

COMMON SALT.

Its Excessive Use a Fruitful Cause of Bright's Disease.

Appropos of the recent death of Charles Yerkes from Bright's disease of the kidneys, it seems a fitting time to say something of the danger attending the excessive use of common table salt, especially if one has an affection of the kidneys.

It has been demonstrated by well known physiologists that only small amounts of sodium chloride (common salt) are essential for the well being of man. Bunge claims that a person using a mixed diet only requires from one to two grams (fifteen to thirty grains) daily. However, most people consume excessive amounts, from ten to twenty grams (150 to 300 grains). Professor Widal found that when a patient who had nephritis, or kidney disease, was given ten grams (140 grains) of sodium chloride (common salt) for several days he increased in weight, due to dropsy produced by the salt. The amount of albumen in the urine increased, and headache, nausea and stupor developed, producing a condition resembling uraemic poisoning. Professor Widal was able to make the dropsy appear and disappear at will by increasing or withdrawing the use of the salt.

Recent reports from the New York board of health show that the mortality from kidney disease is greatly on the increase; hence it behooves us as intelligent physicians to disseminate such knowledge as will be preventive or remedial in Bright's disease or other diseases of the kidneys. Refraining from a too strenuous life and the avoidance of excesses, particularly in diet, alcoholic drinks and common salt will do much toward the prevention of diseases of the kidney.

The reason why a person who has nephritis should use but little common salt is because the excessive use of it produces dropsy and retards the activity of the sweat glands by increasing the osmotic pressure of the blood.

Two grams (30 grains) of salt are a great plenty for the average person. Milk contains from 1.2 to 1.7 grams per liter (little over a quart). A hundred grams of bread has an average of 1.3 grams; 100 of beef has about 1.15 grams. Widal, who is a recognized European authority on this subject, recommends the following daily diet in kidney diseases: Four hundred grams (about 12 ounces) of meat, 1,000 grams (about 1 1/2 pounds) of potatoes, 80 grams (about 3 ounces) of sugar, 40 grams (about 2 1/2 ounces) of butter (unsalted), and 2,500 cubic centimeters (about 2 1/2 quarts) of fluids.—Samuel G. Tracy, M. D., in New York Times.

The Czar's Daughter.

On a recent occasion at New Peterhof all the members of the czar's family were present at a ceremony, including his four little daughters. These, however, drove up last, to find that the entrance to the palace was blocked by another carriage. The Grand Duchess Olga, the eldest of the four, was visibly disconcerted, and, beckoning to a tall Cossack, she ordered him to bid the owners of the voiture to move on and make room for the emperor's daughters. The soldier saluted, but made no attempt to obey the mandate. The irate little lady, unable to tolerate the insult thus openly offered to her imperial person, leaned out of the carriage and called aloud in her shrill, babyish voice, "Please to move on!" There was a moment's silence, then the door of the carriage opened slowly, and no less a personage than the czar himself alighted and shook his finger rebukingly at his imperious little daughter.—London M. A. P.

Gold From the Sea.

This has no reference to the wild plans that have from time to time been exploited for extracting gold from sea water, but it relates to the attempts made in Queensland and New South Wales to recover gold and other precious metals from the sands on the seashore. The treatment of these sands has been undertaken, it would appear, with some promise of success. Not only gold, but platinum and uranium, have been found. It is thought that the metals find their way to the strand from submerged rocks which are broken and triturated by the violent waves assailing the coast.—Youth's Companion.

Odd Case of Robbery.

A curious case of museum robbery is engaging attention at Weimar. An agent offered some time ago to the Goethe-Schiller museum a series of Goethe manuscripts, which on examination proved to have been stolen from the museum itself. The agent explained that he had received them in good faith from a well known antiquary in Berlin. A search of the antiquary's house brought to light many other documents belonging to the Weimar museum.

The canoeist is the most independent of men. He can push his craft through a stream three feet wide and five inches deep, and he can safely negotiate any bit of water that a catboat or moderate sized launch would care to attempt. Canoeing is popular because it brings its devotees out into the open freedom and lets them live their summer life as they will. The canoe does for humanity what the bicycle failed to do. The bicyclist was tied to roads, was dependent upon hotels and restaurants for food and lodging. When the hill was steep he must alight and walk. When the road was bad or the foot of the hill dubious he must do likewise. The canoeist suffers none of these restrictions. He carries with him his place of abode—his bed, his food and the means of preparing it. He is not confined to well worn highways. He is able to penetrate and explore out of the way streams and pitch his tent in spots inaccessible to the average wanderer.—Yachting.

SELECTIONS

ESPERANTO.

A Passage in the New Language and Its Translation.

Books for the study of Esperanto are now printed in twenty-two different languages. They publish about twenty-five journals in the new idiom, one of them of a strictly scientific character. Several continental papers, occasionally or regularly, offer to their readers an article in Esperanto. Esperantist clubs or societies are to be found almost everywhere. The one in Paris counts no less than 3,000 members, while those in cities like Marseilles, Lyons, Bordeaux, Havre, Lille, and so forth, are also of considerable size. Courses in Esperanto are offered not only in clubrooms, but in public institutions as well. A few commercial schools have it on their programmes as a free elective. In the University of Dijon they have organized an evening class, which is said to be well attended.

Not long ago Professor Carnot of the national engineering school (Ecole des Mines), in Paris, said publicly that he was thinking of introducing Esperanto in the regular courses of students. In England they have adopted the method of tuition by correspondence. Esperanto has already proved useful for providing reading for the blind. A system of stenography has been adapted to the new language. Many commercial firms use it for international telegraphic communications. Several employ advertisements in Esperanto and find that it pays.

Here is a passage in the new language and its translation: Esperanto.—La internacia lingvo Esperanto estas facile lernobla, ĉe la personoj nenulte instruitaj. Unu horo sufiĉas ĝenerale por lerni la tutan gramatikon, kelkaj tagoj por legi, kelkaj semajnoj por skribi. Esperanto estas efektive tre simpla, deksobla, bonsona kaj vere internacia per siaj elementoj. Kun malgranda kvanto da radikoj oni povas fari tre grandan nombron da vortoj dank al la praktika sistemo de prefiksoj kaj sufixoj. Tiu ĉi lingvo ne havas la intencon malfortigi la lingvon naturan de la popolo. Ĝi devos servi por la rilatoj internaciaj kaj por tiuj verkoj kiuj interesas la tutan mondon. Esperanto helpas la sciencojn, la komercon, kaj la vojaĝojn.

Translation.—The international language Esperanto is easily learnable, even by (of) people not much educated. One hour suffices generally to (for) learn the whole grammar, some (French quelques) days to read, some weeks to write. Esperanto is effectively very simple, flexible, well sounding and very international by its elements. With (a) small (not large) quantity of radicals, one can make (a) very great number of words, thanks to the practical system of prefixes and suffixes. This language has not the intention to weaken the natural language of any people. It must serve for the international relations and for all the works which interest the whole world. Esperanto helps the sciences, commerce and journeys.—Albert Schinz in Atlantic.

Cost of a Wizard's Outfit. Now we know how much it costs to set up as a sorcerer. One of these dark wizards has obligingly published a price list of his plant: Magic mirror, 15 shillings 9 pence; magic lamp, 15 shillings 9 pence; conjuring wand, 20 shillings; charmed sword, 20 shillings; bewitched spirit lamp, 24 shillings; divining rod, 24 shillings; vervain of March 21, whatever that may be, 2 shillings 5 pence; mandragora, 7 shillings 6 pence; virgin wax, 4 shillings; skin of stillborn calf, 6 shillings; special hat, 7 shillings 6 pence; Greek fluid for preserving the feminine figure, one bottle, 7 shillings 6 pence; anti-wrinkle milk, as used by Marie Antoinette, 5 shillings; water for complexion bath, as used by La Montespan, 16 shillings.

The invocation for calling up Satan, which can be done only on Saturdays after burning sulphur, sounds like Greek gone wrong, with a touch of Esperanto and Chinese mixed, and runs, "Again telegram yay chow stimulationaton y epares retragrammaton." This last tip is given for nothing.—Paris Letter in London Telegraph.

Wanted and For Sale. Glasses properly fitted at P. O. Borg's. Highest cash price paid for hides, pelts and furs. Phil Cohn. Semi-Weekly Portland Journal and Heppner Gazette only \$1.75 per year. Highest cash price paid for second hand grain sacks at the flour mill. Seed wheat, Oats, Rye and Barley for sale by Phil Cohn, at Heppner Warehouse.

For Sale. A good 4-year-old horse, 1250 pounds. Apply to this office. FINE BUNCH GRASS STOCK RANCH on middle fork of the John Day river in Grant county. For descriptions and prices write to T. F. Hall, Long Creek, Oregon.

You can get at Cummings Nurseries spray pumps with nozzles that wont clog. Rubber hose. Sprays made fresh and guaranteed full strength at as near cost as can be handled. Harry Cummings.

If you are hunting Vacant Government land, J. T. Williamson, La Grande, Oregon makes maps of any township in the La Grande Land District showing the condition of the township at the date made for \$1 each, as shown by the records of the land office. Land office practice a specialty. June 7-11.

A recognized authority—The Weekly Oregonian.

Notice. Department of the Interior, United States Land Office. La Grande, Oregon, July 8, 1907. To Whom It May Concern. Notice is hereby given that the State of Oregon, made application, on the 8th day of July, 1907, for the following described lands, as indemnity for the designated losses sustained to its grant of public lands for common schools, made by the act of Congress of Aug 14, 1848, and acts supplemental and amendatory thereto, and agrees to accept same in full satisfaction of the losses assigned, to-wit: SE 1/4 SW 1/4 Sec 28 Tp 33 S. R. 29 E. W. M.

Redemption Notice. Holders of Northwest Timber Co. Bonds are hereby notified that interest ceased upon said bonds July 9th 1907. All bonds held by parties whose patents have been recorded in the country, in which their entries were made will be redeemed at par with interest added, by sending said bonds either direct or through local bankers to the "Traders National Bank," Spokane, Wash.

Notice for Publication. DEPARTMENT OF THE INTERIOR. Land Office at The Dalles, Oregon, June 20, 1907. Notice is hereby given that James L. Kirk, of Heppner, Oregon, has filed notice of his intention to make final five-year proof in support of his claim, viz: Homestead entry No. 9,000, made February 13, 1901, for the SW 1/4 SE 1/4 of section 33, T 3 South, Range 26 East, Lots 2 and 3, and SW 1/4 NE 1/4 of section 4, Township 4 South, Range 26 East, W. M., and that said proof will be made before J. P. Williams, U. S. Commissioner, at his office in Heppner, Oregon, on August 17th, 1907.

Notice for Publication. DEPARTMENT OF THE INTERIOR. Land Office at The Dalles, Oregon, June 20, 1907. Notice is hereby given that Mahlon Haworth, of Heppner, Oregon, has filed notice of his intention to make final five-year proof in support of his claim, viz: Homestead entry No. 10,925 made July 9, 1901, for the Lots 3 and 4, Sec. 7, Tp 3 S., R. 29 E., S. 1/4 SE 1/4, Sec. 12, Township 3 S., Range 26 E., W. M., and that said proof will be made before J. P. Williams, U. S. Commissioner, at his office in Heppner, Oregon, on July 30, 1907.

CONTEST NOTICE. Department of the Interior, U. S. Land Office, La Grande, Oregon, June 20, 1907. A sufficient contest affidavit having been filed in this office by Joseph Doherty, contestant, against homestead entry No. 1148, made May 21, 1902, for W 1/4 NW 1/4, W 1/4 SW 1/4, Section 8, Township 2 S B 22 E W. M. by Charles Fortune, Contestee, in which it is alleged that Charles Fortune has wholly abandoned said tract, that he has changed his residence therefrom for more than six months since making said entry; that said tract is not settled upon and cultivated by said party as required by law, that he has never resided upon said land, and that said alleged lessee from said land was not due to his employment in the army, navy or marine corps of the United States.

Notice is hereby given that Marlon A. Bates, of Hardman, Oregon, has filed notice of his intention to make final five-year proof in support of his claim, viz: Homestead entry No. 8914 made Nov. 4, 1901, for the N 1/4 SE 1/4, SE 1/4 of Section 28, T 4 S., R. 24 E., S. 1/4 of Section 30, Township 4 South, Range 25 E., W. M., and that said proof will be made before J. P. Williams, U. S. Commissioner, at his office in Heppner, Or., on July 19, 1907. He names the following witnesses to prove his continuous residence upon, and cultivation of the land, viz: Hiram Tash, Dan Rice, John P. Hadley and Green Owen all of Hardman, Oregon, July 13-1907. C. W. MOORE, Register.

Notice of Sheriff's Sale.

By virtue of an order of sale duly issued by the clerk of the Circuit Court of the State of Oregon, for Morrow County, dated the 12th day of June, 1907, in a certain action, in the Circuit Court for said state and County, wherein L. P. Davidson and Ella Davidson plaintiffs, recovered decree against Mary E. Davidson, Jessie M. Davidson, Gerlie L. Davidson, Bessie F. Davidson, Lottie E. Davidson, Violet Davidson, and Lewis E. Davidson, minors, and Mary E. Davidson as the General Guardian of the said minors, defendants, on the 20th day of May, 1907. Notice is hereby given that I will on the 3d day of August 1907, at two o'clock P. M. of said day at the front door of the Court House in Heppner, Morrow County, Oregon, sell at public auction to the highest bidder for cash in hand, the following described real property to-wit: The southwest quarter of the southeast quarter, and the south half of the southwest quarter, and the northwest quarter of the southwest quarter of section one, the south half of section 28, the southeast quarter of the northeast quarter, the east half of the southeast quarter, and the southwest quarter of the southeast quarter of section 27, the northeast quarter, the north half of the southeast quarter, the southeast quarter of the southeast quarter, the southwest quarter of the southeast quarter of section 34, the east half of the northwest quarter and the east half of the southwest quarter and the northwest quarter of the southwest quarter of section 35, the southeast quarter of section 36, all in township 3 south of range 23 east of the Willamette Meridian, also the northeast quarter and the southwest quarter and the west half of the northeast quarter, and the west half of the southeast quarter of section 6, and the west half of section 7, all in township 4 south of range 24 east of the Willamette Meridian, also southwest quarter of section 11, township 6 south of range 26 east of the Willamette Meridian, also the southwest quarter of section 27, and the east half of the northwest quarter of section 35, all in township 3 south of range 23 east of Willamette Meridian, also:

The following described real property situated in the town of Ione, Morrow County, State of Oregon, to-wit: "All of lot numbered 4 in Block numbered fifteen in Will's addition to the town of Ione situated at the West side of the County Clerk and of record in the office of the County Clerk of Morrow County, Oregon, extending and reserving a strip of road, and being the north and north end of said lot, such strip being forty feet long and twenty feet wide, also:

"Twenty five feet front in Park Block and beginning at the West side of the Odd Fellow's lots, and bounded on the north by the Oregon Railroad and Navigation Company's right of way, on the south by Main street, on the east by the Odd Fellow's lot and twenty five feet on the west.

Also the following described real property situated in the County of Gilliam, State of Oregon, to-wit: "Lots one and two, the south half of the northeast quarter, and the southeast quarter of section one, east half of section 42, east half of section 13, the northeast quarter of section twenty-four, lots three and four, south half of the northwest quarter, and the southwest quarter of section one, and the south half of the northwest quarter and the south half of section two, lots one, two, three and four, and the southwest quarter of the northeast quarter, the south half of the northwest quarter, the north half of the southwest quarter, the north half of the southeast quarter of section four, lots one and two, and the southeast quarter of the southeast quarter, and the northeast quarter of the southeast quarter of section five, the northeast quarter of the northwest quarter, and the southeast quarter of the southeast quarter of section ten, all of section eleven, west half of section twelve, the northwest quarter of section thirteen, the southeast quarter of the southeast quarter of section twenty-two, the east half of the northeast quarter of section twenty-five, the southwest quarter of the northwest quarter, the north half of the southwest quarter, the northwest quarter of the northeast quarter, the northwest quarter of the southwest quarter of section twenty-six, the northwest quarter of the northeast quarter, the northwest quarter of the southwest quarter of section twenty-seven, the northwest quarter of the southwest quarter of section twenty-eight, the northwest quarter of the southwest quarter of section twenty-nine, the northwest quarter of the southwest quarter of section thirty, the northwest quarter of the southwest quarter of section thirty-one, the northwest quarter of the southwest quarter of section thirty-two, the northwest quarter of the southwest quarter of section thirty-three, the northwest quarter of the southwest quarter of section thirty-four, the northwest quarter of the southwest quarter of section thirty-five, all in township four south of range 23 east of Willamette Meridian.

Also the following described real property situated in the City of Condon, in Gilliam County, State of Oregon, to-wit: "Lots three and four in block seventy seven in Lancaster's addition to the City of Condon. Taken and levied upon as the property of the said plaintiffs and the defendants, Mary E. Davidson and Jessie M. Davidson and Gerlie L. Davidson, Bessie F. Davidson, Lottie E. Davidson, Violet Davidson, and Lewis E. Davidson, minors, and Mary E. Davidson, as the General Guardian of the said minors, to satisfy the said decree in favor of L. P. Davidson and Ella Davidson, and against said defendants, together with all costs and disbursements that have or may accrue. E. M. SHUTT, Sheriff of Morrow County. By A. M. Mallory, Deputy. June 27-July 25.

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HEPPNER, OREGON

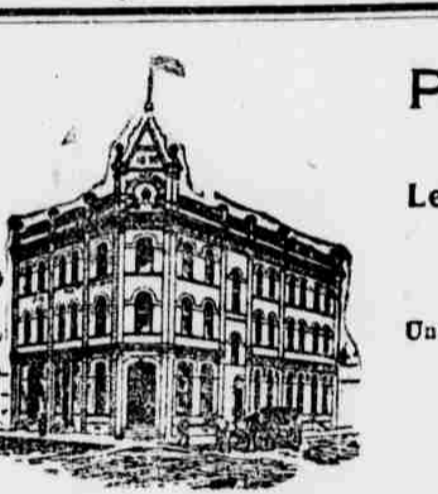
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