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THURSDAY, FEBRUARY 6, 1919.

OREGON WEATHER

Rain in west, rain or snow in east; warm weather east. Moderate southerly winds.

VIGOR OF BODY AND MIND

In Theodore Roosevelt's autobiography he tells of the means by which he developed a naturally weak and clumsy body to a degree of strength and skill fitting him for playing a man's part in the world. It was an up-hill struggle. His eyes were bad, and remained bad. His muscles were weak and flabby. He had no natural grace or agility. He was simply an awkward, near-sighted, sal-low, spindling youth, whom almost any other youth of his own age could knock around as he pleased.

Roosevelt is modest about his physical attainments. He says that he never became more than a mediocre boxer and wrestler. Despite all his efforts, he could not make himself a good horseman. He was only a fair shot with the rifle and revolver.

Yet, as the reader inevitably remembers, with those bad eyes he did kill big game and defend himself unerringly in situations of extreme danger. With that unpromising body he did learn to play a pretty good game of tennis, to use the foil and singlestick skilfully, to box and wrestle in a way that commanded respect from professionals, to walk 20 or 30 miles at a stretch without exhaustion, to ride horseback 100 miles in a day. And over and above all these special athletic accomplishments was the attainment of the purpose for which they were intended—the ability to perform a vast amount of mental labor, and the building of a sturdy soul along with a sturdy body.

This was in line with his favorite philosophy, "of bodily vigor as a method of getting that vigor of soul without which vigor of the body counts for nothing." He argues, reasonably enough, that if he, with his poor equipment, could do what he did, others may do likewise. Any city dweller, he maintains, can easily get and keep himself in good physical condition if he will make an honest effort and the effort will pay big dividends.

THE DOUBTERS

"Fine in theory—but it wouldn't work!" So many critics used to dismiss the idea of a league of nations for world peace.

"The European powers would never agree to it!" the critics protested, when this distinctively American proposal was submitted as a basic part of the peace program.

"The other powers don't mean what they say!" maintained the same pessimistic folk, when our allies subscribed to the plan.

"The league will be a mere shadow," some doubters insisted, now that its organization is actually under way. "It will be weak and ineffective, and therefore worthless."

"The league will arrogate to itself too much power!" others object. "It will deprive members of their independence. It will imperil the rights

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SOLDIER LETTERS

McClung in New York

Mrs. Mary McClung received word from her son, Silas, 3d Company A. A. R. D. that he has arrived in New York. The letter follows in part:

"I have just arrived from France and think I will be home in two weeks. We certainly had an awful trip and I'm sure glad it is over. It is some mud hole over there. I am in New York now, but think I will be sent to Camp Lewis soon. I had the flu and then the pneumonia but am getting along all right now. I have had all of France I want, but certainly had lots of experience and something I'll never forget. Will tell you all about my trip when I get home."

To Collect Old Scotch Maps.

The Royal Scottish Geographical society has undertaken the formation of a national collection of old maps of Scotland and has issued an appeal for contributions of both maps and money. It is hoped to secure as nearly as possible a complete collection of atlases, charts, county maps, district maps, road books, town plans, manuscript maps, etc., issued prior to the time of the Ordnance survey, about 1880. The earliest satisfactory maps of Scotland date from 1564.—Scientific American.

WAY BEHIND FIGHTING LINE YET GOT MEDAL

Vienna, Feb. 6.—Of how little importance and significance were some of the orders and decorations bestowed upon princes and nobles during the war is indicated by a little story now going the rounds in Vienna. It concerns Albrecht, the son of Archduke Frederick.

He was assigned to the front with a Tyrol Kaiser regiment, but with instructions to the colonel and commander that he must never be endangered. In 1917 the regiment had a strenuous battle with the Italians at Schludersbach and suffered heavy losses.

When the authorities looked over the list of recommendations for decorations after the battle it was noticed that Archduke Albrecht's name was not present. It was learned that he had been three kilometers behind the line during the fighting. The colonel declared he could not cite him as one of his bravest, since it would make him ill feeling among the soldiers and was not justified.

An order then was issued commanding the colonel to recommend Albrecht for the golden medal for bravery, and when the officer refused he was relieved from his command.

When "Jack" is Abroad.

The name Jack or John is a very common one and seems to be found in general use in many countries. True it is not spelled and pronounced as we use it in America, however, it means the same thing and the "Jack" of our United States will be "Johann," in Bohemia or Sweden, "Jaak" in Portugal, "Jean" in France, "Hans," or "Johannes" in Holland and Germany, "Juan" in Cuba, "Giovanni" in Italy, "Ivan" in Russia, "Jan" in Poland, and "Janos" in Hungary.

Optimistic Thought.

The king cannot always rule as he wishes.

Daily Thought.

He is foolish to blame the sea who is shipwrecked twice.—Syria.

PHYSICAL TRAINING PART OF R. O. T. C. WORK

Oregon Agricultural College, Corvallis, Feb. 6.—Athletics in universities and colleges of the country have a bright future, believes Dr. A. D. Browne, member of the executive committee of the national intercollegiate conference and director of physical education at the college.

With the passage of the Hoke Smith bill in congress, which stipulates that one-fifth of an appropriation of \$100,000,000 for the bureau of education be set aside for physical education, and with the suggestion just made by the government committee on education and special training that physical work shall be made an important feature in the R. O. T. C. work, college sports are expected by Dr. Browne to hold a more important place than ever before.



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FLU AND TRENCH FEVER GERMS ARE ISOLATED

London, Feb. 6.—The virus of trench fever and that of influenza and of some forms of nephritis have been isolated and identified, according to a report submitted to the director-general of the army medical service in France by a number of army medical officers.

The virus in each case has been proved to be a minute globular cell varying in size and behavior in three types of disease. Isolation of the germs of mumps, measles and typhus the cause of which have hitherto been obscure, also is believed to have been accomplished by investigations.

DAILY HEALTH TALKS

Better be Careful About Your Kidneys

BY N. B. COOK, M. D.

Foods taken into the stomach go through various chemical changes, and some of these changes are poisons that must be sifted out and disposed of. It is the duty of the kidneys to do this. When the kidneys do not fully perform their vital work, death may be only a few hours away. Happily, Nature has provided warning alarms telling people when their kidneys are not well. These warnings come in the form of dragging pains in the small of the back, weak stomach, low spirits, chills, nausea, headache, scanty urine and frequent desire to pass it, short breath, numbness, cramps, coated tongue, bad breath, puffing under the eyes, thin blood, dry skin, ringing in the ears, spots before the eyes and many other symptoms. All come from the one cause of kidneys that are not filtering the poisons out of the system. To overcome these troubles, Dr. Pierce's, of Buffalo, N. Y., compounded what he calls Anuric Tablets. No other kidney medicine is its equal in giving relief and re-establishing healthful work in the kidneys. The treatment is very simple, as you need nothing except water when taking Anuric Tablets—a glass of water with each tablet. This washes and flushes the kidneys while the medicine itself is dissolving the uric acid poisons and driving them out. Anuric Tablets are made double strength, so that they dissolve uric acid the same as hot water dissolves salt or sugar. Most people need Anuric Tablets because most people have uric acid. Better get that poison out of your body for safety's sake, and better begin today.

To gently and agreeably coax the bowels back into normal activity, take Dr. Pierce's Pleasant Pellets. They are just as good for constiveness as his Anuric Tablets are good for kidney disorders, and that is saying a great deal.

WAR DEPARTMENT UNITED STATES SPRUCE PRODUCTION CORPORATION SALE



LOGGING and Lumber Concerns, Contractors, Communities and Municipalities proposing or projecting Logging, Land Clearing, Reclamation, Irrigation, Road and Highway Building—will find in this Government Sale an unequalled opportunity to procure Machinery and Equipment.

SEALED BIDS

SEALED BIDS will be received on these listed materials, until 11 A. M. Saturday, February 15th, and thereafter opened at the Headquarters of the United States Spruce Production Corporation, Yeon Building, Portland, Oregon.

Personal inspection of materials is invited to be made at Assembling Depot, Vancouver Barracks, Vancouver, Washington, by securing Credentials from Sales Board at Headquarters, Yeon Building, Portland.

For Terms, Descriptive Catalogue of Materials and Placing of Bids, address

SALES BOARD

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DONKEY ENGINES

Logging, Hoisting and Loading

Willamette, Tacoma, Smith & Watson, Washington and other makes. Sizes ranging from 6 1/2-in. x 10-in. to 18-in. x 14-in.

RAILROAD EQUIPMENT

Rails

20-lb. Relayer	684 Tons
20-lb. New	40 Tons
35-lb. Relayer	28 Tons
40-lb. Relayer	147 Tons
45-lb. New	1727 Tons
45-lb. Relayer	499 Tons
54-lb. Relayer	56 Tons
60-lb. New	2581 Tons
67 1/2-lb. New	5030 Tons
80-lb. New	2910 Tons

Locomotives

Geared and Rod, 36 to 70-Ton. Shays, New Yorks, Baldwins, Heislens, Climax, etc.

Logging Trucks

Connected and disconnected, 80,000 to 80,000 capacity.

TRUCKS and AUTOMOBILES

Trucks

Packards, 1 1/2 to 5-Ton Standards, 1 1/2 to 5-Ton Darts, 1 1/2-Ton, Denbys, 2-Ton Seldens, 2-Ton Velles, 1 1/2-Ton United, 1 1/2-Ton Gramm-Bernsteins, 2 1/2-Ton Federals, 3-Ton Garfords, 3 1/2-Ton

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Cadillacs, Seven-Passenger Dodges, Five-Passenger Fords, Five-Passenger

A. C. ELECTRIC MOTORS 440-volt, 3-phase, 60-cycle, 8 to 75 H. P. with or without starters

Other Machinery and Equipment for Sale

The Sales Board reserves the right to accept or reject all bids.