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THE DAILY CAPITAL JOURNAL
is the only newspaper in Salem whose circulation is guaranteed by the
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A WISE MAN FROM THE EAST

Professor Matthews is having trouble working out a plan under which the people of Oregon may be allowed to govern themselves. Like the Filipinos and Porto Ricans it seems that we need outside direction and expert advice, or at least somebody seems to think so and has brought the distinguished gentleman from the east to solve the problem, issue some sort of a chart by which we may steer our course in the future. It may be that this idea that Oregonians were not capable of self government had its inception in the incapacity of our governor to handle the problems which come particularly under his personal supervision and if so we cannot altogether resent the reflection upon the intelligence of our voters. We have probably got it coming to us although it hurts to have to own up to it. Still we might reasonably ask for another trial, considering the government that some other states maintain without suffering interference of expert assistance from the outside. There will be another election next fall and there is growing hope of a return to reason on part of a majority of the voters that will restore our claim to the right of self-government by showing our ability to select capable executives.

Candidly speaking, we are not enthusiastic over experts in the art, or trade, or profession (which ever it is) of government. Next to being ruled by the kaiser we should hate to be governed by a cold-blooded expert who would fix things so that the most sacred prerogative of the American people, that of making fools of themselves occasionally, might never be exercised.

NON-PARTISAN LEAGUE PASSING

The much discussed non-partisan league seems to have practically run its course. Just as the Capital Journal said some time ago there was nothing to worry about in the movement and it could be left to the farmers themselves to take care of it when it had outlived its usefulness. There were many reasons for the people revolting against the corporation politicians who controlled North Dakota and some of the reforms hoped for were worked out through the league. Naturally radical leaders went too far and Townley himself is undoubtedly a sharp scoundrel who is insincere in his pretended efforts to help the common people and was merely using them to advance his own selfish interests. The farmers realize no doubt that the league can no longer be of benefit to them and will desert it rapidly just as they have other movements of similar nature when they found they were not worth while, if not positively harmful. In the North Dakota primaries Governor Frazier is having a hard tussle for re-nomination and may be beaten, and Congressman Baer is badly snowed under. The league will disintegrate rapidly now and soon exist only in memory along with many similar political organizations of the past. It has served the purpose of arousing the old political parties of several states to a realization of the fact that it is unsafe to ignore always the demand of the people for reasonable reforms.

GERMAN CONTROL

(Continued from page one)

Strike at Budapest.
Copenhagen, June 28.—Thousands of persons are participating in the general strike at Budapest, according to dispatches from that city today.

Peace Move Fails.
London, June 28.—Another Austrian attempt to throw out peace feelers via Switzerland has failed, it was reported here today in press dispatches from Zurich.

Work Stops in Factories.
Amsterdam, June 28.—Premier Kalkreuth has admitted to the Hungarian chamber that work is stopped in most of the factories and that even newspapers are not appearing, according to a dispatch from Budapest today.

Demands War on Greece.
Amsterdam, June 28.—Bulgaria is demanding that Germany and Austria-Hungary declare war on Greece, the *Neue Zeitung* states.

SITUATION IN GERMANY

Efforts to sacrifice Foreign Minister Von Kuehlmann for the failure of Von Hindenburg to win the war for Germany cannot restore to the German people confidence in the conquering invincibility of the kaiser's army, in the opinion of those best versed in European affairs.

If Von Kuehlmann is forced to resign for telling the reichstag that "peace cannot be won on the battlefield," all Germany will know Hindenburg's frantic ruthlessness is used even to terrorize cabinet ministers at home. The growth of that realization will make Hindenburg's position increasingly precarious.

Von Kuehlmann's phrase sounds the death knell of German militarism, no matter what happens to Von Kuehlmann. Now that the secret is out, the more Hindenburg tries to prove the effectiveness of the military machine, the greater will be the final smash.

There is a certain mystery about Von Kuehlmann's action. Whether he chose his words alone or whether he consulted with the kaiser, Chancellor Hertling and the military leaders, cannot be positively known. It is probable, however, that there was a preliminary consultation. It is a noteworthy fact, however, that the chancellor was forced to follow with an address which was designed to restore public confidence when effect of Von Kuehlmann's words were fully apparent. This indicates that the German people are in a frame of mind which is giving their ruler the gravest concern.

The Oregonian is writing able and convincing editorials daily in an effort to sustain its position that nobody but republicans have a right to work politics during the continuance of the war.

Siberia has not so much on Oregon after all. White is only \$150 a barrel there.

Rippling Rhymes

by Walt Mason

THE ONE INTEREST

I went last night to see the show, a play I've long adored; but little Eva's tale of woe just left me feeling bored. I saw Eliza cross the bay, but felt no pleasant thrill; for I was thinking of some way to can old Kaiser Bill. And Marks the lawyer hewed his gags, and failed to make me grin; my thoughts were all of battle flags and swords and martial din. I went to see the baseball game, with cronies three or four; the pastime's pretty much the same as in the days of yore. But there was little whooping done, although the play was fine, for we were thinking of the Hun, of war across the brine. I knew not which team won or lost, and didn't seem to care; for everything on earth's a frost, save doings "over there." I do not care for printed books, for music or for art; there's nothing now but war gadzooks, that stirs my weary heart. I do not care for politics, for statesmen and their spels, for all their spels, for all their foolish bag of tricks I wouldn't give two wheels. I do not yearn for county fairs, for picnics in the woods; all mortal things are fakes and snares, save war, and it's the goods. And it alone is worth our while, until our cause is won, until we've canned that thing of guile, the autocratic Hun.

Old Band Leader Charged With Disloyalty

San Antonio, Texas, June 28.—Band leader Biermann, a soldier in the United States army for 18 years and leader of the Nineteenth infantry band, crack musical organization of the

southern department, was under arrest here today on charges of disloyalty. Biermann faces seventeen specific charges of violation of the articles of war, among them, collecting money to be sent to Germany and claiming the kaiser has a divine right to rule. Biermann was naturalized in 1904.

"I HAVE used Dr. Caldwell's Syrup Pepsin and find it a most effective and pleasant laxative—one that is worth recommending to one's friends. I know that my health has been greatly improved since using it."

(From a letter to Dr. Caldwell written by Miss Alice Lombard, 72 Boylston St., Springfield, Mass.)

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BELL-ANS Absolutely Removes Indigestion. Druggists refund money if it fails. 25c

The Woman Who Changed

By JANE PHELPS

MAKING OVER ONESELF A THANKLESS JOB.

CHAPTER CXVI.
We all know how hard it is to get good results when we try to make over an old garment. I found it infinitely harder to get good results in my attempt to make myself over according to the pattern I thought my husband approved. I had days when it seemed that I surely had made progress, other days when I felt that not only had I made no progress, but that I had slipped back ward.

Sometimes I used to think that if I could make George over a little too it would make things easier. It was all very well for me to try to make myself over to suit his ideas, or what I thought to be his ideas; but how infinitely easier it would be if he, too, could have been altered in some ways. His quiet taking for granted that I did the wrong thing before he even knew my version often angered me as well as discouraged me. For days I would not try to please him particularly, then I would pull myself together and begin again.

Marriage is difficult I believe. But marriage with a handicap such as mine was nearly impossible. It was such an up and down affair—my hopes up one day, depressed the next. It wore upon me too. I was not as strong as I was. I worried too much I suppose.

Once when George had consoled me solemnly and I thought unnecessarily, I said: "You know that I was like this before you married me." "I trusted your common sense as you grew older would teach you something," he had replied. It was such little speeches as that, nothing really in them, that hurt, and rankled constantly.

Dignity Can Be Acquired.
I talked often to Mrs. Sexton. Since I had confided in her she had seemed very near to me. One day I had done something to displease George, something he called undignified. I told Mrs. Sexton, and she agreed with him.

"Dignity can be acquired, my dear," she said when I declared I hadn't any. "But is it worth while? Ah! I seem to do it to try to acquire something I hadn't when he married me." I said half humorously, half tearfully.

"Dear, anything that makes life between husband and wife the happy thing it should be is worth while. Nothing should be too small, nothing too hard or too big to attempt if by so doing your lives can be made to run happily and smoothly. You must be more patient dear. You are vastly improved in many ways. Rome wasn't built in a day, you know. Then, too, dear Mrs. Howard, you must not in building up your character to please your husband make the mistake of tearing down what was sweet and noble in it before you attempted this reconstructing process. I am beginning to be afraid that will result if you are not careful."

"I don't think there ever was anything in me worth saving," I replied. "At least I haven't heard George mention any single attribute he admired. Yet he must or he wouldn't have asked me to marry him." I finished, more to myself than to her.

"You have many lovable traits, many I should hate to see you lose. That you still lack dignity is not to be wondered at. But there are certain things that you must break yourself of doing. Do not gossip with your servants. Be kind but firm with them. They will respect you far more. Speak of your husband, his affairs, to no one, not even to Evelyn Reeves no matter how intimate you are with her. It is so easy to give a wrong impression, so hard to correct. Come to me whenever you will; talk as freely as you like. I will help you all I can. But with everyone else remember not to tell either your own or your husband's affairs. This has been a real lecture, hasn't it? Now tell of your music, how you are getting on."

Helen Is Enthusiastic Over Her Music
"Oh, wonderfully! And I liked your lecture. George spares no expense, nothing that will help ease. The professor says I am equal to many professionals in my technique, and in my understanding of the soul of music. I love it so that it is no credit to me; always have loved music ever since I was old enough to know what the word meant, perhaps before. Mother says that when I was a tiny little girl I would practice until she lifted me off the piano stool, and forbade me to do any more that day. And it was the one thing in which I never obeyed. That most of the punishments I had when small were due to my disobedience on that score. She said her back wouldn't be turned before I would be back on the stool, using the soft pedal so she wouldn't hear me."

"No wonder you play so delightfully if you were as keen as that." "I used to sing too until I think the neighbors must have been annoyed. I sang as easily as a bird sings when I was little, before I became self-conscious. Sometimes I think it is wrong to train a child's singing voice. I know now I am often thinking of how I am singing. Then I just sang."

"You are a rarity in that you sense the soul of your music. Few do. It adds to your own pleasure, as well as to that of others."


(Tomorrow—The Christening)

Helpful Hints on Banking

JOINT FAMILY DEPOSITS

Husband and wife, including other members of the family if desired, may open a "joint" bank account—subject to withdrawal by each, and (or) the remaining funds going to the survivor or survivors, without legal formality, in case of the death of any of the others.

We suggest this type of account as a wartime measure for any who are going "over there."



United States National Bank

Salem Oregon

W. S. KURRE BURIED.

Dallas, June 28.—Funeral services were conducted in Independence yesterday by Rev. Dunsmore over the body of W. S. Kurre, who committed suicide Tuesday morning in his home in that city.

Mr. Kurre had been bookkeeper in the National Bank of Independence for a number of years and no reason has been found for his rash act. He had apparently been in good health and good spirits. Upon arising Tuesday morning he went into the bathroom and in a few minutes a pistol shot was heard by his wife, who rushed into the room, finding her husband dying.

That the act was premeditated was evident, as he left a note asking that

Rev. Dunsmore take charge of the funeral services and that the body be sent to Portland for cremation.

These requests were followed and the body was shipped to the Portland Crematorium. He is survived by a widow, who is prostrated with grief.

"COMMODORE" HARDY BETTER.

Portland, Or., June 28.—"Commodore" W. H. Hardy, sole survivor of the Commodore Perry expedition to Japan, has regained his mental poise and will recover from his self-inflicted wound. It was announced today at the county hospital.

Hardy, who is 83, went temporarily insane and shot himself in the head.

REMOVES ONLY BEAUTY DEFECT

A Denver society matron, who is much sought after to pose for artists when she goes east each year, has overcome the only defect in the abundant beauty bestowed upon her by generous nature.

For years she was greatly distressed because her hair was streaked, yet she persistently refused to use dyes of any description.

Finally she was induced by a New York artist to try Q-Ban Hair Color Restorer. After a few weeks' treatment the gray streaks disappeared entirely, and her hair took on a uniform dark, natural color.

"It is perfectly wonderful," she declared, "and I advise all of my friends, to use Q-Ban."

YOUR HEALTH

By ANDREW F. CURRIER, M. D.

Asthma No. 1.

Asthma, though present at all seasons of the year, is more prevalent in the late summer than at other seasons.

It consists essentially in great difficulty in getting enough air into the lungs to supply the blood with oxygen. It comes in spasms which may last a few minutes, or several hours.

It means that the muscular fibers in the bronchial tubes (which are the air tubes of the lungs) contract in a spasm or cramp, and close the tubes more or less completely.

With this there is also more or less spasm of the muscles of the chest and the diaphragm.

The mucous membrane lining the bronchial tubes becomes swollen, its blood vessels engorged and, when the tubes close down, the patient gasps for breath and feels as if each gasp were going to be his last.

As a matter of fact, very few people die from asthma; they may have attacks of it from infancy to old age, and then die of some other disease.

A quarter of those who have this disease, are under ten years; males have it oftener than females; and the wait-to-do have it more frequently than the poor. There are some advantages, after all, in being poor.

Adults are often attacked at night or in the early morning, children usually in the daytime.

Attacks often come without warning when one is feeling first rate, with pallor, discomfort in the chest, sneezing, indigestion, and copious flow of urine; or they may be preceded by depression, irritability, drowsiness, and headache.

One may be awakened from sleep with a sense of constriction in the chest and suffocation, and every attempt at breathing is a wheeze.

The victim jumps out of bed and runs for the open window, the vessels in his neck standing out, his lips being blue and his skin cold and clammy.

While the attack lasts, the suffering is worse than having a baby—this is, worse than what most women suffer.

It is worse in weather that is hot and damp than when it is dry and cold.

Dr. Currier will only answer suitable signed letters accompanied with stamped and addressed envelope. As the correspondence is very large, letters must in no case exceed fifty words and must be on matters which are of general interest. The physician is to inform the reader and not to take the place of the physician. For diagnosis and prescriptions, you should consult your family physician. Dr. Currier may be addressed in care of this newspaper.

Honorable Mother.—Why are my feet cold during the day, while I am in the warm kitchen, and hot after I get through with my work at night?

Answer.—It is due to some peculiarity in your circulation. I do not think there is anything about it that need disturb you; and if you would massage the feet and legs every night before going to bed, it would have a tendency to equalize the circulation.

L. P.—I am told by a physician, whom I consulted, that after one is fifteen years old, an operation for adenoids is not necessary. Is this so?

2. Would cod-liver oil be of benefit to me? I have a good position and hate to give it up—but I work in a poor atmosphere.

Answer.—1. I should not quite agree with the statement that adenoids are harmless after one is fifteen years of age. They may be troublesome when one is any age, but they are more troublesome in early age.

2. If you work in a poor atmosphere, I should advise you to give up your position. A worker's health is his most valuable possession and should be his first consideration.

LADD & BUSH, Bankers

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