

WORRY IS A PERIL FREAK OF THE TIDE

It Often Causes Ills Greater by Far Than Itself.

LIABLE TO LEAD TO DEATH.

In Many Cases It Is an Important Agent in the Production of Diabetes, Gout, Goiter, Chronic Heart Disease and Other Physical Troubles.

With the possible exception of those in the period of happy childhood, every one is at times a victim of worry. In fact, the average individual thinks of and accepts worry much as he thinks of and accepts disagreeable weather conditions—as one of the bitter things of life which must be taken with the sweet. In other words, he regards it as a fact, but does not attempt to analyze it.

The wisest thinkers of all times have recognized the condition, and many well known writers have expressed their views of its psychology. What has not been sufficiently recognized, however, until very recently, is the importance of worry, not merely in itself, as implying the absence of happiness, but as the cause of ill far greater than itself, the cause predisposing to secondary manifestations which would otherwise have been escaped altogether.

Having fully comprehended this fact, the next logical step in scientific progression is to determine the exact mechanism by which these disturbances are brought about. Through the conjoined efforts of psychologists and physiologists we are just beginning to reach the true physical basis of this important subject.

The keynote of worry is beyond doubt a disturbance of the mind, says Dr. Erie D. Forrest in the Medical Record. It may be defined as the restless consciousness of all incumbrances which we accept under protest.

To elaborate this definition, it is the mind's unrest about anything which concerns us, whether it relates to our future, our dear ones, a cause we have espoused, our happiness, our salvation, our means of support, our position in life, our health, our fate or our success in general. It does not consist solely in our interest in all these things; it is rather a disquietude arising from a feeling of helplessness before the various chances and claims of life.

The popular opinion seems to be that the mental condition is one of depression, possibly because the physical manifestations are chiefly depressive in nature. The fact cannot be too strongly emphasized, however, that the primary mental condition is one of overactivity and, moreover, overactivity along lines of fixed ideas.

Without taking up individually the phases of worry brought about by the various specific causes the physical manifestations of worry in general may be said to be depression of respiration, slight disturbances in rate and force of heart beat, vasomotor changes, disturbances in secretion, pallor, cold extremities, relaxation and decreased motility of the alimentary tract, dilatation of the pupil, loss of weight, insomnia and general physical exhaustion.

These disturbances may vary in their prominence and may appear as groups of symptoms characterizing well known diseases. Thus worry is sometimes an important agent in the production of diabetes, gout, exophthalmic goiter and chronic heart disease.

Inasmuch as worry is primarily a disease of the mind, and since every portion of the body is intimately connected with every other part by a network of nervous tissue of great complexity, we naturally seek for the causes of these manifestations, first of all, in the nervous system.

In every individual at a given time there is a limited amount of potential energy stored up in the cells of the brain. This function seems to rest in the chromatin granules of the nerve cells, and it has been shown experimentally that a liberation of nervous energy, whether in response to a psychic or sensory stimulus, results in a physiological degeneration of the chromatin granules, and consequently of the cells themselves. Obviously a prolonged discharge of nervous energy diminishes by so much the amount left in the brain cells. Furthermore, stimuli of sufficient number, intensity or duration may cause exhaustion and death.

Origin of the Sun Flag.

The origin of the emblem of the sun as the Japanese national symbol dates back to time immemorial. The first record of its use on land is that of a famous war lord of the eleventh century; again in the fifteenth century the emblem was adopted by the feudal lords and warriors. The connection of the emblem with the navy is also deep rooted, having had local usage as early as 71 A. D. and a more extended field in 110 A. D. The official adoption of the sun flag to represent the nation took place in 1810—Bulletin of the Japan Society.

Downward Revision.

Two Minutes After the Exam.—Aw, that was a cinch. I crashed that easy! Right between the eyes!

One Day After the Exam.—Of course there were a couple of little things I didn't get quite right.

Two Days After the Exam.—Say, I think I got two questions all wrong.

Three Days After the Exam.—Pass it! Well, I should say not. I flunked it cold.—Yale Record.

Conscience is the highest of all courts.—Victor Hugo.

Curious Phenomenon That Occurs in the River Trent.

FURIOUS RUSH OF THE AEGIR.

Like a Monster Tidal Wave the Water From the Sea Sweeps Up the Stream With an Angry Roar, Flinging its Foam High into the Air.

"Ware aegir! Ware aegir!" The river Trent has been flowing out to the sea for hours, leaving long stretches of brown mud glittering in the light of the setting sun. It is a calm summer evening, and we sit waiting and listening on one of the old wharves of Gainsborough, Lincolnshire. The cry is taken up by every boatman, who shouts it again upstream—a strange, eerie warning.

Several small boats are now pushing off into midstream to avoid the mass of churning water which breaks on the foreshore. A group of children add to the tumult with a shrill cry of "Wild aegir! Wild aegir!" which they consider a much better rendering than "Ware aegir!"

By crawling forward we can see it now, rounding a bend of the river by the shipyard. The first wave is big and smooth, stretching right across the river, with a swirl of angry water at each side; next follow five or six big rollers, which roar and foam along, leaving masses of broken water in their wake. These are called the "whelps."

Presently we shall see the force of these "whelps" when they reach those big, unwieldy, square nosed barges— which, by the way, are called "keels." There is one such swinging at anchor in midstream just opposite to us. For the last half hour the old keelman has been lolling about the deck smoking his clay and looking idly at the water.

Now he is alert all at once, and, knocking the ashes out of his pipe, he gives a turn at the windlass to tighten the anchor chain. After a glance along the deck to see that all is secure, he looks back up the river. He is calculating where the aegir will carry him to.

There is another barge higher up the river, and as yet nobody has stirred on board. The old man has noticed it, for he shouts, "Ware aegir, Stoney, my lad!" and a young fellow jumps up the hatch and runs to the diler.

The distant swish has increased to a roar now, and a feeling of intense excitement grips us as we see a small boat rise up on the first wave and disappear for a moment in the hollow. Up again she rises, right into the froth of the "whelps." Another moment and she is through into calmer water.

See! The billow dashes like a monster tidal wave against a wharf and splashes high up into the air with a roar and another of white foam. Now it has reached the "keel." With a groan and rattle of chain she rises to the wave and is carried along with it, but not very far, for the anchor holds fast and she swings slowly round.

The keel is broadside on now, and the creamy "whelps" dash right over her deck as she rolls in the trough of waves, but as quickly as it takes to tell she swings stem on to the current, which is now rushing upstream with tremendous force, and will continue to do so for two hours or more until high water, when the water lazily returns toward the sea.

The aegirs are not all as big as this one; some are a mere swell about a foot high. The best time to see them is in the spring and autumn, when the equinoctial tides are big on the coast. Just below Gainsborough the aegir is seen at its best, as it rushes along some of the longest reaches of the Trent.

This curious tidal phenomenon only occurs on one or two other rivers in Great Britain, the Severn being one of them, where it is known as the "bore." Those who have seen it, however, say that it does not equal the aegir in any way.—Wide World Magazine.

How Railroads Create Wealth.

Our marvelous crops would count for nothing if forced to lie in the fields where they grow, or driven to seek such markets only as the farmer's team could reach. The cotton crop, which brings to our shores annually nearly half a billion dollars of foreign gold, would be but a fruitless burden on southern winds if there were no railroads to carry it to the seaboard. We take from our mines and forests and factories twenty billions of dollars each year, but without means of transportation these costly products would be worthless junk.—Robert Mather in Leslie's.

The French Horn.

The French horn, or cor de chasse, is regarded by some musicians as the sweetest and mellowest of all the wind instruments. In Beethoven's time it was little else than the old hunting horn, which for the convenience of the mounted hunter was arranged in spiral convolutions to be slipped over the head and carried resting on one shoulder and under the opposite arm. The Germans still call it the waldhorn—that is, "forest horn."

Glad to Play a Losing Game.

"I shrink from the ordeal," she said, but there was a note of triumph in her voice.

The lady was dieting and exercising to reduce her flesh, and the scales had just shown that she had sloughed off thirty pounds.—Judge

Resolve to wait in weakness and to walk in power.—Charlotte Stetson.

WILDWOOD.

Elmer Fry went to Kings Valley on Monday.

Mr. and Mrs. J. F. Leigh have returned from a visit to Silverton.

Ira Green had to kill his horse that was hurt a couple of weeks ago.

The Valley & Siletz railroad company have put a crew of men on clearing right of way, above the dam.

Mrs. H. L. Price called on Mrs. Sam Riker and Mrs. L. D. Fry one day last week.

L. D. Fry's house caught fire last Wednesday, but a few buckets of water was all that was necessary to extinguish it.

Cecil Townsend and family were over from Kings Valley on a fishing trip Monday.

Mrs. Ida Kopplen went to Salem for a short visit Sunday.

J. F. Leigh and Ira Green went to Kings Valley Friday.

Fleming Oleman and Jim Dunn made a trip up the Luckiamute one day last week. If they hadn't got stuck in a mud hole they wouldn't have stayed as long as they did.

Elmer Fry made a business trip to Pedee on Saturday.

THIS AND THAT.

Just prior to the entertainment Mrs. Ora Cosper extended to friends in honor of the president of the Rebekah assembly the other day, Mr. Cosper thought he would perpetrate a surprise upon his better half by having their daughter, Mrs. Elmer Strayer of Portland, present. Accordingly he slipped down town and telephoned her, urging that she come to Dallas forthwith to participate in the festivities of the occasion, and received an affirmative reply. Happy in the thought of the approaching surprise, he could scarcely contain himself until the arrival of the train at noon, when the surprise was to be sprung upon Mrs. Cosper. At the same time Mrs. Cosper had, unbeknown to her husband, made the same request of Mrs. Strayer, hoping to surprise Mr. Cosper. The guest played her part well, making each parent believe for a time that the other was responsible for her unannounced appearance upon the scene, but it all came out later. Harry wouldn't have cared so much about the disappointment in not affording Mrs. Cosper a genuine surprise had he not carried a suitcase weighing something less than half a ton approximately a mile in the hope of making the surprise an unqualified success.

BULLETIN

ONE CENT A WORD, 'PHONE 19.

The charge for advertisements under this head is one cent per word for each insertion. No discount for successive issues. If you have anything for sale or exchange; if you want to rent or lease a house or business building; if you want help or a job of work; if you have lost or found anything; if you want publicity of any kind, try this column. You are sure to get results—others do, why not you. Telephone your "want ads." or address all communications to The Observer, Dallas, Oregon. Count the number of words to remit with order. Telephone No. 19.

LOST—Small black purse during hand concert Saturday night. Keep money and return keys to Observer office.

34-2t.

FOR SALE—A good thrasher and engine, at a bargain. F. J. Wagner, 415 Oak street.

23-6t.

ABSOLUTELY FREE—We will furnish modern bungalow plans, according to your own idea, prepared by one of the foremost architects on the coast, free to all who purchase material at our mill. Come and let us talk it over. Dallas Planing Mill, Dallas, Oregon.

23-6t.

FOR SALE—A chance to get some good dairy cows. My six head for sale; none reserved. John W. Orr, Dallas, Oregon.

23-6t.

FOR SALE—New hornless talking machine, ten double records, few.

15. Davis & Horn. 23-6t.

FOR SALE—Sulky in good condition.

15. Davis & Horn. 23-6t.

FOR SALE—Iron Age seeder and cultivator, \$6. Davis & Horn.

23-6t.

WANTED—Machine, cast and stove plate iron, brass and copper, zinc and rubber, and rags of all kinds; in fact, junk of all kinds. A. N. Halleck, Monmouth, Oregon. 8t.

23-6t.

FOR SALE—National cash register, \$15. Davis & Horn. 23-6t.

23-6t.

WANTED—Your lame horses to shoe. Williams, the horseshoer, Monmouth, Oregon. 8t.

23-6t.

WANTED—Carpet cleaning and window washing, both business and residence. MHO V. Woods, phone 1173 or 1092. 11t.

23-6t.

FOR SALE—Two saddles, \$7.50 and \$20. Davis & Horn. 23-6t.

23-6t.

FOR RENT—Good modern cottage, Sheldon street. Enquire at 518 Church street.

23-6t.

SCREEN DOORS—No flies to swat if you fortify with our screen doors and windows. We can serve you quickly with the galvanized or black screens in regular or special sizes. Dallas Planing Mill. 26-9t.

26-9t.

FOR SALE—Quick meal oil stove and oven, cheap. 124 Court street. 26t-x

26t-x

Observer Want Ads. do the business

The Dallas Observer last week buried William Jennings Bryan and laid him away in the political graveyard forever. The editor of The Observer is yet a young man, he has many years yet to labor, and during the coming period of strenuous effort, he will bury the same gentleman again and again. It is not a virtue, nor a fault, but a cross between a habit and a disease which has fastened itself upon numerous writers, many brilliant and learned. Apparently there is no cure.—Independence Monitor.

American cotton mills in 1914 used 26,000 more bales of cotton than for the corresponding month of last year. Thus are the Americans successfully solving their so-called war problems.

ADMINISTRATORS NOTICE.

Notice is hereby given to whom it may concern, that the undersigned has been duly appointed administrator of the estate of Tena S. J. Hastings, by the Hon. County Court of Polk County, Oregon, and has qualified. All persons holding claims against said estate are hereby notified to present the same duly verified on or before six months from the date hereof, and all persons knowing themselves indebted to said estate are notified to make immediate settlement thereof. Dated this 24th day of June, 1915. REUBEN A. HASTINGS, Administrator of estate of Tena S. J. Hastings, deceased.

SIBLEY & EAKIN, Attorneys for estate. 33-5t.

GUARDIAN'S SALE.

Notice is hereby given, that by virtue and in pursuance of an order of the County Court of the State of Oregon for Polk County, sitting in probate, made an entered of record in said Court on the 1st day of June, 1915, in the matter of the estate and guardianship of Irene Westfall, a minor, authorizing and licensing the undersigned as guardian of the Estate of said minor to sell the real property of said ward, hereinafter described, at private sale for cash, in the manner prescribed by law, the undersigned as such guardian will, from and after Wednesday, the 7th day of July, 1915, at the law office of Walter L. Toose, Jr., Esq., in the National Bank building, in the City of Dallas, in Polk County, Oregon, proceed to sell the said real property at private sale for cash in hand on day of sale, in accordance with said license of sale, and in the manner prescribed by law, subject to confirmation by said County Court; said real property being particularly described as follows, to-wit:

An undivided one-ninth interest in, and to the following described property, to-wit: Lots 1, 2, and the East half of Lot 3, in Block 3, in Catron's Sub-division of Out Lot No. 5, in Monmouth, Polk County, Oregon. Dated this 7th day of June, 1915. MARY F. WESTFALL, Guardian of the estate of the above named Minor.

WALTER L. TOOSE, JR., Attorney for the Guardian. J.S-J6

ADMINISTRATOR'S NOTICE.

Notice is hereby given to whom it may concern, that the undersigned has been duly appointed administrator of the estate of Mary E. Halsey, deceased, by the Hon. County Court of Polk County, Oregon, and has qualified. All persons holding claims against said estate are hereby notified to present the same to the undersigned, duly verified, on or before six months from the date hereof, and all persons indebted to said estate are hereby notified to make immediate settlement thereof. Dated at Dallas, Polk County, Oregon, this 28th day of May, 1915. ALBERT TEAL, Administrator of the estate of Mary E. Halsey, deceased.

SIBLEY & EAKIN, Attorneys for estate. 26-4t-x

ADMINISTRATRIX NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon, for the county of Polk, as administratrix of the estate of C. F. Littlefield, deceased, and that she has fully qualified as such administratrix. All persons having claims against the estate of said decedent are hereby notified to present the same, duly itemized and verified, to me at my home near McCoy, in Polk County, Oregon, within six months from the date of this notice. Dated at McCoy, Oregon, June 10, 1915. MARTHIA M. LITTLEFIELD, Administratrix of the estate of C. F. Littlefield, deceased. 6-14-7-12

TREASURER'S NOTICE.

Notice is hereby given that all general road warrants of Polk County, Oregon, endorsed "Not paid for want of funds" prior to January 1st, 1915, are due and payable on presentation at the office of the Treasurer of said County.

Notice is also given that all warrants drawn on Road District No. 9, and endorsed "Not paid for want of funds" prior to May 19th, 1915, are payable on presentation as above stated.

Interest ceasing on the above mentioned warrants from the date of this notice.

Dated at Dallas, Oregon, June 25th, 1915. F. J. HOLMAN, County Treasurer.

TEACHERS' EXAMINATIONS.

Notice is hereby given that the County Superintendent of Polk County, Oregon, will hold the regular examination of applicants for State Certificates at Dallas, as follows: Commencing Wednesday, June 30, 1915, at 9 o'clock a. m., and continuing until Saturday, July 3, 1915, at 4 o'clock p. m.

WEDNESDAY FORENOON.

Writing, U. S. History, Physiology.

WEDNESDAY AFTERNOON.

Reading, Composition, Methods in Reading, Methods in Arithmetic.

THURSDAY FORENOON.

Arithmetic, History of Education, Psychology, Methods in Geography.

THURSDAY AFTERNOON.

Grammar, Geography, American Literature, Physics, Methods in Language, Thesis for Primary Certificate.

FRIDAY FORENOON.

Theory and Practice, Orthography, English Literature, Chemistry.

FRIDAY AFTERNOON.

School Law, Geology, Algebra, Civil Government.

SATURDAY FORENOON.

Geometry, Botany.

SATURDAY AFTERNOON.

General History, Bookkeeping.

H. C. SEYMOUR, County School Superintendent. 6-14-7-25

THE MADENA HOTEL

(Under New Management.)

BEST DINING SERVICE IN FALLS CITY, COMMERCIAL PATRONAGE SOLICITED. ED. SAMPLE ROOMS. HUTCHINSON & ABBOTT, Props.

Send It By Parcel Post

Send us your laundry by parcel post. The rural carrier is now authorized to transact this business. It costs but a few cents. We'll return it promptly.

DALLAS STEAM LAUNDRY.

Twice-a-Week Observer \$1.50 a Year.

Northeast quarter of Section 33, and the Southwest quarter of the Northwest quarter of Section 34, and the South half of said Section 34, all in Township 8 South, Range 6 West of the Willamette Meridian; and also the Northwest quarter of the Northwest quarter of Section 3, in Township 9 South, Range 6 West of the Willamette Meridian, excepting therefrom 15 acres, to-wit: Beginning at the Southeast corner of said Section 34, Township 8 South, Range 6 West, and running thence North 30 rods; thence West 30 rods; thence South 30 rods; thence East 30 rods to the place of beginning; all being situate in Polk County, State of Oregon, and containing 595 acres, more or less; Otherwise known and described as Tracts numbered 1 to 50, inclusive, of Falls City Orchards Tracts, as shown by plat thereof filed April 13, 1910, and found at page 2 of Book 2 of the record of town plats of said County of Polk, in the office of the County Clerk of said County.

Notice is hereby given that on the said 28th day of May, 1915, I duly levied upon the said real property, and that on Wednesday, the 29th day of June, 1915, at one o'clock p. m. of said day, at the front door of the County Court House, in the city of Dallas, in Polk County, State of Oregon, I will, in obedience to said execution and order of sale, sell the above described property to the highest bidder, for cash in lawful money of the United States, in the manner prescribed by law. Dated this 1st day of June, 1915. JOHN W. ORR, Sheriff of Polk County, Oregon.

NOTICE OF FINAL ACCOUNT.

Notice is hereby given that the final account of U. S. Loughary, as administrator of the estate of Martha Simpson, deceased, has been filed in the County Court of Polk County, Oregon, and that the 16th day of July, 1915, at the hour of 10 o'clock a. m. of said day, at the county court house in Dallas, Oregon, has been duly fixed by such court as the time and place for the hearing of objections to said final account and the settlement thereof, at which time any person interested in said estate may appear and file objections thereto as by law provided. U. S. LOUGHARY, Administrator of the estate of Martha Simpson, deceased. 322-320.

NOTICE OF APPOINTMENT OF ADMINISTRATRIX.

Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon, for the county of Polk, as administratrix of the estate of C. F. Littlefield, deceased, and that she has fully qualified as such administratrix. All persons having claims against the estate of said decedent are hereby notified to present the same, duly itemized and verified, to me at my home near McCoy, in Polk County, Oregon, within six months from the date of this notice. Dated at McCoy, Oregon, June 10, 1915. MARTHIA M. LITTLEFIELD, Administratrix of the estate of C. F. Littlefield, deceased. 6-14-7-12

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