

WATCH YOURSELF GO BY. Just stand aside and watch yourself go by; Think of yourself as "he" instead of "I."

Note, closely as in other men you note, The bag-kneed trousers and the seedy coat, Pick flaws; find fault; forget the man is you, And strive to make your estimate ring true;

Interpret all your motives just as though You looked on one whose faults you did not know. Let undisguised contempt surge through you when You see you shirk, O commonest of men!

And then, with eyes unveiled to what you loathe— Back to your self-walled tenement you'll go With tolerance for all who dwell below, The faults of others then will dwarf and shrink, Love's claim grow stronger by one mighty link—

GREEN LIGHT BEST FOR EYES If it were not for the subtle harmonies and soothing influences of green rays in the light of the sun we would all become raving lunatics and would soon destroy each other and the human race would become extinct.

Science declares this to be true. The light of the sun is composed of rays of various colors, which, combined together, form light. The three primary colors are red, blue and green. The older idea was that they were red, blue and yellow, but this was based on experiments with color pigments.

Science declares this to be true. and violet, or actinic rays in sunlight, are exceedingly irritating to the nerves of the retina of the eye. And it has discovered that green rays are soothing and restful.

That is why there is more crime in summer than in winter. The hotter the sun's rays the more murders, fights, suicides and quarrels there are, because in summer the violet rays predominate in sunlight.

But science now says that it comes partly from the green light rays that everywhere greet the eye. If the grass and foliage were red instead of green we would all be lunatics, says science.

The reason why so many city persons break down, and the reason there are more crimes of violence in the city than there are in the country is because in the city there is a preponderance of red rays reflected from the red brick houses and pavements and the eye constantly encountering

these is constantly irritated until at last the whole nervous system is shattered by it. Experiments have been made to show the influence of the violet and red rays of the sun upon animals and insects. In London a scientist shut some ants in a box and put a prismatic glass over it so that the rays of the sun passing through it were broken up and only the ultra violet and red rays entered the box.

The ants immediately began to scamper to get out of the rays. They would huddle in a corner where there was green or blue, but as soon as the red rays were thrown there they would scamper away. It was the same with guinea pigs and mice. They tried to escape from the irritating influence of the red rays.

These are the rays which cause sunstroke and heat. It has been demonstrated that these rays will pierce the skull and that they have an irritating influence on the brain. The effect of red and violet rays upon animals is again demonstrated in the madness of bulls when confronted with a mass of that color.

To scientists color is simply the irritation of the nerves of the eye by the waves of light. Different wavelengths give different color sensations. Daniel Bursleigh Parkhurst, lecturer on art in Dickinson college, says in his work, "The Painter in Oils:" "It is the generally accepted theory now that there are three primary sensations; that is, the eye is sensitive to three kinds of color, and that all other shades and varieties of color are the results of mingling or overlapping of the waves which produce these three colors and irritating more or less the nerves sensitive to each color simultaneously."

A Sure-enough Knocker. J. C. Goodwin, of Reidsville, N. C., says: "Bucklen's Arnica Salve is a sure-enough knocker for ulcers. A bad one came on my leg last summer, but that wonderful salve knocked it out in a few rounds. Not even a scar remained." Guaranteed for piles, sores, burns, etc. 25c at J. C. Perry's drug store.

General Summary. The weather during the week was favorable, with mean temperatures slightly above normal. In the southwestern counties, back from the coast, there was one warm day, when temperatures of 100 deg. or more occurred in several places. Elsewhere throughout the state the maximum temperatures were generally below 90 deg. The fore part of the week was relatively cool, but no frosts were reported, although the temperatures in some of the plateau counties were dangerously near the frost mark.

Newport, Lincoln county, Jno. E. Matthews.—The weather during the week was warm and dry, with some fog on the 11th. Port Orford, Curry county, E. W. Jensen.—The first part of the week was cloudy, with 24 inches of rain; the latter part was clear and warm.

Willamette Valley. Portland, Multnomah county, local office, Weather Bureau.—Monday was showery and cool. Fair weather with rather high afternoon temperatures, prevailed during the remainder of the week. Thunder was heard early Sunday morning. Albany, Linn county, F. M. French.—Cloudy, with light rain on Monday; the rest of the week was clear, with normal temperature.

Southern Oregon. Drain, Douglas county, Ira Wimberly.—The first part of the week was cool and cloudy, with light showers; the latter part was clear and warm. Columbia River Valley. Cascade Locks, Hood River county, Val. T. Tomkins.—The fore part of the week was cool and cloudy. Light rain fell Monday and Tuesday. The close of the week was warm and clear.

Hood River, Hood River county, H. L. Hasbrouck.—Fair weather prevailed the entire week. No precipitation occurred. Wasco, Sherman county, J. R. Howell.—Monday was cloudy, with light rain. Fine weather prevailed during the rest of the week. The Dalles, Wasco county, S. L. Brooks.—The week was very warm.

Words of Praise For the several ingredients of which Dr. Pierce's medicine are composed, as given by leaders in all the several schools of medicine, should have far more weight than any amount of non-professional testimonials. Dr. Pierce's Favorite Prescription has THE REASON OF HONESTY on every bottle-wrapper, in a full list of all its ingredients printed in plain English.

If you are an invalid woman and suffer from frequent headache, backache, gnawing distress in stomach, periodical pains, diarrhoea, catarrhal, pelvic drain, dragging down distress in lower abdomen or pelvis, perhaps dark spots or specks dancing before the eyes, faint spells and kindred symptoms caused by female weakness, or the derangement of the female organs, you can do better than take Dr. Pierce's Favorite Prescription. The hospital, surgeon's knife and operating table may be avoided by the timely use of "Favorite Prescription" in such cases. Thereby the obnoxious examinations and treatments of the family physician can be avoided and a thorough course of successful treatment carried out in the privacy of the home.

Sick women are invited to consult Dr. Pierce, by letter, free. All correspondence is guarded as sacredly secret, and womanly confidences are protected by professional privacy. Address Dr. R. V. Pierce, Buffalo, N. Y. Dr. Pierce's Pleasant Pellets the delicate and regulator of the bowels. They invigorate stomach, liver and bowels. One a laxative; two or three cathartic. Easy to take as candy.

The mean maximum temperature was 82 deg. On Saturday it was 90 deg. The coldest morning was on the 9th—43 degrees. During Monday .01 rain fell. Clear skies have prevailed during the week. There was a very small movement of wind. Mikkelo, Gilliam county, J. T. Chandler.—On the whole, the week was pleasant; the days averaged moderately warm and the nights cool. Light rain occurred on two days. The winds were light to brisk and variable.

Condon, Gilliam county, S. C. Dodson.—The average temperature was 62 degrees; the highest was 85 deg and the lowest 35 deg. The prevailing winds were north and northeast. Pendleton, Umatilla county, H. F. Johnson.—There were two cloudy days, but no rain fell except a trace on one day. The latter part of the week was very warm.

Hermiston, Umatilla county, C. W. Kellogg.—Warm weather has prevailed this week, the last five days averaging 95 degrees. Umatilla, Umatilla county, Helen T. Duncan.—Light rain fell on Monday; the balance of the week was calm and clear, with warm days and cool nights.

How to Get Strong. P. J. Daly, of 1247 W. Congress St., Chicago, tells of a way to become strong: He says: "My mother, who is old and was very feeble, is deriving so much benefit from Electric Bitters, that I feel it my duty to tell those who need a tonic and strengthening medicine about it. In my mother's case a marked gain in flesh has resulted, insomnia has been overcome, and she is steadily growing stronger." Electric Bitters quickly remedy stomach, liver and kidney complaints. Sold under guarantee at J. C. Perry's drug store, 50c.

Best Treatment for a Burn. If for no other reason, Chamberlain's Salve should be kept in every household on account of its great value in the treatment of burns. It allays the pain almost instantly, and unless the injury is a severe one, heals the parts without leaving a scar. This salve is also unequalled for chapped hands, sore nipples and diseases of the skin. Price, 25 cents. For sale by Dr. Stone's Drug Store.

But the telephone girl is different from this—if her best friend should call it is likely she couldn't receive. DeWitt's Little Early Risers are small pills, easy to take, gentle and sure. Sold by all druggists.

State Fair's Special Trains via Oregon Electric Railway. Special trains will leave Salem during fair week as follows: a. m. p. m. 8:05 1:45 9:05 3:25 10:15 5:30 11:05 6:00 7:00 8:30 All trains will stop at State street, Hood street and Highland avenue in addition to Mill street station to take on or let off passengers. For further information apply to C. E. Aikin, agent, phone 392; or G. F. Nevine, G. P. A., Portland, 9-14-1w.

CLASSIFIED DEPARTMENT

Three Lines, Three Insertions, 25c.

FOR SALE For Sale—One good team of horses; a choice of three teams. Gustav Mitzner, Route No. 3, Salem, Or. 9-11-1w*

FOR SALE For Sale—18 head of Merino bucks, from the Minto stock, one of the oldest breeders of Merinos in Oregon. Price \$10 per head. G. W. Eoff, Salem, Oregon, Route No. 6, Box 42. 9-11-1w*

FOR SALE Good 8-room house with 2 acres of land; good barn, chicken park, plenty of fruit; carpet goes with house; good woodshed; \$3900. Good new house; 4 bedrooms, with good woodhouse; good barn; 3 lots, \$2500. 5-room house; good well of water, 2 large lots; plenty of fruit; \$1100.

FOR SALE Good 6-room house; bath—tiled bath—good basement, good stable; plenty of fruit on place, stove and other furniture goes with it. Price \$2600. Good 7-room house; good woodshed, stable; good well of water, brick wall under house; 3 lots, some fruit; \$2000. Good 7-room house, 3 bedrooms, closet for each; one toilet, bath, septic tank; electric wired; porch close in \$1750.

FOR SALE 8-room house; good stable, porch almost all around the house; two large lots; \$2100. Also some houses for rent. J. C. SHULZ, 134 N. Liberty street.

BUY NOW. Now is the time to buy real estate in Salem. Population will be 30,000 in 1915. Watch Salem grow, for bargains see us. We are going to offer a block of lots in South Salem for a few days only; lots \$70 to \$200, don't overlook this snap; 50 lots in North Salem, \$75 and up. Brooklyn addition, \$50. Don't pay rent but buy a lot and go to building at once. Terms given, \$600. Cozy 5-room house, woodshed, good drilled well, pump, 1 1/2 lots, would be cheap at \$800. \$900. Hard-finished house, 5 rooms, pantry, basement, good brick foundation, barn, chicken house, 1 1/2 lots, close in. Terms. \$1800.

Modern house, 7 rooms, electricity, pantry, bath, toilet, wash stand, sewer, front east. Modern house, close in. For price and full particulars call on us today. FARMS. FARMS. FARMS. We have some of the very best farms in the valley. Price \$20 per acre and up. Several good exchanges, farms for city property. What have you to trade in city or country property? See BECHTEL & MINTON, 341 State Street, Bayne Bldg, R 7-8.

SEE MY BARGAINS. Commercial hall for rent, for dwellings and lodging house. A splendid 40-acre tract; fine improvements, orchard, walnuts and loganberries; excellent spring water at house and barn; 6 miles out. 100 acres; splendid dairy farm; house, barn, orchard, splendid spring water to both house and barn. Houses for sale and rent money on real estate; notary work done; fire, life and accident insurance that pays it losses. Promptly employment office for all kind of work. R. R. RYAN, Corner Commercial and Center sts.

Look at some of our bargains in real estate. Only one of those choice lots left, corner Court and 13th street. Price \$1000; the others sold. 73 fine lots near car line. Only \$75 each, if sold soon. Good 4-room house and two lots, one block from car line, only \$550; \$100 cash; balance installments; a snap. A fine 200-acre farm, good buildings, 160 acres in cultivation, some good timber; can irrigate 100 acres; good orchard; on gravel road; close to town; is an extra farm; best bargain in this county. Only \$50 per acre. If you want to buy a home or fruit tract, see us. We have some fine acre property to sell cheap. Houses in any part of the city. Have houses to rent; money to loan. No charges for showing property. A. G. SMITH & CO., Room 9 over United States National Bank.

BUTTERNUT BREAD. It is worth more than any other bread yet the price is no higher. For sale at your grocers. CALIFORNIA BAKERY, Thomas & Cooley, Props.

MISCELLANEOUS

Lost—On corner of Liberty and State streets, Wednesday morning, a yellow grip containing lady's wearing apparel. Finder leave at Journal office, receive reward and no questions asked. 9-16-3t*

Lost—Ladies' hunting case gold watch at fair grounds Tuesday evening. Finder leave same at Journal. 9-17-3t

For Rent—A large and a small dairy farm, running water, ten miles from Salem, near creamery. Box 113, Turner, Oregon. 9-17-3t*

For Rent—Two furnished rooms for light housekeeping, students preferred. Call at 142 Court or phone 1474 Main. 9-16-3t*

Owing to a Business Change—In California, will sacrifice my building under construction on the corner of 17th and Trade streets, subject to change on plans. W. N. Munsey, 356 S. 17th street. 9-16-3t*

Lost—On the corner of 12th and Wilbur streets, Monday evening, a black purse containing \$9.00 in money and several other articles. Reward if left at Journal. 9-15-3t*

Mrs. C. A. Spaulding—Will be located at the fair all this week, in the pavilion. All ladies desiring work, bring your hair or come prepared to buy new. 9-15-5t

Lost—A white and tan pointer; license tag 184. Return to 225 Twentieth street for reward. 9-12-1f

Cement Work—Concrete walks, septic tanks, cement floors and foundations. Estimates furnished and all work guaranteed. J. P. Vetch, 328 Marion street. Phone 608. 9-10-1f

Wonger & Cherrington—Pianos and Organs sold on easy terms; telephone 1187; 247 Commercial Street, Salem, Oregon. tf

Salem Cash Market—The finest cuts of meats at the lowest prices. My phone 370, 247 S. Commercial St. P. W. Reynolds, Prop. 7-21-1f

Help Furnished Free of Charge—By Latham Land Company, 475 State street, phone No. 149. Parties wanting help please call at office or phone us. Also have cows for sale.

Concrete Work—Get my prices on sidewalks, curbs, septic tanks and cement work of any kind. All work guaranteed first-class. M Ward, 2378 Maple Ave., Highland. Phone 569. July 24-1f

Get Lumber and Fuel Co.—Lumber shingles, building material, wood and coal. Low prices and prompt deliveries. One block east of S. P. passenger depot. Phone 198. 7-2-1f

Butte & Wenderoth—Fine wines, liquors and cigars. We handle the celebrated Kellogg and Castles whiskeys. Cool and refreshing beer constantly on draught South Commercial street. 9-3-1yr

Enlarged—Our meat market on East State street has been doubled in size and we are better prepared than ever to serve customers. Prompt service and the best of meats our motto. Call or phone 199. B. E. Edwards' Meat Co.

The Home Seekers Information Bureau will place you in direct communication with owners of farms and city property. Chamber Commerce, Portland, 222 N. Commercial street, Salem Or. 7-21-1f

Lost—A lady's hat on penitentiary road, between Illhee hop yard and Twenty-fifth street. Finder leave at Journal office. 9-14-3t

Taken from Passenger Depot—Friday, August 4, yellow leather suit case, containing gent's furnishing, S. P. book of rules and S. P. stationery and other articles. Please return to agent passenger station and receive reward. 9-14-

WANTED Wanted—A place to work for board and room by high school students. Communicate with J. M. Powers, superintendent city schools. Phone office, 446, residence 330. 9-12-2v

Wanted—At once, good boy to carry papers, one with pony preferred. Apply to Journal. 9-3-1f

Wanted to buy—A blacksmith shop with or without tools, in good location in city. Will buy the property at a reasonable price. Address Fred Dupras, 235 Baraga avenue, Marquette, Mich. 8-15-1f

Wanted—Money to loan. If you have money to loan on real estate at 6, 7 or 8 per cent, send it to me, as I have many applications for such loans. Bank references furnished on application. S. H. Gruber, 826 Board of Trade Bldg., Portland, Oregon. 9-3-1m*

Wanted.—By man and tion on farm. Address of Journal.

ADVERTISE Carpenters Union No. 10, Union No. 1065 of Car Joiners of America Saturday evening at 8 o'clock Hearst hall, 420 State Dennis, Rec. Sec.

Foresters of America—wood Foresters, No. 10 Saturday night in the State street Waldo J. C. Perry, financial

Central Lodge No. 18, Castle Hall in Holman ner State and Liberty Tuesday of each week m. Oscar Johnson, m. Anderson, K. of R. Sec.

Modern Woodmen of America Cedar Camp No. 12 every Thursday evening o'clock in Holman Hill, V. C.; F. A. Turner

Woodmen of World—Monday night at 7:30, in the E. Lupton, C. C.; P. E. Clerk.

Lincoln Annuity Union—dent and pension fund 000,000 pledged; every Good agents wanted. Montgomery, supreme Box 492 Salem, Oregon Ryan, secretary, 646 R.

DRAYMEN. Cummins Bros. Transfer Furniture and pianos for shipment. Prompt our motto. Stand at 252 South Commercial Phone 210. Residence P.

SASH AND DOOR WORK Frank M. Brown—Mach sash, doors, moldings, of house finish and work. Front street, betwe and Court. Make all at the office.

SALEM WATER COM OFFICE CITY HA For water service apply Bills payable monthly in

LIVERY AND FEED ST Livery and Feed Stables—office Stabler, at 254 Pe between Commercial and streets. Telephone 181. the finest livers in the be found here. Westcott son, prop.

PLUMBERS Theo. M. Barr—Plumbing, and steam heating and 164 Commercial street. Main 192.

M. J. Petzel—Plumbing, gas fitting. Successor to Murphy, 226 Commercial. Phone Main 17.

REAL ESTATE FOR NOTE THESE

Twenty-one acres, 1 1/2 from Shaw, 1 1/2 story barn, 17 acres prunes, bearing. If sold at once goes with place. Price

Fifty-five acres on Howell .7 miles from Salem, 7 room house, good land acres cleared, balance in and pasture, 20 acres in. Price \$110 per acre.

City lots for sale cheap amounts down, balance monthly installments, no in

OLMSTED LAND CO 373 STATE STREET.

Great Chinese Doctor L. M. HUM Has medicine which will cure known disease. He makes a ty of, and guarantees to cure Asthma, Lung, Throat, Rheumatism, Stomach, Liver, Debility, also any blackswollen soreness, broken Smallpox; Epidemic; all Bolls, Lost Manhood, Female Weakness, Herals Troubles and Female Consultation free. Care of the Tong Co., Chinese drugs and 152 High St., upstairs, Salem.

First Class Livery, and Boarding Stables Largest stock of new vehicles town.

The Old Club Stables Corner Ferry and Liberty Proprietors, Gilliam & Boarding Phone Main 7. Salem, Oregon.