Doctor Tells How to Detect Harmful Effects of Tobacco

Try These SIMPLE TESTS

New York: Doctor Connor, formerly of Johns Hopkins hospital, says: Many men who smoke, chew or snuff incessantly and who are seemingly healthy are suffering from progressive organic ailments. Thousands of them would never have been afflicted had it not been for the use of tobacco, and thousands would soon get well if they would only stop the use of tobacco. The chief habit forming principle of tobacco is nicotine, a deadly poison which, when absorbed by the system slowly affects the nerves, membranes, tissues and vital organs of the body. The harmful effect of tobacco varies and depends on circumstances. One will be afflicted with general debility, others with catarrh of the throat, indigestion, constipation, extreme nervousness sleeplessness, loss of memory, lack of will power, mental confusion, etc. Others may suffer from heart disease, bronchial trouble hardening of the arteries, tuberculosis, blindness or even cancer or the common affliction known as tobacco heart. If you use tobacco in any form you can easily detect the harmful effects by making the following simple tests. Read aloud one full page from a book. If, in the course of reading your voice becomes muffled, hoarse and indistinct, and you must frequently clear your throat, the chances are that your throat is affected by catarrh and it may be the beginning of more serious trouble. Next, in the morning before taking your usual smoke, walk up three flights of stairs at a regular pace, then stop. If you find that you are out of breath, your heart beat is forced, trembling or irregular, you may be a victim of functional or organic heart trouble. If you feel that you must smoke, chew or snuff to quiet your nerves, you are a slave to the tobacco habit, and are positively poisoning yourself with the deadly drug, nicotine. In either case you have just two alternatives—keep on with the self poisoning process irrespective of the dangers and suffer the consequences, or give up the habit and escape the dangers. You can overcome the craving and stop the habit in a very short time by using the following inexpensive formula. Go to any drug store and ask for Nicotol tablets, take one tablet after each meal, and in a comparatively short time you will have no desire for tobacco, the craving will have left you. With the nicotine poison out of your system your general health will quickly improve.

Note—When asked about Nicotol tablets, one of our leading druggists said: "It is truly a wonderful remedy for the tobacco habit; away ahead of anything we have ever sold before. We are authorized by the manufacturers to refund the money to every dissatisfied customer, and we would not permit the use of our name unless the remedy possessed unusual merit." Nicotol tablets are sold in this city under an iron clad money back guarantee by all up to date druggists, including D. J. Fry.

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SOCIETY.

By GERTRUDE ROBISON

SOCIAL events are beginning to take the form of motor trips, lawn parties and picnic suppers, the fair weather and almost unsurpassed beauty of an early Oregon summer being responsible for it. Both the east and west banks of the river abound with ideal picnic spots, while for those who prefer to go farther from home, innumerable roads lead to innumerable fairy grounds where civilization is a thing to be quite forgotten and the sheer splendor of nature the only thing worth remembering.

Last Friday the Live Wire class of the Leslie Methodist church took a camping trip to Taylor Springs on the north fork of the Santiam, which lasted until Sunday night. Hiking and fishing filled the Saturday hours, and on Sunday the regular Sunday school devotions, with services appropriate for Memorial day, were held. Some particularly enjoyable features were the vocal solo by Miss Trestrait of Portland, the three act playlet "The Hand of God" by Myrtle Mason, and the college songs by the students of Willamette university. Enjoying the pleasurable trip were Miss Clara Miller, Joe Grounds, Dot Grounds, Hazel Delaney, Eunice Brown, Bertha Miller, Myrtle Mason, Fay Pratt, Helen Rose, Gladys Barbour, Mildred Wells, Miss Stapleton, Sue Williams, Grace Presley, Grace Trestrail, Agnes Gregson, Glenna Teters, Zeda Rhoten, Lora Purvine, Miss Pruner, Mrs. Belile, Helen Ingrey, Josephine Kooreman, Mr. and Mrs. John Ulrich, Mr. and Mrs. Max Alford, Mr. and Mrs. A. C. Bohrnstedt, Mr. Medler, John Medler, Keith Lyman, Harold Lyman, William Sherwood, Lloyd McIntire, Guy Boice and Ivan Corner.

On Sunday the party was joined by Mr. and Mrs. E. A. Rhoten and family, Mr. and Mrs. J. L. Ingrey and K. B. Palmer.

* * *

This evening at 8 o'clock, Miss Venita McKinney a graduate of Willamette university school of music, will be presented in recital in the First M. E. church to which every one is invited. Miss McKinney is recognized as a musician of rare talent and having appeared often in various concerts and recitals has become a favorite with Salem music lovers.

The program for her recital is:

Concerto, op. 25, in G minor, (Mendelssohn-Bartholdy); 2d piano, Miss Florence Shirley.

Love's Epitome, cycle of songs (Mary Turner Slater.)

(a) Traumerei (Dreams), op. 9, No. 4 (Strauss.)

(b) Nocturne, op. 9, No. 2 (Chopin)

(c) Valse, op. 64, No. 1 (Chopin.)

(a) The Bell (Saint-Saens.)

(b) Sing to Me (Bischeff.)

Hungarian Rhapsodie No. 2 (Liszt)

Miss Evelyn DeLong accompanist.

Liebestraum (Love's Dream) Nocturn No. 3 in E flat (Liszt), Miss Shirley.

(a) Dedication (Schumann.)

(b) O Come With Me in the Summer night (Von de Stucken) Miss Wible.

Momen's Musicaux (Schubert)

Allegro Moveto in F minor

Allegro Vivace in F Minor, Miss Shirley

Serenade, "Chantez, Chantez, Ma Belle" (Gounod.)

(b) Morning (Speaks), Miss Wible

Rustles of Spring, op. 32, No. 3, (Sinding), Miss Shirley

"One Fine Day," aria from "Madam Butterfly" (Puccini), Miss Wible.

Rondo Capriccioso, op. 14 (Mendelssohn-Bartholdy) Miss Shirley.

* * *

Tonight and tomorrow evening Mrs. Oscar Gingrich will appear at the Oregon theater in a presentation of Indian songs and legends. It is quite useless to introduce Mrs. Gingrich to the art loving public, as everyone is acquainted with her marvellous ability, and those who have not had the pleasure of seeing her perform are only waiting such an opportunity as this, to witness the presentation. Her interpretation of Indian pantomime is so original and true to native legend and tradition, that aside from the art value of her offering, the work is doubly appreciated because of its individuality and the exceptional talent of Mrs. Gingrich herself. Miss Ruth Bedford, the popular young pianist, who is rapidly making an enviable reputation for herself in Salem musical circles, will act as accompanist for Mrs. Gingrich.

* * *

The wedding of James H. Campbell and Mrs. Sarah E. Riggs was solemnized at nine o'clock Tuesday morning at the bride's home, 411 North Summer street. The ceremony was read by Mrs. Reynolds of Berkeley, California, an ordained minister and a niece of Mrs. Riggs. Prayer was offered by the Rev. Leland W. Porter, pastor of the First Christian church of this city. Present at the wedding were Mrs. Hastings of Dallas, a sister of the bride; Mrs. Darling, Mrs. Shaw, Mrs. Brown, Mr. and Mrs. Jesse Campbell and Master James Leonard Campbell, Mr. and Mrs. Page and Rev. and Mrs. Porter. A wedding trip to Puget Sound and Canadian points was planned by Mr. and Mrs. Campbell, who left by motor for Portland immediately after the ceremony. The bride is well known in local social and church circles; the groom is a native of Kentucky, and has been spending some months visiting at the home of his son Jesse Campbell. Mr. and Mrs. Campbell will be at home after June 15th at 411 North Summer street, where a host of friends will welcome their return.

* * *

Herbert Nunn of Salem is numbered among the guests who registered at Hot Lake Sanitorium Saturday.

* * *

Miss May Mickey was presented in her graduating recital in piano Tuesday evening at the First Christian church. Miss Mickey is a pupil of the Western Conservatory of Music, which is under the direction of Frank E. Churchill. Miss Mickey is a talented young musician and her well chosen numbers displayed to advantage her skillful technique and sense of rhythm. She was ably assisted by Miss Helen Shaver in humorous readings and by Miss Margaret Wible and Mrs. J. O. Van Winkle in vocal numbers. The program follows:

Mazurka, op. 24, No. 2 ..... Leschetisky
Staccato Etude, op. 37 ..... Friml
May Mickey
O Come with me in the Summer night .....
Margaret Wible
"The Bald Headed Man" (reading)
Helen Shaver
La Campanelle ..... Tanbert
May Mickey
Polonaise from "Mignon" ..... Thomas
Mrs. J. O. Van Winkle
"Cupid and the Cadillac" (reading)
Helen Shaver
Caprice in A ..... Mills
May Mickey

Address, presentation of diploma, Leland W. Porter, minister First Christian church.

GLAD TO PASS IT ALONG, HE SAYS

Elmer Doonan Declares Tanlac Relieved Him Of Rheumatism.

"I am glad to tell anybody about a medicine that did me as much good as Tanlac has," said Elmer Doonan, of 434 Fisher Ave., Detroit, Mich, recently.

"It was what I read in the papers about Tanlac that caused me to try it," he continued, "and I want to pass the good word along for the benefit of others. For a long time I had rheumatism so bad that my hands and wrists would swell up and pain me terribly, and I would hardly be able to sleep at night on account of my sufferings. I would get up in the morning feeling so tired and worn out I could hardly drag myself off to work, I got so bad that I was losing time from my work and simply couldn't keep up.

"After trying everything else without getting any better I got some Tanlac, and it has done me a world of good. I sleep fine, have a splendid appetite, and am entirely relieved of my rheumatism."

Tanlac is sold in Salem by Dr. S. C. Stone, in Hubbard by Hubbard Drug Co., in Mt. Angel by Ben Gooch, in Gervais by John Kelly, in Turner by H. P. Cornelius, in Woodburn by Lyman H. Shorey, in Silverton by Geo. A. Steelhammer, in Gates by Mrs. J. P. McCurdy, in Stayton by C. A. Beauchamp, in Aurora by Aurora Drug Store, in St. Paul by Groceteria Stores Co., in Donald by M. W. Johnson, in Jefferson by Foshay & Mason, and in Mill City by Marketeria Gro. Co.

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MARION RETURNS

(Continued from page one)

reports from the outlying districts, which went almost solid against it.

Precinct 11, Salem, was also the only one to give a lead for the county agriculturist plan, the vote there being 79 to 61.

The soldiers', sailors' and marines' educational financial aid measure is apparently lost over the county, although many precincts gave it a favorable majority.

This kindly letter comes from Corvallis and for the benefit of those who may profit thereby, is printed in full: "When I signed for your paper I told you to stop it when the time was up. But I suppose you have forgotten it as it keeps coming. I have enjoyed reading the Capital Journal very much, but I expect to go away berry picking soon. So I won't be here to get it and I will have to order it stopped. If those nurses at the Waverly Baby home in Portland would keep blackberry jell on hands and give it to the babies when they have summer complaint, there wouldn't be so many die with it. I saved my first born's life with it when she was a baby."

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New Novelty Silks ..... $6.95, $7.50 to $17.50

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