

**MEDFORD MAIL TRIBUNE**

"Everyone in Southern Oregon Reads the Mail Tribune"

Daily Except Saturday

Published by MEDFORD PRINTING CO. 15-27-29 N. P. St. Phone 12.

ROBERT W. RUIHL, Editor.

An Independent Newspaper.

Entered as second-class matter at Medford, Oregon, under Act of March 3, 1879.

**SUBSCRIPTION RATES**

By Mail—In Advance

Daily, one year.....\$5.00

Daily, six months.....2.75

Daily, one month......35

Carriers: Ashland, Medford, Ashland, Jacksonville, Central Point, Phoenix, Talent, Gold Hill and on highways.

Daily, one year.....\$5.00

Daily, six months.....2.75

Daily, one month......35

All terms cash in advance.

Official Paper of the City of Medford, Official Paper of Jackson County.

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### Lets Hear From Mr. Garner

PRESIDENT ROOSEVELT remarks the only member of his administration who returned from the Philippine inauguration, and had the good sense to keep his mouth shut, was Vice-President Garner.

In other directions the vice president has established a reputation for wisdom and common horse sense, far ahead of most of the president's official family. Therefore if he should say something for publication his words would have great weight with the American people, and if he gave any advice, there would probably be a genuine effort to follow it.

Whereupon we suggest the vice president follow the example of a former Democratic V. P., who attained imperishable fame by telling the country what it needed.

The late Vice-President Marshall said it was a good five-cent cigar. What does Mr. Garner think it is?

JUST as a suggestion might we offer the following:

The country needs, more than anything else, a PATRIOTIC MAJORITY.

It needs a majority organization that could outvote any minority organization or any group of minority organizations. The members of this majority would be interested NOT in what they could get out of their government, but what they could GIVE it; NOT what would be best for their special group, but what would be best for the COUNTRY AS A WHOLE. And they would be willing to fight for such things, during times of peace, just as wholeheartedly and unselfishly, as they would fight for other things in time of war,—in both instances seeking no reward, monetary or otherwise,—seeking nothing in fact, but the satisfaction of work well done,—of useful and patriotic service.

FOR after all, we the people, get just the sort of government we deserve. If a majority of us care more for our own selfish interests than for the interests of the country, as a whole, we get a country that is cut up into self-interested and warring factions, with the national welfare neglected and forgotten. No one in a Democracy can expect a higher idealism and stronger devotion in public office, than is demanded by a majority of the people,—i.e. by public opinion.

GENUINE patriotism is as much needed in time of peace, as in time of war. In a sense, more needed, for in time of war, forces are immediately released which arouse and stimulate it; whereas in peace, the flag flying, the band playing, and the hurrah-boys incitement is lacking.

With the old people demanding one thing, the young people another, and those in between something else,—“give me—give me—give me”—one wonders what is going to happen to this country of ours, with no one—practically no one who wants NOTHING but the growth, progress and welfare of his government and his country.

Of course Vice-President Garner could express the idea much better, and with his native wit and shrewdness could no doubt compress it into the proper slogan.

But that in the opinion of this paper, is in general what this country needs—a PATRIOTIC MAJORITY, and needs it more acutely than in the piping times of post war prosperity, it ever needed a good five-cent cigar!

### The Last Chance

JUST as the college fee measure will be defeated unless the voters study the matter carefully, so will the bill, to provide the people of this state with an adequate system of old age pensions.

In both cases the superficial reaction will be unfavorable, just as in both cases, careful thought and examination, will inevitably lead to precisely the reverse conclusion.

IN the sales tax pension matter the question comes down to this: Do we want an adequate old age pension system in this state, or don't we? If we do then here is our chance,—and our only chance for the immediate present—to get it. That may sound like an extreme statement but it is the firm conviction of this newspaper, that it is absolutely true.

OUR present system of old age pensions is a farce and a disgrace. Not only are hundreds of elderly people who need pensions and deserve them not getting them, but many of them are not getting anything and are in dire want and distress.

These conditions during the present year are bound to be WORSE rather than better because the government which has awarded to Oregon for direct relief the past three years, over \$28,000,000, will give NOTHING hereafter. Few people seem to realize Uncle Sam has gone out of the direct relief business. But that is the hard and brutal fact. The elderly indigents will be the first to suffer as a result.

The government has however adopted a minimum old age pension system, to be devoted to those states which cooperate with it, by passing an old age pension of their own. The passage of this measure would provide that cooperation as far as Oregon is concerned, and would give the elderly and needy people of this state what they need and deserve,—not luxury,—but comfort and security, proper food and shelter in their declining years.

DO “we the people” of Oregon want to give them that, or do we want to dawdle and drift along as at present, dreaming of impossible Utopias on one hand, and on the other handing out to only a selected minority, enough, let us say, to buy a couple of tiers of wood, perhaps once in six months!

IT seems to this paper the time has come for Oregon to either fish or cut bait in this matter,—either provide an adequate old age pension, or give up the idea entirely, and let Nature,—and the undertaker,—take their respective and tragic courses.

The chance to do something and something constructive will come up the last day of this month at the special election, and if this chance is passed up, and the pension measure defeated, then the elderly people in this state who really need help and need help NOW, might as well make up their minds they are not going to get it. At least not during the present year and in all likelihood not for many years to come.

Perry Returns—Kenneth S. Perry, WPA agent in town—Floyd Blyden, WPA state field representative, in Medford today on a routine trip to Portland.

### 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 to be written in ink and 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.

#### OPPOSING CONTEMPORARY VIEWS OF NUTRITION

On the fly-leaf of his book "Nervous Indigestion" (Hoebner), which I consider one of the finest accessory books in my library, Dr. Walter C. Alvarez quotes "Tommy Huxley" as follows:

"I have not, now, nervous energy enough for stomach and brain both, and if I work the latter, I will keep the former in order."

Evidently Huxley was an introverted person. No doubt a class B neurotic.

I think a large proportion of the near-invalids for whom Dr. Alvarez's book was written, are in the B class. I bet old Huxley could have written a moving chapter on "The Importance of Keeping the Bowels Active." Be that as it may, Huxley said something of medical education in 1870 which would be even more timely today: "I entertain a very strong conviction that anyone who adds to medical education one iota or tittle beyond what is absolutely necessary is guilty of a very grave offense." Huxley was an advocate of the introduction of physiology into elementary education, and speaking of that he got off a good one: "The saying that a little knowledge is dangerous is, to my mind, a very dangerous adage. . . . Indeed, if a little knowledge is dangerous, where is the man who has so much as to be out of danger?"

Here I am. In certain respects I have so much knowledge that I am out of danger of things which you wiseacre laymen must necessarily fear. For example, what happens if the bowels fail to work as you think they should.

Not in his book, but elsewhere, Dr. Alvarez recently blurted this half-baked view: "Even the physician with a very large practice will see only a few cases a year in which he will suspect that the symptoms are due to too great a narrowing of a diet." (This refers to vitamin deficiency.)

Dr. Henry C. Sherman's books contain much that Dr. Walter C. Alvarez does not yet know about vitamins and nutrition. Dr. Sherman says on p. 400, 4th edition, Chemistry of Food and Nutrition, " . . . it should perhaps be said at this point that when Goldberger concluded that latent pellagra is common among children he may have been referring to a condition in which the children receive diets adequate to prevent the development of any specific symptom of

nutritional deficiency disease, but containing less than optimal amount of vitamin G. Such a condition of affairs probably does occur often; partly because the importance of vitamin G in nutrition and its very uneven distribution among staple articles of food are not yet matters of common knowledge; and partly because some of those who do know about vitamin G may not fully appreciate the fact that (as in the case of vitamin A) its optimal amount means a far more liberal intake (perhaps many-fold more liberal) than the minimum requirement for the prevention of obvious or manifest nutritional deficiency."

The trouble with too many physicians "with very large practice" is they are not interested in health, but only in the manifestations of disease.

#### QUESTIONS AND ANSWERS

**Chicken Jelly.**  
Kindly advise food value of juice or jelly made by boiling chickens' feet and bones in water. . . . (Mrs. J. G.)

**Answer**—From the bones, the jelly or juice so made is chiefly gelatin, which is of questionable nutritive value, though it properly serves as a protein sparer to a limited degree; that is, the gelatin is utilized as fuel by the body in place of protein. Chicken jelly made by chopping a chicken, bones and all, and slowly cooking, is both nourishing and palatable. Gelatin is an incomplete protein, lacks certain amino acids which are essential for assimilation by the body, but it is a marked forerunner for food, is valuable for bulk and as an ingredient of various dishes, especially where it is desired to keep the diet low in calories.

**Cataract.**  
Is there any cure for cataract except operation? . . . (C. E. A.)

**Answer**—No. In animals cataract may be produced by a diet deficient in vitamin G, but restoration of vitamin G to the diet does not clear up the cataract.

**Drop of Colored Blood.**  
Hinted I have a trace of negro blood. Nothing in my features resembles that race. I am of French and Irish extraction. Have a light olive complexion, hazel eyes, dark brown hair, fine and naturally curly. In the event of having children would I be apt to bear a colored child? . . . (V. McM.)

**Answer**—No. Children average lighter than darker parent, darker than lighter parent. (Copyright, 1935, John F. Dille Co.)

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

into a \$1500-4-week chore in Hollywood. He put a manager in charge of his play royalties and movie salary and decided to live on \$100 a week. Already he has saved enough for investments that bring him a trifle more than \$100 a week upon which he says he can live, high-ho, from now on.

Here's a literary how-de-do. Margaret Case is an associate editor of Vogue. After she took the job, Frank Case's daughter, Margaret, article to Vanity Fair. Two Margaret Cases, both working on the staff, and for Conde Nast. No matter that the Vanity Fair Margaret Case married and became Margaret Case Morgan, divorced, married again and became Margaret Case Harriman, the makeup artist unscrumbled. All is seven and sixes. Even this paragraph is becoming practically paradoxical, for goodness sake! Anyway the ladies are friends and have endured the mix-up in their mail and identities so long that when someone asks one or the other which is who or who is which they tell them without crying out loud or anything. The difference is that Margaret Case Harriman is now a free lance writer for several magazines, and the Vogue's Margaret Case practices restraint in writing but not writing at all I it editing. And after fooling around with this so long I'm afraid to answer the door bell. I have a hunch it will be another Odd McIntyre.

Thingsumbos: Carol McComas is married to a Shanghai doctor and living there. . . . Marlene Dietrich is a cloudy day fan. . . . Sam Morton, Four Mortons, can do a buck and wing at 73. . . . The Will Rogers daughter Mary is considering a London dramatic offer. . . . Bob Wagner and Eddie Guest were once shipmates on a Detroit newspaper. . . . John Barrymore is still so sick pajamas buyer in America. . . . New Oxford holds English championship. . . . O. Henry used "ain't" when he felt like it in his stories.

Frank Sullivan bought a sporty bicycle for a neighbor's son in Saratoga, but the youngster almost did not get it. After sitting around on it for hours, admiring the gadget, Sullivan couldn't bear the thought of giving it away.

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The Americanization of GRAND opera has been so rapid the general public scarcely recognized it. Lawrence Tibbett is now the reigning male soprano. And Grace Moore, Helen Jepson, Susanne Fisher and Gladys Swarthout are leading female song birds. Miss Moore and Miss Jepson's careers are strikingly similar. Miss Moore came from a Tennessee village, born humbly. Miss Jepson was also reared in a small town, clerking in a store where she was put in charge of phonographs. She married young and a part of her routine was scrubbing floors, doing the wash and indulging other indelicacies of domesticity.

Lawrence Willey, after one year of successful authorship, is among the few playwrights to feather the nest. He wrote the hit "Personal Appearance," which captured him

### Comment

on the Day's News

By FRANK JENKINS

THIS headline strikes the eye: "Blizzard Hits the East." Here's betting you chuckled as you read it. For some reason, wicked weather in the OTHER FELLOWS' country always gives us a smug, self-satisfied feeling.

THIS headline is political—intensely so: "Political Pot Boils Merely in Both Camps: Smith and Borah in Limelight."

As to Smith, a New York dispatch says: "Alfred E. Smith today characterized as FALSE what he said was a statement by a White House spokesman that 'at least once a year Mr. Smith has been invited to pass either a night or a week end there, but he never saw fit to accept even one of these invitations.'"

Al says he never had but one bid, and he accepted that.

WHAT does it all mean? Well, it means factional infighting in the Democratic party. Republicans know all about that, for in the years they were IN they had a lot of it. Now there isn't much to stir up the Republican factional feeling about it's the ins who step on each other's toes.

AS TO Borah, a Washington dispatch informs us: "Complete authorization was given today by Senator Borah to put his name in the Ohio presidential primary."

A few days ago, Senator Borah was dabbling his toes in the political waters. Now he seems ready to plunge in.

Evidently he found the temperature congenial.

ALSO as to Borah, the Oregon Voter, edited by C. C. Chapman, says:

"If Senator Borah is nominated by the Republicans, and there is no third-party nomination such as will enable us to save our self-respect, we will vote for the re-election of Franklin D. Roosevelt."

HOW many Republicans feel that way about it?

If there are enough of them, we might as well resign ourselves now to four years more of the New Deal—for Borah is AT PRESENT (though he may not be by next summer, when the convention is held) the leading contender for the Republican nomination.

AN INTENSELY interesting headline: "Hilo's (in Hawaii) Reservoir Still Threatened. River of Lava Continues Advance on City's Water Supply."

It might even reach the city of Hilo itself.

SUPPOSE each day we looked up toward the Cascades at a column of smoke and each night at a red glow in the sky caused by a river of melted rock crawling slowly toward us. We'd be mighty nervous, wouldn't we?

spit will add further sauce for the ganders. This situation also is fully appreciated.

To give you a further hint of the intensity of the underlying situation: A certain mid-west Republican congressman felt constrained to announce some weeks back that he would vote for the Townsend plan. What constrained him was the special election in Michigan. At least he made his announcement about that time, following a shower of pro-townsend letters from his own constituents.

Since then, the anti-Townsend citizens of his district have been shouting at him through the mails. They were not organized, and he did not know there were so many of them.

This legislative gentleman is therefore now constrained to deny that he was ever really for the Townsend plan. He is saying he merely agreed to vote for it in the house, "so it could go to the senate for a thorough discussion."

There will be more of that.

Even now, many congressmen have joyfully hoisted their saliva-tipped tongues to find out which way this Townsend breeze is going. This is why Dr. Townsend's poll of congressmen has not progressed more swiftly. His inquisitive letter has been put on the bottom of the pile of unanswered mail on many a congressional desk.

The clever Townsend pressure boys apparently have found that out, and have made a list of tardy respondents.

Mr. Ninninger states that Mr. and Mrs. P. L. Durkee will be in full charge of the dining and fountain service, while he devotes his entire time to the retail store and Pacific Greyhound stage agency.

Mr. Dayton stated that as yet their plans are indefinite.

ense. At least, mallbags of threats and abuse have been raining on the tardy ones lately.

Most of the quick-jumpers have already made up their minds. A senator who fled from his mid-western home a few weeks ago in the face of the Townsend storm, recently turned and faced it with a public statement. Such reasonable analytical speeches as that of Congressman Lee of California (at Chico, December 12) are having an effect.

Another juicy morsel is the Bankhead billion-dollar farm tenant bill. That would help a lot of congressmen in spots down south where the Talmadge and the Huey Long hang-over groups are making trouble. At least this is a strong consideration behind it. The bill passed the senate last session, but got stuck in the house when Representative Bankhead was ill and at home. He is on the job now.

The Republicans are not overlooking their campaign opportunities, either. Republican Leader Snell has been talking up the economy issue lately within his small flock. It is generally understood that it will take a strong economy stand in the house, not exactly unmindful of the coming campaign.

V.-P. Garner is chipper and still wears rubber heels. He is handling the session for the president, not in any way conflicting, of course, with the nominal leaders, who are his friends. It was Garner who once told a group of leaders, who informed him a certain cabinet officer was telling congressmen how the president wanted them to vote: "Why let's just a boy. Give him a message to take back to the president and send him on his way."

It was a congressional leader who thought up the idea of having Mr. Roosevelt deliver his opening message to congress at night, so all could hear on the radio. Of course, he did not have the campaign in mind at all.

Snow storm visits northwest, with fresh weather prevailing in Portland. Rain falls in the valley with snow in the hills.

Treda Bars in "The Two Orphans," at the Page; "The Weeping Lady," at the Star.

Sixty-four inches of snow at Crater Lake rim.

Attorney Porter J. Neff is named a member of the "Oregon Development League."

Grants Pass defeated Medford, 12 to 0, at Grants Pass New Year's day. Frank Farrell was among the Medford players.

Indian Liked Milk

To the Editor:

Mr. Gates' story of the children's Christmas dinner reminds me of an Indian boy who came to our house in eastern Washington a little more than 65 years ago. His people had camped about a mile away and he had wandered to our home. I was eight years old and he was about my age. Mother gave him some bread and butter. He liked the butter and dropped the bread on the ground.

Mother brought a very large pan of milk, set it on a table and with a tin cup told him to help himself and he did.

Mother filled a quart bottle from another pan. He drank all that was in the pan and started home. When he got to the gate he drank all that was in the bottle and came back for more. Mother filled the bottle once more and the boy was on his way and I really believe he got all the milk he wanted for he never came back.

BARNEY CODY.  
Jacksonville, Jan. 2, 1936.

"KICKERNICK" Undergarments that fit at Ethelwyn B. Huffman's.

Follow the Crowds to J'ville Sat. 9:30 till 2 DINTY MOORE'S 6 Little Giants of Rhythm Men 40c Ladies Free!

ASHLAND POSTMASTER APPOINTMENT NEARS

ASHLAND, Jan. 3.—(Sp.)—The question of who shall be postmaster to succeed Postmaster Fred Wagner, whose term soon expires, is drawing closer to a solution.

Local citizens and business firms have received blanks from the United States civil service commission, with a full list of all applicants for the postmastership, and with the request for confidential information about the applicants.

The full list of applicants on the blank is:

Mrs. Iva M. Murray, William Greenbender, Vivienne Delbert (Bert) Miller, Floyd P. Whittle, Horation O. Weir, John Howard Fuller, Charles E. Robertson, Louis Herman Hanson, Chas. A. White.

Use Mail Tribune want ads.

SHOOTING MATCH SUNDAY AT PROVOLT Shotgun - Rifle - Pot Luck Lunch Served

NOTED SPEAKER FOR BIBLE CLASS

Lieutenant C. Vincent Hall will speak to the Everyman's Bible class Sunday morning at 9:45. Lieutenant Hall, one of the outstanding lecturers and preachers of America, has made extensive study in Egypt and Palestine and has spoken before many service clubs, high schools and leading churches. For several months he was a lecturer for the British government.

He is highly recommended by such ministers as George Truett of Dallas, Texas, and P. H. Welshimer of Canton, Ohio. One of the large service clubs of California says "Lieutenant Hall was the outstanding speaker of our club this year." High school principals speak most highly concerning his lectures.

The Everyman's Bible class meets in the court house auditorium Sunday morning at 9:45. All men and older boys are invited. Lieutenant Hall will also speak at the First Christian church Sunday at 7:30 p.m.

FINANCIAL STATEMENT First Federal Savings and Loan Association of Medford December 31st, 1935

ASSETS	
Cash	\$18,349.81
Real Estate Loans	85,839.97
Real Estate Owned	10,268.88
Real Estate Sold on Contract	4,430.70
Notes and Accounts Receivable	1,166.23
Share Loans	450.00
Furniture and Fixtures	303.04
Stock in Federal Home Loan Bank	1,500.00
<b>Total Assets</b>	<b>\$122,362.43</b>

STATE OF OREGON COUNTY OF JACKSON, ss. I, R. F. KYLE, Secretary of the above named Association, do solemnly swear that the above statement is true to the best of my knowledge and belief. R. F. KYLE, Secretary. Corrected Attest: WM. H. FLUHRER, Vice-President. Subscribed and sworn to before me this 2nd day of January, 1936. (Notarial Seal) My commission expires March 21st, 1936.