

Chiropractors Claim Irregularities in Spine Cause High Blood Pressure

Affecting no particular age, but more or less common in individuals of all ages, high blood pressure is one of the most frequent and one of the most dangerous indications in the physical conditions. It is so vitally important that whenever physical examinations are given for life insurance policies or other purposes, much depends on whether or not the examination shows a normal blood pressure. Chiropractic is the only means known whereby blood pressure can be lowered in a normal, natural way.

NORMAL BLOOD PRESSURE
It must be understood that the blood pressure varies in different individuals and under different conditions. In a general way it may be said that the blood pressure varies with the age of the individual, increasing as the age increases. Therefore, a person thirty years of age should show a blood pressure of approximately 130, while a person fifty years of age should show a blood pressure of approximately 150. At the age of 70 the blood pressure should be approximately 170. Anything beyond the figure indicated by the age constitutes a high blood pressure, and is of vital importance in the health of the patient.

Kidney Involvement
We must understand that there are continually being taken into the body fluids in the form of drink and food, and that these fluids are absorbed into the walls of the stomach and intestines ultimately finding their way into the blood stream. With this continual addition of fluids in the blood stream, there must be a system whereby fluids are continually being eliminated, else the pressure would very shortly be increased to the point where the blood vessels, the systems which take fluid from the blood that is held in a continually state of balance, are the kidneys, and in principle, we continually throw off perspiration from the skin which indirectly comes from the blood stream. We also continually void urine which also comes indirectly from the blood stream. If the kidneys fail to function properly, as they do in many cases, a double burden is thrown upon the skin, and if it is unable to carry this burden the result is an increased blood pressure.

Heart in High Blood Pressure
The heart should normally send out a certain definite amount of blood in a certain time. If it comes too active and contracts too often the amount of blood is increased in quantity and the pressure is consequently increased. If, through some disturbance in the nervous mechanism, the heart contracts too frequently, the same result occurs. An abnormal heart action is very often the cause of high blood pressure.

Results of High Blood Pressure
There is usually shortness of breath, dizziness when the patient suddenly changes posture, singing or ringing in the ears, difficulty in concentration of mind, and very often symptoms which affect the heart. The heart symptoms may vary from a mere consciousness of the heart action to an intense pain in the heart, or even heart failure. Sometimes, too, there may be a grave tendency to disease of the lungs or congestion in the lungs. Possibly swelling of the ankles or pain over the kidneys may also exist.

Why the Spine?
Upon first thought it might seem absurd to contend that in the spine would be found the cause of high blood pressure. Upon second thought it is neither absurd nor unreasonable. On the other hand, it is the most logical conclusion to be reached. First it must be realized that every organ in the body is dependent upon the nervous system that it may function properly. One could not contract a muscle in the arm if the nerves leading to that arm were cut. Let these nerves be pressed upon and the function is hindered in proportion to the degree of pressure. So it is with the heart. If the nerves leading to the heart are pressed upon, the heart discloses an abnormal pressure. If the nerves leading to the kidney are pressed upon, the organ is abnormal in its function. So it is with the skin, with the brain, or any other organ.

To reverse our reasoning, any abnormality in the kidneys, in the brain, in the skin, in the heart, or in the blood vessels, is proof positive that these organs are not receiving their proper supply of nerve energy, and that an interference exists somewhere along the line of communication. This interference can only exist where the nerves leave the spine through small openings between adjacent segments (small bones) of which the spine is composed. When one of these segments is in an abnormal position, the chiropractor is able to detect it and his special training fits him to restore it to the normal so that free transmission of nerve energy through the nerve may prevail.

Experience
Experience has proved time and again in thousands upon thousands of cases that the chiropractor is able to adjust the cause of these conditions and restore blood pressure to normal. Perhaps you have tried many other systems and all may have failed. This is no criticism on the ability of your chiropractor to relieve your trouble. Chiropractic is a science founded on an entirely different basis than any other health system. It has advanced with such rapid strides that today it is the foremost non-surgical method in existence. There is, perhaps, no condition with which chiropractors are more universally successful than that of high blood pressure, and this is true, because they get down to the very fundamental cause of such abnormal conditions.

MEMBERS OF CHIROPRACTIC BUREAU:
DR. H. P. COLEMAN
Medford Building
DR. R. A. HEDGES
Stewart Building
DR. E. W. HOFFMANN
Liberty Building

CUT OUT—SIGN—AND MAIL
The Chiropractic Health Bureau, care of the Medford Mail Tribune, Medford, Oregon.
Please send me, without cost or obligation on my part, copy of the new Booklet describing Chiropractic Health Service.

Name _____
Address _____
City _____
(Paid adv.)

Subordinate Grange Chapters Given by Official Reporters

(Edited by Gertrude Haak.)
* * * * *
GRANGE CALENDAR.
* Lake Creek, Thursday, July 10, 8:30 p. m.
* Jacksonville, Friday, July 11, 8:30 p. m.
* Enterprise, Saturday, July 12, 10 a. m.
* * * * *

Grange Motto.
In essentials, unity;
In non-essentials, liberty;
In all things, charity.

Aim.
To elevate and educate the American.

Grange Policies.
Many times in these columns we have stated that the Grange organization is not political; cannot nominate, endorse or even discuss the merits of a political candidate in its meetings.

Also, the National and State Granges have gone on record as endorsing the 18th amendment to the constitution of the United States and urging its strictest enforcement.

These bodies have declared for the Federal Marketing act and urge every Grange and its members to co-operate with the government in every way possible in order that the marketing act may have every opportunity to make good.

The Grange has for many years been working for Federal assistance in marketing the crops of the farmer, and while this Federal Marketing act is not just what the Grange wanted, yet it is what they got. The Grange believes that the marketing program as outlined by the government should be given a fair trial before it is condemned.

California Insurance Laws.
The following, taken from the Oregon Grange Bulletin, shows how the compulsory automobile insurance law of California works. It is expected that a like law will soon be on the books of Oregon. It protects the automobile owner from the careless driver who has no property on which to file judgment claims in case of accident.

"Insurance: A Necessity for Auto Owners."
"Approximately four California motorists each week are losing licenses to drive their cars, due to inability to pay judgments rendered against them following an accident, according to an announcement sent out by the Farmers' Automobile Inter-Insurance Exchange.

"Many motorists fail to realize the seriousness of the California liability law which makes insurance an urgent matter for every auto owner. Revocation of the driver's license is mandatory under the new law if the motorist cannot pay a judgment rendered by the court within 15 days after it is handed down.

In addition, the driver's car and other property can be attached, even his income taken. That this law is being strictly enforced is shown in a case where the court sentenced a young man to three years in San Quentin, the sentence to be suspended if he paid \$40 each month to the widow of the man who was killed while riding with him when the accident occurred.

"The easiest way for every motorist to comply with the requirements of the new law, the report continues, is to fully protect himself with dependable public liability and property damage insurance before an accident occurs. If damages must be paid, the insurance company will pay them without cost to the driver or jeopardy to his life's savings."—Oregon Grange Bulletin.

EAGLE POINT GRANGE
Eagle Point Grange met Tuesday, July 1, with about the usual number present. Quite a number of Grangers were present from other Granges, principally from Central Point, Sams Valley and Rogue River.

Opening with Lecture hour, Llewellyn A. Banks, publisher of the Medford Daily News and candidate for United States senator on an independent ticket, held the center of the stage during this period.

Through a misunderstanding, Mr. Banks expected to make a political speech, outlining his policies. That, however, was contrary to Grange rules, so Mr. Banks confined his talk to marketing problems.

He made a very interesting talk and the Grangers gave him their courteous attention throughout. At least in one thing the Grange (National and State) agrees with Mr. Banks, and that is that the Smoot-Hawley tariff bill is the most unfair, unjust and most vicious piece of legislation brought before congress for many years. How any

man that represents the state of Oregon in our national congress could concoct a measure so inimical to the interests of the people of his state, we cannot understand.

Oregon is preponderantly an agricultural and lumbering state, and under this bill these interests were thrown into the discard in favor of the immensely wealthy and powerful manufacturing interests of the east.

We read in the Bible of the man who sold his birthright for a mess of pottage. In those olden times that was an unforgivable offense, but today it seems quite common. But it seems we are becoming used to betrayal and graft on the part of those who are sworn to protect our interests that it passes as one of the things we must put up with and we are not even shaken from our lethargy to protest.

Other numbers on the program were a vocal solo by Carl McCoy and a harmonica solo by Paul Pryor.

During the business session, Wm. Perry, delegate to the State Grange, gave a detailed report of the convention. In his report it was brought out that the Grange organization in Oregon has made great strides in organization during the last ten years. More than 10,000 members have been added to the rolls in the state in that time, an average of 1,000 a year. Many new halls have been built and many new Granges organized.

Brother Geo. A. Palmer, who has been at the helm as state master for seven years, has proved himself a very efficient organizer and leader. In his new position, he is the head of another large farmers' co-operative, being on the board of governors of the Farmers' Inter-Insurance Exchange and heading the exchange in Oregon.

It was largely through his efforts and those of S. H. Duncan, present district manager for southern Oregon, that this farmers' reciprocal automobile insurance exchange was given a charter in Oregon.

The members of the Eagle Point Grange and community are very much interested in this automobile insurance which is handled through the Granges of the state, and policies are being written as fast as the local agent can get around. Get in touch with your local agent and get the particulars. They will interest you.

Harry Duncan was present and explained many of the details of this automobile insurance exchange, of which he is the district manager.

L. H. Kline reported on Grange fire insurance, urging all members to insure in both fire and automobile insurance, both of which are saving much money for the members. Take advantage of these co-operative features of your Grange.

John Anderson, master of Central Point Grange, and E. R. Neal, master of Sams Valley Grange, were present and made short talks.

Mrs. Bryn Bitterling reported for the H. E. C. and mentioned that the June meeting of the H. E. club was a very pleasant and profitable one, and urges the women of the Grange to attend these meetings. The next meeting of the club will be held at the home of Mrs. Ross Smith on Wednesday afternoon, July 23.

Next Grange meeting, Tuesday, July 15, at 8 p. m. All Grangers welcome.

JACKSONVILLE GRANGE.
Jacksonville Grange will hold its regular business meeting Friday, July 11, at 8:30 o'clock. This will be mostly a business meeting, although a short community program will be given during the lecture hour, consisting of community singing, roll call, songs, music, appreciation and archery. This program promises to be different from others given this year.

The Home Economics club will meet with Mrs. Hartley on the Old Stage Road. A hundred per cent attendance is expected.

A program was put on by the lecturer Mrs. Mabel Jones at the Talent Grange Thursday evening. Those attending were Mr. and Mrs. Theodore Sims, Irma Neidermeyer, Harry Conger, Mr. and Mrs. George Fisk, John and Henry Neidermeyer.

Delicious refreshments and a good time was enjoyed.

CLARICE COMES TO TOWN

CLARICE'S GAME
THE late editions were full of news of the missing plane. Brynmor's attention was arrested by the headlines as he left the office, shortly before five o'clock.

"That will be hard on Mary Lou," he thought. "Why not send her some flowers? That would be a decent gesture to prove that I don't bear her any ill will."

He stopped at a florist's on the corner and ordered a dozen roses sent to Mary Lou at Jay's shop. As that errand done, he promptly forgot Mary Lou and her troubles.

Walking down the road a few minutes later, he reasoned there was good ground for his belief. Yes, the fellow probably was in love with Clarice. That would account for the veiled antagonism in his manner.

Meanwhile Mason smiled grimly as he approached the door of Clarice's flat.

"So that's her game?" he said to himself. "That young fool certainly gave her away."

Clarice gave him a casual nod as he made his way into the room. "Make yourself at home," she remarked.

He grinned lazily. "I intend to." She smiled to herself as she polished her nails with a large buffer.

"You seem mighty pleased with

me, Whitmore, the kid has expensive tastes. But I don't suppose you're worrying, with the actual wedding merely a dream of the distant future."

The suggestion of sarcasm in his tone angered Brynmor.

"As a matter of fact," he blurted out, "we're to be married the day after tomorrow."

"That so?" Brynmor noticed that Mason's eyes narrowed. His lips were set tight. He wondered if Mason might not have been fond of Clarice himself.

"Who says I'm marrying him tomorrow?" Clarice demanded.

"Yourself," Mason commented. "Any special reason?"

"None that I think of. . . ."

"Don't try to put me off with that sort of rot," he replied. "I met Whitmore on the stairs. I don't suppose he has anything to do with it?"

"Why should he? Richard's going to raise my salary. That's the big news."

"H-mm. I suppose you're not thinking seriously of marrying this kid?"

She glanced at him quickly.

"You know I'm not. How often must I tell you? You know I only became engaged to him so I could get 'in' with his swanky friends. It was my own idea."

Mason smiled.

"What's this about your marrying him the day after tomorrow?"

"Who says I am?" she snapped.

"It's no use, Clarie," he continued. "I know your game. He told me so himself. I almost laughed in his face, for you know I hold every trick in the pack."

Clarice didn't answer immediately.

"Suppose I am marrying Brynmor?" she asked, after a pause. "I don't see what you can do about it."

"Oh, don't you? Yet I can upset your appointment very nicely, my dear. Get this into your head, Clarie. If you're doing any marrying at all I'll be the bridegroom."

"And what if I say I don't love you?"

He laughed at that.

"Who cares about love? I want you, and that's enough for me. I was waiting to save up so we could make a clean getaway to some other country. I see now that I was a fool not to have taken you before."

Freddy threw himself into an armchair.

"Well, let's quit the arguins. All you've got to do, Clarie, is to get this marrying stunt right out of your head."

"Indeed!" Her eyes gleamed.

"And what if I refuse?"

"Then, there's nothing to do but to make—er—a little confession to our mutual friend concerning your—"

(Copyright, 1939, Mayne Greig)

What is Mason's hold on Clarice? She tries to even affairs with him in tomorrow's chapter.

ue being razed for construction of modern service station.

THE DOCTORS SAY FOR
ACHES & PAINS
FOR RHEUMATISM
OVER-EXERCISE
EXPOSURE OR
OLD AGE—USE
MIKE MARTIN'S LINIMENT
RELIEF OVER NIGHT

celebrated in Ashland on the Fourth, returning to his work Sunday evening.

Mr. and Mrs. S. P. Barnsbury of East Eden spent the Fourth at the summer home of Mr. and Mrs. H. G. Shearer, as their guests.

Fighting Heron.
WILKESBARRE, Pa. (AP)—A champion scrapper is in the possession of Thomas Bradshaw, state game protector. A blue heron, five feet eight inches tall, ate five ducklings and two chickens and routed a police dog before it was captured in a poultry yard at Lee park.

Klamath Falls.—Building at corner of Sixth and Klamath avenues

Mrs. Molar, niece of Will High is visiting her mother, Mrs. Alice Richardson at the home of Mr. High, near Talent. Mrs. Molar's home is in California.

Mr. and Mrs. C. Carey and E. O. Reese returned from Sacramento on Thursday, after Mr. and Mrs. Carey had spent two weeks visiting at their home of their daughter. While in California Mr. and Mrs. Reese took Mr. and Mrs. Carey to Lake Tahoe and Donner Valley and the many small lakes surrounding Tahoe.

Covey Furry and family of East Eden were at Ashland celebrating on Rogue river.

Mervin Fiddler of Yreka visited his mother, Mrs. Ed Hamlin and

and turned his thoughts to Clarice. He was to have tea with her.

It was a pity Clarice hadn't impressed his father, Brynmor respected, as he rode toward her flat.

"I'll bet he'd have me marry some flat-heeled, flat-chested girl with glasses and country relatives," he mused moodily.

These meditations brought him to the door of Clarice's flat. Gloom and Clarice didn't go together, and his spirits rose as he opened the door to greet her.

"Look Bryn darling," she called as he entered the room. "See my new dress! Like it?"

He stood looking at her, and forgot everything except her beauty.

"You're always lovely, sweetheart."

She stood on tip-toe, kissing him fervently. She pressed her cheek against his.

"Don't let's wait any longer, Bryn," she whispered. "I hate these hours when we're apart. Let's get married at once. I want you so."

Brynmor's voice was muffled.

"All right, sweetheart, we won't wait any longer. I'll get a special license tomorrow, and we'll be married the following day. What do care what the pater thinks?"

"Oh, that will be wonderful, Bryn."

The thought echoed through her head like the triumphant peal of a bell. . . . Mrs. Brynmor Whitmore . . . day after tomorrow. . . . daughters of Colonel Richard Whitmore, with a large estate in Wales. That was something for a child of the slums to have attained. She was glad she had fought.

Soon she prepared to dress for the club, and Brynmor eventually wore himself away. He was to see her, as usual, that night at the club.

Going down the stairs he met Freddy Mason, whom Clarice had called her cousin. The encounter annoyed him. Why the devil was this bird hanging around Clarice?

"I haven't seen you to congratulate you on your engagement to Clary," Mason said in his suave voice.

"Thanks."

Mason seemed in a talkative mood.

"It's a pity Clary is to give up her dancing. She's making good money.



Callers seldom came again ... until she learned to overcome... 'B.O.'

Another disappointment. Another call cut short with a polite excuse—a vague promise to come again. She nearly cried when they were gone. She wanted friends so. Why couldn't she win them?

Then an old school chum she hadn't seen in years—a doctor's wife—came to visit her. And from her she learned the truth. Found out about "B.O.", the polite term for a condition people dislike even to mention—body odor. . . . No more lonely, unhappy days now. Friends drop in to see her often—she's invited everywhere since she adopted the simple safeguard that keeps perspiration odorless.

Hotter weather—watch out for "B.O."
These hot days we all perspire more. It's natural—it's healthy to do so. We get used to an ever-present odor that we don't notice it in ourselves. But others do—and they won't excuse it.

Take no chances—don't offend. Keep safe this easy, pleasant way. Wash and bathe with Lifebuoy. Cool off—freshen up—under its glorious, creamy lather, so abundant even in hardest water. No mere surface cleansing this! Lifebuoy's searching, antiseptic lather penetrates pores—removes all odor. Its pleasant, extra-clean scent—that vanishes as you rinse—tells you Lifebuoy purifies.

A wonderful complexion soap
"I'd buy Lifebuoy as a complexion soap if for no other reason," say millions of women. Its gentle, deep-cleansing lather keeps pores free from clogged impurities—banishes dullness—brings healthy, radiant beauty. Adopt Lifebuoy today.

LEVER BROTHERS CO., Cambridge, Mass.

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LIFEBUOY
SHAVING CREAM
Soothes as you shave—ends "Tender Spots"—At your druggist's

Lifebuoy
HEALTH SOAP
—stops body odor—

C. EARL BRADFISH JEWELER

ANNOUNCES FORMAL OPENING
of Medford's Newest Jewelry Establishment
115 East Main St. Opposite First National Bank
Wed. Thur. Fri. Sat. July 9, 10, 11, 12

You are cordially invited to visit our store and inspect our new stock. You are not obliged in any way to buy.

Complete New Stock of the Finest in Jewelry
Finest assortment of American-made watches ever shown in Medford. Elgin watches, \$15 to \$450—Waltham, \$19 to \$250.

FREE GIFTS FOR LADIES
We have several hundred gifts, especially purchased for this opening, that will be given absolutely free to ladies, 9 a. m. Wednesday. First come, first served. No obligation to buy.

Fine selection of lusterware to be given free to customers who purchase merchandise to the value of \$5.00 or more. Only one to the customer.

Open Evenings During Formal Opening

Flies carry disease
Kill them Quick!

World's Largest Selling Insect-Killer

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MIKE MARTIN'S LINIMENT
RELIEF OVER NIGHT