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ORIENTAL HEALTH COUNSEL.

THOSE forehanded folk, the Japanese, have a government which looks after them keenly and here are its official health rules:

1. Spend as much time out of doors as possible. Bask much in the sun and take plenty of exercise. Take care that your respiration is always deep and regular.
2. As regards meals, eat meat only once a day, and let the diet be eggs, cereals and vegetables, fruits and fresh cows' milk. Take the last-named as much as possible. Masticate your food carefully.
3. Take a hot bath every day, and a steam bath once or twice a week if the heart is strong enough to bear it.
4. Early to bed and early to rise.
5. Sleep in a very dark and very quiet room, with windows open. Let the minimum of sleeping hours be six or six and one-half hours. In case of women eight and one-half hours is advisable.
6. Take one day of absolute rest each week in which you must refrain from even reading or writing.
7. Try to avoid any outbursts of passion and strong mental stimulations. Do not tax your brain at the occurrence of inevitable incidents or coming events. Do not say unpleasant things or listen, if possible to avoid it, to disagreeable things.
8. Be married. Widows and widowers should be married with the least possible delay.
9. Be moderate in the consumption of even tea and coffee, not to say tobacco and alcoholic beverages.
10. Avoid places that are too warm, especially steam heated and badly ventilated rooms.

A POPULAR AMUSEMENT.

IT IS only a few years since the first moving-picture shows were presented to the public, but they at once became popular, and have steadily become more so. Nor has the limit been reached, for they are still growing in popularity. This is evidenced by the report of the business done in the United States by these shows during the year 1912. A million dollars is a big sum, one that is practically beyond comprehension unless put in some tangible form. With a wage of \$1 a day it would take a man 500 years to earn a million dollars and at \$3 a day it would require 100 years' steady work to earn that sum. It would mean an income of \$100 a day for 30 years. This looks like a pretty large sum to spend for picture shows in a year, but that is only a small part of what was spent in that way in this country last year. The amount spent for this amusement in that time was \$400,000,000.

At 5 cents a show this would give an attendance of 8,000,000,000, or an average of 80 visits and \$4 per head for every man woman and child in the United States. It would require that each person attend about 80 shows a year, and as many do not go there must be some who get there much oftener than that. It also gives one an idea of the magnitude of the country, and the unlimited resources it must have to permit such an expenditure. If Japan or any other nation should think seriously of starting trouble with this country, they might get a good hunch by reading the statistics of our moving picture shows. It would give them an idea as to the amount of coin this country could dig up in case of war.

Japan is struggling under a debt of a million and a half dollars, which seems almost a hopeless debt to her, yet what we spend for picture shows alone would in three years pay off her entire debt. And while this was being done the great American hen would lay eggs enough to pay another like it. Let the American hen get busy and the sum now spent in moving-picture shows be diverted to war purposes and the two sums would maintain an army of 200,000 and a pretty good sized navy along with it. Just digest this statement, and then make an estimate of what the country could do if it woke up and really tried to raise money to repel a foreign invader.

Of course, all this has nothing to do with the matter of the "movies," and they have nothing to do with war other than to possibly show us some of the scenes, but they tell us of our own exhaustless resources just the same. They are growing in popularity all the time, and when the "talking movies" are once installed, which will happen soon, there will be a still greater popularity for them. As it is they are doing things to the theatrical profession, and for the public, for they are taking a large number of low-grade theatrical companies off the road, and in that way are doing genuine good work for a long-suffering public.

THE SOURCE OF POWER FOR THE FUTURE.

SCIENTISTS see in the not very distant future the exhaustion of the world's coal and fuel supply, the time when, unless some source of supply new unknown is found, the world will be without either artificial heat or light. This matter has already caused considerable investigation and comment as to what can be done, and the water-power and the tides are said to be about all there is in sight in this line, except always the power that may be generated from the heat of the sun.

It is interesting in this connection to note what the savants are doing along this line. One suggests that radium would settle the difficulty, and it no doubt would, but the trouble is that radium is rather scarce, one scientist saying that it is doubtful if the world will ever produce more than half an ounce of radium in a year; not a very large quantity to look forward to as a source of power or heat. These same scientists assure us that the energy contained in one ton of radium would equal that produced by the combustion of 1,500,000 tons of coal. There is evidently no hope of relief from this source, but there may be from similar sources.

Science is convinced that other materials contain this same energy. They say that the calcium in gypsum, and the sodium in common salt contains this same principle, and that from these and possibly others, power in quantity will some day be produced.

The evidence of the wonderful atomic energies in the common elements of everyday material is rapidly accumulating, and scientists are of the opinion

LADD & BUSH, Bankers

TRANSACTS A GENERAL BANKING BUSINESS. SAFETY DEPOSIT BOXES. TRAVELERS' CHECKS.

that perhaps these same discoveries may in time alter the whole future of the human race. In this connection it might be profitable to inquire into the universal demand of not only the human family, but of all brute creation for salt. While that material has always been looked upon as a condiment, rather than as a necessity, may it not be that it contains in its latent energy, such as is suggested by the scientists, some element necessary to health? May it not be that in this immaterial everyday substance, there is an element of life-giving or life-sustaining quality that is really material? If not why the universal demand for it in its food by the human family? Why the demand for it by all animals? Undoubtedly the world must look to the chemists for much in the near future, and heat and power are two of the necessities that they must provide for the world's use, and while they are looking into this what wonderful discoveries are possible.

EFFICIENCY QUESTION IS STILL BOTHERING

Question Whether Marriage Prevents Woman From Doing Her Best Work in Schools.

SAY FIGHT ENCOURAGES RACE SUICIDE IN COUNTRY

War Waged on Women Teachers Who Are Married Not Move in Right Direction Is Claim.

BY CARLTON TEN BYCK.

(Written for the United Press.)

[UNITED PRESS LEASED WIRE.]
New York, July 21.—Does marriage and motherhood interfere with woman's efficiency as a public school teacher? That is the question now agitating the New York board of education, and many civic bodies throughout the Greater City have taken the problem up. The question has become such a burning issue that the other day 150 men and women, teachers, lawyers, writers and actresses, formed themselves into a League for the Civic Service of Women, which will in the fall begin an active campaign in the interests of married women teachers.

The argument started when Mrs. Katherine C. Edgell, a member of the Erasmus High School faculty, formally applied to the board of education for a year's leave of absence without pay for the purpose of bearing and rearing a child. The board, after considerable debate and deliberation, refused Mrs. Edgell's request.

The newspapers and periodicals got hold of the story and gave it much space, arousing discussion throughout the city. Fuel was added to the flame when Mrs. Bridget C. Polkotte, a Bronx teacher, was suspended indefinitely for staying away from school to give birth to a baby.

Twenty married teachers attended the meeting at the Hotel Astor, where the League for the Civic Service of Women was launched and the movement was indorsed by the New Mothers' Club and the Women Lawyers' Club. For many years there have been married women employed in the public schools of New York, and from time to time they have dropped out on sick leave and have become mothers. The question never became a public one until Mrs. Edgell made formal application to the board for a year's leave of absence, giving as her reason her wish to become a mother. Members of the board who opposed Mrs. Edgell's request for a motherhood vacation, defend their action by saying that they do not approve of married women as teachers. They have no objection, defend their action by saying that that matrimony lowers the efficiency of women as teachers. When they have home and husband and children, it was argued, the teachers cannot give their undivided attention to their pupils and their school duties.

As an additional argument, they point out that the home is the place for the married woman and that she has no business out in the world working when she has a teacher's job, when there are so many single and dependent women who are forced to support themselves and who would make capable school teachers.

Those who have taken up the cudgel for Mrs. Edgell and the other married teachers, say that the attitude of the board of education is inimical to society and encouraging to race suicide. They also declare that married women naturally make the best teachers, since by the fuller experience in life they are better fitted to teach young girls or boys and train them for normal, happy lives.

Tango enthusiasts are putting up a new argument for the permanence of the craze. The argument is going the rounds of the hotel ball rooms, restaurants and by-the-sea dancing pavilions. And of course it is always a charming debataute or an equally charming young matron who advance the new reason. The devotees of the tango, and especially the proprietors of the places where it flourishes have become vastly alarmed at the concerted attacks made on the "American negro" dances, as they are called abroad, and they are seizing every plausible argument to boost the gyrating dance.

This is the way they put the latest: "No dance can ever replace the tango, for, don't you see, it is just another name for a beauty exercise!

Just thing of what we had to do to reduce our avoidupois before the tango came along. We went through all sorts of tiresome, unattractive exercises at home alone or else in the gymnasium where we wore an ugly, uncomfortable suit. But now it is all different. The tango has banished rolling and all the other tiresome and inefficient flesh cures and gives us grace and enjoyment at the same time.

"That is why it is here to stay. It is the very best kind of exercise, and it is amusing as well. It is the very best way that has yet been discovered to reduce the hips and remove the double chin." And then the devotee will proceed to illustrate her point.

"Now watch. One, two, three, turn—one, two, three, dip—that's the one. See! The entire weight is placed on the right leg. The knee is bent while the left foot is pointed straight out in front to balance the body, with the head and trunk thrown back. Now in that one short-lived dip is there not a world of good? Does it not take the place of all those monotonous bending exercises the calisthenic teachers used to give us? And does not tossing back the head take the double chin away? No need of chin supporters or ice bandages if you dance the tango."

So! The 1913 society slogan therefore must be: "Reduce. Dip, reverse with a quick twist and reverse again with a dip. Reduce."

Our Battleships

By E. P. Cohen.

Washington, April 1, 1914.
General order No. 13, Jointly by the department of state, the navy and commerce and labor.

The armament of the ships of the United States navy having been removed in the effort to preserve universal peace, this further order, to take effect immediately, is issued to promote foreign commerce.

Battleship Florida will proceed from San Francisco to the most convenient port of Alaska with a cargo of refrigerators and electric fans.

Battleship Delaware, having been converted into a tank steamer, from Los Angeles to Bordeaux with a load of grape juice.

Flagship Wyoming, from Portland, Me., to Amapala, Honduras, with 400,000 bunches of bananas.

Battleship Utah, from Mare Island Navy yard, Philadelphia, to Greenland with half a million tons of artificial ice and 3,000,000,000 yards of mosquito netting.

Battleship North Dakota, from Brooklyn navy yard to Liberia with 3000 tons of face powder and 40,000 dozen pairs of flesh-colored (black) stockings.

Battleship Arkansas, from New London, Conn., to Havana with a cargo of near-tobacco.

Battleship Georgia, from Puget Sound to Tenerife with 4,000,000 cages of canary birds.

Battleship Louisiana, from New York to Beyrout, Syria, laden to her capacity with Fourth avenue (N. Y.) rugs.

Armored cruiser California, from Guantanamo, Cuba, to Sierra Leone, West Coast of Africa, with 10,000 bales of buffalo robes and 100,000 gross of fur gloves.

Supply ship Glacier will proceed from Bath, Me., to Charleston, S. C., take on a cargo of stores and sail, under sealed orders, to ———, where she will go out of commission.

Submarine C-2 will take on a load of Medford rum and hasten to a Scotch port. This mission must be kept under cover; the submarine C-2 is chosen for it because of her highly appropriate name.

It is scarcely necessary to remind the officers of the United States navy that this general order, which typifies this government's policy, must be carried out with their accustomed speed, skill and efficiency.

The Coming Woman

By Rev. John E. White.

All the questions men talk about are minor beside the woman question. The Book of Life, from Genesis to Revelation, is bound, beveled and imprinted by a woman.

The interests of womanhood are the interests of humanity.

This explains the intensity of the feeling engendered by the woman movement.

Everybody knows that whatever hap-

20,000 Yards

Of Summer Wash Fabrics now piled out on our counters. You can find in this real stock any class and kind of summer goods you may want, at clean-up prices. Out they must go—4c, 5c, 6 1-4c, 8 1-3c, 10c, 12 1-2c yard and up.

10,000 YARDS OF SILKS AND DRESS GOODS—The greatest showing offered by any store in the Willamette Valley. The latest styles and novelties are shown for dresses, suits and coats. Clean-up prices. Per yard, 25c, 35c 49c, 75c and up.

The Big Chicago Store

Is out this week with a new line of merchandise. Fall Suits, long cut-aways, new Fall dresses, and advance showings in Silks and Dress Goods. Honest merchandise and goods at the lowest prices is the road you have to travel on in our days to win your laurels. Come and see.



\$1.49
\$2.50
and
\$3.90
is the prices we are now offering dresses worth
\$5.00
to
\$10.00

Clean-Up Prices

\$4.50
\$7.50
\$9.90
and
\$11.90
Are the prices now for new Fall Suits
Later will be \$15 and \$20



We Are Here With The Best Values

SALEM OREGON

CHICAGO STORE

THE STORE THAT SAVES YOU MONEY

AD-MAN'S TALKS

A word to the merchant who doesn't advertise:
Not the least important consideration in this discussion of advertising is "the other fellow," who advertises in the Capital Journal all the year around.
You will find him regularly, keeping in close touch with its readers, who combine to give the Capital Journal the largest circulation of any paper published in Oregon, outside of Portland. This circulation represents a great proportion of the real buying power of Salem and surrounding territory, and merchants and manufacturers who cultivate this clientele regularly benefit by the influence of their advertising in hundreds of prosperous families who read the Capital Journal continuously.
A calculating merchant locates his store in a block where his particular trade is known to do its buying.
Newspaper advertising is a store in itself. It displays descriptions of many lines of merchandise, and is patronized by hundreds of discriminating men and women who have learned to look to it for buying advantages. These advantages are not always braided in "price."
Frequently style and quality are guides that lead to important chances, and naturally those who read the Capital Journal to the end of other papers, read and read the advertising found in its pages every day.
Your neglect to advertise costs the loss of customers you might ply with a portion of everything you use. As an illustration to the "There goes a business man ruined by advertising." "I wonder how can that happen?" "He's competitors do it all."
The Capital Journal covers a tentative field worth thorough attention—a fact that is substantiated those who advertise in it throughout the year.

Why Be Pessimistic?

The man who expects trade to be dull and is willing it SHOULD be dull, WILL HAVE IT DULL.
The man who leans back in his chair and says, "It won't take it easy now, for July and August will be dull, anyway," will get just what he's looking for.
It's all in your mind.
This prattle about "dull seasons" is a mongrel theory sired by MUTUAL WEAKNESS, mothered by INDIFFERENCE and nursed by the universal tendency of the man nature to FIGHT SHY OF WORK.
Suppose there ARE three or four thousand people gone out of town on the summer vacations. There are nearly that many visitors that come into town during that period, and even with three or four thousand permanent residents left here who eat and drink and wear clothes in July and August, the same as in any other month of the year.
There is plenty of business to be gotten in July and August, if you would only make up your mind to GO AFTER IT. We can have what we WANT in this world provided we are not afraid to WORK and SWEAT and ADVERTISE.
You can have dull months if you want them, but you'll be out of date if you do. THEY'RE NOT STYLE ANY MORE.

PHONE 82

Journal Want Advs. Bring Results