

SEPTEMBER R MEANS OYSTERS

Reading Room.

The east room of Central Church of Christ. Open every day from noon to six in the evening. Daily and weekly papers, magazines and books. Men and boys cordially invited. Strangers always welcome.

A GREAT SENSATION.

There was a big sensation in Leesville Indiana, when W. H. Brown of that place, who was expected to die, had his life saved by Dr. King's New Discovery for Consumption. He writes: "I endured insufferable agonies from Asthma, but your New Discovery gave me immediate relief and soon thereafter effected a complete cure." Similar cases of Consumption, Pneumonia, Bronchitis and Grippe are numerous. It's the peerless remedy for all throat and lung troubles. Price 50c, and \$1. Guaranteed by La Grande Drug Co., and Newlin Drug Co., Druggists.

Try the Observer for first class Job Work.

How Osteopathic Patients Are Treated

"How are Osteopathic treatments given?" This question is frequently put by those first learning about the new system of healing.

Forget your first inference that Osteopathy is a "sort of scientific massage," for that is misleading. Massage is all right, as far as goes, but it is not complete science of medicine. It is one therapeutic agency, and a most wholesome one, too, in its place; but Osteopathy is an independent science and a complete one, having an art all its own, and that art is not massage treatment, either.

First, it is customary for men to remove coats and vests, and often their linen shirts, while women discard their outer clothing and corsets to don some light, flowing robe, such as a kimono or other loose-fitting wrapper, not made with pleats, tucks or close yoke, over their underclothing. This admits of proper manipulations by the physician without one's garments bunching up under his fingers, and at the same time permits perfect freedom of the patient's limbs under passive motion. Many Osteopaths in addition visit their patients with a tuin, and spread to cover the feet if flexing the ankles or rotating the hip bones. It is better for the doctor to have one or two thicknesses of thin material between his fingers and the patient's body, because it prevents his fingers from slipping in making deep pressures. Only at the neck and head, as a general thing, is treatment given upon the patient's skin directly. Gynecological cases, it is worth remarking, escape a great part of the usual ordeals so trying to women.

Second, there is no kneading, pulling, rubbing, etc., in massage. That is why there is no need of giving treatment directly upon the body.

Third, a treatment is not a routine of exercise or set of motions like massage or Swedish movements, and does not occupy a definite time. The Osteopath does what is needed and quits. Sometimes it takes half an hour for diagnosis and five minutes for a treatment. Some diagnoses are not completed after a score of treatments. In other cases the diagnosis requires five minutes, and treatment may be half an hour. It is not done by the clock. Each case receives what attention it needs, but that much or little, as the Osteopath determines, and when that is done, he quits. It is like pulling a tooth—the best of service may be rendered in less than five minutes, while it may take up the best part of an hour! Perhaps treatments average twenty minutes, yet in giving treatments practitioners differ. Some are swift; some are slow; and that without regard to their relative abilities for obtaining results.

Fourth, the number and frequency of treatments required depends upon the case and all factors that have led up to the condition or which may still be influencing it. That is a matter wholly for your Osteopathic physician to determine. It is a part of his diagnosis. You employ him for his professional judgment quite as much as his skill. Trust his judgment, not your own convenience or wishes. It may take a dozen treatments, it may take three or six dozen, or it may be you will be relieved or cured in a single treatment! That is for your doctor to advise you after he has made a diagnosis. Nature further must be consulted. He cannot work faster than Nature will let him.

Then, too, your physician may deem it best to treat you three times a week, or only wish to see you twice a week; in some cases it may be once a week; while certain acute cases—bed ridden cases like grippe, pneumonia or typhoid fever—may demand several visits daily. So it goes. Treatment is a matter for professional skill to determine according to circumstances, and it is not to be taken according to measurement or programme. One case is no precedent for another. Each case requires special study and is a law unto itself.

Does this make the mysteries of the new drugless treatment any plainer to you?

For further information consult your local Osteopathic practitioner. You can get any additional information that you want. You will find that the tenets of this science appeal to you as full of good, practical sense—Osteopathic Health.

Dr. Moore—Osteopath—Sommer Bidg.

CURES OLD SORES

At Portland, Kas. May 5, 1902. Board Snow Liniment Co. Our Snow Liniment cured an old sore on the side of my chin that was supposed to be a cancer. The sore was stubborn and would not yield to treatment, until I tried Snow Liniment, which did the work in short order. My sister, Mrs. Sophia J. Carson, Allensville, Mich. Co., Pa., has a sore and misinterprets that it is a cancer. Please send her a 50c bottle. Sold by Newlin Drug Co.

FOR SALE—One first class milch cow. For particulars telephone 1276.

Runaway Girls

Deputy Sheriff Snow was busy yesterday in an effort to locate and bring back to Baker City Grace Richards and Rose Miller, two young girls who ran away from their parents, and who were found in Weiser Idaho.—Democrat.

BORN

KING—in this city, Tuesday, Oct. 25, 1904, to Rev. and Mrs. O. H. King, a nine pound daughter.

FOR SALE—Good rich Loam for Lawns also Gravel for streetfilling. Inquire of John Anthony.

New Phones

2074	J R McNoun	Residence
253	L J Jordan	Residence
741	Crawford & Crawford	Law Office
31	Mrs. Grace Dray	Residence
1825	E Jacobson	Residence
1710	J W Davis	Residence
1718	J W Oliver	Residence
305	T W Berry	Residence
1845	F R Snyder	Residence
1488	A Newlin	Residence
608	O Kirkpatrick	Residence
2111	W M Monroe Hay	Grain Wood
605	Robt. Eakin	Residence
567	Mrs. J Hueghan	Residence
1123	B W Noyes	farm
61x6	Ed Stringham	Residence
2131	D E Cook	Residence
2136	F Tietjen	Residence
1893	J Elton Jackson	Residence
707	Mrs. O P Goodall	Residence
2133	W T Davis	Residence
576	Saw J Torrence	Residence
1848	L C Smith	Residence
339	J D Teiderup	Residence
1094	J E Connor	Residence

TIMBER LAND, ACT JUNE 3, 1878

NOTICE FOR PUBLICATION

U. S. Land Office at La Grande, Oregon. Oct. 18, 1904.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892, David C. Sargent, of Dexerville, county of Wood, State of Wisconsin has this day filed in this office his sworn statement No. 222, for the purchase of the E 1/4 of section No. 8 and S 1/4 of section No. 10 of Township No. 48 Range No. 18, in the County of Union, on Saturday, the 11th day of October, 1904.

He names as witness: Haupu H. Builes, W. Henry Brown, of Dexerville, Wisconsin; Leonard C. Bullis, of Perry, Oregon; and Edward Davis, of La Grande, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of October, 1904.

E. W. Davis, Register.

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He names as witness: Herbert R. Cleaver of Caldwell, Idaho; Ralph H. Builes of Perry, Oregon; and William H. Brown, of Perry, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of October, 1904.

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He names as witness: Herbert R. Cleaver of Caldwell, Idaho; Ralph H. Builes of Perry, Oregon; and William H. Brown, of Perry, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of October, 1904.

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She names as witness: Herbert R. Cleaver of Caldwell, Idaho; Ralph H. Builes of Perry, Oregon; and William H. Brown, of Perry, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of October, 1904.

E. W. Davis, Register.

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He names as witness: James R. Hanna, of McKay, Oregon; Albert Winters of Starkey, Frank Aiden of Starkey, Andrew Sullivan of Starkey, and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of December, 1904.

E. W. Davis, Register.

TIMBER LAND, ACT JUNE 3, 1878

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Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892, Charles M. Wright of Pilot Knob, county of Union, Oregon, has this day filed in this office his sworn statement No. 227, for the purchase of the E 1/4 of section No. 8 and S 1/4 of section No. 10 of Township No. 48 Range No. 18, in the County of Union, on Saturday, the 11th day of October, 1904.

He names as witness: William H. Brown, of Perry, Oregon; Clara A. Brown of Perry, Oregon; Anna Young, of Starkey, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of January, 1905.

E. W. Davis, Register.

TIMBER LAND, ACT JUNE 3, 1878

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Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892, Charles M. Wright of Pilot Knob, county of Union, Oregon, has this day filed in this office his sworn statement No. 228, for the purchase of the E 1/4 of section No. 8 and S 1/4 of section No. 10 of Township No. 48 Range No. 18, in the County of Union, on Saturday, the 11th day of October, 1904.

He names as witness: William H. Brown, of Perry, Oregon; Clara A. Brown of Perry, Oregon; Anna Young, of Starkey, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of January, 1905.

E. W. Davis, Register.

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Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892, Ralph H. Builes, of La Grande, county of Union, state of Oregon, has this day filed in this office his sworn statement No. 229, for the purchase of the E 1/4 of section No. 8 and S 1/4 of section No. 10 of Township No. 48 Range No. 18, in the County of Union, on Saturday, the 11th day of October, 1904.

He names as witness: Andrew J. Gilligan of Portland, Oregon; George F. Jones, Benjamin Ragsay, of Starkey, Oregon; and George O. Holmes of La Grande, Oregon.

Any and all persons claiming adversely to the above described lands are requested to file their claims in this office on or before said 25th day of December, 1904.

E. W. Davis, Register.

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