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OREGON PUBLISHERS ASSOCIATION

Important Meeting Tomorrow

It is the wise and sensible course for Pacific coast communities to take practical precautions against air raids or other possible enemy action. Trouble is not expected, yet members of the Jackson County Defense Council are determined to be prepared if it does come. Loss of life and disruption of normal living may be materially lessened if we are alert to the danger and adequately prepared for any eventuality.

Both the alarmist and the cocksure optimist should be ignored.

There is a possibility of air raids and it should be recognized. The public should not become unduly alarmed and at the same time there should be no lack of sensible preparation.

THERE will be a meeting Wednesday (tomorrow) afternoon, sponsored by the Jackson County P-T.A. council, for which we urge a large attendance. Officials of the local defense council will be on hand to freely discuss all phases of their work.

PARENTS of school children will want to know about the system of evacuating school youngsters in case of emergency—a plan in which THEY will play an important role. The program of air raid warning, means of administering first aid, medical direction, the best ways of coping with incendiary bombs, plans for communication in critical time—all will be discussed at this afternoon session.

ALTOGETHER, there are 134 clubs, patriotic groups and fraternal organizations in this city and practically all have joined with the P-T.A. in taking a lively interest in civilian defense. All are showing a commendable willingness to lend a helping hand in this common effort.

The success of such a program as this quite obviously depends upon general public understanding and participation. The P-T.A. meeting at the Lincoln school gymnasium tomorrow afternoon will give to all who attend a much clearer picture of the ENTIRE defense plan and will better prepare the entire community for any eventuality which may arise.

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 addressed Dr. William Brady, 265 E. Camino, Beverly Hills, Calif.

SOMERSAULTS AND CIRCULATION

Regular morning rolls, which I recommend for every adult who is not incapacitated by senility or disease, executed as described and illustrated in the "Invitation to the Somersault" (for copy send stamped envelope bearing your address), will help to overcome "poor circulation."



Dr. Brady

Tyros will please be advised of the controversy between Webster and Ol' Doc Brady about the meaning of the word somersault. Webster, in his obstinate way, asserts that it means a leap or jump in which a person turns his heels over his head, forward or backward, without touching the ground with any portion of the body. Brady firmly but gently insists that somersault means simply rolling or turning heels over head but with some portion of the body always in contact with the ground or floor. Brady maintains that what Webster describes as a somersault is an air-spring (as distinguished from hand-spring) and challenges Webster to give a name to what Brady describes as a somersault.

A well turned somersault takes a few seconds and requires that you come up on your feet smiling or at least not particularly flustered or perturbed—I just rolled half a dozen on the floor before my desk in fifteen seconds.

Another condition somersaulting tends to prevent or overcome is mental depression or the blues.

A good many old geezers from thirty-five to seventy-five, I find, choose to think I am facetious about this. Well, I'm sorry for them, but perhaps there are many more younger readers, younger in body and mind, who can comprehend that I am serious about it, when I say that I'd as soon go without breakfast as go without my morning rolls on getting out of bed. Somersaults are one of the few medicines I'm willing to take myself. Now and then some correspondent informs me he or she suffered virtually a broken neck trying to turn somersaults. Some time ago one such correspondent threatened to sue me. But that doesn't worry me at all. I merely

ly say here they are—turn 'em if you like, but of course at your own risk. Nothing ventured nothing won. At that, I wonder if people who darn near break their necks trying to turn somersaults are not confusing Webster's with mine. Webster's kind is a good trick if you can do it—we kids in Canada did a Websterian somersault on any lawn—but I do not recommend it for ordinary folk.

Somersaults return slacker blood from the stagnant splanchnic pool to the circulation. About one-fourth of the blood in the body is contained in the vast network of small and large blood vessels in the abdomen. In sedentary persons more than one-fourth stagnates there. Turning a few somersaults is one way, perhaps the easiest way, to get this stagnant blood back into circulation.

QUESTIONS & ANSWERS

When in Rome
 You say you hate to call your friend "Doc." Then why do it? Call him "Doctor." No one can possibly object to that. I enjoy your column, and the pamphlets you have sent me have been helpful. (G. G.)

Answer—But members of his own family refer to him invariably as "Doc." Besides I have heard another physician, who is even more squeamish than I am about it, call him "Doc." So there we are.

Colloidal Gold
 Are there such things as colloidal gold and "yoxline"? If so, what are they for? (W. F. O.)

Answer—Colloidal gold solution is used to test the spinal fluid in diagnosis of paresis. Glyoxaline is the name of a substance in blood and tissues from which histamine is derived. I know of no medical use for it.

Carrot Juice
 My eyesight is poor. Have been advised to take carrot juice for it. Please tell me how much to take a day. Have cooked carrots any vitamin value? (Mrs. C. S.)

Answer—Carotene or provitamin A is not soluble in water. You get more of it by eating the carrots than you can get drinking the juice. Whether carotene or even natural vitamin A will improve poor eyesight is questionable. It will improve dark adaptation or ability to see in dim light or in the dark. If there is any degree of night blindness, drink all the carrot juice, or eat all the raw or cooked carrot you like. Cooking destroys the vitamin C (which is soluble in water) and is largely present in the juice, but has less destructive action on the carotene (provitamin A) and the vitamin B complex in carrots. (Copyright 1942, John F. Dille Co.)

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

Kelly's Comment

From Washington, D. C.

Ship Contracts To Northwest Yards Will Get Docks

By John W. Kelly

Washington, D. C., Jan. 20.—Admiral Land, chairman of the maritime commission, is promising great things for the northwest. There is a prospect of at least 200 cargo carriers being allocated to yards in that region, Columbia river and Puget sound. Present indications are that more than \$320,000,000 will be contracted by the commission in the shipyards, and this does not take into account other millions to be assigned by the navy department.

The ships for the maritime commission will be of two classes: the regular freighter type and the "C" type, which is the commission's own design. The "C" type cargo carriers have heretofore been built in the Tacoma-Seattle district and the additional "C" boats will be assigned there. The "C" type, by slight changes, can be made into an airplane carrier and dozens of these are planned; eight have already been devised from "C" boats on the Atlantic coast. For the west coast the carriers will be part of the great armada destined to cross the Pacific and crush the Japanese.

Edgar Kaiser of the Oregon Shipbuilding Co. has been in the national capital in conference with the maritime commission, discussing how much of the expanded shipping program that yard on the Columbia can handle. The commission will provide additional ways and there is talk of the Columbia river yard being assigned approximately 90 of the proposed freighters, or about double the original order now being turned out. The average cost of this type freighter is \$1,600,000; the "C" type constructed on Puget sound costs much more, is a faster vessel and generally more refined.

Navy department is planning on availing itself of full capacity of yards in the northwest, establishments which now have navy orders. In demand are more destroyers, mine sweepers and coast patrol boats. The destroyers will be assigned to the Tacoma-Seattle district where many of these craft are now under construction or on order. The mine sweepers will go to both the Columbia district (Willamette Iron Works has been directed to take — mine sweepers, according to advices), and to yards on Puget sound which have been producing this class of craft.

In addition to using the drydock at Bremerton, the navy will expand the drydock of Port of Portland and later approve of a floating drydock at Astoria to cost \$5,000,000. All facilities for repairing vessels (some from Pearl Harbor) now existing and to be built in the northwest will be used, as the navy cannot depend upon such facilities in California ports alone. Among tentative plans is a 1,000-foot fitting out dock to be located between Swan island airport and Mock's Bottom, on Willamette river, where the freighters can be equipped after they are launched.

THERE is a prospect of the navy ordering additional mine layers, which cost \$12,000,000 each (two are now being built in a northwest yard, the only craft of the kind building on the Pacific coast), as well as the flotilla of mine sweepers on the program. Mine layers and sweepers are intended to protect west coast harbors A-4 for assignment on the Alaskan coast. East coast will have its own mine fleet. The sweepers will give particular attention to the entrance to straits of Juan de Fuca, mouth of Columbia river and entrance to the Golden Gate, all of which are outlets for north-west vessels, but wherever there is a harbor with even casual shipping the sweepers will operate.

Plan of the maritime commission calls for the building of freighters through 1942 to 1945. Present orders in northwest yards will keep them occupied into 1943 and the new contracts will carry on into 1945. No estimate has been made as to the increased employment that will be available in the shipyards, but it will run into thousands and be an all-time record, greatly in excess of shipyards employment in the first World War. The shipyards have a contract with the union to furnish the workers.

VOLUNTARY enlistments in Washington up to December 20, last, were 26,501, or 1.53 per cent of the population. Inducted under selective service as of De-

ember 15 were 7,708, or 0.44 per cent of population. In Oregon the voluntary enlistments were 19,094 or 1.75 per cent; inducted under selective service were 4,192, or 0.38 per cent. In Idaho the voluntary enlistments were 7,826, or 1.49 per cent; inducted were 3,240, or 0.62 per cent. For all the states the percentage of volunteers to population exceeds Oregon only in North Carolina (1.93%). Washington is exceeded only by North Carolina, Oregon, Wyoming (1.62%) and Oklahoma (1.59%). Idaho, in percentage of volunteers to population, is in sixth place. The figures have been compiled by the legislative reference service of the library of congress. New York volunteers were more than twice the number for Idaho, Oregon and Washington combined, but the percentage to population was only 0.89 per cent.

have lacked the advantage of surprise. Always they have found the American and Filipinos awaiting them in previously prepared positions. That indicates that the civilian population is spying on the Japs and getting word of their every movement to the American forces.

LITTLE news today from Calcutta. That indicates that not much progress has been made by the British in north Africa. There have been reports for several days that German and Italian air strength is increasing—indicating that some of the planes Hitler has pulled away from the Russian front are arriving in Africa.

The Russians are straining every nerve to close their pincers around large German forces. On the success or failure of these efforts much will depend.

In The Day's News

By FRANK JENKINS
 THE news from the west in the Pacific has its bright spots and its dark spots. Today (Friday) is one of the brighter days.

AUSTRALIANS go into action in Malaya, jolting and checking the attacking Japs. Only time can tell whether the check thus administered will be permanent or only temporary. From Singapore today comes this tribute to the tough Australian fighters: "News that the Aussies had seen action sent a thrill of expectancy through this British stronghold even as its residents prepared to defend it." More allied planes are being heard from at Singapore, leading to the hope that reinforcements are arriving.

THE navy reports that the U. S. Asiatic fleet has sunk three Jap transports and two large cargo ships, bringing to 24 the number of Japanese ships, both combatant and non-combatant, sunk since the war began on December 7.

FOR two days Jap bombers, supported by fighters, have been attacking the Dutch naval base at Ambona, on the island of Ceram, midway between New Guinea and Celebes. Other island attacks along the southern rim of the Dutch East Indies have been reported from time to time.

A glance at your map will indicate that the Japs are trying to close all possible routes by which allied reinforcements can reach the principal scenes of conflict around the South China Sea.

The Japs know that sooner or later the allies will gather their forces for a counter-offensive, and are preparing for it.

FROM Tokyo comes a tale that a Jap fleet has appeared off Subic bay. That, if it should prove to be true, would indicate that the Japs are trying to land troops to take MacArthur in the rear.

It would be a reliable hint that they have found his frontal army too tough for a frontal attack.

PROOF of Japanese air and naval superiority in Malaya is indicated pretty clearly by the method of their advance down the long, narrow peninsula leading to Singapore.

Time and again they have outflanked the British defense lines by sea, landing troops in the REAR of the defenders and compelling them to fall back. (Don't take these brighter spots in the Pacific war news so seriously as to jump to the conclusion that the Japs have shot their bolt and are slowing down. No such conclusion is justified as yet. The Japs got there "fustest with the mostest men," and it will take time to overcome that advantage.)

IN the Philippines, the Japs posed at first as the deliverer of the Filipinos. It didn't seem to "take."

They're now decreeing the death penalty for anyone who injures a Jap soldier or civilian. If the guilty individual can't be found they seize TEN hostages for each Jap injury. (If you've been reading the news from conquered Europe, you know where they got that idea.)

The point is that the Filipinos AREN'T going over to the Japs. Instead, they are risking torture and death to oppose them.

OFFENSES punishable by death under the Jap order include disturbing the peace, violation of military orders, espionage, concealment of requisitioned goods and circulation of rumors concerning the Japanese forces.

Flight o' Time

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

TEN YEARS AGO TODAY
 January 20, 1932
 (It was Tuesday)
 Contract given for buildings at federal experimental farm.

More candidates ready to file for sheriff.

Miss Theodosia Elizabeth von der Hellen of this city to be wed on the high seas.

Both parties warned not to make liquor an issue in coming campaign.

Central Point boy is accidentally hurt by discharge of rifle.

Higher education unification plan looms in state.

Eugene Thorndike is named a member of the water commission.

State game heads and valley sportsmen to confer tonight.

Cloudy weather continues. High 44, low 31 degrees.

TWENTY YEARS AGO TODAY
 January 20, 1912
 (It was Friday)

California-Oregon Power company to build new power line from Prospect to Eugene.

California citrus crops damaged by heavy frosts.

KofP. minstrel show at Page scores hit with Rollie Beach and Ed Gore as members of the cast.

Prospects bright for success of new golf and country club.

Rain predicted. Still chilly with a low of 13 degrees, and high of 36.

Pope Benedict is dangerously ill.

Interest in railroad to coast continues high in Grants Pass and this city.

Ye Poets Corner

BIDDING TIME
 The months they come, the years they go—
 We wonder why it should be so:
 It's counting time on you and me.
 Ere we embark for the land that's free,
 If you take the stand for what is right,
 Your fare is paid both day and night;
 Defy the devil, money and fame,
 Stand true, believe in His holy name.

With outstretched arms the Master stands,
 Beckoning us with both His hands:
 Let's go! Let's go! I say to you,
 Why wait longer we know it's true.
 —F. S. Brandon.

HARDWARE MEN ELECT

Portland, Ore., Jan. 20.—Pacific Northwest Hardware Dealers elected Guy Bennett Vancouver Wash., president, at the annual convention yesterday. Hiram Groves, Lebanon, Ore., and A. C. Carrigan, Seattle, were named vice-presidents, and D. D. Stewart, Seattle, secretary-treasurer.

Older folks say it's common sense... ALL-VEGETABLE LAXATIVE

In NR (Nature's Remedy) Tablets, there are no chemicals, no minerals, no phenol derivatives. NR Tablets are different—yet different. Purely vegetable—a combination of 10 vegetable ingredients formulated over 50 years ago. Uncoated or candy coated, their action is dependable, thorough, yet gentle, as millions of NR's have proved. Get a 25¢ box today... or larger economy size.

NR TO-NIGHT, TOMORROW ALRIGHT

Now, CANDY COATED or REGULAR!

News Behind The News

by Paul Mallon

(Continued From Page One)

ed to put on a major demonstration for the conference of American foreign ministers in Rio. The timing proved better than the results.

The army and navy are rather proud of the way they broke up the initial Jap sub attack on Pacific coast shipping, although FDR's warning against excessive submarine-sinking claims has prevented them from saying much. Officially they claimed only a few, but they thought they bagged many more, judging from such inconclusive evidence as oil spots. Swift cessations of the attack confirms their private estimates.

Such prowling enemy forays so far from home bases can have no real military effect.

It is never the rules of censorship that are oppressive, only the personal application of them by individual censors, each varying in temperament and preferences. The rules announced by Censor Byron Price merely are those long ago adopted voluntarily by news-men here at the suggestion of various government departments, starting back long before Pearl Harbor. Few violations have developed.

But Mr. Price should require each censor to hang above his desk this following counsel from the Harvard Law Review ("American Economic Mobilization"):

"Winning the war is paramount, but it would be a sorry commentary on American ideals if this demanded a sacrifice of basic freedoms."

SUBSEQUENT developments suggest Mr. Roosevelt's primary purpose in hastening the Nelson reorganization announcement was to blunt the timeliness of the Truman report criticizing inefficiency in the old production setup. The Truman

criticism was thus, in a way, made obsolete. This has been a favorite Roosevelt stratagem.

FAVORITE Washington story is the one about a lady civilian defense official who called in a group of labor leaders to impress them with the necessity of making the country more war conscious. Flanked by several other obviously approving ladies, she said steps should be taken to prepare the children psychologically for bombs. She suggested this way:

Get a group of children together, and arrange to have some hard missile, dropped in front of them from above. Have some grown-up official say, when it hits the ground: "Boom—boom!" Then have the children repeat in a chorus: "Boom—boom."

The CIO and AFL leaders present did not immediately jump at the plan, but pleaded perhaps a larger gathering should decide, so the matter seems to be in abeyance. But one male guest suggested to another while walking out:

"I think it would be better if we would all slip carefully up behind Mayor LaGuardia and Mrs. Roosevelt, and, in a chorus shout: 'Boom—boom! It might do more good.'"

NOTED DEAD

London, Jan. 30.—(P)—Viscount Gustavus William Hamilton-Russell-Boyne, 78, died today in Shropshire, leaving a 10-year-old grandson to carry on in a house of tragedy.

The grandson is Gustavus Michael George Hamilton-Russell. His sister Charmian, was killed in the fall of an elevator shaft while his parents were attending the coronation of King George VI. His father was killed in action at Dunkerque and his grieving mother was soon fatally stricken.

COAST SECTOR EXTENDED
 Astoria, Jan. 20.—(P)—The coastal sub-sector army command has ordered 15 miles of beach from the Columbia river to Seaside closed to the public.

Ye Smudge Pot
 By Arthur Perry

Marines, made prisoners of war after the capture of Guam, have been put to hard labor by their Japanese jailers. Nipponese diplomats who talked peace at Washington, D. C., while the Tokyo war set prepared for the Pearl Harbor treachery, still loaf and loll at a fancy Virginia resort hotel, and mix and mingle with Axis diplomats and attaches similarly inconvenienced. All are eating everything but their native rice, and sauerkraut, at the expense of the American government, and not earning the salt they put on it. This is diplomatic courtesy, that comes close to coddling vipers.

The Russians have launched an offensive against the Nazis, on the ice of Lake Ladoga near Leningrad. Arena skaters began training to learn fancy didoes, can alone appreciate what the Reds are up against. Beginners trying to execute the "figure 8" are apt to put down the national war debt, before they can sit down.

YOU'RE MIXED UP TOO!
 (Medical Journal)

"Since as a matter of pure chance there is likelihood that two cars will be likely to want to occupy the same space at a given time possesses a chance relationship expressed in a number of occasions but, due to rules of the highway such as 'stop streets,' rights of way, and the fact that traffic flows on one side of the highway in the same direction while that in the opposite direction finds itself on the other side of the highway minimizes the number of cars which will occupy that amount of highway."

Since the Senate committee investigations, \$1 per year men are regarded as in need of legislation. They should not be paid a cent, and forced to return to the Treasury, the first million they take in on defense contracts. And, by the way, whatever became of the anti-profiteering bill in Congress a few years back, that was going to eliminate mushroom growth millionaires—just like that!

The Mayor of Portland, returning from Washington, D. C., reports the people of the land are in for a loss of luxuries, and making of sacrifices, the likes of which they have never seen before, and may never see again. The people will be right up against the "covered wagon" days, and no oxen to pull it. His Honor reports the two pants suit for males "is out the window," and darkly hints, he who has one pair will be lucky. And, vests, they are gone, gone, gone. We only know one man who wears a vest every day, and are not sure that he does. (Later the gent in question reports the only time he wears a vest is when his wife makes him go to Ashland on Sunday).

Farm groups have protested Daylight Saving—anyway it's saving something. Under it, the claim is voiced, the hired man will be getting up, before he goes to bed.

The G. Corum twins exhibited their newly gained walking ability in public Sat. Either one or both, can fall down with more emphasis, and less notice than anybody else on earth. They never land on their face.

Bad News and U. S. Morale

A good friend, and an old one, who fought in the Spanish war, thinks there is far too much pessimism regarding the present conflict,—so much it is impairing national morale.

He particularly resents a recent speech by Governor Sprague, in which our state executive pointed out the "cruelties" which the people must expect to suffer as the fight goes on. Says he:

"Why man alive, if this sort of thing is kept up the rank and file will get so jittery, we won't be worth a lick. If this psychology had prevailed when we fought in the Philippines before, how far would we have got? They didn't tell us we were outnumbered, cut-off and doomed to die. They told us the yellowbellies had a hill and we were to take it, and we did, and we didn't count up our losses until afterward. That's the way to fight. Not sit around and figure up you're licked before you start!"

Well, there is probably something to this, and we think the term "cruelties" a rather unfortunate one for the governor to have chosen,—it smacks too much of conquest.

But we also think the point our Spanish-American friend misses is the complete absence of any similarity between the present war and that triumphal military and naval parade against the tottering Spanish empire, in 1898.

Men fought bravely and died gallantly in the Spanish war, often against heavy odds—BUT neither on land or sea was it ever an equal fight. Certainly never a fight in which the enemy, in preparation, numbers and equipment, had the better of it.

But that is the case in the Philippines and the Far East today, and we can see no point in trying to dodge the fact, and thereby not preparing the people for the probable sacrifices that confront them because of this fact.

NOT that the lads over there, fighting, in the Philippines, Wake Island, Guam or anywhere else, should be,—or are,—given any different fighting orders than they were 43 or 44 years ago. General MacArthur for example, we feel sure is following precisely the line his famous father did, when the Philippines were conquered.

If a hill is to be taken, the boys undoubtedly are told to take it, and they do take it, counting their losses later.

BUT the morale of the army is one thing, the morale of the rank and file back home is quite another.

And to maintain this morale back home we favor the British example, rather than the French: Winston Churchill's "blood and tears," rather than Gamelin's impregnability of the Maginot line.

AND ABOVE ALL because if they are NOT told the truth, if they are not prepared morally and physically, for future shocks and disappointments which in all likelihood can't be avoided; then when the bad news does come, they will naturally be completely unprepared, suddenly realize their leaders have deceived them all along, and while we know such a national debacle as swept over France would never occur, the net results as far as national morale is concerned, WOULD be costly and MIGHT be, temporarily at least disastrous.