

MEDFORD MAIL TRIBUNE

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It's a little ear for the dog dog, but the cat naps are here.

Now the Christian Endeavor convention has heard a politician of national prominence dilate in a spirit of blather on the "menace of the electric power octopus."

Peter Kenney, J. Sibley and U. Tolson are said to be in Chicago and it is rumored that they will return to post new surety—Portland Oregonian.

Several females had the hide peeled off by Old Sol, over the water.

REPLY: (Salem Capital Journal) Mrs. Maude Smith, who is visiting her brother, C. V. Ashbaugh, arrived in Brooks on the first day of the year.

ADID HOLD A GREAT AID TO RELIGION—(Hidline This Paper). If there is any doubt about it, listen to the static, an bear false witness about the stations they get.

Tender hands carried the crushed and pained boy to the drug store. The bronchial lad was leaning on his head on the huddlebars, when run down by a careless autoist.

Since the World War the sour pickle that retailed for a penny has risen in price until now it sells for from 5 to 8 cents.—(Business Journal). Meet the \$11 one, due to the inability to even away the skin of a cow, the main ingredient of a brogan.

EVOLUTION IS UPHEAVELING AND THEN SOME (Philadelphia) A Philadelphia woman had her pet child embalmed when it died, drowned in gold and silver cloth and placed it in an ebony casket. Ten automobiles followed the funeral car to cemetery.

Lady L. Coups of the British used the Yankee Hoop, instead of English. Go! Hoop! Hoop! have a person Tug.

The Portland flapper who planted rights and left to buy mother's law with a guided for staying out all night with her sister Shicks, stirred up loss excitement in metropolitan welfare circles, than the school-alm who patted the son of a leading citizen.

C. Wik Ashpole, who has been mentioned for the legislature, declares he will not be elected. Nobody blames him for this firm stand makes him an ideal candidate.

Labor Day this year falls on Monday, and a move is afoot to have it splutter out three days, both directions.

Clarence, nee Lizzie, has returned from the South where she spent the summer. She is reported to be fat.

The Humdingers, Inc. are fathering a movement to have a noise caravan down the Main street every night during the summer, whether or not anybody is married, for the "earnly" spirit, and the metropolitan touch.

Guns are being toted in automobiles for the opening of the deer season. The weapons are unloaded, except when accidentally discharged.

FOLLY The moon has made me weary With its silver and its song, Such ardor in so old a thing Is wrong, all wrong.

It should be camping gently Across a garden sky Or grumbling at the cloud-hills The wind piles high.

It should be teaching little moons The proper way to shine, Instead of singing sonnets To each adjoining pine.

(Lit. Dig.)

CHINA TRIES EUROPEAN METHODS.

THE trouble in China is still going on and will probably continue for many dreary weeks.

There are two main reasons for this,—the first and principal reason is the military exhaustion of the western world. Great Britain has too many critical domestic problems, to care for armed intervention in the Far East.

As a result, it is difficult to see any immediate settlement of the fracas running up and down the Chinese seaboard, and therefore for the first time in modern history, China has an opportunity to make her power felt in the world at large.

No one realizes this better than China,—at least the young leaders of China,—for China as a whole, can't be said to realize anything at all. And they are wasting no time in taking advantage of the opportunity.

Young China has taken a leaf from the European notebook and is relying frankly upon force. At the Washington Arms conference she asked for certain things, among them control over her own tariff laws, and the elimination of extra territorial rights, and she has given the reply in the affirmative with unanimity and promptitude.

Only the other day she made a similar demand, and no one laughed at all,—except young China herself perhaps with her face in her copious sleeves.

Four armed and defenseless four years ago, China had nothing but moral suasion for her weapon, and got what moral suasion usually gets in international negotiation.

Now with thousands of armed men, airplanes, tanks, and apparently the assistance of trained army officers from Leninograd, it's a very different story, and China promises to get what force usually gets,—most of the things demanded.

This doesn't mean the long-heralded awakening of China and the prompt emergence of the Celestial Kingdom as a world power. But it does mean that China has learned a valuable lesson from her accidental instructors and through that has taken a big step toward independence, and the establishment of the slogan of "China for Chinese" as a workable principle of her international policy.

QUIET POINTS

Was! The letters n e a n f o r g e t s t o m a d e r e v e r c o n t a i n s i l l s .

About the only thing that really comes to him who waits is whisker.

At any rate it isn't recorded that spanking ever made a youthful criminal.

It doesn't really matter who discovered America. It is too late to punish anybody.

There probably wouldn't be any fight if some state should outlaw the teaching of algebra.

The Chinese must not fire on innocent Americans. Only dry agents are permitted to do this.

Whatever the right or wrong of it, free people won't respect the law if they don't respect the law.

Correct this sentence: "During the long summer evenings," he, "I'm going to do a lot of good solid reading."

DOG STEWART QUITS POST AT ROSEBURG

ROSEBURG, Ore., July 8.—Dr. E. B. Stewart, for the past three years commander of Umpqua Post of the American Legion, last night presented his resignation in order that he may devote his time to the office of state commander, the position to which he was elected at the recent convention at Prineville. Dr. Stewart has been one of the most active workers in the American Legion for many years and has just completed a two-year term as national committeeman, representing the Oregon department.

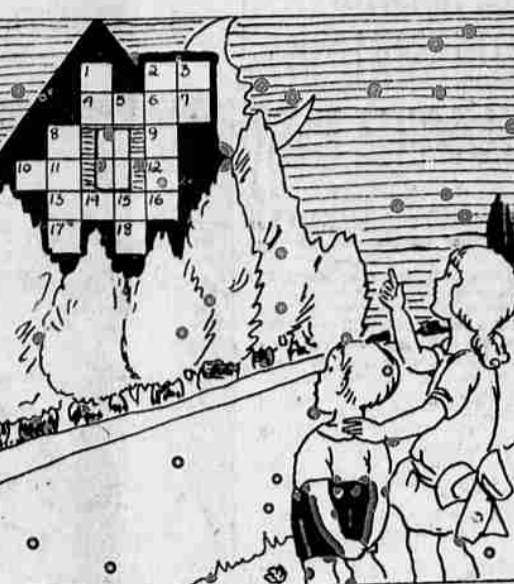
Germany Signs Treaty GENEVA, July 8.—(A. P.) A representative of the German government today signed the convention to limit traffic in arms, formulated by the recent arms conference here. Germany had previously signed the protocol against the use of poison gas in warfare.

CONVALESCENT.

IT IS pleasant, when emerging from an illness dire and fell, to behold your friends come surging, glad to see you getting well. You are tired of doses and nurse's kind and helpful as they are, you are tired of thoughts of harbor and the moaning harbor bar. You are tired of jugs of bitters and of pills in numbers vast; you are longing for the critters who are comrades in the past. So, upon the streets appear, you behold those cordial men, "yelling 'Howdy!' as they're nearing, 'glad to see you back again!'" Saying things too sweet to swallow, but which please you just the same. The old town seems dead and hollow, when you are not in the game! With anxiety we trembled when the does chased to your door; you were missed when assembled nightly at the Blue Front store. Now that all your works are going, and again you're on the street, we resume our basement brewing with contentment large, complete. Shut out from the world of action, aching on a dreary bed, thoughts that give no satisfaction take possession of your head. You imagine you're forgotten, that you have no comrades now; and you chew the threads of cotton hanging from your bandaged brow. And you shed some tears unmanly, others work and do or die, while you're lying, also-ranly, watching laden hours drag by. But at last you're convalescent and your comrades shake your hand, till your sorrow is senescent and your joy is high and grand.

CROSS-WORD PUZZLE STORY

OUR HOUSE



See that 2-6-9-12-16 hanging over those trees? That is where we 8-11-13-17 brought up. 1-4 the youngest one 3-7 our family. 15-19 you see the 4-5-6-7 it is right behind the chimney. 2-3 there! Mr. Man-in-the-Moon! Where will you 13-14-15-16 tonight in your crescent moon boat? 10-16 eyes no hear me, he is so very far away!

Answer To Last Puzzle: 4-12 (row), 1-7 (row), 1-2-3-4 (square), 3-8 (as), 5-11 (in), 5-6 (if), 8-9-10-11 (saw).

Personal Health Service By WILLIAM BRADY, M. D.

The Health Value of House Sweat

A great many persons who have or who imagine they have some form of "blood poisoning" (whether the term means syphilis or other disease) I scarcely know, cherish a prevalent belief that if they could go for a sojourn at some resort where hot baths or sweats may be had, they can by such means "throw off" much more of the real or imaginary "poison" from their blood, thru the fancied excretory activity of the skin.

As a physiologist teaches, however, the skin performs no such office in health or in sickness, and practically all these earnest valetudinarians "throw off" thru their frenzied sweating is a mixture of salt and water, little salt and much water. But the open air, life, the walking or other unforced daily exercise, the good medical treatment often available in such resorts, all contribute to benefit most of the patients, and so the graduate of the courses return home with the complacent belief in "natural methods" intact, and ready to go for another course of baths next season.

There is a popularly misapprehension, shared by some poorly educated physicians, that one runs some risk of harm if one suddenly checks sweating, by going out on the cold, for instance, or by plunging into cold water for a swim immediately after a profuse sweating. The implication, not always frankly owned nowadays, is that one "takes cold" in this way. The explanation sometimes offered by "authorities" who are somewhat short on physiology, is that the sudden checking of the sweat in this way causes retention of waste matter of some kind, and that hypothetical waste matter, or poison, produces the alleged "cold."

Of course the pure lactic acid and the carbonic acid and other organic acid waste material formed when muscles work is contained in the blood within the blood vessels and is carried away thru the circulation, to be eliminated thru the lungs and kidneys, not thru the sweat. The sudden chilling may so retard the circulation in the muscles and fascia concerned, as to leave an excess of the waste matter of acid character in the muscle and fascia, and that causes the soreness or lameness. On the other hand, if one gets up a sweat by artificial means, as by hot bath or a great bath of any description, there is no harm whatever in suddenly checking that sweating at any moment, for no excessive oxidation or combustion of tissue takes place in the course of a passive sweat and therefore there is nothing to be left in the muscles or in the fascia that was not there before the chilling. To imagine that in some mysterious way this sudden checking of a passive sweat can bring on any disease which masquerades under the nickname of "a cold" is just plumb nonsense.

Sweating from exercise is healthful, not because it carries any waste matter or poisons out of the body, but simply because it is a good index of the increased metabolism, the more vigorous oxidation going on in the body, and the oxidation burns up toxic or poisonous material which might harm the body if not so destroyed.

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Abe Malin



Poems That Live

To One Persuading a Lady to Marry: Fearful, bold youth; a fair he's been here. And what you do ever To others courtship may appear, 'Tis a grudge to her. She is a public deity. And were't not very odd She should dispose herself to be A petty household god?

First make the sun in private shine And bid the world know, That so he may his beam confine An epitome to you: But if of that you do despair, To strive how far her beams which are More bright and larger than his. —Katherine Phillips.

Who's Who

Admiral Samuel S. Robison Thirty-seven years ago today, clear-eyed young Sam stood on the commencement platform at the Annapolis Naval Academy and received their diplomas together. They were Samuel S. Robison and Curtis Wilbur.

The other day Curtis Wilbur, now secretary of the navy, announced a list of advancement appointments in the navy.

And heading that list was the name of Admiral Samuel S. Robison, named a commodore in the United States fleet. He had been serving as commander of the battle fleet.

Robison was born in Jamaica county, N. Y., May 10, 1857. During the Spanish American War, 1898, he served on the Boston. Among other ships of the American fleet on which Robison has been stationed in command are the Cincinnati, the Jupiter, and the South Carolina. During his early career he was stationed for a while on the Tennessee as navigator and on the Pennsylvania as executive officer. From 1904 to 1906 he was identified with the bureau of equipment of the U. S. navy, and in 1910 and 1911 he was with the bureau of steam engineering.

During the world war Robison was in command of the submarine force of the Atlantic fleet from 1917 to 1918. He was a member of the naval armistice commission from 1918 to 1919; commandant of the navy yard at Boston from 1919 to 1921; military governor of Santo Domingo from 1921 to 1922; member of the general board of the navy department during 1923, and admiral in command of the battle fleet from June 20, 1923, until the recent promotion.

For a Refreshing SWIM Ashland Natatorium

2 blocks from Lithia Springs Hotel. 2 big tanks clean sulphur water. Open 10 A. M. to 10 P. M. Special arrangements for parties or clubs.

Wong Pon Chinese Medicine

For Treatment of Acute and Chronic Diseases of Men and Women.

Cancer and tumor treated, influenza, kidney, bladder and stomach troubles, flu, beriberi, typhoid, cholera, female troubles, paratyphoid, fever, pneumonia, asthma and throat troubles, rheumatism, sinusitis, neuritis, consumption, catarrh, piles, hydrocele, gonorrhea.

Office Hours: 9 A. M. to 5 P. M. Consultation Free 261 South Front St. Medford, Ore.

Children's Pictorial Cross-Word Puzzle



Running Across: Word 1. In the picture. Word 2. To touch gently with anything soft or moist. Word 3. A New England state. Word 4. A heavy. Word 5. The three-letter code signal flashed by wireless by a vessel in distress. Word 6. To refuse to obey.

Running Down: Word 1. An important city in Ohio. Word 2. The day before today. Word 3. What a pharmacist calls. Word 4. Present indicative first person of the verb to be. Word 5. Ships, plural. Word 6. A call to draw attention.

YESTERDAY'S PUZZLE ANSWERED

When man is ill He takes a pill And shakes a knowing head; If truth he knew A pill would do, Just made of wheaten bread.

A heavy breakfast, a heavy head; A heavy supper, a heavy bed.

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