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War With Japan Looms

AN insignificant item in today's war news may prove of vital import to the people of the Pacific Coast, namely:

"Japanese marines seize \$10,000,000 worth of U. S. goods after battering down a warehouse in Indo-China."

The danger is further emphasized by this item with a Tokio date line:
"Grand Admiral Erich Raeder has announced in Berlin that any conveying of supplies to Britain by the United States will be an 'open war act and bare unprovoked attack upon Germany.'"

There is the powder keg with a short fuse, as far as this part of the country is concerned!

FOR, if conveying by this country means "an unprovoked attack on Germany," then by the terms of this tri-partite axis treaty, this conveying will call for Japan's entrance into World War No. II against Great Britain and the United States. And, —
If the grape-vine reports from Washington are correct, President Roosevelt tomorrow night will come out emphatically for precisely this action.

Finally Indo-China is a French possession, and the freedom accorded Japanese armed forces there strongly indicates that not only in Africa, but the Far East, wherever the French flag now flies, no real opposition to Axis armed activity is offered.

In other words the Axis, with French collaboration, is grimly functioning against the allied world today, and unless Nippon backs down, — and backs down soon, — the time for the grand show-down in the Pacific has come.

This seizure in Indo-China doesn't indicate such a "back down," but we still feel that impoverished Japan has no desire to come to blows with Uncle Sam and a strategic retreat, — even fall of the Matsuoka government, — may be imminent.

Nor do we believe for a minute that Tokio would allow any violation of the tripartite treaty to stand in her way, if she should decide an all-out conflict with the United States and England is not clearly to her self-interest.

HOWEVER the clock of destiny at the present moment is ticking pretty loud and powerful fast. Unless Nippon DOES back down, and thus commit the unpardonable sin of the Orient, "lose face," the fat is certainly in the fire, as far as war in the Pacific is concerned. And it might even beat out actual warfare in the Atlantic.

Bismarck Is "Marked"

YES, that was a great victory for the "Bismarck" over the "Hood," in the North Atlantic, and we can imagine how the Nazi officers and crew over the week-end celebrated the epoch-making event.

But we don't particularly envy the German navy's suddenly crowned "Max Schmeling," nor those who happen to be sailing on "him."

For, like the Canadian Mounted, the British navy always "gets its man." And the "Bismarck" now is the "man" to get!

IT may not be this week, or next. It may not even be this summer, — though we doubt that. But unless there is a knock-out on land which few competent observers expect, the days of the Bismarck on the briny deep are numbered, and the end might even come before this comment appears in print.

FOR Britain has the men, the guns and the ships, and we doubt if even strategic plans formerly adopted will be allowed to interfere with this naval man hunt, until it ends in success.

The old lion may not be what he used to be. But on the water at least he is still the "king of beasts," and when his pride is involved, and his reputation challenged as it is now WATCH the old boy make tracks!

WE have no inside information of course, but have a pious idea that five minutes after the Hood went down the order was broadcast by the admiralty that everything else be dropped, as far as the north Atlantic is concerned, and every armed unit in the air and on the water concentrate on rounding up this Nazi outlaw and upstart, and giving him the "works."

So, if the Bismarck gets safely to port, in Germany, France or anywhere else, it will really have something to boast about.

But as we view the "situation" the odds are about 10 to 1 against it!

Direct From the Front!

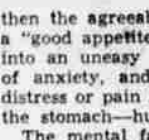
THANKS to the heroic services of Major General T. G. Heywood (and an army mule!) King George of Greece has arrived safely in Cairo from his hot-seat in Crete.

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

PHYSIOLOGY OF APPETITE

Relish, desire or craving for food is a normal and rather pleasant sensation or feeling difficult to analyze but vaguely referred to the stomach. It involves more or less conscious anticipation of the taste or flavor of the food one expects to enjoy presently as a matter of course. If there is serious doubt of obtaining food then the agreeable sensation of a "good appetite" soon changes into an uneasy state, a feeling of anxiety, and finally actual distress or pain in the region of the stomach — hunger pangs.



The mental factor is important. For example, individuals who undergo voluntary fasts do not suffer the distress of hunger so soon as do individuals who are deprived of food by circumstances beyond their control. Mental influence has much to do with "good appetite," too. Food attractively served in pleasant surroundings is more appetizing and more digestible than food served in a different environment. Cheerful atmosphere and emotions not only spoil appetite but retard or arrest digestion or even reverse peristalsis and make the sensitive victim sick.

One of the common symptoms or manifestations of beriberi (polynuritis), which is due to prolonged shortage of vitamin B complex, particularly thiamin (B1) in the diet, is loss of appetite. But for months before the appetite fails the individual developing beriberi suffers loss of strength, fatigue and sensation of heaviness and stiffness in legs, inability to walk any distance, headache, insomnia, nervousness, dizziness, shortness of breath, etc. The loss of appetite is only incidental, but somehow physicians not abreast of the newer knowledge of nutrition have gotten into the habit of associating loss of appetite with lack of vitamin B. This is a regrettable error, so far as our American experience goes.

As I have repeatedly cited here Prof. Joliffe finds that a 55 per cent fraction of the calories in the American diet of 1940 containing a minimum of 600 international units of vitamin B1 (present in the amount

of unrefined flour and other unenriched foods consumed by the average person at that time) "has been replaced in the contemporary American diet by about 50 international units" (modern refined white flour, refined white sugar, etc., has been robbed of most of the vitamins that grow naturally with such carbohydrate food materials).

So it is fairly obvious that the average person who gives no particular thought to nutrition suffers from a shortage of vitamin B. At the same time it is evident that there is no lack of appetite on the part of the average person with such vitamin B deficiency — on the contrary the average person with vitamin B deficiency is likely to be plagued with excessive appetite or craving for carbohydrate, and his or her overindulgence in such food causes the obesity, overweight and, in some cases, the ultimate diabetes which so many vitamin B deficient individuals develop.

QUESTIONS AND ANSWERS
Salt In Hot Water
Would appreciate reprint of any article you may have on taking salt or salt tablets during hot summer weather. (A. G. D. D. S.)

Answer—One exposed to extreme heat, natural or artificial, should regularly take five to ten grains of common table salt with every drink of water or other beverage. This is more refreshing than water or beverage without salt; it prevents heat exhaustion and heat cramps, by retaining more water in body tissues, preventing dehydration. Advice about the use of beverages in general is given in 90-page booklet "Feeder Digest," which deals with foods, minerals, vitamins, etc.—for copy send 25c coin and 1c-stamped envelope bearing your address.

Concrete
In my work I have to stand long hours on concrete floor. My feet ache a good deal. The proprietor will not put a wooden floor in. Can you suggest anything to relieve the strain? (J. T. M.)

Answer—The concrete has nothing to do with it. Perhaps a strapping of the feet and legs by your doctor would give comfort. Send 10c coin and 1c-stamped envelope bearing your address, for booklet "Care of the Feet."

Headache
I am a great sufferer from what I suppose is migraine or nervous sick headache, an attack nearly every week. (D. V.)

Answer—Send stamped envelope bearing your address, for free monograph "Why Have Headaches?" (Protected by John P. 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.

THE CAPITAL PARADE

By JOSEPH ALSOP and ROBERT KINTNER
(Continued From Page One)

weeks or perhaps months. No one can tell exactly how long it will be safe for this country to maintain its present attitude. But it is known that the ablest strategists at both the war and navy departments believe that the curve of the war will descend very rapidly in the next few weeks. And no one disagrees that once progressive degeneration of the strategic situation has set in, it will be extremely difficult to arrest.

THE reasons for these conclusions are obvious to anyone who reads the headlines. Because this country has so far failed to make the effort necessary to cover the margin between success and failure, the three great battles now being fought—the Battle of the Atlantic, the Battle of the Mediterranean and the Battle of Morale — all seem to be going against the British.

The officials urging the president to move both promptly and decisively believe that active American aid will be sufficient to turn the tide, or at least stabilize the balance until a British offensive striking power can be built up. The difficulty appears to be not doubt on America's naval and military power; but doubt as to the country's readiness to permit the president to use the power.

THERE is great interest, therefore, in an analysis of the president's problem as presented by one of the men who is advising him. This official points out that when the president embarked on the policy of aiding the democracies against the dictatorships, he risked his entire achievement, his reputation with the people and his future place in history. If the

policy fails, his administration will be worse than a failure, for it will end in national disunion. Therefore, still according to this official, the president finds himself in the position of a man who has put his entire fortune on one bet, sees the bet going sour, but still has the chance to bet double or quits. Yet if he doubles up, there is additional risk in the sense that he may not be followed by the people. But his immediate danger is easier to face than the ultimate result of losing the bet.

THERE are several signs recently to minimize the possibility of bad consequences if the president makes a prompt decision. In the first place, the Gallup poll now shows a narrow majority for convoys. Instead of a rather small minority previously in favor of it. Although convoys may not be the solution in the Battle of the Atlantic, the same group would presumably be for any type of shipping protection the president chooses to order. The president's advisers have been arguing that the country will follow him if the facts are made clear. This coupled with the reports of the military strategists gives every reason to believe that the president will announce important decisions in his address on Tuesday.

Scores Yesterday

By the Associated Press
National
New York 6, Boston 2.
Brooklyn 8, Philadelphia 4.
Chicago 3, Cincinnati 2.
St. Louis 6-4, Pittsburgh 4-3.
American
Boston 10, New York 3.
Cleveland 6, St. Louis 6.
Chicago 7, Detroit 3.
Philadelphia 7, Washington 3.
Coast
Hollywood 2-5, Portland 7-7.
Oakland 3-3, Seattle 9-12.
San Francisco 3-4, San Diego 2-8.
Sacramento 12-4, Los Angeles 6-3.
Western International
Salem 4-2, Tacoma 2-5.
Spokane 6-7, Wenatchee 0-4.

To You — From Washington by Ethelyn Evans

Washington, D. C. (Special Correspondence)—Women's definite niche in "home defense" plan is yet obscure. Even our society editors are forsaking "party-patter" to write columns anent the lack of leadership and definite plans for millions of women who are ready and anxious to take a real and active part in national defense.

At the last press conference, Mrs. Roosevelt was asked about the plans for women which she told us months ago were on the president's desk. In reply she said they had been turned over to a committee to be worked into a general "home defense" set-up. According to newswomen, however, judging from the thousands of letters their articles have inspired, women are urging a concrete plan, competent leadership, and a non-political organization all their own, such as the British women have.

They would, of course, want such an organization to be the "women's branch" of a definite part of the general defense scheme which is slowly being formulated — probably by Mayor La Guardia of New York as national administrator.

FORTUNATELY for the n. h. (nice husband) and this correspondent, Mr. and Mrs. Reames found time to join us for tea at the Cosmos club, thereby giving these enthusiastic and appreciative Oregon visitors their first and last glimpse of a famous old house, which has practically been the White House twice in U. S. history.

Dolly Madison owned the home, presiding there as a hostess who ruled social and official Washington, behind the scene, with a no uncertain hand — "his said. Also, Senator Mark Hanna lived there during the McKinley administration and is supposed to have held political Washington in the hollow of his hand.

Very soon the government will raze the mansion, which contains some of the finest examples of beautifully carved stairways and fireplace mantles, and the grand old trees that shade the walled garden will be uprooted and carted away. For many years this garden has been the summer luncheon and supper spot of the club, where we could dine and brush elbows with famous folk from the ends of the earth — leaders in scientific, literary and official fields.

The land will be used as the site of a huge office building to house government employees, together with the adjoining lot on which now stands another old, old landmark — the "Belasco Theatre," which is also being torn down. Removal of a huge electric sign has uncovered the original name sign, painted in old script: "The Lafayette Square Opera House." That was its name when high-stepping horses hauled open carriages through deep mud or dust to deliver presidential and official parties from the White House — then and now just across Lafayette park from this theater.

The disappearance of historic buildings and priceless old trees and shrubs has been greatly accelerated now that defense workers are pouring into the capital. With the exception of the capitol building and the White House, Washington may some day be modern and look much like any other city. 'Tis sad — because one can't really love or dream about or brood over a new square block of concrete with automatic elevators.

THE WHITE HOUSE garden party schedule started bravely with a large al fresco tea for those who had left cards at the White House, but Mrs. Roosevelt moved the next one — the annual party for women executives in government work — into the house because of rain. Such a jam! These many new defense agencies added hundreds to the list, of course, and many local official and club women were invited. We suspect that many of the older and important women executives wangled invitations for new secretaries and clerks — because hundreds of them were extremely young and looked anything but "executive."

I heard them asking others what to do and say and whether or not they could loiter a bit or would they be rushed right on out? Some of the good-looking young navy and military aides told me they had to keep a sharp eye out to prevent many women from doubling back and going down the line twice. Can you imagine that?

All the cabinet hostesses, except Mrs. Knox and Mrs. Ickes, received in the line with Mrs. Roosevelt. The First Lady wore sheer black with a cool white collar and wore no hat. The other women in the line kept

their hats on. Most of them wore street length dresses — as did most of the guests — but a few clung to the old-time formal garden party style of long, sweeping print dresses and large floppy hats.

The table, extending full length of the long official dining room, was covered with beautifully embroidered linen and decorated with six high bowls of gorgeous pink rosebuds; six colored footmen dispensed gallons of ice raspberry punch from silver punch bowls and served literally thousands of tiny, delicious cakes and cookies. Of course the marine band played continuously. For the first time, ever, so far as I know, the outgoing crowd was permitted to leave by the "front" door, instead of going back through the on-coming mob. Even that didn't help a lot — they lingered on and on and the last ones were shooed out barely in time for dinner.

Church Merger Seen
Salem, May 26.—(AP)—The Evangelical church and the Church of the United Brethren will unite by 1945, Bishop E. W. Praetorius, St. Paul, Minn., predicted here Saturday night.

Flight O' Time
Medford and Jackson County History from the files of the Mail Tribune 10 and 20 years ago.
TEN YEARS AGO TODAY
May 26, 1930
(It was Friday)
City to pay tribute tomorrow to memory of its soldier and sailor dead. All stores, public offices, barber shops will close, and there will be no paper. Parade in the morning with exercises in city park.

Open house will be held at the Washington school tonight. The structure where many residents learned their three R's will soon be razed to make a site for the new Jackson county courthouse.
Lampont's take lead in the catball league by defeating Office Boys last night.
Nine students graduate from the Sams Valley school.
Seven walkers still walking in local walkathon at the Nat.
Salem undergoes warmest day of year with mercury at 92 degrees.

Back Again ON YOUR RADIO
LUM and ABNER
MON. TUE. THUR. FRI.
SPONSORED BY ALKA-SELTZER
KMED 7:15 p.m.

OPENING
6 NITES TUES. MAY 27th. 6 DAYS
MIGHTY AMERICAN CIRCUS
10 BIG ACTS
10 Children under Ten Free
Admission 10c
Doors Open Nightly at 8:30 p. m.

CENTRAL POINT
1 Block East on Pacific Highway at Maple St.
FREE PARKING

Ye Smudge Pot
By Arthur Perry.

It is proposed the government take over industrial plants engaged in defense work closed by "outlaw" strikes. There is also the proposal the government in stead take over the "outlaws," and not take any steps short of state socialism.

A letter writer to Time Magazine emits a vibrant mouthful, as follows:
"The American people, according to Gallup, believe that the country should risk waging war but that it should not actually wage it.

"We are not at war with Germany but Germany is our enemy.

"We will use the navy for 'patrolling' but not for 'convoying.'

"There is terrible danger of the Germans winning, but Lindbergh is a traitor for saying so.

"The president murmurs, 'Let's do it and say we didn't.'"

The first hunter of the September deer hunting season has been shot for one in the wilds of Idaho. He had no business in the woods at this time of the year, resembling a deer.

Salem is threatened with 300 softball games the coming summer. The first game admission is .50c, and the remaining 299 free, and from reports on the advance ticket sale it is too much of a strain on the civic gluttony for punishment.

YE ED. ASKS & ANSWERS (Red Bluff (Calif.) News)
"Who should we have as many Spring poets in the Sacramento valley as any place on earth? There being no spring, what in thunder is it that starts the wheels humming? Is it bred in the bone? Or is it bread in the basket? Like the Balkans, we give up."

Dewey Hill, the Prospect hired man, with the powerful handshake, shook hands with a meat grinder last week, and four digits were chewed and scrunched.

A "communist group" in Folsom prison refused to eat fish served at the noon meal Friday, the warden reports, and further explains the unruly ones "are seeking emotional release." A number of their comrades at large are seeking emotional return to their old cells.

The war for the British has now entered the final critical and crucial stage, with Germany bidding for control of the sea, and waging fierce war on land. From now on something besides epithets will have to be hurled at the foe.

M. PETERSEN'S PHILOSOPHY
"If we want to a good old age, we must quit craving for the dollar. We must joke, sing, laugh, have your friends around you, like of Fritz in Sansone. If you can't jest, employ a jester. For the heart it is the best medicine.

Piling up dollars will not make you happy. Spend it, give it, it will make you happy. Looking at a cold dollar is like death looking at you. Giving it and paying your debts will make you happy. You will rest and sleep soundly. If you have a pile in your trunk you are counting it every day to see if it is all there, watching your grain and potatoes grow." — (Salem States man).

Portland, Ore., May 26.—(AP)—The federal government Saturday gave 21 Italian officers and men of the damaged motor ship Leme until Thursday to enter pleas to charges of sabot