

LESSON FROM ORIENT

System of Exercise Claimed to Quiet Most Unsteady Nerves.

Comes from Class of Hindoo Occultists and Is Being Taken Up in This Country with Great Enthusiasm.

Exercises for fat, exercises for imperfect digestion, exercises for that tired feeling—these are our common portion. Americans have been body building by physical culture with astonishing persistence of late. "Cures" for half the ills that flesh is heir to have been found in various "movements," and it has seemed that the cold morning tub and the 15-minute "drill" was to become as universal as breakfast itself.

But now comes an exercise system, reports the New York World, which is claimed to have an almost occult influence; to promote personal magnetism, to quiet, strengthen, and steady the most erratic nerves, and to promote great power of mental concentration in the slightest.

This new and peculiar fad is, as might be guessed, oriental in its origin, and either because of this or because of some realization of real possible benefits it is being taken up with enthusiasm.

Oriental nerve control is taught by Hindoo occultists, a class of teachers who are generally recognized to have delved with great and tangible results in the realm of mysticism.

Its remarkable feature is its great simplicity, for the system consists of a few exercises in breathing accompanied by a mild admixture of oriental philosophy. These are based upon the fundamental truth that all vital forces in the body center in the lungs and that breathing according to certain rules will generate new and healthy forces in the body which find expression in the absence of nervousness, strong personal magnetism and the ability to concentrate the mind readily upon a given subject.

The first position in the principal exercise for developing control is taken with the hands together and hands hanging at the sides. The position should be erect, without stiffness, and the mind should dwell upon the philosophy of nerve control while the lungs inhale and exhale deeply.

When both mind and body seem concentrated upon the matter, with a long inhalation the arms should be raised slowly at the sides in a relaxed position till on a line with the shoulder. This attitude is retained for a few seconds, while several breaths are taken. Then, with lungs full of air, the arms should fall slowly to the sides, with the elbows held in toward the body and the hand and forearm forming a curve. During this gentle movement the breath should be exhaled so softly that the effort has the effect of being unconscious. One has a drowsy sensation which, in a little while, gives place to one of increasing physical control and greater mental balance.

The erect position should be retained in this movement and a finger of the left hand pressed against the right nostril. This exercise is the same as the first, and may be practiced first with the right arm and the right nostril closed, and then with the left arm, having the left nostril closed.

When a pupil has thoroughly mastered this exercise intensity is combined with it by holding the right arm in a horizontal position and a left finger against the right nostril while a deep breath is being taken and held for about five seconds. Meanwhile the extended arm should be made to stiffen from the wrist to the shoulder and then from the finger tips to the wrist while the lungs are being expanded with the imprisoned air. In the first lesson five seconds is considered long enough before relaxation occurs. As the breath is gradually expelled the arm should relax from the shoulder to the wrist and from the finger tips to that point. As the arm slowly becomes limp the elbow should be drawn in toward the side of the body and the fingers curved upward. After exercising each arm in this manner ten or twelve times the two arms may be raised together.

Yale Students Work Their Way Through College.

Serve as Waiters, Drive Milk Wagons, Act as Pail Bearers and Do Other Things to Pay Their Expenses.

About 70 freshmen, or one-fifth of the class, in the academic department at Yale this year expect to earn all or part of the money required to pay the expense of their first year in college. In the whole university, Prof. C. L. Kitchel, of the self help bureau, reports, about 200 men will make the experiment of trying to support themselves this year for the first time. In the academic department the corporation has voted about \$30,000 this year for scholarships for needy students, and this will be given out principally through the bureau of self help, reports the New York Sun.

When the students left for the long vacation last June about 300 applied for work for the summer, and Prof. Kitchel is just getting returns of the work done

by the men. The long vacation is regarded the poor student's golden opportunity, for the more he earns the less he will have to work for a livelihood during the college year.

One man has reported that he earned \$700 by tutoring a young man in Washington for ten weeks. Another has cared for three young children of a Yale professor during the summer months and has added considerable to his stock of money.

Several men have been driving milk wagons in the early morning hours and harvested hay between times. One student was head waiter at a hotel at Plymouth, Mass. A Yale graduate who is an invalid and resides near New Haven, has been traveling through Nova Scotia and has had with him a Yale man to act as nurse and guide.

A half dozen Yale men have been acting as pallbearers at funerals during the season and have found the work so profitable that they will continue after college opens. The Silver Bay religious conference at Lake George attracted a score or more of needy Yale men and all had a successful time there.

One student has been making out bills of fare at a White Mountain resort all the season and he has been so successful that the leading Yale "joint" of the town has hired him for the coming year to make out all its menus.

All the summer resorts from Block Island to Kennebunkport have had small colonies of Yale men acting as waiters, clerks, cooks and general helpers.

It is estimated that the students of the academic department have earned during the year just closed about \$40,000. Last year 37 sophomores earned \$10,000 and 28 seniors earned \$8,000. These figures include only those who made reports to the bureau of self help and not all who earned part of their tuition.

Besides the routine work furnished each year for needy students during term time, which includes waiting on tables, caring for furnaces, lawns and boxes, doing street car service, clerical work and reporting, there is a new field open this year in the line of chauffeurs and already several Yale men have qualified themselves in this capacity.

An increasing number of students this year have come back to college with automobiles, and Prof. Kitchel expects that there will be an opportunity for several expert chauffeurs to earn good money this fall in managing fractions machines and teaching the novice to handle the vehicles.

A Number of the Most Eminent Had Poor Parents—One Ethiopian, Three Jewish.

Many of the popes have sprung from low origin. Alexander V. (1490) was a beggar boy. Benedict XII. was the son of a baker; Sixtus IV. (1471) was the son of a fisherman; Sixtus V. (1585), whose name was Felix Peretti, was a pig driver at Montalto, and attracted the attention of a Franciscan monk, who educated him, says a London paper. He rose to be bishop of Fermo, soon after to be cardinal, and was then elevated to the papal throne and celebrated his reign by erecting some of the finest buildings in Rome. Nathaniel Hawthorne, writing of his tomb in the grand old church of St. Maria Maggiore, says: "If anything can still the spectator to silence and awaken him to great recollections, it is the monument of this astonishing man who as a child herded swine, and as a man commanded kings, and filled Rome with so many works that from every side his name, like an echo, rings upon the traveler's ears."

Urban IV. (1261) was the son of a French cobbler, Adrian VI. was the son of a weaver, Benedict XI. was the son of a shepherd, Boniface the Great was a street gamin and held horses for pennies. In recollection of his earlier days he invited two kings to lead his mule when he rode to his coronation as pope of Rome. Hildebrand, the great orator monk, who became Pope Gregory VII. (1073) was the son of a carpenter from Tuscany and one of the most brilliant statesmen of his age. He practically revolutionized Europe.

There is a tradition that one of the popes, Victor I., who reigned in 193, was a colored man, an Ethiopian. Three of the popes were Jews—St. Peter, St. Clement and Theodorus I., who reigned in 642. Clement was a fellow laborer with St. Paul and was mentioned by him in the third verse of the fourth chapter of the epistle to the Philippians. He was the fourth pope and suffered martyrdom in the year 100. Theodorus was descended from a famous Jewish scholar, who removed to Rome during the occupation of Judea by the Romans and held a high position.

Several of the popes were laymen, and the election to the pontificate has several times been declined. Martin IV. was a layman and at one time mayor of Rome. Clement IV. was a lawyer and was secretary to St. Louis of France. Innocent VIII. was married and the father of a large family. He did not take orders until after the death of his wife. Adrian II. was elected three times and declined twice. He was 76 years old when he was elected the third time and died at 81. He was a married man and a cardinal deacon. Persons holding that ecclesiastical rank are not pledged to vows of celibacy. He separated from his wife after his election as pope, however, but she and his daughters lived in Rome during his pontificate and saw him frequently.

ALMOST THE SAME.

Her Krupp's Railroad Was as Wide as Anybody's Dinky Old Trackway.

The waking hours of G. Otto Krupp were spent in thinking of schemes whereby he might get rich quick. As the owner of an eight-mile railroad he was a person of considerable local importance in the Pennsylvania German settlement where he resided.

One morning, relates Lippincott's, when Mr. Krupp's brain was particularly active, it occurred to him that by sending passes over his road to the presidents of the big railroads of the country he might receive complimentary passes in return. This would enable him to see something of the world at comparatively small expense, and such passes as he could not use personally he could dispose of advantageously. Mr. Krupp lost no time in getting letterheads printed with his own name in large type as president. Then he sent "R. & A." passes broadcast and awaited results.

One hot afternoon a flushed representative of a big western road walked into Mr. Krupp's office and said he had been all over town looking for the "R. & A." railroad, and could not find it. He said he was sent from Philadelphia to investigate before the company issued a pass over its entire line.

"It is chust outside of town—five minutes walk," explained Mr. Krupp, suavely.

"How long is your road?" asked the railroad's representative.

"About eight miles, I tink." "Under! You don't expect us to exchange passes with a road like that, do you?" the representative demanded, angrily. "Why, we have 8,000 miles of road."

"Well," answered Mr. Krupp, drawing himself up with an air of offended dignity, "maybe my road ain't so long as yours, but it's chust as wide."

GOLDEN GATE CITY LEADS.

San Francisco Shows the Largest Percentage of Suicides—Chicago Ranks Third.

The number of people who voluntarily shuffled off this mortal coil in American and other cities during last year has been investigated by some delver in statistics and the following figures indicate the results: San Francisco leads with the largest ratio, 39.1 per 100,000 of population. Next comes another Pacific coast city, Los Angeles, with a ratio of 29.8. The reader has naturally been looking for Chicago, and that city does, in fact, come next with a ratio of 24.0, followed by the neighboring city of Milwaukee, whose ratio is 22.2. New Orleans was the scene of the self-destruction of 21.8 persons per 100,000 of population, and Cincinnati followed close with 21.2. New Haven is next with 20.9, and then comes the borough of Manhattan with 20.0, though greater New York as a whole is well down the list with a ratio of only 13.6. This is less than Rochester, Indianapolis, Philadelphia, Pittsburgh, Baltimore, Boston, Detroit, Omaha and Louisville, besides all of those specifically enumerated above. As to the foreign cities, Paris leads the list with a ratio of 42, followed by Berlin 36, Vienna 28 and London 23. There were more suicides in Saxony than in any other country, 31.4 per 100,000. In Denmark the ratio was 25.8, in Austria 21.2, in France 15.7, in the German empire 14.3, and Sweden, Norway, Belgium, Great Britain, Italy, the United States and Spain followed in the order given.

The table referring to American cities is somewhat difficult to explain. Why the city of the golden gate, and California, with its glorious climate, its sunshine, its fruit and its flowers, should show the greatest number of suicides seems a mystery, unless the presence of a large Chinese population explains it. The high suicide rate of Chicago is, perhaps, accounted for by the rush and struggle of that great city and the large foreign element it contains—a foreign element, moreover, which comes mainly from those countries where suicide is most frequent. The same is perhaps true of Milwaukee and of Cincinnati. The high rate at New Orleans may possibly be attributed to its relation to France and the ideas and traditions brought here from Paris, the suicide capital of the world. But New York city casts a cloud over some of these explanations. Here are the large foreign populations, the stress and strain of living and working, the poverty, the excitement. Yet Philadelphia, the sleeping city of the humorous paragraphs, has a higher ratio of suicides than greater New York. And how is it to be explained that New Haven leads all the other New England cities in the number of suicides? St. Paul and Minneapolis lie side by side, but in Minneapolis the ratio is 11.4 and in St. Paul it is but 6.5. It seems that the conclusions must be that there is no method in suicide madness and that the effort to reduce it to a science is doomed to failure.

A recognized authority—The Weekly Oregonian.

If you are troubled with dizzy spells, headache, indigestion, constipation, Hollister's Rocky Mountain Tea will make you well. If it fails, get your money back. That's fair. 35c.—W. P. McMillan, Lexington, Or.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

Bears the Signature of *Charles H. Fletcher*

Tired out, worn out women cannot sleep, eat or work; seems as if she would fly to pieces. Hollister's Rocky Mountain Tea makes strong nerves and rich red blood. 35 cents, Tea or Tablets.—W. P. McMillan, Lexington, Ore.

THE ALPS

JOHN ZOLLINGER, Prop.

Fine Wines, Liquors,
and Cigars.

Appetizing Lunches.

HARDMAN, OREGON.

SHEEP and RANCH FOR SALE

Best sheep ranch of its size in Oregon 3780 acres 4000 sheep. These sheep have been bred and raised on this ranch and never in their lives have they had one pound of feed but what they found for themselves on the range. They shear a fleece of 10 lbs. of good salable wool.

For further information call or address, :

GEORGE HARDIE
Traillfork, Gilliam Co., Or

NOTICE.

In the County Court of Morrow County, State of Oregon.

In the matter of the estate of Martha M. Noble, deceased.

Notice is hereby given that in pursuance of an order of the County Court of Morrow County, made and entered in the above entitled matter on the 25th day of August, 1905, I the undersigned general guardian of the person and property of Martha M. Noble, deceased, in and to the following described real property situated in Morrow County, State of Oregon, to-wit: southeast quarter of northeast quarter, southeast quarter of northeast quarter, southeast quarter of southwest quarter and lots two and three and west half of northeast quarter of section three, southwest quarter of northwest quarter, east half of southwest quarter and southwest quarter of southwest quarter and northeast quarter of section eight, northeast quarter and southwest quarter of section nine, all in township four, south, Range twenty-five, East of Willamette Meridian.

EUGENE G. NORIE
Guardian

Dated at Heppner, Oregon, August 29, 1905.

CONTEST NOTICE.

Department of the Interior,
U. S. Land Office, The Dalles, Oregon.

July 26, 1905.

A sufficient contest affidavit having been filed in this office by John B. Platts, contestant, against homestead entry No. 9650, made August 12, 1901, for SE $\frac{1}{4}$ NE $\frac{1}{4}$ E $\frac{1}{2}$ NE $\frac{1}{4}$ Sec 27, Tp 2 N, Range 25 E W M by Elizabeth McPherson, Contestee, in which it is alleged that said entrywoman has never resided upon said land in good faith or at all and has only made occasional visits thereto since filing; that she has not been on said land at all during the year last past; that said alleged absence has not been due to her employment in the army, navy or marine corps of the United States in time of war, said parties are hereby notified to appear, respond and offer evidence touching said allegation at 10 o'clock a. m. on September 28, 1905, before the Register and Receiver at the United States Land Office in The Dalles, Oregon.

The said contestant having, in a proper affidavit, filed July 25, 1905, set forth facts which show after due diligence personal service of this notice can not be made, it is hereby ordered and directed that such notice be given by due and proper publication.

MICHAEL T. NOLAN, Register
August 7, 1905

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been appointed administrator of the estate of F. D. Davidson, deceased, and all persons having claims against said estate are hereby requested to present the same with proper vouchers thereof, to the said administrator, at his place of doing business at the Law Office of Redfield & Van Vactor in Heppner, Morrow County, State of Oregon, within six months from the date of this notice.

Dated August 31st, 1905.

L. P. DAVIDSON,
Administrator.

Cleared for Action.

When the body is cleared for action, by Dr. King's New Life Pills, you can tell it by the bloom of health on the cheeks; the brightness of the eyes; the firmness of the flesh and muscles; the buoyancy of the mind. Try them. At Slocum Drug Co.'s drug store, 25 cents.

HOLLISTER'S Rocky Mountain Tea Nuggets

A Buxy Medicine for Buxy People.
Brings Golden Health and Renewed Vigor.
A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Sluggish Bowels, Headache and Backache. It's Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by HOLLISTER DRUG COMPANY, Madison, Wis.

GOLDEN NUGGETS FOR SLOW PEOPLE

NOTICE FOR PUBLICATION.

Department of the Interior,
Land Office at La Grande, Oregon.

August 9, 1905.

Notice is hereby given that the following-named settler has filed notice of his intention to make dual proof in support of his claim and that said proof will be made before the County Clerk of Morrow County, Oregon, at Heppner, Oregon, on September 22, 1905, viz: H. E. V. 11548, LOREN C. PARKER, of Heppner, Oregon, for the E $\frac{1}{2}$ NW $\frac{1}{4}$ SW $\frac{1}{4}$ NW $\frac{1}{4}$ Sec 11, R $\frac{1}{2}$ E $\frac{1}{2}$ Sec 10, Tp 4 S, R 28 E W M.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz:

John Reese, G. B. Hatt, W. C. Kennedy, Robt. J. Wilkins, all of Heppner, Oregon.

E. W. DAVIS, Register.

Aug 17-Sept 12

NOTICE FOR PUBLICATION. (Public Land Sale.)

(Isolated Tract.)

U. S. Land Office, The Dalles, Oregon.

NOTICE IS HEREBY GIVEN THAT IN pursuance of instructions from the Commissioner of the General Land Office, under authority vested in him by section 2455 U. S. Rev. Stat., as amended by act of Congress approved February 26, 1895, we will proceed to offer at public sale at the hour of 10 o'clock a. m. on the 29th day of September, 1905, at this office the following tract of land, to-wit:

The SW $\frac{1}{4}$ NE $\frac{1}{4}$ Sec 31, R $\frac{1}{2}$ E $\frac{1}{2}$ Sec 22, SE $\frac{1}{4}$ NE $\frac{1}{4}$ E $\frac{1}{2}$ Sec 33, Tp 4 south, Range 26 East of Willamette Meridian.

Any and all persons claiming adversely the above-described lands are advised to file their claims in this office on or before the day above designated for the commencement of said sale, otherwise their rights will be forfeited.

MICHAEL T. NOLAN, Register.

ANNE M. LANG, Receiver.

Aug 17-Sept 12

CONTEST NOTICE.

Department of the Interior,

U. S. Land Office, The Dalles, Or. July 22, 1905.

A sufficient contest affidavit having been filed in this office by CO. A. P. VINCENT, contestant, against homestead entry No. 8480, made July 31, 1904 for SE $\frac{1}{4}$ NW $\frac{1}{4}$ N. E. SW $\frac{1}{4}$ SW $\frac{1}{4}$ W $\frac{1}{4}$ Section 15, Township 1 N. Range 27 E W M. Albert W. Burselle, Contestee, in which it is alleged that Albert W. Burselle abandoned said land in the Fall of 1903 and since said time has not resided on said land and has failed and neglected to cultivate said land or otherwise in any way improve said land. That said alleged absence from said land was not due to his employment in the army, navy or marine corps of the United States in time of war, said parties are hereby notified to appear, respond and offer evidence touching said allegation at 10 o'clock a. m. on September 1, 1905, before Vawter Crawford, County Clerk of Morrow County, at his office at Heppner, Oregon at the above time, and that final hearing will be held at 10 o'clock a. m. on September 8, 1905, before the Register and Receiver of the U. S. Land Office in La Grande, Oregon.

The said contestant having, in a proper affidavit filed July 22, 1905, set forth facts which show that after due diligence personal service of this notice can not be made, it is hereby ordered and directed that such notice be given by due and proper publication.

E. W. DAVIS, Register.

A. A. ROBERTS, Receiver.

July 27 Aug 31

NOTICE FOR PUBLICATION.

United States Land Office, LaGrande, Oregon.

June 26, 1905.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the states of California, Oregon, Nevada, and Washington Territory," as extended to all the public land states by act of August 4, 1894,

MATTIE GRACE PALMER, of Lexington, County of Morrow, State of Oregon, has this day filed in this office her sworn statement No. 358, for the purchase of the SE $\frac{1}{4}$ SW $\frac{1}{4}$ Sec. 4 and SE $\frac{1}{4}$ Sec. 5 of Section No. 5, Tp. 1 N., R. 26 E., W. M., and will offer proof to show that the land sought is more valuable for its timber or stone, or for agricultural purposes, and to establish her claim to said land before Vawter Crawford, County Clerk at Heppner, Oregon, on Monday the 31st day of September, 1905.

Witness my hand and seal at the U. S. Land Office, at La Grande, Oregon, this 26th day of June, 1905.

James W. Stephens, Register.

W. H. Edgar, Receiver.

any and all persons claiming adversely the above-described lands are advised to file their claims in this office on or before the day above designated for the commencement of said sale, otherwise their rights will be forfeited.

MICHAEL T. NOLAN, Register.

ANNE M. LANG, Receiver.

Aug 10-Sept 11

NOTICE FOR PUBLICATION. (Isolated Tract.)

PUBLIC LAND SALE.

U. S. Land Office, The Dalles, Oregon.

August 14, 1905.

NOTICE IS HEREBY GIVEN THAT IN pursuance of instructions from the Commissioner of the General Land Office, under authority vested in him by section 2455 U. S. Rev. Stat., as amended by act of Congress approved February 26, 1895, we will proceed to offer at public sale at this office at the hour of 10 o'clock a. m. on the 30th day of Sept., 1905, the following tract of land to-wit:

The SE $\frac{1}{4}$ NE $\frac{1}{4}$ and NE $\frac{1}{4}$ SE $\frac{1}{4}$ of Section 25, Tp 1 S, R 24 East of Willamette Meridian.

Any and all persons claiming adversely the above-described lands are advised to file their claims in this office on or before the day above designated for the commencement of said sale, otherwise their rights will be forfeited.

MICHAEL T. NOLAN, Register.

ANNE M. LANG, Receiver.

Aug 17-Sept 12

NOTICE OF FINAL SETTLEMENT

Notice is hereby given that the undersigned has filed in the County Court of the state of Oregon for Morrow County her final account as executrix of the last Will and Testament of William Penland, deceased, and that Tuesday the 23 day of October, 1905, at the hour of 10 o'clock a. m. has been fixed by said court as a time and the County Court room as the place for hearing and settlement of said final account. Any persons having objections to take to said account or any part thereof, should file them on or before said date.

JANE PENLAND, Executrix.

Aug 31 Sept 22