

KIDNEY CONDITION ALARMING

Important Bodily Organ Operates by Nerve Force

The proper functioning of the kidneys, above all other organs, is essential to the maintenance of normality in the body. This is because the kidneys are concerned with keeping the circulation of the body normal so far as the quality of fluid which they contain is concerned.

Importance of Kidney Function

As it is true that the blood is continually receiving new red cells, new white cells and new serum, it is equally true that it must continually discharge the old, worn-out particles which are no longer of value. This it does very largely through the medium of the kidneys.

Abnormal Function

Let us consider for a moment the far-reaching effect that abnormal functioning of the kidney will produce. First, such a condition dams back the waste product which should be excreted. These products are worse than useless. They are an actual poison to the tissues. Remaining as they do in the circulation, they are passed time after time through all parts of the body. Being poisonous, they naturally affect first those organs which possess the least resistance, and as this varies in different individuals, so the symptoms which arise from such a condition are varied. If it happens that the lungs are the weakest organ in the body, they are the first affected. And so we might go on and enumerate them all. It is for this reason that abnormalities of the kidneys show such far-reaching results. Sometimes the poisons accumulate rapidly and this is true where the abnormality in the kidney function is very marked. In other conditions the accumulation of poisons is a very slow process, extending perhaps over a number of years, and it is only by a gradual process that the resistance of the weaker tissues is finally broken down.

The chiropractor, however, understands the various abnormalities which may result from abnormal functions of these important organs, and is capable of arriving at a correct conclusion, not only from the symptoms employed but from a thorough examination of the spine, which discloses that fact to him.

To Restore Normality

The chiropractor is an expert with a thorough knowledge of where the nerve trunks are given off from the spine and what organs they supply. Having determined that the kidneys are actually at fault in their function, he immediately looks for an abnormality in a certain region of the spine. Being specially trained, he is able to detect what sections of the spine are displaced and in which direction. He is further trained in the technique of restoring these vertebrae to their normal positions. Having accomplished this, health is the result as a natural consequence. Why? Because the kidneys are permitted to function normally and the poisons are thus entirely eliminated from the body and their effect upon distant organs disappears.

No matter what other measures are taken to afford relief to the patient, it can only be done permanently by removing the cause of the disorder. As this cause is a displaced vertebra in the spine, it cannot be reached by introducing medicines of any kind.

Time Element

There is just one point that the patient should be apprised of, viz., that the time element is an important feature in his recovery. He must remember that a condition from which he is suffering may have been developing for years, and it has undoubtedly accustomed itself to the new position so that it is firmly fixed there. Time is required by the chiropractor to alter that position and to bring it again back to its normal place.

Remember that by putting off action for weeks or months you are weakening the tissues of your body and are permitting the displaced segment to become more and more thoroughly and firmly fixed in its abnormal position. You should see your chiropractor immediately and permit him to explain what Chiropractic will do for your particular trouble.

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A NICE GIRL COMES TO TOWN

By Myrtle Grace

SYNOPSIS: Mary Lou Leslie comes to a party of the wags with Brynmar, Wallingford. He thinks her a "nice girl" from the country, and becomes engaged to a night club dancer, Mary Lou, however, resolves to live down the "nice girl" reputation and have a good time without Brynmar. Tony Titherington, a reckless young aviator, "kiss her to parties and Mary Lou shortly loses some of her demureness. He takes her to visit his Aunt Ethelberta, a temperamental, scolding spinster. Previously she had refused to back Tony financially on a flight around the world. She likes Mary Lou, and tells Tony that she will finance his flight if he becomes engaged to her. Tony is in a dilemma, for he has never loved a girl. Finally he decides to talk it over with Mary Lou.

CHAPTER 16 MAKE-BELIEVE

TONY wanted to introduce the subject tactfully, but he was at a loss for words.

"You made a bit with Aunt Ethelberta," he finally blurted out.

"I'm so glad you think so," Mary Lou rejoined.

In her own mind Mary Lou knew that Miss Titherington had liked her. Hadn't she gone so far as to kiss her good-bye?

To her, it seemed that the biggest obstacle to capturing Tony was out of the way. Mary Lou had been clinging hopefully to this



"I say," Tony hazarded, "you're not offended?"

thought ever since they had left Ham Court cottage.

All sort of hopes and fancies had been flitting through her brain. She was roused from a trance to hear Tony saying:

"You'll probably have a fit, but Aunt Ethelberta actually suggested that I should become engaged to you!"

Mary Lou's head swam. This remark didn't seem to fit into her picture.

"That was funny," "Decidedly funny—quite ridiculous, in fact."

Mary Lou suddenly felt sick. "And she's set on it," Tony resumed. "She said she won't finance my flight unless I become engaged to you."

Mary Lou was limp. "A-and—what did you say?" "I said you'd laugh at the mere suggestion."

Tony seemed to think it was a joke.

"She persisted in her nonsense, too," Tony frowned. "She won't let me have a penny unless we become engaged."

"What are you going to do?" "Tony slackened his speed. "I'm putting it up to you, Mary Lou. My fate lies entirely in your hands."

"Do you mean that you want to marry me—just because of what your aunt said?" "Heaven forbid!" cried Tony in dismay. "I've no intention of marrying anyone, my dear. But I'd sure be grateful if you'd be sport enough to become engaged to me—for a time."

"Something stuck in Mary Lou's throat. "I say," he hazarded, "you're not offended?" "No, not offended." After a pause she added, "Do you mean you don't want to marry until you fall in love?"

A stern look crept over Tony's face. "Not even then, Mary Lou." "But—but why?" "Tony was silent for a moment. "I'll try to explain, Mary Lou, although you're the first girl I've ever taken into my confidence." Tony was more serious than she ever had seen him.

"As I see it, an airman like myself, bent on establishing records,

ought never to marry. It wouldn't be very pleasant to be in constant anxiety over my safety, would it? "I simply can't imagine any sensitive girl doing it. Because of her, I would hesitate to take risks—and then I'd never establish those records. I've sworn to sacrifice everything for flying, and I'll do it!"

Mary Lou hesitated before she spoke. "Don't you think a girl would take the risk, if she loved you, Tony?" "She might, but I wouldn't let her. Why should a girl suffer for my sake? You see—his voice dropped, "I never can forget about my own mother. Dad's accident killed her, you know. And do you think I could stand the strain of flying if I knew the girl I loved might have to face—"

"Stop!" Mary Lou hid her face in her hands. "There, you see how right I am," Tony queried triumphantly. "I—I suppose so."

"That proves conclusively that marriage is not for me," Tony argued. "But look here, Mary Lou, if you'll only consent to become engaged to me for a limited period, I'll be your slave for life. "No one need know of our ar-

HULL AND TODD VETERAN PLANE ASK TENNESSEE ADDS BERMUDA SEAT IN SENATE HOP TO RECORD

Democrats Welcome Back to Fold Members Who Helped Hoover — Party Now Closely Knit.

NASHVILLE, Tenn.—(AP)—Tennessee Democrats have welcomed back into the party fold those who helped President Hoover gain a 46,000 plurality in the state, so the primary campaign are going along full tilt.

Nominees will be selected for governor, junior United States senator, 19 congressmen, state railroad and public utilities commissioner, and the state legislator, by both parties August 7.

Despite the fact that President Hoover was victorious two years ago, Tennessee re-elected democrats to the offices of governor, senior United States senator, railroad commissioner and to eight of the 10 seats in congress.

The first and second congressional districts in east Tennessee, where Republicans were elected always have been Republican.

Cordell Hull, veteran representative in congress from the fourth district, and Andrew L. Todd, Murfreesboro capitalist and land owner, are in the race for the Democratic nomination to the senate seat held by W. E. Brock of Chattanooga.

Mr. Brock is filling out the unexpired term of the late Senator Lawrence D. Tyson of Knoxville. He was appointed by Governor Henry H. Horton.

Senator Brock has remained silent about his intentions after his term expires in November. It will be necessary to elect a senator for the short term—November to March—and for the six-year term beginning in March. Hull and Todd seek only the long term.

Governor Horton, Democrat, who succeeded Gov. Austin Peay upon the latter's death in 1927, and was re-elected the next year, is seeking renomination for a two-year term.

He is opposed to L. E. Gwinn, Memphis attorney, who pledged in his opening address that he would effect an annual reduction of \$2,500,000 in the cost of operating the state highway department.

BANWELL TO ATTEND WEAVERVILLE CONFAB

A. E. Banwell, executive secretary of the Southern Oregon Northern California Development association, will represent that organization at a tri-county mineral conference to be held at Weaverville, Calif., July 7. Shasta, Trinity and Siskiyou counties will be represented and the association was invited to take part in view of a similar conference it will hold at Grants Pass July 15.

It is thought possible that these three northern California counties may be induced to join the local association, which has for its objective the general development of the region it serves.

OLDEST MASON IN STATE SUCCEUMS

PORTLAND, Ore., July 1.—(AP)—"Uncle Jim" Whitford, who was born at Shadashade Four Corners, New York, October 30, 1827, the year that state abolished slavery, died at the Forest Grove Masonic home yesterday at the age of 103. He was a member of the Masonic organization 62 years.

Whitford came to Oregon in 1870 to cruise timber. Beginning with his 100th birthday in October, 1927, the event has become a statewide observance in Masonic circles.

DRUGGIST TELLS HOW HE CURED HIMSELF OF PILES

Suffered Years. He Tried Everything, but Found No Relief. A CLERK TOLD HIM REMEDY WIFE USED

"I know many pile sufferers will doubt me when I say their troubles from piles and hemorrhoids can now be banished—I don't blame them because I suffered twelve years and during that time tried everything carried in a drug store for such troubles with only partial or temporary relief," declares Robert Higgins, Ph. G.

"I'm a druggist myself and when I say this new internal way of getting rid completely of pile troubles is best—I know whereof I speak. One of the clerks in the store told me how wonderfully well these Colac Pile Pills helped his wife, so I took a bottle home because I was suffering terrible at that time and I want to say they worked like magic. I never dreamed a pill you swallow at meal times could so quickly banish all the pain, discomfort and symptoms. Colac Pile Pills are the best remedy for this painful affliction I ever heard of and I recommend them to customers," continued Dr. Higgins, a well known druggist of Corvallis, N. Y.

Thousands of people—even cases of bedridden—have been quickly rid of their troubles. Anyone may get the same satisfactory and blessed relief, yet many hesitate—some druggists hesitate to get a stock—it is so hard to believe such troubles can be banished so easily, without expense or loss of time from work. Just imagine being free of pain, comfortable either working, sitting, walking or sleeping once more. Colac Pile Pills are backed up by guarantee of results or money back, by nationally known Colac Chemical Co., Brentwood, Md., who will mail full size bottle, postage paid in plain wrapper, on receipt of 75c in stamps or coin, if your druggist hasn't obtained them yet.



FLAGS OF LIGHT for the night of the Fourth

Flags wave, drums beat . . . the livelong day is filled with the color and sound that mark a nation's birthday. And then, at night, to top the day's bright pageantry, a million lights are born.

Flags of light . . . the night of the Fourth will be alive with them this year, for folks are finding in light the simplest and most beautiful means of expressing the "spirit of '76." You, too, can join in this great patriotic pageant, simply by stringing these gayly colored lights at your doors and windows, in your front yards, or wherever their cheerful brilliance will be most effective.



Go into your dealer's shop and select your lights for the Fourth . . . he has a complete and varied assortment.

IF YOU HAVE AN ACHE OR PAIN LET THIS EXPERT HELP YOU

HE LOOKS AFTER THE TWENTY-SIX ATHLETES OF WASHINGTON BALL TEAM

For More Than Twenty Years He's Been Relieving Lame Back, Sore, Stiff Muscles, Swollen Joints, Sprains, Achy Feet, Rheumatic Pains and Kindred Ills of Big League Athletes

Greatest Living Expert On Keeping Athletes In Perfect Condition

TRY HIS METHOD ON YOUR ACHE OR PAIN

We want to introduce the reader to Mike Martin, who probably knows more about keeping a person in fighting condition than anyone else living. For over 20 years at various universities and with the New York Yankees, Cincinnati Reds and now as trainer of the Washington Ball Club, Mike Martin has won fame as a lightning quick fixer of sprains, pains, aches, etc.

Mike Martin is a genius. He can take men claimed to be too old, stiff or rheumatic to play baseball at all and make them as frisky, vigorous, sup-

ple and quick as a boy. Mike Martin knows his business—ask Herb Penneck, Ty Cobb, Geo. Sisler, Lea Meadows, Ray Kremer, Walter Johnson, Alexander, Chief Bender, Nick Altrock, or any of the big stars of today, or the past few years. They know. Ask the trainer of any of the Big League Ball Clubs.

HE CAN HELP YOU

Mike Martin has had a little folder printed, telling how he quickly banishes stiff, swollen joints, achy, lame backs or feet, various rheumatic pains, etc. He has arranged with leading druggists here in town to sell you generous sized bottles of the liniment these great "Stars" use. He has made it a long time for his own use. Athletes on other teams kept Mike busy making his "Mike Martin Liniment." Trainers, coaches, colleges, big league teams all over the country buy it by the gallon from Mike. Now, Mike Martin, swamped with demands for this

liniment and directions how to use it, has employed a big sales company to distribute it and they are supplying all the druggists. Mike still supervises the making of it—during odd times between acting as trainer of the American League Washington Ball Club.

ASK THE DRUGGIST

If your druggist hasn't secured a few bottles of Mike Martin's Liniment, ask him to get it. There is no other liniment like it. It works like greased lightning even in cases of chronic lameness, swelling, stiffness or pains, yet is so mild it can be used on a baby's skin. Mike Martin's liniment is unquestionably the most effective, quick, sure, up-to-date remedy made. Big league players couldn't afford to do with weaker, slower remedies. No one else should.

If your druggist has some remedy of his own he prefers to sell—just write Mike Martin, Trainer, Ball Park, Washington, D. C. #2—for folder and two ounce bottle of liniment or \$1 for large four ounce bottle.

Lake-o'-the-Woods

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