

MEDFORD MAIL TRIBUNE

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Ye Smudge Pot

The True Progressive party of Oregon, with Peter Zimmerman of Yamhill county as its gubernatorial candidate, announces its campaign will be delayed in opening until a slogan is found.

A father has completely recovered from the shock of slipping home at 11 p. m. and finding his 17-year old daughter not going any place.

As a result of the California primary election, Oregon can now be scolded for acting like a state closer than Kansas and North Dakota, the first chance it gets.

For the benefit of his patients Dr. A. Hardaway announces that he will be absent from his office during the next week or ten days.

Col. Tou Velle of Jville has purchased a horse. He will now come to town after a veterinarian, instead of a nut for the hind-wheel of a tractor.

Maple leaves in the high hills are now the right shade of red to be stuck in fireplaces, by Older Girls.

Al Bliton has returned from the ocean. He states ever ytime he noted the mercury was "testing the 100 mark in the valley, he had to get up and put another stick of wood in the stove.

COLLEGE GRADUATE SCORNS FORTUNE.—(SP. Call-Bulletin). He better go back to school again this fall.

J. Curtis Barnes, who for years has been battling for more profits and less sweating, and a more equitable distribution of financial lastness, does not view with any spectacular alarm, the nomination of Upton Sinclair, or his plan to end poverty. He thinks there is a very slim chance of nothing but the taxes being with us, and nothing will be accomplished but a lot of yelling and arm-waving.

BACK HOUSING CAMPAIGN.—(Helms Portland News-Telegram). Page Chic Sales!

PIONEER BLOOD BOILING.—(Pendleton East Oregonian). The report that the Indians were on the war path had little or no effect upon the business of this place.

MAN WITH WIFE EXPLAINS.—(Helms Del Norte Tri-Weekly).—He better.

F. W. Bartlett, Medford's Taxidermist and Furrer, will open shop on or about Sept. 1st, at 20 S. Central.

Personal Health Service

By William Brady, M.D.

Signed letters pertaining to personal health and hygiene not to 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. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly Hills, Cal.

FOR GENERATION TRY ONE BALANCED MEAL A DAY.

All of the old reducing diets, from Karell and Banting down to the latest freak system purporting to emanate from Hollywood, were based on the idea that we no longer know as a limited knowledge of nutrition. If in exceptional cases one of these unscientific methods brought about the desired result without gravely injuring health or actually sending the victim to hospital or sanitarium, it was because the lucky individual had cheated or had broken the diet often enough to indulge in some food that happened to supply minerals or vitamins the body demands.

But now that we have a fairly comprehensive understanding of the essentials of human nutrition, it appears that these old-fashioned reducing diets are neither safe nor necessary. Indeed, when scientific knowledge is applied in the prescription of a reducing regimen we find that the most satisfactory results are achieved if the patient has one well balanced meal a day. Perhaps not such rapid reduction as might be brought about by a starvation regimen, but a steady reduction, a plan to which the patient will stick long after the average human being would break away from a starvation diet.

If, as has been stated, an individual can reduce twenty pounds in a year by omitting that extra slice of bread and butter he ordinarily takes daily, then it is reasonable, and indeed an everyday observation that one can lose two or three pounds a week by omitting one of the lesser meals he ordinarily takes daily—say going without lunch.

But aside from one's natural sense of well being and comfort, there are other good reasons why it is not advisable to try to carry on an ordinarily active life for many hours in the day without food. We cannot go into the physiological objections here, but suffice to mention one—the occurrence of hypoglycemia, or exhaustion of the blood sugar. When the glycogen or sugar in the blood is used up and no replenishment of the supply is made, the results are often unpleasant and sometimes grave.

So it is a wise plan in any case to take some food at least three times in the day. One good practice, where a reduction regimen is desirable, is to substitute for lunch or for breakfast an orange or some orange juice, or a raw apple or any other fresh raw fruit in season, or a vine ripened tomato.

QUESTIONS AND ANSWERS. Good Wind After Bad. Would riding a bicycle and taking hikes help bring up my mind which I lost by overexercise? If not, please tell me what would. (R. L.)

Answer—I don't understand. If you have lost your mind, son, your physician is the only one who can advise you what to do about it. Loss of mind means impairment of the heart efficiency. That is serious enough to warrant the care of your doctor.

Varicose Veins. Want to thank you for advice concerning injection treatment for varicose veins. I received the treatment from the physician you suggested, and it has cured the trouble for me and I am now in fine shape. (Mrs. W. J. L.)

Answer—The chemical obliteration of varicose veins, by means of injections into the veins, is now the method of choice in treating this common affliction. It is highly successful, and good physicians everywhere give the treatment.

The Bowler Straightening Hump. Please inform me whether the appliance shown in inclosed blueprint would correct bowlegs. (G. S.)

Answer—Don't be silly. Nothing but surgery will straighten bowlegs in a person over 6 years of age. (Copyright 1934, John F. Dille Co.)

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

New York has completely abandoned the no-name high hat. It was once a symbol of hoi-toity to be known only by a number. Fifth avenue was especially packed with this aloofness. Twenty years ago there was a sign on the thoroughfare from Madison Square to the Plaza fountain. The last of the hold-outs were Altman's and Cartier's. The Ritz Carlton, from its opening until recently, was signless. The signs today are inconspicuous, but signs, nevertheless.

Borrah Minnevitich's harmonica players are the most highly paid in the world. No one in that raggedy regiment receives less than \$100 a week and a few get \$200. The idea for the gutter urchin orchestra was given to Minnevitich by Dr. Hugo Reinsefeldt of an midnight cup of coffee at Lindy's. Minnevitich scoured the East Side sidewalks for recruits but found the ripest talent along the Brooklyn waterfront. Each youth—two are negroes—what he calls "natural" that is, a passionate lover of the harmonica. So much so, indeed, ed duty they go off in pairs to wash-wash in lunch stands, all night coffee pots and hamburger hutches. Just for the fun of it.

And with the sidewalk cafes—they have reached Harlem now—sprouting everywhere, the strolling musician has a paradise in contrast to usual skimpy pickings. He fringes the tables playing his saxophone, violin or accordion and in such proximity few can resist passing out a coin. Of course, the troubadours know their psychology and usually play some tender love melody to a moon-scented looking couple. This will often flush out a dollar bill.

There is one forlorn minstrel, haunting Fifth avenue, who claims to have led orchestras for Fritz Scheff and symphonies at Carnegie many years ago. In a tann, box-tie and velvet coat, he plays a violin like a figure out of a egypt novel. He is reputed to make more than he did in the good old days. A nice idea, that.

So if things keep up and a tall, ready fellow shows up plunking "Over the Waves" on the mandolin, I hope the response will be generous. No tin-foil nickies or under table tripping.

Honess Bore Quintuplets. TOLEDO, O.—(UP)—Toledo has her quintuplets. The proud mother is Belle, brightly honess at Walbridge Park zoo. The five comprise the largest bonnie litter ever born at the zoo here. Plans to name the cubs after the sisters Dionne are being considered by Curator Roger Conant.

"Street" Celebrated Faving. CLEVELAND, O.—(UP)—Mechanics and residents along Superior avenue, a principal traffic artery here, felt so jubilant when part of the street was re-paved that they decided to hold a celebration. Ten thousand people thronged to see a float parade they arranged.

Water for New Gardens. LONDON.—(UP)—New Gardens, the most famous gardens in the world, filled with many rare and precious plants, requires 2,636,000 gallons of water a week to insure the safety of its extensive collections from the perils of the drought.

Russian Miners Find Gold. MOSCOW.—(UP)—Two gold nuggets of unusual size and value, one weighing 1.03 kilograms and the other 3.863 kilograms, have been discovered by miners in the Altai gold fields, according to reports reaching here.

Bicycles.—We pay cash for used bikes. Medford Cycle, 23 N. Fir.

Comment on the Day's News

By FRANK JENKINS

BIG political news: Upton Sinclair, famous socialist, wins the Democratic nomination for governor of California by an overwhelming majority.

SUPPOSE, say three or four years ago, somebody had prophesied that such a thing would happen. You would have laughed. EVERYBODY would have laughed. It would have seemed a great joke. But it has happened.

These are days of swift changes. WHY was Sinclair nominated? The answer is as simple as simplicity itself. He promised what a majority of the voters of California want.

So he got the votes. WHAT did he promise? He promised to end poverty in California—no more, no less. His program he called the EPIC program, taking the name from the first letters of the words "end poverty in California."

He promised to do it RIGHT AWAY. HOW? Well, he offers three ways. The first he calls CAL—California authority for land. He would have the state take over all land surrendered for tax delinquency, and rent and buy other land.

The jobless would be invited to go onto this land, forming co-operative societies directed by expert agriculturists. Here they would earn their living.

HIS second device for ending poverty he calls CAP—California authority for production. The state would take over all idle and bankrupt industrial concerns, and here the remaining unemployed would be given jobs producing the necessities of life.

AND his final device he terms CAM—California authority for money. The state would print its own money; on paper, rags, wood, leather; calling it scrip, tokens, mazuma, or whatever it chose. With this scrip the co-operative farms and industries would pay their bills for material, labor, etc.

When more money was needed, more would be printed. WHAT of the private industry left after all this had been done? It would have to root, hog, or die. That is to say, if it couldn't compete with the state-owned farms and industries, it would have to fold up its tent.

PURE socialism, you see—the old, old remedy for ending poverty. Nobody doing anything for himself, and the state doing everything for everybody.

TWO more questions: 1. Do the voters of California really think he can do it? 2. Why is socialism suddenly so attractive? THE answer to the first is this: "Probably not. But they've reached the point of confusion and bewilderment where they're willing to take a gamble on anything."

AND here is this writer's notion of the answer to the second: During the past four years people of all sorts have been so harried, so worried, so driven by the necessity to do something to keep going and so burdened by the weight of responsibility that for the moment, at least, they feel it would be a relief to shift the whole load over to the shoulders of the STATE.

So they take a whiff at voting for a socialist. HENRIETTA B. MARTIN. Aug. 29, 1934.

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 31, 1924. (It Was Tuesday) President Coolidge in address to labor, "workers have the right to strike, but government also has the right to arbitrate first."

American warships rushed to China war zone. Ticket sale for county fair to open Wednesday. Two college boys who can approach tourists wanted.

William N. Colvig, pioneer resident, celebrating his 80th birthday. The first high school football practice is held with Raymond Singler, Bernard Senn, Gilbert Knips, Harold Dressler, and Mervyn Chastain turning out. Coach Callison says Bernard Hughes "is a likely looking prospect."

The coach also announces: "The team member who stays out after nine o'clock any night of the week, will have to quit, and that is not all that will happen to him."

Twenty Years Ago Today August 31, 1914. (It Was Monday) Owing to "the situation abroad," the price of tires, shoes, and lemons, rose up in Medford.

Transient known as "Scotty" is arrested, following refusal to work, after promising to do so "for his breakfast."

Millions of armed men come to grips on the Western front; St. Petersburg, by order of the Russian duma, hereafter to be known as Petrograd; Democratic senator predicts "hunger will force the warring hordes of Europe to lay down their arms by Christmas."

In obedience to the straw-hat unwritten law, there was a decided scarcity of straw hats on Medford streets Tuesday, September 1st. Although the hot weather still holds out the three months open season for straw hats has expired. Other signs of fall are the ripe fruit under the trees and the coloring of the leaves.

Communications To the Editor: On page twelve of the Sunday issue of the Mail Tribune, dated August 26, 1934, appears an article concerning the theft of the automobile belonging to A. S. Rosenbaum.

In this article, you mention that Oliver H. Goss is the same initial and name of a transient, who played a more or less minor role in the turmoil fomented by agitators L. A. Banks and E. H. Pehl. You further state, "a man by the name of Goss was the head of the unemployed council of Jackson county. There is no confirmation it is the same man."

In the matter of Goss in connection with what you term the turmoil, I refer you and the readers of the Medford Mail Tribune, to the articles appearing in the Mail Tribune during March and April of nineteen thirty-three, in which it would appear that O. H. Goss is a protégé of the Mail Tribune and the good government congress was criticized because they would have none of him and his ilk. Mr. Goss was known to be a communist at that time and had been reported by me to officials at Salem, Oregon, together with the advice that his activities be put a stop to.

Don't you think that it is about time that you shouldered your own responsibility regarding what you term the turmoil. Otherwise I believe that it would be the part of wisdom to drop the matter and all reference to it and call it a dead issue.

In case your files are incomplete for 1933, I herewith inform you that I have in my possession a complete file of that year, which your readers and yourself are welcome to come and peruse.

I request that this letter be printed and the turmoil ceased one and for all. HENRIETTA B. MARTIN. Aug. 29, 1934.

News Behind The News

(Continued from Page One) government will unquestionably support the strikers.

The only way it could be avoided would be for Madame Perkins to denounce the strike. You know how much of a once there is of that.

It is important because the union treasury is supposed to contain only about a million dollars, hardly enough to support a strike for more than a few days.

The British dolls relief rules for strikers takes a man off the government rolls as soon as he becomes a striker, and thereafter provides only bare food for him in case he can show he is hungry.

The cotton textile operators are going to get the best kind of publicity advice, if they follow it. They have hired Bill Lawson, who did practically all of the publicity work for the NRA since it started, although he only had the title of "assistant director."

A treasury official privately pointed out to one of our army men that, if we became involved in a far-eastern war, the treasury's silver would come in right handy for supporting an army in the orient.

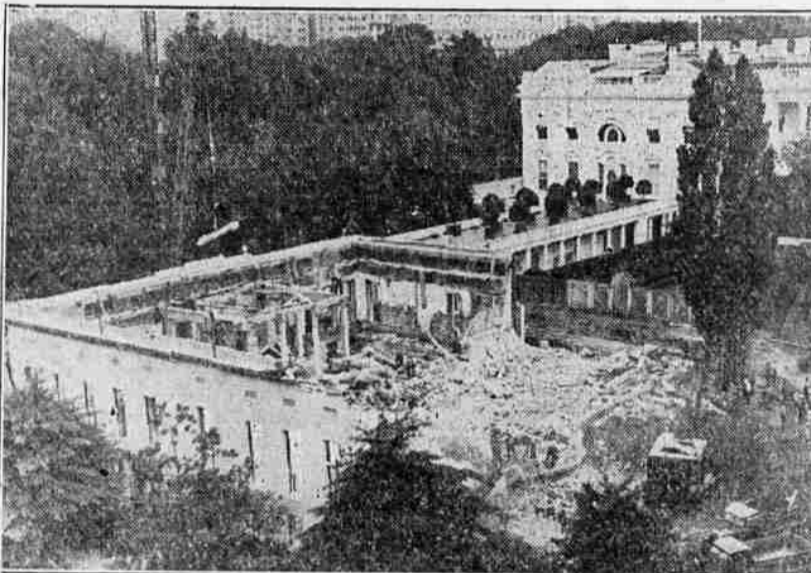
Egg Weighed Half a Pound BRIMFIELD, Mass. (UP)—An egg laid by one of Stephens' Fizzies' Hobbies in land Red hens weighed exactly half a pound.

AUSTRIAN TROOPS STORM NAZI STRONGHOLD



The recent Austrian Nazi revolt, touched off by the slaying of Chancellor Dollfus, was put down by the regular army and the home guard. This picture was made in the province of Carinthia, one of the hot spots of the rebellion, as government troops charged to dislodge nazis from Layamund station. (Associated Press Photo)

WRECKERS SPEED WHITE HOUSE OFFICE REMODELING



Aided by a large hoist and drills, wreckers are speeding demolition of the executive offices used by President Roosevelt to make way for larger offices for the White House staff. The President's bedroom overlooks the scene of operations where work sometimes goes on at night as well as in the daytime. (Associated Press Photo)

YOUTH SUFFOCATES IN MT. HOOD VOLCANIC CRATER



The lifeless body of Victor F. von Normann, 22, (right) University of Washington student, was recovered from the gas-filled crater of Mt. Hood, Ore., by Paul Williams, forest service lookout who, equipped with gas mask and oxygen tank, descended 200 feet. Williams can be seen emerging from the mouth of the sulphurous hole in the picture at the left. Von Normann toppled into the depths 19 hours before his body was brought up. (Associated Press Photos)

WATER HAULED TO THIRSTY IMPERIAL CATTLE



The scarcity of water in Imperial Valley, Cal., was so acute that dairy and beef cattle were watered by tank trucks, operated by the SERRA. A truck is shown filling an emergency cement tank buried in the ground. The present drought is expected to be the last in the valley, as the completion of Boulder dam will assure ample water. (Associated Press Photo)

Moscow Starts Clean Up MOSCOW.—(UP)—Moscow, which never enjoyed a reputation of being a particularly clean city, is trying to atone for its past untidiness. Under the direction of the Moscow Soviet, 100 cleaning machines and 12,000 street sweepers are now being employed, while many houses are being painted.

Kitten Well on Its Toes CLEVELAND, O.—(UP)—John Har-

slaw's kitten scarcely knows how to put its best foot forward, it has so many. It has seven toes on each of the front feet and six on both the rear ones. By all known biological rules pertaining to matters feline, it should have only five digits per foot.

SEMIPALATINSK, Siberia.—(UP)—Two directors of the Altai gold field have been given long-term prison sentences for embezzling gold and goods valued at 20,000 roubles.

Blowout Brought Death NEWCOMERTOWN, O.—(UP)—A fire blew out, buried an automobile against a bridge railing and killed Bruce Peterson, 33, injured critically. Glen Johnson, 34.