

MIND AND MUSCLE.

Influence of Former Upon the Latter Plainly to Be Seen.

In all feats of skill the influence of the mind is most important. To perform in thoroughly good style any difficult feat of skill it is absolutely necessary that the mind must be free from fear, anxiety or nervousness. I knew once, years ago, a man who had been a bullfighter in Spain. During one of his glowing accounts of the sport I expressed my surprise that he should have left the life. His reply was: "One day I was about to enter the ring and I had a little creepy feeling of fear. Then I stopped for good. The man who feels fear is sure to be killed."

And it is equally true that the man who fears is heavily handicapped, no matter what the contest may be. Anxiety and nervousness are closely akin to fear, and both are so powerful in their effect as to render it almost impossible for one to perform perfectly any difficult or delicate feat of skill. The man who is afraid or anxious or nervous is almost sure to fail.

All emotions when intense have a powerful effect on the muscles. This is plainly seen in the tension of the muscles, clenching of hands and arms, as well as of the face, in anger, in the spasmodic breathing of excitement, in the muscular weakness and trembling of fear, and in many other conditions that might be mentioned. Now, in feats of skill of whatever nature, whether balancing, juggling, marksmanship, tumbling or shot putting, it is necessary that just the right muscles must be used at just the right instant and to just the right degree. When, however, the muscles are disturbed by emotional excitement, such delicate adjustment is impossible and the probable result is failure.

The mental state most conducive to success in games of skill is confident calmness. And by practice this state of mind may be made a habit—a habit most valuable in all games of skill, even in that game of skill called life.—Dr. W. R. C. Latson in *Outing*.

LIVING ON STILTS.

A Strange Sight in the French Turpentine Growing Country.

People live on sixteen foot stilts in the remarkable turpentine growing country of France. They don these stilts after breakfast and do not remove them again till it is time for bed.

There are two reasons for the wearing of stilts in the turpentine country. One is the turpentine gathering. The other is the herding of the great flocks.

The turpentine comes from the maritime pine. This tree is tapped, a shingle is inserted, and from the shingle is hung a tiny bucket into which the turpentine drips. The tapping process is like that used on the American sugar maple.

Young pine trees are tapped low, but with each year's passage the incision is made higher, so that it is not long before most of the trees are tapped twenty or thirty feet from the ground.

Hence the huge stilts of the workmen. On these stilts they traverse the flat country, covering five or six yards with each stride, and quickly and easily they collect the turpentine that overflows the little buckets hanging high up in the trees.

It is for herding also that the stilts are useful. The country is very flat, and the herdsman unless he continually climbed a tree would be unable to keep all the members of his huge flock in sight. But striding about on his stilts he commands a wide prospect. He is always, as it were, upon a hill.

The stilt wearers carry a fifteen foot staff with a round, flat top like a dinner plate. When it is lunchtime or when they are tired they plant upright under them the staff and sit down on its round, flat top. Then in comfort, seated so dizzily high, they eat and rest and chatter—a strange sight to behold.—*New York Press*.

TO PRESERVE WOOD.

An English Process Which is Claimed to Be Effective.

It is claimed that a process invented by a Mr. Powell, an Englishman, gives artificial age to wood. He replaces the sap of trees by beet sugar or saccharin, which acts as a preservative of the wood.

The following is the method employed: Newly felled wood is laid on a wagonette, which is rolled into a huge cylinder, the interior of which is provided with pipes. Either hot or cold water, as occasion requires, may be introduced into these pipes. The wood having been placed in the cylinder, the latter is supplied with sugar or saccharin. Hot water is then forced through the pipes.

The contact of the heat boils the sugar, which penetrates the pores of the wood. The cooling process is accomplished by a current of cold water forced through the pipes. The cylinder is emptied of the sugar or saccharin, and the wagonette, with its burden of wood, is rolled into a special room, where it is dried by currents of hot air. After being cooled again, the wood, properly seasoned by the sugar, is ready for use. It is said not to spring or gather dampness and to be proof against destruction by insects.—*American Inventor*.

The Origin of Architecture.
Our architecture came in the first place from Greece. Egypt, Assyria, Persia, India and the far east have had but slight influence upon it compared with that wielded by the small, arid, mountainous country where nearly 3,000 years ago men made in the domains of art and thought investigations and experiments which are of immediate and direct value to us even today.—*Architectural Record*.

AN \$1,800 HOUSE.

Well Arranged, Roomy and Home-Like Cottage at a Low Cost.

(Copyright, 1906, by Stanley A. Dennis, 284 Broadway, New York.)
We show herewith a design and plans for a model home that has been erected in many places for \$1,800. There is a cellar under the entire house. The walls are of brick, and the floor is cemented. A hot air furnace in the cellar heats the house. The frame of the building is of hemlock lumber and timber put up balloon style. The walls are all sheathed, papered, sided and shingled. The main roof is also shingled with white cedar shingles. The cornices, rails and all other exterior finishings are of pine and cypress lumber and moldings.

The piazza columns are of whitewood turned. The exterior work is painted



FRONT ELEVATION.

with two coats of white lead and linseed oil paints of any preferred color. The shingles are stained with two coats of shingle stain, brush coated. All except the cellar windows are fitted with outside pine blinds with rolling slats and hung with cast iron hinges and spring back hooks.

The floors are laid with narrow North Carolina pine flooring boards, well



FIRST FLOOR PLAN.

blind nailed. The interior walls are lathed with spruce and covered with two coats of common mortar, hard white finished. The trim is of cypress moldings, as are the stairs, which have oak hand rails, newels and balusters.

The dresser is fitted with glass doors, closets, drawers and shelves, as well as such other closets as may be desired. The trim is finished in the natural wood with wood fillers, well rubbed down smooth, and two good coats of light hard varnish.

The mantels are of oak, with plate glass mirrors and tiled facings. The



SECOND FLOOR PLAN.

Kitchen has a modern range and boiler, wash trays and sink. The bathroom has wash basin, bathtub and water closet, with exposed plumbing.

This makes a very comfortable little home which can be erected on a single lot or a larger one with satisfactory results.

Undoubtedly, "My dear sir," protested the eminent senator, "I try to take a broad view of every public question."

"I notice you always stand on both sides of it," said the dissatisfied constituent.—*Chicago Tribune*.

How the Katydid Sings.

Everybody is familiar with the rasping notes known as the katydid's "song." It is the male only that is capable of emitting the well known sounds, and he does it in a most peculiar manner. His "vocal organs" are at the base of his wings and consist of two flat excrescences of thin, dry membrane. It is the rubbing of these two membranous plates together which produces the "song." If your shoulder blades were so loosely put together that one could be slipped under the other and the underside of one and the upper side of the other were so rough that the operation of slipping them past each other would cause a rasping sound you could imitate the katydid's musical efforts very nicely.

Why There Are So Many Smiths.

At the time of the adoption of surnames every artisan whose work required the striking blows on metal was known as a smith or smith, and the community therefore had its blacksmith, whitesmith, goldsmith, silversmith, arrowsmith and several others of the same character. The number of Smiths of the present day may therefore be readily accounted for when we remember that each of the different kinds of smiths was so much entitled to the use of his trade name for a cognomen as any other artisan. John the blacksmith and John the coppersmith were both known as John the smith, an appellation which naturally resolved itself into the family name of John Smith.

A Charge of Cruelty.

From time to time unfounded charges of cruelty are made against nurses, especially those engaged in mental asylums. A striking instance occurred recently in the case of a nurse at a county asylum. She was on visiting room duty, and a newcomer was asking people who had been visitors for some time as to the treatment of the patients.

"Oh," was the reply, "they treats the poor souls cruel here. Why, they gives 'em a bath every week!"

Cynical.

"Pa, what is an optimist?"
"An optimist, my son, is a person who believes he will actually see a time when the law will be no respecter of persons."

"Will he be president when he sees that time come, pa?"
"No, my child; he will be in an asylum."—*Baltimore American*.

Will Never Spend It.

"Now that his father is dead I suppose Charlie will spend all his money."
"Oh, no; he gets married tomorrow."—*New York Times*.

And There Were.

"There are others."
"Yes, that's what the Mormon said when his wife died."—*New York Press*.

LEGAL NOTICES.

RECEIVER'S NOTICE.

In the Circuit Court of the State of Oregon for the County of Multnomah. Eleanor Olmstead, plaintiff, vs. The Traders' Insurance Company, et al, defendants.

Notice is hereby given that the undersigned has been appointed by the above-entitled court in the above-entitled cause receiver for the State of Oregon, of the defendant, The Traders' Insurance Company of Chicago, Illinois, and that by order of the said court, all persons having claims, against the said defendant, The Traders' Insurance Company, arising on policies issued in Oregon, are required to present the same to the undersigned, at the address below given on or before the 31st day of October, 1906, and if not so presented, the same will not participate in the distribution of the funds of the said defendant company, in the hands of the receiver.

Notice is further given, that all return premiums will be computed from the 5th day of May, 1906, the date of the insolvency of the said The Traders' Insurance Company, and all policyholders of the said defendant company are urged to reinsure, if they have not already done so, and to present their claims properly verified promptly to the receiver with the surrender of their policies.

Forms for proofs of claims may be had from the receiver or from the former agents of the company.

A. H. BIRRELL, Receiver.
Address McKay Building, Portland, Oregon.

Dated June 25, 1906.
A. F. FLEGEL and BEACH & SIMON,
Attorneys for Receiver. 7-16-30t.

WOOD YARDS.

DRY MILL WOOD.

ALL KINDS OF WOOD—BOX WOOD from Humes Mill a specialty. Ben Ekoo. Tel. Black 2436. 1823 35th street.

WOOD

Cord wood, mill wood, box wood, any kind of wood at lowest prices. Kelly, the transfer man. Phone 219; Main, Barn on Twelfth, opposite opera house.

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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.

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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.

HELP WANTED.

WANTED—GIRL TO DO GENERAL housework in family of 2; must sleep at home. Inquire at Astorian. 7-17-3t.

WANTED—EXPERIENCED DELIVERY man; one speaking Swedish and Norwegian language preferred; should also have a good acquaintance of East Astoria and Alderbrook. Apply to Ross, Higgins & Co. tf.

SITUATIONS WANTED.

WANTED—POSITION AS CHAMBER-maid or doing general housework. Apply F. Astorian. 7-19-tf.

FOR SALE.

FOR SALE—FISH BOAT AND NET. Inquire Warren Packing Co. 7-17-3t.

MUSIC TEACHER.

WANTED—THREE MUSIC PUPILS. Inquire at Astorian office.

MANDOLIN LESSONS GIVEN—MRS. C. D. Stewart, 127 Seventh street.

UP-TO-DATE TAILORING.

A NEW AND FIRST-CLASS TAILORING establishment has been opened up in the Carson building, 506 Bond street near the Callander wharf. Suits to order at \$24 and up. Tailoring by a man with 15 years' experience, work guaranteed. Samples of the latest style now on display. E. M. Heimo, proprietor.

BOARDING.

THE LEYDE.
Rooms with or without board; rates reasonable; good accommodation for transients. 14th and Commercial.

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.

10th and DUANE Sts., Phone 1991.

SEASIDE ADVERTISEMENTS.

Lewis & Co., Druggists

Full line of drugs, souvenirs, stationery, confectionery and soda waters. Office of Dr. Lewis at drug store, Bridge street and of the bridge.

SEASIDE, OREGON.

COLONIAL HOTEL

LINDSLEY & SON, Proprietors
Modern and Up-to-Date
Electric lights, hot and cold water; free bus to all trains. Rates, \$2.00 per day and up.
SEASIDE, OREGON.

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A high class place for refreshments for ladies and gentlemen
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CHAS. H. ABERCROMBIE,
Attorney-at-Law.
General Practitioner. Notary Public. Rooms 35-36—Phone Main 2951. Page Block, Cor. Commercial & 12th St.

F. D. WINTON,
Attorney-at-Law.

Practices in all United States and State Courts in Oregon and Washington. Notary Public. Phone Main 941. Rooms 2 and 3, Logan Building, corner Commercial and Sixteenth streets opposite O. R. & N. Company dock.

OSTEOPATHISTS.

DR. RHODA C. HICKS

OSTEOPATH
Office Mansell Bld. Phone Black 3065
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
78 Commercial St., Shanahan Building

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MRS. JULIUS DAVIS

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

RESTAURANTS.

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

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

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NEW AND FIRST-CLASS DINING-ROOM. ALL THE BEST THE MARKET AFFORDS.
OPEN DAY AND NIGHT.
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HOTEL PORTLAND

Fines Hotel in the Northwest.
PORTLAND, ORE.

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Popular Concert Hall.
Good music. All are welcome. Corner Seventh and Astor.

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