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**Dwight Edwards Company**  
Portland, Oregon.



## High School Notes

The Talent high school basketball team was defeated last Monday evening by the Ashland second team 25 to 13. Talent made all their scores in the second half. For a while in the first of the second half they almost played Ashland off its feet, but after a little they slowed down and Ashland again began to gain. The visitors have improved since the last time they played here.

The debate team was defeated in Medford Monday night, 2 to 1. However, it was a very honorable defeat. Medford has a really strong team and they put up a very good fight. Besides this, Ernest Abbott of the Ashland team lost his voice and was able to speak only about half his time. So, all things combined, the team did very well to get even the one point. The Ashland team consists of Cleo Kirk and Ernest Abbott. Raymond Badger earned a place on the team, but Medford refused to use more than two men, so Badger voluntarily dropped out. Professor Hodge coached the team.

The basketball team left Saturday morning for Roseburg. They were to play two games there, one Saturday evening and one this evening. They wanted to go on to Eugene, but if they could not have got back in time for the games with Franklin high school Thursday and Saturday.

Friday night the girls' physical culture classes are to give a grand exhibition in the armory. They are practicing almost night and day for it. Nearly everywhere one goes he meets a girl with an Indian club. One would almost think that this was leap year in Africa, instead of America, and all the girls had gone out in search of a husband and provided with the means of getting one.

The new practice teachers had their baptism of fire this week. Last Friday Miss Hassinger, the teachers' training teacher, had lesson plans, observations, notes on practice work, and reports from the grade teachers

stacked on her desk to hide behind. Most of the young teachers seemed to get along very well, although every one of them was about the most nervous person on earth for the first five minutes that he stood before his class.

The next games on the gymnasium floor will be with Franklin high school of Portland next Thursday and Saturday. Franklin is a large high school and has a fast team. A pair of games as exciting as those with Roseburg are to be expected.

The high school instrumental trio, consisting of Alice Vandersluis, Fern Murphy and John Anderson, had their picture taken last Wednesday morning. This picture is to go in the annual.

Almost everyone you meet lately asks you if you have a ticket to the physical culture exhibition at the armory Friday night. Everyone wants you to promise to buy the ticket from him if you do happen to buy one. The reporter has promised to buy tickets from at least five students.

Friday was "Get y'u pictu' took" day. The "rooks," sophomores, juniors and basketball and football teams all took a chance at running Mr. Hinthorne's camera.

Those of the football squad who were entitled to get "a map made of his physiognomy" were "Climax" Delsman, "Brigham" Young, LaVerne Buck, "Jack" Jones, Burt Winne, "Doc" Furry, Donne Lowe, "Les" Cunningham, "Art" Long, "Milt" Fraley, Harley Brower, Reed Harrell, Alward Leavitt, Cecile Norton and Bentley. Those in the basketball picture are "Milt" Fraley, "Climax" Delsman, "Greasy" Grisez, "Granny" Plymate, "Leaky" Harris, LaVerne Buck and Leith Abbott.

The girls' basketball team had their picture taken last week, also Priscilla Carnahan, Alda Herr, Nellie Peachey, Maria Caldwell and Maye Glover are to go to Grants Pass some

### Belleview Notes

(By the Language Classes of Belleview School.)

C. A. Brown and J. W. Millner were business visitors to Medford Thursday.

Ross Hardin and Guy Randalls are clearing for Mr. Brown.

Olive Howard, a former pupil of this school but now a resident of Hornbrook, Cal., is visiting in this neighborhood this week.

Bon Bunchanan visited with Earl Brown Wednesday night.

Members of the Sunday school with the male quartet are practicing for a sacred concert to be held at the school house some time in the near future. They met at the home of Mr. and Mrs. Gray Wednesday evening of this week. A good practice, also an enjoyable social time, are reported. Refreshments were served.

The latest shipment of dummy goods to the school store have arrived, and are from the Bagley canning factory of Talent. It consists of two cans each of the factory's twelve different products—twenty-four cans. Mr. Earl Maize, the wide-awake manager of the above factory, knows a good thing when he sees it. Thanks for your kindness, Mr. Maize.

The patrons of Belleview are certainly among the most thoughtful and energetic in the world. They never sleep when the interests of the school or community are at stake. They are always doing things—generally the right thing in the right place—to boost things along. The latest, and the thing that evokes this article, happened on washday this week. Some of the mothers sent to the school house for the window curtains, and returned them all nicely laundered. This and numberless other acts of thoughtful kindness makes this a most pleasant school and neighborhood.

Mr. J. B. Hunter was prevented from attending the concert practice on Wednesday evening on account of Mrs. Hunter being on the sick list. We hope to hear of her early recovery.

Mr. Loren Close of Thrall, Cal., spent Sunday at the home of A. D. Moore, his uncle.

Mr. and Mrs. John King, Gladys Kenyon and Capitola Beagle ate a birthday dinner with Mr. and Mrs. S. P. Grow of Ashland last Sunday, it being Mr. Grow's birthday. A most enjoyable time is reported.

These balmy, sunny spring days have brought the farmers forth with their plows.

The girls at Belleview are making arafia baskets. Looks like that would be nice work for boys, too—if they didn't have to use a needle.

George King is slowly recovering from an attack of tonsillitis.

Harry Farmer is back in school after a few days' sickness.

### Buys Competing Electric System

The Eugene water board is now owner of the distributing system in that city formerly owned by the Oregon Power Company. The deal was completed Friday when the water board presented a draft for \$50,000, the initial payment agreed upon, to the Oregon Power Company.

The price of the system as paid by the water board was \$150,000 with an additional clause in the contract which provides the city shall pay the Oregon Power Company \$4,800 annually for a term of eight years, for standby, or emergency service.

Phone job orders to the Tidings.

time this week to a Christian Endeavor conference.

The "Bon Ton Ten" had their weekly feed in the domestic science rooms Friday noon. This bunch consists of Alice Vandersluis, Margaret Ames, Priscilla Carnahan, Manora Cornelius, Flora Provost, Alice Beroft, Ruth Daniels, Gertrude Barber, Alda Herr and Miss Mexf. Last Friday Margaret Hodgson and Miss Kenard were present as guests. When asked what the menu was they said, "Oh, soup and everything," so I guess it must have been "quite some" feed.

Next week the basketball game is to be with the O. A. C. varsity. They will be on their way back from the University of California. If they beat the U. of C. they will be champions of the west, so it will be worth while to go and see them. With Franklin this week, O. A. C. next week and Medford the two weeks after, that some very heavy work lies ahead of the team and some of the best games are to be expected that will ever be staged here.

The Oregon Trail girls had a big "feed" and initiation Friday night in the gym.

More pictures are to be taken Monday.

### Ashland Waters for Bath Treatment

(By Geo. O. Jarvis, M. D.)

#### What Constitutes Bath Treatment?

It has been found that any bath given at such a temperature that the body neither gains or loses heat (92 to 98 degrees F.) slows the pulse and increases the efficiency of the circulation; at the same time reducing the blood pressure if it is too high.

Mineral carbonated waters employed as baths, such as those of our Ashland springs, stimulate the heart reflexes of contraction and assist in reducing the size of an over-stretched heart to its normal size and increasing its tonicity.

One of the best known American writers on circulatory diseases says: "It must be borne in mind that recent observations have shown the presence of radio-active substances in the waters of just those springs to which popular tradition and clinical experience had ascribed the greatest medicinal powers."

"Radium and radio-active substances are unquestionably possessed of tremendous physiologic activity, giving rise to tissue changes which are often late and remote, effects difficult to study with accuracy even in experiment."

Our Ashland waters are, by reason of their content in salines and carbonic acid gas, the best waters in the world for use in the so-called "Bad Nauheim" method of spa treatment for diseases of the circulation. In addition to this they have the greatest radio-activity of any known waters.

This combination of radio-activity with the salines and carbon dioxide increases the efficacy of waters used in the "Schott" treatment of circulatory diseases. By the activity of the radio-active substances in the water, accumulated waste products are removed from the system, thereby lessening the work of the heart and improving the general nutrition.

In diabetes, rheumatism, and heart and kidney diseases the system is overloaded with acid waste products. In most of such cases, therefore, the use of the alkaline waters in moderate amounts as a beverage is of distinct benefit. If the system tends to be alkaline their use is harmful.

In all except very advanced cases of diabetes, heart and kidney disease the use of the carbonated waters as a bath is beneficial. But the baths must be graduated and adjusted to the individual as regards duration, temperature, frequency and content in carbon dioxide.

Gymnastic exercises are of great benefit in heart disease, but they must be taken under careful supervision and with the important fact in mind that if they are overdone in the least degree harm instead of good will result.

#### Gymnastics Are to Be Combined With Spa Treatment.

The principle upon which the use of gymnastics in heart disease rests is that a strain on the heart muscles not sufficient to exhaust them improves the heart and enables it to pump the blood through the blood vessels more efficiently.

It stands to reason that rest, not exercise, should be used in rapidly appearing heart weakness or in hearts so much weakened by chronic disease that they can not respond to the slightest increased demand upon them for effort.

To accord with these facts, systems of "heart-training" exercises have been developed in which the essential point is to avoid the slightest fatigue, shortness of breath, or rise in blood pressure.

Hence the actual results obtained depend more on the vigilance and intelligence of the physician than upon the exercises themselves.

The most widely used of all the "heart exercises" are those originally employed by August Schott of Nauheim and used in combination with the Nauheim baths.

This combination is particularly advantageous and furnishes at one mild exercise, carbonated baths which stimulate the circulation, rest, and such a sedative to the mind that the patient is inclined to sleep.

The "Schott exercises" are performed by voluntary movements of the patient with the aid of an attendant who makes slight but graduated resistance to each movement.

This resistance should be just enough to restrain the rapidity of the movement without causing the patient to increase the respiratory rate or to become conscious of effort. Each day the resistance is to be increased till the patient is able to perform considerable work without realizing it.

For the use of "heart exercises" the following rules apply:

1. No exercise whatever till the patient has been under observation with rest for a few days and until his

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general condition is thoroughly understood.

2. If the patient does not improve under absolute rest in bed, exercises will do no good and will be sure to do harm.

3. In doubtful cases one or two passive movements may be tried with certain special precautions to prevent possible harm.

4. The first movements after he gets out of bed are to be taken under the personal supervision of the physician, then under a skilled attendant, and finally with the aid of a member of the family.

#### Message in Combination With Baths.

Massage of the muscles causes a dilation of their blood vessels, thus lowering the resistance to the circulation of the blood and lowering the blood pressure.

Exercise has a similar effect on the blood vessels in the muscles, but because less waste products are given off by massage than by exercise the velocity of the blood stream does not have to be increased to remove them, thus massage puts less strain on the heart than does exercise.

It is not, therefore, surprising that those having a poorly compensated circulation should be relieved by massage. It is by a judicious combination of massage, baths, rest, diet, exercise and mechanotherapy that the best results are obtained in diseases of the heart, circulation and kidneys.

After the bath the patient should rest and if possible sleep for at least an hour. Upon this depends much of the success of the treatment.

A question frequently asked by thoughtful people is, "Will such a course of treatment cure a person who has heart disease?"

The answer to this question depends upon the general condition of the patient, the stage of the disease, the willingness of the sufferer to follow the necessary regulations prescribed by a physician who is skilled in the diagnosis and treatment of the different forms of heart disease.

At other spas not as favorably situated as regards climate and scenery, and whose waters are by no means as valuable as ours, many sufferers obtain what they themselves consider as a cure. In other words, a "symptomatic" cure.

It must be remembered that the successful treatment of circulatory disorders demands time, patience and attention. "It takes a long time to remedy a disease that took a long time to develop."

GEO. O. JARVIS, M. D.

The Sanitarium.

#### Died.

Samuel Isaac Wilson, aged 68 years, two months and 19 days, died at his home, two miles west of Talent, February 8, the cause being chronic gastritis.

Deceased was a native of Camden, Ohio, and has resided in this valley six years, coming here from Livingston, Mont., where he conducted the Livingston eating house, in addition to being a farmer and stockman. He was a member of the Royal Highlanders of Livingston. He leaves a wife, Mrs. Elizabeth Wilson, and three children—Joe H. Wilson of Talent, Ruth Anne, now a student at the University of Oregon, and Nioma of Talent.

Funeral services were held from Per's undertaking parlors, Medford, Friday afternoon at 2 o'clock, Dr. J. Lawrence Hill officiating. Burial in the Odd Fellows' cemetery.

Friends of the family in Talent and vicinity are many, and all extend sympathy to its bereaved members, whose loss is shared by the entire community.

The Commercial Club requests the names and addresses of parties who are considering coming to the coast this summer. We wish to send them literature and give them a good conception of Oregon. 74-tf

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AND USE

### Printed Butter Wrappers

ACCORDING to the ruling of the Oregon Dairy and Food Commission all dairy butter sold or exposed for sale in this state must be wrapped in butter paper upon which is printed the words "Oregon Dairy Butter, 16 (or 32) ounces full weight," with the name and address of the maker.

To enable patrons of the Tidings to easily comply with this ruling this office has put in a supply of the standard sizes of butter paper and will print it in lots of 100 sheets and upward and deliver it by parcels post at the following prices:

100 Sheets, 16 or 32 ounces ..... \$1.35  
250 Sheets, 16 or 32 ounces ..... \$1.85  
500 Sheets, 16 or 32 ounces ..... \$2.65

Send your orders to us by mail accompanied by the price of the paper and it will be promptly forwarded to you by parcel post, prepaid.

We use the best butter paper obtainable, and our workmanship is of the best. Let us have your order and you will not regret it.

### Ashland Tidings

Ashland, Oregon