

RIDING THE BELLS.

Spectacular Feats of the Daring Ringers of Seville.

The ringing of a bell is not, as a rule, a performance particularly trying to the nerves, but there is one set of bell ringers the members of which must know no fear, for a moment of tremor would in all probability be for them the moment of death. They are the bell ringers of the Giralda, in Seville.

When the city is to make merry on feast days the ringers climb to the belfry, and then by the aid of a rope and steps cut in the wall of the tower each mounts to the bell he is to ring and stands astride the shoulder of the brazen monster. Then he presses the bell with his feet, holding on the cross-piece on which the mass of metal is swung.

Gradually the great bell sways to the muscular movement of the man astride it until it acquires a momentum that swings the hammer, first gently and then with increasing force as the sweep of the bell widens until the air is trembling from the giant blows that strike the massive sides of the monster.

The mere vibration of the atmosphere as the huge bells ring out would be enough to make an unpracticed ringer turn dizzy and fall from his perch. But this is not all, for many bells are ringing in the belfry at the same time in obedience to the movements of their riders, and the din is deafening.

Notwithstanding all this, the riders bend and rise and fall with the action of the bells, now appearing to the observer from below to be in a horizontal position as the bell reaches the limit of its swing and again riding gracefully to an upright position as the monster sways backward with another thundering note.

The most extraordinary part of the daring performance is the sight of a bell ringer calmly swaying the bell while it hangs far out of the belfry over the city, for the outward swing sends the counterpoise with the ringer into space beyond the arch.—Success Magazine.

HEIGHT AND WEIGHT.

Their Relation to a Man's Chances For Long Life.

The ideal insurance risk, from the point of view of height, is said to be from five feet seven inches to five feet nine inches tall. According to the National Fraternal congress, longevity and build have a close relation; the greater the variation in height from the above figure the greater the risk.

Brockbank says that tall men are not so long lived as their brothers whose heads are nearer to the ground. Men who are both tall and stout are not as good risks as stout men of medium or below medium height. Says a writer in American Medicine. They do not bear acute illness so well, and accidents to them are likely to be more severe.

Risks over the allotted limit of weight are especially liable to diabetes, heart affections, apoplexy, gout, diseases of the kidneys and arteriosclerosis; excessive eating and abuse of alcohol are common among this class. It is stated that stout men under forty are worse risks than those over forty and under sixty, and that men who were unduly fat while they were boys are considered poor risks, especially if the tendency is hereditary.

Stout men are better average risks than their very thin brothers who are liable to tuberculosis and disorders of the nervous system. But for even the featherweight there is much consolation. He bears acute illness better than the heavyweight, and most of the people living beyond the allotted threescore years and ten are of light build. A slim, wiry, small framed man is said to be a better risk than a thin but big boned one.

Ore Deposits.

Men sometimes dream of enormous wealth stored deep in the earth, below the reach of miners, but experts aver that there is little or no ground to believe that valuable metallic deposits lie very deep in the earth's crust. Such deposits, it is said, are made by underground waters, and owing to the pressure on the rocks at great depths the waters are confined to a shell near the surface. With few exceptions, ore deposits become too lean to repay working below 3,000 feet. Nine mines in ten, taking the world as a whole, are poorer in the second thousand feet than in the first, and poorer yet in the third thousand.

A Stationary Growler.

"Well, how are you making it now?" "Still in the low grounds." "Why don't you climb higher?" "High climbin' makes my head swim."

"Well, then, get a move on you."

"Oh, no! I never move until the rent is due!"—Atlanta Constitution.

Strenuous.

"Was the play exciting?" "Oh, very! The management had engaged two leading ladies, and there was a constant struggle for the center of the stage."—Louisville Courier-Journal.

Waiting For the Chance.

Marks—My old aunt had not been dead twenty-four hours when her parrot died too. Parks—The poor bird died of grief, I suppose. Marks—No; poison.—Boston Transcript.

An Explanation.

"So you have been married! Did your husband die, or what?" "The latter."—Chicago Record-Herald.

BACKACHE IS A WARNING

Heppner People Should not Neglect their Kidneys.

Backache is nature's most frequent signal of sick or weakened kidneys. To cure the pains and aches, to remove the lameness you must reach the cause—the kidneys. If you have pain through the small of your back, urinary disorders, headaches, dizzy spells, or are nervous and depressed, start treating the kidneys with a tested kidney remedy. The slightest symptom of kidney trouble may be nature's warning of approaching dropsy, or fatal Bright's disease. Doan's Kidney Pills are especially for sick kidneys—have been curing kidney trouble for over 75 years. Read Heppner testimony.

Julius Keithley, near Court House Heppner, Oregon, says: "When suffering from backache and weakness of the kidneys, I used Doan's Kidney Pills and the contents of one box cured me. I willingly recommend this remedy."

For sale by all dealers. Price 50 cents. Foster-McBarn Co., Buffalo, New York, sole agents for the United States. Remember the name—Doan's and take no other.

The Gloomy Englishman.

The sap may be wildly running, the birds may be making love, and the sun brilliantly shining in a sky of exquisite blue, but in the heart of the average Englishman there seems a perpetual Good Friday, and in his mind the fixed idea that life is one long, unending Monday morning and the month eternally November.—London Tatler.

A Discussion on Talk.

Tommy—Pop, what is the difference between a dialogue and a monologue? Pop—When two women talk, my son, it's a dialogue; but when a woman carries on a conversation with her husband it's a monologue.—Exchange.

A Puzzler.

Willie—Pa? Pa—Yes. Willie—Teacher says we're here to help others. Pa—Of course we are. Willie—Well, what are the others here for?—Chicago News.

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Notice to Creditors.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed by the County Court of the State of Oregon for Morrow County administrator of the estate of Philip McNabb, deceased; that all persons having claims against said estate must present them, duly verified according to law, within six months from the date of first publication of this notice, which date is July 20, 1911, to me at Lone, Oregon.

W. T. McNABB
Administrator.

Notice of Final Settlement.

NOTICE IS HEREBY GIVEN that the undersigned administrator of the estate of Carl Albin Johnson, deceased, has filed his final account in the above entitled estate, and the County Court of the State of Oregon for Morrow County has fixed Tuesday, the 5th day of September, 1911, at the hour of 10 o'clock in the forenoon of said day, as the time of hearing said final account and objections thereto; that if there be any objections to said final account, they should be filed on or before said date.

W. G. SCOTT,
Administrator.

NOTICE FOR PUBLICATION

Not coal land. Re-publication. Department of the Interior, U. S. Land Office at The Dalles, Or., June 22, 1911. Notice is hereby given that John McNabb, heir of James Flood, deceased, of Heppner, Or., who on May 23, 1902, made homestead entry No. 1041, Serial, No. 0124, for SW 1/4, Section 25, Township 2N., Range 2E., Willamette Meridian, has filed notice of intention to make Final five-year Proof, to establish claim to the land above described, before the 31st day of August, 1911. Claimant names as witnesses: Peter Larrin, John McEntyre of Lexington, Or.; John Kilkenny and Daniel Green of Heppner, Or.

C. W. MOORE, Register.

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