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**HAS NEW IDEAS ON PULMONARY TROUBLE**

Many traditions with regard to the feeding of tuberculosis patients and with regard to food in general, are given severe blows in a series of articles published in the October number of the Journal of Outdoor Life, the official organ of the National Association for the Study and Prevention of Tuberculosis.

Dr. John R. Murlin, of New York, assistant professor of physiology at the Cornell University medical college, holds in an article entitled "The Dynamic Principles of Nutrition," that a consumptive will gain weight and do well on three pints of whole milk, eight ounces of cream, five ounces of milk sugar, six eggs and two slices of buttered toast, as a ration for each twenty-four hours. The entire diet, with the exception of the bread and butter, could be prepared in advance and served for a cost of about 50 cents per day.

Miss Cecilia Flick of the Henry Phipps Institute of Philadelphia also offers some simple diets which the ordinary family can prepare for even less than 50 cents a day.

Dr. David R. Lyman of Wallingford, Conn., and Dr. Paul B. Johnson of Washington, D. C., both agree that the ordinary person eats too much, and that the old notions about stuffing a tuberculosis patient at all times and seasons have been proven false. Dr. Lyman holds that eggs are not a necessary article of the consumptive's diet, and that a tuberculosis patient should eat anything that agrees with him that is nourishing. He thinks that a tuberculosis patient should eat only a little more than a person in ordinary good health.

Dr. Murlin compares the food we eat to the fuel used in furnishing steam and power for an engine. In selecting our food, he says that we should eat enough to furnish energy for the day's work, but that much more than this is not needed. He holds that the appetite is not a necessity for good digestion. "There is no fallacy of nutrition," he says, "greater than that which supposes that a food cannot be digested and utilized without appetite." Most of the food we eat, fully four-fifths goes to supply energy for our everyday tasks, while less than one-fifth goes to supply building material.

**TRIBUTE TO CURTIS BY GEN. A. J. SAMPSON**

He Knew Him Well and Had a Great Appreciation of His Work.

In its issue of October 8 the Chicago Record Herald pays tribute to the late William E. Curtis by publishing a series of short interviews with men of affairs who had known him intimately during the activities of his life. Among them was the following expression of General Archibald J. Sampson of this city who was then in Chicago:

"The death of W. E. Curtis seems almost a personal loss, for I knew him for many years. His writings were instructive, true, entertaining. During the time I was in the diplomatic service he gave several columns of 'write-ups' for the Republic of Ecuador that were most interesting, true to life, fairly representing that nation in its resources, people and future prospects, as is very frequently not the case. He had given me assurances of another visit to Phoenix and a 'write-up' of the new State of Arizona, with its climate, superior to anything else in the United States; its mines, rich in gold, silver and copper; its stock and farm resources abundant; its citizenship, not surpassed by any in our nation. Hundreds of thousands will miss his interesting letters."

DR. R. M. TAFEL has moved his office from 19 E. Adams St. to Room 203, National Bank of Arizona Building, Phones, Overland 668. Con. Red 2641.

**ORDER EASTERN STAR SUPPORTS MOVEMENT**

Favors Public Playgrounds For the Children.

The child's playground movement is one of such merit that it spreads rapidly after the attention of the public has been called to it, the very mention of it enlisting attention. It has only started in Phoenix but it is growing every day. At a meeting of the order of the Eastern Star, held Thursday evening after a discussion of the subject which was introduced by Vernon L. Clark, on motion of R. E. Marks the following resolution was unanimously adopted:

"Whereas there has been started in this city, a movement to secure public playgrounds for the children; and Whereas we firmly believe that the establishment of public playgrounds will result in much good to the young people of this city and vicinity;

Therefore, Be It Resolved, That Phoenix Chapter No. 5, Order of the Eastern Star, does heartily endorse said movement and pledges its support to the same."

Turkestan alfalfa seed for sale at Sturges Hay & Grain Co., 125 East Jefferson St.

**ANNUAL "RECALL" TO ARIZONA FAIR**

**CALIFORNIA AND ARIZONA NOW "LINKED" BY WIRELESS.**

Early Opening of Adams Hotel—"Harvesting" the Feather Crop.

Secretary Harry Welch of the board of trade, as announced some time ago, is getting out a series of special bulletins on events in this city, in addition to the regular monthly bulletins issued by the board, which have been quite liberally published in different places. The special bulletins are now being received with equal favor and Mr. Welch is receiving papers containing them. The latest is issued under this date, and is as follows:

Wireless masts on the roof of the new Hotel Adams are now ready. The system that is being installed will transmit messages to great distances and is unlike the wireless used on vessels. Messages can be sent by this system at any hour of the day, and will connect with stations already established at San Francisco, San Diego and other important California points and at El Paso and Fort Worth, Texas, and at Kansas City.

San Francisco's world's exposition for 1915 and San Diego exposition, 1915, will have delegates attend the opening of the Hotel Adams, and the chambers of commerce of San Francisco, Los Angeles and San Diego will also be represented. Greetings all over the country will be sent and received by the new wireless system. The hotel will be opened November 6th, the first day of the Arizona fair. Modeled on the lines of the U. S. Grant hotel at San Diego, the Hotel Adams will be the finest hotel in the southwest.

All Arizona is getting ready for the annual "recall" to Phoenix to attend the Arizona fair. The auto desert ran, Los Angeles to Phoenix, is the biggest motor event in the west, and drivers say the run this year will be "the hardest grind on the continent." There are twenty entries for the prize, which totals about \$7,000. Track conditions are splendid and there will be some speedy events. The horse will be represented by the famous "Chlan" and many other fast animals. Racing between ostriches is suggested. There are 8,000 ostriches on farms near Phoenix, and there is great rivalry between the ostrich farmers. The feather clip from 5,000 birds is now ready.

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**THESE MEN TRY TO SERVE TWO MASTERS**

But Some of Them Are Finding It a Pretty Hard Job These Days.

All the officers about the court house who are in anyway connected with the work of preparing for the coming primary election, are about the busiest individuals we have in our festive midst these more or less joyous days. In the sheriff's office they are issuing the primary notices; and in the office of the board of supervisors they are getting ready the sample ballots.

As a matter of fact, there is so much work connected with this election affair that some of the officials, and deputies, who are also candidates, have been almost compelled to neglect their electioneering duties for the purpose of looking after the routine of their regular jobs.

**STATESMEN MEET AT THE MURPHY SCHOOL**

Lure of the Political Persimmon Was Discussed At a Meeting Held Last Night.

The democratic hippodrome, composed exclusively of candidates for county offices, appeared at the Murphy school house last night. As usual, it was a success—the candidates admit it.

Vernon Vaughn, candidate for recorder, was one of the performers last night. He did a monologue stunt entitled, "The Lead Pipe Cinch, or How It Feels to Look Like a Sure Thing."

As Vaughn has no opposition for the nomination, he feels reasonably sure of winning, and he says that is too far away to talk about.

Hon. James Johnson, otherwise known as "Uncle Jimmy," is everlastingly convinced he should be nominated for the state his breathless audience. Johnson's platform is, "Boycott the Barbers."

John T. Bone, who is irreverently called by his friends T-Bone, because, as they explain, he isn't a Porter-house, was also there. Mr. Bone is running for assessor, but he isn't making any fuss about it. Maybe he's wise, but you could never convince—and—and—that speeches in allopathic doses are not absolutely essential.

Lin Orme was there, too, but he was only a super. He expects to be

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"The Shop That Satisfies."

**YOUNG PICKS GIANTS.**

"I pick New York to beat the Athletics on speed, and speed alone," says C. Young, veteran pitcher of the Boston Nationals, who has pitched against both teams. "In my opinion the two leagues are evenly matched. In a short seven game series, therefore, the team which can press the greatest amount of speed into a limited time should be certain winners."

"I don't think the Athletics pitchers can keep the Giants off the bases, and once they get on neither Thomas nor Lapp can stop them. On the defense Mathewson will be able to work three games, and will take care of all three, leaving only one to be won out of four by his colleagues."

"Even allowing the pitching, fielding and batting to side up equally, the advantage rests with the Giants with their base running, and so I figure them to win."

**THIS MAN WELLS**

The only republican who can carry Yavapai county! That's what the democrats in Judge Wells' home county say about the recently announced candidate for the republican gubernatorial nomination.

With due deference to the other republicans in Yavapai, we could have paid no higher compliment to the ability, capability, and popularity of Judge Wells than is embodied in the voluntary statement of the candidate's political enemies.

The way those democrats up in Yavapai rally to the support of Judge Wells, the way they forget political affiliation when they sent him as their representative to the constitutional convention, the knowing manner in which they smile when asked if they would support the Judge in event he is nominated, all sever of victory at the polls in December and carry a cheerful message to residents of Cochise county who have never had the opportunity of meeting the recent entry in the contest for governor. There are two officially announced candidates for the republican nomination and the comment above is not to

**THE IGOROTS GET A CHURCH**

The Children of These Supposedly Wild People Are Taught Trades

Bontoc in particular and the Igorot country in general will soon have its first permanent Christian church, for the building planned by the Belgian missionary fathers is nearing completion, according to advices brought by Father Sepulchre, a member of the mission.

The new church is a substantial stone structure and will cost 25,000 pesos. It is notable for the fact that Igorot mechanics have participated in the work of construction as carpenters, masons and plumbers.

Four years ago the Rev. Father Jurgens began the building, since when—with the assistance of Father Sepulchre, four Belgian sisters and one brother as a teaching staff—a remarkable record has been made by the fathers as very industrious and docile.

Some two hundred and fifty Igorot boys and girls have been instructed in the ordinary school grades and additional instruction has been given in industrial work. Thus there are in Bontoc some seventy artisans, practical shoemakers, horsehoes and the like, who owe their training to the fathers.

The girls are instructed by the sisters in domestic sciences, cooking, dressmaking, lacemaking, weaving and the school today numbers thirty-eight of these students. The latest addition to the curriculum is agriculture and this has had a very marked effect on the prosperity of the neighborhood.—Manila Times.

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