

EVENING ROSEBURG REVIEW

DECEMBER 2, 1908.

Brevities

THE HALL OF FAME.

'Dick' Hyland, successful pugilist, never drinks or smokes.

Paymaster Mitchell Macdonald, U. S. N., has hired Halsey E. Manwaring of Philadelphia to run his Grand hotel at Yokohama for him.

Mrs. Lewis R. Granger of Cain, Pa., recently opened a jar of peaches that she had canned forty years ago and found the fruit still in splendid condition.

John C. Costain of Worcester, Mass., who is seventy-seven years old, has worked in a foundry more than sixty years. He is the oldest molder in Worcester and one of the oldest in the United States.

Dmitri Kosztan of Bistriza, known as the wolf slayer, dispatched 286 of these animals in thirty years. He tracked them to their lairs and it was said by the peasants, hypnotized them by his fierce gaze, while he killed them with knife or shot.

August Brannert, who in his youth had the distinction of producing the first perfect silver plate for the use of Louis Jacques Maudslayi, the inventor of the steam engine, died recently at a memorial honor in St. Louis at the age of eighty-nine years.

John Marley, the British secretary to India, who has just been raised to the peerage, is one of the most humane of men. His love of animals is so great that he will neither dash nor shoot, and it is stated that he never comes across a stray cat in the streets without endeavoring to give it a gentle pat.

Joseph Chamberlain has passed his seventy-second birthday. Though from time to time optimistic paragraphs as to his health are published, his friends know well that his retirement from active politics is final. There is no hope that he may receive sufficiently nice morsels to speak on a public platform or to enter the house of commons.

Examine the construction of a Bush and Lane piano and you will readily understand why they guarantee them for twenty years. dtf

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HOW TO WALK.

Proper Carriage and Stride to Be Maintained—Tip on Breathing.

Some useful directions to be followed in walking for health or pleasure are given by Professor Richard F. Nelligan of the department of hygiene at Amherst college in an article contributed to Country Life in America for July. Professor Nelligan says that it is surprising how little is generally known about the proper carriage, stride and breathing in this form of exercise. The carriage and stride on a level country road differ, of course, from those that are best for a hilly country, and differences in build make it impossible for all to walk alike, yet certain fundamental rules should be followed as far as possible. These the writer proceeds to give in brief as follows:

For ordinary walking on city streets or good, level country roads the front upper chest should be raised in order to give full play to the lungs and heart. Persistent attention to this position of the chest, combined with deep breathing, will secure the formation of a most desirable habit and will naturally assist in keeping the shoulders in their proper place. By this method a natural but not constrained position of the shoulders can be acquired.

The stride should be shorter and stiffer in long distance walking than in short, fast and fast a stride causes exhaustion and destroy both the pleasure and profit of the exercise. For ordinary walking the military stride of thirty inches and 120 paces per minute is about right for the average man and is the result of much experience. For tall, active men and for speed purposes the military stride is too short and slow, and the pedestrian must use his own judgment and learn from experience. In cases of from one to ten miles the writer, who is five feet eleven and three-fourths inches in height, frequently makes three feet nine inches at the rate of 125 steps per minute.

Some writers claim that the body should be inclined forward even when walking on level ground, for the reason that this favors speed, giving the Indian's gait as an example. Others claim that walking is a series of falls from one foot to the other, and therefore for speed purposes it is necessary to lean forward. Such writers seem to forget that the momentum gained while going at the rate of five miles an hour is considerable, and if at the same time the body is inclined forward it brings an undue strain upon the muscles which were intended to hold the body erect. The best argument against this is that the erect position favors a longer and faster stride when walking on level ground than is possible in the bent position, and, furthermore, the upright position is less tiring. The best lung and short distance walkers in the world, with very few exceptions, carry the body erect.

The principal reason in favor of the upright position, Professor Nelligan tells us, is the lessened strain on the large muscles in the back and the consequent saving of energy. Women especially should maintain this position to obtain the best results. Bertha von Hillen, the greatest woman walker, was perfectly erect. To quote further:

The main difference between the long and short distance walkers is in the position of the leg as the foot strikes the ground. In long distance walking there is more action at the knees and less movement at the hips, and this results in a shorter stride. The knee is slightly bent in some cases, as time goes on, touches the ground, while in others the knee is bent just after the straight leg touches the earth. Either method of bending the knee relieves the leg and also the nervous strain caused by speed walking.

For short distances at the greatest possible speed, as in athletic competitions, the leg to all cases must be straight and the knee stiff as the foot touches the ground, and the knee must remain stiff throughout the stride until the heel of the following foot is placed for the next stride. There is also a peculiar hip action, known among racing men as the roll, which is very exhausting. The shoulders and arms are swung violently forward and upward, and the whole gait is purely artificial and stilted. Proper long practice is not at all pleasing to witness and is apt to degenerate into a very awkward run. The distinction between walking and running is that in walking the heel of the forward foot must be placed in position before the toes of the rear foot leave the ground, while in running both feet are off the ground at the same time.

How to Use Turpentine.

When threatened with pneumonia rub the lungs with turpentine and apply hot flannels.

Turpentine and soap will remove ink stains from maulin.

A few drops of turpentine added to the water in which clothes are boiled, will whiten them.

It will exterminate cockroaches if sprinkled in their haunts.

Pitch wheel grease and tar stains can be quickly removed if the spot is first covered with lard, then soaked. With turpentine sponge clean and rub gently till dry.

A few drops on a wooden cloth will clean tin shoes nicely.

Molsten sponge with turpentine to clean gilt frames.

Douglas County Creamery butter only 5c a two-pound square. Ask your grocer for it. Patronize home industry. dtf

During changes of weather always use Marsters' Cough Balsam.

Mrs. T. J. Crittiser leaves Thursday morning for Leland to remain for an indefinite time, her husband and son being engaged in mining there.

H. J. Wilson and daughter, Miss Jessie, came down from Canyonville Tuesday. The latter has taken a position as stenographer and book-keeper for Drs. Seely, Sether & Stewart.

Feel languid, weak, run-down? Headache? Stomach "off"?—Just a plain case of lazy liver. Burdock Blood Bitters tones liver and stomach, promotes digestion, purifies the blood.

NOVELTY THEATRE

Program changes each Sunday, Monday, Wednesday and Friday.

PROGRAM

WEDNESDAY & THURSDAY

MOVING PICTURES:

"The King's Diamond." (Colored, 1000 ft.)

"As You Like It." (1000 ft.)

ILLUSTRATED SONGS:

"When It's Moonlight, Mary Darling," "Natch the Old Grape Arbor Gate" and

"Brother Noah Gave Out Check for Rain."

MATINEE 2:30 TO 5

ADMISSION 5c

Evening Performance 10c

Now is the time to make your purchases for Xmas. The early shoppers have the best to pick from. Our store never was so full of good things. Something for every member of the family. Drop in and look us over. RICE & RICE.

Three inches of rain fell during November, 1908, in Roseburg and vicinity, according to the monthly report of Wm. Bell, local observer of the Weather Bureau. This is the smallest rainfall for November since 1905, when the precipitation was 2.61. The average rainfall for November for the past 32 years is 4.33. The total rainfall from Sept. 1, of this year, to date is 8.71, and there is an excess of .37 inches as compared with the average for the corresponding period.

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Fisher & Bellows Building

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Sweet and Sour Pickles Beet Pickles

SALADS

Shrimp Cabbage

ENTREES

Chicken Pie Cold Roast Pork Sliced Tongue

VEGETABLES

Corn Mashed Potatoes

PASTRY

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DESSERT

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