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Little Chats About Your Health

No. 16

How the U. S. Public Health Service Views Self Medication

The following is taken from a bulletin issued by the United States Public Health Service, regarding the dangers of self-medication:

"A medicine to be recognized as such is of necessity as potent a factor for harm as it can be for good, and should therefore be classed as poison."

"The ingestion or the use of a poison is fraught with dangers, and in order to minimize the possible harmful results, the individual taking a medicinal preparation on his own initiative should be thoroughly well informed as to the nature and characteristics of the drugs he is taking and the untoward effects that may be expected."

In plainer words, you had best leave prescribing to the physician who has the knowledge necessary to do so safely.

Whenever you are ill go to your physician. If medicine is prescribed let us fill the prescription.

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On and After Feb. 17

Improved Stage Service North and South

Beginning Feb. 17 Silver Gray stage service will be co-ordinated with that of the Red Tops—both lines leaving and arriving at

HOTEL JACKSON

And for your further convenience, tickets of the Oregon Stages, Inc. may now be used on the Silver Grays and vice versa. For example, you can go to Portland on one line, return on the other, using the same ticket. Also Southern Pacific rail tickets may be used on the stages of these companies.

Through Silver Gray stages to San Francisco will continue to call at S. P. station.

Phone or call on us at any time for all travel information.

Southern Pacific

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Sports

FLYING CANUCK IS HEADED BY FOOTBALL STAR

Jack Elder, Notre Dame Halfback, Out-Sprints Percy Williams in New York—Two World Marks Are Broken.

By Herbert W. Barker. (Associated Press Sports Writer.) NEW YORK, Feb. 19.—(AP)—A heavy-minded football star has come out of the middle west to beat Percy Williams, Vancouver sprinter, at his own game. Jack Elder, halfback on the last Notre Dame football team, furnished the track season with a sensation last night when he conquered Williams in a 60-yard dash at the annual New York A. C. games in Madison square garden.

It was the first defeat of Williams' career. The outside Olympic sprinting champion, who last night had met the greatest sprinters in the world at varying distances and always with the same success. During his present American invasion the Vancouver youth had downed all the leading eastern sprinters, including Karl Wildermuth of Georgetown, Jimmy Quinn of the New York A. C., and Jimmy Daley of Holy Cross. What is more, he had trimmed Elder decisively in the Mendocino games at Philadelphia last week.

Elder was off to a perfect start, sped down the straightaway like an express train and had just enough left to stand off Williams' closing burst. Williams was slow off his mark, as usual, but his famous "kick" near the finish failed by half a yard to nip the Notre Dame sprinter. The time, 6 2/5 seconds, falsified one-fifth of a second to equal the world's record.

The games developed two new world records and an amazing pole vault of 44 feet by Fred Sturdy of Yale. Weems Baskin, now competing for the N. Y. A. C., showed a fifth of a second off the indoor mark for the 40-yard high hurdles, clearing the four barriers in 7 2/5 seconds in one of the trial heats. He was beaten in the final by a clubmate, Carl Ring, in 7 4/5 seconds. A Newark prep school relay team shaded the intercollegiate record for the mile, which was turned in 3:30 2/5, a second faster than the former mark set by the same school in Philadelphia two years ago.

Sturdy, who was forced to take a back seat in competition last year because Yale's best pole vaulter happened to be one 800-lb. Carr, came within an inch of his famous former teammate's indoor world record of 44 feet, one inch. Sturdy failed in three attempts to break Carr's record with the pole set at 44 feet, one and a half inches. Frank Starnut turned in the fastest two miles of the season, to beat a mediocre Handberg field. The Phil's time was 9:15 2/5, 2 1/2 behind his world's record of 8:58 1/5, set in the same venue four years ago.

BEARS AND WEBFOOTS TANK MEET TONIGHT

BERKELEY, Cal., Feb. 19.—(AP)—Swimmers of the University of California and the University of Oregon will compete in a dual meet at the Athens club in Oakland tonight. The meet will be the Bear paddlers' first competition of the 1929 season and will include a water polo game between teams of the two schools.

Don't Let That Cold Turn Into "Flu"

That cold may turn into "Flu," Grippe or, even worse, Pneumonia, unless you take care of it at once. Rub Mustrerole on the congested parts and see how quickly it brings relief as effectively as the messy old mustard plaster.

Mustrerole, made from pure oil of mustard, camphor, menthol and other simple ingredients, is a counter-irritant which stimulates circulation and helps break up the cold.

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JOHN BRASSILL SEEN AS THIRD MAN IN ARENA

Ballyhoo Barrage Broken by War Over Referee for Miami Beach Bout—"Pa" Irked by Choice of Boston Man.

By Edward J. Nell. (Associated Press Sports Writer.) MIAMI BEACH, Fla., Feb. 19.—(AP)—The ballyhoo or not the ballyhoo seemed to be the question today as the rumblings of a war over referees broke the calm and beauty of Seckland by the Sea, newest province of fist-cuffs where fighters and their cohorts rub elbows with the cream of society.

In the pelting sun on the sands of the beach, along the boulevard, on verandas of hotels and homes, the opinion was general that Johnny Brassill, 40-year-old veteran of New England rings, would referee the fracas on February 27 between Jack Sharkey, the silent sailor, and Young Stribling, clean-cut Georgian. And everyone seemed certain of this, despite "Pa" Stribling's outraged declaration that he didn't raise his boy to fight Boston heavyweights with a Boston referee in the same ring.

All the shouting, whether real or feigned, hinges on the interpretation of the contract for the two fighters, both directly with Madison Square Garden corporation and indirectly with Jack Dempsey, the former champion, who is looking about for promotion from two contenders for his old crown, Johnny Buckley, plump little manager of the Bostonian, says the issue is settled by the naming of Brassill and Jack Sheehan, both Boston referees, to the disputed post by the Massachusetts state athletic commission. Pa Stribling says the fight has just begun.

Think Brassill Named. The general opinion is that Brassill already has been named to handle the major fist-cuffs a week from Wednesday night. Since Florida has no boxing commission and no state made governing a match of this kind, the rules of the Massachusetts commission probably will govern the fray. This pleases the Stribling because no draw decisions are permitted under the Massachusetts code.

Regardless of the referee controversy that has not ruffled a hair of Dempsey's sleek head, nor given him visible signs of worry, the battle has been given its final ballgame blast toward success. There is close to \$250,000 in cash receipts already in the box office, a huge pile of reservations and interest is growing daily. The city already is packed to the saturation point with visitors. The best-guesses as to the ultimate "gate" ranges between \$250,000 and \$400,000.

HUSKIES GLINCH CAGE LEADERSHIP

SEATTLE, Wash., Feb. 19.—(AP)—University of Washington's basketball quintet clinched the leadership of the northern division of the Pacific coast conference here last night by scoring a 33-to-23 victory over Washington State college. Their victory assured the holding of the three-game series with the University of California quintet, champions of the southern division, for the coast championship.

EUREKA, Ore., Feb. 19.—(AP)—Ishao took a close basketball game from Oregon here last night, 29 to 27, outplaying the Webfoots in the first half, 14 to 11, and spurring in the second half to offset Oregon's hard bid for victory.

Fights Last Night

(By the Associated Press.) CHICAGO.—Tommy Freeman, Cleveland, outpointed Joe Simonich, Butte, Mont. (10).

NEW YORK.—Rene DeVos, Belgium, knocked out Bobby Brown, Lowell, Mass. (1); Stanislaus Loyasa, Chile, outpointed Augie Pignano, New York. (10); Hubert Green, California, outpointed Mike Denton, California. (6).

PHILADELPHIA.—Henry Bass, Philadelphia, outpointed Steve Smith, Bridgeport, Conn. (10); Billy Angelo, Lehighville, Pa., outpointed Vincent Dundee, Baltimore. (10).

LONDON.—Sam Steward, England, won on a foul from Benny Valzer, New York. (6).

OKLAHOMA CITY.—Ishao Imai, Ponca City, Okla., won on a foul from Big Boy Peterson, Minneapolis. (8).

KANSAS CITY.—Young Jack Thompson, Chicago, outpointed Ham Jenkins, Denver. (10); Walker Rich, Kansas City, stopped Jack League, San Antonio. (1).

MINNEAPOLIS.—Harry Dillon, Winnipeg, stopped Rolaux Segrera, Chicago. (4); Mike Mandell, St. Paul, outpointed Wild Bill Cox, Los Angeles. (13); Ben Derry, Seattle, knocked out Bill Firpo Valley City, N. D. (2).

DALLAS, Tex.—Clyde Hrb, Sioux Falls, S. D., knocked out Jack Shelby, Omaha. (3).

Establishment of rabbit wool factory in Pacific northwest under consideration by rabbit breeders of Oregon and Washington.

PADEFORD TAKES DECISION AGAINST ROSE CITY BOXER

To Pat Padelord, local leather-pusher, went a well-earned decision over Frankie Monroe of Portland in last night's main event of the Elks' smoker, attended by a large crowd. Padelord was in red form and as a result of deftly placed blows had Monroe's face badly cut at the end of the 10-round bout.

The five-round semi-final of the evening's program, between Joe Sumski, 134, of Salem, and Frank Britt of Portland, was fought to a hard draw. Sumski had a stronger punch than Britt, who had several good opportunities to land knockout blows, but failed. The second preliminary of the evening ended in the knocking out of Tex Foster, who is more proficient at wrestling than boxing, when John Mack of Portland landed a blow on the jaw. The opening event, between Mickey Riley of Medford and Manila Kid, 136, of Portland, ended in another draw.

Last night's smoker was one of the "best" given in Medford for months and was arranged by Saul or Jack Wood. Fred Erickson was referee, while Jack Thompson and James Grove were judges. Oscar Dunford was official timekeeper.

FINAL PLAY IN CUE TOURNAMENT TONIGHT

Gumil Fujimoto and Christopher Gottlieb will play the final match at 8:30 o'clock tonight in the city billiard tournament at Brown's. If Fujimoto wins he will have a clear title to the championship. If Gottlieb wins, he will be tied with Fujimoto and Marx, and a play-off will be necessary. There is considerable interest in the match among the billiard fans, as the players have been bunched throughout an unusually close tournament.

OSWEGO WRESTLER WRECKS WILD BILL

ASTORIA, Ore., Feb. 19.—(AP)—Bill Donovan, heavy-weight wrestler from Tacoma, suffered a broken rib and was unable to come back and finish his match with Bob Kruse, Oswego, Ore., here last night after Kruse took the first fall with an airplane spin.

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WITH ALL THESE BIG ADVANTAGES:

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