

MEDFORD MAIL TRIBUNE

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Ye Smudge Pot

By Arthur Perry... What the front fenders of automobiles need, is a combination with the power of a mule's hindleg,

A plea has been made to the prayers of the saints... they pray that St. Helena, the Alabama bishoptess,

FALLS FROM CRADLE AND HITS HER HEAD

Dear Mrs. Laurie: I am a girl of fifteen and am fond of going out with boys...

Mrs. Ponce de Leon

Mrs. Ponce de Leon (nee Lady Fortu), of the local imitation British set, who misjudged her youthful charms...

HAIR PULING FEARED

The latest my husband received last week, saying that he mistreated me, is not the truth...

WHY HUNDREDS WEAKEN

I have been getting up a program for an organization I represent, and it has been no easy job...

Debs Favor It To All Others

They would not be without new wonder MELLO-OLO Face Powder because it prevents large pores...

TAD WAS A GREAT MAN

It's easy enough to be happy When life goes by like a song; But the man worth while, Is the man who can smile, When everything goes dead wrong.

This might well be the epitaph of Thomas Aloysius Dorgan, who as "Tad," from a sick-bed and from his wheel chair, made the world laugh and juggle his "news room" slang.

At his life "Tad" had struggled against ill health, a crippled body, and a bad heart; but he refused to quit, and because of that he was told that if he didn't care to call in the undertaker he would have to stay in his bed and his wheel chair.

Enough to discourage and embitter any man. But not Tad. His answer to the medical ultimatum was to scratch off another cartoon of "Judge Rummy" and enrich America's slang with "For crying out loud," "Yes, we have no bananas" and the "Cat's meow!"

Tad never read Emerson. Nevertheless he was the very incarnation of the Emersonian spirit. How perfectly, for example, he exemplified the Concord Bard's definition of greatness.

"He is great who is what he is from Nature, and who never reminds us of others." And how effectively "Tad's" life demonstrated the truth that:

"Discontent is the want of self reliance; it is infirmity of will." No infirmity of will bothered that irrepressible "wisecracker" who never left the second floor of his Great Neck home.

"If the single man plant himself idiomatically on his instincts and there abide, the huge world will come round to him." Emerson again, and there again is "Tad." The high-brow and the low-brow; master of English and the slinger of slang; the graduate of Harvard, and the graduate of the sporting desk.

And yet "how superficial is the judgment that mistakes sound for substance, externals for character, and fails to probe beneath appearances to that essence which is Man."

That was "Tad." Circumstances which would have forced most of us into quick submission, merely stimulated him to greater effort. Not only did he smile when everything went dead wrong, he worked,—one might say he forced,—others to smile with him.

Yes, in things of the spirit that really count, Thomas Aloysius Dorgan was a great Man,—a greater Hero than many who are commemorated by statues in the public square.

THE BEST INVESTMENT YOU CAN MAKE

THIS is National Child Health week. The Jackson County Public Health Association is soliciting memberships and contributions.

No work in the country is more important than this, no organization in our community is performing a more useful service than the J. C. P. H.

Where one person overcomes the handicap of ill health, thousands succumb. It is no exaggeration to say that, with 999 out of 1000, health is not only essential to success, it is the foundation of it.

And in youth is the time to secure health, acquire those habits and secure those adjustments, necessary to it.

HEALTH not only has a money value to the individual and to the community, but it has a moral value.

We hear a great deal about juvenile delinquency and the growth of the crime wave. It is pretty generally agreed that the only effective method of combating this evil, lies not in crime punishment but in crime prevention.

And the cornerstone of crime prevention is health. Statistics show that a tremendous percentage of the boys and girls who take to crime are not so wrong morally as physically.

Given normal health, the child quickly graduates from the inevitable "outlaw" stage and becomes the useful and law-abiding citizen.

SO, as we have remarked before, here is an organization and a community service which deserves not only the support of every citizen, morally, but materially.

We can conceive of no contribution calculated to give better returns to every resident in this community, in the way of greater happiness and progress, than one to the Jackson County Public Health Association.

Don't complain about the new parking ordinance in Medford, if you aren't sufficiently interested to give your views on it. If you haven't cut out and signed the questionnaire, printed in this paper—DO IT NOW!

Yes, a fool and his money are soon married.

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.

EXERCISE AND HIGH BLOOD PRESSURE

The other day I announced a new, simple, practically fool proof remedy for high blood pressure and promised to give out the details about the remedy in a talk to follow. This is the beginning of the talk; the announcement of the new remedy was entitled Low Breathing and High Blood Pressure. Better look that up and read it over before you go on with this article. If you can't find it now, I'll repeat the thought I left for readers to turn over in mind while waiting for the next chapter.

It said: Patients with uncomplicated hypertension (that is high blood pressure without associated organic disease) usually have the low breathing habit—their breathing is both shallow and slow.

There is a fairly common notion among the laity and among some doctors, I fear, that persons with high blood pressure should avoid exercise, as any kind of muscular effort tends to increase the blood pressure. This is all wrong. The truth is that almost every kind of exercise tends to lower blood pressure, and indeed one of the important causes of hypertension or excessive blood pressure is neglect of exercise, failure to take sufficient exercise every day, particularly failure to take the minimum ration, six miles of oxygen on the hoof, every day.

No doubt extreme exertion, overexercise, may run up the blood pressure in certain cases of organic disease. Such a result is very exceptional and need not deter any health conservationist from walking to work.

Some medical authority or other recently circulated a warning about the golf habit, which he commended. This is all wrong. The truth is that almost every kind of exercise tends to lower blood pressure, and indeed one of the important causes of hypertension or excessive blood pressure is neglect of exercise, failure to take sufficient exercise every day, particularly failure to take the minimum ration, six miles of oxygen on the hoof, every day.

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EXERCISE AND HIGH BLOOD PRESSURE

Only fakers pretend to have a cure for "catarrh trouble." Do not be swindled by such sharks. Consult a physician and say nothing about "catarrh." Don't even tell the doctor you have "stomach" trouble. Tell him simply what you feel or don't feel, where, when or how greatly. Leave it to the doctor to decide what ails you. There are no good catarrh specialists. All the crooks who pretend to be catarrh specialists are thoroughly bad eggs.

Noticed an inquiry about muscular cramps. My aged mother suffered excruciating pains which were relieved promptly by immersing in water as hot as can be borne. Before we discovered this a doctor's care was necessary to relieve these cramps. (H. G. W.)

Answer—Thank you. Heat, particularly moist heat, is still the sovereign remedy for spasmodic cramps or cramps. Abdominal cramps may be relieved by hot baths, hot fomentations, hot stupes, hot water bottle, electric heating device, etc. Hot foot baths relieve cramps in the lower abdomen. Hot hand baths, or holding the hands in hot water, often relieve cramps or pains in the upper abdomen or chest.

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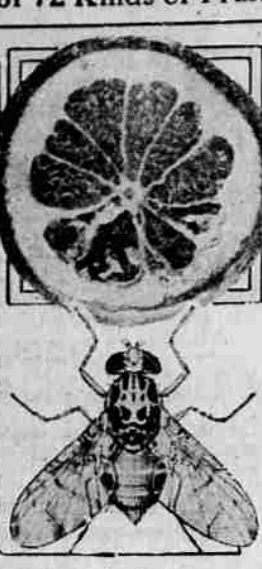
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Mediterranean Fly May Cause Country

Greatest Pest War to Exterminate Foreign Enemy of 72 Kinds of Fruit



Frank I. Weller, Associated Press Farm Editor



Cross section of grapefruit (upper right) showing how apparently perfect fruit may be partly destroyed by larvae of the Mediterranean fruit fly (lower right). Dr. C. L. Marlatt (above) is leading the fight in the Florida outbreak.

WASHINGTON—(AP)—The sensational battle with the Mediterranean fruit fly at Orlando, Fla., may be only the opening shot in one of the country's greatest fights to exterminate a foreign pest, federal officials fear.

The full force of the federal government's powerful machinery for fighting fruit pests is behind the drive.

Decision of the federal horticultural board to embrace all of Florida in a quarantine controlling the movement of fruits and certain vegetables opened the door to federal participation in the battle.

It was reached after conferences with Florida officials and citrus growers.

The quarantine is in no sense an embargo, but all shipments will be made in accordance with regulatory measures.

For 100 years the Mediterranean fruit fly has been known to science and during that time has spread throughout the world. Until it appeared in Florida, North America was the only large area to escape.

There is no knowledge of the manner in which it gained entrance. Heretofore it has been kept out of this country by an embargo on certain products from infested countries. This process has required the constant vigilance

of a husband, but sporty little cars have spoiled the used-car market.

A hypocrite is a man who pretends to believe and sympathize when you claim symptoms like his.

The law of supply and demand doesn't always work. Twin beds and two-car garages came in after twins went out of fashion.

Shame alone would keep the world decent, but alas! so many are ashamed of the wrong things.

A woman knows when her husband is licked. He always slams the door as he goes out.

Three great factors in American civilization: parcel post, Sat. Eve. Post, Emily Post.

The Jones law makes violation a felony. If you have knowledge of a felony and don't report it, you are a criminal. Let's build a jail yard around America.

Lucky old boys! They did their kissing when a girl didn't taste of anything but girl.

Americanism: A good girl, determined to be popular, trying very hard to seem wild.

The next time the coast guard wishes to sink a boat, it should select one belonging to Slam.

If he says America is wet or dry, honest or crooked, better or worse, he is describing the part of it he elects to associate with.

Simple for today: As lonesome as the sound of a hen cackle on a Sunday morning.

A grass widow can beat a mailman.

Do You Remember?

10 YEARS AGO TODAY (From files of Mail Tribune) May 3, 1919.

Lieut. Hub Deuel has arrived in New York with the 26th division, and after visiting New York and Chicago will return home.

J. F. Hale today sold his music store to the Palmer Piano Place.

Sergeant Cole Holmes writes that canned Medford apples are a delight in France.

Bids will soon be let for paving the highway from Gold Hill to Grants Pass.

Business activities will not be able to attend the open forum at the public library tonight and debate with Porter Neff on the League of Nations. Mr. Neff favors the league.

Smudge: The wheat field on the west side of the phone office gives a rural touch to our metropolitan atmosphere.

20 YEARS AGO TODAY (From files of Mail Tribune) May 3, 1909.

U. S. Senator Chamberlain has taken up the matter of a free carrier service for Medford with the postal department.

Jeff Heard and family have moved to their new home at the end of East Main street.

Col. F. V. Medynski has gone to his homestead in Butte Falls to dig for an artesian well.

All the buildings at Crater Lake park destroyed or damaged by heavy snows. The snow there is now 10 feet deep.

John M. Root has sold an option on his East Main street property to J. B. Wood, and a hotel deal is said to be pending.

Ask for Salem beer and drink it. All beers are good, but Salem beer is best.

Capt. Gordon Voorhies, Walter Burrell, owners of the Burrell orchard, and H. B. Tronson of Eagle Point spent Sunday in Medford.

Shoeshine boys in the Texas capital are very exclusive. No shine boy of the senate will work for a representative, and vice versa.

Are You "Hitting On All Six?"

Liver—Stomach—Bowels—Nerves—Brain—Heart—Are They All 100%?

Folks, the human body is just like a good car, everything must be in good working order if you expect to get the best performance out of either.

You can't expect to feel rosy if your liver is out of order, your stomach upset, nerves jumpy or bowels tied up. You must build up your vital forces and you weak, weary despondent men and women who have been doctoring for ages trying to get back the vim and endurance of earlier years will be astonished, delighted and amazed to see how quickly strength, energy and vitality come back thru the use of Tanlac.

Go to your druggist now and get a bottle of Tanlac. Millions of folks have started back on the road to youth, health and happiness with this world-famous tonic and there is no reason why you, too, can't begin today to rebuild your worn-out tissues and revitalize your entire system.

Your money back if you are not speedily helped by a fair trial of this world-famous medicine.

Tanlac

52 MILLION BOTTLES USED

A Giant's Garden

CALIFORNIA'S NEAREST PLAYGROUND The Redwood Empire

This summer, see the oldest and tallest of trees, on the way to San Francisco

Humboldt County Board of Trade Eureka, California

PHONE 474 CITY CLEANING & DYEING CO.

MUTT AND JEFF—There's Many a True Word Spoken Under a Hot Towel

