

PHOENIX'S SUMMER BEDROOM.

An Arizona Contrivance to Increase the Possibility of Getting a Little Sleep.

The cottonwoods have shed their caterpillars; there has been a thunder-storm; mesquite wood has fallen in price; Indians are selling bows and arrows; the rose and the oleander have long been out; oranges are in bloom; the umbrella tree is putting out its leaves; last summer's suit has been cleaned and pressed; the small boy has gone swimming in the canal; the wise man stays up nights and steals irrigation water from his neighbors; alfalfa is most ready to cut; strawberries have been shipped; mulberries are nearly ripe; summer will soon be here, and the Phoenix summer bedroom will soon be a necessity, says the Arizona Graphic.

Phoenix sleeps out of doors in the summer, and the bedroom is born of that necessity. It is on stilts, is built of wire screen of fine mesh, for the Phoenix mosquito is microscopic in size. It is furnished, according to the taste of the occupant, with interior curtains, to keep out the morning sun, the gaze of the curious and the sand storm.

The bed is a cot of canvas or woven wire, covered perhaps with a sheet, but even a sheet feels like a feather bed on a Phoenix summer night. The bed covering is the roof of the bedroom and careless folks who consult their comfort only don't wear night shirts.

Phoenix is proud of its climate during eight months of the year, but it doesn't talk much in public about its midsummer. It is a right warm day when the government weather bureau doesn't know what the sun temperature is, and is unable to determine it and that is how hot it gets in Phoenix. I called on Observer Burns one day last July and asked him what the "official" temperature was in the sun. He said he did not know, and that the government couldn't afford to experiment to that end. He said he had attempted to catch the sun temperature during the summer of 1905, and had broken a three-dollar thermometer in the attempt. To please my curiosity he hung a thermometer in the sun, watched it until it registered 136 degrees, and then took it in, fearing it would break.

The dryness of the atmosphere relieves this great heat of any terror to all living things except women and cats. There is a saying in Phoenix that in summer women and cats are nervously prostrated, while men and dogs thrive and grow fat. There is a luxury in quenching one's thirst during the summer heat that is possible nowhere this side of the hereafter, and nothing will quench it so well as oil water. The average mortal can drink a gallon of water per day during the heated time, and apparently every drop of it comes out through the pores of the skin.

PEOPLE EAT TOO MUCH.

Starvation is Successfully Used as a Cure for Many Diseases by a Philadelphia Physician.

A Philadelphia physician of note, Dr. Edward H. Dewey, claims to cure all sorts of diseases by starving his patients. The brain, says this practitioner, never loses weight in either sickness or starvation. Usually the mind remains clear when the body has wasted away. The head is the powerhouse of the body. The stomach is run by brain power. When the stomach does too much work it makes too great a demand upon the brain.

"For more than 20 years," writes this doctor, "I have permitted my sick to go without food so long as there was no desire for it. Not a mouthful was enforced in any case, not one mouthful denied on the first hint of hunger.

"In this I have had all the medical textbooks and the entire medical profession as authority unquestioned against me. That food is needed to sustain the strength of the sick has never been a matter of question with the medical profession.

"Many of my sick have gone for more than a month without food. One very sick, in bed for more than a month with acute rheumatism, was able to walk about the room on the forty-sixth day before the first food was taken. Another patient, a woman of 57, went until the forty-third day before she broke her fast, and without any omission of her ordinary duties. A diseased stomach was cured as the result and now, after five years, there has been no return of the trouble."

Physicians are pretty generally agreed that Americans eat too much—especially too much meat. The no-breakfast habit may not be so very silly after all.

With Malicious Intent.
Mrs. Gibb—I have just been reading an item to the effect that a member of the German parliament once talked 42 hours without stopping. Do you believe that to be true?

Mr. Gibb—To be sure I do.
"Then it must be the longest continuous performance of that kind on record, isn't it?"
"Possibly the longest on record, but there have been private performances that throw that completely in the shade. Why, I know a woman who has talked—let me see, dear, how long have we been married?"—Richmond Dispatch.

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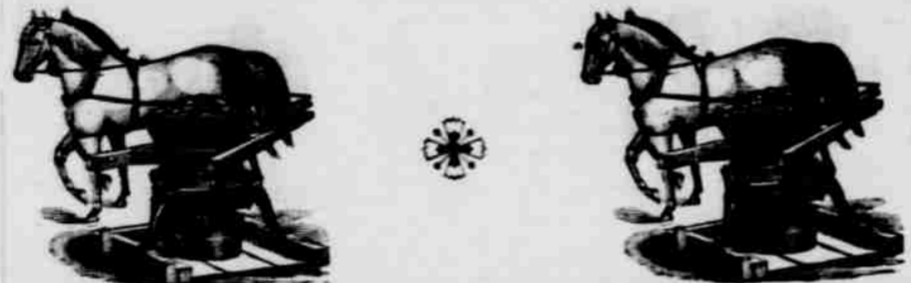
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ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the county court of the state of Oregon, for Wasco county, administrator of the estate of Elizabeth A. Southern, deceased. All persons having claims against the estate of said deceased are hereby notified to present the same, with the proper vouchers therefor, to me at my office in B. O. G. Oregon, within six months from the date hereof. Dated September 24, 1905.

C. H. SOUTHERN, Administrator.

NOTICE OF FINAL SETTLEMENT.

Notice is hereby given that the undersigned has filed with the Clerk of the county court of the state of Oregon for Wasco county, their final account as executors of the last will and testament of Henry Beaman, deceased, and that said account will be made before the register and receiver of the U. S. land office at The Dalles, Or., on Saturday, Nov. 16, 1905, viz: at 10 o'clock a. m., has been fixed by the County Court for said county as the time and the county court room in Dalles City as the place for hearing of objections to said final account and the settlement of the same.

J. W. FRENCH, F. P. MAYES, Executors.

NOTICE FOR PUBLICATION.

LAND OFFICE AT THE DALLES, OR., Oct. 3, 1905.

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 of the U. S. land office at The Dalles, Or., on Saturday, Nov. 16, 1905, viz: Peter Stoller, Jr.

of The Dalles, Or., H. E. No. 547, for the W 1/2 NW 1/4 and SE 1/4 NW 1/4 Sec 34, Tp 2 N., R 11 E., W. 3.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: John Dalrymple, Fred Wickman, C. C. English, J. E. Johnson, all of The Dalles, Or.

JAY P. LUCAS, Register.

NOTICE FOR PUBLICATION.

LAND OFFICE AT THE DALLES, OR., September 10, 1905.

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, Oregon, on Saturday, October 20, 1905, viz: Arelion S. Fox.

of The Dalles, Oregon, H. E. No. 5154, for the S 1/2 NW 1/4 and W 1/2 SW 1/4, Sec 12, Tp 1 S., R 11 E., W. 3.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz: U. M. Matney, C. H. Matney, Charles Gosselin and W. C. Clark, all of The Dalles, Oregon.

JAY P. LUCAS, Register.

NOTICE FOR PUBLICATION.

LAND OFFICE AT THE DALLES, OR., Sept 26, 1905.

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, Oregon, on Saturday, November 10, 1905, viz: Calvin J. Dunsakin.

of Mosier, Or., H. E. No. 5121, for the SE 1/4, Sec 31, T 2 N., R 12 E., W. 3.

He names the following witnesses to prove his continuous residence upon, and cultivation of said land, viz: Michael Doyle, R. E. Doyle, The Dalles, Or., James M. Brown and Carl J. E. Carlson, of Mosier, Or.

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Atlantic Express 12:50 a. m. Via Huntington.	Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East.	4:40 a. m.
Spokane Mail and Express 9:20 p. m.	Walla Walla, Spokane, Minneapolis, St. Paul, Duluth, Milwaukee, Chicago and East, via Spokane and Huntington; also all points in Washington and Eastern Oregon.	Spokane Mail and Express 3:30 a. m.
5 p. m.	FROM PORTLAND: Ocean Steamships. For San Francisco—Every Five Days.	4 p. m.
8 p. m. Ex. Sunday 10 p. m. Saturday	Columbia Ry. Steamers. To Astoria and Way Landings.	Ex. Sunday 4:30 p. m.
6 a. m. Ex. Sunday	WILLAMETTE RIVER. Oregon City, Newberg, Salem & Way Land's	4:30 p. m. Ex. Sunday
7 a. m. Time, Tour, and Sat.	WILLAMETTE AND VAN HILL RIVERS. Oregon City, Dayton, and Way Landings.	2:30 p. m. Mon., Wed. and Fri.
12:15 p. m. Ex. Sunday	SNAKE RIVER. Elgin to Lewiston.	LEAVE LEWISTON daily 9:00 a. m.

For those desiring to go to Heppner or points on Columbia Southern via Ridge, should take No. 2, leaving The Dalles at 12:40 p. m., making direct connections at Heppner junction and Ridge. Returning making direct connection at Heppner junction and Ridge with No. 1, arriving at The Dalles at 12:30 p. m.
For full particulars call on O. R. & N. Co., agent The Dalles, or address: W. H. HURLBURT, Gen. Pass. Agt., Portland, Or.

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" Sacramento	5:00 p. m.	4:35 a. m.
" San Francisco	7:45 p. m.	8:15 a. m.
Arrive Ogden	5:45 a. m.	11:45 a. m.
" Denver	9:50 a. m.	9:30 a. m.
" Kansas City	7:25 a. m.	7:25 a. m.
" Chicago	7:45 a. m.	9:30 a. m.
Arrive Los Angeles	1:20 p. m.	7:00 a. m.
" El Paso	6:00 p. m.	6:00 p. m.
" Fort Worth	6:30 a. m.	6:30 a. m.
" City of Mexico	9:55 a. m.	9:55 a. m.
" Houston	4:30 a. m.	4:00 a. m.
" New Orleans	6:25 a. m.	6:25 p. m.
" Washington	6:42 a. m.	6:42 a. m.
" New York	12:45 p. m.	12:45 p. m.

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