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### The Power of Mind

"Hate, fear, worry and jealousy combine to shorten man's life. Such emotions create poisons in the system as definitely as bacteria and with the same results. All human organs are disturbed, waste products are increased, foundations for certain destructive diseases are laid."

No, kind reader, the above is not quoted from some disciple of the New Thought. It is an extract from an address delivered yesterday before the American College of Surgeons, in New York City, by Dr. George W. Crile, famous director of the Cleveland clinic, and endorsed by Dr. Charles H. Mayo, the even-more-famous head of the Rochester (Minnesota) clinic.

Very interesting! Only a few years ago, there were two extreme and opposing schools of thought. Those who believed the mind had NOTHING to do with disease; and those who believed it had EVERYTHING to do with it.

RECENTLY a new cult has grown up which might be termed the common sense cult—striking a mean between these two extremes.

Disciples of this school believe, with Dr. Crile, that the mental attitude has a great deal to do with disease,—both in its cause, and in its treatment. They also believe, that the sciences of medicine and surgery perform a service for which there is no satisfactory mental substitute. They have thus arrived at a fairly definite position which is essentially a compromise, combining the good in both systems,—what might be termed a mental-medical combination, each one supplementing the other, and constantly co-operating toward the common end, of better health.

In our opinion this marks a great advance in the never ending fight against disease.

### Meier & Frank Show the Way

DURING the last gubernatorial campaign, opponents of Governor Meier frequently quoted leaders of the Portland community chest, to the effect that the chief obstacle to the success of their drives had been the penurious attitude of Meier & Frank. It was claimed that the most prosperous concern in the city, gave so little compared to what its wealth justified, that the success of their entire campaign was constantly jeopardized.

As far as we know the essential truth of this charge has never been questioned. But certainly this year such a count can't be held against "Portland's Own Store," and former opponents of Governor Meier will be glad to wipe it off the slate.

LAST year Meier & Frank donated \$15,000 to the Community Chest. This year, which with them as with all other concerns, has undoubtedly been far less prosperous, they have contributed \$22,500—an increase of 50 per cent.

This is a fine example of civic patriotism,—and represents the sort of financial sacrifice and spirit of unselfish public service that the present emergency demands.

People of wealth, and concerns of wealth, should give more this year than last, for two reasons:

First, because the need is greater.

Second, because there are so many more people this year who can't give ANYTHING.

Here's hoping the example set by Meier & Frank will be followed not only in Portland but throughout the state. It will mean the success of community chest drives everywhere.

### The Right Spirit

TWO years ago an announcement that the Snider Dairy company were to double the size of their plant would have probably been printed on an inside page under a standard head. But yesterday the Mail Tribune featured the story as a front page lead under a banner.

We believe that, strictly on the basis of news value, this prominent play-up was justified.

FOR under existing conditions it comes under that classification of a man bitten by a dog. With calamity howlers on every street corner, with scores of Lugubrious Blues, predicting the end of the world, with so many men looking for the nearest cyclone cellar, any established concern that decides to expand, increase its capital investment, take advantage of low construction costs to prepare for better times, deserves both a privileged news position and editorial comment.

So we congratulate the Snider Dairy company. Such an example of courage, faith in the future, and good business sense is what this community and the entire country needs.

FOR IT IS good business sense. Now is the time for the company that NEEDS things, or the individual that NEEDS things, to GET them. Now is the time to invest and to buy; it isn't the time to hoard or to sell.

If the example set by this local company were followed by all other companies and all individuals, equally capable of going ahead, as far as their financial situations are concerned, this depression which has been over so many times, really WOULD be over.

### Talks To Parents

HURRY IN THE NURSERY  
 By Alice Judson Peate.

Three-year-old Billy wakes up bright and smiling. As soon as mother's face appears at the door, he clambers down out of his crib, picks up a stocking and sits down to put it on.

Mother interrupts, to divest him of his sleeping suit. He reaches for his shirt, pulls it over his head, and laboriously smooths it down front and back.

Mother watches, thinking of the fact that breakfast must be on the table by 8.

Bobby has gotten into his under-waist and is working very hard over the buttons.

"Come, Bobby, let mother button you. We've no time for all this nonsense." And she starts to hustle him into his clothes.

But Bobby wants to dress himself. He keeps on trying, and mother has to pass by his clumsy little fingers. At last, frustrated and angry,

### Communications

Praises Humane Society  
 To the Editor: Strange as it may seem, most of us if we have not really been in need of the benefits of our county institutions, do not realize how much they are doing. Take our Humane Society, for instance. How little we think of the good they are doing. If— they really are all that the word "Humane" means. If each of us who happen to have a dumb animal that is suffering would call them and ask advice and then when we find we cannot relieve suffering or cure, ask them to come and get your pet or your animal, whatever it may be and relieve it of its suffering.

The cost is nothing in comparison with the service rendered. I happen to know, personally of two instances in the last ten days where the latter help has been rendered; which is only two in a thousand we might not hear of at all.

MRS. MARY O. CAREY.  
 Talent, Ore., Oct. 10, 1931.

### Suicide Assumes Seat On Dynamite

RICE LAKE, Wis., Oct. 15.—(AP)—Roy Galusha, 36, put some dynamite with a burning fuse into a box. Then he sat on the box and waited. The explosion killed him.

Relatives said he had been in poor health.

Also the frontal lobe of your brain, just back of your forehead, in which your intellect dwells, is the "slave driver" of the mind.

The majority of us have that "slave driver" under sufficient control to let the mind rest part of the time.

Doctor Crile, in twenty different operations, has cut nerves leading from the adrenal glands to the sympathetic nervous system, preventing

### Today

By Arthur Brisbane

War? Heaven Forbid.  
 Attacking Our Dollar.  
 Spain And The Church.  
 Your Power Plant.

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No better news from Asia. War begins to look unpleasantly inevitable. China's minister in Tokio has stopped talking to the Japanese foreign minister, the League of Nations is marking time, like the soldier in the pantomime. Old Uncle Sam, as usual, is being pushed to the front. It is actually announced that he will share in the league's deliberations, although the people of this country have voted by gigantic pluralities against any such meddling.

In the end he will be told: "You pull out the chestnuts."

Meanwhile the civilized world deplores the sad possibility of war, while the business world discusses the business possibilities.

Wheat and cotton were strong yesterday. War calls for wheat and cotton. Stocks were weak because of a rumor that Russia would come in. Big business has acquired a strange respect for Russia, mixed with a scorn that is not very real.

It is probably true, as alleged, that Russia and Japan have an understanding about Manchuria, as a fox and a wolf might have an understanding about a fat duck. In the end the wolf may take the whole duck, or perhaps Manchuria will be divided as the "Christian" powers once divided Poland, or as "the wall-rue and the carpenter" divided the oysters.

Mr. Rogers, who spends much of his time in airplanes, thinking much and writing little, which reverses the usual order, observes that the League of Nations is humble, when Japan seems to want a war. Rogers says of the league "It was a great thing to make the little fellows behave, but when the big fellows want to get away with anything, it has no more power than a senate investigating committee."

Paris reports a "big gambling ring" raiding the dollar, to bring down its value. The big gambling ring is not alone in that process. Europe owes us ten billions and if they could cut the dollar's value by half, they would only have to pay five billions. They won't pay us much if anything from now on, probably, but it would make them feel safer and ease their honor, if a lower price for the dollar made repudiated debts smaller.

That gratification will probably be denied them. By a simple process the United States could draw to its self practically all the gold in the world, even gold that able Frenchmen have accumulated, unless gold exports were forbidden by law.

The national assembly of Spain has signed Article III of the new constitution. "No official state religion exists."

This ends the age long connection between church and state in Spain.

In addition, Spain's new government proposes to expel from Spain, and seize the property of all religious orders "which take a vow of obedience directly to the pope."

The Vatican, looking far into the future, and far back into history, has anticipated these steps, and, disappointed, but not alarmed, feels that the position of the Catholic church in Spain will be little impaired.

Those that know the position, influence, and growth of the Catholic church in America, where church and state have long been separated, believe that the church in the long run will benefit by the separation, although new conditions at first will be difficult for the clergy.

Doctor Crile, distinguished scientist of Cleveland, tells the clinical congress of marvelous operations on the human heart, and of nerve surgery, relieving pain, prolonging life.

Doctor Crile proves that you are indeed "fearfully and wonderfully made." Your "power station" in the adrenal glands, just above your kidneys, sometimes drives the nervous system too hard, causing "soldier's heart," and other ills.

Also the frontal lobe of your brain, just back of your forehead, in which your intellect dwells, is the "slave driver" of the mind.

The majority of us have that "slave driver" under sufficient control to let the mind rest part of the time.

Doctor Crile, in twenty different operations, has cut nerves leading from the adrenal glands to the sympathetic nervous system, preventing

### Personal Health Service

By William Brady, M. D.

Signed letters pertaining to personal health and hygiene, not so 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 the Mail Tribune.

KNOWLEDGE AND SKILL AND THE SPECIALIST AND THE PROBLEM.

In a pipe organ factory I saw a master workman roll a long slender metal strip into a tube, for one of the high violin notes, and then with a single sweep of his iron solder joint from one end to the other. It looked downright simple, mere child's play. The workman told me he had served some thirteen years as apprentice before he had mastered his trade.

What American Medicine sorely needs today is a revival of the old custom of apprenticeship. Every medical student should be apprenticed to a practicing physician—not to a specialist, but a general practitioner, a family doctor, for at least a year before he is permitted to graduate from medical school. Every doctor should be compelled to serve at least five years, better ten years, in private general practice before he is permitted to hold himself out as a specialist. If some such system were adopted in place of the crazy highbrow top-heavy educational system at present in vogue in this country, the people would receive far better medical service than is now available.

There is something inspiring in watching an artist work. I have just returned from a visit to an artist in diathermy. He is extirpating the tonsils of a member of my family. I gleaned from the sitting these facts about the diathermy extirpation of tonsils:

1. The instrument or electrode or applicator itself never becomes even warm, but always remains cool.
2. The electro-coagulation is not "burning."
3. The heat is generated in the tissues treated by their resistance to the passage of the current.
4. Electro-surgery is suitable for malignant (cancerous) and tuberculous tonsils which are otherwise inoperable.
5. Obtinate mycotic infections respond readily to this new method.
6. It is the method of choice for the aged, debilitated, hemophilic (bleeder), and for all adults handicapped by chronic kidney, or other complications which render surgical tonsillectomy unavailable or undesirable.
7. With proper technic diathermy extirpation of the tonsils is bloodless, and the discomfort to patient is never sufficient to interfere with regular meals.
8. With a minimum of five treatments to each tonsil alternating at intervals of a week, a perfect tonsillectomy may be done with this method.

I saw this artist treat hypertrophic turbinates in the nose with diathermy, and the method reduces such hypertrophies or thickening without sacrificing the useful functional structures or tissue.

I saw him treat nasal sinusitis with the same method, and when employed early in these troublesome cases of sinusitis it averts more radical surgical interference.

supply of too much power, and producing important cures. It is as though a tired office boy should cut the wire leading from the bell on his desk to the push button on the desk of his employer.

Wonderful things are done by science, while ordinary mortals pursue the fleeing dollar.

In Rome, fifty famous physicians hear from Professor Millikan, of the California Institute of Technology, about a new microscope for measuring the velocity of electrons. It must be a good microscope.

An atom consists of a nucleus or protons, with electrons revolving around it, something like our sun, as nucleus and the planets as electrons. A miniature solar system makes up one atom. It is very "miniature" for you could have a million such atoms in the corner of your eye, without noticing them. And they are spirit-like electrons. Our earth goes around the sun, once in three hundred and sixty-five days. An electron goes around its proton-sun, several TRILION times in one second, difficult to believe, but a fact.

### Flight 'o Time

(Medford and Jackson County History From the Files of The Mail Tribune of 20 and 10 Years Ago.)

TEN YEARS AGO TODAY  
 October 15, 1921.  
 (It was Saturday.)  
 Work to start on Crater Lake highway.

Fruit packers robbed of their pants and contents, while sleeping in local rooming house.

Chief of Police Timothy declares war on cigarette smoking high school boys.

General Pershing makes plea for peace at London conference.

Unloading of carnival company on Main street ties up traffic all forenoon.

Hunters report few Chinese pheasants but many quail.

Mayor Gates tells of state fair at Forum meeting.

Copco declared dividend No. 1 on preferred stock.

Auto repair prices take drop.

TWENTY YEARS AGO TODAY  
 October 15, 1901.  
 (It was Sunday.)

Athletics win second game of world series from Giants, 3 to 1, when "Home Run" Baker slams out homer with one on. Babe Marquard, "the \$10,000 beauty," pitched for New York. Eddie Plank for the Mackmen.

Gold Hill is left off newly issued Jackson county map, and are the Gold Hill folks mad!

Miss Ruth Merrick of this city is elected a member of the students' council at the University of Oregon.

Local orchardists to investigate report from Washington, that local orchards are deteriorating.

### QUESTIONS AND ANSWERS

Salt Injections for Thromboangitis  
 My right leg was amputated below the knee for thromboangitis obliterans. I am 37 years old. Now my left foot has the same symptoms. My doctor told me to write you and inquire the strength and amount of the salt solution injections. I have had a large amount for 30 years, using a pack of 30 every 24 hours. (A. S. N.)

Answer—A 5 per cent sterile filtered solution of salt in distilled water is used, about 5 ounces the first injection, 10 ounces for subsequent injections, first three times a week, then twice a week, finally once in a week or two. This method seems most successful in present practice. The use of tobacco must stop, of course.

Tonsil Treatments Not All Painless  
 I am having my tonsils treated by diathermy by Dr. — whom you recommended. It isn't exactly painless, yet it is not nearly as bad as that man described it, whose letter you published. If it were I would not have returned for the second treatment. In fact I have not missed any meals nor lost any time at the office. The only effect is a slight sore throat. I am glad I started before that man's letter appeared—I might have been scared off. (H. H.)

Answer—It is fairly comparable with dental treatment. Few escape the dentist's chair without some discomfort or even a little pain. But seldom do we regret dental treatment on that account. If your doctor is master of the technic, the whole course of treatment will be completed without interfering with your usual occupation or even with your regular meals. Remember, too, that the man who found the treatment so painful selected his physician through some commercial house. Not every doctor who can afford a diathermy instrument is qualified to extirpate tonsils with diathermy.

Heart Trouble  
 Is there any cure for dilation of the heart? I am a teacher with my first year of teaching just past—a very hard year for me. My doctor prescribes complete rest, but I can't rest. I gave up dancing and athletics. I'm afraid I may have to go to bed. (M. B.)

Answer—Not knowing the nature of your trouble I am not qualified to advise. Two or three weeks in bed now might be less irksome than months of enforced rest later. Your doctor probably knows what ails you. Better follow his advice.

### Ye Poet's Corner

Hard Times.  
 Times are hard, the knocker will say,  
 Standing on the corner, spending his day;  
 While his wife at home is busy as can be,  
 And that's just where he ought to be.  
 Have you ever thought what the immigrants did,  
 When here in this valley their lives began?  
 They built the roads, and marked the trails,  
 And threshed their grain out with flails.  
 So take your lessons from the past,  
 Don't stand on the corner and bray like an ass.  
 —T. H. Callaghan.

Burns dry Mable, \$4.75 per load. Med. Fuel Co., Tel. 631.

### Harry Hedgpeth in Washington College

WASHINGTON STATE COLLEGE, PULLMAN.—(Sp.)—Harry E. Hedgpeth of Medford, Ore., is enrolled as a freshman at the State College of Washington, according to the registrar's records. Approximately 3000 students are in attendance, the enrollment figure being practically the same as that of last year.

### Sam

BY FREEMAN LINCOLN

SYNOPSIS: Peck Abbott, multi-millionaire owner of the Express, and Anne of Sam Elliott, discover that Sam is in love with another man. He gives Sam time to change her mind and go back to Freddy Krumpholtz. But Sam, who became engaged to Peck through a social difficulty, is determined to carry through with the marriage. One reason for the engagement was the placement of her step-brother, Nelson, and their maid, Sam's stepfather. Fourth Alders, is swept up in Nelson's loss of social caste, and also of Nelson's falling away with him in a way needed for payment on a mortgage. Fourth lost the family fortune some time ago, and although he maintains his sense of aristocracy, he is reduced to selling books. He has invited a rich widow, Mrs. Frye, to tea with Sam and himself. While he is telling the widow about his invention the front door slowly opens.

Nelson looked at Sam. "Something tells me we'd better be going," he said wearily.

"Nonsense!" said Sam hotly. "You're going to stay right where you are. Not only that, but we're going to put an end to all this childishness right here and now. Sit down, Nelson, please. You sit down, Martha, too."

When the pair had seated themselves on theavenport Sam walked over to Fourth. "Fourth," she pleaded almost tearfully, "please don't be so hateful."

"Hateful!" Fourth looked down at her and shook his head sadly. "You asked me to do something, Joan, and unless I'm mistaken, I did it. Is that being hateful?"

"It is, and you know it! You didn't really speak to Nelson. You just said 'how do you do' and turned your back. You mustn't act that way, Fourth. You must talk to Nelson—and to Martha, too!"

"Must I? That's an interesting idea. When I come to think of it it might be amusing, too." He smiled gently. "I might, for instance, ask Nelson if he is thinking of going in for larceny in really big way."

"Fourth!"

"Yes," Fourth continued smoothly, "that would be an interesting



"You can insult me," Nelson exclaimed, "but you'd better not make another remark like that about my wife!"

on was gone from the left sleeve of his coat. He needed a shave and there were dark shadows under his eyes. It was obvious that Martha had been crying.

"Hello, Nelson." She spoke calmly, as though her half-brother had merely come home from a day at the office. "How are you?"

"Hello, Sam." He nodded gravely. "May I—that is, do you mind if we come in?"

He took a half dozen steps into the room with Martha at his heels. Sam went around behind them and closed the door. Then she turned toward where her stepfather was standing. "Fourth," she said quietly, "Nelson is here. Aren't you going to speak to him?"

Fourth, with his broad back toward her, made no sign that he had heard. He was standing directly in front of Eugene Frye, and now he began to talk as though he were continuing an uninterrupted conversation. "I could hardly believe it," he said in a loud artificial tone, "but the man was intoxicated. Mrs. Frye. He was hardly able to put two sensible words—"

"Fourth!" Sam stamped her foot. "Don't be ridiculous! Don't pretend that you didn't hear what I said!"

"Ah." Fourth turned slowly toward and faced the little group at the front door. His normally florid face was a dead white and his Adam's apple was twitching, but he managed a correctly apologetic little bow. "You'll pardon me, Joan, but Mrs. Frye and I were in the midst of an interesting conversation. You were saying?"

"Don't be ridiculous!" Once more Sam stamped her foot. "Here's Nelson, Fourth. Aren't you going to speak to him?"

Fourth's bright blue eyes regarded his son dispassionately, as though Nelson were some not particularly interesting biological specimen. "Speak to him?" he murmured. "Of course. How are you, Nelson? Thoughtful of you to drop in."

Fourth bowed gravely and, turning his back, once more began to converse with the widow Frye.

### No More Piles

Pile sufferers can only get quick, safe and lasting relief by removing the cause—bad blood circulation in the lower bowel. Cutting and salves can't do this—An internal remedy must be used. Dr. Leonard's Hem-Roid, a harmless tablet, succeeds because it relieves this blood congestion and strengthens the affected parts. Hem-Roid has a wonderful record for quick, safe and lasting relief to Pile sufferers. It will do the same for you or money back. Jarmin & Woods and druggists everywhere sell Hem-Roid with this guarantee.

### Ye Poet's Corner

Roosevelt Returns Rested.  
 ATLANTA, Ga., Oct. 15.—(AP)—Refreshed by a two-weeks' vacation at Warm Springs, Ga., Governor Franklin D. Roosevelt of New York left here shortly after midnight, homeward bound by way of Richmond and Yorktown, Va.

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