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Ye Smudge Pot

By Arthur Perry.

Firebugs now mock the desolation of Bandon. State police affirm the suspicions, the devastating flames were spawned in the malignant minds of incendiarists, who spread terror and horror over the Oregon coastal area. Here is work for swift justice, in payment for devilish fiendishness and wanton cruelty. Man survives the wrath of the elements, sustained by his courage and his faith. But his heaviest woes are the children of the aboriginal cussedness of his own kind—makers of wars and setters of forest fires.

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The campaign in these parts continues calm. It will not amount to anything until citizens start jumping at conclusions, and missing them farther than they did in 1932.

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"BULL CHASES OWNER INTO HALL" — (Hdline Yreka Journal) — Like as not, there will be plenty in the hall to chase him out again.

• • •

The latest diplomatic skullduggery, as usual, is laid at the door of the Russian Soviet. The Soviet endeavored, it is alleged, to upset the monetary stabilization plan of England, France and America, by offering pound sterling at "whatever price it would bring." France took steps for the "devaluation of the franc," but the Russian Soviet gets the blame. To the layman, it looks like the Russian Soviet is guilty of nothing more serious than thinking as fast as the French.

• • •

"A lawsuit in Ohio revealed 'pro' wrestling to be as crooked as ever. It is refreshing in this day of shifting standards to finde some one holding fast to a lack of ideals."—(Richmond (Va.) Times-Dispatch)—Whatever the situation in Ohio, local gladiators still alight on the left ear in a most convincing manner every Monday evening at the Armory.

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The leading straw vote in this state shows Roosevelt leading Landon. Other polls indicate the opposite in 13 other states. In the most ardent Democratic circles, the Oregon poll is correct, but the Duponts are running the adding machines elsewhere.

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THE GALS REBUKED ANEW.
(Grass Valley (Calif.) Union)
Director of Motor Vehicles Ingels is a gentleman of the old school. Far be it from him to defy the lightning. He does venture, however, to observe that the chic hat worn by milady, which tilts down over the left eye, reduces the sideways vision of the charming lady at the wheel, so that she cannot see the cars approaching from the left side.

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The Milt Ottoman boy is now a University man, and has been admitted to a house.

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S. Morris, the T-Rock tiller, who for years has been chased by Wall St., is now being vigorously pursued by "the high-rate kilowatt hour."

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"MONROE, Wis.—The 10-year-old son of Mr. and Mrs. Clayton Heimeld here has taught himself to whistle." — (Oakland (Calif.) Tribune) — He may not have anything to whistle about, but it will come in handy if the Depression ever ends.

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WHAT? NO SKYROCKETS?
(Collier's)
"You kised me once in your way, now I kiss you in mine."
A dull boom rent the air and trailing it came a weird howl that passed over the house; there followed a rending of branches in the outer garden and then a terrific explosion.

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The deeds of conveyance known in automotive circles, as "bugs" again clutter up the highways and the byways. The "bug" is well adapted to the rigors and vicissitudes of traffic. They always run better after a wreck than before.

Registration of all unemployed persons on relief in Canada is scheduled to start September 1.

The powerful kea bird of New Zealand is accused by settlers of killing sheep.

Mt. Thorvald Nilson in Antartica is higher than any peak in the United.

The Spanish Basques call their language Escuara.

Basilica was a legal code for the Byzantine empire published in 887.

The President's Speech

WELL, whether political speeches make votes or don't, this much is certain—there is a great difference between them. Some are good, some are fair, some are terrible. In the first category stands the speech of President Roosevelt, delivered last night,—it was good, in fact one of the best.

Now just WHY was it good? Because of its stirring eloquence, because of its striking periods, because of that much advertised personal charm,—the seductive, sirenistic radio voice?

That would be the G. O. P. explanation, of course. Even such a fair-minded and judicious political observer as William Allen White, thanks God that his pal and political protege, is not an orator; that unlike the president, Governor Landon has never mastered, and doesn't wish to master, the subtle, beguiling radio technique. The implication of course is "Honest Alf" only talks sense, only presents the facts; whereas President Roosevelt, abandons both, soars in the empyrean, pulls the wool over the eyes of the unthinking electorate, by his blinding eloquence, and leaves the rest to his guiding star, and his inseparable companion, "Lady Luck."

Which has just about as much truth in it, as all the other Republican "false issues and red herrings", which the president so effectively disposed of last night.

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FOR President Roosevelt is not a spell-binder in the sense that William Jennings Bryan was, or Father Couglin is today. He has no silver tongue, indulges in no table thumping, rabble rousing technique.

He has a good radio voice—yes. But why is he so effective over the air, or in person before an audience? Why was he so effective last night?

The answer, as we see it, is perfectly plain. Because he did, what William Allen White, claims is all his candidate can do,—he talked plain common sense. He indulged in no oratorical flourishes, no flights of fancy, he presented the record, as it is, he concisely, and in essentially a simple fashion, marshalled his facts. For every statement he made, there was his record to sustain it. That's all. But that we maintain, in the effectiveness of a political speech—of any speech—is EVERYTHING.

For in the effectiveness of no argument is there a satisfactory substitute for the TRUTH. In the effectiveness of no delivery, is there a satisfactory substitute for conviction and sincerity.

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THERE was art and skill in the presentation of course. Not because the president is a great orator, but because of careful training and much practice, he comes close to being a MASTER of the spoken and written word. There is no trick in that. It comes to those who can express their thoughts in simple language, with the MAXIMUM clarity and the MINIMUM of words. Few can do it but that is what the president did.

• • • • •

THERE is another thing. When a man is SURE of his facts, KNOWS the essential rightness of his cause, and is aroused by the falsity and the injustice of the attacks, made against him, a subtle something stirs within him, which is transmitted somehow to those who listen to him. It can't be faked. The rambunctious Colonel Knox, works himself into a terrific lather, paws the air, bangs the table, gives every outward manifestation of being stirred to the depths of his embattled soul, as he sees the enemy charging against the palladium of our sacred liberties, BUT,—he really doesn't fool anyone. Those who aren't momentarily alarmed are merely amused. It just doesn't get over. And the reason it doesn't get over, is the colonel himself doesn't feel it. He would like to but he can't. It's just play acting. The TRUTH isn't there.

• • • • •

BUT the truth was with the president last night,—he knew it, his audience in Syracuse knew it, everyone who listened to him knew it, even those who because of their hostility, would never publicly admit it.

It is just one of those things. It's there or it isn't. You have it or you haven't it. It was there and the president had it last night, and that was why his speech was so far above the level of any other political speech thus far in the campaign.

• • • • •

PERHAPS it was a great speech,—though greatness is more likely a title nothing can win, until the verdict of posterity has been obtained. But certainly it was a good one—supremely good. And it deserves that overworked term of "unanswerable." Not that there won't be an attempt—W. R. Hearst will be trying to answer it until the cows come home. But it is unanswerable in the sense it can't be successfully refuted, because it rests in the facts, and on the record,—and neither of them lie.

President Roosevelt a Communist! Roosevelt a foe of Democracy? Turn the country over to G. O. P. control, save the country and save the world?

It took only a few words, but WHAT words!

> "I have not sought, I do not seek, I repudiate the support of any advocate of communism or any other alien 'ism', which would, by fair means or foul change our American democracy!"

Why has this country been spared revolution, why has our Democracy so successfully survived the depression, and the upsurge of radicalism which has destroyed or impaired practically all democracies of the world?

> "The answer is found in the record of what we did. Early in the campaign of 1932 I said: 'To meet by reaction that danger of radicalism is to invite disaster. Reaction is no barrier to the radical—it is a challenge, a provocation. The way to meet that danger is to offer a workable program of reconstruction, and the party to offer it is the party with clean hands'. We met the emergency with emergency action. But far more important than that, we went to the roots of the problem, and attacked the cause of the crisis.'
>
> "WE WERE AGAINST REVOLUTION. THEREFORE, WE WAGED WAR AGAINST THOSE CONDITIONS WHICH MAKE REVOLUTIONS—AGAINST THE INEQUALITIES AND RESENTMENTS WHICH BREED THEM. IN AMERICA, IN 1933, THE PEOPLE DID NOT ATTEMPT TO REMEDY WRONGS BY OVERTHROWING THEIR INSTITUTIONS. Americans were made to realize that wrongs could and would be set right within their institutions. WE PROVED THAT DEMOCRACY CAN WORK!"

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. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

DO ADULTS NEED VITAMIN D?

In a recent article (How's Your Rickets, Old Timer?) which dealt mainly with the constipation habit, we expressed the opinion (just Ol' Doc Brady's opinion, but still an opinion) that certain characteristic signs or symptoms of outspoken rickets in infants or young children commonly occur in youths and young adults who get something less than an optimal daily ration of vitamin D. For instance, constipation and flabby muscle tone in stomach, intestine and colon.

Rarely or never is rank rickets diagnosed in adults or even in children over 15 years, but then, remember that appendicitis was rarely or never diagnosed 50 years ago—victims of the disease then succumbed to "inflammation of the bowels" (peritonitis) or what not, and the doctors were not blamed much, for their fees were not large anyway.

I believe the "weak ankles"—pronated feet, potential or functional stage of flatfeet—so frequently seen in children, especially girls, in their early 'teens, and so commonly maltreated with arch props and the like, is essentially a manifestation of rickets and calls for an optimal ration of vitamin D, sunbaths or ultraviolet irradiation from a suitable lamp (over the entire body or as much of the surface as possible), suitable exercise under the supervision of the physician and as a rule medication for the associated anemia. But the condition, in my opinion, is essentially rickets and an optimal daily ration of vitamin D is the cure for rickets.

Because of the striking deformities so often occurring as a result of severe rickets in infancy or early childhood, people generally think of rickets as a bone disease. It is a nutritional disease and affects muscles and nerves and vital organs as much as it does bones. Quite as characteristic of outspoken rickets in children as the typical bony deformities are the associated disorders of the nervous system and the constipation, pot-belly, tympanites or excessive distension with gas or air, and the flabby musculature, especially the poor tone of the muscle of stomach, intestine and colon.

Adults with a rickety alimentary muscle readily acquire the physic habit or dependence on artificial aids of one kind or another—whether pill, bran, oil, enema or whatnot—and less easily overcome the habit than do adults whose nutritional condition is more nearly normal.

Certainly vitamin D is not a laxative. But I believe an optimal ration of vitamin D (which means considerably more vitamin D daily than may be required to prevent outspoken rickets) is indicated in the treatment of the constipation habit. Take it or leave it. It is just another crazy notion of Ol' Doc Brady's. Heaven knows. . . .

Only four or five years ago I declined to recognize the claims made for synthetic vitamin D concentrates (made by ultraviolet irradiation of ergosterol, a component of various foods and of yeast), largely on the ground that such products were outrageously expensive. But today such a concentrate can be had at a price actually lower than the price of good cod liver oil, per thousand units of vitamin D.

But remember, now I recommend an optimal ration of vitamin D by way of a help in correcting a bad habit, not as a cure for constipation and flat feet.

QUESTIONS AND ANSWERS

Sterilization.

Where a woman has had two Caesarian sections would not sterilization be justifiable? If this is recommended by her physician, should the woman or her husband undergo the necessary operation? . . . (S. M. H.)

Answer—Sterilization of a woman is a major operation. Sterilization of a man is a minor operation. If either is to be sterilized, therefore, it should be the man.

Prostatism.

I believe I have the early stage of prostatic obstruction. Is it likely to prove injurious if I eat eggs, cooked or raw? . . . (A. W. R.)

Answer—No.

Food and Health.

1. Is lettuce essential in one's daily diet? Is lettuce a source of vitamins? 2. Have eggs less food value when fried? Are they less digestible than when cooked in other ways? 3. Does peeling potatoes destroy or remove anything of nutritive value? . . . (H. P.)

Answer—1. It is a good plan to eat some lettuce daily; lettuce is an excellent source of vitamins A, B, C and G; it is also rich in calcium, yields alkaline ash. 2. Eggs are most digestible and nutritious cooked the way you prefer; least when taken raw. 3. Peeling removes most of the iron; baked potato skin is both appetizing and nourishing.

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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.

Communications

Credit Goes To Roosevelt

To the Editor:

To witness a national campaign without the issues of sound money, the gold standard, repudiation and inflation, seems odd to an old-timer. These white-hot words have been branded on every party platform, and have burned their imprint on every partisan newspaper, since before the halcyon reign of the great magician, Mark Hanna.

If William J. Bryan could, today, sail his flat boat, labeled "16 to 1," back through the currents of the Stygian river, and note the paucity of these burning issues, the very issues that three times defeated him for president, all dead and buried like his own mortal remains, can you imagine what his reaction would be? To be thus vindicated after forty years he would probably repeat, "Though I die, yet shall I live again."

President Franklin D. Roosevelt has accomplished that which Bryan tried to do forty years ago. He has melted up the golden calf, and has cancelled from the lexicon the words "repudiation" and "inflation," and has guaranteed our deposits in the banks, all of which has been sustained by our supreme court.

And even if all the criticisms of Roosevelt and his administration are true, the voters should be 100 per cent, for his reelection, for the reasons he guaranteed our bank accounts; he stabilized our money and, despite the opposition of the big financial concerns, put it in circulation so the people could live, showing he has more feeling and sympathy for the common people than any president we have had in the last fifty years, or more.

WILLIAM E. PHIPPS.
Medford, Oregon
Sept. 25, 1936.

Abraum is a red ocher used in cabinet-making to give a red color to unseasoned mahogany.

Nevada has a population of less than one to a square mile.

Use Mail Tribune want ads.

Now I Eat Hot Dogs
Upset Stomach Goes in Jiffy with Bell-ans
BELL-ANS FOR INDIGESTION

ELKS RESUME LODGE SESSIONS THURSDAY

Vacation days are over for Medford Elks. Tomorrow night the regular fall and winter lodge season opens and meetings will be held every Thursday night from now on, it was announced today by Exalted Ruler Walter Olmscheid.

Thursday's session is exceptionally important, with business held over for some time to be presented for consideration. Olmscheid urged that all Elks be at the session.

Also, the oldest city and former capital of Finland, had a population in 1925 of 63,918.

NEW YORK Day by Day

by O. O. McIntyre

NEW YORK, Sept. 30.—New York's widely exploited indifference is mainly caution. The fear of being jockeyed into some trickery. The variety of gyppers who have preyed on the metropolites from time immemorial have forced folk to throw up a barrier—cool, austere, forbidding.

But it is only a veneer. Crack the shell and one finds a quality soft, mellow like the yolk of an egg. Newcomers who arrive here for residence are chilled by this lack of warmth and sympathy so often generously gushed to the stranger in the smaller cities.

Yet after a stay newcomers are exercising the same precaution. A defense mechanism that becomes absolutely necessary if they are to survive. Established New Yorkers understand. They know friendships are deep here only after careful soundings. To be wary is to be wise.

Ask a New Yorker an address and as a rule, if he doesn't know, he will shake his head and move on without comment. He has learned such questions are often the opening wedge for some sly bit of thimble-rigging or perhaps something more sinister.

Among the tramp fraternity there's a standard gag about where they will stop when they make for the seashores. The universal inn for them is the "Hotel Underwood"—that is under the boardwalk. Time has steadily increased the hobo hegira to watering places. For years they never went near spas, but somehow they found this sort of beachcombing prolific. People in vacation mood are more responsive to the hard luck story. Then, too, all that is needed is an old bathing suit for the entire season. N. B. I wonder if others think of all tramps as resembling Nat Wills.

Bridge banter on the Normandie, relayed by Clay Morgan: Your wife loses a lot of money at bridge doesn't she? Yes. I do.

I came upon a venerable clock in a gallery the other day that would harken the horological hobbyist. A Tiffany, a century old, and shaped like the top of a grandfather clock. It booms the hour in exactly the timbre of Big Ben and with clarion zoom. On the quarter hour it sounds the Westminster chimes. It is a product of candle-lit days and at the side is a little cord to be pulled out that makes it strike the nearest hour in the dark. Clock collecting seems a rather drab pursuit, yet it fascinates many worldly men. Will Hogg collected banjo clocks. Gelett Burgess has a half dozen clocks in every room. Dean Aylesworth goes in for grandfather clocks. And there's Bob Hague's collection of watches and clocks, one of the largest in the world. There's a melancholy swing about the rhythmic tick-tock of clocks that has an appeal. Napoleon at St. Helena said he longed more than anything else for a favorite clock from Malmaison.

The increased intermingling of the Occident and Orient is stressed along the avenue, in Central Park and on the bus tops. Heads used to turn at a Chinese or Japanese with an American girl, or vice versa, but now it's quite usual. Many town beaux consider it wacky to squire an Occidental to "No 21" or The Colony. It makes their showoffry more conspicuous. Anna May Wong is a target for such a rush of gallantry when she comes to town. All the cuff shooting boys are in ambush to dance attendance upon her.

Cole Porter, the Peru, Ind., boy who made good in New York, London and Hollywood, is the most civilized of the Broadway playwrights and the most detached. For years he lived in a Paris suburb and in New York clings to the Waldorf and Park avenue. A sad-eyed scamp with a wry sense of humor and a few touches authentically Caesarish, producers must come to him. He will have no truck with conference rigamarole. When set to write a play he shoves off for the South Seas or North Cape and returns with it so completely finished he will not permit a single change. He thinks he knows his business and box offices back him up.

I have wondered if those freshly scrubbed jerkins, sitting so prim and starchy in Central Park band concert nights, have the fun we used to have in our public square on band night. Cartwheeling, leap-frogging and otherwise showing off during Sousa's "Manhattan Beach." For the hour we were Kings of Boyville, happier, no doubt, than any of us shall ever be again, boo, hoo!

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Join
ETHELWYN B HOFFMANN'S
Hosiery Club.
Every 13th pair free.

Fra Bartolemmeo was one of the most distinguished masters of the Florentine school of painting.

Bas-relief is a form of sculpture in which objects pictured project from the surface of the broader material.

Flight 'o Time

Medford and Jackson County history from the files of the Mail Tribune 10 and 20 years ago.

TEN YEARS AGO TODAY
September 30, 1926.
(It was Thursday.)

Frederick Steiwer, Republican candidate for U. S. senate, pays visit to city.

Climax near in Aimee Semple McPherson kidnaping hoax investigation.

Turkeys reported stolen from Mrs. Tom Wright of the Table Rock district return to home roost.

Stop signs placed at all leading intersections, and autoists who fail to heed them face arrest.

Season closed at Crater lake and workers return to this city.

Adventist academy is opened with good attendance.

TWENTY YEARS AGO TODAY
September 30, 1916.
(It was Saturday.)

Wall Street comes out in open for election of G.O.P. nominee Hughes.

Douglas Fairbanks in 'Reggie Mixes In" at the Page; "Ah There, Mabel!" at the Star.

Mr. and Mrs. John J. Wilkinson leave on auto trip to Klamath county.

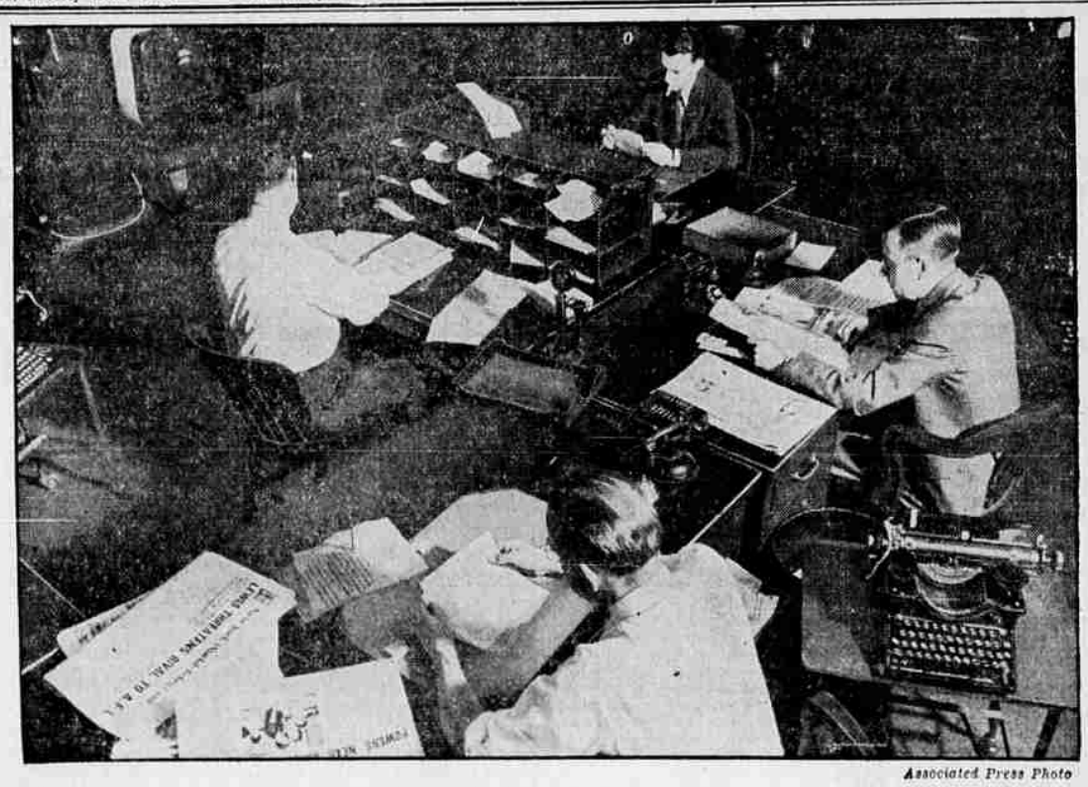
Weldon Biddle is spending a few days duck hunting in Klamath county.

Medford women are receiving the following tearful appeal from Mrs. O. H. P. Belmont, who, with Miss Anna Morgan, Mrs. Guggenheim, Mrs. Vanderbilt and other women of New York's 400, is aiding Wall Street's campaign to defeat President Wilson and elect Hughes:

"I appeal to you to help raise the $500,000 which is our goal."

FOR PERSONAL LOANS OF ALL KINDS. W. E. Thomas, 45 S. Central.

The Morning After Taking Carter's Little Liver Pills



Associated Press Photo

This general news desk in New York is the nerve center of the vast Associated Press System.

No Single Newspaper could do this Job

No single newspaper could maintain the enormous, worldwide news-gathering system of The Associated Press.

The cost would be prohibitive.

It is only possible through the cooperative effort of the 1,350 member newspapers which are The Associated Press.

All want the news of the world quickly, and uncolored by any personal views.

Through The Associated Press they spend millions of dollars yearly to bring an unpartisan picture of the world to their readers.

Some 80,000 individuals, directly or indirectly, in all parts of the world, collect, verify and distribute the news which appears under the credit-line "By The Associated Press."

That credit line is assurance that stringent precautions have been taken to be certain the facts are accurate, the news unbiased.

The Associated Press Reports the News of the World

DAILY FOR
Medford Mail Tribune