

OUT-DOOR SPORTS.

The hardy, strong, athletic man, after months of out-door life and sports, feels all the better, although he may have suffered, as many do, from serious sprains and bruises.

BOY'S SCHOOL.

This school, located at Burlingame, San Mateo county, stands in the front ranks among the home schools for boys on this coast.

Extreme tired feeling afflicts nearly everybody at this season. The hustlers come to push, the tireless grow weary, the energetic become enervated.

Feeling by great force of will. But this is unsafe, as it pulls powerfully upon the nervous system, which will not long stand such strain.

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C. A. DANA ON LINCOLN

THE FAMOUS EDITOR LECTURES BEFORE A NEW HAVEN SOCIETY.

"Lincoln and His Cabinet" the title of the Speech-Cameron and Stanton—His Opinion of Lincoln—Inside History of a Constitutional Amendment.

Charles A. Dana delivered a lecture before the New Haven County Historical society the other evening on his personal recollections of Lincoln and his cabinet.

Mr. Dana traced the history of the campaign that led to Mr. Lincoln's election. His election, he said, was due to a united Republican party, aided by Democrats from a disunited Democratic party.

Mr. Dana named the members of President Lincoln's cabinet. He spoke at length of Simon Cameron of Pennsylvania, first secretary of war under Lincoln, and who was succeeded by Stanton. He said Cameron was an able, loyal official and a painstaking and far-seeing statesman.

Stanton was the most eloquent man Mr. Dana had ever known or heard. He mentioned an incident when a dozen Baltimore bankers, representing probably \$50,000,000, went to Washington to protest against the arrest of Baltimore merchants who had been selling contraband articles to a southern peddler who acted as a sort of spy for the war department.

All of these splendid gentlemen, who came in long black coats, and who were very respectable indeed, were ushered into Mr. Stanton's office and seated before the fire. Mr. Stanton asked me to come in, and added that all Baltimore was there. One after another these gentlemen denounced the arrest of the merchants as groundless and outrageous.

Mr. Dana finally described the president. "Mr. Lincoln was not an educated man, in the sense that we here in New Haven know an educated man. His learning was of that type that is gained by rising at 6 o'clock in the morning, hoisting corn all day, and reading the best book he could get hold of by the light of a pine log at night.

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A FRANK STATEMENT.

Mrs. E. C. Peterson, of Fairhaven, Tells a Reporter of Her Recent Illness and Cure.

From the World-Herald, Fairhaven, Wash. Mrs. E. C. Peterson, of Fairhaven, Wash., who has been for a number of years a sufferer from nervous prostration, rheumatism and female weakness, and who has lately entirely recovered therefrom, was called upon a few days ago by a Herald representative whose attention had been called to her case.

"Yes, I was a sufferer for many years from nervous attacks, rheumatism and other complaints. We, my husband and I, expended a large sum of money in visiting the celebrated doctors of Denver, Salt Lake City and San Francisco, but my relief in all cases was only temporary, and we had nearly despaired of my ever recovering my health, when one day a friend advised Dr. Williams' Pink Pills, saying they had known of a case very similar to mine, where a wonderful cure had been effected by their use.

"Acting upon this advice, as a last remedy, my husband purchased a box of the Pink Pills more to please my friend than any belief in the medicine. However, before the box was half gone I felt a decided change for the better and after using three boxes was entirely recovered, and felt as well and strong as I ever did.

"Dr. Williams' Pink Pills have certainly been a wonderfully effective remedy for me, and I have no hesitancy in recommending them to any one who was affected as I was."

Dr. Williams' Pink Pills are not looked upon as a patent medicine, but rather as a prescribable. An analysis of their properties shows that they contain, in condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves.

They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, neuritis, neuralgia, rheumatism, nervous headache, the effects of a grippe, palpitation of the heart, pale and sallow complexion, and the tired feeling resulting from nervous prostration, all diseases resulting from vitiated humors in the blood, such as scrofula, chronic erysipelas, etc.

They are also a specific for troubles peculiar to females, such as suppressions, irregularities, and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. They are for sale by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 50c per box, or six boxes for \$2.50.

In a recent magazine article John Morley says: "There are probably not six Englishmen over 50 whose lives need to be written or should be written."

Blows through the trees, most of us who call this for a country jaunt. Fewer cross the Atlantic. Whether it is business or pleasure, the best accompaniment of a voyage or an outing, yachtsmen, sea captains, commercial travelers and military officers, in all opinions, The Bitters is unrivaled for bilious, malarial, dyspeptic or liver disorder.

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THE EELS LIGHTHOUSE.

Novel Invention of a New England Sea Captain.

Members of the United States Light-house board are considering an invention made by Captain Eels, a New England mariner, and are inclined to regard it as the best design ever presented for building lighthouses in the open ocean.

For three years engineers and architects have been working on a mammoth design for a lighthouse on the outer shoal off Cape Hatteras, and at last they believe they have perfected a plan. It is estimated that it will cost at least \$1,000,000 to carry it out.

The design of the New England man provides for a light structure as high and as capable of displacing a light of the first order as any in the world, at a cost probably not exceeding \$300,000.

In general appearance the lighthouse looks like an inverted funnel, and when in place the big end will be on the bottom, several feet in the sand, and the spigot end is to rise 100 feet, if necessary, to support the light.

The drawing of the design submitted to the treasury department represents a lighthouse at least 150 feet high from the top of the lens to the bottom of the water, the height above the water line to be about 100 feet.

The base represents a circle whose diameter is at least seventy feet, while a few feet above the water the structure is scarcely more than thirty feet through the center, and from that to the top of the light it continues to diminish until at the extreme top it is not more than twelve feet through. The big end of the funnel consists of two walls, one inside the

other, with a space between of about eight feet at the bottom and graduating to four at the top, where the funnel meets the water line. This annular chamber is to be filled with masonry, of which enough to ballast the structure and keep it in an upright position is to be built in before starting for the sea.

Steel composes the greater part of the structure, the framing and planting of the sides of the funnel being similar to the construction of a war ship. When the structure has been completed and towed out to sea and sunk, it is proposed to fill in the space between the inner and outer chambers with sand and stones, and thus weigh down the great inverted funnel to a firm hold on the bottom.

SAILORS' SUPERSTITIONS. How Jolly Jack Tar Used to Look Upon the Days of the Week. The old superstition as to lucky and unlucky days has largely passed away. Foreign mails start and arrive on Fridays without any regard for beliefs which were at one time accepted as beyond argument by most sailors.

Monday had no particular reputation for good or evil. Tuesday was the same, except among Spaniards, who said, "Don't marry or go to sea or leave your wife on that day." Wednesday was the day of Odin, the Norse god, and lucky. Thursday was named after Thor, the Norse god of war, and was auspicious. Friday was the day dedicated to Freya, Norse goddess of love, and having reference to women was not liked on this ground.

The true reason for avoiding Friday was, of course, the fact of the crucifixion having taken place on that day, and sentiments of special veneration for the day became converted into a feeling of fear for the results which would follow its violation. The Spaniards, on the other hand, had a considerable veneration for Friday and believed that some occult influence enabled Columbus to successfully clear out of port and discover new land on that day. Saturday was generally considered auspicious.

The origin of the phrase, "A capful of wind," can be traced to a Norse king, Eric VI, who died in 907 A. D. He was credited with the useful power of directing the wind to blow where he wished by the simple method of turning his cap to that point of the compass. His powers were much appreciated and trusted and resulted in his being known as "windy cap." There is no evidence as to whether he could regulate the force of the wind as well as the direction; presumably he could, or his faithful believers would not have been so many. A "bagful of wind" is another common expression and indicates something like a classical legend of Eolus and his captive winds confined in bags.—London Nautical Magazine.

Appointed Resident Physician. Dr. Grace E. White, eldest daughter of Dr. William H. White of Bloomfield, N. J., has been appointed resident physician of the Hospital of St. John's Guild of New York city. Miss White called her acceptance of the position from Europe, where she was finishing her studies, and started for home on the first steamer.

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MAJOR W. W. ROBBING.

Framer of the Indiana Military Bill Made Well by Paine's Celery Compound.

Major Robbins, of the Second Indiana State guards, aide on Gen. McCoe's staff and president of camp Gray, has been for two years one of the most influential members of the Indiana legislature and the author of the famous Indiana Military Bill of 1889.

Major Robbins was a very sick man up to the time of taking Paine's celery compound. In proof of that remarkable remedy can do to make a sick person strong and well, Major Robbins' letter from Indianapolis best tells its own straightforward story.

"I was troubled with a torpid liver, constipation and accompanying sallow complexion, while my entire nervous system was entirely deranged, and I was greatly reduced in flesh. While in this condition I was taken down with a very severe attack of the grip, and was, for a long time, confined to the house and my bed.

"I resorted to various medicines and tonics, and under their temporary influence made several attempts to resume my business of traveling about in the interests of A. Steffen, cigar manufacturer of this city; but relapse succeeded relapse, and I not only was obliged to abandon my business, but growing gradually worse, became unresponsive of the ultimate result.

"At this juncture, my mother-in-law, who had used your remedy with gratifying results, prevailed upon me to commence taking Paine's celery compound, and it gives me great pleasure to state that I at once began to feel its beneficial effects.

"My appetite, which had failed me, returned, my constipation ceased, and very soon my liver became normal in its position. Following this my sleeplessness and headaches ceased, and I began to gain flesh. The indolent had me that the grip had hitherto had me relaxed, and I felt invigorated and strengthened, so I could resume my vocation, and feel free from the languid, enervated feeling that had so long possessed me.

"My friends were pleasantly surprised with the change in my condition, and I was only too happy to recommend Paine's celery compound to such of my acquaintances as were suffering from any of the complaints which so complicated my case. Therefore, I again say I feel impelled by a sense of gratitude to express how much I have been helped, for I now feel and look like a new man."

Physicians who rely on Paine's celery compound—as thousands of the most wide awake members of the profession are doing, especially now that nearly every one feels the need of a genuine spring remedy—physicians know very well what that languor and that tired feeling means. They know that debility today often results in nervous prostration tomorrow, unless the tired system is quickly invigorated.

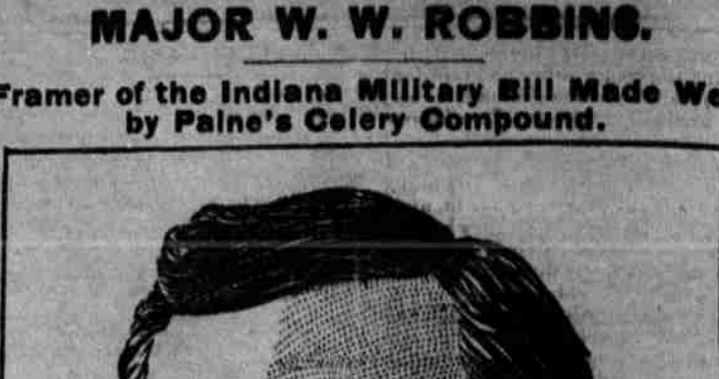
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Advertisement for 'GUT PRICES' featuring a large circular logo with 'GUT PRICES' and 'CHICAGO' text.

Advertisement for 'WOMAN FOR YOU' with text: 'The very remarkable and certain result shown by MOORE'S REVEALED REMEDY has given women a uniformly successful life. Thousands of women testify for it. It will give health and strength and make life a pleasure. For sale by all druggists. BLUMAUER-FRANK DRUG CO., PORTLAND, OREGON.'

Advertisement for 'FRAZER AXLE GREASE' with text: 'The best in the world. We wear qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from Animal Oils. GET THE BEST. FOR SALE BY OREGON AND WASHINGTON MERCHANTS and Dealers generally.'

Advertisement for 'WHO CARRIED THE LARGEST' with text: 'Line of Cutlery, Sporting Goods, Barber Supplies and Repair Goods? Why, don't you know? THE WILKINSON COMPANY? They will supply you with anything you want at lowest market prices. Send for General Catalogue or Catalogue of Sporting Goods or Barber Supplies. 520 Market Street, San Francisco, Cal.'

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Advertisement for 'BLACKWELL'S DURHAM' with text: 'I WANT YOU TO UNDERSTAND THAT I'LL HAVE NOTHING BUT THE GENUINE BLACKWELL'S DURHAM! You will find one coupon inside each two ounce bag and two coupons inside each four ounce bag of Blackwell's Durham. Buy a bag of this celebrated tobacco and read the coupon—it gives you a list of valuable presents and how to get them.'

Advertisement for 'S.H. & M.' with text: 'BIAS VELVETEEN SKIRT BINDING. Why don't you tell her to use it, or better still, buy it yourself? If your dealer will not supply you we will. Samples showing labels and materials mailed free. Home Dressmaking, a new book by Miss Emma M. Hooper, of the Ladies' Home Journal, telling how to put on Bias Velveteen Skirt Bindings sent for 25c., postage paid. S. H. & M. Co., P. O. Box 699, N. Y. City.'

Advertisement for 'MRS. WINSLOW'S SOOTHING SYRUP' with text: 'FOR CHILDREN TEething. For sale by all Druggists. 25 Cents a bottle. Beware of cheap imitations. Made in U.S.A. by Dr. J. C. Winslow, 233 N. 3rd St., Philadelphia, Pa.'