

The Sentinel

A GOOD PAPER IN A GOOD TOWN
H. W. YOUNG, Publisher
H. ALLEN YOUNG, Local Editor and Manager

Subscription Rates
One Year \$2.00
Six Months 1.00
Three Months60
No subscription taken unless paid for in advance. This rule is imperative.

Advertising Rates
Display advertising, 25 cents per inch; less than 5 inches, 30 cents per inch. No advertisement inserted for less than 50 cents. Reading notices, 10 cents per line. No reading notice, or advertisement of any kind, inserted for less than 25 cents.

Office Corner Second and Taylor Sts.
Entered at the Coquille Postoffice as Second Class Mail Matter

A DISEASE OF CIVILIZATION

In Ford's Dearborn Independent there recently appeared an article on cancer by Sir William Arbuthnot Lane, a distinguished English physician. He says that disease is a disease of civilization and does not prevail among savages. He says further that it is due to our neglect of caring for our bodies properly in our civilized communities. We have no doubt that he is right and that the eating of meats and white bread are the real causes for the rapid increase of this disease in civilized communities. In concluding this article, he says:

"There is so much proof that savage peoples have neither cancer nor any of the other diseases of civilization, and that their dietary habits are the cause of their immunity, that one might fill a book with it. Dr. Hoffman, the American statistician, who has investigated the subject perhaps as much as any man in the world, writes me as follows:

"Your views regarding dietary or nutritional causation (of cancer) coincide with my own, based upon extensive research among native races. I recently returned from a trip to South America, where I lived for seven months among Indians and mixed bloods. During the entire period, not a single case of cancer was brought to my attention; although everywhere I inquired—although every doctor was asked the question; and although personally I came into contact with more than 2,000 natives. The diet is very simple, and the habits of the people are very regular."

"The world, in its search for the cause and cure of cancer has been on the wrong track. The answer has been within ourselves all the time. Drain the body of its poisons, feed it properly, and the miracle is done."

"Chronic cancer cannot be cured. Neither can any chronic disease. But cancer can be prevented, as can all other diseases that arise from the same cause. On these statements I am willing to stake whatever reputation I may have. Nobody need have cancer who is willing to take the trouble to avoid it. And he will feel better and enjoy life more all the time he is taking the trouble. Incidentally, he will live longer."

RAILROADS 79 YEARS AGO

From a Riverhead, Long Island, paper published at the boyhood home of the Sentinel's senior, he learns from a letter written to that paper by a man now 93 years old, living in Florida, that in 1844 three years before our birth, the wood to furnish fuel for the locomotives on the Long Island railroad used to be sawed by hand by four to six men. It was not long, however, until they put in a horse sweep, doing away with the need of all but one of these men. Then they installed a little old locomotive with two driving wheels to do the work. All the water for the engines was then pumped by hand.

At the same time when the engines began to kill cattle on the farms and were causing fires along the right of way, and the railroad company steadily refused to pay any attention to claims for damages, the farmers retaliated by ditching trains. They didn't want to hurt anyone unnecessarily so they refrained from interfering with the Boston express, which then connected with a steamer at the east end of the island, heavily loaded with passengers. They broke the legs of some train men, however, before they got a settlement from the railroad people.

Finally the latter found it cheaper to pay for the damages the train did than to have their trains derailed, and that sort of reprisals ceased. All this occurred within the lifetime of men now living, while the railroad was new in this country. But the writer used to see the heavily loaded Boston trains go through while that railroad afforded the best route to Boston, and he well remembers seeing Horace Greeley, the founder of the New York Tribune, in his white hat and overcoat, get off that train on the day he was scheduled to make a speech

at the county fair at Riverhead. In the same paper we read that \$763,000 is to be spent this year on the second section of the highway of 20 miles between Riverhead and the eastern terminus of the railroad at Greenport.

THE ERA OF OUTDOORS

A new era has dawned upon America. It is the era of the outdoors. With more than twenty millions of automobiles and many thousands of miles of paved and graveled highways, all America is now a wheel in the summer vacation period, and in the winter, also, in such favored lands as California. There is now no longer any need of urging our own people to "See America First." More Americans than ever are going abroad, whether they have seen their own country or not, but that is not so important as it was a few years ago, because of the vastly greater numbers who are touring and vacationing by motor and rail all over the United States. Millions are spent by travelers in Europe, but many more millions are paid out by travelers at home.

Go where we will, this fact is impressed upon the mind. We do not have to count the people nor the machines to get a vision of it. All we need to do is to note the great number of new hotels, the multiplication of garages and service stations, the springing up like mushrooms of auto camps on every side and along every highway, the great increase in cafes and restaurants and of stores of all kinds which enjoy tourist trade. Never was so much money placed in circulation through travel as is now being paid out day by day all the year round by our own people who are engaged in the pleasant task of seeing America.—Pacific Coast Travel.

The flames from the waste outlets of an oil well in Turner Valley, Alberta, have forced plant growth to the extent that blooms are opening six weeks ahead of their normal time. Wild strawberries were picked in the vicinity shortly after the snow left the ground on the adjacent prairie.

This reminds us of the plum tree in the parking near the editor's home which bloomed weeks earlier because its roots got into a wooden sewer. This year, however, it blew too early and every blossom was killed.

William Jennings Bryan is getting so old that he will never again be a presidential candidate; but he has a son of the same name who is to assist him in the conduct of the Tennessee evolution case at Dayton this month. So we may possibly have William J. Bryan running for president for another half a century.

Chocolate brandy drops, owned by an East Side confectioner, and valued at \$15,000, were destroyed by representatives of the United States marshal's office in New York City. This looks a good deal like "saving at the spigot and wasting at the bung hole."

Bear traps, with rubber-padded jaws, are proposed by an Oregon trapper as a means of catching burglars and sneak thieves operating in the darkness. The trap will not break the leg but will hold despite all struggles.

A species of wasp in China eats through the lead sheath on cables, mistaking them for bamboo, boring holes to deposit their eggs therein.

Instinct usually prevents animals and insects from making such very human mistakes as this.

Hobson's choice is so called in allusion to the practice of Thomas Hobson, 1544-1631, of Cambridge, England, who let horses, and required every customer to take the horse which stood nearest the door.

"Treacle and brimstone," or sulphur and molasses, the remedy of our grandmother's day, contained what is now known as Vitamine B, and its administration was based on sound nutritional wisdom.

A new anesthetic, a substitute for cocaine, has been discovered by an experimenter working on products to be manufactured into artificial rubber. It is non-poisonous in practical use.

West Virginians propose to call their state Kanawaha, the original designation of the state, as the people are tired of being taken in the North for Virginians.

A Florida moonshiner wore cow hoofs attached to his shoe soles to mislead the revenue officers who thought the tracks were made by cattle going to water.

A valuable shipment of furs, sent from Prince Edward Island to Oregon, consisted of 100 black and silver foxes valued at \$100,000.

Warranty and Bargain & Sale Deeds for sale at the Sentinel office

Wants Customers as Partners

Complete financial partnership with its customers is to be the aim of the Mountain States Power Company according to an announcement made by C. M. Brewer, Vice President and General Manager. In the past the Company has sold its coupon gold notes to its service patrons but for some time no securities of this kind have been available owing to over-subscription of the last issue. The Company has now decided to offer its 7% Cumulative Preferred Stock to users of its service and thus to admit all who wish to invest to full shareholding privileges in the organization.

Mountain States Power Company is one of the many utilities supervised by the Byllesby Engineering and Management Corporation, and it is to the latter organization that a great deal of credit has been given for the customer ownership movement throughout the United States. The Byllesby people started to make shareholders out of their electric and gas customers ten years ago. Now they have more than 70,000 home shareholders receiving in dividends not less than \$4,200,000 annually. These dividends, instead of going to investors in far off places, remain in the 850 communities served by the Byllesby Companies and contribute to local prosperity and upbuilding. Even the capital which the 70,000 home shareholders have supplied, has been kept at home and invested in utility plants and distributing systems.

Mr. Brewer says that the Mountain States Power Company waited for seven years before offering its Preferred Stock to customers in order that the safety of the investment be thoroughly established by the regular uninterrupted payment of dividends over that period. A new Company to be known as the Mountain States Power Securities Company has been organized to facilitate the handling of stock sales. The securities company will really act as a department of the Power Company, Mr. Brewer being President and S. C. Palmer Jr., Manager.

A feature of the Company's customer ownership policy which will appeal to many, is the partial payment plan of investing, whereby subscriptions may be made at the rate of \$5 per share a month. This plan makes it possible for the Company to declare that anyone who can save a few dollars a month may become a profit-sharing partner. Upwards of 80% of the Company's employees are already investors in the organization. The Mountain States Power Company has forged steadily ahead under Mr. Brewer's immediate direction. Many additional properties have been acquired and the Company is now a large one with increasing business and earnings. The latest property to be added is the electric light and power company at Casper, Wyoming, a city of 30,000, and the center of the Wyoming oil fields.

Substitute for Pasture

The silo is the best known substitute for pasture, and where land is valued at more than \$100 per acre very few acres should be devoted to pasture, for this same land put into good corn and that put in the silo would produce six to seven times more feed than if it is left in pasture, writes A. L. Haecker in the Iowa Homestead. From my experience I would prefer a silo in summer to one in winter. I could have but one, but a winter and summer silo makes out the average stock farm by far the most economical feeding arrangement.

Plan for Docking Lambs

All lambs should be docked at one to two weeks old. Docking is best done with a heated pair of pliers, or it may be done with a sharp knife and the wound disinfected with a mild disinfectant solution. Ram lambs that are to be marketed as feeder or fat lambs should be castrated at three to six weeks old. They should not be allowed to go longer than this or there may be some loss as a result of castration.

Plan to Destroy Lice

A simple plan to destroy lice that has been used for years with the best of success is to soak a pack of tobacco stems in a barrel of cold soft water for a few days. With this solution wash the animals affected with lice thoroughly all over and about two or three days later repeat the dose all over again. It is very seldom that two doses do not cleanse the animal of lice completely. Use cold water to soak the stems.

Raising Lambs for Market

Whether it is best to have the lambs come early or late will depend upon circumstances and conditions. The man who raises pure-bred sheep to sell as breeding stock will almost always find the early lambs more profitable on account of greater size. In producing market lambs there are some advantages in the early lamb. On the other hand, there are some things in favor of having them dropped later when the ewes are on pasture.

Calling Cards, 100 for \$1.50.

PRODUCTION CHANGES

Standard Reports More Heavy Oil and Less Gasoline—More Demand for the Latter

The oil industry of the country appears to be undergoing another of those transitions which make it unique among industries, says the Standard Oil Bulletin of California. At the moment of writing, the production of crude oil is on the upward trend, due to discovery and development of new fields of oil—principally Smackover, in Arkansas, which is yielding some 400,000 barrels of crude daily. Ingiewood and Rosecrans, new fields in southern California, are adding some 70,000 barrels daily to the nation's growing total.

Ordinarily a growth in production of this magnitude could not be looked upon without considerable concern as to its effect upon the oil markets of the country, including the market for that primary product—gasoline. But it happens that this new production consists mostly of a heavy oil, with small gasoline content. So marked is the preponderance of heavy oil in the current supply that it is no longer possible intelligently to consider the oil situation in terms of total production of crude oil alone. The gross volume of oil must be divided into two parts—light, with its large gasoline content, and heavy, with its small gasoline yield.

The figures on what has happened are interesting. For the week ending May 30th the crude-oil production of the United States reached a record of 2,346,900 barrels daily. This represents a gain of 381,600 barrels daily average over the first of the year. The gain has been in heavy oil. In fact, the statistics show an actual decrease of 12,000 barrels daily in the production of light oil from the week ending January 3rd to the week ending May 30th. In other words, light-oil production throughout the country shows a small loss and heavy oil a great gain. A similar condition is shown in California. Light-crude production has been falling since March, heavy-crude production has been increasing.

Were the situation reversed, with the supply of light high-gasoline-content oil predominating, there would be a great increase in the supply of gasoline. But this is not the case, as is shown by a very interesting report just issued by the United States Bureau of Mines. This shows that during the month of April, in face of increasing crude-oil production, stocks of gasoline decreased 1,187,000 barrels. A decline during April is most unusual. The customary performance is for stocks to increase until May or June, when increased consumption causes drafts on stocks. This is the first April since 1918 showing a decline. It is also the first month of April which has ever failed to show an increase in storage over the same month of the previous year.

The answer is not far to seek. April's consumption of gasoline set a new high record. The month of August is usually the month of greatest use of gasoline. During April consumption was 7000 barrels daily in excess of August of last year. It was also thirty-four per cent greater than April, 1924. So, the curious condition exists that while crude-oil production as a whole is breaking records, the supply of gasoline is actually not up to the growing demand. Consumption for the year seems likely to be the greatest in the history of the country, with consequent further drafts on inventories.

Deaf Made to Hear

Gland treatment instead of ear treatment to cure deafness was proposed to the American Medical Association meeting at Atlantic City by Dr. Dana W. Drury, of Boston. In over half of the cases in which patients are troubled with diseases of the bony structure of the ear, there are also disturbances in the glands which secrete chemicals into the blood and so control bodily functions, he claimed.

Restoring the functions of these glands, especially the pituitary at the base of the brain, and the thyroid in the neck, he said, could lessen or entirely cure deafness in such cases.

Generous Sir Herbert

Sir Herbert Tree, the eminent English actor, was an original person with a curious and often surprising idea of wit. While walking up the Haymarket on one occasion, says the Tatler, he met a lady of his acquaintance. "Sir Herbert swept off his hat with a flourish and, still holding it in his hand, stood talking to her for several minutes.

"What a magnificent lining your hat has," she said, glancing at the bright red silk.

"You admire that lining?" he cried in his most melodramatic manner, and with a swift wrench he tore it out and thrust it into her unwilling fingers. "Madame, it is yours," he said impressively. Then he walked majestically away, leaving the astounded lady clutching a few scraps of red silk.



HE IS talking about "Poll-Parrot" shoes, the kind that serves so well the youngsters from two to fifteen—your children.

"Poll-Parrot" shoes are made in the "Star Brand" factories, and are of the same high standard of value as "Star Brand" shoes for mother and dad.

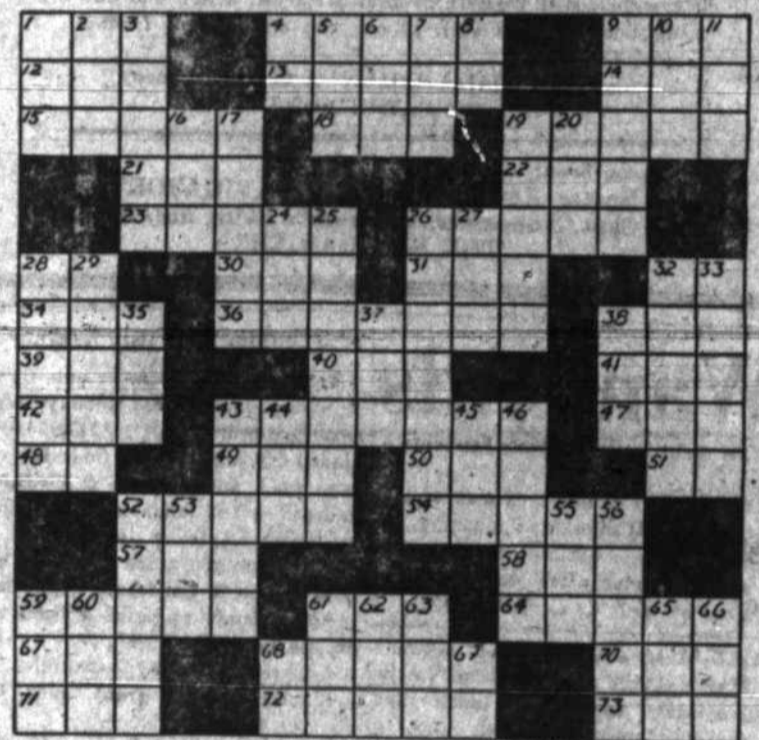
We know our "Poll-Parrot" shoes will stand the grind of active, growing feet. "They speak for themselves."

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LOOK FOR THIS ★ ON THE HEEL

CROSS-WORD PUZZLE No. 24



(© by Western Newspaper Union.)

- | | |
|--------------------------------|------------------------------------|
| Horizontal | Vertical |
| 1—Eminent | 1—Bird of fable |
| 4—Condition | 2—Anthropoid |
| 9—Watering place | 3—Nucleus |
| 12—Uncloned (poetic) | 4—Thus |
| 13—Lubricated | 5—It is (poetic) |
| 14—Altruism | 6—Beverage |
| 15—Stringed instrument | 7—Small mound |
| 18—Observe | 8—Boy's name |
| 19—Likeness | 9—Slope |
| 21—Limb | 10—Projecting piece of wood |
| 22—Boy's name | 11—Devoured |
| 23—Sharpen | 12—Permit |
| 25—Portrait | 13—Giant |
| 26—Pertaining to (abbr.) | 14—Pertaining to the region of the |
| 28—Organ of hearing | 15—Humans |
| 31—Collection of information | 16—Tree |
| 32—Two hundred | 17—Instruction |
| 34—Implement for hewing | 18—Design |
| 36—Doubter | 19—Blackbird of cuckoo family |
| 38—Sun | 20—Wireless |
| 39—Empire | 21—Banishment |
| 40—Head | 22—Clothing measure added beyond |
| 41—Girl's name | 23—formal end of musical com- |
| 42—Stick | 24—A compass |
| 43—Seaweed | 25—Long slippery fish |
| 47—Artist's cap | 26—Flute |
| 48—Diphthong | 27—Reopened |
| 49—Ribbed fabric | 28—Inclination in any given direc- |
| 50—Duchy | 29—Same as 25 vertical |
| 51—Orthography (abbr.) | 30—Fish eggs |
| 52—Kind of wheat | 31—Tempered iron |
| 54—Poverty-stricken | 32—Glow |
| 57—Chicken | 33—Vegetable |
| 58—Period of time | 34—Arid |
| 59—Group of three | 35—Falls quickly |
| 61—Distress signal | 36—Beverage |
| 64—Hang illegally | 37—Duchy |
| 67—Immeasurable period of time | 38—Growth |
| 68—Master (East Indian title) | 39—Elucidation of enlightened sur- |
| 70—New Zealand parrot | 40—Gentleman's title |
| 71—Consumed | 41—Renowned (abbr.) |
| 72—Worship | 42—Dried grass |
| 73—Crafty | 43—Part of western hemisphere |
| | 44—(Initials) |
| | 45—Ballet |

Blank Warranty Deeds for sale at this office.

CENOL MOTH DESTROYER

Before the damage is done, spray your clothing and furs frequently with Cenol Moth Destroyer. Kills moth larvae and eggs. Harmless to clothing—Stainless. Has pleasing odor.

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Solution of Puzzle No. 23.

A	P	A	R	T
S	O	L	A	R
S	L	I	M	E
E	K	E	E	N
T	A	N	K	O
E	X	I	L	E
S	L	A	S	G
A	I	M	F	E
L	A	B	E	L
A	N	I	M	E
D	A	T	U	M

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For \$2.25 you can have the weekly visits of the Coquille Sentinel and the Oregon Farmer—52 of each—for a year.