

YOU ARE BURNING UP

A HUMAN BEING LITERALLY LIVES BY BEING CONSUMED ALIVE.

Energy and Heat Combined Help to Burn Away the Bodily Tissue, and Fresh Material is Constantly Being Supplied by Nature.

"You, of course, believe, with the rest of the world, that every seven years nature, up to a certain age, supplies you with practically a new body; that every seven years, when you have wasted by ordinary natural processes the muscles, tissues and fibers of your body, you have given to you quite a new outfit to enable you to carry on life, barring accident and disease, for the next seven years.

"There is not a minute atom of your body from the crown of your head to the sole of your foot but what is practically undergoing a process of burning, both night and day," said the celebrated lecturer on anatomy, Professor Loresau. "While you are looking at me now I am being burned to ashes," continued the professor.

"Nature is never stationary or inactive. The body spends its energy in the way of physical labor and in the constant emission of heat, the former method comprising waste that occurs through muscular work entailed by, for instance, moving the body on itself, walking, speaking, shouting, singing, breathing and in the action of the heart and by mental activity, though each effort be slight.

"We expend heat by respiration and perspiration. Motion is energy, and energy motion. Now, the daily average income of energy as created by the human body on ordinary diet is calculated at about 2,200 pounds avoirdupois. That quantity of energy represents our daily storage in the ordinary, active, healthy body.

"How is this 2,200 pounds of energy spent by each human body? It will surprise you, perhaps, to be told that all our muscular work done in a day only requires about 315 pounds of this 2,200 pounds and that the remainder becomes, as it were, evaporated and is being constantly thrown off by the body in the way of heat.

"We literally live by being burned alive. Energy and heat combined help to burn our tissue, and fresh is being supplied by nature, just as a new building is built on the site of one which has been burned down.

"You have heard of the man who gets 'warmed to his work,' and that, being 'warmed,' everything goes on satisfactorily, 'like a house on fire.' That is literally what happens to every human creature, for his 'house' is always on fire, though the real meaning of the descriptive phrase is not always rightly understood by those who utter it. The phrase 'getting up steam,' so often used in a jocular sense, is another truth but little understood. Our body is never done getting up steam, and this steam is our propelling power, by which we are able to get about our work and by which the brain is able to keep up its rush of ideas. Let nature stop getting up steam and we have a nervous collapse.

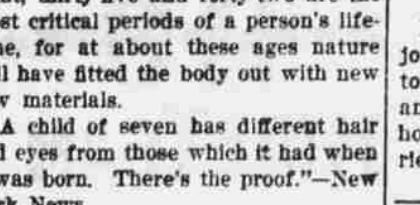
"With plenty of steam we can fire away; without it we run down. There is nothing to keep our body warm, nothing to warm our food, nothing to warm and render moist the air we inspire and there is nothing to provide for the radiation and evaporation of different moistures from the skin.

"Brain workers give off a greater amount of heat than physical workers; hence they are more liable to collapse. Their expenditure exceeds income, and the result is bankruptcy. They are obliged to lie up till they can obtain more capital—in other words, they have been consumed by the fire of the body at a quicker rate than it takes nature to supply a quantity of fresh tissue and muscle.

"The ages of twenty-one, twenty-eight, thirty-five and forty-two are the most critical periods of a person's lifetime, for at about these ages nature will have fitted the body out with new raw materials.

"A child of seven has different hair and eyes from those which it had when it was born. There's the proof."—New York News.

Taking His Word For It.



"Come and let me introduce you to Lady Diana. (Soto voce) Prettiest girl in London, old chap."—Bystander.

Children's Burns. When a child burns its finger a way to give it immediate ease is to plunge the burnt limb, if the burn is only a surface one, into a basin of cold oil. By this means air is kept out and the finger greatly soothed, for the oil seems to withdraw the heat and stay the rapid inflammation.

DESTRUCTION OF POMPEII.

Buried So Deep That It Was Lost For Sixteen Centuries.

When one hears of a buried city it is very difficult to realize what it can look like—still more so to realize how a city can be buried so deep as to be utterly lost and the place of it known to no more for sixteen centuries. Yet this is what happened to Pompeii and Herculaneum, Stabia and Retina and thirteen other cities of the plain on the ninth day before the calends of September, in the first year of the reign of the Emperor Titus. Thus it was when Pompeii was buried. When next the sun shone into her streets George III. was king of England. Sixteen years before the burial of the city an earthquake had done so much mischief that the ruin was not yet quite restored, but Mount Vesuvius had been quiet ever since. The 24th of August was a terribly hot day.

Most of the people were in the amphitheater at a wild beast fight when they saw a strange cloud rise from Vesuvius. It seemed like a pine tree. The trunk rose up high into the heavens and then spread out in branches—some white, some dull and spotted—until, slowly detaching themselves from the parent trunk, they began to darken the sky. Pliny the elder, over at Misenum, was reading in his study when his sister came in to tell him of this strange cloud. He ordered a light galley to be got ready, and as he was coming out with his tablets in his hand ready to note down all he saw the mariners belonging to the galleys at Retina came up to implore of him to go to their help.

By the time Pliny got there with his galleys the ashes were falling thicker every instant. Then came broken and blackened stones and pumice. Vast fragments were rolling down the mountain, and the sea had suddenly retreated. The pilot was for putting back, but the undaunted old philosopher would not go back. "Fortune," he said, "favors the brave." Everybody knows something about the rest and how the poor old gentleman, being weakly and asthmatic, was suffocated by a sudden outburst of flames and sulphur fumes. In that awful darkness, when the sudden rush of flames was the only light which pierced the dense smoke, the fields were full of terrified people fleeing they knew not whither. It is true that the destruction was not instantaneous, and a great number of the inhabitants saved their lives, and even took away a good deal of their treasure, but it is estimated that at least 200,000 persons were entombed in Pompeii, Herculaneum and the other cities of the plain.

POINTED PARAGRAPHS.

It isn't a good thing to repeat half you hear.

There is only one way to raise a child—as if it belonged to some one else.

A fool doesn't envy you because you are smart; a fool never knows he is a fool.

A man who knows he does not deserve confidence has very little confidence in other people.

It is enough to make today act mean the manner in which every one slights it in looking forward to tomorrow.

There is one reward no man seems to be in a great hurry to get to, and that is the reward piled up for him in heaven.

It seems that to exaggerate your blessings is looking on the bright side, but that to exaggerate your troubles is plain lying.

"In early times the leading statesmen were those who split rails." "But we have none save wire fences today."

"And the leaders are consequently those who pull wires."—Philadelphia Bulletin.

An Epitaph. In memory of our father: Gone to join his appendix, his tonsils, his olfactory nerve, his kidney, his eardrum, and a leg prematurely removed by a hospital surgeon who craved the experience.—Newsboy's Magazine.

LOST—BROWN BEAD PURSE; Finder enquire Astorian Office.

LOST—SILK UMBRELLA; IVORY handle with three horses heads on; return to bartender at Seafeldt's saloon; \$5 reward; no questions asked. 6-12-3t.

LOST—SILK UMBRELLA. PEARL AND silver handle; initials L. M. W. on handle; \$2.00 reward. Return to M. C. Wood, at Foard & Stokes Co. 6-7-3t.

LOST—White bull terrier bitch; one brown ear; return to rooming house over Sunnyside saloon or to Al Porter, Wigwam Saloon; reward. 6-9-2t.

LEFT ON CALLENDER DOCK THE 23D of May, a ladies' silk umbrella, with gold knot handle. Leave at Astorian office and receive reward. 6-9-3t.

LOST—A SMALL MESH GILL-NET; new; between Miller Sands and Jetty, on Tuesday morning last; belongs to Nick Kereage, Pillar Rock Cannery. Reward, \$10. 6-12-1wk.

FOR SALE. FURNITURE, STOVES, CARPETS, etc., at less than half price you have to pay elsewhere; we also buy and sell everything. Astoria Commission & Auction Co., 365 Commercial street.

FOR SALE—GOOD SECOND-HAND wagon, a few show cases, and cash register; a bargain. Hoefler's. 6-9-2t.

\$500 FOR 6-ROOM HOUSE; PANTRY, basement; large attic; corner lot; on Seventh street, south; also good single buggy for \$12. 6-7-3t.

WANTED—FURNISHED HOUSE OR suit of housekeeping rooms for the summer. Address, Manager, Warren Packing Co. 6-12-3t.

WANTED—MAN AND WIFE WANTS room and board; must be clean and reasonable. Address "F." care Astorian.

WANTED—YOUNG MAN WISHES place in private family to room and board; easy walking distance Smith's Point. Address "K." Astorian Office. 6-11-3t.

THE MORNING ASTORIAN QUICK RETURN COLUMNS

The supplying of any want that may arise in domestic or commercial life may be readily and quickly accomplished at a nominal cost by the publication of the want in the "Want Ad." columns of the Morning Astorian.

A necessity which may arise for buying or selling horses, carriages, furniture, pianos, real estate, sewing machines, bicycles, safes, watches, jewelry, typewriters, or thousands of other articles, can be met at once by the insertion of a suitable advertisement in the morning Astorian.

To secure help of any sort, or situation of any kind, to find lost articles, to secure board or boarders, lodging or lodgers, borrow money, obtain any kind of security; any of these wants may be supplied by using the "Want" columns of The Morning Astorian.

Rates For Classified or "Want" Advertisements

ONE INSERTION ONE CENT A WORD Count Six Words to a Line. THREE LINES THREE DAYS, 30 CENTS 30 Cents a line a week.

"SITUATION WANTED" For the benefit of persons out of employment, ads under the head of "Situation Wanted" will be printed three days free of charge.

WANTED.

WANTED—FURNISHED HOUSE OR suit of housekeeping rooms for the summer. Address, Manager, Warren Packing Co. 6-12-3t.

WANTED—MAN AND WIFE WANTS room and board; must be clean and reasonable. Address "F." care Astorian.

WANTED—YOUNG MAN WISHES place in private family to room and board; easy walking distance Smith's Point. Address "K." Astorian Office. 6-11-3t.

WANTED—LADY OR GENTLEMAN OF fair education to travel for firm of \$250,000 capital; salary, \$1072 per year and expenses; salary paid weekly and expenses advanced; references required. Address, with stamp, J. A. Alexander, Astoria, Ore.

WANTED—GENTLEMAN OR LADY with good reference, to travel by rail or with a rig, for a firm of \$250,000.00 capital; salary \$1072 per year and expenses; salary paid weekly and expenses advanced. Address, with stamp, Jos. A. Alexander, Astoria, Ore. 6-10-1t.

BRANCH MANAGERS WANTED; \$20 cash weekly; live at home; experience unnecessary; no canvassing; enclose stamp for particulars. Aluminum Hanger Co., Chatfield, Minn. 6-5-30t.

WANTED—100 LBS. CLEAN RAGS. Address "C." Astorian Office.

HELP WANTED. WANTED—20 SALESPeople. CALL at Morse's Dept. Store, Monday.

SITUATIONS WANTED. SITUATION WANTED AS CASHIER, bookkeeper or clerk; experienced; best of references. Address "M." Astorian, or Phone 2174 Red. 6-10-2t.

LOST AND FOUND. LOST—BROWN BEAD PURSE; Finder enquire Astorian Office.

LOST—SILK UMBRELLA; IVORY handle with three horses heads on; return to bartender at Seafeldt's saloon; \$5 reward; no questions asked. 6-12-3t.

LOST—SILK UMBRELLA. PEARL AND silver handle; initials L. M. W. on handle; \$2.00 reward. Return to M. C. Wood, at Foard & Stokes Co. 6-7-3t.

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RESTAURANTS.

FIRST-CLASS MEAL for 15c; nice cake, coffee, pie, or doughnuts, 5c, at U. S. Restaurant. 434 Bond St.

BEST 15 CENT MEAL. You can always find the best 15-cent meal in the city at the Rising Sun Restaurant. 612 Commercial St.

Mon Fong Restaurant Noodles and Chop Suey.

MEALS OF ALL KINDS OPEN DAY AND NIGHT 74 EIGHTH STREET

WOOD YARDS. ALL KINDS OF WOOD—BOX WOOD from Hunes Mill a specialty. Ben E. Kosos. Tel. Black 2436. 1828 38th street.

WOOD! WOOD! WOOD! Cord wood, mill wood, box wood, any kind of wood at lowest prices. Kelly, the transfer man. Phone 2191; Main, Barn on Twelfth, opposite opera house.

HOTELS HOTEL PORTLAND Finest Hotel in the Northwest. PORTLAND, ORE.

LAUNDRIES. The Troy Laundry The only white labor laundry in the city. Does the best work at reasonable prices and is in every way worthy of your patronage.

HOUSE MOVERS. FREDRECKSON BROS.—We make a specialty of house moving, carpenters, contractors, general jobbing; prompt attention to all orders. Corner Tenth and

PROFESSIONAL CARDS. OSTEOPATHISTS. DR. RHODA C. HICKS OSTEOPATH Office Mansel, Bld. Phone Black 2065 573 Commercial St., Astoria, Ore.

DENTISTS. DR. T. L. BALL, DENTIST. 524 Commercial St Astoria Oregon.

Dr. VAUGHAN, DENTIST Pythian Building, Astoria, Oregon.

Dr. W. C. LOGAN DENTIST 74 Commercial St., Shanahan Building

ATTORNEYS AT LAW. CHAS. H. ABERCROMBIE, Attorney-at-Law. General Practitioner, Notary Public. Rooms 35-36—Phone Main 2951. Page Block, Cor. Commercial & 12th St.

WINE, LIQUORS AND CIGARS. THE SAVOY Popular Concert Hall. Good music. All are welcome. Corner Seventh and Astor.

New La Tosca 263 ASTOR STREET.

I. N. VANCIL & CO, CHOICE WINES, LIQUORS AND CIGARS. Furnished Rooms, Day or Night. LOGGERS' HOME.

ASTORIA, OREGON.

THE CHINOOK BAR 416 BOND ST., ASTORIA, OREGON

Carries the Finest Line of Wines, Liquors and Cigars CALL AND SEE US

NOTICE. Notice is hereby given that the Common Council of the City of Astoria has declared its determination and intention to improve Kensington avenue, from a point 10 feet east of the center line of Eighth street to the west line of Eleventh street, excepting the south half of the street between Eighth and Ninth streets. Said improvement shall be made by grading said street to the established grade to the width of 25 feet through the center thereof.

In matters of detail said improvement shall be constructed according to the plans and specifications therefor to be prepared by the City Surveyor as hereinafter provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor whether specified or not, without extra charge.

The City Surveyor has been directed to make and file with the Auditor and Police Judge of the City of Astoria plans and specifications for the construction of said improvement and estimates of the costs and expenses thereof.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit: Lots 1, 2, 3, 12, 13 and 14, and W. 1-2 of lot 4, and W. 1-2 of lot 11 all in block 70; lots 1, 2, 3, 12, 13, 14, W. 1-2 of lot 4, and W. 1-2 of lot 11 in block 91; lots 3, 4, 5 and 6 in block 71, and lots 3, 4, 5 and 6 in block 90, all in that part of the City of Astoria, as laid out and recorded by John McClure and extended by Cyrus Olney, in Clatsop County, State of Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria.

NOTICE. Notice is hereby given that the Common Council of the City of Astoria has declared its determination and intention to improve Grand avenue, from the west line of Eleventh street to the east line of Sixth street on the established grade thereof, and to the full width thereof. Said improvement shall be made by grading said street to the full width thereof, and to the established grade and by constructing sidewalks 8 feet wide on both sides of said street, and by macadamizing said street from curb to curb, with crushed rock to the depth of 9 inches with the construction of gutters on each side of the street.

All material used shall be good, sound red or yellow fir or lumber, and the decking on the sidewalks shall be two-inch lumber.

In matters of detail said improvement shall be constructed according to the plans and specifications therefor to be after provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor, whether specified or not, without extra charge.

The City Surveyor has been directed to make and file with the Auditor and Police Judge of the City of Astoria plans and specifications for the construction of said improvement and estimates of the costs and expenses thereof.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit: Lots 1, 2, 3, 12, 13 and 14, and W. 1-2 of lot 4, and W. 1-2 of lot 11 all in block 70; lots 1, 2, 3, 12, 13, 14, W. 1-2 of lot 4, and W. 1-2 of lot 11 in block 91; lots 3, 4, 5 and 6 in block 71, and lots 3, 4, 5 and 6 in block 90, all in that part of the City of Astoria, as laid out and recorded by John McClure and extended by Cyrus Olney, in Clatsop County, State of Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria.

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Said improvement shall be made by grading said street to the full width thereof, and to the established grade and by constructing sidewalks 8 feet wide on both sides of said street, and by macadamizing said street from curb to curb, with crushed rock to the depth of 9 inches with the construction of gutters on each side of the street.

All material used shall be good, sound red or yellow fir or lumber, and the decking on the sidewalks shall be two-inch lumber.

In matters of detail said improvement shall be constructed according to the plans and specifications therefor to be after provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor, whether specified or not, without extra charge.

The City Surveyor has been directed to make and file with the Auditor and Police Judge of the City of Astoria, plans and specifications for the construction of said improvement and estimates of the costs and expenses thereof.

That the costs and expenses of constructing said improvement shall be defrayed by special assessment upon the lots, lands and premises benefitted by the same which said lots, lands and premises are included in the special assessment district including all lots, lands and premises so benefitted to-wit: Lots 5, 6, 7 and 8 in each of blocks 71, 72, 73, 74 and 75, and lots 1, 2, 3 and 4 in each of blocks 86, 87, 88, 89, 90 all in that part of the City of Astoria as laid out and recorded by John McClure, and extended by Cyrus Olney in Clatsop County, State of Oregon.

OLOF ANDERSON, Auditor and Police Judge of the City of Astoria.

NOTICE. Notice is hereby given that the Common Council of the City of Astoria has declared its determination and intention to improve Franklin street from the south line of Harrison avenue to the north line of Harrison avenue. Said improvement shall be made by grading said street to the established grade with a sub-grade of 9 inches below the established grade, with a 12-inch crown from curb to curb, and that a two-foot park space between the property line and the outer edge of the sidewalks, and with a park space of three feet between the inner edge of the sidewalks and the inner edge of the curb, and by filling in and macadamizing said street from gutter to gutter with crushed rock to the depth of 9 inches, with a 12-inch crown in the center.

In matters of detail said improvement shall be constructed according to the plans and specifications therefor to be prepared by the City Surveyor as hereinafter provided and general ordinance No. 1901 and any matter of construction and drainage found necessary to make the improvement safe or substantial shall be done by the contractor whether specified or not, without extra charge.

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