



## About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

### THE SEWER

The large bowel, the colon, is the principal sewer of the human body. If the main sewer of a city becomes obstructed for long, its tributaries are soon over-loaded with impurities, stagnation results, and the health of the town is seriously endangered. So it is with the human body; the health and vigor of the entire being are undermined, when the main sewer is not functioning. We call such a condition constipation; I wish I could think of a term that conveyed more of a warning to the victim of his own inattention.

I believe I am safe in saying that, if the colon is kept in proper condition, eighty per cent of our chronic ailments would never appear; isn't that sort of reward big enough to be worth contending for? Isn't such a prize worth the effort? The chief cause of constipation is neglect. What species of neglect is fraught with more danger? Where is the profit, if we gain a fortune and lose the health?

Do you drink at least six to eight glasses of water daily? Do you take the necessary active exercise? Do you drink two or three glasses of water as soon as you leave your bed each morning? Do you eat plenty of fruits, green vegetables, coarse breads, and cereals? If you do, you are cutting out over fifty per cent of your doctor's bills. You are prolonging life by the best possible method; you are keeping your body in the best possible condition to resist infection, especially if you supplement your dietary conduct with plenty of refreshing sleep. I wonder if you included any of the above regulations in your New Year resolutions for 1927?

Visit From Silverton — Grover Brown and family of Silverton visited over the week-end with J. H. Hickson and family of Springfield.

### WEATHERSON GIRL IN PLEA OF NOT GUILTY

Miss Harriet Weatherston today chose a separate course from that of her recent fellow-fugitive from justice, Henry L. Bergman, when she pleaded not guilty to charges of embezzlement of the funds of the Florence State and Savings bank, of which she was cashier and Bergman president. The latter pleaded guilty to charges in grand jury indictments, and will hear sentence Saturday morning at 10 o'clock.

Miss Weatherston was released today on \$15,000 bond, \$10,000 of that

amount being raised by her mother. She also gave \$30,000 security.

Two charges, one of embezzlement of more than \$13,000 and the other of making a loan when the bank's reserve was below the legal limit, have been preferred against Miss Weatherston. Another charge, involving the theft of the automobile in which she and Bergman drove to California on their recent flight across the continent, is being held in abeyance.

The Bergman-Weatherston case has attracted widespread interest since an alleged holdup of the bank in January, followed by the disappearance of the banker and his cashier, who were traced by detectives to

Birmingham, Alabama. When they returned this week in sheriff's custody, Mrs. Bergman was at the train to meet her husband and there was evidence of affection in her greeting.

### Correction Made

An article in last week's issue of The News regarding the closing of the Lane County Consolidated Creamery was misleading in that it stated the creamery shut down when unable to meet a mortgage held by the Commercial State bank. While a mortgage was held by the bank, it was its inability to meet other obligations, that brought about the closing of the creamery.

### THIS FOOD IS PUT UP IN A VARIETY OF FORMS

WHEN a food outgrows its stage of being a delicacy and becomes so universally used as to be a staple, a demand is created for various forms of that food on the market. Not so long ago, tomatoes grew in old-fashioned gardens as "love apples," to be looked at but not eaten. Later it was discovered they were good to eat. The first tomatoes canned were a delicacy, but today, tomatoes can be bought in some dozen different forms — ranging from whole tomatoes to tomato paste.

Pineapple used to grow in royal gardens under glass. When it was discovered that Hawaii could grow better pineapple in the open fields and ship it, sun-ripened in cans, pineapple was a delicacy. Today, with the discovery that pineapple is a complement to meat and vegetables, it is known, also, that it contains valuable food elements. It is not only a delicacy but an important food product and is packed in a variety of forms, ranging from sliced pineapple to the pineapple juice.

The most popular forms in which Hawaiian pineapple is available are sliced, crushed, "tid-bits" and broken slices, and pineapple juice. Both sliced and crushed pineapple may be had in what is known as "fancy," the choicest pack, and "standard," almost as choice but

costing less, and very delicious. Crushed pineapple is primarily a culinary ingredient. It is just as choice as the slices—in fact, it is even better as far as flavor is concerned as it comes from the outer portion of the pineapple, nearest the shell and this shell is nearest the sun.

The juice is pure juice of the pineapple, unsweetened so that it can be mixed with other liquids in sundaes, pudding sauces, etc. It contains all of the rich mineral properties and vitamins which make pineapple so vital a part of the health diet.

Pineapple is put on the market in various size cans. They are: Buffet can, containing five slices of pineapple or nine ounces of the crushed product; No. 1 1/2, a slightly larger flat can containing six larger slices; No. 2, a tall can, containing ten slices, or one pound of crushed; No. 1, a tall can, containing nine slices of pineapple, or eleven ounces of crushed; No. 2 1/2 can, containing eight large slices of pineapple or one pound five ounces of crushed pineapple.

Pineapple tid-bits and pineapple juice are obtainable in No. 2 tall cans. These tid-bits are especially suitable for salads or any dish in which small pieces of pineapple are needed.

### WOODCRAFT MEMBERS TO HAVE POTLUCK DINNER

A potluck dinner will be enjoyed by members of the Neighbors of Woodcraft at the next meeting to be held March 23. The families of members have been invited, and members are asked to bring individual sandwiches for the families and one covered dish. A committee in charge is composed of Flora Streamer, Ida Swartz, Elsie Lambert, Mrs. James Laxton, Nellie Hildebrand and Mrs. Hurbutt.

District Organizer Stella Blakaby was present at last night's Woodcraft meeting, and announced that the district convention will be conducted at Bandon June 6 and 7. Mrs. Josephine Arthurs was initiated. At the next meeting Mrs. Iona Bryan and Mrs. Daisy Pugh will be initiated.

### Mill Men To Dine

Employees of the Booth-Kelly Lumber company will gather for an informal dinner at the Drop Inn on the evening of March 14, according to announcement. The dinner will start at 7 o'clock, with D. W. Crites as master of ceremonies.

FOR SALE—Payroll sheets, printed in stock at the News office. Form suitable for road, construction work, sawmills, etc., with table to compute workman's compensation and deductions. No employer should be without these forms when they

### SPRINGFIELD PLAYS LEBANON ON FRIDAY

The last basketball game of the season is scheduled for tomorrow night, when Springfield tackles Lebanon on the Strawberry city floor Tuesday night, the locals lost to University High, 11 to 25, at Eugene.

### Girl Scouts Working

Three Girl Scouts are collecting clothes for distribution to the needy through the medium of the Red Cross. Garments may be left with Adeline Perkins, chairman of the committee, at 603 Fifth street.

Mothers have been urged to come and see the work being done by the girls. Visitors at the last meeting were Mrs. S. D. Read and Margaret Jarrett.

### Royal Neighbors Meet

A meeting of the Royal Neighbors was held at the J. A. Morelock residence yesterday. Pins were shaped for the district convention at Marcola March 21. The next meeting will be April 13 at the residence of Mrs. D. W. McKinnon.

Petteplace Returns—Dr. Carl Petteplace has returned to his practice here after six weeks spent studying obstetrics in New York City.

FOR SALE—Carbon paper in large sheets, 26x39 inches, suitable for making tracings. The News Office

# New Goodyear Value for Ford and Chevrolet Owners

Goodyear has developed a Balloon Tire tread which matches the Goodyear Balloon Carcass of Supertwist Cord.

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