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HOW TO KEEP FIT-- A NEW DEPARTMENT

Regular Weekly Talks on Practical Common Sense Ways to
Keep Up to the Mark

Most disease is preventable, but many people get sick. So much sickness is unnecessary. Most deaths, short of extreme age, are avoidable. Then why not sidestep these calamities? Because most people don't know how.

That's why this department "How to Keep Fit" has been established and will appear each week in this newspaper. Disease will not be discussed in these talks. This is to be a health department, not a disease department. Medicines will not be prescribed here, either. Instead, there will be simply heart-to-heart talks on the most practical possible ways to establish and maintain health and upbuild strength and efficiency. These talks will be couched in everyday newspaper language, all technical terms being excluded. The subject matter will be carefully selected and of interest to all readers. It will be treated from the latest up-to-the-minute standpoint, and will be prepared from the most authoritative sources.

A course of instruction in household prevention of disease and the simplest method of treatment is what these talks really constitute. Cut them out every week and paste them in a scrap book. Then you will have a permanent guide to health that will be valuable for the entire family to consult whenever occasion arises. Too much newspaper and magazine literature is devoted to discussion of rare and unusual diseases and daring surgical operations and is written in such big words that the untrained reader is unable to profit thereby. In this series there will be nothing of this sort. Only the most common conditions will be considered.

Children, especially, should be taught very early in life the basic principles of health and hygiene. This does not mean that their minds should be filled with disease pictures or that they should be made the victims of fear. On the contrary, they should be taught health, not disease, and they should grow up to realize that the body under normal conditions will stay well. They should grow to have such confidence in their own health that they will pay no attention to patent medicine evils, but realize that health and resistance to and recovery from disease result from natural body processes rather than from dosing with medicines. This is the teaching of the best authorities in every school of medicine today. In all children were brought up in this atmosphere there would be infinitely less sickness, less medication and less surgery in future generations.

Outdoor life, exercise, deep breathing, pure food, cleanliness, cheerful sanitation, proper clothing, good habits, poise, posture, recreation, occupation, optimism, adjustment to environment, etc.—these are the essentials to health. This department will endeavor to assist its readers to correlate their lives and their bodies to these ideals, warning them in the lessons of prevention and showing them how to increase resistance to disease. Going even a step further, there will be the simplest possible explanations of the most common ailments and hints as to the best way in which to care for such conditions.

It is much easier to prevent disease than to cure it, so readers will be asked not to wait for symptoms, but to keep the body fit to fight, able to play the game of life to the best possible advantage.

The continuance of this department will depend somewhat upon the interest manifested by its readers as shown by letters to the editor asking for its perpetuation.

Borrowed Dignity.

She—"Doesn't Charles look distinguished in that full-dress suit?" He—"How could he help it? That outfit in day has been on the backs of three football captains, two editors and the leading man in our last college production."—Stanford Chaparral.

Largest Pineapple Canneries. The largest pineapple canneries in the world are located in Honolulu.

THE WORLD OVER

Washington V. Vandarlip says the Soviet government is the strongest in Europe. It certainly smells that way.

More ships have been hit by icebergs lately. Some day the iceberg will be conquered, and used to cool the tropics, while the heat of the tropics will be utilized in warming the north pole region.

The man who took Stillmans' place as president of the National City Bank of New York, one of the largest banking institutions in the world, was working fifteen years ago at ten dollars a week. The history of a majority of our great and successful men is about the same. They began at the bottom and worked up, mostly by hard and persistent work.

The coal strike in progress in England is costing, it is said, as much per day as the late war did. The striking miners admit that the operators cannot pay the enormous wages for mining and sell coal at current prices, and so they demand that the government vote a subsidy to make up the difference. This is a foolish, unnatural and ruinous demand, yet they quit work to enforce it and engage in civil war before they get through.

"Now fashion," the big ostrich said, "is a thing I very much dread. To be in the mode. You'll observe, Mr. Toad, I must carry my tail on my head."

State figures indicate that the number of marriages in California are going to be much larger this year than last, and last year they ran up into the tidy figures of 46,564 weddings. Wherever you find them the Americans are a brave people.

Every editor gets communications from the people telling just what the government ought to do about this thing or that, and nine out of ten of them contain suggestions that are not only impractical but utterly impossible. About the only reform within reach is that we each and all behave a little better, be temperate, fair, industrious, polite and sensible. Those who try this find success much nearer and life more pleasant.

Why don't the electric lighting companies invent some scheme to utilize the aurora borealis?

Scarcity of living houses and relief from high rent continues to be the burning problem. There are lots of real good houses vacant out on the farms of the country which can be rented very reasonably.

And now Mexico is claiming a lot of islands off the coast of California. Next thing the Irish will be claiming the British Isle. It is dangerous to be on an island nowadays, the world is so full of yaps.

Mrs. Alice Robertson, of Oklahoma, the only woman to ever preside over congress, occupied the chair part of the day recently, and every man in the house behaved himself like a gentleman. It takes the softening influences of women to make a half civilized brute half way decent.

If our wounded soldiers who are hobbling around on canes & crutches while they wait for the government aid that was due them several years

ago could eat medals and fine speeches they would at least have something in their stomachs when hungry.

Shopper: "I want to get a fashionable skirt." Saleslady: "Yes, Madam, will you have it too tight or too short."

A committee of clergymen have presented to President Harding a petition asking him to call an international conference to discuss reduction of armaments. It was signed by 20,503 Protestant Ministers, Catholic priests and Jewish rabbis. We are neither minister, priest or rabbi, but favor the petition, just the same. Such a conference should have been called a year ago or more.

It has been discovered, according to the dispatches, that alfalfa juice is very good for tuberculosis. Glad it is good for something, for it things continue much longer the way they have been a lot of us are going to have to picket ourselves out and eat it.

I hope that when this world I flee And start for realms divine, St. Peter will not say to me: "Sign on the dotted line."

Your judgment is for use mainly in your own affairs, and not in the affairs of others.

The statesmen of France insist on calling the young men to the army, although France is bankrupt as a result of war. The young men, or a good many of them, are rioting, and say that while war is always the worst possible sin against humanity it is particularly unnecessary and foolish now. The young men are right.

And now a young woman meets death looping the loop in an alrshp, while thousands of spectators viewed the tragedy. Instead of encouraging such dare-devil things by exhibitions and going to see them, they should not only be discouraged but absolutely forbidden. When anyone hasn't sense enough not to make a fool of himself, then the law should step in and do it for him. There is no earthly reason for doing any such death-defying stunts, and many good reasons why they should not be done.

Everybody complains about the weather but nobody does anything about it, and so it is about many other things. One moral uplifter wants schools established in which paid teachers of training would develop the moral and spiritual training of the parents. If the parents are right the children will be all right, and otherwise not.

And now the American Federation of Labor splits wide open in convention over the Irish question. If organized labor can't find one thing to split up into factions about it will another. That is why it seldom gets anywhere. Whenever there is a split in political parties or anything of the kind the other fellow walks in through the opening.

Worth Trying. A few more smiles of silent sympathy, a few more tender words, a little more restraint on temper, may make all the difference in our lives.—Stopford Brooke.

Wire From Ounce of Platinum. Platinum is so ductile that a wire 1,800 miles long could be drawn from a single Troy ounce of the metal.

All on Steamer Klamath Saved. San Francisco.—The 19 passengers who were aboard the steam schooner Klamath when she went ashore at Del Mar, 30 miles north of San Francisco, early Saturday morning, were taken to Point Arena. An eighteen-months old baby in an ash can lashed to a sailor's back was one of the first to be taken in the breeches buoy from the steamer, after another member of the crew had swum 200 feet through the heavy sea to the rocks that the line might be made fast.

First Jap Woman Journalist. The first Japanese woman to edit a woman's page in her country, Miss Kohashi, is studying journalism at Columbia university in preparation for teaching journalism in the Tokyo Union college next year. A decade ago women journalists were unheard of and unthought of in Japan. Now many women are growing interested in the profession, but very few of them have had special training for the work. That is why Miss Kohashi is preparing to teach the subject. "Women in Japan are like the newspaper profession," says Miss Kohashi, "and already in Tokyo we have a club of twenty women journalists." Miss Kohashi is the Japanese representative of an interesting group of women students of 33 nationalities who form the International Foyer of the Y. W. C. A. at Columbia university.

Musical Street Criers. In Charleston even the chimney sweeps are musical, and as their tiny faces appear at the top of the chimney they are sweeping, you hear: "Roo-roo" sung out over the sounds of the street below. Also to this tribe the charcoal boy belongs. He drives into town a tiny donkey hitched to a tiny two-wheeled cart. The cart and load are black, the donkey is black, the boy is black and the only other color that you can see in the whole outfit is the whites of the boy's eyes as he rolls them around and calls the eerie, long-drawn out "char-coal!" You wonder which is the sadder and blackest, the driver, the driven, cart or contents, as they wend their solitary way onward crying over that sad, minor wall of charcoal!—Charleston News and Courier.

Legal Notices

Administrators Notice of Sale of Real Property

Notice is hereby given that the undersigned administrator of the estate of M. J. Clifford, pursuant to an order of the County Court of Jackson County, Oregon, made and entered on the 25th day of June, 1921, will, from and after the first day of August, 1921, proceed to sell and will, sell at private sale to the highest bidder for cash in hand, subject to the confirmation of said court, the following described real property, situated in Jackson County, Oregon, belonging to said estate, to wit: The northeast quarter of the northwest quarter, the north half of the northeast quarter, and the southeast quarter of the northeast quarter of Section 20 in Township 36 south of Range 3 east of Willamette Meridian. Dated July 2, 1921.

M. PURDIN,
Administrator of said estate.

Order Appointing Time for Hearing

IN THE COUNTY COURT OF THE STATE OF OREGON, FOR JACKSON COUNTY. All work done in 1921. SPOT CASH. This means you. W. R. SPARKS. In the matter of the adoption of Stanley Ward, a minor child. Earl O. Hays and Reba Hays have filed herein their verified petition of which the following is a copy: To the Honorable Judge of the above entitled court:

Come now Earl O. Hays and Reba Hays, husband and wife, and petition and show to the court as follows: That Stanley Ward is a male child aged five years and is the son of James Ward and Hazel Ward; that the parents of said child have been divorced and the custody of said child awarded in the suit to the mother, Hazel Ward; that James Ward the father of said child, has willfully deserted and neglected to provide the proper care and maintenance for the child for one year next preceding the date of this petition; that the said father of said child does not reside in the State of Oregon, but at Toppenish, Washington;

That your petitioners wish to adopt said child Stanley Ward as their own; that they are inhabitants of the State of Oregon, and are of sufficient ability to bring up said child, and furnish him suitable nurture and education, having reference to the degree and condition of his parents, and that it is fit and proper that such adoption takes effect. That the mother of said child, Hazel Ward, gives her consent to the adoption of said child by your petitioners as their own.

WHEREFORE, your petitioners pray for a decree of this court setting forth the facts, and ordering that from the date thereof the said child shall, to all legal intents and purposes, be the child of your petitioners, and be adopted by them as their own. And as in duty

bound your petitioners will ever pray.
Earl O. Hays,
Reba Hays,
Petitioners.

IT IS THEREFORE ORDERED by the court that Saturday, the 27th day of August, 1921, at the hour of ten o'clock in the forenoon, be appointed as the time, and the court room of this court as the place for hearing said petition and any objections there may be to its being granted, and the petitioners are ordered and directed to cause the petition and this order as herein set out, to be published for three successive weeks in the Jacksonville Post a weekly newspaper of general circulation published in Jackson County, Oregon.

First published July 2, 1921.
G. A. GARDNER,
County Judge.

Notice of Sale

IN THE COUNTY COURT OF THE STATE OF OREGON, IN AND FOR JACKSON COUNTY.

In the matter of the Estate of Julius Lietz, deceased.

Notice is hereby given that in pursuance of an order duly made by the above entitled Court on the 8th day of June, 1921, in the matter of the estate of Julius Lietz, deceased, the undersigned, administrator of said estate will sell at private sale, on or after the 12th day of July, 1921, subject to the confirmation of the above entitled Court, for cash in gold coin of the United States of America of the present standard value, all of the right, title, interest and estate of said Julius Lietz, deceased, at the time of his death in and to the real property hereinafter described and all of the right, title and interest that the said estate has acquired by operation of law or otherwise, other than, or in addition to that of said deceased at the time of his death in and to all that certain piece or parcel of land situated in Jackson County, Oregon, more particularly described as being all of the South Half (S½) of the South Half (S½) of Section 18, in Township 34 South, Range One West, of the Willamette Meridian, containing one hundred and sixty-three and 1/2 (163 1/2) acres.

Terms of sale, cash in hand or one-half cash upon acceptance and confirmation of said sale, balance to be secured by mortgage on said real property and payable one year after date of sale with interest. The undersigned will receive offers or bids for the purchase of the above described real property at Suite 622, Corbett Building, Portland, Oregon, June 4th, 1921.

A. E. WHEELOCK,
Administrator of the Estate of Julius Lietz, deceased
R. C. SUGG,
Attorney for administrator

Notice for Publication

010833
Department of the Interior,
U. S. Land Office at Roseburg, Oregon, June 4, 1921.

Notice is hereby given that Kurt Walter Zeiller, of Jacksonville Oregon, who, on October 10, 1916, made Homestead Entry, Serial No. 010833, for the NW¼ of SW¼ and SW¼ of NW¼ of Section 20, Township 35S, Range 2 W., Willamette Meridian, has filed notice of intention to make Final three year proof to establish claim to the land above described, before F. Roy Davis, U. S. Commissioner, at his office at Medford, Oregon, on the 12th day of July, 1921.

Claimant names as witnesses: Arthur S. Kleinhammer of Jacksonville, Oregon.
Mrs. Mary E. Kleinhammer of Jacksonville, Oregon.
Charles Dunford of Jacksonville, Oregon.

M. R. Buck of Jacksonville Oregon.
W. H. CANON,
Register.

Alias Summons

SUIT TO QUIET TITLE
IN THE CIRCUIT COURT OF THE STATE OF OREGON, IN AND FOR THE COUNTY OF JACKSON.

Horace L. Roberts, Plaintiff,

vs.
C. F. Sample, also known as Frank Sample; Bernice Sample, Charlie Sample, Walter Sample, Hazel Irene Sample Hubbard formerly Hazel Irene Sample, also all other persons or parties unknown claiming any right, title, estate, lien or interest in the real estate described in the complaint herein, Defendants.

To all persons or parties unknown claiming any right, title, estate, lien, or interest in the real estate described in the complaint herein:

IN THE NAME OF THE STATE OF OREGON, you a d each of you are hereby required to appear and answer the complaint of plaintiff filed against you, within six weeks from the publication of this summons; and you and each of you are hereby notified that if you fail to appear and answer said complaint, or otherwise plead thereto, within said time plaintiff will apply to the court for the relief prayed for in

his said complaint on file in said cause, to-wit:

For an order and decree of this court quieting the title in plaintiff to the following described real estate, situated and being in the City of Medford, County of Jackson and State of Oregon, to-wit:

Commencing at the intersection of Fourth Street and Columbus Avenue, thence south on the center line of Columbus Avenue, 176.7 feet, thence east 30 feet to the southwest corner of Alexander Hubbard's lot; thence south 50.4 feet to the H. L. Robert's lot, thence east 125.3 feet; thence south 60 feet, thence east 30 feet to an alley, thence north along said alley 110.4 feet, thence west on the south line of Alexander Hubbard's lot 162.9 feet to Columbus Avenue.

That plaintiff be decreed to be the owner in fee simple thereof, and that said defendants, and each, every and all of them be decreed to have no right, title or interest therein or thereto, and that said defendants, and each, every and all thereof be forever barred, enjoined and restrained from asserting or setting any claim, right, title or interest in or to the said described real estate, or any part or parcel thereof and for such other and further relief as to the court may seem just and equitable in the premises.

This summons is published in the Jacksonville Post under and by virtue of an order made by the Hon. F. M. C. Davis, Judge of the First Judicial District of Oregon, on 2nd day of June, 1921. The first publication of this summons is made June 4, 1921.

B. F. LINDAS,
Attorney for Plaintiff,
235 East Main Street, Medford, Ore.

Notice of Guardian's Sale of Real Property

Notice is hereby given that the undersigned, guardian of the person and estate of Francis Joseph Waterman, a minor, pursuant to an order of the County Court of Jackson County, Oregon, made and entered on the 25th day of June, 1921, in the matter of said estate, will, from and after the first day of August, 1921, proceed to sell and will sell to the highest bidder for cash in hand, subject to the confirmation of said court, an undivided half interest in the following described real property, situated in Jackson County, Oregon, belonging to the estate of said minor, to-wit:

A strip of land 1251 feet long and 50 feet wide, being 25 feet on each side of the center line of the canal of the Medford Irrigation District as now located and surveyed across 10 3/16 acres of land as described in Volume 92 at page 438 and 1439, and in Volume 94 at page 49 of the Deed Records of Jackson County, Oregon, being land lying about three miles north-eastward from Medford, Oregon, on the east side of the County road leading from Phoenix to Eagle Point, Oregon, said land being fully described in the inventory and appraisal of the estate of Francis Joseph Waterman, deceased, probated in the County Court of Jackson County, Oregon.

Said property will be sold at private sale at the office of M. Purdin, attorney in Medford, Oregon.

Dated July 2, 1921.
Mary A. Waterman, guardian of Francis Joseph Waterman, a minor.

Notice of Sale of Real Estate in Suit for Partition

IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR THE COUNTY OF JACKSON.

Dora Schweitzer, Plaintiff
vs.
J. C. Hampton, and the unknown heirs of J. C. Hampton, and all other persons and parties unknown claiming any right, title, estate, lien or interest in and to the hereinafter described real estate;

Defendants.
Notice is hereby given, that I, the undersigned, referee under and by virtue of the interlocutory decree made and entered in the above entitled court and cause on the 11th day of June, 1921, and under and by virtue of an order of this Court directing the referee to sell the following described real property at public auction, will sell the following described real property to the highest bidder, for cash, at public auction, at the front door of the court house in Jacksonville, in the County of Jackson, and State of Oregon, on the 19th day of July, 1921, at 10 o'clock A. M. of that day.

The property is described as follows, to-wit:

The South half of the Northwest quarter and the South half of the Southwest quarter of Section Four [4] in Township Thirty-five [35] South of Range Two [2] West of the Willamette Meridian in Oregon, situated in Jackson County, Oregon. Dated this 18th day of June, 1921.

BEN J. TROWBRIDGE
Referee