

MEDFORD BOY IN MARINES TELLS OF TROPIC TRIP

Lester Jacobs, son of J. W. Jacobs, who enlisted four months ago with the United States marines, writes as follows to his parents from Quantico, Va., where he is aboard the U. S. S. Buffalo, regarding his experiences: Dear Ones, All:

I suppose that you have received the letter I wrote from Mare Island and the one from Colon.

Well, after being on the U. S. S. Buffalo for nearly a month, and traveling 6000 miles, we landed in Quantico, Va.

We received orders at noon, Monday, September 17, that we were to leave Mare Island at noon next day so we got our sea bags ready and the next day we were loaded on tugs and they took us down the bay, where we boarded the arrived cruiser, "U. S. S. Buffalo." All the government employes and the U. S. marine band gave us a big send-off. We lay at anchor for three days within 200 yards of the U. S. battleship Oregon, and finally in the evening of the third day we steamed out of San Francisco Bay into the Pacific. The sun was setting just as we passed thru the Golden Gate and I never saw a more beautiful sunset or a grander picture of one. Our guns were "sighted" and a crew beside them at all times. No lights were allowed at night.

On Monday we were in Mexican waters and very great precautions were taken against submarines. We saw many flying fish and a few whale while we were off the coast of Central America. The sea there was as smooth as glass and it was very warm. Our uniform on board ship in the tropics was an undershirt and pants. I went for two weeks straight without putting on a pair of shoes. We abandoned ship drill. It was hotter than — and many of the firemen gave out. It rained every little while, and as we slept on the bare deck we had to move at least once every night, and if a fellow didn't get a place early he couldn't find a place big enough to lie down in—but that's all we had to do, for the sailors do all the work.

We were allowed one bucket of fresh water every day. That was to bathe and wash our teeth and wash our clothes in.

We got all the world news every day by wireless. Everyone was excited the morning we sighted land.

We arrived in Misquito bay just outside of Panama on Tuesday morning. A patrol boat met us and reported our arrival and they sent out a pilot to take us into the canal. We tied up for the night at Balboa. The sailors worked half the night putting the life boats on deck. We started thru the canal at 6:30 in the morning. It took us just six and one-half hours to go thru and we arrived at Colon on the Atlantic side at noon.

It is needless for me to describe the canal for you have seen pictures and read more than I could tell. It is certainly a wonderful piece of engineering and it shows that there is nothing impossible when "mere" man could put thru such a wonderful work.

That is the most beautiful country I ever saw. The warm showers keep everything green and vegetation is very dense. I saw many cocconut trees and bananas growing along the banks. There are electric railroads on both sides of the canal, also large government buildings.

We passed ships from every country in the world as we went thru.

We had to go thru a lot of "red tape" after we arrived at Colon, but we got "liberty" there while our ship was being coated. The largest coal-station in the world is at Colon.

The inhabitants there are nearly all natives and you should see the jitneys. They are old-fashioned carriages drawn by donkeys. The streets are very narrow but the town is very "wide open." Bananas sell for 35 cents a bunch. I got a good meal at an American cafe for 40 cents. I had a good time there.

We saw several submarines and torpedo boats. I saw a submarine go under.

On the Atlantic side we experienced some rough weather. Many of the boys were very sick but I got thru without losing a meal or feeding the fish.

You may be sure we were glad to get into Hampton Roads and stay at anchor all night, for the night before we came near going on the rocks just off the cape. We ran into a big storm and many of us were pretty well scared.

There are ships from every nation of the world here in Hampton Roads, and a big lot of torpedo boats and submarines.

There is an aviation school on the Virginia side and we saw machines flying of every type and size. Some would fly at night.

We passed thru Chesapeake bay,

PREVENTION OF DISEASE LECTURE IN HEALTH COURSE

A large and intensely interested audience attended the opening lecture of the Chautauqua health course in the Methodist church last night. The lecture was brim full of the great principles of health, religion, and loyal patriotism. Prevention of disease by right living will be the subject of the lecture tonight in the Methodist church. Mr. Elliott says: "The progressive age in which we live demands a restatement of the great scientific principles of health and prevention of disease by right living in terms easily comprehended, and easily put in practice by the masses. We commend most heartily the physician and the science of medicine, but the masses must cooperate with the scientist and the physician for the prevention of disease.

Cause of Disease. "Disease does not belong to our bodies. Health is the normal condition of the body. The only reason we have disease is because we violate the laws of health. Health is more contagious than disease when we do not violate the laws of health. Disease does not enter the body until these laws of health have been violated persistently. There is but little heredity in disease. Very few diseases are transmitted by heredity. The great white plague, tuberculosis, was formerly thought to be transmitted from the parent to the child. Our most eminent physicians now declare no child can inherit tuberculosis of the lungs. They may inherit a weak lung. That weak lung may be developed just as easily as a weak muscle. Prevention of disease means proper living and proper development of the entire body.

Scientific Breathing. "The first essential for prevention of disease is the development of the lungs. The awful carnage thru pulmonary diseases is a crime. The flower of the young manhood and womanhood of our nation has been cut down before they reach their prime. Half a million deaths annually is a fearful penalty for a nation to pay for not teaching their children how to breathe and develop the lungs. This is the price our nation is paying. If every member of the first unit of our army of 500,000 men should be slaughtered, the death rate would only be equaled in numbers by the annual slaughter of our men, women and children by pulmonary diseases. This slaughter is repeated annually. Our children must be taught the art of breathing and lung development. It must be taught in our homes. It must become a part of the curriculum in our public schools from the primary to the post graduate work, if we would preserve health and life. Prevention of disease demands a generous supply of oxygen.

Sanitary Laws Imperative. "Prevention of disease demands the enactment and enforcement of sanitary laws. Pure food laws must be rigidly enforced for the protection of our food supply. The selling of tubercular milk and meat should be made a crime punishable with heavy fine. The cold storage plant should be rigidly guarded by competent inspectors for the protection of health. Heavy fines and imprisonment should be the penalty for adulteration of any food, and the law should be rigidly enforced. The rat, the mosquito and the fly should be exterminated at public expense for the protection of health. The drinking cup and the public towel should become an outlaw in all public places. Heavy fines should be imposed for expectorating on a public sidewalk, in a public building, or in a public conveyance. Perfect sanitation must be demanded in our public schools.

Bathing a Health Asset. "Bathing is one of the greatest health assets. Every city should have municipal baths, at a cost not to exceed ten cents. These should be free to the poor. Our public schools will never be perfect until they provide public shower baths for the pupils, and a balance ration for a noon luncheon, and expert oculist examination of the eye, and a dentist for the teeth."

Subject Tuesday, "The Secret of Health. How to Keep Well." Admission free.

and up the historic Potomac river and here we dropped anchor and waited for tugs to come and get us. The tugs took us to Quantico, Va., an advanced training camp.

It was a long trip and while it was a great experience we were all glad to land again.

I hope that this finds you all well as I am well and you must write me next.

Your affectionate son, LESTER. Quantico, Va., Oct. 14.

PRIZE WINNER TELL OF HER TRIP TO STATE FAIR

Flora Manke, Cyril Haak and myself left Medford at 9 o'clock Tuesday morning, September 25. We had a very pleasant trip. The scenery was new and interesting to all of us. During the trip I saw no forest fires as I did last year.

Because of troop trains and several other things we were two hours late in arriving in Salem, and arrived there about 11:30.

We were met at the train by Mr. Carlton, Mr. Vedder and several others who took us to the camp where Miss Clarke and Mrs. Harrington helped us make up our beds, as we had taken our own bedding.

In the electric light I saw that the camp looked the same as it did last year. The tents for the boys were to the left and to the right the eating tent and the girls' tent.

We arose at 6 the next morning and had breakfast at 7. After breakfast we registered and then went to see the exhibits, which were splendid.

We were requested to be prompt to our meals, so that the cooks might have a chance to see the fair.

In the afternoon the entire Jackson county bunch, Mr. Morris, our county school supervisor, the Douglas county bunch and Mr. Street, their superintendent, went to Salem to see the state buildings. We spent almost the entire afternoon in the capitol building, going thru it more thoroughly than I did last year while there. We returned to the fair grounds on the street car. In the evening we went to the pavilions for a short time.

Thursday morning was much the same as Wednesday morning. At 10 we went to the auditorium of the educational building and listened to a talk by Mr. Seymour on "Club Work." Archie Smith of Salem sang for us.

At lunch we had as guests Senator Hawley of Polk county, Dr. Davis of Albany and Rev. Bell. That afternoon we went thru the stock barns.

Mr. Centers, the director of extension work of the O. A. C., was our guest at dinner. In the evening we stayed in camp and played games.

Friday at 10 Mr. Maris and Mr. Harrington spoke to us and Mr. Smith sang for us again.

Governor Withycombe, Mr. Jones

NEXT MOVEMENT OF DRAFT TROOPS COMPRISE NEGROES

The next movement, which is to take place from October 27 to 31, will consist entirely of colored troops, says an announcement from the western department headquarters of the railroads' war board at 65 Market street, San Francisco.

C. J. McDonald, assistant to Chairman William Sprunt, says the total number of colored troops to be moved is about 83,000. Of this number, Camp Lewis's quota is only 400, or less than one per cent of the 46,100 troops raised in the western department.

The plans of the war department call for organizing the national army of 500,000 into sixteen divisions of white troops and one of colored troops.

Instead of concentrating all the colored men in the few cantonments of the southern states, the policy of the war department, it is said, will be to distribute them more more or less evenly thruout the sixteen national army cantonments.

No definite date has yet been set for the moving of the balance of the national army, amounting to 15 per cent, less the colored contingent.

of the state fair board and Mrs. Weatherly lunched with us. The two former spoke to us.

The boys and girls went to Salem in the afternoon. I did not go with the crowd, as I had been there on Wednesday.

Mr. Churehill, superintendent of public instruction, was with us at dinner.

Saturday morning at 10:40 the three of us and Andrew Stevens, the other Jackson county boy, who had gone to Salem with his sister, left Salem for home. Andrew left us at Cottage Grove.

The most beautiful scenery I saw from the train was the Rogue river and Ray Gold dam by moonlight.

The other two left the train at Medford. I arrived in Talent at about 11:30 after having had a very enjoyable time.

I wish to thank all those who made this good time possible.

E. LUCHE HOLDRIDGE. Talent, Ore.

HOOVER DRIVE UNDER WAY IN JACKSON COUNTY

The opening of the final drive of the Hoover campaign, which begins today, is surely attended by very favorable auspices, due to the preparedness and educational work which has been going on since the campaign was started. The superintendents and principals of the various schools thruout the county all report that the zeal of the teachers and children, thru whom the work is being done, is even greater and more effective than had been hoped for. Superintendent Ager reports that at Rogue River, for instance, the enthusiasm of the children has spurred them to a contest of rivalry as to whom shall secure the largest percentage of pledge cards. Children who carry their lunches to school are eager to reduce the amount of food to as low a supply as possible and to consume those articles of diet which, according to the instructions they have been memorizing during the past week, will be most helpful to the conservation of food for our allies and our own fighters now at the front.

No more inspiring or forceful method could have been devised for the consummation of this great and absolutely necessary measure than that "little children should lead them."

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Chautauqua Health Campaign

J. C. ELLIOTT, Lecturer

First Methodist Church Admission Free

Sunday, October 21, 7:30 p. m.—Sermon-Lecture, by J. C. Elliott. Subject, "Relation of Religion and Health. Prevention of Disease."
Monday, 7:30—"Prevention of Disease by Right Living."
Tuesday, 7:30—"The Secret of Health and Preservation of the Body."
Tuesday, 7:30—"Scientific Breathing for Health. Developing Lung Capacity."
Wednesday, 2:30—"Foods and Nutrition."
Wednesday, 7:30—"Dangers of Abnormal Food Supply."



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Do you know that back of your fragrant OWL stands a \$1,000,000 investment in reserve leaf? And often more? Do you know that the very OWL you smoke

today was once a part of this great store? And do you know that it takes Father Time many long months to make this OWL leaf "ready" for you in mellow fragrance?

Yes, friends, that's why we call the OWL the "Million Dollar Cigar." You can test the fragrance of the \$1,000,000 OWL for 5c. Won't you do it—today—at the nearest Cigar Store?

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