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 "Everyone of Southern Oregon Reads the Mail Tribune"

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OREGON STATE EDITORIAL ASSOCIATION

The Governor "Hits" Again

GOVERNOR MEIER certainly went to the bat for the pear growers of Southern Oregon. In his telegram to President Roosevelt he minced no words. In plain terms he demanded that the cannery price of pears be set sufficiently high to allow the grower expenses of production. Where such a price is not allowed he advocated withholding the blue eagle emblem from the cannery product.

IN taking this stand the governor was on perfectly solid ground. Unless the grower of pears, can get his necessary expenses out of his sales, obviously he can't remain in the business. The least he is entitled to, should be a minimum which covers cost of production, in the average well managed orchard. Anything less than this will render the stabilization of the pear industry impossible.

THE result of this action from Salem will be awaited with interest. The pear canners of the northwest will naturally jump on the governor with all four feet, and mark him for political slaughter at the next election.

The pear growers, whose interests the governor championed, will certainly be lacking in ordinary gratitude, if they fail to uphold the chief executive's hands, now.

One good turn deserves another. In taking this stand Governor Meier did the right and courageous thing. Once more he has earned the gratitude and loyal support of the people of Southern Oregon.

Scrap the Monroe Doctrine?

SENATOR PITTMAN returns from the London conference, convinced the Monroe doctrine is an outworn policy and should be discarded.

The Nevada senator at least is HALF right. The Monroe Doctrine IS completely out of date. It was designed for a world that has passed away—a world in which the United States was a weak and struggling country, and Europe was monarchistic and strong. It was designed to protect this country against European monarchies getting a foothold in South America, and thus endangering a free republican government on the western continent.

As Senator Pittman declares this danger today is "negligible." Renouncing the Monroe doctrine would please South America and convince our neighbors down there that this doctrine will no longer be used as a disguise for imperialism,—an insincere excuse to meddle in their internal affairs.

RENOUNCING the Monroe doctrine however is ONE thing, renouncing the policy that the United States has "SPECIAL INTERESTS" in Central and South America is quite another.

There is the Panama canal for example. There is Soviet Russia for another example,—and the new political idea it represents. True the imperialistic danger has passed, but from the American standpoint, it has been replaced by the communistic danger.

So while the Monroe doctrine is moribund, and from every standpoint of realistic policy, might as well be scrapped, it probably won't be. In all likelihood it will be retained, to provide a convenient justification for protecting the Panama canal and preventing the establishment of the red flag south of the Caribbean.

It won't be the Monroe doctrine, as designed, but it will be the Monroe doctrine of the new world.

No Age Limit in Golf

THE Prince of Wales declares when he can no longer play golf, he wants to die.

The prince is reasonably safe. For as long as he lives, this is a game he can play.

Look at John D. Rockefeller who still plugs out his nine holes, as he approaches the century mark, and yesterday in Alaska a GREAT GRANDMOTHER, took the honors in the first day's play of a woman's tourney.

Golf is the one sport that age does not wither nor custom stale. Baseball is still called the national sport, but at 35 the average baseballer is through. Some old men cling to tennis; but against their doctors' orders. Polo is also too strenuous for most men and women over forty, in spite of Will Rogers and Mrs. Hitchcock.

But golf—the older one gets, the more the game offers. Cripples aren't disqualified. One of the consistent players at a certain California course has a wooden leg; and the writer personally knew a golfer who kept out of the 100's, with only one arm.

On any course one may see an octogenarian driving off one tee, and a boy scout in knickers, putting on the next green. It's a game for both sexes and all ages, but particularly for the "older boys and girls."

It is in fact the great "world" game.

State Editors Comment On Jackson County Cases

Honor Where Due
 Two figures emerge from the Jackson county feud trials. One is Judge George F. Skipworth of Eugene, who presided in the trial of all the cases, both in Eugene, Medford and Klamath Falls. The situation was a delicate one. Yet Judge Skipworth presided with fairness which drew commendation from all parties. The other figure to gain distinction was Ralph Moody, who as assistant attorney general, prosecuted all of the cases. Moody was called into the cases on the sudden death of William S. Levens, and threw his full energy into his task.

Mr. Moody formerly practiced in Portland and later was assistant attorney general of the United States. His work in the Jackson county cases merits recognition in the continuance of his ability in the public service—Salem Statesman.

Leaders in the Jackson county ballot thefts, including several prominent public officials, are being given four-year prison sentences and the

penalties are not too severe. Due to the activities of these unworthy officials and to the demagoguery of Editor Banks, Jackson county has sacrificed two lives, has had months of bitter strife, and has obtained a reputation it will take years to live down.—Astoria Astorian-Budget.

L. A. Banks, Medford newspaper man, who was convicted last spring in Eugene of murder, is still in the beautiful university city having a good time. He is taken out for golf and other forms of delightful recreation according to the reports, and is having a good time far from the madding worries of a newspaper payroll. Some day he may be sentenced to the penitentiary, but in the meantime life for him is just one grand round of pleasure, at state expense.—Corvallis Gazette-Times.

Guests of Murphy—Mr. and Mrs. Lloyd McGee and small daughter, Beverly, of Lookout, Cal., are in Medford visiting Mrs. Maud Murphy and daughter Gladys. Mrs. McGee is Mrs. Murphy's niece.

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, 265 El Camino, Beverly Hills, Cal.

IF YOU SLEPT LIKE A TOP YOU TOSSED ALL NIGHT.

Observations of many normal individuals asleep have shown that healthy persons in a good night's sleep change their position from 20 to 45 times. Some of the positions a sleeper assumes for anywhere from a minute to half an hour are contortious rather than relaxations. Mere change of position gives rest. Physicians recognize this fact when they instruct the nurse to turn the prostrated, perhaps delirious or unconscious patient from side to side regularly.



Valentinarians often ask whether one should sleep on the right side or on the left, prone or supine, stretched out or curled up, with pillow or without, under many covers or none, in a warm room or a cold one, under a draft from open window or fan or protected from the breeze. There is only one answer to all these questions. Sleep in whatever posture and surroundings you like.

For instance if you harbor quaint notions about the effects of drafts "exposure to cold," or if you take the half-baked warnings of our self-styled "scientific" health authorities as seriously as they do, it would probably spoil your sleep to leave the fan going or the window open on a sultry night—you'd be so afraid of pneumonia you couldn't sleep. Far better a restless night of ritual sweating than hours of alien vigils—for a mind none too strong.

In sleep the breathing becomes slower and deeper—deeper because it is freer, uninhibited by consciousness, free as when one is under the effects of anesthesia. The breathing in sleep is belly breathing. A simple belly breathing exercise at sleep time sends thousands of invalids and well folk off to happy dreams every night. Send a stamped addressed envelope and ask for the Belly Breathing Instructions. It will not cure anything, but on the other hand it will do no one any harm to practice Belly Breathing a few moments night and morning.

In normal sleep the breathing has a tendency to increase and decrease periodically, a type of breathing which in pathological exaggeration is called Cheyne-Stokes breathing, the striking characteristic being the intervals of no breathing between the waning and the waxing phases. In normal sleep, too, the expiration is apt to be shorter and more audible than in waking hours.

The pulse rate slows down in sleep—the heart gets rest. The blood pressure is lower, and a relatively greater quantity of blood is held in the surface vessels in the arms and legs and in the skin. The skin is warm and slightly flushed; the arms and legs are slightly enlarged or swollen. Everyone knows that warmth, especially of the hands and feet, conduces to sleepiness. Thousands of our readers know that the Belly

Breathing exercise conduces to warmth of the feet.

In a healthy sleeping person the eyeballs roll upward and outward and the pupils are contracted as in opium, laudanum or morphine poisoning. The skin, too, is warm and dry, as in the early stage of opium poisoning.

Physiologists disagree as to the state of the brain in sleep. You see, it is so hard to examine the brain without waking the subject.

QUESTIONS AND ANSWERS
 Slow to Learn
 I have a long tale of suffering from throat infection, which could have been spared me if the diasthery method had been used on me in the beginning. However, I realize that some doctors must live . . .
 Answer—Yeah, but must they live or in the nineteenth century?
 Baby Available
 Please place in your column an item stating there will be a newborn baby for adoption around August 10. Parents can give best of references. Send names and addresses to me. (Mrs. . . . Wyoming).

Answer—No, I can't do that. If you wish I'll file your letter and give your name and address to any correspondent who wishes to adopt a baby. I can't give any other information than this. I have here on file letters from a Brooklyn N. Y. couple and from a Charleston, S. C. couple who want to adopt a baby. But you must tell me whether you wish me to give these people your address and name.

The Best Cheese
 You had a statement that "pure fresh raw milk and plenty of cheese are the best foods for the arthritic patient." Does this mean cottage cheese or store cheese? (Mrs. J. G. S.)
 Answer—It means cottage cheese or any other kind of cheese you like. There is nothing superior to cottage cheese for the purpose.

Ed Note: Readers wishing to communicate with Dr. Brady should send letters direct to Dr. William Brady, M. D., 265 El Camino, Beverly Hills, Calif.

Communications

Pear Advertising
 To the Editor:
 I haven't had time to write you, since your editorial in your issue of June 29th, headed "We Must Advertise," and presenting findings on research work by Professor J. C. Moore of Oregon State college.

I was interested in your editorial, since it is along the lines that the Oregon-Washington Pear Bureau is trying to accomplish, and I want to thank you for your interest and for giving the matter the publicity which you did.

OREGON-WASHINGTON PEAR BUREAU,
 William H. Horsley, Secy.
 Seattle, August 9.

Poultry Raisers

We have something of interest to you at Fourth and Bartlett.

SUPER-LAY HEN BATTERY

Southern Oregon egg producers are invited to inspect this new idea in Poultry raising. Come in and see it in operation.

JERRY BARR

4th and Bartlett. Phone 803

Flight 'o Time

(Medford and Jackson County History from the Files of the Mail Tribune of 50 and 10 Years Ago.)

TEN YEARS AGO TODAY
 August 11, 1923.
 (It was Saturday.)
 Barnum & Bailey and Ringling Brothers' circus will be here August 23. There will be no parade, because farmers come to town, gaze upon it, and return home without going to the main tent.

The weather is warming up fast, and hit the 95 mark yesterday.

Ice-cream wagon horse becomes frightened at a Ford in front of C. E. (Pop) Gates' and runs away.

Four families of stranded auto tourists requested funds from the county court, to return to their homes in Oklahoma. They started out in two autos last spring and met hard luck. The county court expressed sympathy for the strangers, but held to provide them funds would set a bad precedent. They were advised to seek aid from their home county, kin, or friends.

Four gallons of sorghum molasses stolen from Mason Ehrman warehouse.

Calvin Coolidge, who ascended to the presidency upon the death of President Harding, will be a candidate for the Republican nomination.

TWENTY YEARS AGO TODAY
 August 11, 1913.
 (It was Monday.)
 Highway bond issue to be discussed by Commercial club.

Two cars Rogue River apples sold in New Zealand.

Attorney Evan Reames caught a 12-pound steelhead in the Rogue yesterday. This is the largest fish caught during the week, and the distinguished lawyer passed the cigars.

New building for stock at the fair grounds.

"Theodore Unmasks the Villain" at the Isis; the Star makes a mistake and shows Gaumont Weekly No. 28 before Gaumont No. 37. The management apologizes to the theater-going public.

Building activities continue on the east side. C. A. Knight has about completed his pretty residence on Geneva street.

Fishing Lines

Hints for Those Who Angle in Southern Oregon Waters

George Webb of Lampport's landed a large steelhead yesterday near Rogue Elk, using a bucktail Coachman.

Ernie Ernst of California on the

Rogue reported to Hubbard Bros., Inc., this morning that steelhead fishing is much improved in the locality of his resort, in the Trail district.

State Police Game Officer C. M. Malcolm and Mrs. Malcolm returned to their home at Grants Pass following a week's vacation at Marshfield, where they enjoyed fishing and clamming. Officer Malcolm reported the weather grand and the fishing better.

Spending his time fishing and mining, John S. Foley of Boston, Massachusetts-president of the National Letter Carriers' association, is camping on the Rogue river during his vacation. Foley has a cabin about three miles up the Rogue river from Gold Hill.

Five steelhead were landed near the concrete bridge at Shady Cove

Call for Warrants, School Dist. No. 53. Notice is hereby given that there are funds on hand for the redemption of warrants No. 34 to 38 inclusive. Interest to cease on this the 10th day of August, 1933. Warrants to be presented at the First National Bank of Medford, Oregon, for payment.

BESSIE POOL, Clerk of School Dist. No. 53, Butte Falls, Ore.



"You should have proned you were coming. I haven't a bit of meat for dinner."

But of course the lady isn't disturbed. She'll just telephone 164 and tell us to deliver a fine juicy steak. Why don't you take advantage of our telephone delivery service? We'll send the same choice, select meats that you yourself would choose—and deliver ON TIME. Government inspected meats only.

Hens, Special Each 45c
HIGHEST GRADE BEEF
PORK—VEAL—LAMB
Colored Fryers, Hens, Lunch Meats
For Your Picnic

The Home of Good Meats—Swift's Gov't. Inspected Meats

LIBERTY MARKET
 E. R. PECH, PROP.
 CORNER MAIN AND GRADE
 PHONE 164 WE DELIVER

HIGHER OCTANE **GREATER MILEAGE** **QUICKER STARTING** **FASTER PICK-UP**

NEW General 4 GASOLINE

Served to you by courteous, alert, independent dealers who are rendering real service to the motoring public.

Fill up your Tank . . . Let your Engine Decide

The independent dealer who sells the new General 4★ gasoline is...first of all...a business man. He is in business for himself...a factor in his community. He knows the value of courteous service. His own interests are at stake in every transaction. He knows this and he serves you accordingly. ●● The following live, alert dealers in this community are ready to serve you the new General 4★ Gasoline—

MEDFORD DISTRICT	CENTRAL POINT
Colonial Garage,	Central Point Service Station,
Sixth and Ivy Sts.	Front and Pine sts.
Crazer Lake Service Station,	Gateway Service Station
East Main and Tripp Sts.	Willow Springs Service Station,
Camp Withus,	Pacific Highway, N. 2 MI.
N. Riverside Ave. and City Limits,	PHOENIX
Riverside Service Station,	Phoenix Garage,
N. Riverside Ave. and 6th St.	Evershady Auto Park.
TALENT	TRAIL
Wm. Bradley Service Station,	I. H. Howe-Trail Service Sta.
JACKSONVILLE	BUTTE FALLS
Coleman's Hardware Company,	John Cadzow.

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