

# Editorial Page of "The Capital Journal"

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Editor and Manager.

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### PELLAGRA, NEW STRANGE DISEASE

Recently two deaths are said to have occurred near Albany from pellagra, a disease which Dr. Harvey Wiley, in a current magazine, declares is "more to be feared than leprosy."

The public health service of the United States has been investigating the subject of pellagra, of which there were 75,000 cases in 1915, ten per cent of them fatal.

"A new and strange disease," writes Dr. Wiley, "which causes 7500 deaths in a year cannot be looked upon with indifference. Yet it is one which may be readily controlled. It is not an incurable disease. It is neither contagious nor infectious. It is a disease which fastens itself upon a system which has not been properly nourished. The healthy human being who has an opportunity of choosing his food in reasonable abundance is not likely to suffer from pellagra."

The results of the Public Health Service experiments indicate a preventive for the disease—namely, a diet containing plenty of protein. People who live largely upon carbohydrates are likely to incur pellagra, which, says one physician, "is not a disease within itself, but an expression of metabolic perversion without a single foreign cause."

The technical language may be interpreted simply: Eat plenty of proteids—which is to say, meat, milk, butter, eggs, beans and peas. It is not the corn-products in themselves which are responsible for pellagra. They are good food. It is the absence of the protein-bearing which ought to go with the corn and other grain products.

Dr. Wiley says vegetarians can avoid pellagra by eating plenty of beans, peas, whole wheat bread and milk.

This is an easy enough solution from the hygienic point of view. There is still the economic question of how the people who have been contracting the trouble in such large numbers are to earn enough to enable them to buy the proper food.

### LIVING ONE HUNDRED YEARS

A specialist who declares there are more centenarians in the world than the general public suspects, and that there ought to be a good many more than there are, lays down the following rules for long living:

- "Be moderate."
- "Do not worry."
- "Take plenty of sleep."
- "Have lots of exercise."
- "Eat plenty of sugar, rice, peas, fruit, potatoes, bread and milk."
- "Eat sparingly of fish and meat."
- "Almost any person with a healthy constitution and following these rules could live to be a hundred," says this authority.

Sir James Crichton-Browne, the celebrated English physician, has declared that it is a "good working hypothesis to regard the natural life of man as 100 years."

These eminent authorities thus remove all excuse for death at the early age of 80 or 90.

The patriarch who has attained his "three score and ten" is but a blooming youth with at least 30 years of hard hustle before him.

But these specialists, who talk so learnedly, are, after all, only theorists. Neither of them have attained to 100 years himself.

For more thousands of years than can be computed men have made it their principal concern to live just as long as they can. Precious few, in modern times at least, have succeeded in passing 100 years. So the secret cannot be as simple as it is seemingly made to appear.

And really it doesn't matter as much how long we live as how well we live.

The mosquito has been accused of a number of things and some of them have proved on him, too. One of these is that he is the principal transportation agent for yellow fever. Now comes Beaurepaire de Arago, of Rio de Janeiro, Brazil, and asserts the New Jersey music box of the Brazilian variety also carries leprosy around in his

baggage. The doctor says he has proved the truth of this in several cases. Time was when stagnant water was supposed to be the cause of typhoid fever, but later advices blame the "skeeter." The fact that the stagnant water was the breeding place of the mosquito, that was the real disseminator of the disease, was what gave the water a bad name, that really belonged to it only in a remote way.

Secretary Lansing has found it necessary to file complaint with the governor of California over the practice of State Secretary Jordan, of issuing letters of introduction to Californians who travel abroad, addressed "To whom it may concern;" and asking that the traveller be "extended every courtesy." Lansing says the letters cause the department much embarrassment as the bearers consider them passports and he also intimates that Secretary Jordan is "butting in." The California secretary says he is not "butting in" and grows rather sarcastic over Lansing's letter. Question: If Jordan instead of answering harshly had turned the other cheek, would that have put Secretary Lansing on "the other side of Jordan?"

Senator Oscar Underwood was Thomas F. Ryan's guest at a dinner recently where \$12,000,000 of incorporated capital was represented and at which he was mentioned as a presidential possibility. A poor place to launch a democratic boom.

Two sets of triplets have been born to a couple at Three Rivers, Michigan. The fond parents probably are happy that they do not reside on the Thousand Islands, remarks the St. Paul Pioneer Press.

"Women readers of newspapers become broad" was a recent headline in an Eastern paper. Which statement, if true, may cause many fair readers of newspapers to give up the habit.

Another "crisis" with Germany is on—and it will probably prove as serious as those we have passed through.



### PROCESSIONAL

The tumult and the shouting rise from Europe's red and harried shore; the kings and captains, to their eyes, are wading in a flood of gore; so let's talk peace, already yet, lest we regret, lest we regret. The nation's honor we'll defend, whenever there shall rise the need; but to this country he's no friend who always wants to die and bleed; let's flaunt no sword or bayonet, lest we regret, lest we regret. The Jingo fierce will never cease berating people safe and sane, who'd rather have the boon of peace than see the landscape strewn with slain; let's gently drown him in his sweat, lest we regret, lest we regret. Build up the army, if you will, and make the navy great and strong; but don't confess a lust to kill, or talk of bloodshed all day long; don't claim that war's the one best bet, lest we regret, lest we regret. Don't be too eager that our sons shall seek the sodden fields of gore, to furnish targets for the guns of men they never saw before; don't whoop for death and death and debt, lest we regret, lest we regret.

### THE RUIN OF BOBTAIL BEND

By James Barton Adams  
In the early day, in our own wild war, we hurried the time along in our western style an' in manner I'll admit wasn't quite long tom, but the life we chose was our own, an' those who thought it was somewhat tame had the right to skate, to pull their freight to a morose latitude. Now I wish to say, in emphatic way, an' with honest intensity, that we've seed the end of fun at the bend—the fun we used to see— for the moral wave that has come to save the camp from a sinful end has proved the ruin, the whole undoing of pleasure at Bobtail Bend. We could drink our booze in a way profane, an' back at the fare games, an' pound the floor till our boots were sore, a-singin' the dance-house dunes. An' we'd scrap an' fight to our hearts delight, with our other innocent sport, with never a fear we would have to square ourselves in the justice court. If a man should scoot down the final chute that leads to the an' by, after leakin' his soul through a piteous hole, there wasn't no use an' cry, but we'd plant him deep for eternal sleep in a respectable sort o' way. An' go on a spree to his memory—an' forget the thing in a day. But the railroad come with the beatin' drum and the singin' Salvation gang. An' the hills all round with the ruinous sound of enserochin' piety bang. An' the eager throng that is drug along in the wake of the host of steam, come a-pourin' in to that nest o' sin in a rather unwelcome stream. We was crowded back from the progress track in a damnably shameful way.

An' compelled to stand with our pistol hand unable to make a play; An' the courts of law, we in sorrow saw lackin' the moral game, An' we darsent make a protestin' break, through a wholesome fear o' the same. The cheery notes of the ol' time boys was drowned by the church's bell, The voice o' prayer riz up in the air instead o' the whiskey yell; An' we heard the cries of the school kids rise an' echo along the stream, An' the sportin' games on the hotfoot dunes, winked out as a pleasant dream. All the boys are gone, have mesundered on, have scattered to other parts, On the ol' hillside lie a few that died—I reckon from broken hearts; An' my race near run, I'm the only one that's left to await the end, An' 'til Gabriel's horn I will sit an' mourn the ruin of Bobtail Bend.

### Defense Will Demand Reopening of Case

Oreville, Cal., Mar. 27.—Although jury argument is scheduled to start today in Rev. Madison Slaughter's trial on a charge of attacking Gertrude Lamson, aged 15, the defense was ready to demand re-opening of its main case when Judge Gregory went on the bench. The pastor's lawyers wanted to produce new witnesses to offset testimony given last week which strongly indicated Gertrude Lamson was at Slaughter's residence November 13 and 14, last, the dates of the alleged offenses. When that matter is disposed of, District Attorney Leonard will open the argument for the state. According to present arrangements, arguments will close Wednesday and the case should go to the jury late Wednesday or early Thursday. Let the Capital Journal New Today Column put your dollars on the right track.

### STATE NEWS

**Klamath Falls Herald:** If big strides are not taken toward the reclamation of the 27,500 acres of marsh land in Klamath county bordering on Lower Klamath Lake, it will not be the result of the Klamath drainage district. The directors of this organization have the support of the other land owners, and they will get the work under way as soon as possible. At a recent meeting the members of the district voted authority to bond the district for \$100,000 to bring about the drainage. The directors will issue these bonds as needed for the work, and therefore will be able to proceed without unnecessary delay.

**Melford Mail:** The Rogue River Canal company is pushing its work on the Willow Springs extension as rapidly as possible, but is short of men. There is no excuse for the presence of an idler in this valley at this time. There is work for every man who desires it. Even the farmers are heard to complain of the scarcity of help this year. Usually the reverse is true. No one has offered a generally satisfactory reason for the existence of that condition at this time, unless it be that the prohibition law has driven the loafers out of the state, as well as workmen of good repute who prefer larger privileges socially and, being footloose, have gone where they can enjoy it.

**Lake County Examiner:** The local forest office has been busy for the past several days sending out grazing notices. The grazing fees should be paid by sending the requisite to the Lumbermen's National Bank of Portland immediately. Applications have been approved by the local office for the grazing of 85,000 sheep and 14,000 horses and cattle in the Fremont national forest during the coming summer. No hogs are allowed to be grazed on the forest. The income from the grazing revenue will be \$12,000, and 95 per cent of this will be returned to the county to be placed in the school and road funds.

**Boost for newspaper publicity,** in Gardiner Courier: "Not a day passes but the Courier receives a request from some one who lives at a distance asking for a sample copy of the Courier, and two or three such requests come times in each mail. In all cases we send the paper. What is the reason for this? Simply that the one who asks for the copy is seeking information concerning this section of the country, and they can get it by no other means so satisfactory."

**Prineville News:** The Swift interests will stock the ranch near Burns, recently acquired, with 10,000 beef cattle, so they have just announced. They will maintain a high standard of cattle and sell only the increases in the herd each year. This means one more big enterprise for central Oregon.

**Baker's metropolitanism** is to be evidenced by the elimination of the useless noises that auto engines are capable of making. Chief of Police Jackson has so ordered.

"With the grain elevator nearing completion at the port dock and Columbia county producing hard surfaced roads to the Columbia, a port owned boat and barge line will be very much in order," says the Astorian.

Work is in progress on the club house of the Roseburg Gun club at Winchester.

The number of contests in the local land office indicates to the La Grande Observer, a very strong desire on the part of some to get back to the soil.

The Medford postoffice will be moved into the new federal building this month and will officially open April 1, six weeks ahead of contract time.

### MT. PLEASANT NEWS

Geo. and Eddie Zimmerman, of Sublimity, spent the past week visiting at the H. Senz home.

W. K. Ray made a business trip to Albany Tuesday.

Frank Habberman and wife and Marguerite Ryan and Lula Clark motored to Salem Saturday.

Mr. and Mrs. Dave Argenter and family are the proud owners of a Ford.

H. R. Shank and wife called at the Mrs. H. Shank home Wednesday.

Miss Ada and Ben Thayer, of Seio, spent Sunday with Mrs. Floyd Saelton.

Joe and Arnold Senz called at Ed Smith's Sunday.

Mandi Smith and Roxana Smith were Sunday guests of Angeline Ryan.

Erlan Griffith called at Oon Snelton's Friday.

John Huber and H. E. Shank visited John Bender of Blue Den Monday.

Mrs. Nick Zimmerman and daughter, Mamie, visited at the H. Senz home Tuesday.

Ves Downing and sons, Harry and Cleve, and Mrs. Henry Postag and children were Sunday visitors at the Lee Downing home.

Mrs. R. Shank and daughters entertained Dora Smith and Effie Cora and Elmer Ray Sunday.

Frank Habberman and wife, and Will Ryan and Crystal Shank attended the play at the Star theatre Friday evening.

H. Senz and wife spent the week-end at Nick Zimmerman's.

Joan Elick called at Ed Smith's Monday.

Miss Grace Shank and B. F. Lambert were Seio visitors Monday.

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large crowd was present and a delightful time is reported by all.—Stuyton Mail.

### 53RD WEDDING ANNIVERSARY

More than twenty relatives and friends of Mr. and Mrs. J. W. Edgar, of Oak Grove, met with them at their home, Sunday, in memory of the 53rd anniversary of their wedding. Those present were: Mr. and Mrs. J. W. Edgar; Mrs. Sarah Lewis, Mrs. J. C. White, Mrs. Texella White and Isaac Robertson, of Oak Grove; Mrs. N. A. Williamson, Mr. and Mrs. Frank Edgar and daughter, Gladys, of Salem; Rev. J. W. Osborn, of Independence; Mr. and Mrs. L. A. Williamson, of McCoy; F. M. Edgar, Mr. and Mrs. R. J. Williamson, Misses Etta and Mildred Edgar and Verda Williamson. A delicious dinner was served and a pleasant time was enjoyed by all.—Dallas Itemizer.

### WHAT THEY WANT IN THE WAY OF HUSBANDS

Minneapolis, Minn., Mar. 25. Physicians who don't wear those nasty little mustaches, who don't drink and who get \$1,624 a year, are most eligible for husbands for Minnesota university wives. This is the result deduced from 210 answers to a "first aid to Cupid" questionnaire conducted by the university daily.

We are in the lead—The World kicks a man when he's down.

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