

Newberg Graphic

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Published every Thursday morning
Office: Graphic Building, No. 705 First Street
Phones: Office, White 33; Residence, Blue 8

Entered at the postoffice at Newberg, Oregon,
as second-class matter.

\$2.00 Per Year in Advance

THURSDAY, MARCH 13, 1919.

Better begin to brace yourself for pulling out of bed an hour earlier, beginning March 30, when daylight saving will again be ushered in.

Real estate dealers say that with the showing of renewed activity in land sales in the community there is a disposition on the part of those who have been anxious to sell to jump prices up and thus drive away prospective buyers.

If any further evidence that the war is over should be asked for let it be known that two cent letter postage and one cent post cards are on the way, and that from Crockett, California, comes the announcement that on Wednesday, "Manager Walter McCredie trotted out his 18 Beaver players for their first day's workout."

We hope our readers will take the time to read an article on this page entitled "Physical Fitness a National Necessity." It is rather lengthy, but it has to do with a subject that ought to appeal to everyone, and especially to parents, teachers and school boards, as well as others who are in any way connected with the training of the young.

The selection of seeds for planting may be all right now, but it will be well to keep out of the "war garden" until the ground gets dry enough to work without packing. Working soil while it is wet here in the Willamette Valley, in the spring time, always serves to prove that haste makes waste in time and labor and the crop that is in prospect.

The Graphic has felt all along that much of the talk indulged in regarding the many propositions for providing employment for returning soldiers was buncombe, and comment that is being made in the publication, "Stars and Stripes," issued in France by the soldiers, indicates that this is the view they take of the matter. An editorial that appeared in a recent number of the paper closed with these words: "One state is planting trees for us, another state is laying eggs for us, and someone else is planning to make New York politicians out of us. Some governors are calling the politicians together and proclaiming that something has got to be done with us,

and committees are appointed (with salaries) to look into the matter. Some are recommending that all of us be sent back to the farm and others that we be hired by the Government. What a tremendous awakening is in store for all these dear people when the soldier sets his foot upon the old sod, shakes the dust of battle from his clothes, and wades into things with a breeze that will blow all the charity boards and governor committees out of his way forever."

Trust the small boy to tell the truth about home affairs without any mental reservation when occasion demands. One morning recently three small lads called at the Graphic desk with a notice for publication of an article lost from the household commissary. The writer offered condolence by saying the loss was too bad, when promptly one young hopeful piped up with, "Yes, we ain't any too well off, anyway."

Few communities show more zeal in the get-together spirit than does our neighboring town, Dundee, when occasion demands. Only recently when a number of home-coming soldiers were expected to pass this way on the train, there was a gathering of the Dundee citizens who were prepared to shower the heroes with flowers and good things to eat, and when it was learned that all but one, the son of W. S. Allan, had been routed around by the Forest Grove line, a number of the people, who were not thus to be left entirely out, loaded into automobiles and went to McMinnville to participate in the home-coming exercises.

Much complaint is heard of late of young boys and girls gadding about the streets late at night when they ought to be at home and in bed, and a revival of the curfew ordinance is being urged. All of which is simply an index to an appalling laxity in the home life of many families in the community, some in town and others who are on the outskirts. The ringing of a curfew bell at a stated hour, coupled with the activities of a wide-awake marshal of good judgment might help some, but about the best work the new organization of women for law enforcement can engage in, will be a house to house campaign for a revival of interest in the responsibility of parenthood. With mere children turned loose on the streets to go and come as they please at all hours of the day, and far into the night, nothing short of a miracle will save them from going wrong, an age old fact that many parents seem utterly blind to. This is no new problem and it will be with us as long as there are children born into the world to be either left to drift with the tide of loose morals, or to be carefully guarded until they reach an age where they are able to see for themselves the

many pitfalls that lay in waiting for the young and inexperienced, and appreciate the advantages that will come to them from never having gone wrong.

PHYSICAL FITNESS A NATIONAL NECESSITY

During the past two or three years there has been much advocacy of universal military training, though the best military authorities say that such training in civil life has little value from a military standpoint. A bill passed the House in the Oregon legislative assembly just held calling for military training in the public schools but it was killed in the senate.

During the discussion on the merits of the bill there was much stress laid on the value such training would have in the way of making young men physically fit. All classes who have given any thought to the matter realize that our schools are woefully lacking in the matter of providing proper training for our boys and girls from a hygienic standpoint, but many do not favor introducing military training in the schools, believing the same ends may be obtained in other ways. The "National Physical Education Service" has recently issued a leaflet that covers the subject so well that we give it herewith to our readers:

Are We Awake to the Need?
These last four years of extraordinary demand for unlimited manpower and woman-power have focused the attention of the world upon the essential but neglected values of physical education.

England, France, Belgium, Italy and America have counted their youth with feverish anxiety, lest the vigorous and healthy supply should be found inadequate to the steadily growing and fearful demand.

Shocked by their number of physically unfit, these nations have looked back with shame on the neglect of their youth in the days of peace, and they have surveyed with fear and dread the evidence of wasted human service and wasted human life so suddenly impressed upon them in their period of desperate need.

And now the strain on this human resource is apparently over. The startled call for health, for strength and for endurance; the fearful need for nerve, for will-power and for persistence; the insistent and terrifying demand for men, sound men, more men, and more men physically and physiologically fit, are gone!

Will we forget? Will England, France, Belgium, Italy and America forget? May it be said that the war being over we are no longer nationally concerned with our youths? Will it be true that these human resources are precious only for the purpose of war?

The preparation of youth for the battles of maturity is as important for peace as it is for war. The need for vigorous, healthy, and longer lived men and women is as important for tomorrow as it was for yesterday.

Thirty-three per cent of the men in the first draft were rejected as physically unfit. Allowing for under-weight and special sensory defects, neither of which argues general physical unfitness, not less than twenty-five per cent were rejected for real physical unfitness. That means 2,500,000 between the ages of twenty-one and thirty were unfit for military service; therefore unfit to render full measure of service in any capacity; therefore unable to get full returns from life in work and happiness. An equal number of women doubtless suffer from disqualifying defects.

There are 25,000,000 boys and girls of school age, six to eighteen years, marching along the great highway of youth. Numerous investigations show that at least fifty per cent of these have defects and ailments that impede normal development in greater or less degree; that they live, at home and at school, in conditions more or less unhygienic; that they lack the positive physical education—play, athletics, gymnastics, work—necessary to realize their potential man and woman power.

England, appreciating a deplorable physical condition of her youth, has included in her plans for re-organization of her educational system extensive provision for compulsory physical education.

In France there has recently been appointed under Government direction a National Committee for the development of physical education.

What will America do to meet this situation? State and Federal legislation are the essentials of a campaign for national physical fitness. Such legislation should interpret physical education in a broad and true way, as understood by the most competent experts in school administration and in physical education. It must assume physical activity as the basic thing, but conditioned upon and integrally related

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with wholesome physical environment, individual physical examination and record, development of health habits and instruction in health knowledge, hygienic school management and procedure, and co-operation with all agencies that make for physical upbuilding and the moral growth inevitably incident to sane, wholesome, active physical life.

It must provide for boys and girls alike. From the point of view of racial strength and integrity, the physical upbuilding of women is of equal importance with that of men—perhaps of greater importance.

It should provide for Federal aid to enable the states to erect and carry on thorough and effective systems of physical education. This Federal aid should be limited to preparation of teachers for skilled service and payment for skilled service.

It must guarantee the autonomy and the initiative of the states. It must be so framed as to permit latitude of administrative procedure according to the genius and tradition of the several states, and to encourage initiative and flexibility in the development of educational methods and processes.

Universal physical education is neither a substitute for nor an adjunct of military training. It is a program for producing men and women physically fit for whatever may be the responsibilities of citizenship. This end is to be accomplished by physically educating boys

and girls during the period of immaturity, and by encouraging in adults those physical activities essential to the continuation of health and bodily vigor.

Within the last year a National Committee on Physical Education has been organized, composed of representatives from more than fifty national organizations concerned with the conservation of child life and with the consequent production of a vigorous and enduring citizenship.

The Playground and Recreation Association of America, at the request of this National Committee, has established a Physical Education Service, which aims to provide a means through which all those interested in this problem can work together to a common end. The Service aims to disseminate to the various states the best thought of leaders in physical education, and to assist in the promotion of state and federal legislation.

This is a time in which to take account of stock. With the conclusion of the war emergency, which caused such a tremendous upheaval in the life of the country, there is laid before us the opportunity to plan for a thorough-going regeneration of our national life. As the foundation of all human progress, however, we must have a citizenship

physically fit.

Are the schools in your state providing that, along with the necessary mental and moral training, every child shall have the instruction in the principles of health and the wisely directed activities essential to providing this fundamental prerequisite—physical fitness?

Has your state made the necessary provisions which insure that the large percentage of young people who enter the industries and other occupations receive the physical training essential not only to effectiveness in their chosen work but also to their personal happiness?

Is this not a matter of sufficient national significance to warrant the Federal Government in taking the lead by providing a wise stimulation, guidance and assistance to the states through the appropriation of national funds?

The physical educators of the country are studying to put in simple, yet complete form the essentials of a national program for physical fitness. An even more important difficult task is that of securing the effective operation of such a program. You can assist in this movement for national physical fitness. Never before have we understood so clearly the necessity for the rapid realization of health and that triumphant bodily vigor which opens the door to a new national efficiency.

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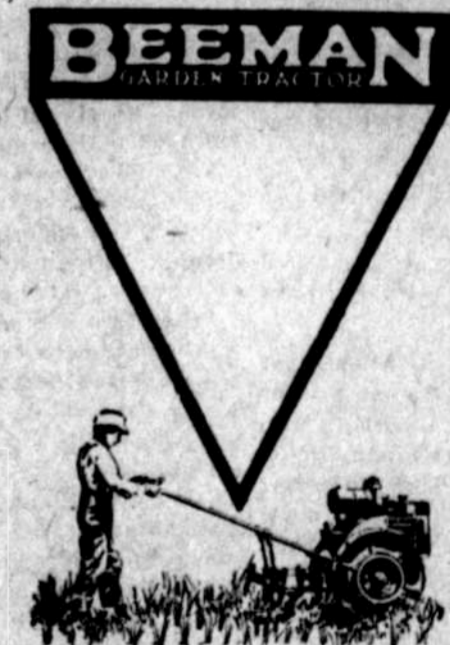


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