

Inspiration Miscellany

Why Not Cure Your Bad Habits? In a large eastern city is a professional hypnotist who has a wide reputation for curing the habit of intemperance. His method is very simple.

"There is no real hypnotism about it—unless it is a matter of self-hypnotism," this professor once said. "I simply observe the mind process of the man that drinks and advise him how to reverse it. The subconscious soliloquy in the mind of the man that drinks runs something like this: 'When did I have my last ball? Whew! Long as that! I don't see how I stood it so long. Wouldn't have thought it possible.' And so on the victim repeats to himself on the principle that he needs this periodical stimulant just as it is necessary to heap coal on to fire to keep it from burning out. In a word, that man self-hypnotizes himself into the belief that he needs a drink.

"My advice to cure this craving is not to fight the appetite, but to fight down the cause that leads to the appetite. Let a man repeat to himself over and over again: 'I really don't need this drink. If I take it, it's simply a matter of pouring so much down my throat superfluously, for I could get along without.' Before long he will be surprised how instead of hypnotizing himself into drink he will hypnotize himself out of it."

Simple, isn't it? But if this self-hypnotism, or whatever you choose to call it, is a cure for intemperance why is it not equally a recipe for curing other bad habits?

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+ TEMPTATIONS. +
+ Too many of us are gardeners +
+ to our temptations. We cultivate +
+ them assiduously. We do not +
+ realize that the strength or the +
+ weakness of a temptation de- +
+ pends largely on ourselves. Ev- +
+ ery time we yield the temptation +
+ to which we have yielded is +
+ strengthened for its next attack, +
+ and it may take half a dozen vic- +
+ tories on our part to counteract +
+ the strength imparted to a temp- +
+ tation by a single failure of ours. +
+ +++++

Cultivate Persistence

"If St. Paul had lived a couple of thousand years later he would have been a captain of industry." This is the remark attributed to John D. Rockefeller after hearing a sermon in Cleveland in which St. Paul was held up as a model of power and forcefulness. Mr. Rockefeller said that Paul's virtue was that he was persistent and that persistent men got to the top; that natural leaders are rare and reap rich rewards in business and industrial life, for every line of commercial effort offers them big opportunities. These are simple, plain, truthful words from the mouth of the most successful captain of industry the world has known. Persistence, patience and assiduity have as great rewards today for the young man who possesses these virtues as they had fifty years ago, when Mr. Rockefeller was working sixteen hours a day in a country store for a salary of \$3 a week.

Be Yourself. Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation, but of the adopted talent of another you have only an extemporaneous half possession. That which each can do best none but his Maker can teach him. Where is the master who could have taught Shakespeare? Where is the master who could have instructed Franklin or Washington or Bacon or Newton? Every great man is unique. Do that which is assigned to you and you cannot hope too much or dare too much.—Emerson.

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+ COURTESY. +
+ How sweet and gracious, even in +
+ common speech, +
+ is that fine sense which men call +
+ courtesy! +
+ Welcome as air and genial as the +
+ light, +
+ Welcome in every clime as breath +
+ of flowers, +
+ It transmutes aliens into trusting +
+ friends +
+ And gives its owner passport round +
+ the globe. +
+ —James T. Fields. +
+ +++++

Nobody's Business. Under the impression that it is "nobody's business," young people are apt to take chances with their reputations which the older persons know are fatal. The thoughtlessness of youth is responsible for many escapades which are entered into innocently, but end most disastrously. Young man or young woman, is not what you do the business of your parents, your relatives and your friends? Remember each in turn is affected by your actions. Whatever you do reflects on those with whom you have daily contact. If not for your peace of mind, you should keep yourself under control for the sake of those who love you. One rash act may tear down a reputation you have been your young life in building.

OUR 1916-1917 COMBINATION OFFER ALL OREGON PAPERS

Table listing paper options and prices: Falls City News One year (\$1.00), Evening Telegram, Three months (1.00), Rural Spirit, One year (1.00), Poultry Life, One year (50). Total value \$3.50.

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Advertisement for The Youth's Companion and McCall's Magazine. Includes images of magazine covers and text: 'No Combination of Reading Like It and All For \$2.10'. 'The Youth's Companion 52 Issues... The Best Two for all the Family for only \$2.12 and 12 Issues of McCall's Magazine... 64 Issues and 15c. McCall Dress Pattern for... \$2.10'.

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In the Arena of Sports

Captain Harry Dadmun of Harvard. Among the forwards on the big university teams Captain Harry Dadmun, right guard and captain of Harvard's formidable eleven, stands out. There are few line men his superior. Dad-



Photo by American Press Association. HARRY DADMUN.

mun began his football career at Tufts, where he was considered about the best man on the team. His work was polished up last year by Percy Haughton, and now he is one of the most dependable men on the team.

Miske Looks Like a Corner. Billy Miske of St. Paul, who recently outpointed Battling Levinsky of Philadelphia in a ten round bout in New York, is a rangy young chap, strong, game and a good, clever, aggressive boxer. His showing against the veteran Levinsky was the more remarkable for the fact that he was outweighed more than ten pounds. He scaled 170 1/2 pounds, Levinsky 151. In height Miske was the taller, and he also had a corresponding advantage in reach. His fight showed that he is worthy of a rating with all the light heavyweights. It is a factor in the division that must be reckoned with.

Athletes Go to War. Among the troops that left Halifax recently was the One Hundred and Eightieth Canadian Sportsmen's battalion, and in its ranks were such fine fellows as A. E. Wood, the fifteen mile record holder; Tom Longboat, the famous Indian runner; Lou Marsh, another famous distancer; Tom Flanagan, who first won fame as Longboat's manager, and many other well known sportsmen. This battalion was recruited entirely from young men who have followed track athletics, hockey and football, and it is considered the finest body of troops that the Dominion has sent to the war zone.

Care of Footwear

With a little thought and care of shoes the family shoe bill may be reduced at least one-third. The present day liquid polish used on shoes is apt to crack the leather and ruin it. Most liquid dressings have a certain amount of acid, and this destroys the oils in the leather. If one must use liquid dressings, once in two weeks wash off every bit of dressing from the shoes and apply a liberal coating of castor oil and set the shoes in an airy place for two days. The elasticity of the leather will be renewed and the shoes become soft and pliable. Wipe shoes carefully before applying the next coat of liquid dressing.

Cleaning Silver. To clean your silver put it in an aluminum kettle full of hot water to which has been added a tablespoonful or two each of salt and soda. This will clean the silver in a twinkling, with no rubbing or mess. Be sure the receptacle is aluminum or the charm is gone.

THANKSGIVING. We thank thee, Lord, for one more year With all its months have brought: Both boon and bane, both peace and pain, Thy sovereign hand hath wrought. We thank thee for each pleasant path— Achievement's sweet success; As well, our God, for dark ways trod— Disaster's bitter stress. Abundant gain hath far surpassed Such loss as life contained; When such seemed not our favored lot Thy promised grace remained. And so for all we thank thee, Lord, While faith doth banish doubt; Since this we know, both weal and woe Work thy best purpose out. —P. B. Strong.

Professional Cards

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Mr. Home-Seeker— COME TO FALLS CITY, OREGON and Buy Orchard Land

SOUTHERN PACIFIC COMPANY Passenger Train Schedule Effective Oct. 4, 1914. Table with columns for Westbound and Eastbound, and rows for Salem, Dallas, Falls City, Bl'k Rock.

CHURCH NOTICES Free Methodist Sunday School 10 a. m. Preaching service 11 a. m. Song and praise service 7:30 followed by preaching at 8:00. Mid-week prayer meeting 7:30 p.m. Everyone cordially invited to attend these services. Edgar N. Long, Pastor.

Methodist Episcopal Church Rev. James C. Erwin, Pastor Sunday School 10 A. M. J. R. Moyer, Sunday School Sup't. Preaching 11 A. M. and 7:30 PM Junior League, Sunday, 3 P. M. Miss Mary Hammond. Epworth League, 6:30 P. M. Hanvey Deal, Pres. Mid-week services, Wed. 7:30 P. M.