

HOW TO PRESERVE HEALTH.

One of the best ways to keep in good health, says the *Monthly Bulletin*, is not to think or worry too much about it. If you feel strong and well, do not imagine that some insidious disease may be secretly attacking your constitution. Many people are like the inexperienced traveler, who anxiously inquired about the symptoms of sickness, and how he should know when he had it. One generally knows when he is sick, and frequently may suppose alarming symptoms prove, upon investigation, to be either perfectly natural occurrences or of very slight importance.

Eat and drink what you desire, as long as it agrees with you. Your stomach knows pretty well what it can digest. Plain, simple food is desirable, as a general thing, but the luxuries of the table, in moderation, will do no harm.

Alcoholic beverages are not fit for habitual use. They are true medicines, and should only be used like any other medicines—under the advice of a physician. As a regular beverage they can do no good, but will almost certainly do harm.

Take all the sleep you can get, but remember that the necessary amount varies greatly for different people. Some must sleep at least nine hours, while others thrive under six. Only do not rob yourself of what you really need. The "midnight oil" is a terribly expensive illuminant to burn either for purposes of labor or study.

Always treat a common cold with great respect. Ninety nine times out of a hundred it will get well any way, but the hundredth cold, if neglected, may lead to bronchitis, pneumonia, or consumption. It is best to take no such chances.

If you are sick enough to need any medicine at all, beyond the simple remedies familiar to all, you are sick enough to need the attendance of a physician.

By all means take as much exercise as you can, and be in the open air as much as possible. Outdoor life is the natural condition of mankind, and the more one can have of it, the better. The practice must not be carried to extremes, however. There are many days when one is much better off in a warm, comfortable, well-ventilated house than trying to take outdoor exercise in a midwinter storm, or under a July sun, and no one ever strengthened his constitution by sleeping with his bed-room window open with the outside temperature at zero, or allowing the snow to drift in upon his pillow.

Fresh air, sunlight, good and sufficient food, pure water, outdoor exercise, temperance in all things, and a cheerful disposition, are the chief remedies in nature's dispensary, and are worth more than all the drugs and medicines of the shops. Dr. Holmes has truly said that if nine-tenths of all the medicines, patent, proprietary, and otherwise, in the world, were poured into the ocean, it would be all the better for mankind and all the worse for the fishes; and the best physician can do little without good nursing, and thus add nature in throwing off disease.

Politics Make Strange Bedfellows. Recently the New York *Tribune* made this statement:

"Shallow men used to imagine that he was opposed to reciprocity because he was resolute for protection. As early as any man in public life he saw that the two must go together, parts of a grand whole, or neither could win complete and lasting victory."

To this the New York *World* made this reply:

"Indeed! How happened it then that Mr. Blaine was elected to get even a respectful hearing for the reciprocity idea before Mr. McKinley's committee; that the McKinley bill passed the house without it, and that Mr. Blaine was only able to get it adopted in the senate by smothering his hat and declaring that the McKinley bill, as it stood, would not make a market for another bushel of wheat or barrel of corn. Is it the duty of an organ to falsify history?"

The Republican party is doing its best to recover lost ground. It sees the wisdom of free trade, and its declaration of principles is "protection and reciprocity." Surely those two words are "strange bedfellows," but—*End Oregonian.*

FACT AGAINST FICTION. An instance of the misleading character of circumstantial evidence.

There is no fragment of the imagination—if it is at all within the limits of possibilities—more curious or strange than some things that actually happen. The following is an instance in proof of this:

A few years ago Frank Millet, the well known artist, was correspondent and story writer, published a short story in a leading magazine which had as its principal feature the mysterious killing of a Parisian artist in his own studio. A web of circumstantial evidence led to the arrest of a model who had been in the habit of posing for him. But through some chain of circumstances which the writer of this has now forgotten, the murder—if murder it can be called—was found to have been caused by the discharge of a firearm through the force of capillary attraction. The firearm was used by the artist as a studio accessory, and was hung in such a manner that he was directly in line with it. Its discharge occurred when he was alone in his studio.

The story was a vivid and ingenious flight of the imagination. Now for its parallel in fact.

The Albany Law Journal tells of the arrest of a man upon the charge of killing his cousin. The dead man was found lying upon a lounge about 3 o'clock in the afternoon with a 32-caliber ball in his brain. The cousin, who had an interest of \$100,000 in his death, was alone with him in the house at the time. The discovery of the real cause of death was due to the lawyer of the accused, who took the rifle from which the ball had been fired, loaded and hung it upon the wall, and then marked the form of a man upon a white sheet and placed it upon the lounge where the man had been found.

Then a heavy cut glass pitcher of water was placed upon a shelf above. The temperature was 90 degrees in the shade. The pitcher of water acted as a sun glass, and the hot rays of the sun shining through the water were refracted directly upon the cartridge chamber of the rifle. Eight witnesses were in the room, and a few minutes after 3 o'clock there was a puff and a report, and the ball struck the outlined form back of the ear, and the theory of circumstantial evidence was explained.

This is interesting, not only because the real occurrence is quite as strange as the imagined one, but because the fact came after the fiction and paralleled it so closely.—*Detroit Free Press.*

MY SAILOR LOVER.

I watch and wait,
My ship is late,
That brings my sailor lover,
I watch the sails as they go by,
But dimly outlined 'gainst the sky,
But some brings back my lover.

To me alone
The waves low moan
Tells of my sailor lover.
Years have I watched, but all in vain,
Oh, shall I see on earth again,
My long lost sailor lover?

With weary heart
The waves low moan
Tells of my sailor lover.
"Gone is thy sailor lover,"
They tell to me in monotony,
Of sorrow that is rarely known—
Tells of my long lost lover.

Ever life and day
Shall pass away
Bringing back, O sea, my lover,
O'er mountains, hills and winding stream
I see the sun's last, fading beam—
Thus shall my soul pass over.

The Stygian river,
Gone, gone forever
To meet my long lost lover,
But still I watch, but watch in vain,
While at my heart grows keen the pain,
For my departed lover.

—Byron D. Burdick in *Yankee Blade*.

A pleasant game for an evening at home, among a few reading people and their neighbors, is called "Quotations."

A card with some appropriate lines may announce the evening to your friends, and for an hour the hostess or host, or some one else assigned the duty may read quotations, the guests giving the author.

Well known lines should be written on slips of paper and put in a pretty ribbon basket. The guests are seated in a circle, and after the first quotation one is given a minute to name the author. If he fails, the reader gives the right name and No. 3 reads the next quotation and passes to his next neighbor.

To give variety an author's name may be given, and a point may be made by the first one who responds with a quotation from that writer; or a subject may be given and appropriate quotations called for. The one making the greatest number of points wins the game. Another game that calls for quick thought is called "Observation."

On the card given to each person is a list of ten articles that he is given ten seconds each to see. An evening devoted to curios, after the fashion of some of the clubs, is also both delightful and profitable. Each guest brings a curio and tells the history of it. In the same manner a geographical club sometimes varies its evenings by having each member bring a picture of some spot where he has traveled and give a little talk about it. —*New York Post.*

Fighting a Fashionable Dressmaker. In reference to obstinacy in dress-makers for carrying out ideas I had an amusing experience. My sister's stay in Paris was too short for my dressmaker to undertake all she wanted made. For the best things were sent to a big dressmaker, whose influence has in great pretensions. Among the things ordered there was one for which I wanted my own way. The woman exclaimed: "But that is not practical. You women have ideas, but they can't be carried out."

"Well, if it cannot be carried out I will be responsible for spoil cloth if there be any." I knew she opposed it because the idea was not her own, and that it did not go to swell the bill with yards of lace, feathers, furs, passementerie, etc.

She consented at last; the dress was a great success. A few weeks after I had occasion to call on the dressmaker, and what was my surprise to find several dresses in the showroom with my idea very practically carried out, and what was my greater surprise, when the woman came in, to find she was wearing my idea practically demonstrated on her own back. —*Brooklyn Eagle.*

"You can never put too much water in milk if you always put it through the cow's mouth." This is one of many analogous aphorisms by Professor Robertson, the Canadian dairy commissioner.

The druggist is no longer a manufacturer of his compounds, and has banished mortar and pestle to be a dispenser of the products of laboratories where whirling machinery does the work.

Remedies of Chinese Trade Unions. The trades unions of China resort to terrible remedies in order to carry out their ends. I heard of a case in Shanghai where an employer did something contrary to the rules of the guild of his workmen. His men objected, but he refused to accede to their demands, and they concluded to make an example of him. He had more than 100 men working for him. These at a concerted signal sprang upon him and commenced hitting him. They had a leader, and this leader would not let one of the men go away from the place without showing his teeth, and if the teeth and gums were bloody he was allowed to go out.

The plot was gotten up on the basis that there was no capital punishment in China for hitting. They hit the man to death and the matter came to the ears of the government. There was a little fuss about it, but the guild was a strong one, and only the man who took the first hit was punished. The punishment of members within the guild for acting contrary to its rules are equally terrible. —*Frank G. Carpenter in National Tribune.*

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Nature's Power of Adjustment.

There is an interesting collection of cats in the cellars of a cold storage warehouse on Front street. The temperature of those cellars varies from 12 to 30 degrees Fahrenheit, and the rats and mice were so destructive that three years ago twelve cats were caught and placed in them. At first they had to be closely confined, but they soon adapted themselves to their new conditions of cold and darkness, and now seldom venture into the light and warmer air. When brought up they at once attempt to return to their cold quarters.

Five of the original twelve remain. Their hair has grown very thick and remains without change through the year. Two litters of kittens have been born in successive years, all having very thick hair. The room where they were found was at a temperature of 31 degrees. —*Philadelphia Ledger.*

She Was Tired Anyway. L— had been trotting her little feet off waiting upon the elder members of the family, as little children can. At last, weary from slipping down from her chair so often, and out of patience at all demands made upon her, she exclaimed: "Well, I guess I got tired as anybody, if 'tis only a small tired!" —*New York Tribune.*

"Brava." The intelligent foreigner is highly amused at the indelicacy way in which English audiences use this word, regardless of the number and sex of the performers whom they wish to applaud. A tenor is, of course, bravo; but a prima donna is brava. More than one male artist can only be bravo, and if there are more ladies than one on the stage, and no man is to be included in the applause, they should be hailed as braves—at least according to Italian grammar.—*Notes and Queries.*

The art of longevity, all the world over, is a regular life, temperate in all things, with abundance of pure air and water, and freedom from anxiety, care and worry.

Dead Sea Fruits. They say multitudes when they are the product of neglect of incipient disease. A "slight" cold, a fit of indigestion, biliousness, or constipation, each or any of these "minor ailments" advance in many cases with "league-deadly strides." Give them a swift, early defeat with Hostetter's Stomach Bitters and avert the danger. Abernethy administered an alarming rebuke to the man who informed him that he had "only a cold." "Only a cold," repeated the doctor. "What would ye have—the plague?" Rheumatism and the grippe are easily extinguishable at the start. Why then allow them to get up a full heat of steam? Put on the brakes with the Bitters. The genial warmth which this superb medicine diffuses through the system, the impetus it gives to the circulation of the blood, its soothing and strengthening effect upon the nervous system, recommend it to the untold and sick. 'Tis the great specific for malaria.

Beatty's Pianos and Organs. Hon. Daniel F. Beatty, the great organ and piano manufacturer, is building and shipping more organs and pianos than ever. In 1870 Mr. Beatty left home a penniless plow-boy, and by his indomitable will he has worked his way up as to sell so far, nearly 100,000 of Beatty's "organs and pianos since 1870. Nothing seems to dishearten him; obstacles laid in his way that would have wrecked any ordinary man forever, he turns to an advertisement, and comes out of it brighter than ever. His instruments, as is well known, are very popular and are to be found in all parts of the world. We are informed that during the next ten years he intends to sell 200,000 more of his make. That means a business of \$20,000,000 if we average them at \$100 each. It is already the largest business of the kind in existence. —*Send Daniel F. Beatty, Washington, New Jersey, for catalogue.*

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Stylish Turnouts Always in Readiness.

Having lately purchased the entire interest in the stables of J. N. Jones, we are now better prepared than ever to meet the demands of the public, as we are now making and are preparing to make many substantial improvements. Teams boarded by the day or month. Traveling men a specialty.

SALEM STAGE. We operate a daily stage line between Salem and Falls City. Stage leaves Salem City for Independence at 8 a.m. and leaves Independence for Salem at 4 p.m. Stage leaves Salem for Independence at 1 p.m. and leaves Independence for Salem at 8 a.m.

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WE ARE WITH YOU

B. F. BURCH & SON.

We can be found four doors south of the First National Bank, and would be pleased to have you drop in and see us; and if you have anything in the real-estate line, we are the persons you are looking for. This is the best portion of the Willamette valley. People are beginning to learn the fact, and are coming this way. Because of that fact, we are here; going to stay; keep our eyes open and nifty! If you have property to sell, list it with us. If you want to buy, we can suit you.

We will insure your property, or do your collecting. It will be to your interest to call and see us before you list or purchase property elsewhere.

T. W. ESTES

Successor to J. D. Irvine.

Groceries

Glassware

Queensware

Tobacco

and Cigars