

## WILL RUN A SPECIAL

Railroad Will Accomodate Lawyers  
at Coquille Monday and  
Tuesday.

## IS MUCH BUSINESS

To Be Transacted at This Term of  
Court and Attorneys Will  
Be Busy.

Owing to the large number of persons attending the session of the circuit court now on at Coquille, a special train will be run from that place to Marshfield Monday and Tuesday afternoons. A special was brought over yesterday afternoon to accommodate those wishing to attend the first day of the session who did not care to stay over Sunday.

The regular session will begin on Monday, with Judge Hamilton of Roseburg on the bench.

### WALKING AS EXERCISE.

Viola Allen Prefers Pedestrianism to  
Swimming, Golf and Rowing.

An energetic public promoter for one of the numerous "health foods" recently wrote Viola Allen for one of those "unsolicited" testimonials which he promised, if she would write, he would cause to be displayed together with her picture on billboards and in grocery store windows from Portland, Me., to Portland, Ore. To add to this glittering inducement numerous cases of the life-giving food promised. Although Miss Allen promptly declined to help the world at large to select its breakfasts, the matter turned the actress' thoughts to the subject of health and caused her in a recent interview to express the following opinions:

"It seems to me that the three fundamental requisites to a healthy body are simply food, plenty of sleep and an abundance of exercise. There is no doubt that almost everyone eats too much and considers the palate more than the nourishment of the body. Most people go to the other extreme in the matter of sleep,

particularly those who work all day and devote half the night to the much more exhausting pursuit of pleasure. It is, however, in the matter of exercise, or rather the lack of it, that most persons make the greatest mistake. I have tried riding, driving, rowing, tennis playing and swimming; all of them excellent, but each to a certain extent possible to only a limited number of people. But more beneficial than all, I think, is one in which everybody can indulge, the poor as easily as the rich, the busy man as well as the man of leisure. It is walking.

"Electric cabs, trolley cars and subways are great conveniences in this busy age, but I sometimes wonder if they are not too convenient for the man who uses only his brain and who rides every time he has to go two or three blocks instead of deriving the benefit that is to be obtained from the exercise of frequent short walks. William H. Crane, the comedian, recently said that after trying yachting, driving and all kinds of diversion during the last twenty years he has come to regard walking as the best of all."

### Bow Knot Club.

The members of the Bow Knot club met yesterday afternoon with Miss Sengstacken for their regular weekly meeting. The method of entertainment, the decorations, and place cards were unique. The afternoon was one of the most enjoyable that has been spent by the club since its organization. YTH its organization. Miss Minot will entertain the members next Saturday afternoon.

—One of George Ade's characters, in conversation with a traveling companion, said: Young man, you will learn that life is a series of wasted opportunities. When you are all in and a new generation comes along and gives you a good swift bump and you light on your back over by the fence, you can look up at the sky and count the good things that got past you." That corner lot over there valued at half a million was offered me for less than a thousand. "Where the First National Bank stands," he said with tears in his eyes, "I like a blistering pin head let go by and now I am getting too old and weak to kick myself." I. S. Kaufman & Co. will save you this humiliation (if you will give them a chance). They have bargains scattered all around.



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