

Normal Spine Means Health to Women

Free Nerve Supply Assured By Spinal Adjustments

Certain ailments of women have become almost universal among civilized races. Many think that most of these disorders are unavoidable and they are looked upon as a "matter of course."

Instances like the following are of common occurrence in cases where Chiropractic analysis is made from the spine.

Nerve pressure is found to indicate lack of nourishment for the skin; poor surface circulation, and as a result of this condition, defective elimination through the skin and accumulation of waste matter and systematic poisons in the system. Impingement found on nerves leading to the stomach indicate signs of catarrhal affections and membranous linings and want of nutrition in the glandular structures. This, of course, means such effects as indigestion, fermentation of foods, gas formations, constipation and a multitude of resulting disturbances.

There will be found upon examination of the spine certain deviations of the vertebrae which creates the nerve interference that accounts for the fallen or prolapsed conditions of stomach, bowels and other abdominal organs, from which there is likely to be a sagging of the pelvic organs, relaxation of the hands and ligaments attaching them, and from this relaxation, the chief misplacement that accounts for so many distresses of mind and body.

Causes and Effects
Many have been informed that surgery offers the only hope of restoring order in the parts involved sufficient to afford all the relief that can be given the patient.

From this opinion the Chiropractors dissent, and explain that the relaxed and prolapsed conditions, as well as the chief misplacement, are not causes of disease, but only the effects of the compressed or irritated nerves supplying the organs and parts affected, and that the only possible way to restore natural order and harmony of action is to clear the way for the normal passage of nerve impulse from the brain to the body. This is done by locating the displaced portions of the spine and adjusting them to liberate the nerve lines from impingement and tension.

The Result of Adjustment
Women who will make careful investigation of chiropractic and take spinal adjustments will be proven fully sufficient to overcome all the symptoms or effects of their disorders. Removing the cause of the spine will dissipate such effects as constipation, pains in the head, breasts, pelvis and lower limbs and disturbances of the gastric intestinal tract.

A great deal of unnecessary suffering can be avoided if women will investigate and accept chiropractic.

- 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 _____

PERMANENT DOCK AT LAKE O' WOODS

Permanent docks are now under construction at Lake o' Woods. Fred Wahl announced Monday, and work will probably be completed in about three weeks.

The dock extends straight out from the shore for about 100 feet, with an arm extending to the right at center for 50 feet. An extension of 30 feet at a 45-degree angle, pointing outward, is at the end of the 80-foot projection, making a space for boats to dock near the shore where they are protected.

BELLES AND WINE LURE TO SAILORS

PAPETTE, Tahiti—(AP)—The Society Islands in the Eastern Pacific, inhabited by dusky belles, and flowing with cheap wine, were much to the liking of the crew of the American motorship Arcturus.

A broken camshaft forced the Arcturus to put in for repairs. When the ship was ready to sail, many of the crew preferred the cosy grass huts beneath the palms to the bunks in the forecastle.

Officers ordered the enchanted seamen handcuffed and literally dragged them on board, and on the eve of sailing are lights were hung over the sides of the ship to attract sharks.

The long, gray, menacing shapes circling the vessel deterred those who felt inclined to swim ashore.

Meteorological Report

July 22, 1930
Forecasts
Medford and vicinity: Tonight and Wednesday fair; continued warm.

Oregon: Fog on coast; fair and moderately warm in interior tonight and Wednesday.

Local Data.	7 A. M.	10 A. M.	1 P. M.	4 P. M.	7 P. M.
Temperature (Degs.)	51	59	61	61	59
Highest (Last 12 hrs.)		59	61	61	59
Lowest (Last 12 hrs.)	54	59	59	59	59
Rel. humidity (Per.)	74	67	67	67	74
Precipitation (Ins.)	.00	.00	.00	.00	.00
State of weather	Clear	Clear	Clear	Clear	Clear
Lowest temperature this morning, 58 degrees.					
Total precipitation since Sept. 1, 1929, 13.97 inches.					
Temperatures a year ago today:					
Highest, 83; lowest, 47.					
Sunset today, 7:40 p. m.					
Sunrise Wednesday, 4:57 a. m.					
Sunrise Wednesday, 7:39 p. m.					

Observations Taken at 5 A. M., 120th Meridian Time

CITY.	High Temp.	Lowest Temp.	Weather.
Baker City	84	62	Clear
Bismarck	78	56	Clear
Boise	83	60	Clear
Denver	62	54	P. City.
Des Moines	84	64	Clear
Fresno	100	64	Clear
Helena	82	56	Clear
Los Angeles	62	50	Cloudy
Marshfield	70	50	Cloudy
Phoenix	102	78	P. City.
Portland	86	60	Clear
Red Bluff	104	60	Clear
Roseburg	88	60	Clear
Salt Lake City	88	68	Cloudy
San Francisco	54	44	Cloudy
Santa Fe	68	54	Clear
Seattle	78	60	Clear
Spokane	90	58	Clear
Walla Walla	94	66	Clear
Winnipeg	76	66	Cloudy

W. J. HUTCHEON, Meteorologist.

PILES EASY TO GET RID OF NOWADAYS

Thousands Are Troubled for Years and Tell of Quick and Easy Relief

INEXPENSIVE REMEDY COSTS ONLY 75 CENTS

"I'm so happy and grateful at being free of my old Pile troubles I'm writing you to use my name if you want to," declares H. H. Nordman retired farmer of Buffalo Center, Iowa. "I had the itching bleeding painful kind and I had them bad. I used all kinds of salves but found practically no relief until I saw Colac Pile Pills advertised in the paper and got some. Those Pills started doing me good the first day, and I had no trouble after I used the first 75c bottle, but I kept on using three bottles in all, and I am free of all signs of my old Pile troubles. I sure am thankful and recommend Colac Pile Pills wherever I learn of somebody suffering as I formerly suffered," continued Mr. Nordman.

Thousands of men and women suffering with various forms of Piles have been happy to find salves, suppositories, etc. are no longer required. Just a couple of Colac Pile Pills with a swallow of water each meal is all needed for quick relief. Druggists here are authorized to sell on positive guarantee of satisfaction or money back without quibble or question. Or send 75c in stamps or coin to Colac Chemical Co. Brentwood, Md.

Grange Notes

Jacksonville Grange.

The H. E. club of the Jacksonville Grange will meet Thursday afternoon instead of Wednesday afternoon, at the home of Mrs. C. C. Hoover on Ross lane. The club has voted to continue the bi-monthly meeting throughout the summer and new work is ready for the next meeting.

Regular meeting of the Grange will be held Friday evening at 8:30. The Grange hall is a cool place to spend a warm evening, and interesting meetings and programs are being held there. Attention is called to the Pomona meeting to be held at Lake Creek, Saturday, July 27th. Initiatory work of the fifth degree will be given Saturday evening in the Central Point Grange hall. Those who wish to take this degree should be present.

Mr. and Mrs. Theodore Sims and Mr. and Mrs. Neidermeyer were visitors of the Sams Valley Grange Saturday evening. Mrs. Sims conducted the community singing of the program and aside from that a very good program was enjoyed.

Sams Valley Grange.

One of the most interesting meetings for some time was held at the Sams Valley Grange Saturday night. One of the principal features of the meeting was the talk on fraternalism by Stewart Mason of Portland. In his talk Mr. Mason emphasized the fact that the strength of the United States is its religion, and that is one reason that Russia is attempting to destroy it. Mr. Mason continued, "Thanks to the men at the head of our government, it can not be done."

From the many expressions heard, the grangers were very appreciative of the opportunity of hearing Mr. Mason.

Mr. Trill, attorney of Central Point, offered to the grangers a feasible plan for creating loan money for farmers' needs. Other members of the lecturer's program were rolled up by testing the ear of members for music; group singing led by Mrs. Mabel Simms of the Jacksonville Grange, who proved very capable; the debate, "Resolved, that early marriages are more satisfactory than late ones." With Mrs. O. T. Wilson and Clarence Holmes as affirmatives and H. E. Nealon and Frances Wilson negatives. The affirmatives won by a small margin. Many facts as well as fun were brought out during the argument, and the reading of the Sams Valley Grange Journal.

The next debate promised by the lecturer is "Resolved, that we are healthier, happier and better than in our grandfathers' day."

A short business session was held when county fair committees reported on accomplishments toward the Grange exhibit. The principal report from the road committee revealed the earnest work the committee is doing to eradicate dangerous pieces of road in their district.

Refreshments of ice cream and cake were served by the H. E. C.

EAGLE POINT

EAGLE POINT, Ore., July 22—(Special)—Mr. and Mrs. Tom Caster have moved from Eagle Point to the Barber place three miles east of Medford.

Mrs. M. L. Pruitt visited on Thursday at the home of Mr. and Mrs. L. K. Bank.

Mr. and Mrs. Marsh Garrett and Mr. and Mrs. Percy Haley were among Eagle Point people picnicking at McAllister springs Sunday.

Mrs. Marjorie Burleson of Phoenix spent Wednesday at the home of her parents, Mr. and Mrs. Otto Caster.

Mr. and Mrs. A. C. Mittelstaedt left Saturday morning for Portland to enjoy a several days' visit with relations. C. F. Davies has charge of the dairy cows and Mrs. Edith Weidman is looking after the home during their absence.

Ed Haak of Portland has arrived at the home of his brother, L. K. Haak for a long visit.

Mrs. Tom Elliott, nee Ethel Cox and daughters, Irene, and Dorothy of Denver, Colorado, are visiting at the country home of Mrs. M. L. Pruitt.

Mr. and Mrs. Tom Stanley and children, Guy Pruitt and son, Herbert and Mrs. Pruitt went to Crescent City Sunday.

Miss Ida Bentz and Miss Irma Steadman of Anaheim, Calif., are visiting Mrs. Lottie Van Scoy. The ladies are former school chums.

Mr. and Mrs. Roy Smith were business callers at the home of R. A. Weidman Thursday.

LOCAL MEN ATTENDING RESERVE OFFICER CAMP

Five local men are listed as among the 195 Oregon men present at Vancouver Barracks and Fort Lewis for reserve officers who will study for two weeks, and listen to lectures by top-time army sergeants.

Local officers listed include Evan L. Miller, Glen B. Wood, Clyde S. Cook of Medford, and Richard D. Gray of Gold Hill of 382nd infantry; and Newton C. Chaney of 56th division.

George Alberts of Duffe Falls was a business visitor at the home of A. C. Mittelstaedt Saturday.

Mrs. Francis Campbell of the First State Bank, Leland Campbell of Everett, Wash., and Mr. and Mrs. W. H. Young and children motored to Crater Lake Sunday.

Sybil Caster and Mary Hannaford accompanied Elsie White to the home of her parents, Mr. and Mrs. C. E. Wilhite at Lake Creek for the week-end.

H. E. club will meet Wednesday afternoon, July 26, at the home of Mrs. Rosa Smith. Work for the annual carnival will be the order of the day.

John Linn, local youth, employed at Crater lake lodge made a short visit to friends in Eagle Point Sunday.

Bible class of the Presbyterian Sunday school meets every Sunday morning at 10 o'clock, Mrs. Cora Morgan, leader. All members of the class are urged to attend, and visitors are welcome.

Mr. and Mrs. Karl Esch called at the R. A. Weidman home Sunday.

Mr. and Mrs. J. C. Spencer of the Alabaster Orchard and Frank Strahan visited friends in Eagle Point Sunday.

Mr. and Mrs. Jan. Mays and daughter were in Talent Sunday evening.

Lois Bushnell called on Ruth Mays Monday.

Steve Lunak and Jas. Mays helped Mr. Petri haul hay Monday.

Geo. Whelphrey was out to Talent Tuesday.

F. M. Centers spent a few days in Medford last week.

Mrs. L. C. Jones called on Mrs. Jas. Mays Wednesday afternoon.

Burdette Centers is spending a week with his aunt, Mrs. Jas. Mays.

Mr. and Mrs. Geo. McAnally were in Central Point last Tuesday.

George Young was out to Talent Wednesday on business.

Medford—Crater Lake Highway

Walter Olmscheid Jacksonville Star Route

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