SHYNESS IS SERIOUS.

MEDICAL EXPERTS SAY IT IS A SYMPTOM OF MELANCHOLIA.

It Takes Various Forms, but Is Invariably a Forerunner of Dementia—A Disease That Should Be Carefully Treated In Time—Affects Men as Well as Women.

At last it has been discovered that the reason the girl who seems exceedingly shy acts in the fashion she does is that she is demented.

This is the result of extensive investigation by insanity experts on both sides of the water. Exceptional bashfulness, as it is called, is really shyness. It is a morbid condition of the mind, a certain sort of dementia.

Often is the expression heard that a person is painfully shy. Yet in such an instance no doubt has been raised as to the mental condition of the object of the remark. Nevertheless, it is far more than probable that the individual referred to was suffering from insanity just as much if not more, than many persons who are living out a tortured existence within the walls of a madhouse.

It is a well known fact that one of the most notable symptoms of insanity is that which causes the person afflicted to shun the company of others. Loneliness is an incentive to insanity. Confinement in a solitary cell in a prison often breeds madness. It is altogether an unnatural mental condition which impels a person to avoid the society of humanity. No one whose condition is normal ever consents to such an existence.

Just how the insanity expert looks at shyness is shown by the following statement, made by Dr. G. W. Kunz of New York, whose wide experience makes his opinion well worth considering:

"Shyness is as much a disease as scarlet fever. It is recognized as a symptom of dementia or melancholia, just as an extremely strong willed person, or one who is what is termed unusually self assertive, is regarded by physicians as a possible subject for acute paresis.

"This shyness takes various forms, such as a sudden feeling of faintness and weakness on looking down from any extreme height. It is present when a woman persists in looking under the bed before retiring, although she knows full well that there is no man there. I know of one case of a woman who, when she turns out the gas, invariably lights a match to see if she has turned it completely off, and nine times out of ten she lights another match to see if she threw the first match into the coal scuttle or fireplace. That is another form of what may be termed shyness.

"This shyness is due to a variety of causes. It is very often the case that a system which is run down leads to this condition of mind. The continual thinking upon any subject, or what is termed brooding over a certain thing, leads to this. If not checked in time, melancholia results.

"This shyness is as common to men as to women. Some men seem embarrassed and ill at ease when in the presence of women, while, on the other hand, it is often noticed that the presence of gentlemen makes some women very ill at ease, only, in justice to the sex, it must be stated that this very rarely happens.

"There are many reasons for these facts, but the most common one is ill health. Should a person so troubled go to a physician, he or she would be regarded as possessing symptoms indicating a lack of will power and approaching insanity in some form. There are waves of morbid shyness, just as there are waves of insanity. There are waves of certain kinds of suicide, resulting from insanity. There are waves of bridge jumping, killing with razors or knives, shooting and death by poison.

"Many suicides are due to temporary insanity, brought on by a variety of causes. One of the first symptoms is shyness. Persons afflicted with this shyness never take up any of the sciences or professions or become students. They lack the will power necessary to do so. Where the normal mind of man overcomes difficulties and troubles when they come, the shy, retiring man seeks relief in suicide."

Dr. Henry Campbell, who is the physician in charge of the Northwest London hospital, says that morbid shyness is, like other mental disorders, an exaggeration of an unnatural physical state. It is among women, he declares, that this symptom of mental disorder is most often seen. Lacking the physical strength of man in most instances, they are unable to withstand the depression that sometimes seizes them. That depression gives birth to a desire to be unobserved. Here is the beginning of the fit of shyness which results in unbalancing the mind and creating the idea that the very sight of others is an affliction to be avoided.

Several New York doctors who discussed the question at length said that they had noticed particularly among young women whom they had been called upon to see that those who had exhibited the greatest embarrassment in the presence of young men were lacking in that mental equipoise necessary to the normal brain. Modesty is one thing, they said, shyness quite another. The one causes the young woman to refrain from action that would bring upon her just criticism. The other is simply impelled to a course of action for which there is neither rhyme nor reason, and one that only results in general discomfort.—New York Journal.

About the Same.

"By the way, where is the major nowadays?" asked the mutual friend.

"He is in an institution for the treatment of the feeble minded," said the colonel, with a trace of acrimony in his voice.

"You don't say!"

"Well, sah, they don't call the place by that name, sah. But you can see for yo'self that it amounts to the same thing. It is a water cure establishment, sah."—Cincinnati Enquirer.

A ROYAL CORNER.

How the Sacred, if Lonely, Precinct Was Invaded by an American.

An American attending a wedding reception in a great house in London congratulated bride and bridegroom and passed the usual compliments with the host and hostess.

There was a great throng of guests, and he could not linger at the entrance of the drawing room when there were many behind him anxious to offer their greetings.

Perceiving a quiet corner to the right of the bride where a gentleman and a lady were standing apart from the other guests he went directly to it, unwittingly coming to a stop between two royal personages.

The American was not aware of the fact that he was face to face with one of the queen's daughters and had turned his back upon another member of the royal family. He stood quietly looking about, hoping to see some acquaintance in the company with whom he might have a chat, and soon became uncomfortably conscious that he was attracting attention and that the hostess and bride were casting uneasy glances in the direction of the corner where he had taken shelter. While the drawing room was crowded, the company of guests with one consent avoided the secluded corner where he and his two royal companions were stationed.

An acquaintance in the background perceived his mistake, and coming within hailing distance motioned to him. He left his two companions in exclusive occupation of the corner, turning his back upon both as he edged his way through the throng, while everybody stared at him. When he reached the spot where his acquaintance was waiting for him, the stage whisper was breathed into his ear:

"You have been poaching on royal preserves. You are a privileged character because you are an American, but no Englishman ventures to turn his back upon a prince or a princess. People were staring you out of countenance because they took it for granted that you must be a royal personage, yet they were unable to identify you!"

The answer might have been made that every American is a sovereign by the divine right of equality of free citizenship, but this would have been a meaningless pleasantry in an English drawing room, where social etiquette has a sanctity superior to loyalty to democratic principle.

The American thanked his friend for rescuing him from an embarrassing position, and then stood by and watched the corner where royalty was isolated from too close contact with the world of wealth and fashion.

No guest approached the royal pair. Their presence was an act of condescension to the host and hostess, and they remained on exhibition as the patrons of this social function without having their corner invaded. Everybody was careful not to approach them too closely, and there was a general sense of relief when they departed and the necessity for backing away from them on side tracks was removed.—Youth's Companion.

Hop Contracts.

Eight hop contracts in favor of Charles S. May & Co., were Wednesday filed with the county recorder. J. H. Daly, of Macksburg, contracted 5000 pounds of hops a year for four years at 8 cents. C. Zimmerman, J K. Gribble and W. L. White, of Aurora, contracted 5000 pounds each for three years; J. N. Hoffman, Nelson McConnell, Alfred Hinman and D. C. Iler, of Sherwood, 4000, 5000, 30 0 and 5000 pounds, respectively, per year, the price in each case being 6 cents for 1896. 7 cents for 1897 and 7 cents for 1898 It is agreed in each case that 4 cents shall be advanced by May & Co. for picking the crop.

Teachers' Program.

The session of the Clackamas County Teachers' Association, to be held at Willamette Falls, Saturday, February 27th, will be interesting and profitable. An excellent programme has been prepared. A car will leave the Willamette Falls railroad depot at 9:45, a. m. The programme is as follows:

Reviews and examinations, Prof. S. W. Holmes.

Interest, Supt. A. P. Armstrong.

Morals, and manners, Miss Addie E. Clark.

Intermission

Address by the superintendents.

Note book, Supt. A. P. Armstrong.

History and literature, Miss Harriet Dodson.

The teacher's preparation, Supt. H. Starkweather and Prof. C. W. Durette.

The above programme will be interspersed with music and recitation.

Dr. King's New Discovery for Consumption.

This is the best medicine in the world for all forms of coughs and colds and for consumption. Every bottle is guaranteed. It will cure and not disappoint. It has no equal for whooping cough, asthma, hay fever, pneumonia, bronchitis, lagrippe, cold in the head and for consumption It is safe for all ages, pleasant to take, and, above all, a sure cure. It is always well to take Dr. King's New Life Pills in connection with Dr. King's New Discovery, as they regulate and tone the stomach and bowels. We guarantee perfect satisfaction or return money. Free trial bottle at Charman & Co.'s drug store. Regular size 50 cents and $1.

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THE BEST SALVE in the world for Cuts, Bruises, Sores, Ulcers, Salt Rheum, Fever Sores, Tetter, Chapped Hands, Chilblains, Corns, and all Skin Eruptions, and positively cures Piles, or no pay required. It is guaranteed to give perfect satisfaction or money refunded. Price 25 cents per box. For sale by Charman & Co.

Free Course of Study.

To meet the needs of large numbers of people both old and young, who live in remote sections of the country or in places where the schools are not advanced, the University of Oregon has made arrangements to conduct a four year's course of study by correspondence. The plan is to make this course entirely free except a small charge which will cover the actual expenses. This charge will be in the form of a small sum for each lesson sent out. It will not exceed what is actually paid out for postage and clerical work in conducting the course. Students will be expected to order their text books either through local dealers or from the Portland book stores. It is hoped that large numbers of people will avail themselves of this opportunity to do intellectual work under competent guidance. It is also hoped to interest the press of the state in the undertaking so that it may become very widely known. No newspaper can be paid for publishing the announcement of the course, since it is not a plan for making money, but it is hoped that a wide spread public spirit may be awakened and that the press will lend its powerful assistance toward the success of the work. The course will be divided into five departments of study:—English literature, Latin, history and civics, mathematics, science. Four years of work have been planned in each of these departments. Any person may take up one or all of the departments as he chooses.

The course will be conducted as follows:—Any person who wishes to take one or more of the studies may send in his name to the University of Eugene, Oregon. The word "Extention Department" should be written on the envelope. He should also state clearly what lines of study he wishes to take up. Directions will be sent to him at once for procuring text books and instructions concerning the details of the course.

Questions will be mailed to students covering definite portions of the text books from time to time as they are needed. These should be carefully answered and the answers mailed to the "Extension Department" of the university. They will be corrected and returned, together with a new set of questions. This is in brief the scheme of the course. The university has been carrying on this work in a limited way for two years, but it is now hoped to make it much more extensive and more generally useful to the people of the state. The experience of the past however, places the "Extension Department" in a position to manage the practical details of the course accurately and promptly. The only charge that will be made will be for the list of questions and for marking the answers which are sent in. It is thought that this can be reduced to 10 cents for each set of questions and 10 cents for examining each set of answers. This small fee will probably cover the actual expenses of the course and nothing further is desired by the department.

It is to be noted that this course is open to all persons who desire to engage in study. It will cover the ground of the usual good high school course, and the questions and suggestions which will be sent out may often be used with profit in reviews and examinations in high schools. No person should feel that a course of this kind is a complete substitute for a good school, but if the school is not available for any reason, then much advancement in sound learning may be made by taking a correspondence course.

Full outlines of the course will be sent free upon application.

C. H. CHAPMAN.

Y. M. C. A. Notes.

The vocal music class has over 50 members and is doing excellent work under the direction of Mrs. J. H. Strickler.

The Portland Basket Ball team will play a return game in the gymnasium on Saturday evening.

The men's meeting will be led by E. J. Maples on Sunday at 4 p. m. Subject, "Peace." All men are invited.

Mr. John Wanamaker, of Philadelphia, a life-long generous friend of the association, says:

"Philadelphia, with its hundreds of young men, could get on better without its street railroads, than without its fine, commodious building for the Young Men's Christian Association. No better investment has ever been made in this city by its merchants and business men, than the gymnasium, library, reading room and halls, that they have provided for its young men."

Advertised Letters

Following is the list of letters remaining uncalled for in the Oregon City postoffice, February 17, 1897:

MENS' LIST.

Dengler, Andrew	Meng, Peter
Doverton, J M	Mitchell, Fred
Enghouse, Joe	O'Dell, Mat
Fraser, Wm	Oregon Beet Sugar Co
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Forsythe, Noel	Sholz, Adolph
Forsythe, Edgar	Schmidt, O P
Horner, Alex	Thessen, H A
Kupfer, M	Weiss, Franz
Mack, F A	Wilson, Geo

LADIES' LIST.

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