OCHOCO REVIEW.

PRINEVILLE, OREGON.

OF GENERAL INTEREST.

—Smoking has been completely forbidden on any part of Cincinnati's horse cars.

—The New York *Evening Post* figures the cost of labor strikes for the last year at $10,000,000.

—A lady being questioned in court the other day as to why she had changed her religion, stated she had done so because, being separated from her husband, she determined to avoid meeting him in the next world.

—Columbus, Ga., is the only city in the South that has no morning newspaper. Persistent lovers there do not have to bribe the carrier; if they make it square with the milkman they can stay till it is almost time for breakfast. —*Somerville Journal.*

—Jonathan Houstih, a ragged old man, of Decatur, Ind., died recently, and the authorities ordered his clothes to be burned. Before the order was carried out the rags were examined, and $200 in currency and $4,300 in certificates of deposit to the Adams County Bank were found.

—Lovers of the waltz may celebrate its centenary. The first dance which could be described as a waltz was introduced to the public in an opera at Vienna in 1787 by one Vicente Martin y Solar (commonly called Martini lo Spagnuolo), who was a popular composer at the court of Joseph II.

—A water-rat weighing probably more than two pounds was seen to go to a brood of chickens and seize one. The hen chased the rat and a desperate fight ensued, the hen eventually succeeding in killing its foe and rescuing the chicken. The latter appeared little the worse for its strange experience.

—In Tangipahoa Parish, La., is an organization called the "White Horsemen." The members wear white masks and white uniforms, cover their horses with white cloths, and devote considerable attention to negroes who are suspected of stealing. The last one they whipped had just robbed a smokehouse.

—The hackmen of Victoria, British Columbia, subscribed $100 toward the celebration of the Queen's jubilee at that place, but the hack ordinance was published in the *Colonist*, and they asserted that this, by apprising visitors of their rights, reduced the hackmen's profits, and they refused to pay the money subscribed.

—According to an analysis made by a chemist in the employ of the New York *World* only twenty-six per cent. of the milk sold in that city is adulterated by the sellers. It is the retailer and the hotel and restaurant people who give it that pale blue tint so familiar to all who have the hardihood to call for a glass.—*Detroit Free Press.*

—Ida Boles, who works at a Reading hotel, arose the other morning with a stinging sensation in her head, followed by a terrible headache. She went to a physician, who removed from her ear an ugly-looking night bug, about one-third of an inch long. The insect was one of the bugs often seen flying in the vicinity of strong lights at night.

FINE TABLE LINEN.

Beautiful Designs Wrought Upon the Most Exquisite Fabrics.

"All the uptown people have their own ideas regarding their table linen," said a well-known dealer recently. "Nearly all the foreign countries manufacture table linen, and there is some made in this country, but there is a marked difference between the Scotch, Irish, Dresden, German and French cloths, which are considered the best grades. The difference is not only in texture, but in pattern. The French cloth is most fashionable. It differs from the others in being of much lighter texture and more elaborate decoration. Almost all the cloths have large center-pieces.

Two favorite patterns are the Pompeiian and the Pois Medina. The center of the first is filled in with large square blocks and the border surrounding it is of triangles. The second is composed of medium sized balls and a border of larger balls, around which are twined myrtle leaves. Another much-used pattern is the Caprice, which has a perfectly plain center and is surrounded by large flowers. One of the most expensive patterns is the Hirondelles. This linen is beautifully marked. The border is a design of rocks out of which are growing cattails, while in the center are small swallows. The birds are exquisitely wrought. The feathers on their wings are so true to nature as to stand out in a fluffy mass. The cost of a set of these, including a tablecloth and a dozen napkins, reaches one hundred dollars.

In some instances the linen is embroidered, and this increases the price fourteen or fifteen dollars. A late craze is for cipher monograms, and nearly all the linen sent out is embroidered in that way. Some of the larger families still stick to monograms, while others of the elder stock insist upon having their coats-of-arms embroidered thereon. The best French tablecloths and napkins are nearly all woven at Sierre, in France. The work is done entirely by hand. The flax from which the linens are woven comes mostly from the neighborhood of Coutrai in Flanders, where a fine variety is raised. It is so long and slender as to require support while growing. *N. Y. Mail and Express.*

TROUBLES OF TOURISTS.

The Difficulties in the Way of Obtaining a Parcel in Naples.

Let us suppose that on reaching home the visitor hears that a parcel from England awaits him at the railway station. Unable to go himself, he sends his servant with the money, the official receipt, and a written request to the station master to hand the parcel to the bearer. That ought to suffice, he thinks; but no one accustomed to Neapolitan ways will be surprised to learn that it does not. The bearer of the note is unknown personally to the station master, and he must be identified. Fortunately this is not a difficult task, and a mutual acquaintance is unearthed close by. But a new difficulty is at once forthcoming. The parcel is declared to be of value, (though obviously only a suit of clothes,) and the signor must either present himself in person or appoint an accredited agent to deliver the parcel at his house. Next day, accordingly, the signor presents himself; but here again identification is required, and this time it is attended with so much trouble that in disgust he accepts the services of an accredited agent. The following day this gentleman presents himself with the parcel, and the satisfaction is tempered by the little account produced with it. There is, first of all, the cost of the carriage; then the ordinary customs; then the town dues; then a charge for every day that it has been lying at the station; then the agent's charge, his tram, an extra sou or two because it is a warm day, and a glass of wine to wash it all down. On the next occasion when a parcel is sent from England, our visitor determines that it shall not be sent as a thing of value, and that it shall take its chance, but only to find that it makes no difference. A new set of excuses is framed, and it is not until the authority has made his little profit that the parcel reaches its destination. We have ourselves never yet been able to discover whether this is legalized or illegal robbery, but on one occasion we endeavored to escape the blackmailing by directing the parcel to be sent on by post. This was no advantage; the gain appeared to be transferred from the station-master to postmaster, though perhaps they went halves. This latter was almost a gentleman in appearance, but he was not above accepting an extra three sous, which the steepness of the hill had given him the excuse to ask for.—*Murray's Magazine.*

THE TYPICAL AUSTRALIAN.

Hospitality of the Well-to-Do Graziers or Squatters of the Antipodes.

No man is more hospitable than the well-to-do Australian. A visitor arriving well introduced will be passed on from villa to villa, from country house to country house, and from run to run, sharing everywhere the most profuse kindness. In a few weeks he will hardly know who first started him on the progress he is making.

There is little snobbery in the country, but as most of the people are "self-made," the parvenu is, of course, not an unknown personage, though the circumstances of the country and of the people prevent him—or her—becoming quite so objectionable as he or she would be in an older condition of society.

The squatters or graziers are the aristocrats of the country, though some of the successful of them have been butchers and drovers, possibly even of humbler or less reputable antecedents. They are imbued with extremely territorial instincts, and will refer to the small farmer, "who selects" under the colonial land laws a bit of the run he leases from the Government, or the irreverential gold digger, as an English 'squire would speak of a poacher, or a many-acred peer of the "city man" who builds a "snug box" overlooking his park wall.

Yet while the English 'squire is likely to talk of every thing rather than of his rent roll or the balance he has at the banker's, the squatter will hardly fail to tell his visitor of what he has got last summer for his wool, or what he expects to get this winter for the fat oxen which are grazing in the pretty but roughly kept paddock you can see from the veranda surrounding the country house, which he built when he got beyond the "hut" stage of brush-struggling existence.

The ladies are well educated, but though charming company for a visitor they are as a rule somewhat "loud" and inclined to exact the utmost deference from all the male world around them and to repay it by as little veneration as possible. Nobody awes them. As are the mistresses so are the maids, who have much of the pertness of such young persons, as exhibited in plays and on the stage generally.—*Countries of the World.*

He Took It Coolly.

A Chicago traveler tells the following on a Philadelphia man:

They were sitting together on the front steps of the Philadelphia man's residence when a fire engine dashed by, leaving in its wake a train of smoke and sparks. Horses and wagons were turned out to the curb with as much speed and dexterity as could be commanded, to make room for the big horses as they dashed down the street. In a few minutes a hose reel came hurrying down, the horses fairly leaping to reach the conflagration which was now reddening the sky. Next the hook and ladder wagon came thundering down the street. The Philadelphia man watched it till it was out of sight and then turning to his companion quietly remarked:

"There must be a fire somewhere."
—*Merchant Traveler.*

THE PITCHER'S ARM.

A New Physiological Development for Base Ball Performers.

A new physiological development has come from the introduction of "modern curve pitching, and is known as the "pitcher's arm." Just as scrivener's paralysis is produced by using certain muscles in excess, the pitcher's arm is the result of the peculiar motion which the modern pitcher uses to give the ball that long-doubted twist which alone seems able to strike out the opposing batsman and earn the pitcher's salary.

Dr. Leuf, of Philadelphia, discusses this subject in a manner deserving the attention of all present base ball lights and of the more youthful aspirants for the future. Dr. Leuf estimates that a pitcher averages about one hundred and eighty pitches in a game, in each of which the ball is delivered with almost all possible speed. With the manner of producing the curve the readers of the *Sun* are already familiar, but the special muscles engaged and affected by the process of curving are so lucidly discoursed upon by Dr. Leuf that we will follow his words in their most important bearing. He defines the point of trouble when the incurve, the out-curve, the down-curve, and the up-curve have been resorted to in excess, as follows:

The in-curve calls into action most particularly the pectoralis major, the biceps, brachialis anticus, and flexors of the forearm. The out-curve affects the pectoralis major, coraco-brachialis, intraspinatus, teres minor, and ulnar muscles. The down-curve strains most especially the pectoralis major, trapezius, deltoid, and serratus magnus. The up-curve is mostly caused by the pectoralis major, biceps, and supinator brevis.

If Larry Corcoran had but known that his trouble lay in the coraco-brachailis, or in his intraspinatus, wouldn't he have dropped his out curve like a hot potato until the crumbling foundation of his fame and fortune had got well?

The up-curve also strains the lattissimus dorsi. All curves strain the elbow joint and tend to separate the radius and the capitellum of the humerus. The constant necessity for quick twists of the elbow have a particular unfortunate effect upon the brachialis anticus. Alas for the brachialis!

Dr. Leuf maintains that the bones of a pitcher's arm may be seriously affected. The constant strain upon the bone by the pulling tendons produces inflammation and calcareous deposits, and the periœteum being pulled about hypertrophy of the subjacent bone follows.

These are only the principal points of Dr. Leuf's thesis. In regard to treatment, regular exercise is recommended. Do not pitch too swiftly when you have an "off day;" when you do not feel able to do yourself justice. don't try to pitch liard. Your average be less considered than your arm; but to be in good form a pitcher must practice about an hour morning and afternoon, Sundays included. All exercise must be taken in the sun. If the thermometer is below sixty vigorous pitching is risky, and the danger increases as the temperature falls. Never use liniments. They are no good. Rubbing is bad, too. Hot water is good, as is also mild galvanism.

Alas, how many famous arms are now comparatively quiet, and their owners no longer figures for popular admiration on account of a "pitcher's arm." How many brilliant reputations have been ruined through the ignorance of or contempt for facts and principles which Dr. Leuf lays down with such experienced authority. Let us trust that his precepts will be heeded. In that case the ball field now so strewn with the wrecks of twirlers may be trod by an unbroken list of capable and unsluggable pitchers, each with sound arms and a salary of $10,000 a year.—*N. Y. Sun.*

A Ball Club Manager's Lot.

The life of a base ball manager is a strange one. If his team is winning right along he is left alone, and whatever credit there may be goes to the team. If his team commences to lose he is blamed and the team excused for the poor work. Last season, notwithstanding the most determined efforts, I was unable to get a winning team together, and was criticised severely by press and public. This year, through a combination of good luck, I have secured a good team, and now the credit goes to the team and not to me. It is true my mind is easy, as the press can not criticise me, but the credit of gathering a winning team is never given, although the team, as such, engrosses the attention of press and public. Surely a base ball manager's task is a thankless one.—*Manager Barnes, in Baltimore Sun.*

Hints for Pall-Bearers.

When a man is asked to act as a pall-bearer at a funeral he ought to seek out the other pall-bearers before they assume their crape and their mournful air, and practice the lock-step with them for an hour or so, or at least until he can be confident that they are going to keep step when they lift up the coffin and start off with it. I was a pall-bearer recently, and my arms and knees pain me now with the recollection. When a party of pall-bearers take up a coffin and step out of time, the weight comes principally upon the two end bearers, and it is no easy thing for two men to sustain by the sharp handles of a coffin the weight of the casket itself and the corpse within.—*St. Louis Globe-Democrat.*

TORNADOES AND CYCLONES.

The Difference in the Formation of Tornado-Whirls and Whirlwinds.

When the conditions of atmospheric instability have given birth to a tornado, the fact is announced to the observer by a sudden gathering of dark, swift-whirling clouds, from which depend a writhing, serpent-like body formed of condensed vapor. This writhing column extends rapidly downward until it touches the earth. When it attains the surface it becomes audible from the violent rending actions which it creates upon that surface. As soon as the whirl is created it begins to move away—generally toward the northeast—for the evident reason that the upper cold layer of air against which it originates has, in the northern hemisphere, a movement in that direction. In its path over the surface the circling movement of the writhing air and the sucking action of the partial vacuum in the central portion of the shaft combine to bring about an extreme devastation. On the outside of the whirl the air, which rushes in a circling path toward the vortex, overturns all movable objects, and in the center these objects, if not too heavy, are sucked up as by a great air-pump. Thus the roofs of houses—bodies of men and animals—may be lifted to great elevations, until they are tossed by the tumultuous movements beyond the limits of the ascending currents and fall upon the earth. Where the center of the whirlwind passes over a building the sudden decrease in the pressure of the outer air often causes the atmosphere which is contained within the walls suddenly to press against the sides of the structure, so that these sides are quickly driven outward as if by a charge of gunpowder. It is not unlikely that the dimunition of pressure brought about by the passage of the interior of the whirl over a building may be about as much as is indicated by the fall of four inches in the barometer. This is equivalent to a change in the pressure amounting to about three hundred pounds to the square foot. This force operates to burst out the walls of a building. It is not improbable that the diminution of pressure may be much greater than this, but even the amount named is sufficient to account for the bursting out of the frail-walled structures which these devastating movements encounter in the western parts of the United States.

The way in which these tornado-whirls are formed differs in certain essential particulars from the way in which whirlwinds are created, as has been well shown by Prof. Ferrel. The most important points of difference are as follows: The dust-whirls are due to the heating of a thin layer of air next the ground. The small mass of this layer prevents its upward whirling from bringing about any powerful movements of the atmosphere. In the tornado the heat of the lower air has different origin. When a cyclone passes over the surface of the country, certain peculiar movements of the atmosphere which it produces bring large volumes of the warm and moistened air to the earth's surface and overlay them by a cool stratum. This layer of warm, moist air tends to rise up for the same reason that the thin layer of dry air which forms the dust-whirl is impeled upward, but on account of its great mass the intensity of the upward urgence is far greater. In the sand-whirl the upward motion begins close to the earth's surface, for the reason that the stratum which is impeled upward is very thin, but in the tornado the stratum of heated air is usually about a thousand feet thick; therefore its whirling action naturally originates at the upper surface of the hot layer, for it is at that point the upward motion begins. Starting in this upper region, the whirl extends progressively downward, just as in the bath-tub the whirl extends progressively upward from the point at which the motion originated, until the wind may touch the surface of the earth. When these whirls begin they only involve a small part of the air about the point of origin, and so the acquired velocity of the particles when they come to the center is not great, but gradually they suck air from farther and farther away. As the field of supply becomes larger, and the particles move from a greater distance, they approach that center with greater speed, and the spiral widens and turns with accelerated velocity.

Fortunately the paths of tornadoes are ordinarily very narrow—the widest have a diameter of less than two miles; the narrowest of only forty feet. In most cases a tornado is seriously destructive over a width not exceeding five hundred feet. The length of the tornado's path across the country does not commonly exceed thirty miles, and it generally traverses the distance in about an hour. When the upward corkscrew motion of the outer part of the spiral and the swifter uprush of the air through the central shaft have drained away the most of the warm air which gave birth to the motion, the tornado dies away. The equilibrium of the air-masses is for a time restored, the heavier air has fallen down upon the surface, and the warm air, spreading literally as it attains the level to which it tends, comes into a state of quiet. Assuming the width of the destruction brought about by the storm at six hundred feet, and the length of its journey at thirty miles, we find that the area of its devastation amounts to about two thousand acres, or to a square area about two miles on a side. Over this area the destruction is ordinarily more complete than that which occurs in the most severe earthquakes.—*N. S. Shaler, in Scribner's Magazine.*

THE WORLD'S BIG GUNS.

Some of the Monsters Built for the Ships and Forts of Foreign Powers.

The progress of thirty years in constructing heavy guns has been extraordinary. The largest pieces found on war vessels in 1860 threw a ball weighing sixty-eight pounds, with an initial velocity of 1,570 feet per second and an energy of 1,100 foot tons. Now initial velocities in high-power guns have been increased to 2,100 feet; projectiles at the maximum weight as 2,300 pounds, and in some cases are propeled by charges of nearly half a ton of powder, while the 110-ton guns of the Ben Bow reach an energy of about 60,000 foot tons.

Passing over the triumphs obtained by intermediate calibers, which were remarkable in their day, we find that the largest French steel guns, such as are used for the armament of the Terrible, completed at Brest, the Requin, built at Bordeaux, the Indomitable, built at L'Orient, and the Caiman, finished at Toulon, weigh each about seventy-six tons. They deliver a projectile weighing 1,716 pounds, with a muzzle velocity of 1,739 feet per second, and a muzzle energy of 30,000 foot tons. The guns are rifled breechloaders. The French have other powerful guns, those constructed on the Bange system being well known.

The Armstrong gun now mounted for service in the Italian armor-clads Duilion, Dandolo, Italia and Lepanto weigh 100 tons each, and throw a projectile of 2,000 pounds. These have long been familiar, but the later breach-loading guns are improvement over the early muzzle loaders. The most powerful of them take a powder charge of about 772 pounds, and have an initial velocity of 1,835 feet per second and a muzzle energy of 51,000 foot tons. Guns of 105 tons have also been made at Elswick for the Francesco Lauria, the Andrea Dona and the Morosini. In these the weight of the charge is 900 pounds, the weight of the projectile 2,000 pounds, the muzzle velocity 2,019 feet per second, the muzzle energy 56,547 foot tons. These will undoubtedly prove most formidable weapons.

The largest Krupp gun weighs nearly 119 tons. It is over 46 feet long, has a caliber of 15¾ inches, and fires a shot weighing 2 314 pounds, with a muzzle velocity of 1,800 feet. The maximum elevation gives it a range of nearly 7½ miles. Its power of penetration into wrought iron is estimated at about 41 inches at the muzzle, 21 inches at the distance of 1,100 yards, and 30 inches at 300 yards. At the distance of 3 miles its striking average is still about 28,000 foot tons. The Italians have two of these guns mounted in a shore battery, for which purpose they are intended.

The English 110-ton gun, manufactured at Elswick, is about 44 feet long, and its actual weight 247,785 pounds. The screw block, removed in loading, weighs 2½ tons. The projectile is a bolt weighing 1,800 pounds, and 16½ inches in diameter. With 850 pounds of powder the actual muzzle velocity attained was 2,078 feet, and the muzzle energy 34,000 foot tons; so that with 950 pounds, which the gun is constructed to use, an energy on the projectile of 62,700 foot tons is expected. The recoil of the gun is very small. The British also have a powerful new gun in their 63-ton steel breechloader, which will be carried on the Rodney. It is expected to throw 13½-inch shot, of 1,250 pounds, with a powder charge of 580 pounds, and to attain 2,100 feet muzzle velocity. Should these expectations be realized, this gun, though much lighter, will be more destructive than the 80-ton gun of the Inflexible, which takes a projectile of 1,700 pounds, with a cartridge of 450 pounds, reaching a muzzle velocity of 1,600 feet.

It is said that the next step attempted in heavy gun construction will be that of a 150-ton monster, this project being attributed to the Essen works. It would throw a shell six feet long, weighing a ton and a half. There are also some guns under construction which are expected to accomplish great results on somewhat new theories, as in the case of the one manufactured for Colonel Hope. This is to take an enormous powder charge, and to have correspondingly great penetrative effect. But without going into the possible successes of the future, those which have already been achieved are sufficiently astonishing.—*N. Y. Sun.*

—In the White mountains there is a great ravine known as "The Gulf of Mexico," where the snow lies unmelted far into the summer. Frederick Levitt, a young Bostonian, being ambitious to take a snow slide on the Fourth of July, went to the top of the snow bank in the ravine, and started to slide down. The snow was so hard and slippery he could not control his speed, and was thrown headlong over the jagged rocks, and fell a distance of one hundred and twenty feet. He was badly injured; but, strange to say, not a limb was broken, and it was thought that he might recover.—*N. Y. Ledger.*

—A wee young lady of about three years, who lives on the North Side, has a brother who has arrived at the period of cigarettes and slang, and whose expressions are quickly caught up by the little girl. She was very much put out by the rain, which continued for several days early in the month, and one day she sorrowfully asked her mother, "Mamma, who makes it wain?" Being told that it was God, she said: "In my prayers to-night, mamma, I shall ask Dod to tum off."—*Chicago Tribune.*

HUMOROUS.

—Cold Comfort—"Has the train started?" asked a belated passenger, as he rushed up to the station at Bridgeport. "Yes," answered a benevolent-looking old lady, "but it will stop at New Haven."

—"I want to be an angel," sang a female voice in a side room; and, thereupon, a heartless wretch in an adjoining apartment broke forth with: "Johnnie, get your gun, get your gun, gun gun." —*Boston Transcript.*

—City Girl—"Are those great strong cows over there yours, sir?" Farmer—"Yes, mum; and they are the strongest in this section." City girl—"Then you must be the man that makes that awfully strong butter, ain't you?"

—The Result of Tight Lacing.—
There is a young girl out at Do, Do,
And her looks they were said to be so, so;
But she spoilt her dear face
By her corset's tight lace
And now she can get nary beau beau.
—*Springfield Republican.*

—"My dear old friend, how were you able to acquire such an immense fortune?" "By a very simple method." "What method is that?" "When I was poor I made out that I was rich, and when I got rich I made out that I was poor."—*Texas Siftings.*

—Lawyer (to his client)—"Did you ever try to settle this matter with the plaintiff?" Client—"Yes, I did all I could to settle it." Lawyer—"What did he say?" Client—"He told me to go to the devil." Lawyer—"Well, what did you do then?" Client—"Why, then I came to you!"—*N. Y. Ledger.*

—"Excuse me, sir," he said, "but you are something of a reading man, are you not?" "O, yes, sir. I often read half the night through." "I thought so. I am seldom mistaken in judging character. You have a passion for literature, I suppose?" "Not exactly; I'm a proof-reader." *N. Y. Sun.*

—Professor—"To-day you made another spectacle of yourself. I am much displeased with you and wish to remark that to-morrow I will punish all of you severely unless you are so quiet that a mouse can be heard to run across the floor." A Scholar—"If you please, professor, shall I bring a mouse with me in the morning.—*Tid-Bits.*

—Boarding-House French.—Mrs. A. (who is taking French lessons). "Now, Bridget, when Prof. Blanque comes you must say 'Entrez' to him, and he will know what you mean and come into the parlor." (The bell rings, and Bridget goes to the door. It is the professor). "Ontario," says Bridget, "Wud ye walk into the pairler, sir?" (The professor walked in and Bridget reported her triumph to the cook.)—*Harper's Bazar.*

MISCELLANEOUS.

—Thompson—"Jones seems to be very popular. I wonder what's the reason?" Johnson—"It's all due to the way he greets a man." "Yes?" "Nine times out of ten he says: 'Let's have something.'"—*Pittsburgh Dispatch.*

—The Norfolk *News* tells of a young man named Charles Swedenburg who is charged with stealing fifty-two dollars from his widowed mother. He has not been examined. He can never be successfully examined without the aid of a microscope.

—A beautiful geyser has belched forth at the Upper Basin, near Mammoth Hot Springs, Wyoming. It throws a stream into the air 150 feet in height. It is located two hundred yards from the Spasmatic, and is one of the grandest on the formation.

—"Jenkins—"Don't you enjoy the conversation of Blufkins? I think him an inimitable talker." Smith—"O, yes, I like it; but there is one thing he can't do that I would enjoy much more." J.—"What is that?" S.—"Keep his mouth shut."—*Boston Budget.*

—Quite a number of persons crossed the Arkansas river the other day at Garden City to see a herd of buffalo now grazing on the prairies. There are about thirty young calves and one or two cows in the herd. The owner intends making an effort to cross them with domestic cattle.

To Regulate

THE FAVORITE HOME REMEDY is warranted not to contain a single particle of Mercury or any injurious substance, but is **purely vegetable.**

It will Cure all Diseases caused by Derangement of the Liver, Kidneys and Stomach.

If your Liver is out of order, then your whole system is deranged. The blood is impure, the breath offensive; you have headache, feel languid, dispirited and nervous. To prevent a more serious condition, take at once Simmons

LIVER REGULATOR. If you lead a sedentary life, or suffer with **Kidney Affections,** avoid stimulants and take Simmons Liver Regulator. Sure to relieve.

If you have eaten anything hard of digestion, or feel heavy after meals or sleepless at night, take a dose and you will feel relieved and sleep pleasantly.

If you are a miserable sufferer with **Constipation, Dyspepsia** and **Biliousness,** seek relief at once in Simmons Liver Regulator. It does not require continual dosing, and costs but a trifle. It will cure you.

If you wake up in the morning with a bitter, bad taste in your mouth,

TAKE Simmons Liver Regulator. It corrects the Bilious Stomach, sweetens the Breath, and cleanses the Furred Tongue. **Children** often need some safe Cathartic and Tonic to avert approaching sickness. Simmons Liver Regulator will relieve Colic, Headache, Sick Stomach, Indigestion, Dysentery, and the Complaints incident to Childhood.

At any time you feel your system needs cleansing, toning, regulating without violent purging, or stimulating without intoxicating, take

Simmons Liver Regulator.

PREPARED BY

J. H. ZEILIN & CO., Philadelphia, Pa

PRICE, $1.00.