ASHLAND DAILY TIDINGS

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Bert R. Greer ..... Editor

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WHAT CONSTITUTES ADVERTISING

"All future events, where an admission charge is made or a collection taken is Advertising.

No discount will be allowed Religious or Benevolent orders.

DONATIONS

No donations to charities or otherwise will be made in advertising. or job printing—our contributions will be in cash.

MARCH 21

I SOUGHT THE LORD, and he heard me, and delivered me from all my fears. This poor man cried, and the Lord heard him, and saved him out of all his troubles.—Psalm 34:4,6.

A LESSON IN HEALTH

A series of regular bulletins and health articles is being issued by the Oregon State Board of Health, many of which are highly instructive and of great value. One of these articles, released for publication on March 19 is of so much importance that the Tidings believes it can devote editorial space today to no better advantage than producing it in full. The article covers the subject of nerves, and follows:

"A great number of people are overexcited, worried, troubled—in short they are far from healthy-minded. The mind isn't simply the brain in your skull. The mind lives in every extremity of the body. Our thoughts can change the beating of the heart. Our emotions change the very chemistry of the body. You ractions and your health are controlled by two closely allied nervous systems.

"One system is concerned with voluntary movements and acts of the will. The other system is associated with the actions of involuntary muscles in the blood vessels, heart, intestines, or other organs with secretory cells. These two systems, the cerebrospinal and autonomic are closely associated in activity. The health of the nervous system, and indeed of the body as a whole depends on a nice adjustment of the work to be done by the two systems.

"If you wish to attain the best results from any hygienic measure you will have to satisfy the mind along with the body. It is better to disregard some rules of hygiene rather than worry over them. Health demands the elimination of fear, worry, anger, hate, envy, jealousy, and other depressing abnormal mental states.

"A wholesome mental attitude is not suddenly acquired. It comes only by persistent and conscientious effort to see straight, to keep the values of life clear. The secret of equanimity consists not so much in repressing fear or worry, as in dropping or ignoring it, that is, diverting and controlling the attention. The main art of mental hygiene consists in the control of the attention.

"It is quite possibie for many persons to develop wholesome mental responses and for many to achieve a higher type of control than the usual and customary. To train oneself in small things to meet the problms of life is the beginning of that power which in crises of life will find the owner strong, able, and sufficient.

"Wholesome mental traits essential to health are confidence, openmindedness, unselfishness, and faith in the goodness of life. The way to develop self-confidence is to try honestly and keep at it until experience of success comes. Experience of success increases confidence. Openmindedness means plasticity of mind, ability to feel new meanings, to find new values. It makes for variety, interest and health. Unselfishness is to be cultivated because of its wholesome effect on health. Mental health and growth feed on satisfying situations. Faith in the goodness of life means optimism. Enjoy the many wonderful things of life. The path to faith in the goodness of life among the commonplace everyday affairs of work and play. The simple life makes for such faith.

"To do anything well you must practice. The healthful mental state can be developed just as surely as exercise tends to muscular development. The art of nerve control must be practised like penmanship, public speaking, singing, or anything else that is worth while. This is something that needs more than ordinary effort. Learn to control the power of attention and you will form a power to turn on the currents of thought as you would turn on an electric light. The most vital thing in mental hygiene is decision. Indecision is a mind worrying with itself which is a waste of much useful energy. Learn to make clean-cut decisions and you will establish a habit that does not know failure."

MARCH 25 IS CLEAN-UP DAY

In accordance with annual custom, Mayor C. H. Loomis has issued a proclamation declaring Tuesday, March 25 clean-up day within the limits of the city, and on that day and date the city will lend assistance in cleaning up all premises and will cooperate in every possible way with home owners in placing the city in a condition that will be appreciated locally and particularly inviting to strangers and visitors.

Each and every citizen should lend assistance and give proper observance to the day not only, but should make the day the first of a continuous camaign to keep Ashland clean. A spotless town is one of the most desired conditions citizens can hope to attain. It is of double value in that it becomes the cynosure of the eyes of all who visit our city, and it improves sanitary conditions to an appreciable degree.

Much of the responsibility for the appearance of paved streets rests with the street cleaning department of the city. There is an end, however, to what can be expected of that department, and were it on the job every hour of the day paved streets could not be kept clean without cooperation on the part of all who use them. There are many unpaved streets in the city that can not be flushed and cleaned in the usual way and they can be kept in a presentable appearance only by care exercised by citizens in general. The careless throwing of paper and other waste into streets, alleys and yards is a practice that makes a dirty and unpresentable town and until people realize this fact and act accordingly the city can not begin to cooperate in the important duty of making and keeping Ashland clean.

School children can render valuable aid in keeping their town clean by refraining from acts that tend to litter the streets, walks and alleys. They can assist by cautioning others against the practice of throwing waste matter whereever their first impulses may dictate.

Let the children and the adults get the habit of keeping the town clean and soon it will bear results. Make Ashland the cleanest town in Oregon.

The truth that "three of a kind beat two pair" was never more aptly illustrated than by the three "Eds"—Denby, Dohney, and McLean.

Tuesday, March 25 is clean-up day. Make it so in fact as well as in name.

Even sly, old Tex Rickard was buncoed by the coterie of friends awaiting on Attorney General Daugherty. The oily and filmistic interests are no respector of persons when they "take into camp" a man of Rickard's type.

While cleaning up, paint and paper up. The three improvements go hand in hand.

TELLS OF ALBERTINA KERR NURSERY HOME

Representative Tells of Its Work and The Fight Waged to Reclaim Human Life

(Continued from yesterday)

"It is not a nice or savory subject, but does that sum up your view of the matter? And if so will you talk about it as frankly and explicitly as you can giving your angle on it as a scientific man?" Dr. Copland, it is said looked at Mr. Evans steadily a moment then out of the window. saying slowly, "I wish I could shout the terrific truth about that subject twenty-four hours a day from a mountain top. I wouldn't stotp till the very babes in their cradles knew of their right to be born of clean parents, and till thousands of the blind in this country knew what was responsible for their blindness; and till some of the patients in our insane asylums knew what had robbed them of their wits; and till the thousands who go through life with bodies that nothing can make strong or well, had robbed them of their health and vitality and till boys and girls understand the obligation that is on them to transmit to posterity a healthy body and sound mind."

He continued "We don't look the truth in the face. Half of us are blankly ignorant of the whole dreadful subject; and the other half of us are so shocked by it that we madly cover it up and keep it hid, and let the destruction go on.

"There has got to come a change. It may go hard with some of us who are trying to bring it about, and who are defying insane puritanical proprieties to that end, but it has got to come. Believe me if it doesn't come this nation is in a fair way to have its name blotted out of the book of life, if the thing doesn't weaken us till we can no longer survive as a nation, it will so rob us of national vitality that we will break every promise we now give of a great future.

We'll dwindle to a race of rotton toothed, near-sighted, rickety, round shouldered thin haired, thick witted degenerates—if this thing isn't stopped. And the only way to stop it is to tell the truth about it."

I don't know how others may look at it, but I am through with reservations on this subject of venereal diseas.

God help us if we don't wake up. It takes courage. He further states "80 per cent of operations performed upon women are made necessary because of innocently venereal disease.

The statistics and figures of the draft showed that out of ten million men examined 450,000 had syphillis and 2,225,000 had gonorrhea, a total of 2,675,000 cases of venereal disease or about 27 per cent out of a multitude of every walk of life. When our men first went to the cantonments there were 60,000 in one day could not report for duty because of venereal disease. These were men who came directly from civil life, and whose condition had nothing to do whatever with the liscence and insanity of war. More sickness came from these diseases in the army than from all other causes combined, that the deaths and disability caused by them directly and indirectly were comparable to the number killed and seriously wounded; and that though the battle casualties of the war were made public nothing at all was said in this highly proper and moral country of ours about the unknown and the unspeakable cause of death and total disability. But the draft figures made these facts known to the medical profession and to others whose business it is to keep in touch with the truth.

We had only guessed at them before; now we know—and the truth was more dreadful, it uncovered more corruption, than even the extremist and the fanatic had dared to guess. It was as if the moment had forced this slimy evil to crawl from the darkness and expose itself naked to the sunlight. Oh! if we could have kept it here till it died.

But the monstrous thing has returned again—although it is always in hiding and it is as real as ever; and if the number of infected men who pass you on our streets of large cities and proportionately so in smaller towns, isn't 27 per cent it is more.

It can by no possibility be less. We have shut our eyes and stopped our ears and mouths—as a result, that 27 per cent of infected men get married like other men. They are permitted to infect innocent wives, and to help fill our asylums with blind and insane without anybody to lift a finger to stop it. In Oregon there is a law requiring male applicants for marriage license to have medical examinations and health certificates but it is ofen beaten by a trip across to Vancouver from Portland and the ceremony performed even though Washington has the same law but not rigorously enforced.

Not even the medical profession can open its mouth about an individual case. No physician is permitted either by law or by the ethics of his profession to warn a girl who is about to marry a man he knows to be diseased.

He can protest to the man but that's all he can do.

Our girls as a matter of course, marry men without a single question about that 27 per cent. They would consider it indelicate to raise the question of a medical examination even if they knew the peril of forgoing such a precaution; and most of them don't know it; and the parents likewise. They wouldn't want to raise even a suspicion that he had ever been the least irregular in his habits, or that he had ever had a frightful disease of which he was not quite cured. My! no! Many a man who wouldn't take a certified check on the angel Gabriel himself, will hand over his lovely daughter under these conditions, with never a doubt, and with the trusting innocence of the victims of a shell game at a county fair. Boys all over the country are brought to manhood almost as ignorant as their mothers and sisters and fathers before them of this truth.

True they know that these diseases exist, but are ont fully alive to how deadly and loathsome they really are. hat they are acquired for the most part by defying man made but God inspired laws of convention and righteousness as well as innocently through infected towels, dishes and public wash rooms. Most of their knowledge is gained from ignorant and uninformed companions who got their knowledge the same way and what's the result? Why most men ignorantly regard an attack of gonorrhea as little more than a bad cold. Companions older in sin than they, and wiser in the ways of the world have told them so and none of their delicate silent elders have ever disputed that claim. And so an enor-

(Continued Tomorrow.)

POLITICAL ANNOUNCEMENTS

TREASURER

I am candidate for the republican nomination for a second term as Treasurer of Jackson county, subject to the May primary. If nominated and elected I will conduct the office as in the past, in accordance with the laws of the state.

Adv. tf A. C. WALKER.

For County Clerk

I herby announce myself as a candidate on the republican ticket for nomination for the office of County Clerk at the May primaries.

I have for the past 5 years been a Deputy County Clerk and am familiar with every branch of the office, and if elected, I will give close attention to the dutes of the office and feel confident that I will prove worthy of your support.

DELILIA STEVENS.

COUNTY SCHOOL SUPERINTENDENT

I am a candidate for republican nomination at the May primaries for the office of County School Superintendent of Jackson County. I have served the county for three and a half years as county superintendent, and will, if again elected, work as earnestly for the cause of education as heretofore.

SUSANNE HOMES CARTER.
Jacksonville.

COUNTY CORONER

I am a republican candidate for reelection for Coroner of Jackson county, subject to primaries May 16.

Platform: Experience, personal attention, economic management. Being a substantial taxpayer I am interested in the economical management of all county offices.

JOHN A. PERL.

CORONER

I hereby announce myself as a candidate on the republican ticket, for nomination at the coming primary for the office of coroner of Jackson county.

By virtue of my profession as an undertaker, I feel that I have every qualification and the necessary equipment to properly handle any dutis which may arise.

Advt. tf. H. W. CONGER.

SHERIFF

As a candidate in the Republican primaries for the office of Sheriff, I desire to clearly define my position on the future conduct of that office, if elected.

My experience as a deputy sheriff of Jackson County, and as a State Traffic Officer, has taught me that no peace officer can give satisfactory and efficient service to the public when his authority and responsibility are shared by another. The present unsatisfactory law enforcing conditions is largely attributable to divided authority between antagonistic peace officers, elements that are certain to produce conflict, inefficiency and useless expense.

If elected I shall insist upon and expect to maintain the right to perform all the duties of Sheriff in this County, and it follows that I will be uncompromisingly opposed to special officers except Federal Agents, with whom I pledge full and complete cooperation. I am in thorough accord with both the letter and spirit of the prohibition laws and pledge my active and untiring efforts in their enforcement.

adv. tf J. J. McMAHON.

POLITICAL ANNOUNCEMENT

I hereby announce my candidacy for County Judge, subject to the decision of the Democratic primary, on the following platform:

Reduce taxes through an economical and business-like administration of county affairs. Stop needless expenditures and waste and give proper support and attention to good roads, public schools and other vital and public necessities. Enforce the prohibition law efficiently and properly through preper agencies and eliminate special law enforcing organizations which are now causing divided authority and needless expense. Give to all a fair, square deal and not be responsible to any political faction, clique or organization.

152tf* WILLIAM ULRICH.

CAMBERS FOR SHERIFF

To the Republican Electors of Jackson county, Oregon:

I hereby announce myself as candidate for the office of Sheriff of Jackson county, subject to the wishes of the Republican voters to be expressed at the primary election to be held on May 16, 1924.

In announcing my candidacy I wish to state for the information of the voters that I have had four years clerical experience in the Auditor and Recorder's office of Churchill county, Nevada; that I also served four years as Sheriff of said county, and feel that I am eminently qualified to fill the position.

I strongly favor law enforcement, especially the liquor laws, the violation of which has become a great menace to the commonwealth. I also favor the enforcement of the motor vehicle law to the end that the lives of people and property may be protected from the acts of careless and reckless drivers.

I shall, if elected, bestow special attention to the matter of collecting taxes, and the executive duties of my office.

Adv.* J. J. CAMBERS.

JOINT-EASE FOR STIFF, SWOLLEN JOINTS

Rheumatic or Otherwise

Says: "When Joint-Ease Gets in —Joint Agony Gets Out."

It was a high class pharmacist who saw prescription after prescription fail to help hundreds of his customers to get rid of rheumatic swellings and stiff inflamed joints.

And it was this same man who asserted that a remedy could and would be compounded that would make creaky, swollen, tormented joints work with just as much smoothness as they ever did.

Now this prescription, rightly named Joint-Ease, after being tested successfully on many obstinate cases, is offered through progressive pharmacists to the millions of people who suffer from ailing joints that need limbering up.

Swollen, twingy, inflamed, stiff, pain-tormented joints are usually caused by rheumatism, but whatever the cause Joint-Ease soaks right in, through skin and flesh and gets right to and corrects the trouble at its source.

Remember Joint-Ease is for ailments of the joints, whether in ankle, knee, hip, elbow, shoulder, spine or finger and when you rub it on you may expect speedy and gratifying results.

It is now on sale at all druggists everywhere for 60 cents a tube. No. 9

HELP KIDNEYS BY DRINKING MORE WATER

Take Salts to Flush Kidneys and Help Neutralize Irritating Acids

Kidney and bladder irritations often result from acidity, says a noted authority. The kidneys help filter this acid from the blood and pass it on to the bladder, where it may remain to irritate and inflame, causing a burning, scalding sensation, or setting up an irritation at the neck of the bladder, obligating you to seek relief two or three times during the night. The sufferer is in constant dread; the water passes sometimes with a scalding sensation and is very profuse; again, there is difficulty in voiding it.

Bladder weakness, most folks call it because they can't control urination. While it is extremely annoying and sometimes very painful, this is often one of the most simple ailments to overcome. Begin drinking lots of soft water, also get about four ounces of Jad Salts from your pharmacist and take a tablespoonful in a glass of water before breakfast. Continue this for two or three days. This will help neutralize the acids in the system so they no longer are a source of irritation to the bladder and urinary organs, which then act normal again.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used by thousands of folks who are subject to urinary disorders caused by acid irritation. Jad Salts causes no bad effects whatever.

Here you have a pleasant, effervescent lithia-water drink which may quickly relieve your bladder irritation. By all means have your physician examine your kidneys at least twice a year.

No. 108

Quick Meal Ranges

Assure perfect baking so far as the cooking is concerned.

ASHLAND FURNITURE COMPANY
94 N. Main

Chicken Feeders

PROVOST BROS

Confirmed Dyspeptic Tells of Recovery

Mr. and Mrs. Bayes Give Full Credit to Tanlac for Remarkable Results—Mrs. Bayes Gained 21 Pounds.

"Mrs. Bayes and myself are both strong for Tanlac and could not over praise it," declares T. H. Bayes, 638 College St., Springfield, Mo. Mr. Bayes is a popular musician and well known to the people of Springfield, having been associated with a leading music house here for thirty years.

"My wife had been a confirmed dyspeptic, having suffered from it for twenty years. She was sorely troubled with heart palpitation and about all the distressing symptoms a prolonged case of indigestion can cause a person.

"Finally she got down to only one hundred and eight pounds and landed in a hospital almost a nervous and physical wreck. In fact, her case seemede hopeless, but after everything else failed along came Tanlac and easily and quickly put an end to her twenty years suffering and restored to her the pleasure of living.

"Tanlac was soothing and healing from the very start and now she has a wonderful appetite and her digestion is the best I have ever known it to be. The change from eating a little toast and other very light foods to such things as sausage, cabbage, sauerkraut, etc., came about so quickly as to astonish and delight us both.

"Her weight has gone up to one hundred and twenty-nine pounds, a gain of twenty-one pounds. Rheumatism about her arms and joints and swelling in the feet has also disappeared with the general building up Tanlac gave my wife. Her strength has returned, she has an abundance of energy and is altogether happy over her new found health."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 million bottles sold.

Take Tanlac Vegetable Pills.

NO HARM RESULTS FROM FIRE CHEMICALS

Authorities Dispell Belief That Damage Results to Person or Clothing.

Contrary to a widespread opinion, the chemicals used by fire departments throughout the country have no detrimental effect on either person or property, according to G. F. Billings, local agent of the Hartford Fire Insurance Company. Chief C. J. Baughman of the local fire department corroborates this view.

"The mere name 'chemical' is probably responsible for the idea", said G. F. Billings yesterday. "But let us see of what substances the chemiacl is composed. In the first place, a forty-gallon tank is filled with water—just pure drinking water. To this is adde pure bicorbonate of soda, the same soda that is used in thousands of homes for cooking purposes. About one pound of soda is used to forty gallons of water.

"In order to obtain pressure, a receptacle is placed inside the tank, and in this receptacle there is about one pint of sulphuric acid. When the tank is needed at a fire, a lever is turned, the sulphuric acid is released, comes in contac with the solution of water and bicarbonate of soda and creates the needed pressure. The supposition that sulphuric acid is detrimental to any article it touches is natural, but most people don't realize that two pints of acid dissolved in 320 pints of water nullifies the acid's power to do harm. The residue that shows on fabrics and pieces of furniture after being dried following a soaking by chemical, gives the impresison of dire after effects. This whitish substance is merely the bicarbonate of soda and can easily be brushed off without any resulting damage.

"Let me quote, here, part of a letter written by Chief Walter Jones of the New Rochelle department to the Hartford Fire Insurance Company agent at that point:

" 'While the fire that occurred recently at No. 14 Beechwood Avenue was in progress, a distinguished citizen of our city was an interested spectator—ExMayor George G. Raymond. In his enthusiasm he ventured close to the burning building, and unfortunately some of the chemical from the hose line, due to a burst in he line, saturated him from head to foot, even entering the eyes. He inquired from me as to the possible ill effect of his unexpected bath and I assured him that such instances were of almost daily occurence to the men of this Deparment, and he left the scene of the fire to obtain a change of clothing, to return within a short time smiling, and has been smiling ever since.' "

Portland—Foreign shipments of lumber from Portland during the month of February, totaled 35,732,423 feet.

CONVALESCENT HOME

Facing Park

WHERE THE SICK GET WELL

Good Cheer—Good practical nursing—Best of food.
Everybody Welcome

Maternity Dept.

Terms Reasonbale Phone 411-R

Our Greatest Asset

WE have assets in money, credit and connections. But we claim that our greatest asset is our dependability. We solicit your business upon this basis.

The Citizens Bank of Ashland
Ashland, Oregon