

MEDFORD MAIL TRIBUNE

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Ye Smudge Pot By Arthur Perry.

One reads in the report of the Treasury department that "money has quickened." This is no news, it always has been quick, in fact very spry and quite alert.

W. G. McAdoo, whose name is chiseled on all the postoffices built during the reign of Woodrow Wilson, still suffers from the delusion that he should drag the Democratic party down to defeat in the presidential campaign of 1928.

Next Thursday is the 20th anniversary of the discovery of the safety razor. Barber shops will remain closed until the following Monday, to observe the occasion.

Speculation is rife on what will happen when the late Jackson County methods of enforcing national prohibition, meets up with Mr. Coolidge's well known and burning passion for economy.

AMEN! (From "Time")

They took Hubert Ramply out and flogged him. They did not think he should keep company with Mrs. Mary Elizabeth Skidmore, who had not yet secured her divorce.

There has been an epidemic of agents selling cosmetics to put the bloom of youth on 4d fenders.

LIKE OREGON SENATORS

I speak not of liquor—the land hasn't got Any hard stuff to save or to spare; Of the choice between total abstinence and sot

Rippling Rhymes

I can never be sure if he's for me or not; But I always am sure I don't care; He's a Temperate Man—neither chilly nor hot—

CORNED BEEF HASH.

I TRAVELED once in foreign lands, to see what might be I seen; men welcomed me with cordial hands, with gracious, kindly mien;

Does anyone care to bet that some time during the graduation exercises somebody does not say: "at the termination of our scholastic career, we arrive on to the ultimate."

FOREIGN TRADE.

MR. JULIUS KLEIN, chief of the bureau of foreign and domestic commerce of the federal department of commerce, has essayed to answer a question which has long troubled the minds of many Americans.

The secret, according to Dr. Klein, lies in American brains, American machine production and the study Americans have made of foreign markets.

INDISPENSABLE.

GOVERNMENT bureaus are becoming unpopular with the American people who have just sensed a trend in the United States toward the bureaucratic in government administration.

If the department of agriculture had been in existence fifty years ago the potato bug, would not now be destroying potatoes of a value of millions of dollars each year, the boll weevil would still be confined to Central America, instead of preying on the cotton crop in the south, there would have been no blight to destroy the chestnut trees and the crops and trees would have been spared other blights and pestilential parasites.

Since its inception in 1889 this department has saved the growers uncounted millions. A ban, recently placed on the importation of certain flower bulbs is expected to save growers and garden makers hundreds of thousands of dollars.

QUILL POINTS

Failure: A man who was too stubborn to take his wife's advice.

Revolution: A painful and messy way of acquiring new bosses.

They won't find anything at the North Pole, except, possibly, a new casus belli.

Americanism: Starting across a railway track; winding up across Jordan.

You can tell when you are on the wrong road. You miss the smell of hot dogs.

There is a bright side. We hear too much about Volstead, but we hear less about Sweet Adoline.

The Irish question isn't as big as it was. It no longer sticks out beyond Ireland.

It might help some if nations would be frank enough to publish their peace aims.

Everybody should cultivate individualism, but never at an intersection of busy streets.

Modernists are not trying to forsake all of the old things. They use the same old collection plate.

The first man who really lived was the one who invented fried chicken.

Fable: "I am poor and friendless," said the man. "I am sorry," said the police judge; "ease dismissed."

"I'll be his pal," said the wife. "Gosh, I wish she wouldn't stick around all the time," said the husband.

Eventually booze ships will be cleaned out, and then home shiners will have no competition.

Correct this sentence: "Yes, she smokes a lot," said the friend, "but she never ridicules those who don't."



Walt Mason

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CROSS-WORD PUZZLE STORY

HONEY BEES

"See this 1-2-3 hive. It 4-9-13 lots and lots of bees in it I am sure!" said little 16-19-23 McNally to her little friend Flora.

"Were you 2-6-11-15 stung by a bee?" asked Flora. "No, but I was 1-5-10-14-18-22 by a dog once. He had 21-22 actually had temper, but I didn't know it. I have been more careful 8-12-17-20-24, with dogs!" replied Amy 19-20 Nally.

"See there is a 13-14-15-16-17 of the straw bee have coming loose. Are all 4-5-6-7-8 made of straw?" asked Flora.

"If 23-24 mean the itchy kind, too, I'd say no indeedly! I had a had attack of 'em once!" said Amy, laughing.

"O, 0-3-7! One of the bees is trying to eat me!" cried Flora. "Ho ho—a bee never 9-10-11 anyone—they like honey!" cried Amy.

Answer To Last Puzzle 10-11 (Ed), 3-4-5-6-7 (style), 9-8 (so), 7-11-15-20 (Edna), 22-23 (go), 1-4-9-12-18-22 (strong), 16-17-18 (men), 8-9 (or), 2-6-10-14-19 (sleep), 12-13-14-15 (aven), 19-20-21 (pan).

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Personal Health Service By WILLIAM BRADY, M. D.

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.

More Water.

A few physicians not particularly interested in the booming of health resorts still believe mineral waters have some value in the treatment of certain disease conditions. Just what the patient gets in a mineral water and not in ordinary tap or well water, nobody seems to know.

For a while it was quite the thing to ascribe the miracles wrought by mineral waters to their radio activity or radium content, but that lost its interest when people began to learn that all natural waters are more or less radio active, contain more or less radium. I am inclined to agree with Dr. Jesse Feiring Williams, professor of physical education in teachers' college, Columbia university, who tells us in his recent book, "Personal Hygiene Applied," that much of the supposed value of mineral waters lies in the comfortable surroundings, the outdoor activities, the exercise, the habits, perhaps the patient's attentiveness to proper diet, when visiting in the health resort.

The use of mineral water away from the health resort is therefore frequently disappointing. As Dr. Williams tersely puts it: Persons in good health do not require special waters; persons with disease should consult a physician. Dr. Williams takes occasion to point out the absurdity of using so-called health water. People who are fond of all these physiological adventures should look up Dr. Williams' book—they'll find it illuminating.

A question asked every day is, how much water does one require, and in what quantities and at what times should one take it?

The daily quantity needed for good health varies greatly with different conditions, diet, climate, exercise, physical activity. If an average can be mentioned at all it is six or eight glasses of water apart from the water taken in with food. It is a good habit to drink at least a glass of water on rising in the morning; a glass with breakfast; another glass in mid-afternoon; a glass with lunch at mid-day; another glassful mid afternoon; a glassful with evening dinner; another glassful at bedtime. That makes nearly three quarts of water in the day, aside from water in or with food. Many of us need much more water than that in the summer time or when we are working or playing.

Some old theories about the ill effect of drinking cold water before a meal or while at a meal, are no longer given serious consideration, because physiology has taught us that water taken in such circumstances improves digestion and has no actual ill effect. Particularly is it advisable to drink cold water freely at or near a meal time if one feels at all thirsty.

A great many elderly folk, or feeble ones, like to drink a pint or so of hot water on rising or in the half hour or so before breakfast in the morning. They find that this helps to regulate the function of the bowel. It is at any rate a harmless habit, and if one prefers hot water to cold in the morning, it is perfectly healthful to take it hot. Sometimes more or less salt is added to the water, but that is often objectionable, since most of us get too much salt in or on our food anyway, and the addition of salt does not add anything to the physiological action of the water. If a liberal drink of water, hot or cold, is taken first thing in the morning, and the impulse to empty the bladder is restrained until after breakfast, this often proves effective in opposing constipation.

When the diet includes a considerable proportion of fresh vegetables and fruits, one needs less additional water. When the diet is largely meat, one needs relatively more water.

50 Degrees. The temperature of ice water is somewhere around 50 degrees F. That is colder than most of us really like, for drinking.

Have Another. The old timers based their objection to the drinking of much cold water upon two suppositions. First, the palatable one that the large amount of water diluted the digestive fluid in the stomach and so retarded digestion. Second, you just naturally wanted a new big drink of cold water when you were thirsty, feverish or warm from work or play, and therefore it seems bad for you. If you had sense enough to hate cold water like sin, you would have been compelled to drink a good big dose of it every little while.

It Won't Make You Fat. A good many perfectly nice plump girls—and most of the nice ones are plump, aren't they—are afraid to drink all the cold water they want, because Mr. Ben Todd or Mrs. Summey has suggested that it is very fattening. It is quite true that one can gain a pound or two to one's weight in a few hours by drinking a pound or two of water and keeping as quiet as possible so that sweating will not carry off too much of the water. It is equally true that one can reduce one's weight a pound or two in a day by just going thirsty and not taking the usual amount of water. But as for getting fat on water, it just isn't done. And there is this about drinking plenty of cold water—it gives a firm that nice clear complexion. Yes, most of the folks who do not drink enough water have sallow, dead, muddy or coarse skin. People who drink plenty of water usually have good complexions.

That Queer Taste. The sanitary authorities and engineers assume—and reassure us that queer chloride of lime taste one sometimes notices in the municipal water is positively not due to the chlorine which they put in the water to kill off any typhoid or other disease germs. They say the queer taste is caused by the excessive growth of some harmless algae or microscopic water plants. So, go ahead and drink all you like—even if the taste is due to the chlorine in the water, that is perfectly harmless. Some folks like to attribute that taste to iodine, which they imagine is being added to the municipal water supply. It isn't. But were it not for the great expense of iodizing the municipal water supply so that everybody who drinks water would be sure to get a reasonable iodine ration, such a provision would be most desirable for the health of all concerned.

Hard But Wholesome. Any water that tastes all right is not too hard for use as drinking water. There is no good reason to imagine that the hardness in water has anything to do with kidney disease, hardening of the arteries, goiter or any other disease condition.

Emergency Disinfection. A quart of water of questionable purity may be disinfected for drinking by adding to it a drop or two of iodine (no harm) of tincture of iodine and shaking it up and letting it stand 20 minutes before drinking.

When children are sick with summer complaint you may look for the cause in the food that is tainted.

The humble hookworm has claimed a lot of senatorial staff.

Skinny Men

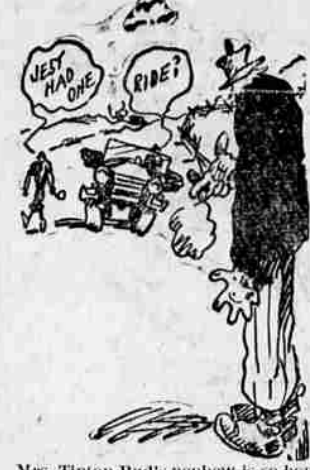
Gain 5 Pounds in 30 Days or Get Your Money Back. Doctors and good pharmacists know that Cod Liver Oil is full of vitamins that make flesh, create appetite, build up the power to resist disease and puts good solid flesh on skinny men and women.

But it's horrible tasting stuff and every day fewer people are taking it, for doctors are prescribing and people are fast learning that they can get better results with McCoy's Cod Liver Oil Compound Tablets, which Heath's Drug Store, West Side Pharmacy, Medford Pharmacy and druggists all over the country are having a tremendous demand for.

One woman gained 10 pounds in 22 days, and if any skinny man or woman can't put on 5 pounds in 30 days, your druggists will gladly refund the purchase price. Be sure and get McCoy's, the original and genuine Cod Liver Oil Compound Tablets—60 tablets—60 cents. Adv.



Abe Martin



Mrs. Tipton Bud's nephew is so bewitched he couldn't stop a truck full of alcohol on the R. Rockville road. Secretary Mellon says that prohibition, flappers, an' business generally, are all right, but what most o' th' country wants 's know is what kind of a place 's live in is Miami in summer?

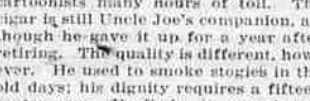
Who's Who

Joseph Cannon. The other day Joseph G. Cannon, known nationally and internationally as "Uncle Joe," celebrated his eighty-ninth birthday contentedly and quietly at his home in Danville, Ill.

Uncle Joe, after spending 60 years in congress, retired some two years ago when he did the cartoonists of America. Lost their best friend. With the exception of Theodore Roosevelt there has not been a figure in Washington so easy to caricature. The close cropped white beard and the inevitable black cigar saved cartoonists many hours of toil. The cigar is still Uncle Joe's companion, although he gave it up for a year after retiring. The quality is different, however. He used to smoke stogies in the old days; his dignity requires a fifteen center now. He finds it goes better with his poker face, which face Uncle Joe often puts to practical use when the boys drop in for a little game.

Joseph Gurney Cannon, as the birth records of Guilford, North Carolina, will attest, was born south of the Mason-Dixon line in 1836. When he was still a small boy, his father, who was a country doctor, moved to Annapolis, Indiana. Joseph worked as clerk in the grocery store while he was reading law, and then he moved to Shelbyville, Indiana. Later he was admitted to the Illinois bar and hung out his shingle at Tuscola, but clients were scarce. Finally he was made state attorney of the Twenty-Fifth Judicial district of Illinois in 1861 and he held the job for seven years. Then, in 1873, he was elected representative to the Forty-Third congress. With the exception of two terms, he held this seat to the time of his retirement. In his early years in congress he was chairman of the house appropriations committee, and from 1893 to 1911 he was speaker of the house. He received 58 votes for the presidential nomination in the republican national convention in Chicago in 1903.

Although he will take no active part in politics since he went to live with his son and daughter at Danville, Uncle Joe has plenty to keep him busy. He is a member of the Kiwanis club and attends the luncheon meetings. He belongs to the Civic Music association. On Sunday morning he walks to St. James Methodist church, and Sundays he drives fifty miles to Annapolis to attend the church he knew as a boy.



YESTERDAY'S PUZZLE ANSWERED.

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O N C E  
A O R  
E I T  
T I N Y

CASH PAID

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W. A. KINNEY Furniture House

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VACATION DAYS

SATURDAY and SUNDAY

Two days of sunshine—two days of tan and sunburn.

Krank's Lemon Cream protects the skin from all discomforts of an outing.

Friday, as long as our supply lasts, we will give to each lady purchaser, a 15c jar of this useful cream.

Our Stores Will Be Open Friday Night

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