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"The Story of a Lie"

MANY years ago a tale was written called: "The story of a lie." It brought out how one lie, necessitated others, and still more, all to protect the prevaricator from the original falsehood, until the poor devil was enmeshed in continual chicanery and deception.

Hand in hand with this mendacity, growing as it grew, there was a deterioration of character, a gradual moral decline, until the supreme crisis was reached, and the victim was on the point of murdering an innocent person all because a few years before, he lacked the character and courage to tell the truth.

This crisis, however, finally turned the moral tide. The criminal temptation was resisted, the original falsehood was confessed, a clean breast of subsequent deceptions was made, the man was left alone, unloved, without a friend—completely dishonored and discredited.

But instead of being crushed by such a fate, he was elevated spiritually to a new plane and the story closed with his fervent ejaculation:

"I am free,—and I am happy—really happy—for the first time."

The story was decidedly sentimental—and no doubt over-drawn,—it belonged to a romantic, non-realistic school, which has gone completely out of style.

Yet it contained a moral truth, which in this somewhat cynical age, we believe is too frequently forgotten.

LIES,—real lies,—have a way of being found out. The intentionally and essentially untruthful individual, in contrast with the occasional romancer, who like Horatio was only indifferently honest,—sooner or later, always comes to grief.

And those who don't like the chief figure in this story, confess and recant, suffer a moral deterioration and a loss of inner integrity, which ultimately prove their undoing.

In fact disregarding the accepted ethical code, there is reason to believe there is some subtle but powerful natural law, that roughly governs such things.

As this crazy world whirls on, there are some who seem to get away with lies, as others get away with murder.

But as the philosopher in "Mirages of the Morning" remarked, "just give them time."

Time is the great leveller, the great revealer in all things. Those who believe otherwise, are not so lacking in perception as they are in patience.

The Pity of It

THE greatest obstacle to world recovery today is politics. We don't mean politics in the abstract as the science and art of government. We mean politics in the concrete, not as it should be, but as it IS. In short practical politics, which is essentially selfish lust for power, as contrasted with sincere effort for the public good.

THE destructive effort of politics, is clearly shown in Germany at the present time, with this man Hitler, trying to swing the sabre, and wear the militaristic accoutrements of the former Kaiser, and making a perfect ass of himself.

Hitler really doesn't want war. He knows what is left of Germany would be completely destroyed by war. From a military standpoint Germany today is no match for France, leaving out her certain allies, Poland and the Little Entente. Moreover if war should come, Germany would be completely isolated, not only with England and America against her, but Soviet Russia also.

War in short would be suicide and Hitler knows it. Yet for months he has been doing nothing but arouse the German war spirit, appeal to the spirit of hatred and revenge, and talk like a drill sergeant who has gone completely crazy.

WHY! For one reason and one reason alone. Because such an appeal to violence and super nationalism is the surest way to power and continuing the appeal is the surest way to hold it.

He has worked the people of Germany,—particularly the young Nazis—into a perfect frenzy of militaristic patriotism, an absurd revival of the "Germany Ueber Alles" motif which was bad enough and dangerous enough when Germany was strong and rich, but is positive lunacy and destruction now.

But having sown the wind, Hitler is unable to avoid reaping the whirlwind. He secured his place by appealing to war and violence, now he can only hold his place by keeping the spirit alive.

And this tragic situation, tragic for Hitler we fear and CERTAINLY tragic for the German nation, has been caused solely by politics,—selfish, unprincipled politics.

Peace is the only hope for Germany—just as it is the only hope for the world. But because an ex-Austrian clerk wanted power, and because he had the demagogic arts to arouse the people, to place him in power, Europe again is on the brink of war. A perfectly needless and for Germany at least a suicidal war.

Stressman could have saved Germany—for he was a REAL statesman. Hitler as we view it, can only destroy Germany, because essentially he is nothing but a cheap and self seeking politician.

night in Foucar's bar in Cincinnati. My victim happened to be somewhat of a squirt himself, but instead of replying in kind doubled a band that suggested a clown's glove and swung from the ankle. They still tell how, when Don Allen and Howard Acton fanned we to, I inquired wily if anyone else had been saved. I thought it an earthquake.
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GOOD TIMES RETURN, WOMEN DESERT TUBS

CHICAGO, May 16.—(AP)—Said Lloyd A. Peck, general manager of the Laundry Owners' National Association: "Housewives who did their own washing during the depression are now deserting the tubs. There could not be a more reliable sign of improving conditions."
 Dine and dance. Tues. Thurs. Sat. Sun nights and Sun p. m. Bonnie's Grill.

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.

SALT WATER MORE REFRESHING THAN PURE WATER.

Men who work under conditions of intense heat naturally sweat profusely and become very thirsty. If they drink the large quantities of water their thirst calls for, they are likely to suffer from cramps, or milder symptoms such as fatigue and lassitude.
 Dr. H. C. Worthington says that when going and sweating freely he finds that plain water at the fountain does not seem to go anywhere or relieve thirst, but if he adds salt to the water it becomes refreshing and stimulating. The thoughtful doctor adds that many years ago when hot and tired and sweating from bicycling he discovered that a draft of common table salt in a glass of water was far more refreshing and invigorating than any of the drinks he could get along the road.

For people who are fortunate enough to work up a good sweat at their daily work, play or hobby riding, this is an interesting question of physiology. Active sweating (induced by muscular exercise) every day is a fine thing for health. Not because any "poison" or "toxic waste matter" is excreted in the sweat, but because it is an index of increased metabolism, increased oxidation, better combustion, and that's the way any harmful wastes are destroyed. Sweat is practically nothing but water and salt. When sweating is profuse, considerable salt is excreted, and this salt is drawn from the blood and the lymph or fluid in the tissues of the body. The rapid loss of water produces great thirst. If the individual now drinks freely of water his blood and lymph become quickly diluted. This means diminished osmotic pressure. Characteristic symptoms are fatigue and lassitude in mild cases; cramps in more severe cases; general convulsions and even death in rare instances. But if the individual takes some salt in the water or in or on any relish or food, the salt is promptly absorbed and tends to restore osmotic pressure to normal. Thus the unpleasant effects of pure water are obviated.

In a similar way, though not so promptly or effectively, a little sugar in any form—fruit juice, sweet chocolate, milk, sweetened tea, candy, ice cream—will give real refreshment when one is in a sweat and very thirsty. Sugar, and in fact all carbohydrates (breads, cakes, crackers, cereals, potatoes, sweets, honey, candy, puddings) resemble salt in this respect, that is, any excess of them in the diet tends to hold an excess of water in the blood and tissues, keeping the body water-logged, if not actually dropsical or edematous, causing the individual to be as loggy as he looks. I said EXCESS. This class of foods, the carbohydrates, should constitute the chief part of everybody's subsistence. A man doing hard outdoor work on a well-balanced diet gets perhaps 400 calories from proteins, 1400 to 1600 from fats, and 2000 from carbohydrates.
 A minimum of half a teaspoonful of salt is required daily to make up the inevitable loss. The average person takes about a tablespoonful of salt daily, in such foods as eggs, milk and meat or added as preservative, seasoning or condiment. If all salted items are excluded from the diet for a few days there is a loss of four or five pounds in body weight—that much less water retained in blood and tissues.

QUESTIONS AND ANSWERS.

Handicapped Patients Like It.
 The diathermy treatment of my tonsils was a success. It was bloodless, painless and a great relief to my rheumatism. The treatment was given by Dr. _____ and I would gladly recommend this method of tonsil removal to any one.—J. F.

Answers.—In any case where the old Spanish custom is too grave a risk for the patient, diathermy extirpation of the tonsils is a happy alternative—sometimes it seems that the septic focus is sterilized by the first few treatments, and thereafter the systemic condition improves steadily. The Coal Disappears.

I am 27 years old, married. I have a craving to chew coal, and I chew some every day. Is this dangerous.—Mrs. M. L.

Answer.—No, it is harmless, but why not chew instead some raw carrots or whatever vegetable you prefer, or some whole raw wheat as it comes from the threshing machine? These are more healthful and should satisfy the craving.

Child Sucks Blanket.
 Two year old daughter has the habit of sucking her blanket or the sleeve of her sleepers. I have tried everything to break her of it but without avail. —Mrs. E. V.

Answer.—Make a tea of some quassia chips, and soak the upper edge of the blanket or the sleeves of the sleepers in it, and let dry. The taste is so bitter that the child will cease sucking.
 (Copyright, 1933, John P. Dille Co.)

LINDBERGH TESTIFIES AT MEANS SWINDLE TRIAL



Col. Charles A. Lindbergh calmly related the tragic story of the kidnaping and death of his son in a courtroom in Washington while testifying in the trial of Gaston B. Means and Norman T. Whitaker. The two men are charged with a conspiracy to defraud Mrs. Evelyn Walsh McLean (left) of \$35,000 on the pretext that they could recover the child. Colonel Lindbergh is shown at the right as he entered the courthouse accompanied by Deputy Marshal John Clarkson. (Associated Press Photos)

NEW BONUS MARCH ON WASHINGTON



Joe Salzman, one of the leaders in the latest march on Washington, inspecting his followers in Union Square, New York, before they started for the capitol to renew demands for soldier bonus and to protest against the economy bill. (Associated Press Photo)

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
 May 16, 1923.
 (It was Wednesday.)
 Map marking aviator to stop here.

Nine boys and a young lady arrested and fined \$10 each for yelling on North Riverside avenue after midnight.

Miss Pauline Johnson and Miss Jean Vilim got to Corvallis to spend the junior week-end at O. A. C.

Cable breaks against the Trigonica oil well drilling. It was the eleventh time the cable broke.

Ashland makes ready for the annual Chautauqua.

TWENTY YEARS AGO TODAY
 May 16, 1903.
 (It was Friday.)

Allen B. Drury of Evanston, Ill., who owns a ranch on the highway, is a recent arrival in Medford and will make his home here.

A number of valley people mulcted on sale of lots in Panama.

Evans creek rancher, when refused liquor, threatens to burn up Rogue River. Prosecutor Kelly has man arrested, and will prosecute.

City council to confer with three efficiency experts, to increase civic efficiency.

"The Message of the Coconut," a story of the South Seas, at the Isis.

Be prepared to take advantage of the bargains at the coming Land Auction Sale.

FRUIT FINANCE

MASS MEETING THURSDAY P. M.

In response to the many appeals for help Walter H. Jones, local orchardist, has called a meeting of fruitgrowers for Thursday evening at 8:00 o'clock in the courthouse auditorium to determine just the extent of credit needed to produce this year's fruit crop. Mr. Jones states that a number of business people have expressed willingness to help establish credit necessary to save the fruit crop. While it is not as yet known just what arrangements can be made for credit, enough assurance has been given to warrant this meeting to find out how many growers are stranded and the amount of credit they will require. Questionnaire blanks are being prepared to be filled out by the growers attending this meeting so that the true facts can be ascertained and data assembled.
 Mr. Jones states that this meeting will be confined to exclusive consideration of the growers' immediate financial needs and means of securing credit to supply such needs and that no criticism of existing organizations or persons will be permitted. All growers who cannot continue without financial aid are expected to attend this meeting and help in a movement to secure credit "or forever after hold their peace."

You really will buy land at your own price at the Land Auction Sale. Be ready.

FOR SUN HUNTERS AND SWIMMERS



A suggestion for a swimming suit to be included in the new summer outfit is offered by Lona Andre of the films. It's one of 1933's latest models. (Associated Press Photo)

DEBATE EMBLEMS WILL BE AWARDED DURING ASSEMBLY

Emblems will be presented tomorrow at 1 o'clock assembly to members of the Medford high school debate squad. Gold bar pins will be presented members of the regular squad and felt emblems to participants of all inter-class debates. At the same time the Oregon cup, emblem of the state championship, and the Burton Baker cup, emblem of the western Oregon championship, will be presented to the associated students.
 This award assembly will culminate a year of successful activity in debate, which has brought two championship trophies to the school. By virtue of winning the western Oregon championship three times in the last five years, Medford has gained permanent possession of the Burt Brown Baker trophy, also two legs have been won on the Oregon cup in the last five years. One more victory will bring this cup to Medford permanently.
 Members of the debate squad who have been responsible for the success of the current season have been Frances Ferry, Elizabeth Ferry, Dolph James, Cleo Hicks, Winnifred Roseborough, Irene Stubblefield, Katherine Stearns and Wildon Colbaugh. These students will be presented gold pins in recognition of their work in debate this year.

Those participating in inter-class series and have qualified for emblems include: Prentice P. Petty, Eva Pettit, David S. Lowry, Dolph James, Joe Pierce, Frances Ferry, Katherine Stearns, Adrian Fralay, Cleo Hicks, Mildred Drury, Irene Stubblefield, Winnifred Roseborough, Susette Stennett, Elizabeth Ferry and Betty Thornadyke.

Of the entire group, training during the past year, several are underclass men and show promise for the future. Two juniors, Dolph James and Cleo Hicks, prove outstanding material and according to their coach, Ralph R. Bailey, a bright future is assured. Dolph James, after earning a position on the first team, was forced to relinquish his place because of illness. It was the able work of Elizabeth Ferry, as substitute, which made the state championship possible.

Col. Kilmore Dies.
SHANGHAI, May 16.—(AP)—Colonel Fred Kilmore, commanding the fourth regiment of the United States marines at Shanghai, died early today following a nervous breakdown. The body is to be sent to the United States.
Sender and body repairing. Prices right. Brill Sheet Metal Works.

YOUR MAJESTY, I KISS YOUR HAND!



Gov. Clarence D. Martin of Washington pays his respects to Queen Lucille Baker at Wenatchee's annual apple blossom festival. Queen Lucille ruled over thousands of acres of apple orchards for a day. (Associated Press Photo)

FRUIT GROWERS' MEET CALLED FOR THURSDAY

According to information given the Mail Tribune, there will be a meeting of fruitgrowers of the valley at the courthouse auditorium Thursday, May 18, at 8 p. m. Only bonafide fruitgrowers are invited, according to the notice, as the meeting is for the purpose of discussing financing of the 1933 crop.

NURSE TO CLEVELAND CHILDREN SUCCUMBS

PORTLAND, May 16.—(AP)—Word of the death Sunday at her Neotau, Ore., beach home of Mrs. Florence Remington Logan, 72, was received by friends here last night. Mrs. Logan was a nurse in the White House when President Grover Cleveland's children were born. She came to Oregon in 1911. Her husband, Dr. A. M. Logan of Neotau, survives.