

THE IONE INDEPENDENT

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Friday, Nov 7, 1930.

RESOLUTION CONCERNING FOOD FADDISM
Adopted by the House of Delegates in Session at Portland Oregon, September 19, 1930

WHEREAS:

Much misinformation is promulgated today on the question Oregon State Medical Society of diets, etc. causing the introduction of many diet-food fads.

Very few of these fad foods can take the place of the older staple foods, good meat, dairy products, green vegetables, fruits and the better grades of bread.

Any balanced diet should contain animal protein, fruits, vegetables, especially the leafy vegetable.

SOLVED THAT:
We desire in the public interest, to place on record that when employed in mixed diet is responsible for certain grave illnesses, is not supported by scientific facts.

our opinion:
1. The exaggerated claims for various fad foods are entirely unwarranted by scientific evidence or practical experience; meat or any other staple food, and the advertising and other

quate vitamin and mineral salts, which will insure adequate, digestible fat such as butter-fat, and sufficient of the digestible carbohydrates to afford readily available energy.

2. Carbohydrates, including sugars and starches, but especially starches, furnish the American public their main fuel for energy, the quantity varying with the amount of physical activities propoganda furthering their substitution for the older articles of diet should be condemned.

3. The danger of nutritional deficiencies has been grossly exaggerated. No one food is a perfect food; but a diet consisting of dairy products (especially milk), leafy vegetables, fruits, meats and easily digested starches

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RESOLUTIONS

or heat and energy, furnishes an excess of all food factors necessary for proper growth and nutrition and resistance to disease.

3. Any variation from normal diet should only be prescribed by a properly trained physician after a careful study of the dietary requirements of the individual seeking advice.

Chateau of Knowledge

The speculative mind of man is like a colossal chateau set on a hill. It is surrounded by perpetual darkness. The chateau has countless windows facing in all directions. There is, at first, but one light, a flickering glimmer, in one small window level with the ground.

As ages pass, another window slowly lights up. Gradually, as time flows away, a thousand windows in the chateau flame with light. Tower windows begin to glimmer. Finally, the whole chateau is a blaze of light. For behind each window a mind labors in a small dark room shaped like a human skull to create a light of its own.

From the tower windows the lights gash the dark for a great way. But the most powerful light from the largest window is merely an inch trying to eat the infinite.—The Thinker.

Carrie Nation Honored

After her death, Mrs. Carrie Nation's portrait and a hatchet which the police had taken from her were placed in the archives of the Kansas State Historical society at Topeka, and a memorial fountain was erected on the spot where she was first arrested in Topeka.

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Carpenter Work, Painting, Paper Hanging and General Repair Work.

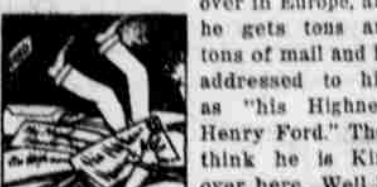
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Star Brand shoes at Bristow & Johnson's

SAYS WILL ROGERS



BEVERLY HILLS.—Well all I know is just what I read in the papers. See where Henry Ford is prowling around over in Europe, and he gets tons and tons of mail and its addressed to him as "his Highness Henry Ford." They think he is King over here. Well he is not exactly what you might refer to as one of our mental Subjects. Over in a Museum in Berlin they have the first car made in Germany, and perhaps the World, for it was made in 1885, it only had three wheels. It was the "Benz" made by Karl Benz. But up to going to press he has not been able to get it.



Was you ever through that place in Derborn where he has all the old Vehicles stored? If you rode in your young days in an old wagon, or sled, or a buggy and have in your old years of reminiscing wondered what become of it its right in Henry Fords shed. I never saw in all my born days as much plunder as there is in there. Old thrashing Machines, dozens of em, old saw mill engines, old Fire Engines, Old Handson Cabs. Everything under the sun that ever dragged one person from one place to another is in there, so I can sure imagine how he must have wanted that old crate.

Well Sir before you know it there will be another election along to poster us. What they have those things for nobody has ever been able to tell. Its just to distribute the jobs around so one man wont have it all the time. Most of the men that are in are trying to stay in and all that are out are trying to get in. This is what they call an off year. What they mean by that is everybody is running but the President.

These off years the Democrats generally make a pretty good showing, and this fall looks like their chance to get a gang of Guys in the Senate and House. Of course they will offset what advantage they have by splitting among themselves, on the wet and dry plan. They will make that an issue when its only a habit.

Funny race up in Massachusetts. They dug up a fellow named Coolidge, an Irishman, and a Democrat. He used to be Mayor of Pittsburg, along when Calvin was Mayor of Northampton. They claim this fellow is no kin to Calvin. But I know one time up in Vermont I was playing a town. I think it Rutland or somewhere, and in my audience that night, I had been tipped off was a first Cousin of Cal's and he was a Democrat, and I had a lot of

some one has not proposed that we remedy this by repealing the law against murder. Darrow tells us that prohibition makes men intemperate. "They get it so seldom that it makes them gluttonous when they do get it."

"It is such a novelty." Yet he tells us he doesn't know anyone who doesn't have it. He hasn't been to a party for years that they didn't have a lot of booze around.

To our simple way of thinking it seems hard to understand how a thing could be so very scarce, a novelty in fact, and at the same time be so common and so plentiful.

Cultivate Patience
Patience serves us against insults precisely as clothes do against cold. For if you multiply your garments as the cold increases, cold cannot hurt you; in the same way increase your patience under great offenses and they cannot hurt your feelings. —Leonardo da Vinci.

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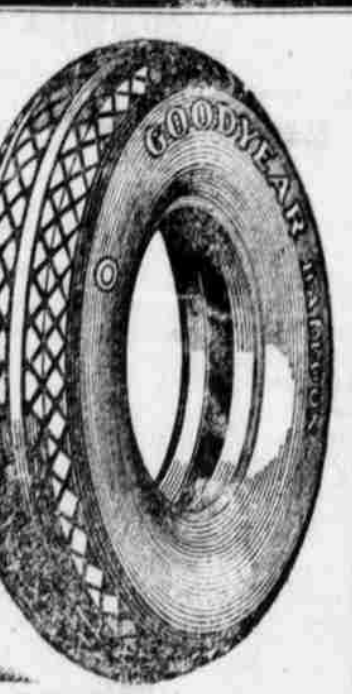
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