

Ease And Health Closely United

Proper Use of Leisure Time Discussed; Advantage of Pleasing Hobby is Told

By FREDERICK D. STICKER, State Health Officer

It is not sufficient to know how to work well, it is necessary to know how to play well in order to maintain the best of health...

Young persons frequently through lack of time or inclination do not know what it is to have spare time on their lives...

Many Opportunities Here

The boundless opportunities of a rich country like the United States the expansion of its industries and the accumulation of riches by the million people has resulted in a race trained to work but not in ways of spending leisure time profitably.

In the older countries opportunities for the profitable use of leisure have reached higher levels.

It may be that in the United States today a high price is being paid for this neglect of leisure. Failure to live in accordance with the laws of nature demands its toll if we are to judge from certain results statistically shown in mortality tables.

Hardening of the arteries of the brain is known to be caused by undue strain and stress—too much work and too little leisure. Nervous and mental diseases are increasing in this country.

Many persons in the United States today through too close application to business with too little ease are working under undue strain. They are predisposing themselves to mental and nervous disorders. It is high time that the matter of ease and leisure be considered a public health problem.

Stop, look and listen! Make a profitable use of your leisure time.

ANNUAL O. N. G. REVIEW WILL BE HELD JUNE 25

Invitations to attend the annual review and combat demonstration of Oregon National Guard troops at Camp Clatsop, Oregon, on Saturday, June 25, have been received from the commanding general of the Guard. The demonstration and review will start at 2:30 o'clock and is open to the general public.

DISTURBING THE PEACE COSTS \$50 FINE HERE

Andy Ludkins of Eugene was fined \$50 in recorder's court Monday when he was arraigned on a charge of being intoxicated on the streets and disturbing the peace. He was arrested late Sunday evening by Night Officer Cowart. A companion with him escaped from the officer and has not been apprehended. A pair of glasses belonging to him await him at the city hall any time he wants to call for them says Lum Anderson, police chief.

POULTRY PRODUCERS CANCEL SUMMER MEETS

Summer educational meetings of Eugene Poultry Producers' association, composed of leading Lane county poultry producers, have been cancelled until September it has been announced by R. B. Nelson, president. The first meeting of the group will be held on the second Tuesday in September, he has announced.

'WILD CAT' PETE WRESTLES FRIDAY

Surfboard Hold Specialist Returns From Tour of Country to Liven Interest in Lane

George 'Wildcat' Pete is back in Lane county and will be one of the main events in a wrestling match to be sponsored at the Eugene Armory Friday evening by Herb Owen, promoter for the Eugene Wrestling commission. His opponent Friday will be none other than Pat Reagan of Casper, Wyoming. They will wrestle, struggle, or call it what you will, for whatever time is necessary for the winner to take two out of three falls.

The special event on this card also promises to be something unusual. At least there will be some new faces for the wrestling fans to watch. Owen has announced that Bobby Thorenson of Tacoma, will be here to meet either Indian Joe Corbett, or Bulldog Jackson. These men are strangers in Lane county and their visit will arouse considerable interest.

Walter 'Sneeze' Achiu, Oriental wrestler, who has been making the wrestling cards in Eugene somewhat interesting for the fans because of his habit of winning all his matches, will probably be the next to meet Pete in Eugene.

Pete has long been a favorite with the Lane county fans and has been away for a long time. He owns his own home in Eugene and spends his time there when not traveling. He is the originator of the surfboard hold which he has made popular wherever he has been.

FORMER RESIDENT IS ENTERTAINED SATURDAY

Mrs. Maggie McLagan was hostess at her home Saturday afternoon at a social honoring Mrs. H. M. Ebbe of North Bend who with her two daughters, Mildred and Shirley, were week-end guests at her home. The afternoon was spent with needlework and conversation. Guests were Mrs. N. L. Helterbrand, Mrs. Bessie Smith, Mrs. E. W. Albers, Mrs. Guy Halsey, Mrs. I. A. Valentine, Mrs. H. H. Schaffenberg, Mrs. Walter Scott, Mrs. O. H. Smith, Mrs. W. K. Barnell, and Mrs. W. N. Williams. The Misses Pearl and Jewel Helterbrand assisted the hostess in serving the refreshments.

Portland Man Here—Hal Zerung of Portland was a visitor in Springfield Saturday afternoon.

Chemical Industry to Aid the Farmer

By CALER JOHNSON

If Theodore Swann is right, the ten-year period on which we are now entering will be known as the chemical decade, as the ten years from 1920 to 1930 were the mechanical decade. I had a visit the other day with Mr. Swann, who is the head of one of the most extensive organizations manufacturing chemical products and engaged in chemical research, and he told me the direction in which the minds of industrialists and inventors are turning.

That direction is very strongly toward the commercialization of products of the chemical laboratory, to provide new materials and new forms of finished products, better and cheaper than the materials and products whose place they will take. And the most interesting phase of this chemical revolution, which is now well under way, is that it promises to give a wider and more profitable market for the products of the land than the farmer has ever had.

"Few people have any idea of the extensive part which chemistry plays in modern industry," said Mr. Swann. "But if we look around us we see many familiar things which came originally out of the chemist's laboratory and which illustrate what I mean. Take for example the chemical compound known as bakelite. Perhaps the average person doesn't know it by that name, but it is a chemical product which has almost entirely supplanted the use of hard rubber and of celluloid for almost all of the purposes for which those products were used.

"Everybody is more or less familiar with the new kinds of building materials and wall boards made from sugar cane fibers, sawdust and similar by-products. All of those came out of the chemical laboratories. There are, literally, thousands of chemical products which will come into use in the next ten years, which the chemists already know how to produce, and which only wait upon either a sufficient supply of raw materials or the perfection of methods of making them in quantities cheaply to come into general use.

"And almost every one of these new products of the chemist must depend upon the farmer for its raw material. The great problem of the farmer today is how to dispose of his crops at prices above the living level. Production has outrun the consumption demand for farm products in the forms in which they have customarily been used. But chemistry is opening new outlets by developing new uses for farm products.

"Take the low-grade, fast growing pine trees of the South, for example. They grow on waste land and, except for a very limited demand for fuel purposes and in some sections the production of turpentine and resin, they have produced no income, whatever, for the farmer on whose lands they grow. But now chemical science has found a way of making paper from the fiber of these pine trees. Paper mills have already been built to utilize them. Chemists are working with what seems to me a certainty of success, on methods of improving the quality of this paper until it can compete with paper made from northern spruce. It takes thirty years for spruce to grow, while the pine reproduces itself in fifteen years.

"That is only one example of what I mean by agricultural products as raw material of chemical industries. Cotton, of course, has never been anything but a raw material for industry, but we have developed through chemistry new uses for cotton, in the manufacture of a wide range of products which come under the general head of cellulose. That includes such things as artificial silk and transparent films for wrapping all sorts of commodities. The latest chemical industry based on cotton is the production of xylene, from cottonseed hulls, which have heretofore been a waste product. Xylene is a kind of sugar which is not absorbed into the blood. Hospitals and medical schools are testing it now to find out whether it has any possible injurious effect on the human system. If it has not, then there will be an enormous demand for xylene, from people who are fond of sweets but who ought not to eat ordinary sugar. Imagine candy that a lady can eat pounds of every day without getting fat! One of the most prevalent diseases in America is diabetes, which is the effect of too much sugar in the blood. Perhaps xylene, made from cottonseed hulls, will provide all the sweets that a diabetic patient desires, and even prevent the spread of this disease.

"Another new kind of sugar is levulose, which already has a very wide use in industry, and chemists have found a way of extracting levulose, from Jerusalem artichokes, giving a new value to that easily grown crop. One of the largest chemical industries is the manufacture of paints and varnishes, and one of the best oils for use in that industry is the product of the nut of the tung tree, which formerly grew only in China. Now we have introduced the tung tree into the United States and a large industry has already developed in the production of tung oil from the product of American farm lands.

One of the big industrial developments close at hand, Mr. Swann believes, is the use of plastic materials instead of wood, plaster and metal for the manufacture of all sorts of furniture and interior decoration. The fine art of the wood carver's art can today be reproduced to simulate the most beautifully grained wood, and the resulting product is not only fireproof, but almost unbreakable. New chemical methods have already produced substitutes for china and glass which are made in beautiful colors and which are also absolutely unbreakable. It is quite possible that our grandchildren may look back with commiseration upon the primitive people of this generation, who used such fragile things as china and glass on their dining tables.

I asked Mr. Swann whether he agreed with Henry Ford that the solution of our industrial-economic problems is to be found in providing every industrial worker with an opportunity to obtain his living direct from the land.

"I think that is the soundest program possible," said Mr. Swann. "The man who has nothing to fall back on in times of economic distress is in a bad position, whether he is a farmer or a factory worker. The lesson that farmers are learning is that they cannot depend upon a single cash crop, but must diversify their farming operations so that they can at least get a comfortable living off the soil, whether they sell any of their product for cash or not. It seems certain that the industrial worker who has enough land on which to keep a few hens and a pig or two and perhaps a cow, and to grow enough food for them and garden products for his family does not need to worry much whether the factory shuts down for a while or not. And the time is bound to come when anybody with a few acres of land can grow some kind of a cash crop which will find a ready market in the great chemical industries that are now in their infancy."

"Live Within Your Income, Cultivate a Satisfactory Hobby, Make Living an End in Itself, and Find some Altruistic Interest Outside of Your Own Life," were the four rules set forth by the Eugene pastor.

SERVICES AT METHODIST CHURCH ANNOUNCED

"The Hazard of Following Christ" will be the subject of the morning service at the Methodist church Sunday. The evening sermon subject will be "Religious Hunger." Rev. Dean C. Poindexter will preach both services. The church school meets at 9:45 and both the junior and senior Epworth Leagues meet at 7 o'clock.

Rev. Poindexter will go to Portland Tuesday to attend the annual conference of the Methodist church for Oregon at the Centenary Willamette church.

LARGE SALMON CAUGHT NEAR HAYDEN BRIDGE

A salmon weighing 41 pounds was caught in the McKenzie river near Hayden bridge last night by H. H. Schaffenberg of the Mountain States Power company. Mr. Schaffenberg stood on the bridge and let his line float down stream. This is the second salmon has been caught recently.

Walterville Man Here—Will White of Walterville was a business visitor in Springfield on Saturday.

McKenzie Valley

Mrs. B. F. Minney is very ill at her home at Vida.

A surprise party was given for Rev. Ralph Clark, pastor of the Presbyterian church of Walterville at his home at Santa Clara Wednesday evening by members of the congregation.

Members of the Deerhorn P. T. A. will sponsor an ice-cream and strawberry feed there next Wednesday evening.

The road along the south side of the McKenzie river from Hendricks bridge to Emerick's ferry has been repaired and is now passable as far as the ferry.

Thurston

Mrs. John Price and daughter Mildred, motored to The Dalles last Thursday and met Mrs. Arch Shough and daughter, Patricia, who have been living in Washington for some time, they returned home with them for an extended visit.

Thurston baseball team defeated Westfir team on the local diamond last Sunday.

Mr. and Mrs. Doolittle and son, Hugh, from Cottage Grove, are visiting Mrs. Needham since Monday.

Mr. and Mrs. A. W. Weaver are planning on going to California next month. Their daughter and husband, Mr. and Mrs. Dave Weaver, are planning to drive up for them from San Francisco.

NEW CLUB TO HEAR REPORTS ON BOOKS

Members of the Happy Hour club of Springfield will hear a review and talk on some of the new books for adults and children given by Mrs. Marian Powell Wildman of the book department of McMorrin and Washburne store in Eugene next Tuesday when the club is entertained at the home of Mrs. John F. Ketels. A short business meeting will also be held the same afternoon.

Civic Club Will Picnic June 28

Final Meeting of Season Held Tuesday; Committee Will Make Outing Plans

Springfield's Civic club will hold its annual picnic on June 28, as the closing event of the year's program it was decided Tuesday afternoon at the monthly meeting at the Community all. Mrs. C. E. Wheaton and Mrs. D. O. Fisher were named on a committee to make necessary arrangements. The place is to be announced later.

A permanent program committee for the next year was named Tuesday and has the following members: Mrs. J. Fulop, Mrs. Mel Rice, Mrs. A. B. Van Valzoh, and Mrs. Wheaton.

Reports of the Rose Show and Children's parade were heard at the meeting, and the club voted to send a letter of thanks to the Chamber of Commerce for the use of the Community hall rooms for the floral display.

Luncheon was served during the social hour by Mrs. Edward Privat and Mrs. Meda Catching.

Lions Hear Talk By Eugene Pastor

Rev. Cecil F. Ristow Offers Four Rules for Living Successfully in Depression

Four rules of life to follow if one wants to live successfully through the present depression were given to members of the Lions club here Friday noon by Rev. Cecil F. Ristow, pastor of the First Methodist church in Eugene.

"Living within ones income is an accepted necessity, he said. The cultivation of some hobby or other interest which gives you a certain amount of satisfaction without the expenditure of much money is very advisable. It provides a form of rest and recreation one cannot secure any other way.

It is very necessary that we live our lives today and not live for tomorrow, because tomorrow may never come and our individual lives may have been just one hope after another that when tomorrow comes we will then be able to relax and do those things which we desire.

The speaker also stressed the necessity of finding some altruistic interest outside of one's life. It will bring comfort and happiness to the individual and those with which he comes into contact.

In concluding his talk Rev. Ristow said that if he were to make an address How to Live Through Prosperity, he would probably give the same speech, changing only the title.

Several members of the club expressed their intention of going to Klamath Falls on July 12, 13, and 14 for the district convention of the Lions club.

MANY PEOPLE ATTEND RICKARD REUNION SUN.

Nearly 200 people attended the annual Rickard reunion at Idylwood park north of Monroe Sunday. Arnold Tracer, Junction City, was elected president for the next year. Other officers chosen Sunday are: Irvin Rickard, Bellfountain, vice-president; Mr. Rena Edmiston, Thurston, secretary and treasurer. The next annual meeting of the clan will be held at Idylwood park on the third Sunday in June, 1933.

The records of the clan for the past year showed nine weddings, 11 births, and no deaths. There are 405 members of this early family.

Thurston people attending the reunion were Carl and Kenneth Platt, Harvey Calvert, Mr. and Mrs. Ray Baugh, and family, Mr. and Mrs. John Edmiston and family, and Mr. and Mrs. Beals and daughter, Jessie.

MRS. ROBERTS HOSTESS FOR PAST MATRON CLUB

Members of the Past Matrons club of Cascade chapter, O. E. S. were entertained at the home of Mrs. Arthur Roberts Monday afternoon at 2:30. This was the regular monthly meeting. Mrs. Margaret Kenyon will entertain for the members at their July meeting.

COLORED ENTERTAINERS HEARD HERE TUESDAY

A musical program given for the benefit of students attending the Piney-Woods school at Piney-Woods, Mississippi was held at the Christian church Tuesday evening before an appreciative audience. Lawrence Jones, leader of the school was here with the musicians.

Camp Creek Man Here—William Strunk of Camp Creek was a business visitor in Springfield Saturday.

New Log Given For McKenzie

Building of New Road Cutoffs in Last Few Years Cause of Change in Distances

Mileage distances on the McKenzie highway have been changed materially since the re-aligning of the road the last few years. The final rocking of the newly graded stretches are now under way and the whole highway will be completed to state standards this year. The following mileage distances are now shown in a log of the highway released by the state highway department:

- .00 Junction at Springfield bridge
1.8 East Springfield city limits.
2.28 Maple school.
2.38 Wendling R. R.
4.84 Thurston road.
9.73 Cedar Flats road.
10.21 West end Hendricks bridge.
10.50 East end of Hendricks bridge.
10.90 Road to Easton place.
11.93 Walterville.
16.60 Deerhorn Sanitarium.
18.09 Power Plant.
18.91 School.
19.23 Johnson Creek.
21.42 Ward bridge at power canal.
21.64 Montgomery creek.
23.17 Fish Hatchery.
23.39 Hatery creek.
23.71 Finn creek.
24.82 Indian creek.
25.38 Gate creek.
30.17 Bear creek.
33.96 Nimrod road.
38.44 Elk creek.
39.93 Blue river.
42.22 Forest boundary.
46.18 Belknap bridge for So. Fork.
48.21 Cascade Resort.
49.61 Road to Foley Springs.
49.67 McKenzie Bridge.
52.01 Paradise Ranger station.
55.00 Belknap Springs road.
57.87 White Branch creek.
62.29 Waterfall Camp.
64.72 Alder Springs.
66.00 Upper Alder springs.
70.37 Scott Lake road.
71.38 Pole Bridge.
73.68 West Lava.
75.67 Lane-Deschutes line.
76.32 Cascade summit.
88.26 Trout creek.
89.03 Forest Boundary.
91.73 Santiam Road.
91.88 Sisters.
99.18 Deep Canyon.
101.15 Deschutes river.
111.55 Dalles-Calif. highway at Redmond.

Upper Willamette

The annual Trent community picnic will be held Saturday, June 21, at the picnic grove at Trent, starting at 10 a. m. A complete program for the day has been outlined. Mrs. Vera West is chairman of the committee in charge of the event. A big picnic luncheon will be served at noon. An orchestra will be a feature of the program. Following the dinner a "playugly" will be held. This consists of a parade with the participants dressed in costumes, and wearing faces. Baseball games and races will follow.

Carl Linton and bride of Oriand spent the week-end at Pleasant Hill at the home of Ludwig Miller. Mr. Linton was formerly a resident of Pleasant Hill graduating from the Pleasant Hill high school four years ago. He is now taking aviation training and plans to enter the air-express business.

Taylor Circle a former resident

of Pleasant Hill visited friends at Pleasant Hill Sunday. Mrs. J. A. Phelps of Pleasant Hill is expecting her sister, Miss Leola Ewbanks from California this week. Mrs. Body Walker and baby boy who have been visiting at the home of Mrs. C. E. Jordan have returned to their home in Coos county.

The Hills Creek Lumber Co. baseball team were defeated by the Hellig team of Eugene by a score of 4 to 1 at the Pleasant Hill baseball diamond Sunday.

P. N. Laid of Edenville began cutting his alfalfa hay this week.

Bernice Ingalls who has been visiting at the home of her aunt, Mrs. Clarence Daley returned to her home at Port Orford this week. Mr. and Mrs. E. B. Tinker will leave Friday for San Francisco.

California, on berry business. Douglas Kabler and Harriett Brabham who graduated from Normal this spring have returned to their homes at Pleasant Hill.

There will be a Children's day program at the Pleasant Hill church Sunday night. There will be no sermon.

The girls of the Pleasant Hill Intermediate Christian Endeavor plan to entertain the boys of the Endeavor at the supper and swimming party at Dilly's River ide park Friday, June 24.

Daughter Born

Mr. and Mrs. Ernest Matthews of Coburg are the parents of a baby daughter born to them at 754 West 12 street in Eugene on Thursday, June 9, 1932.

BEST BY TEST Not in limericks, poetry or song does Violet Ray gasoline excel, but in actual performance in your motor. It goes farther and gives greater satisfaction than any ordinary gasoline yet it costs no more. This station is prepared to make any repairs your car may need as well as furnish you complete service. Drive in. "A" Street Service Station 5th and A Streets Springfield

Pure Smooth Delicious After a hard day's work or a long drive nothing cools you off and is quite so refreshing as a dish of Eggmann's ice cream. Rich in cream content our ice cream is pure, smooth and delicious. The kind every-body likes. Cold drinks, too, always on tap. EGGIMANN'S "Where the Service is Different"

Friday and Saturday 77c Days Two Days of Sensational Values... The Golden Rule Rulers of Low Prices 1015 WILLAMETTE EUGENE

Sunburn, Insect Bites etc. This is the time of year when one is in the open enjoying nature. But to enjoy it most one can't be bothered with sunburn, insect bites and other irritations contracted in the open. We have the remedies that stop these hurts in a hurry. Ask us, we're always glad to serve you. KETELS DRUG STORE

C. J. Breier Co. 968 Willamette Street Store will be closed all day today preparing for SALE to Start Friday morning at 8:30. Watch for advertisement in Eugene morning paper.

Business Always Looks Dark To He Who Waits for Action The trade does not know what you have to offer unless you tell them... day in... and day out. Give your business a reputation for being up and doing by keeping the people informed of the many bargains to be had in your store or shop. There is character in good printing. Let us demonstrate that fact. We specialize on: Booklets... Pamphlets... Letter-heads... Catalogues... Broadrides... Bills... Office stationery and forms of all kinds... Phone 2, we will Call The Willamette Press - - South 4th St.