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Everyone Should Buy Seals This Year

ONE of the most disheartening features of the present depression is this undeniable fact: That when money for assisting the sick and unfortunate is needed MOST, it is hardest to GET.

Everyone is hard up. Everyone is making sacrifices. And for that very reason because the struggle for existence is harder than ever, the need for helping the unfortunate greater than ever.

TAKE the Christmas Seal sale, for example, which has just started in Southern Oregon.

The proceeds of this sale are devoted to the unending fight against tuberculosis. The two great allies of this dread disease, are exposure and mal-nutrition,—absence of proper clothing, absence of proper food.

One need scarcely add, that with the world wide depression at its height, there are more people—particularly children—without proper clothing and without proper food, than at any time in many years—probably more, than at any time in the present generation.

Obviously then the need for this Christmas seal sale is greater than before. But because of the general conditions, putting the drive over the top 100 percent is going to be harder than ever before.

BUT in our judgment the Christmas seal sale enjoys certain advantages which SHOULD render such an achievement possible this year.

Unlike many of the other drives, each contributor gets something—a seal for each penny given. That should stimulate trade. Secondly, the seals are in themselves attractive, useful to place on letters and on Christmas gifts. Third, and more important, every person in the community CAN contribute, to this worthy cause, and every person who has a few extra pennies SHOULD contribute,—for pennies are just as important in this campaign as dollars.

In other words, while the burden placed upon the shoulders of a few can't be as great as in former years; the burden on the entire community can be greater, simply by extending the numbers participating in it.

AND that is the basis of our appeal at this time. Let EVERY-ONE, young and old, large and small, buy Christmas seals this year,—if they can only afford to give a few pennies let them give that; if dimes and nickels, give dimes and nickels; if quarters, then quarters, if dollars—well the more dollars the better and merrier.

BUT LET EVERYONE GIVE SOMETHING! Let every letter and Christmas package sent out this year bear some of these seals. Let it truly be an "all for one and one for all campaign."

Then the success of this year's drive will be assured, Medford and Jackson county will maintain its reputation as the banner Christmas seal district of the state, and our own children here in Southern Oregon in need of clothes and in need of proper food, will be protected from tuberculosis for another year.

THRILLS AND THROBS (Larned, Kan., Tiller)
The regular meeting of the literary society was held Friday night. A merrily organ solo, which was much enjoyed by his mother, was given by Willie Hicks. Ernie Steffens attempted to play a tune on a saw, but broke the instrument on a high note and had to give it up. Miss Mayme Aldridge read an original poem with much feeling. In fact, she swooned away just after finishing. It is rumored Miss Mayme had a romance in her life many years ago while working in a restaurant at Dodge City.

The "model boy" of an Illinois village, who slew his Grandmama, will now have a chance to be a "model prisoner."

Whiskers were aired yesterday by a brisk south wind, that whistled around bare limbs and legs.

Cecelia Wolkena was due to enjoy her Thanksgiving turkey this year. She won it last week when she came in first in the Multnomah Hunt Puddle chase. O. H. Miller was granted the privilege of decapitating the bird and receiving at least the head and feet because he came in second. Just what reward Florence Bergeron received for third place in the chase is not reported. (Portland Spectator)

Wherein the metropolitan social whirl slows up enough to permit a bit of North End humor.

H. Corliss, the Phoenix baritone and amateur actor, showed his art set by enacting the role of Chris. Orville, nee S. C., and the old gent himself could not have done a better job. However, one young female admirer, informed the writer that she did not think much of the sturdiness of the eminent artist, but this is a mere detail, that can be rectified.

All the University lads and lassies who were down Thanksgiving, got up and went back to school late yesterday.

PIONEER SMART-ALECKS (Pendleton East Oregonian)
The calico ball was a grand success on the 31st, continuing on until after midnight, waiting for supper, and then the party found they were April fooled, no supper being in readiness. We think there is a little cussedness in it as well as foolishness. Most of them went home satisfied never to be caught in such a scrape again. (50 Yrs. Ago Column)

Press dispatches Sunday told of an Oklahoma deprived of \$91,000 by bunco artists—two Chicagoans bilked out of \$125,000, and another "keen business man" divorced from \$125,000. No force except oratory was used by the slickers, who deserve credit for the neatness and thoroughness of their hawking. It must be exciting to be rich and gloriously dumb.

The Hunger Marchers are marching back to Washington, D. C., in auto. One such detachment left Seattle, Wash., (naturally) and Portland (of course). The folly seems to be considerable of a Good-Will Auto Tour of Pacific Coast Helldivers.

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 The Mail Tribune.

A THOROUGH HOUSECLEANING.

Voliva of Zion City or some such place was never more convincing than when he reiterated his belief that the world is flat, when he returned from a trip around the world. At that, my confidence in the globe's hypothesis and gravity and the economy of the democratic form of government was wavered since Professor Einstein discovered that science is fallible.

Chances are the reader thinks I mean a physics of some kind, or if the reader is advanced beyond the almanac grade and well along in a high school or college course in nostrums and quackery he may think I mean an "internal bath," when I speak of a thorough housecleaning. Speaking of housecleaning, isn't it rather a quaint custom? Doesn't it belong on the same shelf with old-fashioned dusting with feathers and dry sweeping and having a cellar filled with sashes each spring and cinder paths and dirt roads and the corner saloon?

The modern, sanitary, hygienic, healthful idea is to keep clean and no annual or semi-annual housecleaning will be needed. The reason why my sympathies are toward Voliva is that I still believe there is no such poisoning as "auto-intoxication" in the sense commonly understood; there is no good evidence that normal waste products or the products of bacterial growth (fermentation and putrefaction) in the colon are absorbed back into the blood, save in a few rare instances of grave complete obstruction of nothing but surgical relief can save life. I maintain without fear of competent contradiction, that "auto-intoxication" in the popular sense of the term does not happen, no matter what the state of the bowel function may be.

Yet any one with an elementary knowledge of physiology knows that the waste products of the body must be eliminated or excreted through the various excretory organs, which are chiefly the lungs, the kidneys, the liver, and least important of all, the colon. Excretion through the skin is practically negligible. The secretion of sweat is for the purpose of cooling the body and not for the purpose of "throwing off poisonous wastes."

The waste products of the body, in health or in illness, are in the blood or in the tissues of the organs that produce them. They are produced by oxidation, combustion. Only when the oxidation process is too slow and combustion is a consequence of the shortage in oxygen is incomplete; does the waste matter become injurious. Such a state of poor combustion, slow or low metabolism, is common enough, and might fairly be termed "auto-intoxication." It has nothing whatever to do with the state of digestion or the state of the bowels; that is, these are never the cause or source of the trouble.

Any one who eats too much and works, plays or exercises too little is bound to suffer from this true auto-intoxication. I'm not telling any symptoms, but the average wisacre describes the symptoms to faulty bowel function and resorts to bowel washes, funny diets, nostrums and the like to remedy the trouble. What he really needs is just a little more oxygen. The best way to get that is on the hoof.

QUESTIONS AND ANSWERS.
Postage.
Many correspondents appear to have been born in Scotland or perhaps in New Hampshire. Even if they were born in Ireland I must decline to furnish the postage for them. Old Doctor Foggy.
You will note that the ambulant treatment of hernia is a dangerous procedure. Here's a hospital superintendent who says so—R.
Answer—R. J. sends a clipping of what appears to be a medical journal conducted by a physician who heralds himself as superintendent of a hospital. Of the injection treatment of hernia he says there is the possibility of puncturing the intestines in the hernial sac and introducing infection. This eminent superintendent betrays his ignorance of the method he condemns. If there is a loop of intestine, or anything else in the hernial sac, no injection is given. It would be as reasonable for me to say that in the standard hernia operation there is the possibility of puncturing the intestine in the hernial sac and introducing infection.

Pretty Bad.
Kindly state your opinion of the reaction of carbon monoxide gas poisoning on the human system and blood.—F. H.
Answer—It is not a question of opinion. Carbon monoxide in any quantity combines with the hemoglobin of the blood and, having a stronger affinity than oxygen has, it prevents the blood from carrying oxygen to the tissues of the body. (Copyright John F. Dille Co.)

Sales Tax With Shelter Exemption Is Explained
In Series of Short Articles, J. C. Barnes Explains Details of His Proposal to Lighten Tax Burden on Workers

VII.
Subsistence Requirements and Excess Expenditures.
I will take for example a man who spends \$3200. Twelve hundred dollars of this amount should be allowed for "subsistence requirements" and the balance would come under the head of "excess expenditures." In the above example the \$2000 "excess expenditures" indicates ability to pay taxes and that amount of tax would be without taxing that part of "subsistence requirements" that is spent for commodities. We have already noted that a poor man, or a man of moderate income, spends one-fourth of his income for shelter on which he pays a 20 per cent tax. Now if this poor man or man of moderate income was given an amount set in tax exemption on shelter he could then afford to pay a sales tax on his other expenditures of two or three per cent. Then and only then would a sales tax become a fair and just tax.

THEOREM: A GENERAL SALES TAX ON EXCESS EXPENDITURES IS A FAIR AND JUST TAX BECAUSE EXCESS EXPENDITURES ARE A MEASURE OF ABILITY TO PAY TAXES. A GENERAL SALES TAX ON SUBSISTENCE REQUIREMENTS ON THE OTHER HAND IS UNFAIR AND UNJUST BECAUSE IT IS USED TO EXEMPT SHELTER VALUE IN HOMES FROM STATE, COUNTY AND SCHOOL TAXES.

In the state of Oregon, according to the World's Almanac, the expenditures for commodities sold by 14,000 retail stores, amounted to \$487,000,000 in 1929. We will say at present these sales would amount to \$550,000,000. There are 278,000 families in the state. At the start about one-half of these would be entitled to shelter tax exemption. That is 139,000 or 140,000. We estimated the average exemption at \$1250, and at the rate of exemption 40 mills or \$50 for each family; \$50 multiplied by 140,000 equals \$7,000,000, so I have concluded that a two per cent general sales tax would offset a 40 mill tax exemption on shelter value.

Now how much of the \$7,000,000 would be raised on a tax on "subsistence requirements"? "Subsistence requirements" for commodities we found to be \$900 for each family; \$900 multiplied by 140,000 families equals \$126,000,000. Subtract this \$126,000,000 "subsistence requirements" from the \$330,000,000 total expenditures for commodities and it would leave \$204,000,000, which is approximately the amount of "excess expenditures" in this state at the present time. This latter amount indicates ability to pay taxes. Included in "excess expenditures" would be all expenditures made by individuals spending more than \$900 for commodities and those spent by transients and money spend by those not owning homes.

Home ownership would rapidly increase in the state under this plan of shelter tax exemption but expenditures for commodities would also increase and industry would be speeded up, especially as soon as other states put into effect these principles of taxation.

Whether large families or small families, low wages or high wages, small incomes or large incomes, money must be spent. The products of industry must be used. The one great product now, the ownership and use of which must now become general, is homes. Home ownership means home development. To get this nation of spenders at this time interested in home ownership will go a long way toward solving our problem of unemployment. Exempt shelter value in homes from taxation and provide a low rate of interest for home development and home ownership would be placed in the reach of every citizen of the state. The monthly payments for shelter under such an arrangement would amount to less than the individual now pays out monthly for rent and home ownership would become general.

J. C. BARNES.

Howard District

HOWARD DISTRICT, Nov. 28.—(Spl.)—Russell Hogue, Zeno and Glenn Gray went to Portland for the Medford-Jefferson football game. Mr. and Mrs. Tod Smith and family spent Thanksgiving with Ralph Peyton near Central Point. Mr. and Mrs. Leonard Brock and family spent Thanksgiving at the Sager home at Modoc Orchard. In the afternoon they called on Mrs. Melton of Beagle. The program, pie and candy sale at the school house Wednesday evening was successful. Over ten dollars was raised and will be used by the P. T. A. to purchase scales for use in the health work. Mrs. Smith and Mrs. Steiner of the highway, called on Mrs. Parke this week. Mr. Hagne and Mr. Benson are doing their fall plowing now. Mr. and Mrs. Paul V. Alger spent Thanksgiving at the Parke home.

Flight 'o Time

(Medford and Jackson Coasts)
History from the File of The Mail Tribune of 24 and 10 Year Ago.)
TEN YEARS AGO TODAY
November 28, 1922.
(It was Wednesday)
The spirit of Thanksgiving pervades the city and valley. Red Cross to hold a ball at the Nat. and C. of C. forum to eat turkey.

Rain, sleet, fog and sunshine come to city in a forenoon, a record for variety of weather.
Coach Eddie Durso of the high school announces Reese Baumhann, star half, is in condition to play against Ashland Thanksgiving day, and is landing to go. Both cities gripped with excitement over game.

British doctor declares "married people live longer." Forty valley wisecrackers retort: "It just seems longer."
Legislature asked for more money to fight local fruit pests.

Snow falls at Pendleton, Oregon.
Three Texas Klansmen wounded trying to hang leading citizen to tree in own yard.

TWENTY YEARS AGO TODAY
November 28, 1912.
(It was Thursday)
Wagon road down Rogue to coast planned.
Condemned man at San Quentin hanged while the prison band plays "Wearing of the Green."

Grand jury holds session.
City to have police station. Move sponsored by Greater Medford club.
Bob Gordon to buy interest in Page theater.

Willie Ritchie wins lightweight championship from Ad Wolgast on a foul.
Dog and pony show at Nat.

Eagle Point

EAGLE POINT, Nov. 28.—(Spl.)—Mr. and Mrs. L. E. Ousterhaut entertained Thanksgiving for Mrs. Frances Campbell, Mr. and Mrs. Carl Esch and Mr. and Mrs. E. Ousterhaut.

Mr. and Mrs. Sam Coy entertained Mr. and Mrs. A. J. Giescom and family of Climax at Thanksgiving dinner. The day also being the 20th wedding anniversary of the Coys and the 22nd anniversary of the Giescoms.

Mrs. Allie Daley, Mrs. Sarah E. Howlett and daughter Hattie, Mrs. Gertrude Stanley and Mrs. Blanch Stanley attended the funeral November 21 of John Cox at Jacksonville. Mr. Cox was Mrs. M. L. Pruet's brother.

Mr. and Mrs. G. E. Ousterhaut, Mr. Carl Esch and Mr. and Mrs. A. E. Hart on Griffin Creek November 22. Mr. and Mrs. Percy Haley entertained Thanksgiving for Mr. and Mrs. Eber Weed, Mr. and Mrs. Richard Calder, all of Medford.

Mr. and Mrs. R. E. Robison of Talent were dinner guests Thanksgiving of Mr. and Mrs. R. T. Seaman. Mr. and Mrs. A. J. Tingstad had as guests Thanksgiving Mr. and Mrs. R. A. Botts and son Herbert of Medford, Mr. and Mrs. H. W. Ward and Enid, Mr. and Mrs. William Perry, Mr. and Mrs. Roy Smith and family, Mr. and Mrs. Nick Young.

Mr. and Mrs. Gus Nichols and Mr. and Mrs. O. E. Henderson left November 19 for Portland where Mr. Nichols expects to go thru the Rocky clinic.

Mr. and Mrs. Frank Smith of Lakeview were dinner guests November 22 of Mr. and Mrs. Roy Smith. Mrs. Jacob Frey left November 25 for Yreka to be with her son who was hurt in an accident.

News has been received that Mrs. W. L. Childreth, who underwent a serious operation in Portland recently, has been removed from the hospital to the home of a friend. She will be able to return home soon.

Wayne, Bert and Rose Whaley called November 21 on their uncle, E. A. Misher who has been ill for some time.
S. K. Barnes moved November 23 to Crescent City. The Putnam family now live on the place.

Mrs. Percy Haley, Mrs. Roy Smith, Mrs. William Perry, and Mrs. Lottie Ayers were Medford visitors November 22.
Misses Yetta Olson, Wilma Darnelle, Donna Earle and Fern Simpson are organizing a club to learn contract bridge. Anyone interested is invited to play every Wednesday evening in the hall above Geo. Brown and Co.'s store.

Mr. and Mrs. W. H. Young and family left November 23 for Brownsville, to spend Thanksgiving day with Mr. and Mrs. Clarence Young. They intend to visit relatives in Portland before returning home.
Mr. and Mrs. W. E. Davies and son and Mr. and Mrs. C. F. Davies and Kathleen were dinner guests November 24 of Mr. and Mrs. B. A. Clark.
Mrs. C. F. Davies, chairman of the health unit and Mrs. Floyd V. Barrett attended the Jackson County Health association at Phoenix November 14.
Mr. and Mrs. R. T. Seaman entertained with a turkey dinner Nov. 19 for Mr. and Mrs. A. C. Mittelstaedt, Mr. and Mrs. W. H. Young and family, Mr. and Mrs. B. A. Clark, Mr. and Mrs. C. F. Davies, and Mr. and Mrs. W. E. Davies. Cards were enjoyed in the evening.
Mr. and Mrs. Charles Walker and family spent November 24 with Mr. and Mrs. George Walker in Medford. Sam Harnish circulated a petition to KMEM, November 23 to keep Sam Coy with his Rogue River Cowboys on the air.

Jacksonville

JACKSONVILLE, Nov. 28.—(Spl.)—The Winningham clan enjoyed a Thanksgiving dinner at the L. O. O. F. hall, with 45 relatives present. Following dinner a business meeting was held and a number of the party attended a dance at the Grange hall at Applegate.

Mr. and Mrs. Gunder Sanden and children enjoyed Thanksgiving dinner at the home of Mrs. Sanden's parents, Mr. and Mrs. J. G. Viall of Phoenix.
Mr. and Mrs. E. S. Severance and daughters, Ruth and Florence May, were dinner guests Thanksgiving day of Mrs. R. B. Johnson in Medford. Malcolm Jones, student at Willamette university, spent Thanksgiving vacation with his parents, Mr. and Mrs. S. H. Jones.

Mrs. Julia Williams and Mrs. Lula Scarborough, and son John entertained Miss Jessie McCully and nephew, George Merritt, at dinner Thursday. Robert Lewis of Jacksonville and Lavon Dunford of Medford, students at O. S. C. are enjoying the Thanksgiving holidays at their homes. Lloyd Griggs of Cottage Grove is a week-end guest at the E. S. Severance home.

Mr. and Mrs. Leonard McKee and children, Mr. and Mrs. W. A. Childers and son Clifton and daughter Maxine were dinner guests Thanksgiving of Mr. and Mrs. Childers' daughter and son-in-law, Mr. and Mrs. Kermit Combs of Medford. Mrs. Margaret Lewis and sons, Howard and Carroll, were dinner guests Thursday at the Will Coplee home near Murphy.

Mr. and Mrs. Ason and small sons of Coquille, Ore., are visiting at the Olla Filcroft home. Mrs. L. J. Combet entertained Thanksgiving for Mr. and Mrs. Hugh Combet of Wagner Gap, Mr. and Mrs. Frank Cameron of Applegate and Mr. and Mrs. Harold Reed of this place.

Mr. and Mrs. A. L. Gaddy entertained Thanksgiving for Mr. Earl Brandt and family and Mr. and Mrs. Retor Goss on Thanksgiving. Miss Lucille Filcroft was a Thanksgiving dinner guest of Burdette Dunnington.

Miss Ruth Severance, instructor in Philomath high school, is vacationing here. She is leader of the girls' and boys' glee clubs there and recently gave a concert, including 80 voices. Mrs. Polly Watkins and son Guy are spending this week at their ranch on Big Applegate.

Mr. and Mrs. George Backus entertained at dinner Thanksgiving for Mr. and Mrs. N. O. Backus of Medford, Mr. and Mrs. Paul Kenworthy and Carl Musgrove. Mr. and Mrs. Miles Cantrell and John DeVin were dinner guests Thanksgiving day at Amy's Place.

Mr. and Mrs. H. D. Bagley and daughter, Irene and Mickey of Yreka visited Miss Ethel Bagley at Amy's Place Friday. Mr. and Mrs. Harlan Cantrell were guests at dinner Thursday at the Gene Cantrell home in Medford.

Miss Florence May Severance, student at O. S. C. spent Thursday with her parents, Mr. and Mrs. E. S. Severance, returning to Corvallis Friday. Ralph Winningham of Myrtle Point is spending the week-end with his cousin, Mrs. Harry Whitney and family.

Mark Winningham returned last week from Seattle where he has been receiving medical treatment, and reported to be much improved. R. A. Taylor of south Jacksonville is quite ill at his home here. Mr. and Mrs. Alex Norris and granddaughters, Mattie and Anne Norris, Mr. and Mrs. Fred Height and children, Frances and Freddie, enjoyed a family dinner at the Alex Norris home Thanksgiving.

Members of the Jacksonville Grange and friends who attended the dinner and dance give by the Central Grange at their hall were Mr. and Mrs. Henry Conger and daughter Leona, Mr. and Mrs. Chester Wendt and children, Mr. and Mrs. Mechem, Mr. and Mrs. Bartley, Mr. and Mrs. Ted Sims and daughter Joyce and their guests, the Messers Walker and Mr. and Mrs. Carl Niedermeier and daughter.

Chester Percoll visited his ranch on Applegate Friday. Mr. and Mrs. A. Kleinhammer left here Sunday to visit their daughter and son-in-law, Mr. and Mrs. Merriam Worthington, in San Francisco. Mrs. Leora Smith of Klamath Falls attended Eastern Star home-coming and visited friends here November 17.

Miss Helen Key, assistant teacher in Jacksonville high school, left Wednesday afternoon for Salem to spend Thanksgiving with her parents. She will return Sunday. Ladies of the Presbyterian church will hold a bazaar in the church parlors December 1. Fancy work, colored sold and there will be a fish-pond. A "litter" lunch will be served from 11 to 4.

MEANEST THIEF TAKES POOR FARM TURKEYS

STURGIS, Mich., Nov. 28.—(AP)—No matter how dark things looked to the folks at St. Joseph county's poor farm, there was one bright spot on the horizon. They were to have turkey for Christmas. Even that silver lining has vanished, however, for a thief has made off with 16 turkeys being fattened for the feast.

Marshall-Smith-Leonard, cor. Main and Grape, have some good bargains in greeting cards. Drop in early for best selections.

GOOD NEWS MOTHERS

Two-thirds less school days lost due to colds—with Vicks VapoRub for treating colds. Now get Vicks VapoRub—the new aid in preventing colds—and use each as directed in the Plan.

Vicks VapoRub logo and text: for BETTER CONTROL OF COLDS