

The Dalles Daily Chronicle.

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THE DALLES OREGON

HOW TO RUN FAR AND FAST.

Keep the Knees Bent, Lean Forward and Lift the Feet Very Slightly.

Physiologists and lovers of athletics may be interested in recent experiments and researches of a French artillery captain, M. de Raoul, who, some fifteen years ago, began to try and find out the most economical and least trying way of walking. There are many manners of walking, says the Popular Science News, some of which are much devoid of grace, but it may be supposed that as far as efficiency is concerned one must be better than the others. M. de Raoul has come to the conclusion that, as far as fast walking is concerned, the best method is that which he calls marche enfoncée. The principle is to run without leaping, to raise the body above ground as little as possible, to keep the knees bent, the upper part of the body inclined forward, so that practically you are always running after your center of gravity. The feet must be raised only very slightly. M. de Raoul, who has now some years of experience, says that he can now take any man between twenty and sixty and teach him to run as long as his legs can carry him without getting out of breath. Some men can, on the very first trial of the method, run seven or eight miles without stopping, while, with the ordinary tactics, they could not have run over one mile. The first kilometer (a kilometer is five-eighths of a mile) is usually covered in seven minutes and a quarter, the second in six minutes, and the third in five minutes and forty-five seconds. An interesting feature of M. de Raoul's researches is that even after a long run, according to his method, a stiff walk is no trouble at all; the muscles which work in both cases do not belong to the same set, and while one exercise is performed the muscles which minister to the other rest.

A ONE-GUN REPUBLIC.

When It Was Secured They Could Not Safely Fire It.

The rulers of the miniature republic of Andorra decided recently that the country should possess a cannon. Krupp, therefore, was ordered to manufacture one of the most modern type. The great gun arrived at its mountain destination a short time ago, and was placed on the highest point in the "country," so that the citizens could see that the valley was well protected. A day was appointed to try the cannon, which was able to send a ball eight or ten kilometers. Just as the two artillerymen of Andorra were ready to fire it occurred to one of the prudent citizens that the shot might cause some trouble. The territory of the republic Andorra does not extend over more than six kilometers. To direct the shot, therefore, toward the surrounding mountains would be the same as firing on France or Italy, as the ball would necessarily fall on the territory of one of these countries. A war might be the result. It was then decided to shoot the ball in the air, but some one suggested that it would endanger the lives of too many people in its descent, and possibly bore a great hole in the republic of Andorra. Good council prevailed and the two artillery men were commanded to unload the gun. The shot has not yet been fired, and the good republicans are uncertain what to do with the expensive gun.

Plastic Marble.

In one account of Rome the author mentions five or six slabs of plastic marble as being in the possession of Prince Borghese. Being set on end, they bend backward and forward; when laid horizontally and raised at one end they form a curve; if placed on a table and a piece of wood or any other substance is laid under them they fall into a kind of curve, each end touching the table. Abbe Fortis was told that they were dug up near the town of Mondragon, in the kingdom of Naples. The grain is like that of fine Carrara marble, or perhaps of the finest Greek. They seem to have suffered some attack of fire. A slab of marble similar in every respect to those described, and highly polished, has been exhibited for more than twenty-five years at the British museum. M. Fleuvian de Belvauc succeeded in making common granular limestone, a granular quartz, completely flexible by exposing to a certain degree of heat. In Lincoln cathedral, England, there is an arch built of white marble which is quite elastic, yielding to a heavy tread, and returning or rebounding to its original position on true elastic principles.

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THE TAME CROW.

Little Love Wasted on Him by His Wild Brothers.

It is a well-known fact that wild animals and birds do not care to receive back into their society a member that has lived a season with man as a pet. This was illustrated in a noisy manner out near Pleasant Ridge, according to the story told by a witness to a Cincinnati Times-Star reporter. "A tame crow," said he, "had for several years cawed around the farmhouse of our neighbor, and was seated on a fence away out on the farm caving when a great flock of crows came along and settled in the field. The tame one grew frantic, cawing and scolding till the attention of the flock was attracted to it. Rising en masse the flock circled around and alighted on the fence about the tame one, which became frightened and flew up. It was followed by the others, which crowded about it in its flight and forced it to fly farther and farther away from the farmhouse and over a great wood. There they all set on it and pecked it and clawed the poor thing till its flight was marked with feathers falling. All this time they kept up a terrible cawing and calling. They would undoubtedly have killed the poor bird, but it spied a man at work in the woods and dropped down to him. He proved a friend, and Jim Crow was soon perched on his shoulder cawing defiantly at his relatives who had cast him from among them, but who now flew to a respectful distance."

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the system after "La Grippe," pneumonia, fevers, and other prostrating acute diseases; to build up needed flesh and strength, and to restore health and vigor when you feel "run-down" and used up, the best thing in the world is Doctor Pierce's Golden Medical Discovery.

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Guardian's Notice.

Notice is hereby given that the undersigned has been appointed by the County Court of Wasco County, Oregon, guardian of the person and estate of Lars Larsen.

All persons having claims against said Lars Larsen are notified to present the same with the proper vouchers to the undersigned, at the office of May, Huntington & Wilson, within six months from the date hereof.

Dated at Dalles City, this 6th day of Jan., 1894. 1095 p11 W. T. WISEMAN.

DUL

Times makes it all the more necessary to advertise. That is what the most progressive of our business men think, and these same business men are the most prosperous at all times. If you wish to reach all the people in this neighborhood you can't do better than talk to them through the columns of the DALLES CHRONICLE. It has more than double the circulation of any other paper, and advertizing in it pays big.

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NOTICE FOR PUBLICATION.

LAND OFFICE, The Dalles, Or., Jan. 22, 1894. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the Register and Receiver at The Dalles, Or., on March 6, 1894, viz: R. D. Pitcher.

Homestead No. 2553, for the SE¼ of Sec. 26, Tp. 4 S., R. 13 E. He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: V. Woodruff, C. L. Morris, J. E. Wing and C. E. Hayward, all of Tygh Valley, Or. 327m3 JOHN W. LEWIS, Register.

NOTICE FOR PUBLICATION.

LAND OFFICE, The Dalles, Or., Dec. 7, 1893. Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the register and receiver at The Dalles, Or., on February 10, 1894, viz: Jacob B. Roberts.

Homestead No. 2516, for the SE¼ of Sec. 26, Tp. 4 S., R. 13 E. He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: R. E. Morrison, M. C. Painter, J. N. Patterson and C. H. Stoughton, all of Dufur, Or. 327m3 JOHN W. LEWIS Register

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