MIND AND MUSCLE RELATED.

Fear, Anxiety or Nervousness Fatal to Difficult Feats.

In all feats of skill the influence of the mind is most important. To perform in thoroughly good style any difficult feat of skill it is absolutely necessary that the mind must be free from fear, anxiety or nervousness. I knew once, years ago, a man who had been a bull fighter in Spain. During one of his glowing accounts of the sport I expressed my surprise that he should have left the life. His reply was: "One day I was about to enter the ring, and I had a little creepy feeling of fear. Then I stopped for good. The man who feels fear is sure to be killed."

And it is equally true that the man who fears is heavily handicapped, no matter what the contest may be. Anxiety and nervousness are closely akin to fear; and both are so powerful in their effect as to render it almost impossible for one to perform perfectly and difficult or delicate feat of skill. The man who is afraid or anxious or nervous is almost sure to fail.

All emotions when intense have a powerful effect upon the muscles. This is plainly seen in the tension of the muscles, clinching of hands and arms, as well as of the face in anger, in the spasmodic breathing of excitement, in the muscular weakness and trembling of fear, and in many other conditions that might be mentioned. Now, in feats of skill of whatever nature, whether balancing, juggling, marksmanship, tumbling, or shot putting, it is necessary that just the right muscles must be used at just the right instant, and to just the right degree. When, however, the muscles are disturbed by emotional excitement, such delicate adjustment is impossible, and the probable result is failure.

The mental state most conducive to success in games of skill is confident calmness. And by practice this state of mind may be made a habit—a habit most valuable in all game of skill, even in that game of skill called life.—Dr. W. R. C. Latson, in Outing.

HUMAN POWER OF RESISTANCE.

People Have Preserved Existence Under Wonderful Conditions.

The inhabitants of Paris once lived under Henry IV., during a siege, on the most repugnant meals. All grass which could be found, even that growing between the stones of the pavement, was cooked into soups. In a field oven erected especially for this purpose "delicious" pastries of ground bones were made up during the period of three weeks, and the necessary bones were obtained from a nearby cemetery.

What occurred during the siege of Paris in 1871 is still in mind. People ate almost all the animals of the zoological garden. One of the butchers sold monkey and urchin meat, and canal rat as well as dog meat became "classical." A baker's family consumed during the siege their entire shop—i. e., all their goods—and an aged tradeswoman stayed in her basement for 143 days, living during all that time on nothing but cheese. The polar explorers knew even worse meals. The pioneers of the pole considered raw fish and polar bear meat delicacies, and Nansen is authority for the statement that he and his men were exceedingly delighted when they succeeded in baking cakes with illuminating oil. From tarred rigging of the ship and from lichens which were found on the desolate rocks not infrequently the strangest soups were made.

In the year 1901 the well digger Simon of Bonneval, near Chartres, was entombed by fallen sand and remained so for five days, having nothing to eat or to drink. In 1897 some miners in Wales were rescued from an entirely flooded mine after ten days, still alive. The water had already risen to their chins. There are, however, still more remarkable cases. The London Philosophical Transactions told of a man who had stayed in a cellar, covered by the debris of the building, 24 days without eating and drinking. Italy, too, presents an instance; it is reported by Somio, the physician of the king of Sardinia: In Piedmont three women had been overtaken by an avalanche, and had been living, when they were rescued on March 19, 1755, under the debris of a stable for 37 days.—Harper's Weekly.

Hotel Has Private Rainstorm.

The latest hot weather innovation in Paris is a private rainstorm. While people in the streets are sweltering in the hot sun, guests at the Hotel Castiglione may now gaze from their windows on the big open court, and have all the cooling effects of a summer rainstorm. To make the artificial rainstorm complete the hotel management has placed in the center of the courtyard a gigantic umbrella, some 25 feet in diameter, under which the guests may read or drink without getting wet. The innovation is decidedly cooling, and is attracting considerable attention. The mechanism consists merely of pipes placed high above the court.

English Officials in India.

Britain uses only a handful of Englishmen in its India civil service to govern the hordes of natives in India. Says an authority: "Including military officers in civil employ and others, about 1,200 Englishmen are employed in the civil government of 232,000,000 of people and in the partial control of 62,000,000 more. On the average there are only four members of the ruling race for every million of its subjects. India is a government of Indians under British direction."

DANIEL ZACHMAN, President. C. J. HUNT, Cashier.
S. O. ZACHMAN, Assistant Cashier.

THE CITIZENS' BANK.

OREGON, MO.

Capital Stock Paid Up. $20,000.

Transacts a general banking business. Interest paid on deposits left for specified time.

Drafts issued on principal cities. Collections made and promptly remitted

DIRECTORS: D. Zachman, president C. L. Evans, secretary; T. S. Hinde, B. F. Morgan, and Jas. Cordrey.

Telephone No. 43.

C. D. ZOOK, President. ALBERT ROECKER, Cashier.
G. L. CUMMINS, Assistant Cashier.

Zook & Roecker

BANKING COMPANY.

OREGON, : : MISSOURI

Established 1871.

The oldest bank in the county. Transacts a general banking business. Interest paid on time deposits. Drafts sold on all the principal cities of the country and Europe. Have made special arrangements to collect money due from estates in foreign countries. The accounts of farmers, merchants and individuals respectfully solicited. Special care given to any business intrusted to us.

Telephone No. 12.

J. T. THATCHER, M. D.

Homeopathist and Surgeon

OFFICE OVER MOORE & KREEK'S

Special attention given to

Orificial Surgery

AND

ITS RELATION TO CHRONIC DISEASES.

Oregon, Mo.

Telephones: Residence, 18; Office, 9
Farmer's: Residence, 52.

T. A. LONG, D. V. S.

Veterinary Surgeon and Dentist.

TREATS ALL DOMESTIC ANIMALS

Graduate of Western Veterinary College, of Kansas City, Mo.

Office at Gelvin's Barn, Oregon, Missouri. Both Phones, 38.

DR. A. V. BANES,

ST. JOSEPH, MO.

Office hours 11 a. m. to 4 p. m., except Saturdays and Sundays 11 a. m. to 1 p. m. Chronic diseases of both sexes a pecialty. Monthly treatment furnished

Office Hours 10 a. m. to 4 p. m. Office Telephone 438 Residence Telephone 981

DR. BARTON PITTS.

Private Eye and Ear Hospital,

Eighth and Francis Sts. ST. JOSEPH, MO

Correspondence Soliciteh.

G. W. MURPHY,

ATTORNEY-AT-LAW

OREGON, MO.

Will practice in all courts. Commercial business a specialty. Office over Moore & Kreek's store.

PETREE BROS,

ATTORNEYS AT LAW

Office up stairs in VanBuskirk building,

OREGON, MISSOURI.

HARRY DUNGAN,

Attorney-at-Law

Oregon, Mo.

IVAN BLAIR,

ATTORNEY-AT-LAW

Office over Citizens' bank,

OREGON : MISSOURI

WANTED—SEVERAL INDUSTRIOUS PERsons in each state to travel for house established eleven years and with a large capital to call upon merchants and agents for successful and profitable line. Permanent engagement. Weekly cash salary of $18 and all traveling expenses and hotel bills advanced in cash each week. Experience not essential. Mention reference and enclose self-addressed envelope. THE NATIONAL, 324 Dearborn St, Chicago Ill.

WANTED — FAITHFUL PERSON TO TRAVEL for well established house in a few counties, calling on retail merchants and agents. Local territory. Salary $1024 a year and expenses advanced. Position permanent business successful and rushing. Standard House, 334 Dearborn St. Chicago.

What a Great Convenience is a Fountain Pen!

Any person who will secure six new subscribers for The Kansas City Journal at the rate of 25 cents per year each, making a total of $1.50, and send the amount to us, together with the names, will be mailed, as a present, a beautiful Fountain Pen; fine rubber handle, 14 karat gold point, fully warranted. Address The Kansas City Journal, Kansas City, Mo.

This offer expires Oct. 1, 1906.

EXPLORER RIDES A TURTLE.

De Rougemont Shows a London Audience How Easy It Is.

Six years ago M. de Rougemont appeared before the geographical section of the British association at Clifton and described with much wealth of detail his remarkable adventures in the heart of the Australian continent. He included among them some striking reminiscences of the pearling industry in Australia, and added that, having been wrecked, he occupied some part of his leisure by riding turtles in the lagoon of his desert island. Yesterday, after the lapse of many days, he appeared—in a striped bathing blanket and a bathing suit—before a British audience at the Hippodrome to demonstrate the truth of his part of his narrative.

There is no ground for supposing that it is the same turtle which shared M. de Rougemont's solitude in Australasia, or that it is a confederate in any way. Yesterday it lay placidly by the Hippodrome lagooon while M. de Rougemont lectured once again on his entertaining experiences, and it gave no sign of intelligence while he described the whole art of turtle riding. Suddenly the explorer flung off his blanket, and seizing the turtle unceremoniously by the scruff of its neck and the back of its shell hoisted it into the water. The turtle sank, but rose again. M. de Rougemont went in after it and in a moment was on its back. Down it went again and then once more rose. This time the rider grasped it firmly, crying, "Ta 'Ra 'Ra!" and slapped it with some severity. It was an exciting and amusing entertainment from the spectators' point of view and M. de Rougemont also appeared to enjoy it very much. Of the turtle's enjoyment we have some doubt, but its general attitude was that of a passive resister. At any rate, M. de Rougemont did ride it.—London Daily Graphic.

FOR THOSE NEARING OLD AGE.

Writer in Scribner Gives Some Advice Worth Heeding.

With increasing enlightenment in matters of hygiene, the period of old age is deferred, and the tides of life now flow strongly at a time when our forefathers and, still more, our foremothers were laid on the shelf; and yet, put it off as we may, it is bound to catch up with us, unless we be of those whom the gods love. To the earlier period of meek acceptance belongs the assertion, so often repeated as to be sometimes carelessly taken for truth, that contact with youth more than anything else makes old people forget their age. Never was a more mistaken statement. In a way, it is true that the society of young persons does keep their elders young, by stimulating their pride and preventing them from giving way to certain foibles incident to their time in life. It is in the nature of a salutary discipline; and those persons who are brought in contact with the little segregated communities of old men and old women who are collected in "homes" will probably agree that it is a discipline which is most desirable! For of all the pitfalls which lie in wait for old age the most distressing is that lack of self-control which lays bare the weaknesses hitherto kept under cover by a normally strong will. The constant presence of the younger generation is at the same time a moral goad and a support. The very instinct of self-preservation leads one to adapt oneself to their standards. If you would not be unpleasant to look at, you must cultivate the niceties of the toilet. Not for you, madam, any "sweet neglect." At your age, "robes loosely flowing, hair as free" are not as befitting as a well-preserved figure and a trim coiffure. Not for you, sir, an overindulgence in slippered ease. Beware the trousers that bag at the knee and the wrinkled waistcoat. If you would not be an unwelcome companion you must constantly bear in mind that "brevity is the soul of wit." You must be sympathetic, but discreet; wise, but not too wise; modern enough to be companionable, but old-fashioned enough to be suitable. And you must not expect to be understood.—Scribner.

The Old Plane Tree of Cos.

In the island of Cos, in the Aegean sea, there stands, jealously guarded, a huge plane tree, measuring nearly 18 yards in circumference. It is surrounded by a podium, or raised platform, breast high, doubtless built to support the trunk of the tree after it had become hollow and weak from age. The lower branches are still well preserved and have been shored up by pieces of antique columns, over the upper ends of which the branches have grown like ca s in consequence of the pressure of their own weight.

Close by the tree is a solid marble seat, which is said to be the chair of Hippocrates, the father of medicine, and it is supposed that he taught the art of healing from that seat. He was born at Cos in B. C. This gives a clew to the age of the celebrated tree, which must be considerably more than 2,000 years old.

That Settled It.

"On what grounds do you claim that your client is insane?"

"Didn't he choose me as his lawyer?" triumphantly replied counsel.

Even the prosecution was nonplused at this.

Why He Won.

Eazyman—Made my first money on th' races t'day.

Sharp—What hoss d'ye bet on?

Eazyman—Didn't bet on any, an' I was an easy winner.

STORY OF "LUCKY" BALDWIN.

How He Got His Start in the Early Days of California.

In 1853, or more than a half century ago, a little party of gold seekers with a meager outfit of horses and wagons, started for California from the village of Racine, Wis., says Outing. In command of this adventurous expedition was a young man who took with him his wife and infant daughter. His name was E. J. Baldwin and he made a wise choice in shaking from his restless feet the dust of a tamer civilization. He needed a larger theater of action for his pent-up and surging activities. While trailing through the mountains of Utah the pioneers were attacked by Indians, who were beaten off during a six-hour fight in which young Baldwin killed their chief. After six months of hardship, the party reached Hangtown (later called Placerville) in California.

Here Baldwin tarried and began placer mining. He appears to have been no more than an ordinary red-shirted argonaut, meeting the ups and downs of mining luck, until the discovery of the Comstock lode at Virginia City. Thither he drifted and discovered that his natural bent was gambling with the mines that other men had opened. Amid a whirlwind of speculation, he fought his way with such success that he loomed from the smoke in a few months as "Lucky" Baldwin, the man who had cleaned up $7,500,000 in the gigantic deals in the stock of the Ophir mines.

San Francisco was the Mecca of those lucky sons of fortune who were rearing a great city by the Golden Gate. As a stock and mining speculator, "Lucky" Baldwin shone resplendent, but he was also a loyal son of San Francisco. He built hotels and theaters and business blocks, even while he was amazing that far from conservative community by madly freakish extravagances.

In the very lucid interval he bought all the Spanish grants he could find near Los Angeles and there spent a million in making this ranch of his not only a splendidly productive property, but also one of the most beautiful estates ever laid out in this or any other country. It was his hobby, his pet, and he planted miles of avenues with noble shade trees and made wonderful tropical gardens, so that today his home is surrounded by a paradise of vernal beauty.

WORK NECESSARY TO SUCCESS.

Labor in Boyhood of Advantage in Later Life.

Do you feel many days that you have had a hard time? Your hours are long. Your task is hard and wages small. The contents of your weekly pay envelope will scarcely carry you over the week. Sometimes you must wear patched trousers or a frayed coat. Your employer expects a great deal from you. Other fellows dress well and always have money. They have coddling fathers and mothers, while you toil six days a week to make a living, says a writer in the Valdosta (Ga.) Times.

Never mind, young man. You are ahead of the boy who has every luxury at home. You are getting experience that he must get somehow later on. Because, sooner or later, he must fight the real battle of life himself. And you have the advantage. While life has been made easy for him, he lacks drill and discipline which every life-soldier must go through. You are preparing yourself. He may go in without preparation and fail.

Work is a great blessing. You cannot see now, but some day you will say that you were fortunate in your boyhood days because you were compelled to work. Because you cannot get power to do things save by doing them. Look over the successful men you know. Get their history. Nearly every one was compelled to work in boyhood. They toughened their muscles by hard work, and sharpened their brains by looking out for themselves.

Work makes men. Luck usually fails. Pluck nearly always wins. To succeed in anything one must overcome obstacles. Force and fiber are built by hardships. Grit is as necessary in the making of a man as gumption. Hardships are not always handicaps. Often they are helpers. You will understand this better in 20 years. Meantime, permit one who has lived that 20 years and more to advise you in this.

Not Yet, But Soon.

One night, when "Charlie" Thorne was at the Boston theater, a considerable number of years ago, his brother Ed, whose "season" had not been prosperous, had managed to reach Boston, and being known to "Con" Murphy succeeded in passing that well-known "watch dog" of the stage door.

Charles was standing in the wings, and Ed had approached to within two or three feet of him, when a "super" passed between them, brushing against Charles in so doing.

Charles turned, and, seeing his brother standing there, asked: "Did you touch me, Ed?"

"No," said Ed, "I didn't. 'Charlie,' but I'm going to in a few minutes."

The City Man's Query.

Hi Squash—Yo'd died, Eb, ef ye'd bin over'n watched one uv them city fellers goin' over th' plact yestiddy.

Eb Jay—What'd do?

Hi Squash—He looked all over th' place an' when he got dto th' hogpen he 'lowed he'd like t' see where we bred th' pig iron. An' I c'd hardly keep my boy from larfin' right in the durn fulo's face."

Read The Sentinel

$1.50 Per Year.

ST. JOSEPH GAZETTE

ELMER E. E. McJ[illegible]SEY, Editor.
C. D. MORRIS[illegible] Treasurer.

METROPOLITAN Daily and [illegible]nday Newspaper; all the News of all the world all [illegible]e time. A Newspaper of Republican views.

Subscriptio[illegible] Rates:

Daily and Sunday One year.... $3.50 [illegible]ILY, [illegible]cept Sun- [illegible] year.... $2.50

Special club rates with th[illegible] SENTINEL. Call at the SENTINEL office, see the editor, [illegible]ave a talk about it and receive a sample copy of the GAZ[illegible]TTE.

1 CENT IS [illegible]LL IT WILL COST YOU to writ[illegible]or our big FREE BICYCLE catalogue showin[illegible]he most complete line of high-grade BICYC[illegible]S, TIRES and SUNDRIES at PRICES BELOW any other manuf[illegible]urer or dealer in the world.

DO NOT BU[illegible] A BICYCLE from *anyone*, at *any price*, or on *any kind of terms*, until v[illegible] have received our complete Free Catalogues illustrating and describ[illegible] every kind of high-grade and low-grade bicycles, old patterns and latest [illegible]dels, and learn of our remarkable LOW PRICES and wonderful new [illegible]ers made possible by selling from factory direct to rider with no middlem[illegible]s profits.

WE SHIP ON APPROVAL *[illegible]hout a cent deposit*, Pay the Freight and allow 10 Days Free Trial and [illegible]ake other liberal terms which no other house in the world will do. Yo[illegible] will learn everything and get much valuable information by simply writ[illegible] us a postal.

We need a **Rider Agent** i[illegible] every town and can offer an opportunity to make money to suitable young [illegible]en who apply at once.

$8.50 PUNCTURE-P[illegible]OOF TIRES ONLY $4.80 PER PAIR

Regular Price $8.50 per pair. *To Introduce We Will Sell You a Sample Pair for Only* **$4.80** NAILS, TACKS OR GLASS WON'T LET OUT THE AIR (CASH WITH ORDER $4.55)

NO MORE TROUBLE FROM PUNCTURES.

Result of 15 years experience in tire making. No danger from THORNS, CAC[illegible]TUS, PINS, NAILS, TACKS or GLAS[illegible] Serious punctures, like intentional knife cuts, ca[illegible] be vulcanized like any other tire.

Two Hundred Thousand pairs now in actual use. Ov[illegible] Seventy-five Thousand pairs sold last year.

Notice the thick rubber tread "A" and puncture stripe "B" and "D," also rim strip "H" to prevent rim cutting. This tire will outlast any other make—SOFT, ELASTIC and EASY RIDING.

DESCRIPTION: Made in all sizes. It is lively and [illegible]sy riding, very durable and lined inside with a special quality of rubber, which never becomes po[illegible]us and which closes up small punctures without allowing the air to escape. We have hundreds o[illegible]etters from satisfied customers stating that their tires have only been pumped up once or twice in [illegible]hole season. They weigh no more than an ordinary tire, the puncture resisting qualities being [illegible]ven by several layers of thin, specially prepared fabric on the tread. That "Holding Back" sensat[illegible]n commonly felt when riding on asphalt or soft roads is overcome by the patent "Basket Weave" [illegible]read which prevents all air from being squeezed out between the tire and the road thus overcomi[illegible] all suction. The regular price of these tires is $8.50 per pair, but for advertising purposes we are [illegible]aking a special factory price to the rider of only $4.80 per pair. All orders shipped same day letter [illegible] received. We ship C.O.D. on approval. You do not pay a cent until you have examined and foun[illegible]hem strictly as represented.

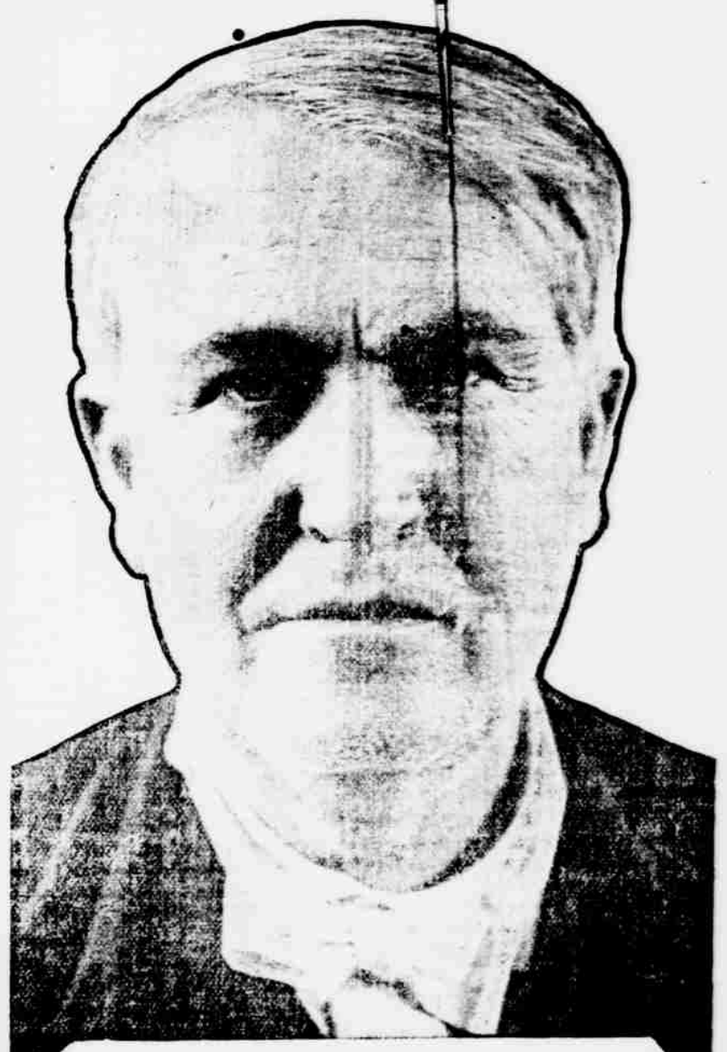
We will allow a cash discount of 5 per cent (thereby ma[illegible]ng the price $4.55 per pair) if you send FULL CASH WITH ORDER and enclose this adver[illegible]ement. We will also send one nickel plated brass hand pump and two Sampson metal punctu[illegible] closers on full paid orders (these metal puncture closers to be used in case of intentional knife cu[illegible] or heavy gashes). Tires to be returned at OUR expense if for any reason they are not satisfa[illegible]ory on examination.

We are perfectly reliable and money sent to us is as sa[illegible] as in a bank. Ask your Postmaster, Banker, Express or Freight Agent or the Editor of this [illegible]per about us. If you order a pair of these tires, you will find that they will ride easier, run [illegible]ster, wear better, last longer and look finer than any tire you have ever used or seen at any price. [illegible]e know that you will be so well pleased that when you want a bicycle you will give us your order. We want you to send us a small trial order at once, hence this remarkable tire offer.

COASTER-BRAKES, built-up-wheels, [illegible]dles, pedals, parts and repairs, and everything in the bi[illegible]le line are sold by us at half the usual prices charged by dealers and repair men. Write for our [illegible] SUNDRY catalogue.

DO NOT WAIT but write us a postal today. **DO NOT THINK OF BUYING** a bicycle or a pair of tires fro[illegible] anyone until you know the new and wonderful [illegible]fers we are making. It only costs a postal to [illegible]rn everything. Write it NOW.

MEAD CYCLE COMPANY, Dept. [illegible]L" CHICAGO, ILL.



THOMAS A. EDISON
SAYS:

"I WOULD RATHER BEGIN NOW AS A POOR BOY, THAN TO START AGAIN IN THE CONDITIONS WHICH SURROUNDED MY EARLY LIFE."

Don't fail to read James Creelman's remarkable character sketch of Thomas A. Edison in Pearson's Magazine for August.

Fifteen Other Great Features and Articles.

With the August Pearson's, the price advances to 15 cents a copy or $1.50 for a year's subscription. During the months of July and August renewals (to commence at the expiration of present subscriptions, or new subscriptions at the rate of $1.00 per year) for one, two, or three years, or $4.00 for a five-year subscription, will be accepted. Your resident newsdealer can handle your order and make a commission for himself or you can order by mail. Address,

PEARSON PUBLISHING CO., 4-20 Astor Place, New York City