

MEDFORD MAIL TRIBUNE

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MEDFORD'S CHAMBER OF COMMERCE

THERE was a time when the Medford Chamber of Commerce was regarded as largely a hot-air organization "intoxicated by the exuberance of its own verbosity."

But in recent years, thanks to the infusion of new blood into the Chamber of Commerce, and a complete change in policies and quality of leadership, this cynical attitude, flavored by skepticism, has almost entirely disappeared.

As a result the Chamber of Commerce is now an integral and important factor in our community life, a stimulating and supporting force not in the time-honored direction of publicity and promotion alone, but in all directions, particularly in giving practical assistance to those industries we now have, rather than concentrating exclusively upon securing something that is new.

To the retiring officials the Mail-Tribune extends congratulations which are deserved, and to the new officials it extends felicitations and best wishes; confident that the policies which have been so successful in the past will be continued with even more success in the ensuing year.

HATS OFF TO THE HAIG!

GOLF is more than a sport, it is an art. Supreme success in competitive golf not only requires the fighting heart, complete mastery of a difficult technique, but that foundation stone of all greatness which is included in the term character.

With his second consecutive winning of the greatest golf prize in the world, the British Open, all golfers, including the Dubs, are justified in getting down on their marrow bones and proclaiming Walter Hagen not only the greatest golfer on earth, but the greatest golfer of all time.

He has twice successfully passed the supreme test, which is not winning UNTIL the inevitable defeat, but coming back to win AFTER it. Hagen has been "through" so often it would be tedious to recount his premature obituaries.

And now beaten in the Ryder cup, hopelessly down on the first round of the play, he came back, with a new course record, and a complete triumph over the greatest mashie wielders in the world today.

Golf is not the most important thing in life—although we know some otherwise sane citizens who seem to regard it so. But it is an important sport, and sport is becoming more and more a factor in the affairs of men and of nations today.

So hats off to "The Haig"—the greatest Roman of them all!

LIBERTY AND THE LAW

THE best thing we have seen recently regarding the duty of law observance, and the dangers of the personal liberty doctrine (the inalienable right of the individual to decide what laws he shall observe, and what laws he may violate) is contained in an article in the current "Outlook" by Professor A. G. Keller of Yale University.

Professor Keller, with what we regard as unanswerable logic, reviews the long history of the human race, and maintains that, once we renounce the supremacy of the written law, not only Democracy but what we regard as modern civilization ends. Man, he declares, has only been able to lift himself from the jungle because he has surpassed all his competitors in his willingness to submit personal liberty to discipline,—the desires of the individual, whatever they may be, to the will of the majority—to social control.

Here is his conclusion: But the fact is that all the institutions we live by are the products of limitation, not of freedom. Society could not have begun to evolve if each could have made free with his neighbor's horse, or wife. Government has been discipline; and the profound discipline of all has been religion. Law and order are the rule of the universe; and liberty under law is the only safe type of freedom. This has been the implacable formula of the ages, and it is unlikely to be reversed.

Man has passed all competitors in the art of adjustment to life-conditions. Adjustment calls for the utmost rigor of mental and moral discipline. Freedom is good, if it is under law; it is that the law is basic, in modern civilization.

Great men read mystery stories to rest their minds. A tired stomach must enjoy hash.

Florida should keep her fruit fly at home. California never lets her earthquakes invade other sections.

Gentility is the quality that makes you polite to a man even if you don't need him.

There now are communities where it is wicked to do anything on Sunday afternoon except long for Monday.

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 TO REDUCE BLOOD PRESSURE

This is the fourth and positively the last chapter in a little story I have been trying to tell folks who have high blood pressure or a distinct desire to avoid having it. Really, such a story should be told in one installment, but much experience has taught me that condensation is fatal if the purpose is to get the idea over to the reader. If condensation were practiced in the printing of news, maybe we'd have more room here for printing health stuff. At that, it would be exceedingly interesting to know how readers feel about this. As a reader would you prefer to see a little more space devoted to a department such as this—or maybe less? If more, would you like to see more queries answered in this column, or longer daily articles? It is difficult to select just the right questions to answer here, when there is room to answer only three or four a day and there are perhaps three or four hundred queries to be answered in one way or another. In short, it would be interesting to learn whether the paper devotes as much space to the subject of health as readers think this subject deserves.

These four talks about high blood pressure were inspired by a scientific contribution recently published by Dr. Israel Rappaport in one of the medical journals. I shall now quote from Dr. Rappaport's highly instructive article: "In relating my own clinical experiences I can be brief. For nearly two years I have been observing a number of hypertensive patients and have been struck with the fact that they were all poor breathers. They showed what I came to call 'the low breathing habit.' The features of this phenomenon are a markedly respiratory rate, pulmonary expansion far below the average, and diaphragmatic excursions of a very restricted type, without any evidence of pulmonary disease to account for it. These patients gave the impression of having established themselves at a pulmonary capacity—probably the mean of their already reduced respiratory need—so that their respiratory functions could take place within a narrow range of respiratory excursions, and even at this point they need only a reduced number of respiratory cycles. I found, however, that it was possible to correct this anomaly by a concentrated effort at deep breathing exercise carried out repeatedly, daily, over a period of several months. Considerable increase of spontaneous pulmonary expansion could be obtained in some cases after several weeks of conscientious breathing exercises. Reductions of blood pressure levels—an average of 30 per cent of the pathologic surplus—were thus obtained and maintained. In some cases it was necessary to interrupt the patient's life work temporarily for the purpose of carrying out a successful regimen.

Many times I have ridiculed the idea of "deep breathing exercise" on physiological grounds, and I still do consider such exercise ridiculous if one imagines one can get any more oxygen into the blood by such means. But I think this suggestion of Dr. Rappaport is quite as sound as is the idea of exercise for the prevention and relief of distention of the veins of the legs when the veins are enlarged or varicose. It is virtually a bleeding, this maneuver, recommended by Dr. Rappaport, a bleeding of a pint or so of blood into the patient's lesser circulation. The patient derives the benefit of the relief of pressure in the general circulation yet loses none of his blood. It is exceedingly difficult to carry out any such breathing exercise; it demands a great deal of perseverance on the part of the patient to do it regularly and faithfully. Dr. Rappaport gives no detailed directions for the exercise in this scientific paper. I think one may as well have three or four daily sittings, holding the watch on the

breathing, breathing more deeply and not to exceed 20 times in the minute, and not longer than one minute at a sitting. Twenty contractions of the poor old diaphragm; 20 expansions of the belly. It's a fine remedy if you don't weaken.

QUESTIONS AND ANSWERS

Goldbricked. Two years ago I took some pills called Radium Tablets. They were supposed to build you up... read about a girl that died of radium poisoning... Answer—Rest assured the nostrum contained no radium. If you purchased an automobile for \$69.50 you wouldn't worry much about the gold or silver in it. Diphtheria Prevention. Have you any printed matter on the contagious diseases, particularly diphtheria? Would like to know whether it can be carried from child to child or whether the child must come in direct contact with the disease.—E. P.

Answer—I have no printed matter. Possibly your local health department, or the state or provincial health department, has a free pamphlet. Diphtheria may be carried by a third person who has not the disease and is not coming down with it, but who harbors some focus in nose or throat whence come diphtheria germs. Usually such a "carrier" is an individual who has had diphtheria, whether the primary illness was so recognized or not. The safest and wisest course, I believe, is to give every child, at the age of two years, and surely before the child enters school, the benefit of the Schick test, and if the child proves susceptible to diphtheria, then the toxin-antitoxin immunization. After the toxin-antitoxin has had time to take effect (it requires several weeks) you need not worry about diphtheria any more, so far as that child is concerned.

Cruelty Refined. Please give your view of the grape cure for cancer and tumor as given in Physical Culture. Would a person come to any harm trying a diet of this kind by himself?—P. M. E.

Answer—If the person happened to have cancer, or even a tumor, it would be the height of folly to waste any time on any kind of diet. Such monkeying with the diet might do no harm to a person who has nothing such the matter. It is a queer kind of liberty that permits the mails to be used for the dissemination of such cruel misinformation as you cite.

Tumors. Bothered now about five years with tumors, about 10 small soft ones all over my body. They are painless but unsightly... would skunk oil help any?—T. M.

Answer—A hunchback received a good dose of skunk essence which straightened him up, all right. But I don't know what kind of tumors yours are. (Copyright John F. Dille Co.)



MAIL TRIBUNE DAILY CROSS-WORD PUZZLE

Crossword puzzle grid with clues for Across and Down. Clues include: Across: 1. Surface a street, 2. Oil from rose, 10. Urge on sharply, 11. The maple tree, 12. Trunk, 13. South American country, 17. North American Indian, 18. Nebraska city (pop.), 19. Optical glass, 20. End, 21. Short pastoral poem, 22. Like, 23. Division of Hindu society, 24. Complete collections, 25. Door fastening, 26. Gleaming, 27. Noak, 28. Relative pronoun (Scott), 41. Pertaining to the coast, 42. White alloy resembling nickel, 43. Painting, 44. Periods, 45. Ancient gallery, 46. Kilt for drying hops, 47. Spasmotic twitchings, 48. Deceit, 49. Egyptian god, 50. Condiment, 51. Northern, 52. Nineteen of three lines, 53. On the sea, 54. City in Illinois, 55. Mental image, 56. German philosopher, 57. Irrigate (coll.), 58. Standard, 59. The Greek, 60. Inflammation, 61. Merriment, 62. Boy's, 63. An agreement (Copyright, 1929, Associated Press), 64. 140 square rods, 65. Shift, 66. Hermit, 67. Abnormal relaxation, 68. The whole amount, 69. A fisher with rod and reel, 70. Mother of Fear, 71. Summer flower, 72. Spatter, 73. Look furtively, 74. Yawp, 75. Trick, 76. To shape ideas, 77. Old-fashioned exclamation, 78. Let it stand, 79. The source of cocoa, 80. Greek market place, 81. Supports for bedpillars, 82. Stamps, 83. Machine for removing heads of grain, 84. Disgrace, 85. Leaves of a book, 86. Market, 87. Instrument for manufacturing, 88. Belonging to the lady, 89. Harassing forth, 90. Strew, 91. Deals with, 92. Made earnest effort, 93. Hawaiian lava, 94. Trigonometrical functions, 95. Cook in an oven, 96. Ridge of glacially deposited sand, 97. The city of separation, 98. Licks up, 99. Object of heathen worship, 100. Wax, 101. Part of a harness.

Quill Points

Another good reducing slogan, if you are a boarder: "Don't reach."

Another need of the times is a junior model lawn mower with a steering wheel instead of handles.

The best example of human futility is an old bachelor with his hair combed over his bald spot.

Lloyd George: A Welshman who seems great because he is always about to pull a rabbit out of a hat.

There are two kinds of young lawyers—those who will prosper, and those who dream of swaying juries.

You can tell the rich in a small town. They dress much like the poor, but they have only one dog.

Ever always knew when Adam was tired. He began with the words: "If it hadn't been for you."

Americanism: An uneasy feeling that government is crooked; a philosophical reflection that it does not matter so long as your business is good.

Never yet have the people scorned a good, wise and just law.

And now the magnates will discover stars by hearing them coo: "The line is bizzy."

The worst thing about an orator is that he gets the habit and orates when you are his only listener.

Precedence at dinner isn't so important. But it would be nice if you were important enough to butt in ahead of the line at the ticket window.

The three unattainable goals of man suggested by spring in his three periods of life: A certain maiden's heart; a certain old trout; par.



If a man is unapproachable and ordinary flattery can't reach him, you can always ask him for advice.

The idea of Carolina textile workers striking in these prosperous times? They get an average wage of \$15.46, and wild blackberries are free.

The czar of the movies asks for divorce on the ground of incompatibility. It isn't easy to be compatible with a czar.

Correct this sentence: "A and what's more," said the son-in-law, "if the old hen gives me any more lip, I'll tell her to get out."

PORTLAND PUCK TEAM IS PLACED ON BLOCK

PORTLAND, Ore., May 10.—(AP) Anthony Noppach, principal stockholder of the Portland ice hockey team, and president of the Columbia Amusement company, said today the team is for sale and that Frank Patrick, president of the Pacific Coast Ice Hockey league, holds an option on the Portland and Victoria teams.

Short Talk By a Thoughtful Mother. A letter of thanks from a California mother reached us recently: "Foley's Honey and Tar Compound has its own place in our medicine cabinet, and has saved us sickness and expense. For bronchial coughs, croup and whooping coughs, for night coughing and when my own sensitive throat starts up a nervous hacking, Foley's Honey and Tar is always a help and a comfort." Ask for it. For sale by Jarrin & Woods Drug Store, Main and Central.

Do You Remember?

10 YEARS AGO TODAY (From files of Mail Tribune) May 10, 1919. The mercury dropped to 28 at Bear Creek orchards today, and smudging was general. Edison Marshall left this morning for northern points just to bum around and gather material for new short stories. To date he has had 10 stories out of 19 accepted, and seven published. Kazuo Maru, four months old son of Mr. and Mrs. Maru Yama, received first prize in the baby show Victory week.

Victory week will close tonight with dancing in the streets. Police Chief Timothy warns all motorists to keep off. Smudge: Doc Helms sent his boy Bill to the West Side Pharmacy Friday p. m. for some horse medicine, the name of which was bigger than the boy. J. W. Wakefield of Blue Earth, Minnesota, has gone into partnership with Joe Brown, who sells "dirt."

20 YEARS AGO TODAY (From files of Mail Tribune) May 10, 1909. Mrs. W. A. Sumner and Miss Sumner of Chicago arrived today to spend the summer with Mr. Sumner who is interested in real estate in this section. Nairaboo—Colonel Roosevelt has to date killed 45 animals, including a charging rhinoceros. LOS ANGELES, May 10.—(AP) Here's a future prospect for baseball scouts. "Moose" Redding, star pitcher for the Englewood high school pine, has established what is believed to be a record for prep twirlers. In five Bay league games he has allowed but seven hits; has struck out 60 men; has pitched three shutouts games, and has allowed but two runs.

John R. Allen of New York, wealthy mine owner and railroad man, today purchased the Pacific & Eastern from Edgar Hafer and associates, through Dr. J. F. Reddy. Mr. Allen owns the Blue Ledge mine and is said to be backed by Robert S. Towne and E. H. Harriman of New York. Although Medford made 12 errors, Pug Isaacs won the game with Hill Sunday, when he hit a three-bagger in the 6th. Final score, Medford 11; Hill 10. Mrs. W. A. Sumner and Miss Sumner of Chicago arrived today to spend the summer with Mr. Sumner who is interested in real estate in this section.

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Makes You Look Years Younger. The skin of youth lies in every box of new wonderful MELL-O-GLO Face Powder. The purest powder made—its color is passed by the U. S. Government. No pastiness, flakiness or irritation. A new French process makes it spread more smoothly and prevents large pores. No more shiny noses—it stays on longer. Use MELL-O-GLO. Health's Drug Store.

The ORIENT AWAITS YOU. Something here to appeal to everyone...tourist...merchant...student...financier. And the trip across, on a giant Empress liner from Victoria or Vancouver, is one of the delightful features of the voyage. Speed, comfort, service, moderate cost. Canadian Pacific Travellers Cheques from the World Over.



By BUD FISHER

MUTT AND JEFF—A Couple of the Bunion Derby Runners Argue With the Boss. LISTEN, PYLE, THIS BUNION DERBY IS KILLING ME. I'VE GOT SO MANY BLISTERS ON MY FEET THAT I'M RUNNING ON BALLOON TIRES! IT AIN'T RIGHT! AND FOR WHAT? MUTT, THINK OF THE GLORY! THIS JAUNT WILL MAKE YOU BOYS FAMOUS. AND ANOTHER THING, WE DON'T LIKE THE WAY SUBPOENA SERVERS ARE CHASING YOU. THERE MUST BE SOMETHING PUTRID IN PERU! NOW, ABOUT THE PRIZE MONEY— YOU GUYS WORRY OVER NOTHING! WHY, YOU FELLOWS OWE ME A DEBT OF GRATITUDE FOR PROMOTING THIS BUNION DERBY! RUNNING IS THE MOST HEALTHFUL FORM OF PHYSICAL EXERCISE IN THE WORLD, AND — MAYBE YOU'RE RIGHT, COLD-CASH! WHAT IS SAUCE FOR THE GOOSE IS APPLE SAUCE FOR THE GANDER!

FANCY WRITIN' (Iola, Kans., Register) Mrs. Powers receives a letter from Southern Okla. saying they never saw as heavy a hail storm in their life as they had heard lately. They could gather up the hail by the gallon and the crops were beat in the ground and the gardens were all to be replanted. Lucky Kans.—Lucky Strike—ain't you glad your name ain't Mike. Mrs. Denue was over a Tuesday. She said they sure felt the loss of their sweet corn as they were four ears of it—we feel like the one that took it would feel like giving back thribel what they stole. Mrs. Denue says they live close to Mr. Rosebush and he has some full blooded Rat Dogs—they are sure fine for children, Pets and for Rats. Their will all ways be a need time and harvest—so the Good Book says, so don't worry, do your duty and God will do the rest. A woman was talking in Iola the other day. She said the community I live in I don't like—the woman she was addressing said, Well I have all ways found good people ever wher. A woman standing by said, You get back what you give.