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Ye Smudge Pot

By ARTHUR PERRY

It seems in stricken, bleeding France, now crushed but unconquered, 'neath the heel of Nazi tyranny, the 6-hour day for building instruments of war, was no match for the 24-hour battle.

Repeat of the Knox Liquor Control Act is sought in the November election.

A LADY SPEAKS UP (Woodlawn, Cal., Democrat)

"Editor—I am surely disgusted with a lot of Woodland people who talk too much. They delight in spreading rumors that officers talk to me as untruth. Why talk when you don't know what you are talking about. If you ask me, a lot of our people should learn some politeness and get wise to themselves. Don't gossip!—Mrs. J. L. T.

One Oregon congressman voted for the bill providing for deportation of Harry Bridges of Australian and Coast labor turn-moiler. Another voted 'No' and the other fearlessly faced the issue, by not voting at all.

The corn in the valley is coming along fine, and some is up almost as high as a vacant lot weed.

The proposal to make America an "asylum for European refugees" meets with disapproval, in some quarters on the grounds, it is already too much of an asylum.

WHY JUNE BRIDES SCREAM (Wheaton, Ill., Journal)

"In the recipe for baked stuffed tomatoes which appeared in yesterday's Journal it should have read 2 tablespoons of butter, not 3 pounds of butter. Cooking time for the onion and butter before adding the other ingredients is 5 minutes, not 55 minutes."

"The bridesmaid wore ocean green marquisette fashioned along princess lines."—(Society Item). Signs of a hungry linotype.

The President has named two Republicans to cabinet posts—secretary of war, and secretary of the navy. Outside of making both Republicans and Democrats mad, the appointments were meritorious, both know something about their jobs, and neither are pacifists.

"The motor industry may be so busy making war supplies that it will have to omit new models for a year or so. If you are asked to do without improved cigar-lighters and door handles, just remember Valley Forge."—(The New Yorker). And don't flinch or whine!

THOSE GENERAL MORTICIANS "Messrs. Charles H. Liphart and D. E. Hüntinger, two of the best known funeral directors in this city, have formed a partnership and purchased the undertaking business of Knoblock Bros. and will conduct it at No. 127 North Main Street.

"Judging from present appearances the outlook in this vicinity for a good all round yield of crops is good."—(South Bend Tribune).

Closing time for Too Late to Classify Ads is 3:30 p. m.

Use Mail Tribune want ads.

Editorial Correspondence

Rockford, Ill., June 19.—Perhaps we owe the Chicago Tribune an apology. WE ACCUSED it the other day of never being right politically. Never is probably a big order, and before being certain, one also should define the term "right."

Which is rather a roundabout way of saying that we understand at last the sort of talk one hears up and down Main Street, regarding Roosevelt and the war. The trouble was we heard the talk before we got a line on the Tribune's editorial policy.

Yes, believe it or not, the Tribune day after day is accusing the President of being, we quote, "in a large measure responsible for the French defeat, seizing every opportunity to lead the French people to believe they would secure American support."

This is also true of England. According to the Tribune, England would no doubt sue for peace today if it did not believe the United States would come to its aid before it could suffer defeat, etc., etc.

And we also must take back some of the aspersions we cast on the Illinois climate,—for today is one of those June days one writes poetry about. The first thunderstorm didn't clear the atmosphere yesterday, but the third one did, about 9 o'clock last night. Well, today everything is washed clean, the sky a deep blue, the sun brighter than a new silver dollar, and the air like cool Rhine wine and selzer.

As a result, upon arising this a. m., we felt ALMOST human, and after a hearty breakfast decided to walk across the river via the Harlem bridge, and see an old friend who in the good old days lived a few houses up on Main Street, but now lives in a grove of woods on a hill, where,—also in the good old days,—we gathered hickory nuts. He has a comfortable, but unpretentious home in the center of 20 acres of woodland, with a muddy creek running along the winding driveway, trees, flowers and green grass in great profusion all about. In ten minutes or so he can motor to his office, and yet he is as out of the world as if he were living on upper Butte Creek,—no one within sight or sound of him, unless he wants them to be. Smart man. There have been other smart men. (Which is the reason Rockford has lost a couple of thousand in population since 1930!)

There is something a trifle obscene about the situation in Europe at the present moment. That picture in the morning paper, for example, of Hitler and Il Duce riding in triumph through the streets of Munich. We grant the former has some cause to gloat, but what has Mussolini done to throw out his chest, jangle his medals, and have something to say about the fate of a civilized nation like France!

We have yet to find an old friend here, who, when learning we are bound for the Republican convention, doesn't immediately remark: "Well, we don't care who you nominate down there as long as he can beat this man ROOSEVELT!"

Had a chat with a local manufacturer,—very successful and very smart,—who has a branch office in Germany,—has had for 25 or 30 years. He has a new slant on why the German war machine is so effective,—PHYSICAL CONDITION.

In the past ten years he has visited Germany three times, and each time was struck by the number of young men stripped to the waist, drilling and marching and exercising all over the place. Each visit he also spent some time in England and France, and was struck by the evidences of poor physical condition, particularly among the younger men, so many he thought looked anemic and under nourished. "I don't care what the equipment may be," said he, "or the generalship. Put a hundred young men in perfect physical condition against the same number below par, and the former will come out on top."

We could hardly go along this Bernard MacFadden route as far as that, but no doubt physical training for the past decade has had a great deal to do with the effectiveness of the German troops.

Can't find anyone on Main Street in favor of Wendell Willkie for the Republican nomination. The unanimous verdict is no light and power magnate could ever beat Roosevelt. This is correct enough, according to time honored political tradition, but isn't it barely possible the people of the country are a bit weary of the old political taboos, and want some NEW ones?

Moreover, we still maintain the nominee won't be Roosevelt!

Our farmer member of the family on our arrival bemoaned the fact the country needed rain badly. Everything looked so vividly green we couldn't quite make that out. Yesterday, as before noted, it rained two inches in a little over 12 hours. To day the same party declares her corn and barley crops are probably ruined,—all washed out! In the fall, however, if the Republican party wins, she will put her profits in a new Packard, no doubt!—R.W.R.

THE CAPITAL PARADE

By JOSEPH ALSOP and ROBERT KINTNER

Released by the North American Newspaper Alliance, Inc.

Washington, June 21.—According to well informed sources, the president used a simple argument to persuade Frank Knox and Henry L. Stimson, both Republicans, to join his cabinet. It was, in effect, that, as distinguished supporters of the White House foreign and defense policies, at a time when every aid must be given the allies to encourage their resistance it was his patriotic duty to become secretary of navy and war.

The president feels strongly that the next few months will bring the greatest crisis in this country's history. The country, he has told his cabinet repeatedly, must redouble its aid to the allies in every manner short of our entrance into war. Only in that way can the British morale be maintained against the superior

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 numbers 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.

WHAT AND WHY IS DIABETES

In his famous "Book for Us Diabetics" which I have often recommended as the best manual or guide for one with diabetes, especially for one of limited means, Dr. Duffie, is one who is starving for sugar while his blood is full of it. . . . sugar piles up in the diabetic's blood, because for some reason his tissues cannot make use of the sugar after he gets it. It might be said that his blood-sugar rides 'round and 'round on the delivery wagon instead of being delivered. (Bold by Brady).

In a health individual, glucose, the product of the digestion of carbohydrate (any form of starch or sugar), is carried in the portal blood from stomach and intestine to the liver, there to be stored as glycogen, although some glycogen is stored also in the muscles of the body. If need for energy is urgent of course some of the glucose (blood-sugar) may be oxidized or burned immediately to provide the heat or energy required. Physiologists believe glucose is also a normal product of metabolism or digestion of protein (nitrogenous material) and, to a lesser extent, of fat, and this glucose is subject to the same conditions of utilization and storage as is the glucose from carbohydrate material.

Here, for the sake of clear understanding, it is well to remember that every individual has a minimum daily requirement for protein, fat carbohydrate (starch and sugar), vitamins and minerals, to maintain normal body heat, energy, growth and repair of the wear and tear of ordinary life. Deficiency of any of the five essentials, either shortage in the diet or faulty assimilation or utilization or retention, as of calcium or phosphorus or one or more of the vitamins, is inevitably detrimental to these processes.

One who has diabetes is not unable to utilize starch or sugar but merely lacks the capacity to utilize such food in sufficient quantity to fulfill his daily requirement. The proper regulation of his diet does not therefore

mean that he must or should attempt to avoid starch and sugar altogether; on the contrary it means that he must take all the starch and sugar limited capacity can tolerate. Of course the amount of such food the patient should have daily can be determined only by tests of his carbohydrate tolerance made by his physician. Any attempt to prescribe a diet for one with diabetes, without some such test of tolerance, is guesswork.

The old-timers tried to eliminate starches and sugars from the diet of the diabetes patient. Physicians today strive to give diabetes patients all the starch and sugar the patient can utilize, with or without the aid of insulin. Dr. Duffie informs me that in the next edition he expects to advocate more carbohydrate in the diet.

The old-timers regarded diabetes as an organic disease. Doctors now think of it as a functional nutritional disorder. If the fasting patient's blood contains 0.14% or more sugar, or 0.10% or more sugar after a meal, then if sugar is present in the urine the patient has diabetes. Mere presence of sugar in the urine, without regard to the amount of sugar in the blood, does not necessarily indicate diabetes.

QUESTIONS AND ANSWERS
Loose Cartilage
Noticed your advice on floating cartilage. Three years ago my knee went out every little while, and several times I fell down flights of stairs. Doctor said it was floating cartilage and operation was only cure. I consulted another doctor who put the knee in a splint for six weeks, kept me off the leg entirely for three weeks, gave me diathermy once a week. Have never had any further trouble with the knee. (Miss E. M. S.)

Ans.—Thank you. A suitable brace or splint and other conservative measures should be tried for a reasonable time in any such case. Surgery should be resorted to only when such measures fail to remedy the trouble.
Lodin Nation
In a list of monographs available to readers I did not find the Lodin Nation mentioned. How can one obtain it? (E. M.)

Ans.—Send a stamped envelope bearing your address and ask for monograph "Instructions for Taking an Iodin Nation."
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.

In The Day's News

By FRANK JENKINS
A SNOW-WHITE plane carries the French envoys to an undisclosed meeting place behind the German lines to receive the German terms of peace.

In these days of war on an unbelievably vast scale, a mere white flag would be utterly lost. STILL no word as to what the terms will be, but they are expected to be harsh.

From Berlin comes a tale to the effect that in some manner the French have obtained a preview of them and are so appalled by the prospect that they have decided to remove their government to Africa and carry on the fight from there.

Germany, of course, is in no hurry to announce the terms, and is using the present period of uncertain waiting to destroy what is left of French resistance.

and of Nazi motorcycle troops scouring the countryside in search of needed gasoline supplies. Don't jump to unwarranted conclusions. Even if this is true, the German war machines may merely be too far ahead of their supply services.

BUCHAREST (Rumania) says Russia is moving troops from the Bessarabian (Rumanian-Russian) frontier to the German-Russian border, and Germany is said to be sending motorized forces to East Prussia, opposite the little Baltic states Russia has occupied. No comment from Berlin or Moscow.

After his Finnish fizzle, it's hard to imagine Stalin attacking Germany.

THE British, French and Japanese are reported to be definitely settled and France has agreed to stop shipment of war supplies from Indo-China to China.

Japan is being eagerly courted by both sides, and poor old China has been abandoned by everybody.

AT THE National Capitol WITH John W. Kelly CONTINUED FROM PAGE ONE

bankers and the government officials who look after such affairs.

ENGLAND could be receiving 500 planes every day, at this moment, had the purchasing mission used its head. England knew through its intelligence service (the same as the United States), of the air armaments Germany had available.

This threat from the air did not disturb the purchasing mission one whit. They contemplated a long war, one of several years, and were in no hurry to build up the royal air force. Last December the mission received a proposal that 500 planes would be delivered daily if the mission would finance expansion of plants and 24-hour operation.

In six months (which means June), mass production would be at the 500 rate. The offer was rejected, and that is one of the reasons why the United States has been disposing of its navy and army planes, an aid which would not have been necessary had the mission had energy instead of lethargy.

France, also, was indifferent to planes, but spent 22 billion dollars on the Maginot line, which wasn't worth a nickel when Hitler did a forward pass and a flying wedge. Half the money spent on the Maginot line, if used for planes, might have told a different story.

ONLY whispered is the assertion that Hitler is deliberately starving two million people in Poland. They are all doomed to death of the coming winter. It is his way of getting rid of people in an area American Red Cross knows of this planned wholesale death by starvation, but is helpless. Not even the \$8 million dollars congress has voted for relief of refugees will do those in Poland any good. Red Cross cannot get food to the doomed people as it will never reach them—its supplies will be confiscated and probably used to feed the German troops.

The more people who are disposed of in invaded countries, the fewer German troops will be required to police the survivors and keep down revolt. Horrible as this report sounds and improbable, it is touched for by officials.

GOVERNMENT undercover agents are worried about the situation in Mexico, where they have been browsing around for several months. According to their reports, thousands of German tourists have been filtering into Mexico; young, busy lacking the type of the average tourist. Assurances made by Mexican officials that only a few hundred Germans have entered in recent months fail to convince businessmen in several towns on the north side of the border. Certain of these businessmen have come to Washington within the past week seeking for protection against trouble which they are convinced is inevitable.

DIPLOMATS of Latin America are frightened over "fifth column" activities. They apprehend that German bands (organized, uniformed, armed) will appeal to Hitler to come over and protect their rights, which was the excuse for invading Poland.

When Uruguay ordered bandits arrested, the German minister went to the president and demanded release of the leader as he was a member of the legation, and had diplomatic immunity. The leader was released and the order to jail all bandits was rescinded. One of the South American diplomats reported this during a golf game a week before cables from Montevideo told of Germans attempting to seize the country.

PRIMITIVE savages seek to terrify their enemies by making horrible grimaces. The same thought is probably back of German talk of harsh terms for France and "brutal war" against British "snipers."

AGAIN today (Thursday) the world is full of rumors. Refugees reaching Geneva (Switzerland) from the battle zone in France tell of "quantities" of abandoned German tanks, armored cars and motorcycles along the main highways

Flight O' Time

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

TEN YEARS AGO TODAY June 21, 1930. It was Saturday) State republican committee to select candidate for governor to fill vacancy caused by death of George W. Joseph.

Explorer-Admiral Byrd, back from Antarctic given great New York ovation.

Early removal of snow, causes tourist to Crater Lake park.

Idaho mayor and 28 others indicted on rum charges.

Rex Lammpan of press fame, pays visit to valley.

Miss Aileen Crawford, and George Maddox to be wed next Tuesday.

TWENTY YEARS AGO TODAY June 21, 1920. Inglewood, Los Angeles suburb hit by earthquake, and damage placed at \$100,000.

Suffragettes threaten third party unless 36th state ratifies votes for women.

Crater Lake to be opened by first of next week.

School recall election carries.

East faces epidemic of railroad strikes coming summer.

William Jennings Bryan too "busy to run for president, but will run democratic party" is word.

Beagle

Beagle, June 21.—(Spl.)—Pleasant Hour club met at the home of Mrs. Ruby Nelson June 12 with 15 members present. After a short business meeting Mrs. Nelson and daughters Ruby and Nedra conducted games. Mrs. Nelson gave a book review of the early history of Sweden. Dessert luncheon was served by the hostess. Next meeting will be at the home of Mrs. Thelma Martin, July 10.

The Beagle boys will play ball with the Meadows boys Sunday afternoon, June 23, on the Antioch school diamond. They played on the Meadows diamond June 9, the Meadows boys winning by four runs.

Donald Grant and Conie Henderson left June 17 for the Big Horn lake country, helping the Big Horn drive their cattle to summer range.

Mr. and Mrs. Melvin Martin entertained with a Father's day dinner, June 16. Present were Mr. and Mrs.

Chas. Trebech of Central Point, Mr. and Mrs. Milton Sanderson and children and Mr. and Mrs. Lawrence Sanderson. Mr. and Mrs. Walter Grant spent Sunday visiting Mr. and Mrs. McFarland of McLeod, Oregon. Little Ronnie Lingren of Marshfield is staying until after July 4 with his grandparents, Mr. and Mrs. J. B. Rush of this place and Mr. and Mrs. Lingren of Gold Hill. Mr. and Mrs. Chas. Sanderson and Mr. and Mrs. Melvin Martin were surprised by a visit by Mr. Howard Johnson of Albany, Ore., Monday morning. Mr. Johnson is a cousin of Mr. Sanderson.

Lake Creek

Lake Creek, June 21.—(Spl.) Mrs. J. B. Short entertained Saturday night with a moonlight party. A large crowd of young people were present who thoroughly enjoyed the games as well as the ice cream and cake served at midnight.

Mr. and Mrs. J. R. Tyrrell called at the H. G. Meyer home Friday. Earl's rhythm makers will play for another dance at Grange hall Saturday night.

Mark Heffert, who underwent a major operation at the Ashland hospital last week, is reported getting along nicely, and will be able to leave the hospital in a few days.

Closing time for Too Late to Classify Ads is 3:30 p. m.

Use Mail Tribune want ads.

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