit puzzling. And still runs?

Speaking in post-Christmas reflection, it certainly is amazing the number of nice things you can trade in on burners for.

Mrs. Frank Vanderlip says there really is no New York "society," because there's no leader to decide who's in society and who isn't. Now that's going to spoil our whole year.

The annual fire loss of the United States is something like \$550,000,000. This will be materially decreased of course when the vogue for cigaret lighters becomes more general.

A Kansas newspaper makes a top headline on page one of "Pretty Woman Acquitted by Jury." Oh, well.

They have to have something to fill up the papers these days.

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