

NERVES, VITALITY USED TOO FAST IN NORTHERN CLIMES

Nervous Exhaustion and Mental Diseases Blamed On Weather by Savant—Migrations Held Remedy

CINCINNATI, O. — (UP) — Nervous exhaustion and mental diseases, with their toll of suicides and mental cases, can be blamed on the weather, in the opinion of Dr. Clarence A. Mills, University of Cincinnati professor.

Results of years of research on the ways in which climate affects animal behavior and health have been given a popular interpretation by Dr. Mills in his new book, "Living With the Weather."

The invigorating climate of the north, with its frequent changes in atmospheric conditions and temperature, provides a stimulation that constantly keeps men and women to drive themselves beyond their physical capacities, Dr. Mills believes.

The result is a premature wearing out of the human machine and breakdowns in health and mind, he explains. Even the youth of the nation is not exempt from this climatic drive, and Dr. Mills holds that it is indeed a "Flaming Youth."

"Flaming Youth" is in truth a very apt label for the American young people of the north," he writes. "They are afire with vitality and are consuming their life heritage at a rapid rate."

"As a result, we see the exhaustion of age creeping down the decades through middle life into ever earlier ages. This does not mean that the life span is shortening, only that the period of vigor and zest in living is being crowded more and more into a small early fraction of life."

"The real tragedy of America is that our youthful exuberance is so wasted in energy that little is left for carrying on down the decades which offer the richest values in life. In only a fortunate few who retain high vitality past 30 does there occur full fruition of life's purposes. It is those few who supply the leaders of the nation and builders who advance civilization."

Pointing out that such diseases as diabetes, acidosis, toxic goitre, and pernicious anemia are most flagrantly identified with the north, Dr. Mills goes on to say: "Most important of all, however, is the high rate of nervous breakdowns and mental diseases where the storms are most severe and the climatic stress greatest."

"Its significance in northern life today warrants close attention and study. Suicides, which give us the best index of mental exhaustion and instability, are highest where storm changes are greatest."

"Waves of suicides show a distinct tendency to occur at times of falling or low barometric pressure such as come just before sudden storm changes and a drop in temperature. It is at those times that irritability rises highest and the nervous system is most unstable—when a feeling of futility and frustration comes over many people."

Especially with young adults and children do such matters as the effect of climate on social behavior become acute, according to Dr. Mills, for their response to stimulation is much more emphatic than that which occurs in later life.

What can be done about it? Dr. Mills believes that the situation is not hopeless. For persons who have the financial means, it is advisable that steps be taken to lessen the dangers of the late winter exhaustion so common in the north by migration southward, Dr. Mills points out.

"Just as important for the south, as the winter exhaustion for the



While Huey Long remained on the train getting some sleep after "selling" the Baton Rouge, La., "revolt" in which troops were called out, Mrs. Long and her daughter, Rose, posed at Atlanta, Ga. The Longs were en route to Washington. (Associated Press Photo)

HIGHWAY RECURFACING READY TO START WHEN WEATHER WILL PERMIT

Work on the re-surfacing of the Pacific highway between Sixth street and the north city limits will start the end of February, weather conditions permitting. V. L. Goodnight, resident engineer for the state highway here, said today.

The contract for this work has been let, and provides it be completed by June 30. It will be finished long ere that date, and with the minimum of inconvenience to traffic, it is asserted.

Contracts were let yesterday by the state highway commission for the surfacing and grading of the Murphy-Provoit section of the Williams Creek secondary highway, and the construction of a steel bridge over the Applegate river, and a concrete bridge over Gray creek. The work is all in Josephine county.

The grading-surfacing contract was awarded E. C. Hall of Eugene for \$20,978. It is for 1.3 miles.

The bridge contracts were awarded to Tom Lilleo of Reedsport for \$43,422.

Engineer Goodnight said the work on the Murphy-Provoit project would start within ten days or two weeks.

CIRCUIT COURT HAS FEW CASES

Circuit court procedure in this county is now in a lull, with only a few cases at issue and ready for trial, Judge H. D. Norton has a number of equity matters set for hearing, contingent upon lawyers being ready. The criminal docket is light. Judge Norton will hold the regular Josephine county session tomorrow in Grants Pass. The delinquent in that county is also uncrowded.

The February term of the circuit court is scheduled to begin February 25, with the grand jury convening February 25. Petit jurors for the term of court will be drawn from the 1935 jury list, now in course of compilation by the county clerk.

Among the matters scheduled to come before the new court term will be a number of suspended and continued sentences by the court over the last six months' period.

Use Mail Tribune want ads.

WOMAN OPPOSES RECOVERY BILL

SALEM, Feb. 1.—(UP)—Only one person appeared to oppose the state industrial recovery bill at its public hearing before the joint industries committees of the senate and house of representatives last night.

If passed, the measure would permit intrastate firms to establish codes similar to those permitted for interstate under the National Recovery Act.

The sole opponent, Mrs. Ann Long of Portland, representing the Employed Women's Protective League, stated she feared the bill would open the way for reducing store hours, thereby resulting in the dismissal of present employees. She said she referred particularly to food stores and bakeries.

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FLETCHER, BRITISH NOVELIST, SUCCUMBS

DORKING, England, Feb. 1.—(AP)—J. S. Fletcher, 72, widely known British novelist, died at his home here Wednesday. His death was announced yesterday.

Fletcher was one of Great Britain's best known writers of mystery fiction. His works also included history, travel, novels, and verse.

"Who's Who" lists more than 50 of his books published between 1892 and 1934.

BIRTHS

Mr. and Mrs. John Black of Jacksonville are the parents of a baby boy weighing 7 pounds, 10 ounces, born yesterday at Sacred Heart hospital.

Born to Mr. and Mrs. Floyd L. Banister, a baby girl weighing nine pounds, this morning at their home in southwest Medford.

When it comes to radish, remember "Fruitt's can do it." Phone 22.

CHOCOLATE FUDGE CAKE

This cake has a particularly delicious flavor and fine texture.

Walnut fudge icing makes it a perfect dessert for your week end dinners and bridge parties.

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THE ORIGINAL LOW PRICE MARKET

BEEF POT ROAST lb. 8c	Mutton Specials Legs lb. 9c Chops Loin or Rib Cuts 2 lbs. 19c	Shoulder Cuts Veal Roast or Steaks lb. 10c
BOILING BEEF lb. 6c	Stew . . 3 lbs. 10c	Hamburger Fresh ground, no cereal 3 lbs. 25c
	Shoulders . lb. 5c	

Steaks tender beef, sirloin, rib . . . lb. 12 1/2c

Frankfurters, Bologna or Liver Sausage lb. 12 1/2c

Prime Rib or Rump Roast Boned and Tied No Waste lb. 15c

Fresh Smelt 3 lbs. 25c

Veal Leg Roast lb. 12 1/2c

Dill Pickles small each 1c

Mince Meat 2 lbs. 17c

Turkeys, fresh dressed No. 1 birds . . . lb. 25c

FRESH OYSTERS Solid pack. A grade Willapa, Pint 25c

SHORTENING Vegetable Base 2 lbs. 23c

FRESH FRUIT AND VEGETABLES

ORANGES, large juice oranges, 2 doz. 39c
ORANGES, medium size juice 2 doz. 33c
POTATOES, Klamath Gems, 50 lbs. No. 2's 38c

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PROMPT SERVICE --- PERSONAL ATTENTION

HOME MADE Candy Sale SATURDAY by the M. E. Church Sunday School

Schilling Coffees

1 pound can 31c 2 pound can 60c

PINEAPPLE Broken Slices, large No. 2 1/2 can 19c
Tid Bits, 8 ounce can 3 for 25c
PUMPKIN, fancy Royal Club, No. 2 1/2 can, 2 for 25c
SPINACH, fancy Royal Club, No. 2 1/2 can, 2 for 25c
PEAS, Sun Blest, fancy quality, tender, sweet, No. 2 can 15c

Calumet Pound 25c with 11-in. bak'g pan free

Syrup Log Cabin Med. 43c Waffle Plate Free

Post Toasties 3 pkg. 22c

SCOTTS TOILET PAPER 3 rolls 22c

WAX PAPER Large size, 125 ft. 19c Small size 15c

CRISCO 3 lb. pail 59c

Crater Lake BEETS SLICED No. 2 can 10c

SEE OUR EXTRA FANCY HAND PACKED TOMATOES Raised and packed by Mr. Jones at Rogue River. No. 2 1/2 can. Ea. 14c

ASPARAGUS, H. B. brand, picnic size, 2 cans 25c
CORN, Success brand, whole kernel, No 2 can 15c
CORN STARCH, Amaizo, 2 pkgs. 15c --OYSTERS, Cove, 5-oz., 2 for 25c

Start a Set of This Beautiful Glassware Today

Albers Roseware Oats Large package . . 29c

CLICQUOT CLUB Ginger Ale, 2 for . . . 25c
LIME RICKEY Arrowhead, each . . . 10c
PRUNES Burton fancy dry, 2 lb. 25c

PURE JAM, LARGE JAR, A REAL VALUE at 35c

FRUITS High Quality VEGETABLES

Bananas Fancy Fruit Lb. 5c

Grapefruit Cal. fancy, 80 size Doz. 47c

Oranges F'cy Southern Navel 126 size, dozen 33c

CAULIFLOWER, Extra large. 2 heads 25c
ARTICHOKES, very fancy Jumbo size. 3 for 19c
BUNCH VEGETABLES, all kinds, 3 bunches 10c
RUTABAGAS, Washington best, 4 pounds 10c
Parsnips, very fancy. Lb. 4c | Italian Broccoli. Pound 10c
Green Peas. 2 pounds 25c | Apples, Newtowns, C grade, box \$1

Cabbage Very Solid Lb. 2 1/2c

Squash Cut to Suit You Lb. 2 1/2c

Lettuce Extra Fancy 2 for 15c