

The Sentinel

A GOOD PAPER IN A GOOD TOWN
H. A. YOUNG and M. D. GRIMES
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Year after year the automobile manufacturers are working to produce a car with a quicker getaway. With the increasing number of autos we wonder who is taking a similar interest in the pedestrian.

R. A. Easton's Weekly Letter

With more than two years back of us since we had breathed the air with a tang in it that one gets in Coos county or had seen the fir-topped mountains of the coast range, on Thursday of last week we went on a trip which was to cover a lot of ground in a short time. We left Ashland at 11:15 knowing we were out for a good time and not looking for troubles, but we found a slight one when a tire went flat but that did not prove to be as bad as it might have been. Through valleys up and down mountains we rolled. It was when we turned into Coos county road at the Junction five miles south of Roseburg and headed into the West that we commenced to get the thrill of hopes realized and as we rolled over the summit of Camas mountain and commenced to follow the water down the coast side of the mountain, every mile increased the joy of the ride. We were at Myrtle Point at about 8:30 and were at the Pratt's at Mountain Glade ranch on the East Fork of the Coquille about an hour later. There we borrowed hay and went to the homestead part, where we made our beds under the stars and slept as those sleep with tired bodies and no worries.

In the morning we were looking at the mountains and the river, drinking in the beauties which are to us as rare pictures. Much of the day we spent with the Pratt's and looking over the ranch.

Saturday forenoon we pulled out for Marshfield where we had dinner with Mr. and Mrs. Neely and family and an afternoon meal before we hit the back track.

At Coquille we had time to say, "how do you do" to a few friends and then sped on into the evening twilight and found a camping place at the Houghtaling ranch, where we borrowed hay for beds and bought milk in the morning. That ranch is one of the beauty spots of the Middle Fork road. We had a good sleep; also a visitor in camp. I was awakened by being told a big deer was eating hay at the head of our bed. When I raised up he moved a few feet away and stopped. In the moonlight dimmed by fog that deer looked as big as an elk and his horns two or three feet long. A dog barked and he moved on to other beds. Inez got up to drive him away and found he was a tame deer she could pat and said neither he nor his horns were oversize. In the morning we learned the ranch has two tame deer. We pulled out about 8:30 and were back home in Ashland at 5:30.

After leaving the Rogue river valley it is the Umpqua valley that appeals to me. The land at Myrtle Creek and Dillard proves by the fruit trees that there is soil under the roots. Riding down the Coquille I could not help comparing the appearance of the valley when I first saw it in 1896 and now. Then the cleared patches were like faith, "The substance of things hoped for, the evidence of things not seen." Now it is the evidence of faith triumphant and the cows pasturing in fields which were then willow marsh land are the evidences of that substance which then was seen only it patches.

We did not have a chance to see much of Coquille but she is dressed up in flowers more than she used to be.

There is no question in my mind but that Coos County is one of the best counties in the state and a desirable place in which to have a home.

R. A. Easton.

One way to preserve the nutritive value of a vegetable is to bake it in its skin, and eat the skin. Irish potatoes, sweet potatoes and squash are often baked, and cabbage, onions, carrots and other vegetables may be prepared in this way. Steaming vegetables also conserves their food value.

The Ford Garage is now equipped to repair dentured fenders on any make of car at a reasonable cost.

The TOWN DOCTOR

(The Doctor of Towns)

SAYS

DO NOT OVERLOOK THE LITTLE THINGS

To one who doesn't know, the little things done or left undone do not make any difference, but there are always those who do know, and they are usually the ones who count most.

It belittles a business, a town, or a person to overlook the little things. Overlooking little things is one of the main factors that makes a small town small.

It is the little things that often make the difference between profit and loss in business, especially in dull times. With an individual, it is refinement, courtesy, cleanliness; with a store, it is stock arrangement, pleasing, efficient salespeople, tidiness and atmosphere; with a town, it is clean streets, well-kept lawns, traffic regulations and progressiveness of the citizens.

A party of tourists once stopped in a town of some three thousand population and inquired of a pedestrian, "Where is the business district?" The pedestrian was highly insulted and replied, "Straight ahead a mile and a half?" He was insulted because it so happened he was in front of his own store which he advertised as "The center of things." A good joke on the tourists thought many who were told of it. But when the tourists got a mile and half further on, they found nothing but country. It now develops the tourist was a wee bit more than a mere traveler. The man and his family had decided to locate in a town in that section. Today, the man with a family of six has built a \$10,000 home on a half block purchased from the previous owner.

The most successful merchandising concerns in the country have built their business on courtesy, service and little things. Your town is a business, and courtesy and service extended by you to your neighbor and the potential customer of your community business will also build. Be funny, make wise cracks, fail to sell your community when you have the chance, and you will tear down.

When a merchant, an organization, or your newspaper does anything for your community, tell them about it, write them a letter, call them on the phone, or stop in and see them and express your appreciation. You get as much good out of anything they do for the community as they do. No one can do anything for the town but that you won't benefit. If you don't or won't do anything yourself, the least you can do is to thank those who are doing something, through which you will benefit.

It is a little thing to do, but it will pay you a profit.

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This Town Doctor Article, one of a series of fifty-two is published by The Sentinel in co-operation with the Coquille Lions Club.

Co-operation in Preserving Health of School Children

Dr. Frederick D. Stricker addresses the following open letter to all those who are interested in the health of the children of Oregon:

The Oregon State Board of Health has asked all of the physicians outside of Portland to become health officers. The campaign of getting ready for school is a co-operative movement between the physicians of the state and the parents of the school children.

When Demosthenes was asked what was the first part of oratory he answered, "action;" and which was second, he replied, "action;" and which was the third, he still answered, "action."

What is the first part of disease eradication? It is the same as that given by Demosthenes for oratory. The second, however, is co-operation and the third is more co-operation.

There can be no more effective action than co-operation. Disease eradication will never be a reality until we have combined with the activities of the health department the co-operation of private physicians and parents. The historical aspects of medicine present many instances of retarded action due to the refusal of physicians and the public to co-operate in something which they considered "new fangled" ideas promulgated by fanatic and faddists who sought to undermine their financial security. To mention but a few instances: Many scientists disapproved of Harvey's theory of the circulation. When Jenner in 1789 introduced vaccination he provoked the enmity of a large majority of doctors, not alone on the frank ground of their financial interests being threatened but on the score of a lively distrust in the efficacy of the remedy.

Economic vested interests played, to be sure, the most important role of opposition in regard to dissection, vaccination, pasteurization, antiseptics and asepsis. Personality conflicts helped to color the fight on vaccination. Jenner was extremely sensitive and self-conscious, qualities which led him to make a fierce attack on those who did not agree with him on the slightest detail. Pasteur, too, made enemies, not entirely because his discoveries encroached on forbidden ground of old theories and beliefs, but also because he was possessed of an overwhelming aggressiveness and a challenging air of having proven truth.

Today much economic color is being given to the relationship of the private practitioner to the public health program. Many doctors oppose the system which allegedly has damaged the income of a profession whose livelihood is considered precarious from an economic standpoint. They are hostile to the activities of the health department has inaugurated from time to time, because they regard such inauguration of activities trespassing on private grounds of the medical profession. In the state of Oregon, however, the private physicians have co-operated with the full-time health departments, and where there were no health units they have assisted the part time health officials. It must be remembered that somebody has to do the pioneer work; somebody has to demonstrate authentically its value to create public demand for the new health methods.

No one can overlook the fact that a large part of the population is unable to pay for the services of a private physician. It is, however, admitted that free service can be abused and we are giving considerable thought and effort to remedy this situation.

The Oregon State Board of Health is firm in the belief that no one has a vested interest in disease or potential disease. The people alone have a vested interest in public health, an interest founded on sound morality, statesmanship, law and humanity, and it is the duty of the state health department to dedicate its efforts to this interest.

It is for this reason that we are requesting the physicians of this state to examine all pre-school children and immunize them against smallpox and diphtheria.

County Health Associations, Parent-Teacher organizations and Women's Club have been invited to assist.

Is your child physically fit to attend school? Is he protected against smallpox and diphtheria?

Over seventy percent of the children that begin school have some form of physical defect.

There were over 1900 cases of smallpox in Oregon during 1928. Thirty-five children died of diphtheria in 1928.

Most of the defects were correctable.

All the cases of smallpox could have been prevented.

There was no need for the deaths from diphtheria.

These are the dangers that the pre-school child must face.

All children should receive preventive treatment. Every school child should be examined for defects.

Every school child should be protected against diphtheria and smallpox.

The Oregon State Board of Health solicits the aid and co-operation of all who are interested in the state's biggest asset, the Oregon child.

National Anthem in Lower Key

The main objection to the Star Spangled Banner as the nation's official national anthem—its difficult high notes—has been eliminated.

Its transposition in the key of A flat, by Christian A. Praetorius, noted composer, under the direction of the National Americanization Committee of the Veterans of Foreign Wars, has been pronounced a complete success.

It will be sung in its new form as the official opening hymn of the 30th national convention of the Veterans of Foreign Wars of the U. S. to be held at Saint Paul August 25-31.

Petition bearing the signatures of ten million citizens will be presented to the next session of congress as evidence of the country's preference for the Star Spangled Banner in lieu of other compositions suggested.

A couple of "sweet young things" from the effete East decided they would go horseback riding at Angelo Deccio's place at Seaview the other day, and Angelo asked one of them whether she would prefer the flat English saddle or the western saddle with a horn. "The flat saddle," said the girl, "because we ain't going to ride in any traffic and won't need a horn."

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Deep In the Hole

Government reports show the Post-office Department deep in the hole for the last fiscal year, yet no one is surprised. As long as it is burdened with inconsistent ruling; as long as it engages in the printing business, furnishing printed envelope below the cost of material, it will continue to lose money. There's no more excuse for the government being in the job printing business than there is for it being in the shoe business. Yet it prints, at a huge loss to the taxpayers of this country, millions of envelopes that should be turned out by job printing offices—a fine graft for the concern that has the printing contract but a little rough on the public pocketbook. Don't be surprised to hear that this department loses millions annually. The surprise is that we go right on electing men to congress who haven't the nerve to take this department out of the printing business and set it to doing what it was originally intended to do, and no more—to handle the U. S. mails.—Myrtle Point Herald.

"Paris Pact" to Be Studied

An intensive educational campaign to acquaint students of the United States with the far-reaching importance of the Paris Pact will extend to high schools throughout Oregon, it is announced by Dr. Arnold Bennet Hall, president of the University of Oregon, who has been named a member of committee in charge by Arthur Charles Watkins, director of the national student forum.

The principal and other faculty members of the Coquille High School will be asked to co-operate in the national project, and will be supplied with all information and literature necessary.

While the national student project is essentially for study and discussion, optional competitive features which include as a prize a trip to Europe next summer will be open to high schools taking part, it is stated. The awards competition will be based on a theme contest of 300 words on "How May the Pact for the Renunciation of War be made most Effective?" and besides the trip to Europe, many state and local prizes will be offered.

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Is a Prescription for

Colds, Grippe, Flu, Dengue, Bilious Fever and Malaria. It is the most speedy remedy known.

Low Fares to California

New coach fares—\$15 to San Francisco, \$28 to Los Angeles—are now good from main line points on the "Shasta", "Oregonian", "Klamath", and "West Coast". They may also be used on Tourist sleeping cars of these trains (except "Shasta").

Direct Connections

Morning train, Marshfield to Eugene, connects with the fast "Klamath" via Klamath Falls to San Francisco. Stage makes direct connection at Roseburg with the "Shasta" for San Francisco.

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Sport Note

Every hour three people die from

automobile accidents. Pretty soon state game commissions will have to raise pedestrians!