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Official paper of the city of Medford.
Official paper of Jackson County.

Sworn daily average circulation for six
months ending October 1, 1923, 3379, more
than double the circulation of any other paper
published or circulated in Jackson County.

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miles, having leased wire Associated Press
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Ye Smudge Pot

By Arthur Perry

"Let him who is without sin, cast
the first stone," but everybody is
throwing rocks at Mabel Normand.

It is beginning to look a little bit
like winter, with ice and snow, and
fog and frost, etc.

The leading exponent of militarism
in the state of Oregon, with a life job
at it, has come out flatfooted against
the "insidious evil of the pernicious
cigarette."

WHAT THEY ALL SAY

(Roseburg News Review)

Dear Mrs. Ellsbury: Not long
ago I was going home, and as it
was snowing and wet, a man I
knew, a married man, picked me
up and took me home. He did
not do it for any reason but to be
polite and to help me out when I
was in the wet. His wife, who is
a good friend of mine will not
speak to me now, and makes
catty remarks about me to her
friends. Should I go to her and
have it out with her. ANGRY.

Outside of two deflated hind tires, a
busted typewriter, a stolen or strayed
fountain pen, and a shoestring that
could not stand the strain any longer,
everything is all right this wash day.

The question of a bonus for the
soldiers is up again. Well, they yelled
"Nothing is too good for the boys."

A LADY TALKS

I was a little butterfly, flitting from
buttercup to buttercup to buttercup,
and then, hot doggie! I ran out of
buttercups. He said, "May I have the
honor of this next walk with you?"
I said, "I'd just as soon rub the powder
off my right cheek, on your left
shoulder, as anybody I know of. And
that's that. You know how dark it
gets. Well, Harry Morey was running
out some rails for a railroad, when
that woman loses a pivot tooth—
dropped right out. A tooth is a tooth,
no good outside of their territory.
She's got a habit of nibbling the end
of her handkerchief, and she might
have given it a yank when Nellie's
beau fell off the bridge. Therefore,
she is not around and heartless floundry.
I guess you know Mr. Heinz has a
new variety of canned goods, making
a total of 58. Hain't that silly. If
I've heard what they're going to
spring, I always say, don't tell it to
me if it's naughty. Once in a while,
but not often it works, and if it does
they start chatting about their moth-
er. And he said, is she married, and
I said, yes, and he said, does she stay
home, and I said yes, and he said, is
her husband a good provider, and I
said yes, and he said, hain't that nice,
and I said, the wind has swung round
to the north again. I just love to
have an expert kid me, when I don't
know anything about it.

The item in last Wednesday's paper
saying that Fred Frost was in the jail
for being drunk, was untrue. We
were wrongly informed, and beg his
pardon.—(Eugene Guard). An editorial
scrawl.

JUG AND JUGULAR SAFE

(St. Albans, Vt. Times)

Leon Hall of South Wheelock
was injured a few days ago when,
as he was opening a cider barrel,
the top flew up and struck him in
the throat, cutting a deep gash.
Several stitches had to be taken.
(Sub. T. L. W.)

CHILDREN ALL OVER THE
MEASLES—(Hillside Oregon City
Enterprise). And everybody thought
the measles were all over the chil-
dren.

The law of gravity is still being
enforced at the crossroads.

Mayor Coyer of Los Angeles, and
Governor Pierce of Oregon, for pres-
ident and vice president.

Representatives Kvale and Weald
of Minnesota voted "present" when
the election of a speaker took place
in congress last week. Any body could
do that, and that's about all they will
amount to in the present congress.—
Clara City (Minn.) Herald. Outside
of sending seeds to constituents.

THE PEACE AWARD.

THE LONG-HERALDED Bok Peace Plan award announced to-
day will probably be a disappointment to a majority of the
people.

For with over 22,000 plans submitted, something new and start-
ling was naturally expected. The hope that there is some short cut to
peace, some ingenious scheme, that can automatically end the folly of
war, is deeply imbedded in the human mind, and when the people dis-
cover that the winning plan offers no such program, there will un-
doubtedly be genuine disappointment.

Nevertheless "Plan No. 1469" deserves very earnest consideration
if for no other reason, because it is endorsed, by such men as Elihu
Root, Colonel E. M. House, William Allen White and Brand Whit-
lock as the best plan out of 22,165 submitted.

That the award was not influenced by political considerations, is
strongly indicated by the fact that in these four men, the committee
has two of the most prominent Democrats, and two of the most promi-
nent Republicans in the country.

And to eliminate the political factor in such an endeavor is to
make a long step toward constructive progress. For it has always
been our opinion that participation of the United States in the League
of Nations was not killed so much by hostile public opinion, as by
partisan politics.

Nevertheless with a political campaign near, there seems little hope
that this plan will receive the attention it deserves. For as a matter
of fact the American people have become pretty well disgusted with
the condition of affairs across the water, and for the next year, they
will be much more interested in domestic policies, particularly the
important issues of taxation and economic reconstruction than in any
program looking to European reconstruction and regeneration.

The plan however, is submitted to the American people for their
approval or disapproval. Along with thousands of other newspapers,
The Mail Tribune is assisting in a referendum by printing a ballot,
which its readers are asked to mark and mail to the American Peace
Award. Therefore, it is the duty of all citizens interested in the
important problem of world peace, to study this proposal and regis-
ter their opinion.

Our attitude toward the plan is something akin to the attitude we
would have toward a proposal to treat a stricken friend, abandoned
by the doctors, with some new and untried treatment, recommended
by a committee of eminent laymen. We would say without hesitation
—try it. Try anything. It may do no good, but under the circum-
stances it can do no harm.

Personally we believe no plan will bring world peace, in the pres-
ent stage of human development, until an international force for
peace is created, which at any one time, can be depended upon to be
greater than any force for war. But we may be mistaken. We hope
we are.

So as a plan is here presented which is not only recommended by
an eminent committee of distinguished Americans, but which incor-
porates both the main principles of the Democratic and Republican
peace programs the World Court and a League of Nations, our de-
cision is,—go to it.

We don't expect world peace to result. But as a step toward orga-
nizing world opinion against war, the plan is certainly worth the ex-
periment.

QUILL POINTS

It isn't a stable government if its statesmen are addicted to
stalling.

No more dogs will get into the White House except in the guise
of Frankfurters.

Party loyalty, at times, is not easily distinguished from an itch for
a post office.

About the only tax-free securities a poor man can collect are treas-
ures in Heaven.

Many a man thinks he is feeling sorry for his sins when he is
merely feeling sorry for himself.

He may forget to put out the cat while she's away, but he doesn't
forget to feed the kitty.

Men no longer hook up their wives, but women haven't lost the
enack of hooking husbands.



UNRELIABLE.

MY PIEBALD cow required dehorning, for she had hooked
me now and then, and her demeanor gave me warning that
she might pull the trick again; "I'll do the job tomorrow morn-
ing," said Bilkins, "when the clock strikes ten." The clocks
struck ten, and still I waited for Bilkins, who did not appear; and
when he was an hour belated, the old cow hooked me in the ear,
and many sentiments I stated, unfit for publication here. I later
planned to build a dwelling about the size of yonder kirk, and
Bilkins hung around me telling how much he'd like to do the
work; but, indignation in me swelling, I said, "Your pleadings
jar and irk. You promised once to come a-treading, when you had
chewed your morning chow, and amputate the antlers spreading
on my old gutta percha cow; you failed to come, your promise
shredding, and I can't trust your pledges now. The man whose
words are idly spoken, and then forgotten in a trice, whose prom-
ises are quickly broken, in this gray world will cut no ice; I'll
bring a man from far Hoboken to build my shack, and pay his
price." Make good your word on all occasions, of truth let all
your vows be spun; don't wait reminders and persuasions before
you see your duty done; apologies and cheap evasions are not
worth seven cents a ton.

Personal Health Service

By WILLIAM BRADY, M. D.

Noted Physician and Author

Signed letters pertaining to personal health and hygiene, not to disease diagnosis or
treatment, will be answered by Dr. Brady if a stamped, self-addressed envelope is enclosed.
Letters should be brief and written in ink. Owing to the large number of letters received, only
a few can be answered here. No reply can be made to queries not conforming to instructions.
Address Dr. William Brady, in care of this newspaper.

Why Do We Sleep?

As already mentioned, the mystery
of normal sleep seems impossible to
solve because investigation of the
phenomenon can be carried only so
far without waking the subject. The
physiology of sleep is therefore only
partly known yet it is worth while
for everybody who ever
has occasion to sleep to know the physi-
ology of sleep as far
as it goes.

Most human tis-
sues, the glands par-
ticularly, have al-
ternating periods of
activity and rest.
When metabolism
(the oxidation or combustion
process of life) is reduced below the level
necessary to cause consciousness or
mental activity, sleep occurs. Con-
sciousness is more or less completely
lost according to the depth of sleep.
The most profound or soundest sleep
is about an hour after the beginning
—at this time it requires the loudest
noise to awaken the sleeper. The
first few hours of sleep are most re-
freshing; the later hours of sleep are
more shallow and less refreshing. In
the early morning there is a twilight
zone when consciousness is only half
lost; it is then that many persons have
dreamed of spirits and other phan-
tasms which, when they presently
emerge into fuller consciousness, they
will swear they really saw.

In sleep the eyeballs roll upward
and outward. The breathing is slower
and deeper and more costal (upper
ribs) than in waking condition; usu-
ally a periodical increase and de-
crease of the breathing is noticed, re-
sembling what is called Cheyne-
Stokes breathing in certain pathologi-
cal states of coma. Pulse rate de-
creases by 10 to 20 beats to the min-
ute. Blood pressure falls from 10 to
40 millimeters of mercury. The vol-
ume of the brain diminishes—less
blood in the brain, less pressure, an
important factor in the relief of head-
ache; at the same time, the volume
(circumference and weight) of the
limbs increases, because more blood is
distributed to the surface and extremi-
ties. The constant secretions—such
as the urine, the tears and the mucus
from the glands of the nose and
throat—diminish. Dryness of the
eyes, prompting rubbing of the eyes,
is a familiar indication of sleepiness.

When sleep sets in the power of
conscious movement is lost first, and
the auditory sensibility last; when the
individual begins to awaken he be-
comes conscious of sound sensations
before he recovers the power of vol-
untary movement.

In children with a normal period of
12 or 14 hours of sleep, besides the
first period of deepest sleep which
comes an hour or two after the begin-
ning of sleep, there is a second period
of deeper sleep toward morning. Some
adults resemble children in this re-
spect, particularly adults whose great-

est mental activity comes toward eve-
ning, and who are least efficient in
the early part of the day. Night-
hawks therefore lie ahead in the fore-
noon, when humdrum folk are up and
doing. Hate to go to bed, and hate
to get up.

What makes us sleep? That's the
mystery. One theory credits the ac-
cumulation of acid waste products
such as lactic acid in muscles. This
theory harmonizes with the idea that
honest work or exercise favors sleep.
Next theory attributes sleep to reduc-
tion of oxygen supply to brain cells
below the level necessary for con-
scious activity. Another postulates
some specific toxin. Another assumes
anemia of the brain, or diminished
blood flow in the brain; this jibes well
with common schemes of wooing
sleep. We'll examine some of these
theories and see whether they have
any practicable use.

QUESTIONS AND ANSWERS

Astringent

Is there anything that will act as an
astringent on the abdomen? Had an
operation for hernia over a year ago
and the abdomen seems still flabby.
(M. G. S.)

Answer.—Suitable exercise to de-
velop the flabby muscles will do good,
but your physician should advise
about this. It is a common fallacy
that an astringent will remove wrin-
kles or give firmness or tone to flabby
flesh. Of course the only effect an
astringent produces is a temporary
puckering of the mucous membrane,
such as alum produces in the mouth,
and various medicinal substances such
as sumac produce on the lining of the
throat or stomach.

The Old Iron Pot

I have an old iron kettle which I
reserve for roasting meat. If I let
the roasted meat stand a little while,
the sides of the kettle become covered
with rust. Is this harmful? (C. S.)

Answer.—No. Even if a little rust
gets in the meat, it is harmless, being
iron oxide. Iron oxide is often ad-
ministered medicinally in a sweetened
pill or tablet called Eisenzucker or
some such German name.

Radium and Birthmarks

Is it true that radium eradicates
birthmarks? If so, where should one
go to have it done, and about how
much does it cost? (A. K. C.)

Answer.—Sometimes radium treat-
ment is satisfactory. Go to a phys-
ician who specializes in skin disease.
Your physician will recommend one
for you. The cost would be about the
same as the cost of ordinary medical
or surgical treatment. There is no
particular reason why radium treat-
ment should be very expensive.

The New Aluminum Kettle

I want to know whether cooking
fruit, vegetables or meats in alumi-
num ware, or keeping foods in such
ware overnight, makes the food unfit
to eat or dangerous. (Mrs. S. V. W.)

Answer.—No; aluminum ware is all
right to cook or keep any kind of food
in.

"JUST TOWN TALK"

Copied Right By Mike

YOU SELDOM hear

OF A newspaper

BEING CALLED upon

TO DEFEND itself

IN A libel suit

BECAUSE THEY tell lies

BUT NEARLY always

BECAUSE THEY tell truths

AND IT may be

THAT I'M flirting

WITH A bill for damages

BUT JUST the same

THERE'S NEWS in it

AND FOR that reason

I'M STATING the facts

YESTERDAY MORNING

I WAS walking

DOWN A certain street

AND I peeked in

AT A window

AND I saw a man

WASHING A woman's neck

AND IT wasn't long

BEFORE THE sidewalk

IN FRONT of the place

WAS PAKED to the gards

AND CENSORIOUS eyes

WATCHED THE "brute"

AS HE nonchalantly

AND WITH deliberation

KEPT TO his task

OF REMOVING the dirt

FROM THE beautiful column

OF SLENDER pink

THAT ROSE above

THE SHAPELY shoulders

WHICH WERE encased

IN FLIMSY underthings

AND NEVER a protest

WAS FORTHCOMING

AND TIME and again

WITH DELIBERATE intent

HE'D DIP a rag

A GRIMY rag

INTO A pan

OF DIRTY suds

AND CONTINUE his labors

AND FINALLY satisfied

HE WRUNG out the rag

AND PUSHED aside the pan

AND MADE preparations

TO DRAPE the fair shoulders

OF THE Window Model

WITH AN expensive wrap

AND I came away

I THANK you.

"Cascarets" 10c

Best Laxative
for Bowels

"They Work While You Sleep."

If you feel sick, dizzy, upset, if your
head is dull or aching, or your stomach
is sour or gassy, just take one or two
pleasant "Cascarets" to relieve constipa-
tion and biliousness. No gripping—nicest
cathartic-laxative on earth for Men,
Women and Children. 10c boxes, also
25 and 50c sizes—any drug store.

LAUREL GRAY LOVE GOSSIP

THE GREATEST THING IN THE
WORLD

by Laurel Gray

Practical Men

Girls love practical men. Day-
dreamers, wishers, pickers-and-choos-
ers and spiritual loafers draw blanks
in the lottery of



love. As a matter of fact the el-
ement of chance is pretty well re-
moved in the courtships of
practical men. Remember that
the girl whose love you seek has
had a father and perhaps brothers
around the house for quite a spell,
and she's pretty
wise on the weaknesses of the genu-
ine male, especially where practicality is
concerned. Girls are drawn to
dreamers and chaps who see castles
in Spain, but a practical man is al-
ways good for a four-room flat or
maybe a bungalow out in the suburbs,
and wives like to eat regularly and
wear fur coats in winter and georgette
frocks in summer. Ergo, the popu-
larity of the practical man is world-
wide.

DEATH TOLL OF
COLD WAVE 17

CHICAGO, Jan. 7.—The middle
west, plains states and northwest
welcomed a return of temperatures
normal for the season today while the
sub zero blasts that wrought havoc for
forty-eight hours spent themselves in
attacks on the east and south.

The thermometer today had climbed
lives in Chicago and that the 16 de-
grees below zero reached Saturday
broke a record of 12 years.

The thermometer today had climbed
more than forty degrees from the low-
est point reached.

ASPIRIN

Beware of Imitations!



Unless you see the "Bayer Cross" on
package or on tablets you are not get-
ting the genuine Bayer Aspirin proved
safe by millions and prescribed by
physicians over twenty-three years for

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Toothache
Neuritis
Neuralgia

Headache
Lumbago
Rheumatism
Pain, Pain

Accept "Bayer Tablets of Aspirin"
only. Each unbroken package contains
proven directions. Handy boxes of
twelve tablets cost few cents. Drug-
gists also sell bottles of 24 and 100.
Aspirin is the trade mark of Bayer
Manufacture of Monocetidecenter of
Salicylicacid.

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the wintertime?

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JOHN M. SCOTT
Asst. Passenger Traffic Mgr.

SOUTHERN
PACIFIC

Abe Martin



There's nothin' as ugly as an
ugly disposition. Some women
seem t'git married jost t' jump in
a dressin' jacket an' stay there.



Get Two Trial Boxes

PAZO OINTMENT is a Guar-
anteed Remedy for all forms of
Piles.

Pay your druggist \$1.20 for two
boxes of PAZO OINTMENT.
When you have used the two
boxes, if you are not satisfied
with the results obtained, we will
send \$1.20 to your druggist and
request him to hand it to you.

We prefer to handle this through
the druggist because his cus-
tomers are usually his friends
and will be honest with him.

PARIS MEDICINE COMPANY,
St. Louis, Mo.

ANNOUNCEMENTS

SHERIFF

I hereby announce myself a candi-
date for the nomination of Sheriff of
Jackson County on the Republican
ticket subject to the voters of said
county at the primaries in May. If
nominated and elected I pledge my-
self and the deputies whom I shall
appoint to enforce all laws including
the 18th Amendment with efficiency
and economy. If you do not want the
laws enforced do not vote for me.
D. A. LYONS, Central Point.

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 equip-
ment to properly handle any duties
which may arise. H. W. CONGER.