

# Relation of Sleep to Nerve-Force

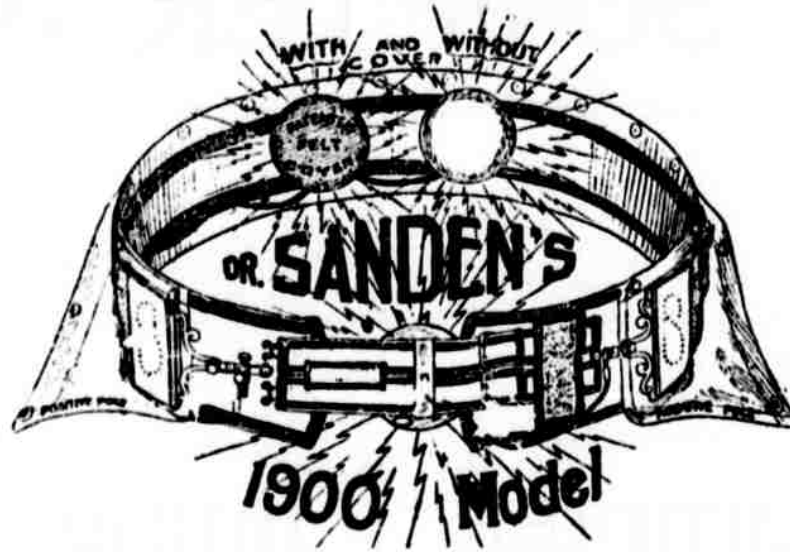
During the day the expenditure of nerve and brain force in thinking, moving, working, is greater than the capacity of the nervous system to store from the blood, so, after sunset, a halt is called for sleep. During sleep the expenditure of nerve force is reduced to a minimum, and income is far in excess of outgo, man awakens after a good night's sleep with his nerve cells charged with an abundance of force for the labors of the day. Sleepless nights quickly exhaust the reserve force and a time comes when the individual must sleep. A young, strong person quickly recuperates from the effects of prolonged loss of sleep because his vigorous young brain and nerve cells have the power of rapidly absorbing new force. In the old or enfeebled, this power of creating nerve force is slow, and recuperation correspondingly so.

As our modern methods of living coupled together with overwork and excesses are the cause of all the various ailments generally denominated Nervousness, Nervous Debility, etc., it is easily understood why thousands fail to find renewed strength and vigor in sleep as they should.

To all such, galvanic electricity as applied by my

## Dr. Sanden's Electric Belt

Gives  
Vim  
Vigor  
Vitality.....



Is a  
Simple  
Home  
Treatment

Will prove a positive panacea as a sound and refreshing sleep producer.

It soothes the excited and overworked nerves into a calm state, by imparting to them that which they have lost—vital electricity. This in turn enables them to again promote the functional activity of the body as should be the case when normal health and strength holds sway.

Electricity is Nature's own remedy and sweet restorer of health and vitality, and is never failing when properly applied.

DR. SANDEN ELECTRIC BELT has been before the people of our own and other countries for nearly thirty year. And the demand for my Belts is increasing yearly, because of the many thousands of grateful patients that have been restored to manhood's estate who are quietly but effectively sounding its praises to others in need of it. For your Rheumatism, Sciatica, Lumbago, Lame or Weak Back, Varicocele, Drains, etc., nothing will subserve your interest as speedily as the use of my DR. SANDEN ELECTRIC APPLIANCES.

Booklet free for the asking. If you cannot call, write today.

## DR. A. T. SANDEN

Dept. 19

Russell Building, Portland, Ore

### SOME RAILROAD RUMORS.

#### Virgin Field of Central Oregon Scene of Active Operations.

With a dozen different surveying parties, including those of the Burlington, Rock Island, Columbia Southern, The Dalles Southern and the Corvallis & Eastern, working in central Oregon, it looks as though the Inland Empire will soon be gridironed with railroads. While surveying parties on the roads mentioned have been identified, there are other parties whose connection cannot even be guessed.

Railroad men attach much importance to the fact that the Burlington and Rock Island are operating surveying parties in central Oregon. The fact furnishes substantiation of the constantly recurring rumor to the effect that these two roads—the Burlington especially—are straining every effort to reach the Pacific coast. The route through Oregon will give the Burlington an excellent outlet and access to a large portion of country which is now virgin trade territory. By striking west from Ogden and following the Malheur river, thence to the John Day and down that to the Columbia, it would have a route which experienced men claim is practically free of heavy grades.

The Burlington seems to be making no great secret of its proposed operations. It seems to realize that no time is to be wasted if it would secure a practical coast terminus. However, the Columbia Southern proposes to be on the ground floor. The rapid manner in which it is extending preliminary surveys and establishing permanent ones would indicate that some influential friends are furnishing all the capital needed. Some hint that the Union Pacific is interested.

The plans of the Corvallis & Eastern are not so well defined, but there is good reason for believing it will follow its old surveys made under the name of the Oregon Pacific. This route will cross the

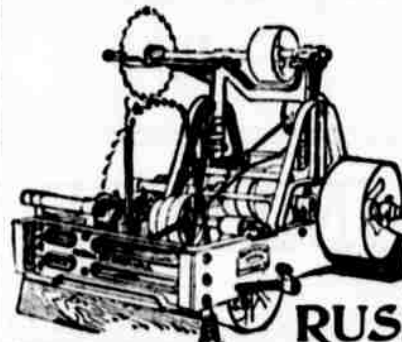
Cascades near Mount Jefferson, pass through Crook county and across the northern border of Harney to Burns and thence along the Malheur river to Nyssa on the Short Line. The Malheur river seems to be the only practical route out to the eastward, as all lines propose using it.—Portland Telegram.

The following day the Telegram says editorially:

Railroad-builders are like the rest of humanity: when one company sees a good thing, and prepares to "go for it," other companies suddenly discover that they want it, or a large share of it, also. The great region of Oregon east of the Cascades, that has lain so long without any railroad, is now a field fertile with railroad schemes and products. Instead of none, it will soon have several, traversing it in one direction or another. The grain, and stock, and wool, and minerals, and timber of that diversified region, largely desert, acid, or mountainous, yet as a whole very resourceful, are very valuable to be longer neglected by men with money to invest, and whose inclination run to railroad building. Some of the rumors afloat are only airy speculations, but there is a foundation for them to the degree of extensive railroad building in eastern Oregon in the near future being a certainty. Just in what directions, or along just what routes, or just how far, or when, or who is doing it, is not at present ascertainable. But it is tolerably certain that within a very few years a railroad will intersect most of the largely productive localities of Eastern and Central Oregon, much to the advantage of Portland.

Quartz and placer location blanks of the most approved form for sale at THE MINER office.

A nice cool pitcher of Weinhard's beer 25 cents, at Henry Finger's, Center street.



Write for Catalogue and Prices.

**RUSSELL ENGINES  
BOILERS**  
SAW MILLS **High Grade**  
THRESHERS **Machinery**  
STACKERS  
**RUSSELL & CO.**  
PORTLAND, OREGON.

## ....Portland Mining Stock Exchange....

ORGANIZED FEBRUARY 16, 1900

Cost of Membership, \$100; Dues Per Annum, \$50; Charge for Listing Stocks, \$50

OFFICERS AND DIRECTORS

TYLER WOODWARD, Pres. U. S. National Bank, President. L. B. COX, Esq., Vice-President  
J. FRANK WATSON, Pres. Merchants Nat. Bank, Treasurer. P. L. WILLIS, Esq., Secretary  
SENECA SMITH, FRANCIS I. MCKENNA, RUFUS MALLORY, SAMUEL CONNELL, W. H. GRINDSTAFF

Security Savings & Trust Company, Registrar of Stocks and Bonds  
Every Safe Guard Placed Around Dealers in this Exchange.....

Applications for listing stocks and membership must be made to

P. O. BOX 728  
NO. 126 FIRST STREET

C. L. PARKER, Mgr., Portland, Ore.

### CAPITAL

**Barber Shop  
and Baths.....**

A. G. DAVIDSON, Manager  
CLAUD DREW, Operator

Operated in Connection  
with Capital Hotel.   
First-Class Work. Porcelain Bath Tubs.....

Sumpter, Oregon