

The Springfield News

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Editors and Publishers

Published Every Monday and Thursday

RATES OF SUBSCRIPTION

One Year	\$1.50
Six Months	.75
Three months	.50

Advertising rates furnished on application.

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Member of the Willamette Valley Editorial Association.

MONDAY, MARCH 5, 1917.

TRAINING FOR HEALTH, NOT ATHLETICS

Most colleges and schools, nowadays, give the students in some degree what the managers of those institutions like to call "physical training."

In practically every case, however, the result is little or nothing more than the very different thing of training for athletic sports and contests, and the greater part of this has a fatal tendency to concentrate on the boys and girls who need it least, their muscular development being already such that they are able to shine on field and track and so add to the repute of their respective seats of learning. The large majority of the students get most of their "exercise" while shouting from grandstand and bleachers, and, though that is probably better than none, it can hardly be called a well-balanced or highly profitable form of bodily exertion.

These being the conditions as they exist, it is no wonder that the New York Medical Journal notes with satisfaction, as marking at least a start in a better direction, the establishment in one of our universities of a department devoted to "health training," as distinguished from nominal or even real physical training. "Muscular exercise" The Journal says, "is but one of the many essentials for health preservation." For the latter very different instruction is needed, in its opinion, than can be given by the athletes and acrobats customarily found at the head of the so-called physical training departments in schools and colleges.

There may be significance in the fact that The Journal credits the colleges for women with better teaching in physiology and hygiene than is to be obtained in those for men, and it says that one women's college has an elective course in physiology that surpasses those of many medical schools.

The gravest criticism that can be made of physical training as conducted in most universities is that it constitutes the worst sort of preparation for the sedentary lives upon which most of the students enter on graduation. Big hearts and big muscles are fine things with which to win violent games, but when the demand on their capacities suddenly ceases, or is much diminished, they are subject to a very dangerous form of degeneration. The connection between athletics and health is by no means invariable or necessary.

SIN OF GLUTTONY

The sin of gluttony is common and therefore much condoned, but like every other violation of Nature's laws has a penalty. Fat inefficiency, sluggish mentality, the redened nose, the pimpled face, certain of the chronic skin eruptions, and much fatigue and nervousness are due to the abuse of the digestive apparatus says

the Health News. Rich, indigestible foods in large quantities, highly seasoned to stimulate the jaded palate, are forced into the body already rebellious from repletion. Exercise is largely limited to walking to and from the table and bodily deterioration proceeds rapidly. Many an overfed dyspeptic, suddenly dragged by the stern hand of circumstances from a life of physical ease and plenty and forced to work out of doors suddenly discovers that his semi invalidism has gone, that a chronic skin derangement of many years standing has disappeared and that a new vigor and zest of life has been given him.

Not everyone can spend his whole time in the open air but a certain amount of exercise and plain wholesome food in an amount not exceeding the body's needs can be had by almost everyone. Simple moderate diet and exercise make for health. These are not faddish food theories; they are just plain common sense.

MEASURE TITLES OF JUNE ELECTION NOW COMPLETED

(Continued from page one)

ing any other part or parts of the constitution ineffective without expressly and specifically repealing the same.

Uniform Tax Classification Amendment.

Purpose: Amending section 32 of article 1 section 1 of article 9 of the constitution by providing for uniform taxation of all property of the same class within the state county or district levying the tax, and classification of property for such purpose: for the adoption by law of uniform rules for assessment and taxation, and that all taxes shall be levied and collected under general laws operating uniformly throughout the state, and omitting the present requirement of equality without classification.

Four Hundred Thousand Dollar Tax Levy for a New Penitentiary.

Purpose: To authorize the board of control to construct a new state penitentiary by contract or otherwise, and to acquire a new site or grounds therefor in the county in which the penitentiary is now located, at a total cost not exceeding four hundred thousand dollars. To enable the board of control to carry out the provisions of this act, a state tax levy of one hundred thousand dollars each year for four years is authorized to be made in addition to the taxes otherwise authorized by law.

Authorizing Ports to Create Limited Indebtedness to Encourage Water Transportation.

Purpose: Amending section 9 of Article 11 of the constitution by providing that municipal corporations designated ports may be empowered by statute to raise money for bonuses to aid water transportation lines between such ports and other ports to assist in establishing water transportation on interior rivers of Oregon or on rivers between Washington and Oregon or of Washington and Idaho reached by navigation from Oregon's rivers. Such indebtedness shall not exceed 1 per cent of the assessed valuation of the property in the municipality and may be incurred only by majority vote thereon.

IN THE COUNTY COURT OF THE STATE OF OREGON FOR LANE COUNTY.

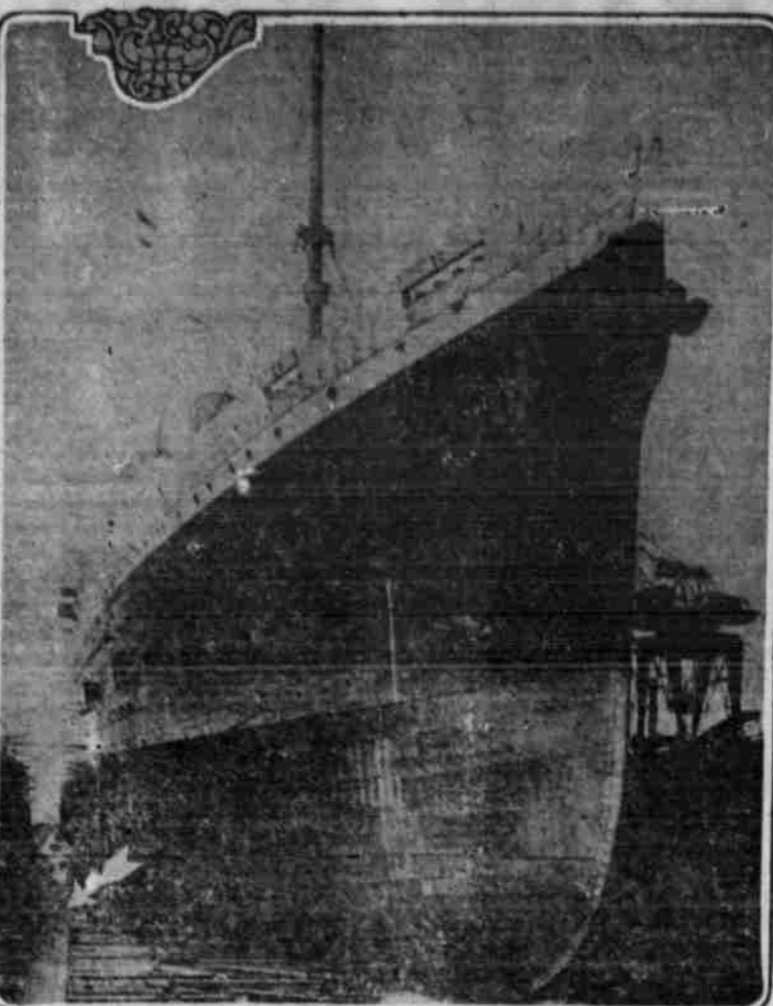
In the matter of the estate of R. H. Knox deceased. Notice of final settlement.

NOTICE is hereby given that the undersigned, administratrix of the estate of R. H. Knox, deceased, has filed her final account in the matter of the said estate with the County Clerk of Lane County, Oregon and an order has been made and entered of record directing this notice and setting Monday the 9th day of April, 1917, at the hour of ten o'clock a. m., for the hearing of objections if any to said account, and for the final settlement of said estate.

Dated this 3rd day of March, 1917.
POTTER & IMMEL, attorneys
ANNIE KNOX,
Administratrix of the estate of R. H. Knox, deceased.
March 5, 12, 19, 26; April 2.

More Transfers in February.
Real estate transfers in Lane county for February, 1917, were almost 20 per cent higher than they were in January according to the totals of the instruments filed at the court house. In January the total was \$80,208.45, and in February, which is a much shorter month there were deeds aggregating \$95,077.68, making the total transfers so far this year at \$175,286.12. The figures are compiled from the amounts as given in the deeds, and no estimate is made for values where the consideration is merely nominal.

VATERLAND, WORLD'S BIGGEST SHIP



Ever since the start of the war the Vaterland, the German liner, has been docked at Hoboken, N. J. Arrow points to man. Note comparative size.

"PRINCESS PAT" MARCH 7. Delightful Comic Opera and Musical Score Coming to Eugene.

That two-fold delight, "The Princess Pat" with Henry Blossom's humorous libretto and Victor Herbert's beautiful score, will be the attraction at the Eugene theatre Wednesday, March 7. Clean clever, bright and fascinating, with multitudinous pointed epigrams which cannot fail to tickle the risibilities of an auditor, furnishing snap aplenty between the lovely, haunting strains which dominate the score, this comic opera comes with practically the complete original cast which was seen during the long run of the play at the Cort theatre, Chicago.

"The Princess Pat" has a tangible plot. The young person in question is a sparkling, vivacious Irish lass. Her particular girl friend, Grace Holbrook, is engaged, for financial reasons, to a widower of sixty years, a millionaire. She does not love him, but is infatuated with his son. In order to arouse her apparently indifferent husband and at the same time help her friend escape a distasteful engagement to wed, Princess Pat is a flirtation with

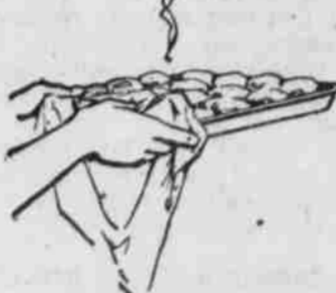
as is characteristic in comic operas, all ends happily. Every one of the twenty musical numbers is a gem. Among the most popular are "Allies" "I'd Like to be a Quilter But I Find it Hard to Quit," "Love is Best of All," "All for You," "Two Laughing Irish Eyes," "In a Little World for Two" and "The Shoes of Husband Number One as Worn by Number Two."

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YOU MUST DO SO TO HAVE IT TOMORROW.
BANK WITH US

THE 96-223 First National Bank of Springfield, Oregon

Faith Your Grocer

If there is any store you must have faith in, it is your grocery store. That store supplies the food for you and yours. The health of yourself and your family depends on what your grocer furnishes you. We know our groceries are fresh and pure. That's why we keep telling you week after week, that our store is the place for your trade. Try us once.

The Fifth Street Grocery

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NEW SERVICE: We are authorized under the Federal Reserve Law to act as an Executor, Administrator, Guardian or Trustee. This is a new service our officers will be glad to discuss with you.
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Is given all your advertising matter and other printing by the work of skilled, tasteful craftsmen, using up-to-date type, machinery and judgment. There is no place now-a-days, for any but the best printing you can get—the class of work executed here.

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