



DR. H. M. MASSEY is a College Graduate in Dentistry, registered in Oregon, and has had several years experience, and has come to Tillamook County to make it his future home.

WISE and MASSEY, DENTISTS,
and owners of
Bar View Tent City.



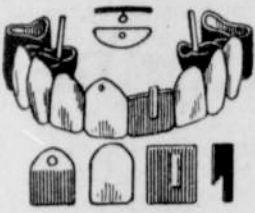
DR. W. A. WISE is the same Dr. Wise who practiced dentistry in Tillamook County a few years ago, and will be pleased to again wait on those who desire his professional service.

We have Dental Offices in Tillamook, Bay City, Bar View and Cloverdale, and are equipped to do all kinds of Dental Work as good as it can be done anywhere.

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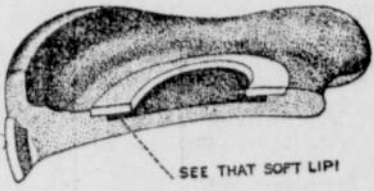
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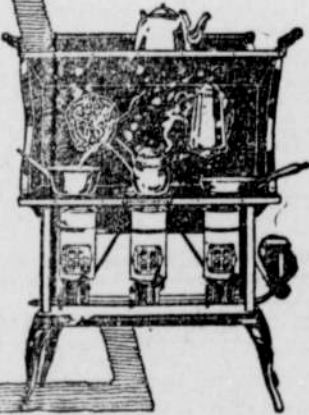
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Salem, Oregon.—"As a spring tonic, to build up a weakened, run-down system, and to give one an appetite, I found Doctor Pierce's Golden Medical Discovery good. A friend had recommended it and I found it all that she claimed for it."—MRS. JAKE GINDER, 1506 S. Bellview Street.

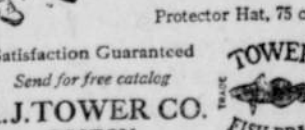
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AND
COUNSELLOR-AT-LAW.
TILLAMOOK BLOCK,
Tillamook Oregon.
ROOM NO. 201

BEER BILL IS PROPOSED.
Movement to Permit its Manufacture in the State.

As has been expected a proposed amendment to the prohibition amendment to the state constitution to permit the operation of breweries, has made its appearance. That such a measure would be submitted to the people through the initiative has been street gossip since the prohibition amendment was adopted in 1914. The following statement has been issued by those in charge of the movement, with the proposed initiative measure:

We, the undersigned, feel that there is lack of logic even from a prohibition point of view, in allowing beer and intoxicating liquors to be brought into the state, yet to forbid the manufacture of beer in the state. We have undertaken to put on the ballot an amendment to the prohibition amendment, giving to the Oregon farmer, hop grower and brewer an equal right with the outsider. We have constituted ourselves a general committee favoring this amendment, and submit to the public our reasons as follows:

First. A law which permits the consumption of liquor brought into the state from the outside, yet discriminates against even a light beer made in Oregon from Oregon barley and hops, is neither logical or just and seems to answer no good purpose whatever.

Second. We believe it is not even good temperance reform because it inevitably encourages the importation of the strong spirituous liquor on which transportation charges are less and discourages the use of a light, non-intoxicating malt liquor. In other words, it forces a consumption of whisky instead of a consumption of beer.

Third. It drives thousands of dollars out of the state, which if beer drinking is to be permitted at all, had better go to Oregon barley and hops.

Fourth. We feel that the true measure of regulation ought always to be based on the amount of the drug alcohol contained in any drink. It seems to us not scientific, nor in the cause of true temperance, to place beer in exactly the same character with whisky and other spirits. We think the two real evils are the saloon and the spirituous liquors, but this amendment does not open up the general question or the general policy. It goes no further than to place the home industry, as to beer, on the same footing with the outsider.

Fifth. By this amendment the amount of alcohol permitted is not in excess of four per cent. This is practically as low as beer can be brewed and kept. We believe and we think the general world agrees that such a beverage is not an intoxicating liquor.

Sixth. It is our opinion, based on the experience of Germany, and the great temperance reforms made in Denmark, Sweden and Norway, by encouraging the brewing of just such a light beer as here proposed, that this amendment will really promote both temperance and moral integrity. This is one of our strongest motives.

Those who are interested and have time, men or women, are asked to volunteer as circulators of the petition, but no money will be paid for securing names.

The following is the proposed amendment.
Be it enacted by the people of the State of Oregon, that:
Section thirty-six (36) of Article one (1) of the Constitution of the State of Oregon shall be and hereby is amended to read as follows:
Section 36. From and after January 1, 1916, no intoxicating liquors shall be manufactured or sold within this state, except for medical purposes, upon prescription of a licensed physician, or for scientific, sacramental or mechanical purposes; provided, however, that it shall be lawful to manufacture within this state, fermented malt liquors containing 4 per cent or less of alcohol, manufactured exclusively for shipment outside of this state; and provided further, that it shall be lawful to manufacture and sell and deliver in this state by the manufacturer to any person or individual, in original packages only, such fermented malt liquor, containing 4 per cent or less of alcohol, in such quantity or under such regulations as may be prescribed by law. Until otherwise prescribed by the legislature this right of sale and delivery shall be limited to the same quantity as persons are now permitted to import into the state under existing laws, and such persons may not within any one period fixed by law both import and purchase locally.

This section is self executing and all provisions of the constitution and the laws of this state and charters and ordinances of all cities, towns and other municipalities therein, in conflict with the provisions of this section, are hereby repealed.

"Co-operating" in Mexico.
The reports from Mexico and the Mexican boarder are not indicative of the peace and harmony that Washington seem to believe exists in that region. Two regiments have been withdrawn from Gen. Pershing's force and are now on this side the line, while the main body is moving backward to some point nearer the United States. As the army fell back Mexican soldiers are moving into the territory vacated, and are said to be spreading abroad the conviction that the Americans are in retreat and are being pursued by the Mexicans. Color is given to this by the petty attacks upon detached bodies of the American force by Mexicans who are called bandits, but who are more likely to be under the direction of authorized military leaders. The report that Gen. Cavazos, a Carranza officer, had ordered the eleventh cavalry, under Maj. Howze, to "retreat northward," after demanding the return of corn and horses seized from Villistas, is an indication of the feeling of the Carranza followers, who are said to be "co-operating" with us. It is some satisfaction to hear that all of these demands were refused.

In every way. It fed them; it loaned them hundreds of dollars of American gold; it supplied them with cannon, rifles, shells and powder with which to kill the brave soldiers of the fatherland. Hundreds of thousands of our defenders were killed or wounded by missiles made in the United States.
"We have a greater grievance yet. When the very life of our empire was at stake the government of the United States interfered in an unfriendly way with our effective use of the submarine. It threatened us with war and under duress we had to yield, for foes beset us on every hand. For these wrongs we must have recompense. I am directed by my imperial master to inform you that unless an indemnity of \$10,000,000 shall be paid or pledged within 10 days from this date the German navy will collect this or a greater sum from the seaboard cities of the United States."

With our present unpreparedness what answer could we make to that? We could offer to arbitrate, some one may say, and if we did Germany would answer no, and remind us that we had refused to arbitrate the sinking of the Lusitania.

We should then call in vain on the British allies for aid. "We are done with fighting for a while," they would say. "We have made our peace with Germany and shall keep faith. The United States would not come to our aid when we sorely needed her support. Now she might fight her battles for herself."

Our golden wealth would not protect us then. It would be the lure that brought navies and armies across the sea. We should have to yield or fight. And what manner of figure could the United States cut, starting out to fight the seasoned German legions with a little army that has its hands overfull dealing with a few cutthroats and bandits beyond the Rio Grande?
—Spokesman Review.

Salty Human Beings.

W. A. C. quotes the following from a report of an address by Dr. Woodward:

"We eat so much salt that the South Sea Island cannibals, with a natural appetite, cannot eat us, because, they say, we are too salty. Every man needs twenty grains of salt in a day—he gets about 400. This means that his tissues are invaded by a surplus of salt which cannot be eliminated. The result is a hundred ailments. The excess salt, for instance causes our people to have such brittle bones that when they stumble over something they break a leg or arm.
W. A. C. asks: 1. Do we eat too much salt? 2. Are the above quoted statements correct.

REPLY.

1. Yes.
2. They are correct in part. In part they are incorrect. Animals which eat grass must have salt. Carnivorous animals get all the salt they need from their food. Cannibals are carnivorous animals, but at that there is no proof that they would balk at an Illinois doctor.

Sherman says salt equilibrium can easily be maintained on less than one fourth the amount of salt eaten. When we increase the amount of salt eaten there is an immediate increase in the amount passed in the urine, sweat and feces.

Godall fed a man diet free from salt. The first day he excreted 70 grains of salt; the next day 35 grains. By the twelfth day it had fallen to 2.5 grains.

The body contains 1540 grains of salt. When salt free food is eaten for two weeks the body will lose about 160 grains. Moderate variation in the amount of salt eaten makes no particular difference. If a slight excess is eaten the kidneys and sweat glands throw it off in a few hours.

A great excess increases the amount of tissue burned up. It also throws an extra strain on the kidneys. Possibly people who eat far too much salt wear out and break down earlier than they otherwise would.

The statement that we eat 400 grains of salt a day, that we are pickled in brine, are rather strong.

Punge explains the reason why we call for salt on potatoes and some other vegetables. Potatoes are rich in potash. When we eat them the potash is eliminated as potassium chloride, and, in being eliminated, the potash stimulates the elimination of sodium sulphate. These processes rob the tissues of salt. Salt is craved to repair the loss.—Ex.

Cannery Laundry.

"Terrors of blue Monday for the farmers' wives and the inconvenience of living on the farm will be eliminated," says President W. H. Paulhamus of the Payallup & Sumner Fruit Growers' Association. "Action was taken by the directors of the association at a recent meeting to establish a laundry at one of the canneries and do the washing and ironing of the flat work for the members at 4 cents per pound."

A circular sent to the members a few days ago stated that 5 cents a pound would have to be charged, but on consideration it was found that the work could be done for 4 cents or probably less.

The laundry equipment will cost about \$2000 to install. Owing to the fact that the canneries have plenty of floor space and ample boiler capacity there will be no expense for those items. The main cost will be for machinery.

A laundry in connection with a cannery would not be an experiment, for a farmers' cooperative laundry has been in operation at Chatfield, Minn., for some time and it has proved a great help to the wives of the farmers.

The Democrats would be pleased if they could force the Republicans to make the campaign on foreign relations.

Villa is said to be operating under an assumed name. But Villa under any other name would be just as villainous.