

# DRINK SOUR MILK AND YOU MAY LIVE TO BE 120 YEARS OLD

### BISHOP FALLOWS LAYS DOWN A SET OF RULES FOR THOSE WHO CARE TO SPEND A LONG TIME ON EARTH.

### BASED ON SCIENTIFIC PRINCIPLES, HE SAYS.

### Early To Bed, Exercise, Clear Conscience, Square Deal and More Buttermilk.

CHICAGO, April 3.—Samuel Fallows, bishop of the Reformed Episcopal church and founder of Christian Psychology—a combination of faith cure and medicine—now in his seventy-third year, believes that men ought to be in their prime at eighty and live to be 120 years old. Here is the explanation he gives:

Drink sour milk or pure buttermilk two or three times a day. Avoid too strenuous living. Go to bed early and get up with the rising sun.

Take plenty of exercise of a kind not associated with your actual employment. Obey rigidly the laws of hygiene. Keep a clear conscience. Love God and be square with your fellow-men.

Drink some more sour milk. The prelate said: "I am indebted for my material to three sources:

"1. The Bible. "2. A newly published book by Prof. Elie Metchnikoff, a French scientist.

"3. Science in general. "Metchnikoff, one of the professors in the Pasteur Institute in Paris, is the greatest exponent in the world of the theories of Darwin. It is his business to hunt up diseases and their remedies. In a new book Metchnikoff points out that the reason men do not live to a great age is because under modern conditions the arteries harden with advancing age, due to deposits of calcareous substances.

"He has discovered that the antidote for this condition is sour milk. The sheaths of the arteries are softened by the milk. The principle, he says, is as sound as the virus theory in hydrophobia and antitoxin and vaccination for other ailments.

"Metchnikoff declares that sour milk or pure buttermilk should be drunk twice or three times a day. "He declares that fifty years would be added to the lives of aged persons if they do so. Now in the Old Testament, just after the flood, the prophet of God said: 'And the days of man are 120 years.'

"It was centuries later that the psalmist said: 'The days of man are three score and ten years.'

"Now, as to the scientific theory. Research has proved that the multiple of adolescence in animals is six. That is, they ordinarily live six times the length of their infancy. Man reaches maturity at twenty years. Multiplying that by six gives 120 years, the natural age of man, according to the laws that govern animals of the lower orders.

"Now, with man the multiple is only three and a half—that is, if he reaches maturity at twenty he has lived almost a third of his existence according to the present standard and length of life.

"This is not natural and the reason is that man does not live naturally and does not take the proper precautions until too late.

"The rules of the average Chicagoan for reaching 120 years are: Late hours, extravagance, worry, intemperance, suppression of virtues and expansion of bad habits.

### WOMAN ONCE WOODED BY ABE LINCOLN DEAD.

### Granddaughter of a Judge Appointed by President Washington.

SIoux CITY, Iowa, April 1.—A woman to whom Abraham Lincoln made a proposal of marriage in 1833, and who refused the offer of the young man was destined to rank among the greatest presidents of the United States, died in Sioux City at the age of 85 years. She was Mrs. Mary Frances Kelly, granddaughter of Henry Vanderburgh, whom President Washington appointed one of the first judges of the northwest territory.

It was at Quincy, Illinois, where Mrs. Kelly spent her girlhood and where she met and won the love of young Lincoln. That his suit was not entirely in vain was evidenced throughout the later years of Mrs. Kelly's life. She idealized the martyr president. Queries of curious friends as to the episode of their love match were ever turned aside by an expression of the tender veneration in which she held his memory.

### AGED WOMAN ACTIVE.

SHUTESBURY, Mass., April 3.—Mrs. Laura Hise recently celebrated her hundredth birthday. Mrs. Hise is actively engaged in plowing a big bedquilt. Her mental faculties are undimmed.

### CITY TREASURER NOTICE.

All of Marshfield city warrants endorsed to October 29, 1905, will be paid on presentation at my office. No interest allowed after this date. April 3, 1908.

JOHN J. HALL, City treasurer.

## TWO GIRLS TROUCE HERO OF TEN DUELS.

### Sisters of Ill-Treated Wife Stops Husband on Street and Use Wee Fists.

NEW YORK, April 4.—Frederick von Seehafen of No. 215 Wychoff street, Brooklyn, says of himself that before he became a book agent he fought no less than 10 victorious duels while an officer in the German army. But none of this prowess counted yesterday when his pretty sister-in-law encountered him at the corner of One Hundred and Third street and Second avenue.

The first the police knew about it was when Patrolman Gleason elbowed his way through a crowd of 2,000 happy, cheering citizens and came upon von Seehafen backed against a wall with the two girls sailing into him with fists, feet and umbrella. "Hit 'im again!" yelled one delighted onlooker, and Miss Ida Kober landed a right that sent the dueling champion spinning against the umbrella clout that Mrs. Katherine Krantz had aimed at his head.

"On the jaw, little one!" cried somebody, and Miss Ida delivered a heart jab, while her sister caught the staggering von Seehafen fair upon the ferrule of her parasol.

"You keep out of this," the girls said to Gleason when he tried to pull them off the half-conscious man. "This brute has been beating his wife, and she's our sister. And we don't need any of your help."

Finally when von Seehafen had been laid out in a chair at the Harlem police court the angry girls told what it was all about.

"I live at No. 122 East One Hundred and Second street," said Ida, "and two days ago our sister came home all beaten up. Her husband won't support her; he's made their home miserable and we thought we'd pay him back in his own coin."

"The only thing I'm sorry for is that I broke my umbrella instead of his head," said Mrs. Krantz.

"I'll fine each one dollar," said Magistrate Crane.

### FORTUNE IN OLD PIANO.

### English Woman Finds \$5,000 in a Junk-Shop Purchase.

LONDON, April 1.—A remarkable piece of good fortune has befallen a Caletton woman who last Summer purchased an old and dilapidated piano at a local sale.

Falling to get any music out of the instrument, her son-in-law took it to pieces a few days ago, and found hidden among the wires notes to the value of £1,000.

The treasure trove belongs, without a doubt, to the legal representative of the person who, being the legal owner of the money, placed it there. If they cannot be found, then the money is divided in specified proportions between the crown and the finder.

### THE CHAMPION SMOKER'S RECORD.

Some Coos Bay smokers will be interested in the following:

It is now stated on the highest authority that there is no truth in the rumor that the Tobacco Trust is considering the advisability of offering a direct bribe to Thomas Wood—the Englishman who holds the world's record for making a pipeful of tobacco last two hours—in order to induce him to give up such ruinously economical ways. At the same time, the position may be regarded as serious.

Mr. Wood entered the recent smoking contest held at the Agricultural hall, London, and won a 30-guinea grand piano for keeping an eighth of an ounce of shag alight for two hours. "If he starts to give lessons, we shall have to put up the shutters," was the gloomy remark overheard—apparently from a tobacco seller, who was watching the contest. The remark contained a good deal, and as Mr. Wood left the hall he was asked how he trained for the event.

"I didn't train at all," was the reply, "although I must confess that, as a rule, I do not smoke a great amount of tobacco in a week. In this contest I certainly packed my briar carefully, although I have no special means of filling the bowl, and sat down to enjoy a prolonged smoke, using a lead pencil to gently press the tobacco down at intervals. It is a matter of nerves. To get hurried is fatal.

"That there is truth in Mr. Wood's last remark is evident from the fact that two minutes after the word 'Go!' had been given and 150 anxious smokers sat down to outsmoke one another, three men fell out, overcome by excitement. No relighting was admitted, and after about an hour 50 other competitors gave up, while three-quarters of an hour later only two were left—Mr. Wood, calmly smoking his briar, and a young man smoking a modest clay.

In another five minutes the clay went out, and Mr. Wood was declared the winner, beating last year's record by 18 minutes.

Dance at Summer April 4th. Music by Landenburg orchestra.

### FAMILY ORDERS FOR WEINHARD'S BEER.

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### WOMEN'S VOTES GO TO HANDSOME ORGANIST.

### Pennsburg Church Has Contest of Ability Between Two Rival Musicians.

PENNSBURG, PA., April 4.—Just to decide who should be at once its organist and choirmaster, woman's suffrage was allowed for the first time in 200 years of the existence of St. Paul's Lutheran church, in this place, and both sexes in the congregation, after long electioneering, were permitted to vote on the respective merits of the two rival candidates, who engaged in a musical contest before them.

Not long ago Oscar F. Berndt died, having held the position for a quarter of a century, and a pair of musicians wanted to succeed him. One was John M. Pfeiffer of Red Hill, and the other was Harold A. Laros, of Coopersburg. Mr. Pfeiffer used to play the organ in St. Paul's Lutheran church at Norristown, was a member of the local church council and had a strong personal following, but Mr. Laros, though a stranger, was young and handsome and popular, and the women demanded the right of a voice in the decision.

After a special meeting of the authorities the feminine request was granted, but it was decided that the candidates should give an example of their respective fitness. Accordingly, before an overflowing audience on last Sunday the services resolved themselves into a musical tournament, each contestant playing the organ for a part of the services, and each singing two selections. Then the Rev. O. F. Waage, the pastor, delivered an address in Pennsylvania German, cautioning the congregation against disorder, and telling them to vote on the ballots.

Mr. Laros was elected by a vote of 378 to 97.

### POLITICAL ANNOUNCEMENTS.

### A CARD.

To the Republican voters of Coos county, Oregon.—Gentlemen: I hereby announce myself as a candidate for the office of sheriff of Coos county, subject to your approval at the primary election to be held April 17th, 1908.

LEVI SMITH.

### A CARD.

To the Members of the Republican Party of Douglas, Coos and Curry Counties: I hereby announce myself as a candidate for the nomination for District Attorney for the Third Prosecuting Attorney District, comprising the counties of Douglas, Coos and Curry, subject to the approval of the Republican voters at the primary election to be held April 17, 1908.

GEORGE M. BROWN.

### For Prosecuting Attorney.

To the Republican voters of Douglas, Coos and Curry counties: I desire to announce myself as a candidate for prosecuting attorney of the Third Prosecuting Attorney District of the State of Oregon, subject to your approval at the primaries, April 17, 1908.

W. W. CARDWELL.

### A CARD.

To the members of the Republican party of Coos county, Oregon.—Gentlemen: I hereby announce my candidacy for the office of County Commissioner, subject to your pleasure in the primary election to be held April 17, 1908.

H. E. WILCOX.

### A CARD.

To the Republican voters of Coos County, Oregon: Greeting: I hereby announce myself as a candidate for the nomination for School Superintendent of Coos county, subject to your pleasure at the Republican primaries.

ROBERT GOETZ.

### A Card.

To the members of the Republican Party of Coos County, Oregon:—Gentlemen: I hereby announce my candidacy for the office of County Superintendent of Schools, subject to your pleasure in the primary election to be held April 17, 1908.

Respectfully yours, W. H. BUNCH.

### FOR REPRESENTATIVE.

I hereby announce myself a candidate for representative in the legislative assembly, subject to the approval of Coos County Republican electors at the primary election, April 17, 1908, and respectfully solicit the support of all Republicans.

L. D. KINNEY, North Bend.

### A CARD.

To the Members of the Republican Party of Coos County, Oregon. Gentlemen: I hereby announce my candidacy for the nomination for County Commissioner, subject to your pleasure in the primary election, April 17th.

W. TAYLOR DEMENT.

### A CARD.

To the Republican voters of Coos county, Oregon.—Gentlemen: I desire to announce myself as candidate for the office of county commissioner subject to your approval, at the primary election, April 17th.

GEO. N. FARRIN.

## The STEAMER EUREKA

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No reser seats held after the arrival of the ship unless ticket is bought.

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## Business Directory

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DOCTOR B. P. BAUMBAUGH Physician and Surgeon Diseases of Women and Children. Office Rooms 209-10 Coos Building. Phone - - - - 2141

DR. GEORGE W. LESTIE Osteopathic Physician Graduate of American School of Osteopathy Kirksville, Mo. Office Hours—9 a. m. to 4 p. m. Other Hours by Appointment. Office in Nashburg Block Phone 1611. Marshfield, Ore.

DR. GEO. E. DIX Physician and Surgeon. Office—First Nat. Bank Bldg. Phone 1681

DR. J. W. INGRAM Physician and Surgeon. Office over Seengstacken's Drug Store. Phone—Office 1621; Residence 783.

DR. A. J. HOUSEWORTH Physician and Surgeon. Office second floor of Flanagan and Bennett New Bank Building. Residence, two blocks north of Crystal Theater. Office Phone 1431. Residence Phone 656.

### Lawyers.

Francis H. Clarke Jacob M. Blake Lawrence A. Liljequist

CHARKE, BLAKE & LILJEQUIST, ATTORNEYS-AT-LAW. Times Building, Marshfield, Ore. United States Commissioner's Office.

J. W. BENNETT, Office over Flanagan & Bennett Bank. Marshfield, - - - - Oregon

C. F. MCKNIGHT, Attorney at Law. Upstairs, Bennett & Walker Block Marshfield, - - - - Oregon

COKE & COKE, Attorneys at Law. Marshfield, - - - - Oregon

### Miscellaneous

J. E. CAYOU Architect Room 217 Marshfield, Oregon

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