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THE DAILY CAPITAL JOURNAL

Is the only newspaper in Salem whose circulation is guaranteed by the Audit Bureau Of Circulations

CHARGING YOUR BATTERIES.

One of the strangest traditions in the world is that sunshine is harmful. This belief crops out strongest in summer time. It is a common thing, especially in the city, to hear parents cautioning their children against going out of doors without their hats, and to "stay out of the sun."

The fact is that, in the vast majority of cases, and in most climates of the temperate zone, it is the very best thing in the world for those children to play around in the sunshine with bare heads, likewise bare arms and bare legs. The same principle holds true for their elders, though the latter by years of false philosophy, have rendered it harder to derive the full benefits from such free utilization of nature's forces.

The human nervous system is a battery. Sunlight is a force that will charge that battery. Fresh air helps, but the main thing is sunlight. Nerve specialists know this; tuberculosis specialists know it; but a perverse public gives too little heed to their teachings.

It is the simple, unvarnished truth that men, women and children can derive physical and mental energy direct from summer sunshine, if they will eliminate the obstacles, take off impervious clothing and let the sun pour into their systems. With many people the result is precisely like that obtained from charging the batteries of an electric automobile.

Some people cannot stand this sort of treatment quite so well as others, because they are sensitive to sunlight, and more easily over-stimulated. But it seems to be only a question of degree. Everybody can stand some direct sunlight, and most people can stand a great deal more than they think. They can do it enjoyably and derive great benefit from it, especially in hot weather if they accustom themselves to it gradually.

RIPPLING RHYMES

By Walt Mason

PATIENCE.

No matter what goes wrong, no odds what wires are crossed, you'd better heave a song, than see your temper lost. If cussing things would help, I'd say, "By all means cuss; put up a howl and yelp, and raise a beastly fuss." But this course doesn't chase the shades of gloom away; just wear a cheerful face, and things will be O. K. I drove eight hundred miles, this spring, in my tin car; the rain in fifty styles, came down, from clouds ajar. The roadway was a flood, and my old faithful boat just foundered in the mud, and there gave up its goat. Time was when I'd have reared and pawed around and wept, and torn my sorrel beard, while watch and ward I kept. But years have made me wise; I know that patience wins; and forty thousand sighs aren't worth a brace of grins. And so I waited there and whistled half a day; then saw a granger fare with horses down that way. He hauled me from the mire and only asked a buck, and I tuned up my lyre and blessed my goodly luck. The mudholes dot life's way, and there we oft are mired; and some stand up and bray, and make the welkin tired; the wise man sits and hums a tune that should be canned, until some fellow comes and hauls him to dry land.

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General Banking Business

Commencing June 16th Banking Hours will be from 10 a.m. till 3 p.m.

ROAD BUILDING EXHIBITS.

Government authorities have prepared exhibits to different types of road construction in the United States. In connection with the display there are photographs illustrating the results of the various methods used. Arrangements already have been made to present these exhibits at fifty-seven fairs. If bad roads continue to hold sway, it will not be for lack of public instruction on good road-building and its advantages.

Rural districts especially are apt to submit to bad roads as a sort of necessary evil; but if this display can be given wide enough prominence, almost any rural district may be aroused to rise and claim its own.

The exhibit should be of interest and value in any community and might well be secured by fair associations generally. A letter of inquiry to the Department of Agriculture should secure all necessary information regarding it.

Ludendorff is about to publish a history of the latter, giving inside information from German official sources. An American newspaper syndicate will pay him a big price for the work, thus enabling the former chief of the army staff to "clean up" in a financial way. It is quite possible that some more of these favorites of the kaiser may be able to keep out of the poor house by writing books, while Wilhelm himself and the crown prince might do exceptionally well on the vaudeville circuits in this country. Millions of Americans would give a dime just to see the man who boasted that he would make this country pay all his bills and then some.

Actual work on Salem's big paper mill is under way. This marks the beginning of an important industry that will grow larger with the passing of the years. The Pacific coast is sure to produce the larger part of the paper used in this country a few years from now.

Ohio is a quiet state. It permits the Dempsey-Willard fight to take place, but won't permit any moving pictures of it. Which is very much as if it allowed the saloons to sell whiskey but refused to allow anybody to show photographs of saloons selling whiskey.

Bryan is in Oregon now and President Wilson and Colonel Theodore Roosevelt, Jr., are coming soon. Another indication of the growing popularity of our summer climate.

John D. on his eightieth birthday said he felt as well as he did forty years ago. He ought to feel better. Then he was working the hair off his head, and now he has nothing to do but play golf.

Just so nobody gets out a court injunction against the growing of loganberries, the public in general is not very much concerned over this mass of litigation.

There have been bitter fights in the United States senate, but no peace treaty ever failed of ratification.

Hunting a Husband

By MARY DONGLAS

DISCOURAGEMENT

Two weeks have passed. As I look back on the Merle house-party, it seems like a pleasant dream or something I have read about. A gossamer web that lasted only in the sun.

I have not heard from James Merle. I remember thinking, "He will not forget me. He is not that kind—" And now—

I have told mother all about it. Or at least the outward things. She knows that I expected James Merle.

"What is this Mr. Merle like, Sara?" she asked as she sat knitting gray bands on the porch.

"Oh I don't know. Tall and dark. A small dark mustache."

Mother looked up at me from her knitting.

"But he himself," she said.

"He doesn't talk much," I found

that that was all I knew. "He is an architect," I smiled lamely.

Mother went on knitting. The gentle motion of her hands, the rocking of her chair was soothing. She said nothing more.

When I first returned from the house party, I had hunted feverishly in the library for books on French architecture. I found one. James Merle could talk to me now on my "travels."

I began eagerly. Then I admitted it was hard. At last I found myself floundering in a sea of unknown words and meanings. In despair I have given it up. But what matter? He does not come. He will never know that I am an impostor.

"Given it up," those words are the symbol of my feeling. How can I go on? I put my best effort into that first venture—the house party. And there have been no results—none.

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I looked at myself in the tiny glass above my bureau. I reasoned thus: Sara Lane you have no back bone. You try once. You fail. But is that the way to win? If such a little thing is to discourage you, how can you ever hope to go on—But the other side of me said, "Why doesn't he come?"

I have some stamina. Some courage. If it is not to be he; it shall be some one else. Already I feel better.

I pulled the hairpins out of my hair. I took up my new hard-bristle brush. I brushed my hair, till it and my scalp glowed! I bathed myself. I put on fresh clothes from top to toe. My new shoes, nice, dark slender tan ones, that make me feel well set-up. I opened my closet. The jaffeth that I have not worn since the house party. Fresh white gloves.

I looked at the free glowing look at me from the mirror. It has paid.

I went for a long walk. I felt fresh buoyant. My dear, wise little, old lady, was my destination. Her first words, "Why Sara, child, how pretty and young you look," gave me new courage. I don't know how, but I shall gain my end!

(Tomorrow—The Truth Pays.)

DAIRY EXHIBIT

(Continued from page one)

Dairymen have passed through during the war period and a succession of dry seasons has had the effect of compelling producers to adopt better feeding methods, especially the adoption of the silo.

Among those in attendance were O. D. Center and W. K. Taylor of Corvallis. A feature of the meeting was a fine luncheon served in the "gold room" of the Malmsbo.

Federal Agents Continue Probe Of Dowsey Murder

Seattle, Wash., July 17.—Government agents today continued their investigation of the death of Fred A. Dowsey, special agent of the department of investigation of the United States shipping board, regardless of the verdict returned by a coroner's jury late Tuesday, declaring that he died a natural death. Dowsey, who had been sent here to conduct a secret probe into alleged graft in connection with war time ship construction, was found dead in a wash room adjoining shipping board offices in the Securities building, May 2. Conflicting testimony was presented to the six jurors. Three jurors held out for an hour against the verdict that was finally returned.

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