

### CHOOSING YOUR DOCTOR

Here Are Some Qualifications and Recommendations, and Warning Against Quacks

BY DR. MORRIS FISHER, Editor Journal of the American Medical Association and of Hygiene, the Health Magazine

In the United States there are 48 states with 48 different laws regarding the practice of medicine. At one time there were more medical colleges in our country than in all of the other countries combined.

Conditions have improved, so that today some of our states have laws which would be a protection to the public against incompetent and irresponsible doctors, if the laws were properly enforced.

Moreover, practically all of the low grade medical colleges have been abolished, and the vast majority of those turning out doctors of medicine today graduate with a high standard. The period has passed when you could choose your doctor on the basis of a newspaper advertisement.

Unquestionably there are men in practice in many states today whose grade of competence is out up to the average. Conscience itself is not, however, the only criterion, since a patient might be safer with a doctor relatively less competent whom he could trust implicitly as a man of regularity.

One of the greatest life insurance companies of the country has recently issued to all of its policy holders a statement under the title, "Your Friend the Doctor."

It suggests the following questions to be considered in the choice of a physician:

1—Is he liked and trusted by the kind of people whose opinion you respect?

2—Is he a graduate of a recognized medical school that requires at least four years of thorough training?

3—Has he had broad practical experience or training in a first-class hospital, or both?

4—Does he keep in touch with the most recent scientific discoveries?

5—Does he belong to a local or national association of doctors of medicine?

6—When in doubt, write to your city, county or state department of health, or the secretary of your county medical society.

7—A specialist is a man who, in addition to a regular doctor's training, has spent several years studying one branch of medicine or one organ of the body. As a rule it is best not to go to a specialist until you have been a regular doctor for a general examination. He can tell whether or not you need a specialist and advise you as to the best one to consult.

Furthermore, the policy holder is warned to beware of five types of doctors who are likely to be quacks. These are:

1—The doctor who advertises his methods or "cures" in newspaper or news out handbills.

2—The doctor who posts big advertising signboards outside his office.

3—The doctor who claims he can cure serious disease quickly and easily.

4—The traveling doctor who moves from town to town.

5—The doctor or group of doctors who have discovered some new "cure" that other physicians do not know about. No great discovery of science is kept secret.

PULLMAN DEFEATS OREGON HOOPSTERS; STATERS WINNERS

PULLMAN, Wash., Jan. 22.—Oregon University took its second basketball conference defeat here last night, when Washington State won by a whirlwind game, taking the Webfoots into camp by a score of 31 to 23.

At Tacoma—University of Washington, 33; College of Puget Sound, 23.

Any person or persons found dumping cans, rubbish or refuse of any kind along county road right of way in Douglas county, will be prosecuted to the full extent of the law.

DOUGLAS COUNTY COURT. By W. S. Hamilton, Judge.

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### S. DEER CREEK GRANGE ENJOYS GOOD PROGRAM

The South Deer Creek grange met in regular session Saturday evening with the new officers in their chairs, and with about 25 members present. Dinner was served at 7 o'clock, before the meeting.

Several visitors were also welcomed guests, and among these were Mr. and Mrs. Allen Hines of Klamath Falls. The parents of the South Deer Creek Valley and prominent members of the grange.

Arrangements for a box supper to be held February 3 were consummated, and a committee composed of Mrs. Harry Collins, Mrs. Wm. H. Bailey and Wm. McPherson, Jr. appointed to purchase a curtain for the stage and to have the curtain in readiness for the program and box supper.

C. H. Bailey was appointed a committee to arrange for a minstrel show to be staged later in the winter.

The feature, Mrs. T. E. Duneau, presented an interesting program which included a piano duet by Mrs. C. H. Bailey and Mrs. Leonard Swift; piano solo, Nellie Ross (Duneau); recitation, Calvin Smith; violin, Miss Helen Branton and Ivan Branton, accompanied by Miss Josephine Gachelin, and a recitation by John Duneau.

The legislative committee made the following report, after which the balance of the evening was spent in an informal dance.

We are opposed to the recommendation of the Carlin tax relief commission that the market road law be repealed.

We are of the opinion that the bill now before the legislature making it mandatory for sheriffs of the various counties to take upon themselves the distribution of auto license plates should become the law, as this measure will do away with many employees at the expense of the secretary of state and facilitate the distribution of auto licenses.

When ever 100 prisoners in the penitentiary at Salem, your committee is of the opinion that machinery should be provided and auto license plates should be made by the prisoners, and prisoners paid a small wage so they may leave the state prison with sufficient funds to keep them until they are able to find employment.

On the success turned over to any dependents said prisoners may have

### Her Racketeer Lover Arrested



Johanna Bruce's honeymoon diamonds and \$3500 in \$100 bills are in escrow at Memphis, Tenn., by court order, her companionate husband, Frank Devers, alias Tom Underwood, alias "Bubbling Over," has been captured.

That she is "at the end of her trail" the girl gave up her \$22.50 a week job as soda clerk in St. Paul, Minn., for Devers' companionship. Devers is to be returned to St. Paul on charges of holding up a railway mail messenger at Hibbing, Minn., two years ago.

sent to our members of the legislature, urging them to work for the printing of elementary text books by the state, said books to be distributed either free to school districts or at actual cost.

Your committee believes that the state printing plant could be equipped for this work.

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### HEALTH HONOR ROLL PROGRAM TO BE INSTITUTED

The Douglas County Health unit in cooperation with the city school department and the county medical association, is launching a project with the beginning of the new semester of school called the honor roll. The honor roll is a means whereby credit is given for having physical defects corrected as there has been in the past for perfect attendance, excellent deportment, and a good average of grades in their studies.

Marion and Lane counties have found this program very effective, having already had it two years. They, like Jackson county, which has had it one year, are again putting it on this year.

Joseph, Reedport, Myrtle Creek, Riddle and Glendale plan to put on this honor roll project as a city health program.

The honor roll program will begin February 1st and end April 15th.

A child will be considered eligible for the honor roll if, after a physical examination by a physician and, in the opinion of his teacher, the following requirements are met:

1—He must be mentally normal, which means he must have the mental capacity to attain a general average of "B" or its equivalent in school work.

2—He must be satisfactory in his behavior and attitude in the school environment and amenable to ordinary school discipline, receiving a grade of "A" in deportment.

3—He must have a school attendance record of at least 99 per cent. This grade will allow him approximately one and one-half days to be absent in case of illness.

4—He must be reasonably cooperative in the practice of certain health habits, listed as: keeping physically clean, obtaining sufficient sleep, eating well-selected foods, and obtaining plenty of fresh air.

5—He must be physically fit and free from the following remedial defects:

1—If he is not of standard height (not more than 10 per cent under or 20 per cent above the average weight for his height and age) an effort should be made to be at least average weight.

2—All teeth free from cavities or all cavities filled and all badly decayed teeth extracted.

3—Hearing normal and no chronic discharge from ears.

4—Vision 20-30 or better in both eyes free from any chronic infection.

5—No diseased tonsils or adenoids.

6—No enlargement of the thyroid gland or if enlarged under treatment.

The members of the Douglas County Medical Association have been examining the children in their offices by appointment without charge.

Eat barbecue sandwiches and live forever. Brand's Road Stand

### County Notes

RIDDLE LOCALS

C. C. Conkle of Canyonville was attending to business matters here Monday.

Mrs. Dona Conner left Sunday for Butte Falls, Ore., to visit relatives.

Mrs. B. F. Nichols and daughter, Mrs. Alva Fleming, were shopping in Roseburg last Monday.

Mrs. J. C. Fosse returned Sunday from Roseburg, where she had been spending a few weeks. Mr. Fosse, who is still in the Soldiers' Home hospital, expects to return home soon.

Herbert Beyers of Canyonville was a Riddle visitor Monday.

Mr. and Mrs. G. N. Riddle and Mrs. Fay Faye returned recently from Molin after spending several months there on Mr. Riddle's homestead.

Quintan Brown of Elton has been the guest of relatives here the past week.

Mrs. J. E. Perry was attending to business matters and shopping in Roseburg last Friday and Saturday.

Mrs. George Kibbe, who has been residing in Cuba the past year returned here Monday and will be the guest of relatives for an indefinite time.

Mrs. Augusta Wilson, Mrs. Jordan Schultz and Williametta Logsdon motored to Roseburg Saturday afternoon and were accompanied home that evening by Margaret and Marjorie Wilson, who spent Sunday at their home here.

Betty Howard, entertainer of the members of the 6th and 7th grades of the school, will be at her home Saturday evening. Mrs. Howard served refreshments at the close of the evening.

Percy Rockhill has been in Portland the past week receiving dental treatment.

Mrs. Charles Mesthaf has been quite ill recently but is reported to be improving at present.

The Ladies' Star Social club was entertained Thursday at the home of Mrs. Lyle Albens. The Past Matrons club meeting, which was postponed last Friday, will meet with Mrs. C. E. Logsdon Friday of this week.

Mrs. A. E. Rother of Portland arrived Sunday and is a guest at the home of her mother, Mrs. Viola Nichols.

Mrs. and Mrs. T. H. Cutsforth and Mrs. Mary E. Riddle departed Wednesday for California, the former going to Bakersfield to visit relatives and Mrs. Riddle going to TART to visit her daughter, Mrs.

### CHAS. STAUFFER. They expect to be about several months.

A. B. L. Logsdon, progressive young farmer of this county, recently purchased three fine registered Guernsey cows from the county agent of Josephine county at Grants Pass. Mr. Logsdon expects to obtain possession of the stock within several weeks.

A large number of Riddle people attended the funeral of Lorenzo Ball at Canyonville Friday. Mr. Ball spent the greater part of his life in this community and had many friends and acquaintances who will miss him. The funeral service was conducted by Rev. Rummels of Canyonville and the music furnished by a quartet from Riddle.

Mr. and Mrs. Henry Haas of Fort Morgan, Colorado, arrived by auto Thursday and will spend several weeks here visiting at the home of Mrs. Haas's mother, Mrs. Viola Nichols, and other relatives.

Mrs. Elva Harper of Roseburg visited relatives here Saturday.

Dr. W. W. Kettle of Joseph, Ore., was here for a day recently looking over the field with a view of locating here. A. F. Becker of the Riddle district accompanied Dr. Kettle in his round of inspection.

Nick Stoke returned Saturday from several weeks stay in Roseburg.

At a meeting held here last week a grange was organized in this community with a charter membership of about thirty. O. V. Logsdon was elected master, T. J. Butler, overseer; Phil Blundell, secretary, and Lela Ball, lecturer.

Mrs. G. W. Girard came down from Portland Monday to visit with her daughter, Mrs. A. F. Becker and family.

A committee composed of O. V. Logsdon, P. Fernekorn and G. H. Girard, went to Salem last Friday, where they conferred with State Engineer Rhea Luper in regard to plans for forming the proposed irrigation district in this valley.

Relief Robekah lodge installed officers Wednesday evening. Lela Ball acting as installing officer. Bertha Blundell took the chair as noble grand, Lillian Logsdon, vice grand; Oma Keller, secretary; Rose Logsdon, warden; Ida Cripps, conductor; Dr. J. M. Chaplain.

Friends of Mr. J. W. Welch and family of Newport, Ore., will be sorry to learn of an auto accident which befell them just before Christmas while they were journeying to Seattle. Mr. Welch told of the accident in a letter to friends. Mrs. Welch was thrown through the windshield and suffered a broken rib, foot sprained, hips injured, besides being terribly cut on face and hands. Margaret Welch, two upper front teeth broken off even with gums, another knocked out and one in the lower jaw broken off. John Welch suffered a cut below knee and was hurt in the stomach. The car was a total loss.

RESTON NEWS

Vernon Davis, former Reston boy but now at Seattle, has returned home after a three weeks' visit at the home of Dave Dyser in Flournoy valley.

E. M. Matthews is recovering from a severe case of influenza. Mr. and Mrs. Smith Jones and son and daughter of Hood River have moved back to Reston to live.

A. E. Bushnell, who has been seriously ill for some time is still unimproved.

J. C. Culhoun will enter Mercy hospital in a few days for an operation.

J. W. Garney has purchased a Chevrolet coupe.

Miss Verna Johnson, who has been ill at home, is well again and has returned to her school at Ruckles.

Mrs. Lucille Harrison of Myrtle Creek has moved back to Reston to spend the winter.

Mr. Dally of the Pine Mountain Lumber Co. is moving his sawmill to Glide in the near future.

Wallace Matthews has returned from San Jose, California, after spending several weeks with his water, Ruth Matthews, who has been sick for some time.

Miss Beattie Sargent has returned to Bandon after a visit with Miss Bluebell Gurney.

Mr. and Mrs. Chas. Wilson were Roseburg visitors Saturday.

Miss Helen Bell was visiting her parents last week. Mr. and Mrs. Brown, Miss Bell is employed at the Grand hotel.

Mr. and Mrs. Geo. Matthews have been visiting at Umpqua.

Arandel, piano tuner. Phone 119-L.

BABE RUTH FACES TASK OF REDUCING WAISTLINE

Associated Press Long Island Wire

NEW YORK, Jan. 22.—Blue Babe Ruth has come back to New York to resume his war on old man arthropod.

His moral shaken by the tragic death of his wife, Ruth will seek to forget his troubles by close application to the task of preparing himself for another American league campaign. The Babe weighed 234 pounds before he left New York for Boston when appointed of his wife's death. He hopes to get down to 222 pounds before he leaves for the south with the vanguard of the New York Yankees on February 23.

Eat barbecue sandwiches and live forever. Brand's Road Stand

### NO MORE PAINS OR ACHES

From Neuritis, Neuralgia, Sciatica or Rheumatism

These fine motor-coaches cover western Oregon. In addition to Pacific Highway travel branches radiate out from such centers as Salem and Albany to Moonmouth, Independence, Newport, Lebanon, Dallas, Falls City, Silverton.

Phone or call us at any time for all travel information.

Southern Pacific

J. E. CLARK, Agent Phone 11

### TOWN'S PLEA SAVES BOYS FROM PRISON

(Associated Press Long Island Wire)

SAN FRANCISCO, Jan. 22.—The pleas of almost an entire Oregon town yesterday saved two boys from terms in the federal penitentiary when the United States District Judge A. F. Sore granted probation to Lyle Pritchard, 16, and Paul Pritchard, 18, arrested for counterfeiting last November.

Two elder brothers, Eyan and Joan Pritchard, were sentenced to five years each last week on similar charges in the same case. The four brothers were charged with raising one dollar bills to 510 notes. About 100 names of test-dents of the town of Blachley, Ore., were on petitions sent to Federal Judge Sore, almost the entire population of the town.

Another war against pests will be made on Atka island of the Aleutian chain in southeastern Alaska. Ermine will be sent there to combat rats. The first of these rodents landed years ago from a wrecked ship and, unchecked, they have become exceedingly numerous. The fur-bearing animals will be used in another experiment to check the spread of pests in the territory.

Klamath Falls—4,500 ewe lambs recently sold here for \$45,000.

### Oregon Frogs May Solve Alaskan Problem.

Will Be Introduced to Fight War on Mosquitoes—Ermine to Exterminate Rats.

SEATTLE, Wash., Jan. 22.—Alaska's mosquitoes, notorious as the enemy of the "northern" will have a new foe next spring—the large Oregon bull frog.

This web-footed creature will be introduced into the territory by

Less risk of "flu" if you do two things

Precautions you can take immediately

Takes no chances

THERE is no use worrying every time you draw a breath for fear you will breathe in some influenza germs. Do the following two things and forget it: First, keep your nose and throat well protected, and second, keep your system in good condition. The chances are you will avoid contagion.

"As a first precaution, I am prescribing Mistol to all my patients, as it protects the nose and throat against the germs of influenza. Use it every morning, the first thing, before you go out. Again when you come home at night. Don't be afraid to use it freely; it will do no harm.

"Just tilt your head back and apply Mistol with the special dropper which comes with every package, until you feel it trickling down your throat. It will clear your head wonderfully, relieve any inflammation; it will help dry up a running nose. It has a soothing effect on the throat, too. Gargle it for a sore throat or a little irritating cough. Above all, it protects the nose and throat against the germs of influenza.

"This is the first precaution; now for the second: Physicians agree that, particularly in times of epidemic, weakening of the system due to purging by laxatives and cathartics is not advisable; therefore, many doctors are prescribing Nujol. It is a natural substance that helps your

system function at all times the way nature intended it to. Like pure water, it is harmless. In no case does Nujol cause weakening of the system. Take it night and morning; it will keep you in first class condition. You will have a far better chance to resist "flu" or any other disease that are going the rounds.

"The combination treatment of Nujol and Mistol is a double safeguard particularly in times of epidemic, weakening of the system due to purging by laxatives and cathartics is not advisable; therefore, many doctors are prescribing Nujol. It is a natural substance that helps your

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