

Polk County Observer

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"HEALING THYSELF."

Don't prescribe medicine for yourself unless you know the amount and kind of drugs in the preparation. Don't take unproved remedies. Don't take poisonous or habit forming drugs. In other words, don't pour medicine of which you know nothing into a body of which you know less.

To so alarming an extent has the practice of self-drugging been developed in the United States, the federal public health service has felt its duty to give the matter attention and to admonish the American public of the peril of the practice. The foregoing instructions are the vital ones contained in a recent communication on the subject. It is obviously the right of every human being to select and take his own medicine, provided he does so without harm to himself or to others. Yet so many changes have taken place since the days when our grandmothers gave us boneset tea, or molasses and sulphur as spring medicine that modern self-drugging may be followed by disastrous effects. These may be direct as the result of harmful agents contained in the medicine itself or by reason of an improper method of administration. The human body is a highly complex organism and in order to efficiently guard himself against possible ill effects, it is essentially necessary that an individual medicating himself be thoroughly informed as to the nature of the body processes as well as to the nature and composition of the medicaments which it is contemplated to use.

Therefore, the suggestions and warning of the federal health experts are timely and may be made beneficial. We have on the one hand the ardent advocate of household remedies, on the other the extremist who condemns all medicine. As between the two radical schools, it is safe and sane to maintain that self-medication hath its dangers and that it should be accompanied with thought and caution. This is of especial force when one recalls the number of habit-forming drugs that are now of easy access and in fact the subject of systematic encouragement as to use. Nervous disorders and in fact mental dependence lurk in their molecules, and intelligent selection is the price of safety.

ELOCUTION VS. ACTION.

Theodore Roosevelt may be slipping, but he has not gone stale. He still has the punch.

"A man afraid to fight is not fit to vote. A mother who is not willing to raise her boy to be a soldier is not fit for citizenship."

These are specimens of the aphorism uttered by the doughty colonel in addresses at San Francisco, the general subject of the talks being "War and Peace." The former president especially emphasized preparedness as the best means for avoiding the former and preserving the latter. He also derided "elocution" as a substitute for "action." Dilating upon the fate of Belgium, the colonel admonished his hearers that the United States, by its culpable and well nigh criminal remissness in the matter of military and naval preparation, was challenging, if not inviting, similar ravishment. He denounced the peace-at-any-price, non-resistance propagandists as bent upon the "China-fying" the country.

His suggestions as to what the United States should do to ward against foreign aggression are summed up in the following: A greater army, a more powerful navy and "universal military service for our young men on the Swiss model." He developed the comparison that, whereas the case of Belgium, undoubtedly because of its tiny size and perilous position, had aroused naught but sympathy and condemnation, should the United States suffer similar debauchment, there would be for our plight only scorn and contempt. For, as Colonel Roosevelt aptly and trenchantly puts it, "for a rich, powerful, boastful people invites the ridicule of all mankind if whether from sheer silliness and shortsightedness or from soft timidity or from gross and greedy devotion to the material benefits of the moment, it fails to prepare itself to defend its own rights with its own strength."

It is the philosophy of the stage and of the artist of the pen that the dramatic picture or the caricature must be to a degree an exaggeration in order to enforce the moral and point of the message. Similar ratiocination applies to delineation and appeal made by the public address. But, allowing for this psychological and technical excess, it can not be denied that there is food for thought—and this is a more rational form of subsistence than that other kind, "cannon-food," which is the great demand in Europe just now—in what Colonel Roosevelt says. If the European war has taught anything, it is that, when man begins to "see red," he becomes a ruthless savage, that ethics and estheticism go by the

board, that justice and fair play have as little presence and effect as they have in a barroom rough-and-tumble conflict, and, finally, that the only safe and efficacious means of confronting such a situation is robust, well muscled and well-trained force. Of course, the matter could be carried to extremes, although that would be rather difficult in our country in which aggression and aggrandizement have no recognized niche. But, as a well disciplined and well equipped police force is regarded as a necessity in every municipality, so, until there is great improvement in the status of international morals and tendencies, the United States should inventory among its equipment an army, and a navy that shall be of respectable proportions of effectiveness. So that, in case a hurry call should be keyed in, there would be ready and efficient response. The matter is largely of protection—of insurance.

BAN ON THE BELT.

One of the medical Brothers Mayo, they who have made the Minnesota city of Rochester famous, has issued a professional bull against the belt. The rescript has especial reference to that bit of masculine harness or wearing apparel—as one is most content to view it—that the male member of the genus homo has been wont to utilize to mark that otherwise uncharted anatomical convexity commonly referred to as the waist.

The edict of inhibition is unfortunate, particularly at this time of the year, and also unfair. It seems like a cruel and tyrannical abuse of power, a playing upon superstition and fetish to stifle a yearning for liberty and to weld more closely and more securely the bonds of serfdom of a weak and pliant race. Since the day when Eve adopted the close fitting leaf skirt woman has defied the alleged laws of hygiene in her sartorial investiture, to the horror and consternation of man, but she has appeared to suffer no ill effects. Tight corsets, high heeled boots and low necked waists she wears now, flouting the regulations, yet she remains disconcertingly healthy, happy and beautiful. On the other hand, timid man has been subservient to the theories of the health specialists. His sole excuse for the ugliness of his attire has been that it was at least healthful. This in the face of the fact that his head grew bald under his sanitary hat and his feet grew flat inside his "sensible" shoes. Virtually in all these years, masculinity has allowed itself but one sartorial vanity and that has been the belt. But he reckoned not the opposition. He had the temerity to adopt the comfortable vogue without consulting his physician. The result is a challenge on the ground of health. Now what is to be the result? Will man repeat the history of the decades and the centuries and abandon the belt, or will he emulate the fair but anarchistic sex and defy the doctor?

CANDIDATE FOR PRESIDENT.

President Wilson is a candidate for re-election as chief magistrate of the United States. The announcement somehow lacks the force of priority or surprise. And yet it marks one of the formal initial steps of the presidential campaign of 1916.

The executive committee of the democratic party of Cook county, Ill., claims the honor of being the first to place the president in the field. That committee has formally adopted resolutions endorsing his administration and urging him to run again. This action was taken in connection with a movement to secure the democratic national convention for Chicago. Already, the effort to obtain the national republican convention for that city has taken definite form and force.

Illinois, not content with the two great party conventions, which are regarded as very likely to be held at the Windy city by the great lake of Michigan, has also a candidate for the presidency. Senator L. Y. Sherman is being groomed for the republican nomination and one of the Chicago papers naively remarks that the campaign is being carried into states outside of Illinois.

WHERE PROSPERITY REIGNS.

While Secretary Redfield and the others are exulting over the huge trade balance growing out of the "war orders" boom, it may be unkind to remind them that the number of business failures reported in this country during the past six months was the largest on record for a similar period and the total liabilities were close to a record figure also. The record of failures for June was the worst ever made in a single month. There is great prosperity at Bethlehem, Pennsylvania, and at other points where "war orders" are concentrated; and it is a great pity that we do not all own large blocks of Bethlehem stock. But, while war factories prosper because of European conditions with which we have nothing to do, other enterprises have slackened or suffered disaster because of policies put into operation by a democratic congress urged on by a democratic president.

JUST FISHIN'.

It was Isaac Walton, we believe, who dubbed fishing "the contemplative man's recreation." If it wasn't Isaac, it is a good definition anyway. Leaving the pirate and the pothunter out of the discussion, fishing should be regarded as a psychological and not a physical function. The piscatory product is a mere incident and in no way essential. Your genuine, simon-pure angler goes "fishin'"—that's what he does, not fishing—not for fish (note with gratitude that we have carefully refrained from the use

of the words, "finny tribe") but for the purpose of contemplation, of communion with nature, to lose and immerse himself in an atmosphere which shall induce mental repose and restore the sentimental and spiritual sectors of human balance.

The storm and stress of business life daily demand toll. This is as true in Dallas as it is in greater modern municipal settlements. Somebody has said that we are punished not for, but by our sins. And in nervous prostration, irritability and the loss of true sense of value and proportion, are we penalized for our absorption in matters merely transitory and material.

To the business man of Dallas, especially in this vacation period, the therapeutic value of "fishin'" is commended. Utilize La Creole, Luckiamute, Siletz, Yamhill and other rivers with their inviting beauty—extend your life and make living worth while. And you do not need ornate or intricate equipment. A "pole" is better for spiritual rehabilitation than a steel or split-bamboo "rod." And if, perchance, you do not catch a single fish in a whole day, you are very likely to catch what is more valuable, to-wit, a new, healthy and more accurate mental pose and point of view.

LIGHTNING AND FIRES.

Forester Elliott has shattered our hope of securing permanent settlers from eastern states where electrical storms are prevalent, scaring the very dickens out of residents of those parts, by setting forth the claim that many forest fires west of the Cascade range are resultant from lightning. When struck by lightning in eastern states comparatively few trees burn, but it's different in Mr. Elliott's domain, for he says so. These fires fail to develop immediately, according to this authority, but sometimes smolder for days, the tiny flames augmenting from a mere nothing until they endanger vast forests of valuable timber. In substantiation of this statement the forester says that five fires were started in Klamath county early in the present month from lightning, while in Grant county this record was smashed in smithereens, sixteen fires having developed from this cause in a single night.

Those easterners who have in contemplation coming to this coast to escape electrical storms will, therefore, take notice and govern themselves accordingly. It may, however, be difficult to make residents of the middle west believe that trees struck by lightning take fire, for such a case in that territory would be quite unusual, as rain invariably follows lightning and naturally extinguishes any blaze that might have developed from this cause.

Watchful waiting, with a steady, though tacit offer of good offices in the way of mediation. That is the plan that Jane Addams suggested to President Wilson for ending the European war, or at least for neutral treatment of it. Miss Addams, who has just returned from a tour of the belligerent countries, sees little cause for hope of early peace. Her suggestion is in line with American policy. The United States is ready to act as mediator when the European nations display inclination to moderate. Until then, any formal offer would be as injudicious as it would be impudent.

Polk county should not permit the promoters of the proposed fertilizer plant to locate at Roseburg, when within this ballistics is to be found raw material in abundance for the product. Tests of the limestone to be found four miles from Dallas proves conclusively that it is all that could be desired for the purpose, while the land, beneath the surface of which lie practically inexhaustible deposits, may be had at a nominal figure. The project to establish a fertilizer plant in this section was first introduced in Polk county, and the undertaking should be carried out here.

The federal treasury statement for Saturday, July 17, showed a balance of \$71,051,288.96 in the general fund compared with \$128,123,585.69 on the same date two years previous, under republican laws. The deficit for the first 15 working days of the new fiscal year was \$13,142,587.094, showing that the administration is running behind at the rate of \$876,000 per day.

"Bums" are "subnormal." That is the definition of Dr. W. S. Rainford in The Outlook. The learned analyst might add that the bum usually is not satisfied to let it go at that. He commonly utilizes such degree of concentration as he possesses to render the treasury statistics of his industrious friends and relatives also subnormal.

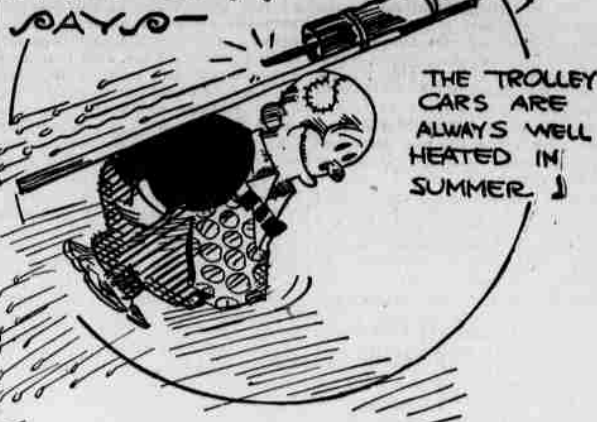
William Jennings Bryan is going back to the lecture platform. He likes it, he says, and only his patriotism induced him to abandon it temporarily. The people of the United States, realizing where he belongs, will not insist that his patriotism make any further sacrifice.

The announcement that the Southern Pacific will hereafter charge transportation for hauling the fish car "Rainbow" will have the effect of lessening the number of fish planted in the various streams of the state from the several hatcheries.

Under any circumstances a giggle is hardly commendable, but over the phone it sounds worse than ever.

Your opinion is less important than the work you do, and that may not amount to a great deal.

RABID RUDOLPH SAYS—



SOME BASEBALL STARS TWINKLE MOST AT NIGHT—

HOP MARKET NOW STRONGER.

Scramble for Remaining Stock Has Tendency to Advance Prices.

With only about 5800 bales of all growths of hops remaining unsold on the Pacific coast, 1300 bales of which amount are in Oregon, the situation in both the spot and contract market is exceedingly strong. There never has been a time, at least within recent years when hop stocks of all growths were so thoroughly scattered as now. With about two months before the next crop is available generally, there is every likelihood that not a single bale of hops will be unsold in either of the three Pacific coast states, providing holders are willing to accept the advanced prices offering.

Offers of 13c for contracts on the coming crop are being freely made and some fair business is reported in the Willamette valley. It is stated that one large grower was offered 13 1/2c for his 1915 crop for English shipment.

In California there is a general scramble among the trade for all remaining lots of hops. In the Sonoma section 13c has been offered and paid for the best growths and as high as 12 1/2c has been available in the Sacramento section. The business is confined almost exclusively to English interests. Latest reports from there would not indicate a crop beyond 250,000, hundred weight, compared with fractionally less than 500,000, hundred weight, a year ago. A small amount of American business has recently passed here at 13c for contracts.

A late New York mail advice says of the general situation: "In New York state the complaint is of too much rain, but only a little trouble with vermin or blight and the outlook is fairly good. Locally no business of importance is passing, as brewers appear to be entirely out of market. Dealers who have desirable lots of Pacifics are asking some advance because of the higher rates ruling on the coast. Most of the state hops are unattractive. The stock of imported hops is practically exhausted; there is a demand from South American exporters and a few have been sold up to 38 and 40c. Cables from England report good rains, which were badly needed. Under favorable conditions from now until harvest only a moderate yield may be expected."

"ENOCH ARDEN" AT ORPHEUM.

Lord Tennyson's Masterpiece Will Be Produced Here Tonight.

"Enoch Arden," based on the famous poem by Tennyson, will be presented in four reels at The Orpheum tonight. It is an ideal story of love and friendship. Most of the play is pictured in the open, with ocean and sky as a background, or the tropical palms that shelter the castaway. Enoch Arden, on the lonely island, where he spent ten long years, eating his heart out in solitude. The old fishing village where the happy incidents in this familiar old romance takes place—the curious dress and customs of that bygone period, the splendid types of simple fisher folks, the atmosphere of the narrative—all are faithfully portrayed. And the leading characters, Annie and Phillip and Enoch, are true to your highest conceptions of them because they are acted by players of pronounced ability. It is one of the latest and best Mutual masterpieces.

GIVES PUBLICITY TO CHANGE.

Deer Season Opens August 15 Instead of Next Sunday.

Notices are being sent out by the state game warden's office that the deer hunting season this year does not open until August 15, which is 15 days later than has been customary for a number of years. Deputy wardens throughout the state are being instructed to give all possible publicity to the change in the opening date.

The purpose is to carry on a campaign of prevention of law violations rather than make arrests," says F. M. Brown, chief clerk for the state game warden. "We want all hunters to remember the change in dates for deer hunting made by the last legislature so none will plan a trip before the legal season opens. The bag limit is three buck deer with horns in one year and it is lawful to hunt until October 31."

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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 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.

FOR SALE—Practically new 3 1/2 in. wide tire, Studebaker wagon; a bargain. J. D. Smith, Jr. Phone 1204. 227 Jefferson street, Dallas 35-17

FOR SALE—Good sound team of work horses, seven and eight years old. Also harness, wagon, plow and harrow. 718 Shelton street, Dallas. 40-27.

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.

TO EXCHANGE—Five passenger Carter automobile in good condition, run only 7,000 miles, to trade for one or two milch cows and young stock. Car cost new \$1,800. Apply to this office. 37-17.

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. Hallock, Monmouth, Oregon. 8-17.

WANTED—Your lame horses to shoe. Williams, the horse-shoer, Monmouth, Oregon. 8-17.

WANTED—Carpet cleaning and window washing, both business and residence. Milo V. Woods, phone 1173 or 1092. 11-17.

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

FOR SALE—Quick meal oil stove and oven, cheap. 124 Court street. 201-x

WANTED—Work by girl as general servant. Apply to this office. 41-27x

FOR SALE—Studebaker "Six" at a bargain; run less than 2,000 miles; in first-class condition, or will exchange for Dallas property and pay difference. Apply at The Observer office.

WANTED—Position as cook or housekeeper on a ranch. Have one child ten years old. Address C. Noble, Medford, Oregon. 42-27.

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