

MEDFORD MAIL TRIBUNE

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MEMBER OF THE ADVERTISING REPRESENTATIVES.

EDUCATIONAL ASSOCIATION.

Ye Smudge Pot. By Arthur Perry.

Upstate is stirred by the move to name a Seattle, Wash., electrical wizard as administrator of Bonneville Dam power.

The first lady of the land has been engaged to write articles for a Hollywood film concern. The heroine will be colossal, and will not vote to knock the bread out of the "Porgotten Man's" mouth in the approaching election.

An 85-year-old Corvallis woman has written a poem, entitled "Confusion," and dealing with the current unhappy state of men and affairs. It appears the world is in worse shape than generally realized when a woman 85 years old is moved to write a poem about it.

"WANTED"—Experienced mountain man. Must be familiar in mixing all drinks. Apply Chico Creamery, 4518 3rd St. Tel. 277. (Chico (Calif.) Enterprise)—But don't get fresh!

A number of Pacific Coast communities are discussing plans for the handling of agitators. Would it be too much to expect a chronic agitator to behave himself, however personally painfully.

Republicans have started registering Democratic hereabouts, to vote for Gov. Martin in the spring primary, and save Oregon democracy from itself. This pro-tem straying from normalcy will not be held against them, in case they come up for postmaster in 1941.

PRESTO!—THEN PRONTO! (Sommer Bar (Calif.) Item) "Prof. Dan Spears done took himself to the sea-side breeze for a trip. He saw a stop light in Eureka, the Paige car balked and the rear end dropped out. Right there he traded the Paige for a Nash Convertible DeLuxe Coupe, pigeon-blue, with a mother-in-law seat in the back."

Vengeance at the polls is threatened senators who oppose the President's court pack plan. He who rides in on the coat-tails, departeth on the toe of the Presidential boot.

A lady speedster charged with driving "like the devil" did not. She drove like Mrs. Devil.

Newspaper photographers of Portland are wonderful. Fifteen fully manned warships are anchored in the Willamette, and to date the leishmen have snapped the picture of no homely sailor.

"The gay young man, who owns a \$20,000 airplane, a \$17,000 automobile, a \$17,000 yacht and an \$8000 speedboat, could not be reached immediately for comment."—(Press Dispatch)—Wherever he is, he's not hitch-hiking.

The softball team of H. Flewber, the demon baker was quashed, 21 to 5, and is not eating enough of their sponsor's bread.

The CIO, has received a "set-back" which amounts to the "set-back" of the "sit-down." A call to stand-up for their rights is in order.

Jack-rabbits are reported more plentiful in some rural areas, than if pulled out of a plug hat by a New Deal dreamer.

The per capita consumption of cooking whiskey last year, amounted to 3.9 gallons per person. The statistics do not reveal what number drank their per capita Saturday afternoon, and started going places Saturday night in an auto.

A Word to the Wise

BECAUSE a tragedy has been averted is no reason for neglecting the conditions, that threatened to produce it. A few days ago there was a fire at the Rogue River Valley Cannery. The damage was slight, no one was hurt.

But the damage might have been great, and many hurt,—perhaps some killed. The reason?—scores of men, women and children, milling around the blaze where they had no right to be.

They not only interfered with efficient fire fighting, they risked their lives. Had one of those blazing power poles crashed, scores in the crowd could never have escaped. A live wire on water soaked ground spells "sudden death!"

SEVERAL times in the past this paper has warned local citizens to keep a safe distance from fires,—not only from the standpoint of their own safety, but so they can help the fire boys, not hinder them.

But there is something about a fire, that attracts the human animal, old or young, as a bright light does a moth. We are convinced something more than warnings and appeals is needed to control this elemental instinct.

So we have a suggestion to make. Enlarge the size of the volunteer fire division, so that when a serious fire breaks out a certain number of them can be used to maintain the fire lines,—keep the crowd back,—while the others aid the regular fire department.

Either this or have a volunteer police department that could act in the same capacity, in case of emergency.

We see trouble ahead, if something isn't done. And the time to do it, is before the tragedy occurs, not AFTER!

Come, Come, Cheer Up!

WELL, let's have some pleasant news for a change! Here is the latest report of one of the best known investment advisor houses in the country:

"Business is booming! Don't be fooled by newspaper headlines — newspaper readers demand that the spectacular be played up. Forget the strike news for a minute and look at the facts.

"1. Farmers will average \$24,000,000 more per week this year than last—a 9 billion dollar income—15% ahead of last year—best since 1929.

"2. Factory workers will make \$50,000,000 more per week this year than last—an eleven billion income, 30% ahead of last year,—best since 1929.

"3. Dividend checks will be about \$10,000,000 per week greater than last year—over a four billion dollar income, 13% ahead of 1936—best since 1931.

"These three facts add up to GOOD RETAIL TRADE THIS FALL!"

BUSINESS may be slow now. But don't let that scare you. It's merely the normal summer recession. Don't look at the headlines, look at fundamentals.

This is going to be one of the best falls, American business has ever known. 1938 is bound to be materially better than 1937—which in all the essentials, hasn't been bad. Forget the strike and war scare news. Look at the FACTS!

YES, we realize this is just another "blurb" the purpose of which is to sell stocks and bonds, and expert financial advice.

But discounting the claims a liberal percentage and the results add up to something, that conservatively speaking, justifies a more cheerful and optimistic attitude toward the future, than is prevalent hereabouts.

Good times, like bad times, are largely psychological. We are not advising anyone to buy stocks or sell them. Far from it. We are advising them to look at the bright side of the national picture for a change, and stop staring at the dark.

There is too much pessimism,—and in our judgment unwarranted pessimism—around and about. So cheer up boys and girls. When the fundamentals in this country are sound, the best is yet to come, NOT the worst!

A Friend In Need

WE are glad to see "Cactus Jack" has returned to Washington. Under present circumstances he is very much needed there.

The mercury is high in Washington. So are the assorted and assembled tempers. Things have been rapidly approaching the boiling point. And when the human animal is boiling within as well as without a complete blow-up is not far distant.

The Vice-President may not have such a high intelligence quotient, but he has a very low boiling point. It takes a lot of heat units, thermal or temperamental, to jar his safety valve, impair his common sense or destroy his good humor.

Moreover he has had several weeks change and rest. He is in excellent condition to "take it."

Our prediction is, he will, not only "take it" without ruffling one eyebrow but give it, straight from the shoulder, and with interest.

AND that will do everyone good, particularly his chief. A barrel of salt is too much of a good thing, but a pinch of salt often saves the dish.

We wouldn't care to see an administration full of Cactus Jacks, but one of them, may save the situation at the national capital, as far as the immediate present is concerned.

Of course we may be overly optimistic. But we have a hunch, that as a result of the Vice-President's arrival on the scene, after a long breathing spell away from it, the White House is going to be a cooler and pleasanter place, than the new air cooling system has been able to make it.

It's all speculative, of course. But Napoleon lost because Blucher wasn't late. Perhaps history will record a certain political Napoleon won—a victory over himself,—because his Texas team mate arrived on time.

Never wash berries until it is time to use them. This added moisture is likely to cause a mold to form even when the berries are stored in the refrigerator. Berries should be loosely sprinkled over a strainer of coarser and stored in a very cold place to prevent mold. For extra pro-

tection, add one-third cup sugar to each quart of berries and bail five minutes. This sauce will keep a long time. Closing time for Too Late to Classify Ads is 1:30 p. m. Use Mail Tribune want ads.

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, Calif.

WHAT OUR REFINED FOOD LACKS.

That the diet of modern civilized man lacks something essential for optimal nutrition seems to be the belief of physiologists, nutritionists, chemists, dentists and some physicians. There are still a few physicians, however, men who have achieved more or less eminence in the profession by up-setting various traditions and establishing new concepts, occupying their hours between calls by writing blasts against the "vitamin craze" or the "mineral deficiency fallacy," and offer as warrant for their objection to these newfangled notions the confession that practitioners of their class rarely diagnose conditions made by physiologists, chemists, biologists and physicists of standing. One must beware of the plausible vagaries of self-constituted "dietitians," "food specialists" and other apostles of freak dieting.

Who cares how many elements are essential for good nutrition or how much of each element the body requires from day to day? The human body is not a mere machine, but a vital organism infinitely more efficient than any machine. It does not require fuel of a particular kind or quality but is capable of adapting itself to a wide range of fuel materials without impairment of function.

In due course lists of foods which are good sources of calcium, phosphorus and other elements will be given. Here it is important to state that an adequate intake of vitamin D is quite as essential as calcium since the absorption or assimilation and utilization of calcium in the body is controlled by vitamin D. Vitamin D also controls the phosphorus metabolism and maintains the normal balance between the two elements in the blood stream, the bones, the teeth, the nerves and other tissues. The only natural foods containing significant amounts of vitamin D are salmon and some other sea fish, fresh or canned, egg yolk, milk, cream and butter. Fish liver oils are not natural foods of civilized man. These sources, even if the diet is unusually well planned, cannot be depended on to furnish enough vitamin D for the infant or growing child, and hence it is generally advisable to give a supplementary daily ration of vitamin D in one form or another to every infant or young child. The action of ultra-violet light on the naked skin, sunlight or light from a carbon arc lamp or a mercury vapor quartz lamp produces vitamin D in the body, and the more the skin is exposed to such irradiation the less the individual needs the supplementary feeding with vitamin D. There is now good ground for the opinion that if the vitamin D supply is adequate the calcium-phosphorus metabolism will be good even though the diet is poor in calcium or phosphorus or both.

QUESTIONS AND ANSWERS. Dozing. What will keep a person awake? Coffee soon loses its effect when I take it regularly. No matter how good a night's sleep I get, I fall asleep when I try to study.—S. C. Answer—Ground for your opinion is now good ground for the opinion that if the vitamin D supply is adequate the calcium-phosphorus metabolism will be good even though the diet is poor in calcium or phosphorus or both.

Calories for Fat. Please tell me the caloric value of the following food items: I am trying to keep my intake within 1800 calories a day, which I understand is sufficient for maintaining normal health, but low enough to bring about some reduction.—Miss D. T. M. Answer—Dried prunes 370 calories in the pound; raisins, 1905; dried apricots, 1290; figs 1475; dates, 1615; graham crackers, 1955; saltines 2005; soda crackers, 1925; awieback, 1970; white bread, 1205; gluten bread, 1210; rye bread 1180; whole wheat bread, 1140; brown bread, 1050; potato, 440. Send ten cents coin and stamped envelope bearing your address, for booklet "Design for Dwindling."

Sodium. I am low in sodium, but cannot seem to eat enough sodium bearing foods to build up the sodium content. Am taking calcium lactate. Is there any chemical I can take to increase the sodium in my blood and tissues? What foods are richest in sodium?—Mrs. G. B. Answer—I wonder how in the world you arrive at the conclusion that you get insufficient sodium? I know of no chemical that would supply sodium, other than common salt, and it is not advisable to take more salt than the sodium in milk, fish and eggs. I advise you not to monkey with your sodium metabolism but to leave such abstruse nutritional problems entirely to your physician's judgment. (Copyright, 1937, 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.

NEW YORK Day by Day

by O. O. McIntyre

NEW YORK, July 22.—Not many public gifts have been bestowed so unostentatiously as that of the \$20,000,000 art collection of Mrs. S. Bache, the banker, gave to the city recently.

Tossing in his 5th avenue home for a museum to house it a n d providing endowment for maintenance. Bache had his lawyer announce the donation several hours after he was at the high seas, headed for Europe to visit his daughter, Mrs. Gilbert Miller. The collection is one of the finest private selections in the world, comparable to those of Mellon and Widener.

The donor, a roly-poly worlding with precise moustache and monocle clapped in eye, is look-alike Joe E. Phillips Oppenheim. At 78 he is a lively patron of the arts, accomplished bon vivant and a striking figure at important frat nights. Recently he was headlined as a tax evasioneer.

For years the banker has been a citizen of the world, maintaining fully staffed establishments in London, Paris, New York and Palm Beach. His select and private dinners are models for gourmets. He has, as much as any man of his time, enjoyed life to the fullest.

Interlude: I popped in on my dentist, Guy Campbell, again yesterday. We agreed as I settled in the chair that it was a wonderfully fine day.

MANY NEVER SUSPECT CAUSE OF BACKACHES

This Old Treatment Often Brings Happy Relief

Many sufferers follow nagging backache quickly, none they discover that the real cause of their trouble may be tired kidneys. The kidneys are Nature's chief way of taking the excess acids and waste out of the blood. Most people pass about 3 pints a day or about 3 quarts of waste.

Request or weary passages with smarting and burning shows there may be something wrong with your kidneys or bladder. An excess of acids in your blood, when due to functional kidney disorders, may be the cause of nagging backache, rheumatism, neuralgia, leg pain, loss of food and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness. Don't wait! Ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They are sold by all druggists and will help the 15 million of kidney troubles that afflict our people every year. Write for Doan's Pills.

so fine indeed that he decided to yank one of the few remaining stumps. I came up bleeding and complaining! "I don't have any fun any more — but we continued to agree it was a wonderfully fine day.

They were talking of the wonders at world fairs, especially the Columbian Exposition at Chicago. All in the discussion were around my age and most of them recalled artistic touches of architecture, marvelous grand planning and exquisite dome mosaics. Which more than ever impressed me with the utter worthlessness of my mind. The only thing that impressed itself upon me indelibly at the Chicago fair was a horse made of prunes.

To all of the philosophy I heard during boyhood, that which clings more firmly to my mind was uttered by a Silly Joe who, talking to himself, muttered, "I get all I want to eat without work and still they call me crazy."

I have just seen a circular letter from one of the civic organizations touching on the subject of Communism. It is—to use the deb's over-worked word—"definitely" an alarmist's epistle. It says Hitlerism and Fascism, whatever their faults, were organized to combat the Moscow menace. That Franco's battle in Spain is simply the honest people fighting the Red influence. And that Trotsky is now at our border for a purpose—and finally it's time for the boys here to come down out of the hills with their squirrel guns. All very depressing on a sunny day. Most of us are more unselfish than

We think. An excitable fellow at times—O, well it was this winter if you must know—flared up the other day and shrieked something that lacked courtesy to a fair and lovely lady visitor. Both of us were immediately miserable about it. I slept badly two nights. Today I thought of sending flowers and did. But an honest analyzing flushes out the truth—that the gift wasn't so much to help the lady as to relieve my own state of discomfiture.

One of the cartoonists has a variant of the "Keep Smiling" sign in his studio. It reads "Don't Get Sore." I abhor grinners, so I like the new note. I lived more than half my life before I learned the value of silence under every attack, no matter how unfair. Retaliation gets nowhere. If one has been unjustly maligned, the time will do more to rectify the error than insulting denials and far more effectively and convincingly. One has only to wait.

Thingumabobs: Richard Watts, Jr. and George Jean Nathan have become cronie among the critics. Walter Chrysler, Jr. is reputedly the backer of several intimate and exclusive restaurants. Richard Bennett was once a pants maker in Logansport, Ind. (Copyright, 1937, McNaught Syndicate, Inc.)

Comment on the Day's News

BY FRANK JENKINS

YOU'VE wondered, perhaps, why two Soviet planes have flown over the pole to the United States. It doesn't look like a feasible commercial route, and besides there is little travel from this country to Russia.

This dispatch from Moscow contains a possible answer to the problem: "The communist party newspaper Pravda warned Soviet Russia's enemies today (Thursday) that their capitals lie within easy range of Soviet war planes."

TWO Russian planes in succession can fly from Moscow to the United States. It seems reasonable that MANY PLANES can fly from Moscow to Tokyo and Berlin—which, as international affairs now stand, are as enemies of Soviet Russia.

A POLL of the senate, following the death, indicates votes about evenly divided on the president's scheme to pack the membership of the supreme court, with a possibility that the opponents may be one vote ahead. Yet, in the face of this situation, President Roosevelt demands that the bill be pushed through.

Why? Well, the answer is rather simple. If the president loses the court fight his hold on congress will be broken. Members will say: "Roosevelt ISN'T INVINCIBLE. If he can be beaten on the court fight, he can be beaten on other issues."

The success of the New Deal depends upon keeping congress a RUBBER STAMP congress. It must be kept in sufficient awe of the White House to OK everything the White House wants.

That is why the court fight must go on.

SPEAKING further of foreign affairs, this dispatch from Tokyo is interesting: "Japan is determined to force China to her knees, as she did in 1932, and effect a settlement of the North China controversy, which has reached a state of undeclared war that will be satisfactory to the 'national welfare and dignity' of Nippon."

FORCING this settlement involves taking away from China territory that is China's, but which Japan wants. That is all there is to it. The question of justice doesn't enter in at all. The only question that is involved is whose right arm is the stronger.

That is the way nations act.

Under a pile of dirty rags whereon Beggar Raymond Grant of Paris, France, was found dead, police discovered \$15,000 in stocks and bonds. Use Mail Tribune want ads

Flight 'o Time

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

TEN YEARS AGO TODAY (It was Wednesday) July 22, 1927

Jack Sharkey favored to defeat Jack Dempsey in heavyweight championship fight at New York tomorrow.

Damage to the Ray Gold dam caused by high water last spring has been repaired.

Leon Fornbrook has been assigned as traffic director at Main and Riverside avenue and local motorists will have to obey his signals or face arrest.

George Gates, operated upon at Portland for a goiter, makes rapid recovery and will be home soon.

Health conditions in city are reported excellent with little sickness. Medford citizens agree means should be taken to "tell the world about Medford water." C. E. (Pop) Gates favors a slogan in electric signs on Main street.

Twenty Years Ago Today (It was Saturday) July 22, 1917

Senate passes food control bill guaranteeing farmers \$2 per bushel minimum for wheat.

Premier Lykoff of Russia resigns and is succeeded by Kerensky. Internal strife in nation rampant, reports say.

Siskiyoun unit of Pacific highway will be macadamized.

John A. Perl decided to plead guilty

to operating a hose without a nozzle, and changes his mind about going to jail before paying a fine. Time to spray for coding month.

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MEDFORD Jackson County Fairgrounds ONE DAY ONLY TUES., JULY 27 29. TOPS IN ALL BUT PRICE. NEVER A SHOW SO GREAT—SO GOOD—AT PRICES SO AMAZINGLY LOW. RUSSELL BROS. CIRCUS. WONDERS OF THE WORLD OF WHITE TOPS AT THEIR THRILLING BEST. GAY GLORIOUS GLITTERING. HUNDREDS OF PEOPLE. SCORES OF FINE HORSES. DOZENS OF FUNNY CLOWNS. TONS OF GREAT ELEPHANTS. ACRES OF WEATHERPROOF TEXTS. MAMMOTH FREE MENAGERIE. THRILLING WILD WEST—MUSEUM. 2 P. M.—TWICE DAILY—8 P. M. DOORS OPENING AT 1 AND 7 P. M. GREATEST CIRCUS ON EARTH FOR THE PRICE.

Now is the Time to Remodel-Modernize Or Repair on our Installation Note Purchase Plan 24 MONTHS TO PAY. TIMBER PRODUCTS COMPANY. MEDFORD OREGON. PHONE 7. End of N. Central.

FEMALE COMPLAINTS. Be relieved at once by our herbal remedy, tried and tested over thousands of years. Chinese herbs will give you relief—no matter what you are afflicted with—you owe it to yourself to use this opportunity to regain your health. Chan's herbs have restored health to thousands of people—Why not you? Do you have Gas, Constipation, Stomach Trouble, Rheumatism, Hay Fever, Prostate Trouble, Ucers, Children's Bed Wetting, Gout, Stomach Run Down, Chronic Sinus, Blood Pressure, Influenza, Female Trouble, Piles, Chronic Cough, High Blood Pressure, Arthritis, Cystitis, Nervousness, Appendicitis, Gonorrhea, Eczema, Heart, Liver, Obdurate Kidneys, Lungs, Blood, Urinary Disorders. Free consultation. Open 10 to 6 P. M. CHAN & CHAN. Sat. 11:30 P. M. Tues.-Thurs. 10-12 A. M. 235 E. Main Chinese Med. Co. Closed Sun.