# Che Coconine \#ucclily Sun. 

vol, XI.
FLAGSTAFF, ARIZONA, THURSDAY, JULY 19, 1894.

The Coconino sun. pUbLISHED EVERY THURSDAY
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| phonexil ece Exprese an <br> Babbitt's Block, Flagstaff, Arlzona. |
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Arizona Luwber

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FLAGSTAFF, ARIZONA


##  Good rains have fallen allo. terititory during the past week. Curt W. Miller, of the "Tempe News," has be at that place. <br> The populists of Mohave county nom- inated the following ticket: For the council. Kean S. Shariess for horse of representatives, Ad. Cornwill fors berrepresentatives, Ad. Corowall; for sher- iff, Col. Harley Fny; for recorder, Wm Carey; tor probate judke, Ross H .

 Blakely; or superviand Robert Kayser.
The populists of Maricopa county nive placed the following ticket in the
field: Assemblymen, Charles Mullen Sam Green, W. C. Deputy and J. J. Johnson; for treasurer, M. V. Quinn; for assessor, A. J. Johnson; for distriet
attorney, F. H. Lyman; for probate attorney, F. H. Lyman; for probate
judge, G. B. Norton; for county re P. T. Bartis.
W. C. Green is in town from hit
ranch near. Hereford. He jas just fin ished threshing his crop of barley which yielded 4,000 busliels. He sold
it at the machine for $\$ 1.40$ per bundred, it at the machine for $\$ 1.40$ per bundred,
which returned a value of $\$ 91$ per Which returned a value of 891 per
acre. A portion of the crop yielded at Green is now planting the same ground be beaten on the coast.-Prospector.
The Star says that some of the men
who were most conspicaous in the
strike trouble were more concerned
yesterday about getling their positions
back than about anything else. It is
understood that more tban 20 men, who
were in the employ of the Southern
Pacific company at Tucson before the Pacific company at Tucson before the
strike, are not in its employ now, and they are not likely to be soon again. George Clark, who was near Robin-
son and Logan when they were murdered by the Ceris on Tiburon island, has returned from Guaymas, after hav-
ing been to the island ing been to the island again with the
Mexican troops, which accomplished nothing Hermosillo failing to put in an appearance. Clark says he is satistied, from appearances, that the Indians
burned the bodies after the murder burned the bodies after the murder.
-Prospector. The damage done to Mammoth by a
cloudburst several nights ago was greater than at first reported. Captain
Johnson was nearly drowned. 50 -stamp mill was nearly buried in sand aud will not be in condition to operate for weeks. The company's
firewood and other supplies to the valu firewood and other supplies to the value
of $\$ 2,500$ were swept away. The goods in the store were badly damaged. The loss, in the aggregate, will amount
about $\$ 15,000$.
about $\$ 15,000$. - St
And now the postage stamps have
given out. Postmaster Thonas has not had a single two-cent postage
stamp for a month. His stamps gave out last week, but he has yet a small lot of stamped envelopes.
If the railroad olockade lasts another If the railroad olockade lasts anothe
week Phoenix will be without bacon sugar and "stamps." Fortunately we are producers, hence can boast of hav-
ing aboundance of nearly every other commodity of life.-Gazette.
Wm. Garland, president roal from Bowie to Globe, says that
the recent fire at Globe is not considered as great a calamity as the announcement that the Old Domiuion
Copper company will shut down their works in Julv. Many of the persons
who were burned out were arranging to build new houses at once, but they have now stopped on account of th impending calamit
the Old Dominion.-Willeco News. W. W. Price, of Stanford universits,
who has been gatheriug birds and mammals in the mountain ranges of
Cochise connty, canie inlast night from Cochise connty, came in last night from
Willcox, where be has been for a few
weeks past. He will go to Huachuca weeks past. He will go to Huachuca
today to reliere one of his nssistants. White Mountains where several weeks
will be spent. From there the Navajo will be spent. From there the Navajo
conntry will bo prospected. In the Chiricahua mountains, Mr. Price found
a number of new birds. A fox squirrel, the first one seen in this neighborhood,
was captured. In White river, in
Wen Rucker canyon, a new species of the
finny tribe was found. The river tinny
swarms with them, but no one ever
thought that they wereother than some old variety. These fish do not grow
more than itive inches long, but are
firm and fine flavored.-Prospector.


\section*{| Method in cumblug. | things to tempt the appetite are roast |
| :--- | :--- |} A a recent visit to the Grand Canyon chicken, hard boiled eggs with salt, A a recent attention to the fact that many, chicken, hard boiled eggs with salt,

bread and jam, meat broth, fruit or rare and perhaps most of those who make aast beef. principles whe unnequainted with the 12. Drinking: On a severe climb and allow it to be used to best adran. ables. Alcoholic beverages stimulate tage. Below will be found a set of the pulse too much. In cold weather rules which however incomplete, will and in high allitudes they should be still be of assistance in long and ardu-

1. Take plenty of time. A trip nsu
2. ally requiring a day and one-half, if requing a day and one-half, if and wrists with great and rapid reliet reater fatigue and even only results in when one begins to feel too warm no derives the and appreciate his surroundings. 2. The speed of theparty should be
that of its slowest member, yet better that of its slowest member, yet better
progress will be made when the party is small if each individual goes at his own gait. Let no rivalry exist until the end of the trip.
3. Move at a const
constant speed. Should it prove too fast, make it slower in the ace of resting. Do not go as fast as
possible for a time and then rest, but possible for a time and then rest, but
tart a slow pace at the very first and keep it up. Each time a rest is found
necessary it is because the system has necessary it is because the system has
been sabjected to a strain. This causes more exhaustion than woild a slow and
steady gait over the same sist ace steady gait over the same distance.
One may rest, however, first, to enjoy the scenery, and second, to cool off in the scenery, and second, to cool off in
occasional shady places when over heated. $\qquad$ but walk more rapidly on level places. 5. On steep slopes take low and short steps. This is beesuse the leverage at the knee is far more powerful,
mechanically, when the knee is but sighty bent.
4. Do not step on toes or heel, but
5. plant the foot squarely the ground Breaking this rule involves much unnecessary use of the muscles in the cal $f$ the leg.
6. Make each step slowly, and take ospecial pains to plant the foot wher
it will not slip. Give attention to tid it will not slip. Give attention to th
when tired as well as when fresh. 8. In up hill work place the han upon the knees, so that the arms may be of help.
7. Do not hesitate to breathe freely
arough the moutb
hrough the mouth, but inhale deeply It is a good thing to let something like
tike troches, or congh drops or licorice like troches, or congh drops or licorice
dissolve in the mouth to keep the throat dissolve in the mouth to keep the throal
moist. Too much breathing through he nose causes, in some people, an unomfortable rise in the pulse.
8. Suspend all clo
9. Suspend all clothing from the
shoulders; take pains to wear as little shoulders; take pains to wear as little
as possible over the chest. Keep neck and wrists bare. At high altitudes or in cold weather, warm felt hat, blue
glasses and sweater are most serviceglasses and sweater are most service-
able. Short skirts and leggings are appropriate for ladies-any hindrance to the movement of the limbs is most fatiguing.
Wear
Wear hob-nailed shoes to which the
feet bave become accustomed. If the
sun is likely to be hot wear a light,
sun is likely to be hot wear a light,
Other hats may be improved by tying a white pocket handkerchief over them
Derby and hard brimmed felt hats are
not good on account of their weight
and heat. Blue glasses are important desert conutries. need be suggested. Experial restrictions shown that at high altitudes or when


Highest of all in Leavening Power.-Latest U. S. Gov't Report.

