

THE OREGON STATESMAN

Issued Daily Except Monday by
THE STATESMAN PUBLISHING COMPANY
 215 S. Commercial St., Salem, Oregon

MEMBER OF THE ASSOCIATED PRESS

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DAILY STATESMAN, served by carrier in Salem and suburbs, 16 cents a week, 50 cents a month.

DAILY STATESMAN, by mail, \$6 a year; \$3 for six months; 50 cents a month. For three months or more, paid in advance, at rate of \$5 year. (THE PACIFIC HOMESTEAD, the great western weekly farm paper, will be sent a year to any one paying a year in advance to the Daily Statesman.)

SUNDAY STATESMAN, \$1 a year; 50 cents for six months; 25 cents for three months.

WEEKLY STATESMAN, issued in two six-page sections, Tuesdays and Fridays, \$1 a year (if not paid in advance, \$1.25); 50 cents for six months; 25 cents for three months.

TELEPHONES: Business Office, 23.
 Circulation Department, 583.
 Job Department, 583.

Entered at the Postoffice in Salem, Oregon, as second class matter.

THE SUCCESSFUL LIFE.

(Copyright by San Jose Mercury)

Our ideas of life change with our development. Each successive stage in the development of the individual brings its ambitions and interests and changes its purposes and viewpoint, until maturity comes, when the so-called frolics of childhood and youth are left behind and the man is absorbed in the avocations and ambitions of the average normal man. But how much better is the ordinary man employing his time than does the child or youth? He spends nearly all of his time in his business, in the making of money, in solving his professional problems or in the prosecution of great industrial enterprises. He measures the success of his life in dollars and cents, and gets his satisfaction largely, if not entirely, from the purely physical results he is able to accomplish. Rarely indeed does man spend much time in thinking of, studying or striving for those finer, deeper, diviner things, without which the most active, prosperous and influential life is little better than a miserable failure.

But there is here no attempt to belittle business or any useful occupation by which men make an honest livelihood or work the modern business miracles. All of these things are mighty important to society as well as to the individual. "He that provideth not for his own household is worse than an infidel," says the very highest authority. He that does not discharge faithfully and conscientiously the physical and worldly duties that life brings to him is in no attitude or condition to properly discharge any higher ones. No person, neglecting his first duty to himself and his family, to go into the world in an effort to reform or regenerate it, ever amounted to much as a preacher or reformer or got much satisfaction or reward out of life.

Most people have not learned that man is endowed with three distinct natures, the physical, the intellectual and the spiritual; and that symmetrical and harmonious development of the individual is impossible unless all three of these natures are given proper action and attention. Without this symmetrical and harmonious development no one can become as efficient as he may and should be and accomplish what he might accomplish industrially, intellectually or spiritually.

The physical nature is the first to develop and if properly controlled and directed will become the foundation to sustain the other two natures. It can not, however, become such foundation if it be wholly neglected, as it is by the great majority of American business and professional men and educated and well-to-do Americans generally. That regular habits of life, good, wholesome food, regular, active bodily exercise, and plenty of fresh air are necessary to bodily health, strength and vigor, most men will readily agree; but when you tell them that these things are just as essential to intellectual and spiritual development, strength and achievement, they are apt to look puzzled or sneer in derision. It is true nevertheless.

No man can do or be his best in any direction when hampered by a weak, sickly or pain-racked body. Many a student has made himself a nervous wreck for life, deprived himself of the education that he craved or brought himself to an early grave by neglecting the demands of his body. A frail and emaciated frame, a pallid and solemn visage, and big hollow eyes are not necessary accompaniments of a saint. Those who are informed know that these things are apt to be the marks of the dyspeptic, hypochondriac and misanthrope. The real, live saint should have bounding health, a smiling face, bright uplooking eyes and endurance of body as well as of mind and spirit. The ideal life—the truly successful one, the one that means the very most to the individual and to the world—is the one with all three parts of the nature harmoniously developed; strong in body, quick and penetrating of mind, and a regenerated, active spirit guiding, directing, dominating it all.

The soul, the spirit of man, is the only thing he takes into eternity. The great purpose of life here, therefore, is not to acquire riches or influence or power; not simply to enable us to grasp and enjoy the good things of the earth and come down to the perishable things of the world and empty of everything else; but

it is to furnish us an opportunity to develop, purify, elevate and make active and dominant our spirits.

This life is like a school for the education and development of the spiritual nature in each man, in order to fit him to take full advantage of the new opportunities and larger life to come. This life is the primary school in which are to be learned the lessons that fit man for the higher department to follow. Without taking the fullest advantage of the opportunities offered in this primary grade he is in no condition to understand or to take part in the work of the next department, or to share in the development which it is intended to bring.

The man who has neglected the needs of his spiritual nature has not only overlooked the main purpose of life, but he has missed its greatest rewards. The beast of the field, if supplied with food and warmth, has physical content, but he is incapable of happiness. The man who follows the desires and impulses of the flesh and is wholly absorbed with the things of the physical world may, like the beast, sometimes have a kind of animal content and satisfaction, but he is incapable of feeling real happiness. The intellectually developed man has a higher enjoyment than this, but real happiness is reserved for the man with a developed soul. His spirit is attuned to the melody of the spiritual universe. He feels the thrill of the inspiration that comes from the Great Center Life of the creation. The unselfish love of God is swelling in his heart, bringing its priceless blessings. Every moment brings a joy which the unspiritual man can not know. And while enjoying the present he can look forward and upward with hope—aye, with certainty and trust in his God, and know that all is well here and now and always. Whatever the world may think of it, his is the successful life. It is the only truly successful life there is.

Cox, after his White House interview, said he and Wilson were "absolutely one." And that "one" was Wilson.

The Salem slogan pages on next Thursday will tell of the great benefits this city and section are receiving through the national advertising campaigns.

The bishops of the Anglican church, at their meeting at Lambeth, England, defeated the resolution to abolish sermons. And we had hoped so much for relief in that direction.

Once more it has been demonstrated that the pen is mightier than the sword. The editors beat the generals in the fight for the presidential nomination.

St. Louis shoe manufacturers announce a cut of from 50 cents to \$2 a pair for shoes. A clothing manufacturer says a 20 per cent cut is coming, and employees in the latter trade are being laid off. Wheat is down, flour is down, and sugar is off another notch. That all sounds good and healthy. The peak has passed. In many lines there should be reductions, and in the lines mentioned further reductions. Paper ought to sell for less than half present prices. It would be a bad thing for the country if there were a panic in prices. But gradual reductions in almost all lines will be a blessed thing—and they are coming.

COX NOT A VOTE-GETTER.

The federal nephews at the San Francisco convention who were flimflamed into the notion that Cox is a vote-getter are due for a rude awakening.

Cox never got by excepting on a rain check.

His toasting as a runner is camouflage; Mexican bull; springs for gudgeons.

He first wormed into the executive chair in 1912 on account of the Progressive split.

For the same office he was licked in 1914, by 29,279, though the Progressive candidate that year got 60,904 votes.

He inched in in 1916 by a thin-plurality of 6618, profiting by the duplicity and deceit of Wilson's slogan, "He kept us out of war."

He slipped in by only 11,944 plurality in 1918, on a fluke, on account of Republican disaffection.

That's the whole story in tabloid form.

In 1914, when he was licked for governor by 29,270 plurality, Harding was elected United States senator by a plurality of 102,373; and Harding had to stand the loss of 67,509 votes to the Progressive party candidate for senator.

Cox is a foolzer and a false alarm as a vote-getter.

The federal nephews, when the November returns are in, will be hiring able bodied men to kick them for being played for the rankest of rank suckers at San Francisco.

SUNDAY CLOSING.

They have a strict Sunday closing ordinance in a Michigan city and

FUTURE DATES

August 9, Monday—Franklin D'Olier, national commander of American Legion, to be honor guest at luncheon at Marion hotel.

August 9 to 14—Buyers' week convention in Portland.

August 12, Tuesday—First annual picnic of Oregon Growers' Co-operative association.

August 11, Wednesday—Wisconsin picnic at state fair grounds.

August 13, 14 and 15—Convention of State Editorial association, Corvallis.

August 16, Monday—Salem hospital to reopen in McKinley school building.

August 16, Monday—Meeting of associate members of Commercial club.

August 26, Thursday—Baby clinic tests at Commercial club.

August 31, Tuesday—First annual picnic of Minnesota club of Salem, at home of F. C. Bartholomew, 795 North Capitol street.

September 4, 5, and 6—State convention of Artisan lodges, Salem.

September 5, Monday—Labor day. State Fair.

November 2, Tuesday—Election day.

Norwegian Merchants Blacklist German Firms

CHRISTIANA, Aug. 5.—A blacklist of German firms who are alleged to have broken contracts with Norwegian merchants is being prepared by the Christiania chamber of commerce and will be published as a warning to Norwegians to "be careful of closing deals in Germany."

that they broke contracts, principally because of an unfavorable rate of exchange.

It is understood German chambers of commerce are co-operating with the Norwegians to force German firms to fulfil their contracts.



Bicycles

For Progressive Business Men

The Bicycle Has Long Since Replaced the Streetcar
 Yes, the up-to-date business man has come to realize the value of the bicycle in his everyday life.

The Bicycle gives him the wholesome, easy exercise which he so greatly needs. The Bicycle saves his time, at the same time it gives exercise. No more time wasted in waiting for street cars. No more suffocating rides in the crowded cars. An easy spin in the cool fresh air, instead.

The Bicycle, from a business standpoint, more than pays for itself. Just figure up the amount saved on street cars, the time saved, and the betterment of your health. Every business man should own a Bicycle. See our display of DAYTON—COLUMBIA, HEAVY SERVICE BICYCLES

Lloyd E. Ramsden
 387 Court Street

the most flagrant violation of it was when a florist opened his shop for a minister who wanted some Easter lilies to complete the decoration of his church. Now the clergymen admit that complete observance of the Sabbath is difficult.

AS RASTUS SEES IT

(By Lue F. Vernon.)

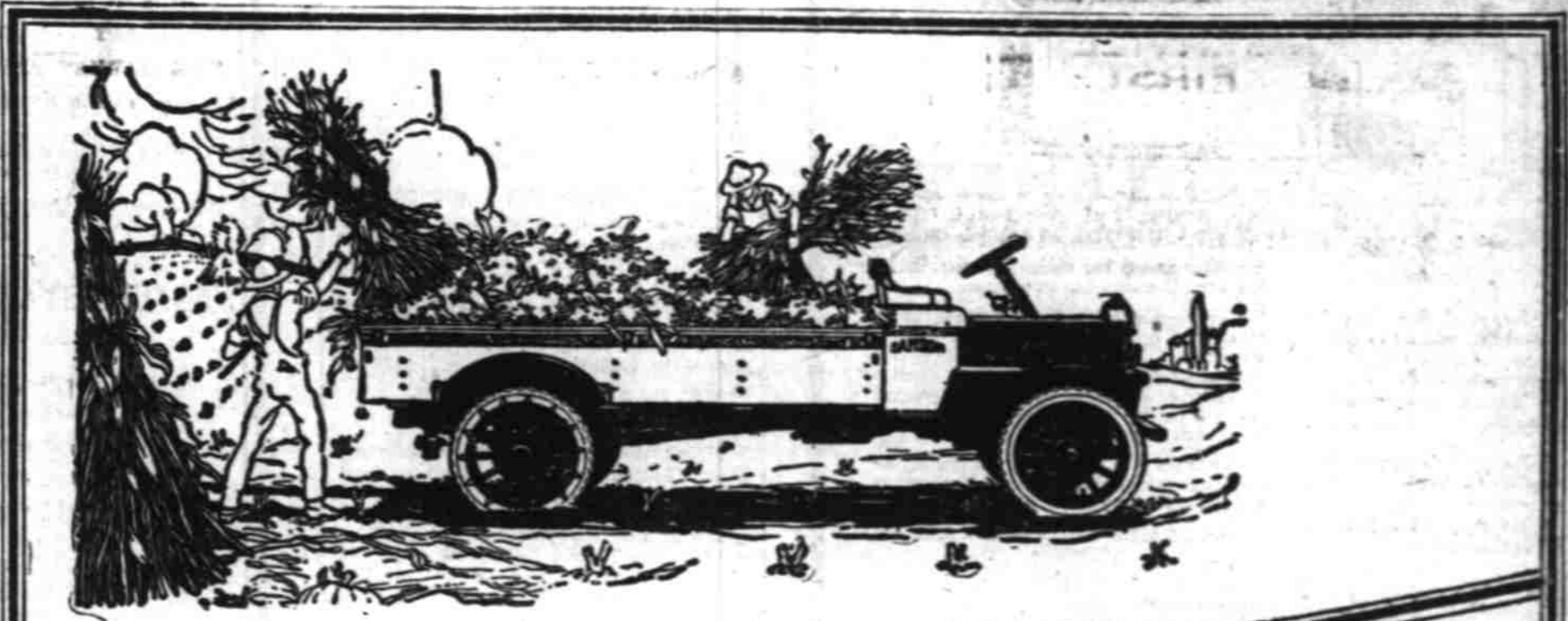
Mule, he done all dress up, soon he gwine to travel, Hea' his feet go thump-a-thump, Pounin' on de gravel.

"Jimmy" Cox upon his back, A-coaxin' an' a-drivin' Comin' long the campaign track 'Conju'in' an' connivin'.

Mahatah Harding wide awake Done got on a wiggle, Flyin' for de winnin' stake, Ridin' on de eagle.

Eagle bird he pow'ful spry, Mule don never cotch him, To de White House roos' he fly—Jes yo' wait an' watch him.

SACRED HEART ACADEMY
 Salem, Oregon
 Boarders and Day Pupils
 High Standard of Scholarship
 57th Year
 Conducted by the Sisters of the Holy Names
 For Catalog address: Sister Superior



The Samson Truck can be used on the farm, on the road or in the city with equal efficiency. It will go anywhere, any time.

SAMSON

3/4 TON Truck

THE SAMSON
 1 1/4-TON TRUCK
 Will Soon Be Ready for Delivery

Vick Brothers

503 BANK OF COMMERCE BUILDING
 SALEM, OREGON

ALBANY EUGENE DALLAS M'MINNVILLE WOODBURN

Why Do People Choose Friends as Executors?

Yes, why do they? Often through sentiment, though rarely do sentiment and business mix; and the settlement of an estate is a delicate business proposition.

Often because men so chosen have been successful in their own affairs. But why, if a man is a good retailer, or wholesaler, or manufacturer may we conclude that he will be a good investment specialist, family diplomat or estate conservator?

There is reason in all things. Call and let our Trust Officer explain why a bank is the best executor.

Capital National Bank
 TRUST DEPARTMENT
 SALEM OREGON