Never go to bed with cold or damp feet.

Never lean the back upon anything that is cold.

Never take hot drinks and then go immediately out into the cold.

Never begin a journey until after a good breakfast has been eaten.

The juice of two or three lemons added to the bath is a great tonic and beautifier.

Dust particles in the lungs may cause inflammation, or even laceration, by their sharp edges.

Food for the sick should always be prepared in the most careful manner and served neatly.

In diseases of the thorax radioscopy gives information comparable in all points to that obtained by percussion.

Never breathe with the mouth open in sleeping in a cold room, but establish a habit of breathing through the nose.

Never fail to keep the back well covered, especially between the shoulder blades; also, the chest well protected.

Sage tea sweetened with honey and a bit of alum dissolved in it is good to use as a gargle for sore throat.

Never omit regular bathing, for unless the skin is in active condition the cold will close the pores and favor congestion and other diseases.

Coal miners as a class are not very susceptible to consumption, their troubles being more asthmatic and bronchitic, while where the air particles are sharp and cut the lung tissues tuberculosis will intervene, and the mortality among miners of tin, among grinders and that class is large.

WAS AN ELEVATOR BOY.

Within Three Years This Negro Has Achieved Literary Fame.

Paul Lawrence Dunbar is one of the outposts of culture among the negroes of America. He is a poet, a strong writer and a philosopher who has just gone to Europe on a lecturing tour.

Perhaps Dunbar is the most interesting and picturesque figure in the field of literature to-day. He was born twenty-five years ago in Dayton, Ohio, and was educated in the public schools of

PAUL LAWRENCE DUNBAR.

that town. Until four years ago he was an elevator boy in a big building in Dayton, and, like most of his race, he seemed to be marked for a life of uneventful toil. Yet, since that time he has published three books, has contributed to the best magazines and newspapers, has established a solid reputation and has recited his verses to many audiences of the highest culture. And now, at 25, with the encouraging plaudits of his first success ringing in his ears, he goes abroad for new conquests. In England Mr. Dunbar will be received by the most highly cultured and aristocratic people in the land, because he has genius. In his stories he tells something of his own people, but he does not limit his art to the treatment of negro life.

The Sliding Pole.

Firemen use the sliding poles in the engine houses when descending from the dormitory floors to the street floor about their ordinary affairs, just as they do when hustling down for a fire. It is the quickest and easiest way to go, and naturally they go that way always. To a man not a fireman, however, and so unaccustomed to it, the commonplace use of the sliding pole seems at first strange. He has seen it usually, perhaps only, from below; and the use of it is associated in his mind with the sound of the gong, the pounding of the horses' hoofs, the snapping of harness and the general bustle of preparation. To see the firemen come dropping down the sliding poles into this scene of activity seems all right. It seems like a part of the general scheme. But if one who has been accustomed only to seeing them come down the poles in this way should happen at a time of quiet in the house to be on an upper floor, and instead of seeing firemen shoot into view should see one suddenly and silently disappear, that sight probably would at first be surprising to him.

At first it seems strange to see any man, fireman or not, slide down a pole to start for his dinner, for instance, but that is what the fireman does, and it is just the same if he is going below for any duty in the house. He goes down the pole habitually, because that is the simplest and easiest way to go. But he doesn't go back that way; easy as it is to slide down the pole, it would be mighty hard work to shin up it. When the fireman goes up, then, like everybody else, he climbs the stairs.—New York Sun.

HEALTH IN MARCH, APRIL, MAY!

Use the Only Spring Remedy in the World That has Stood Every Test of Time.

PAINE'S CELERY COMPOUND MAKES ONE WELL.

In March, April and May use Paine's celery compound.

And only Paine's celery compound! For it is nature's remedy.

Do not for a moment confound it with any of the ignorant, catchpenny, short-lived patent remedies—sarsaparillas, nervines and tonics that bear as much resemblance to Paine's celery compound as the parasite vines do to the oaks that they live on.

Paine's celery compound cures disease. It makes people well. It has saved the lives of thousands of sufferers. It makes the weak strong.

It purifies the blood and enriches the nerves.

Every condition of winter life has been detrimental to health. There has been a steady decline in nervous vigor. Now that spring comes the body is ready to cast off unhealthy tissues if it is only given a chance. This opportunity comes when the excretory organs, kidneys, skin and bowels are made to work actively and the nerves are able to furnish sufficient energy to the digestive organs.

No remedy in the world accomplishes these results like Paine's celery compound. It nourishes, regulates and invigorates the entire nervous system from the brain to the minutest nerve filament. It causes an increased appetite and tones up the stomach to deal with the increased food. Its nourishing action is immediately manifest in a clearing up of the muddy, unhealthy skin, an increase in weight and more refreshing sleep.

First discovered after laborious, scientific research by the ablest physician America has produced, Prof. Edward E. Phelps, M. D., LL. D., of Dartmouth college, it is prescribed and publicly indorsed by the best practitioners in every city in America. It has been so enthusiastically recommended by grateful men and women in every walk of life that it is today in every sense the most popular remedy the world ever knew.

It has proven itself the greatest of all spring medicines.

In New York, Chicago, Philadelphia, Boston, St. Louis and two or three other large cities, the leading newspapers, making their own canvasses again this year, have found that the demand for Paine's celery compound surpasses that of all other remedies together!

Paine's celery compound, taken during the early spring days, has even more than its usual remarkable efficiency in making people well. It makes short work of disease. It rapidly drives out neuralgia, sleeplessness, dyspepsia and rheumatism from the system. It removes that lassitude, or "tired feeling," which betokens weakened nerves and poor blood.

Women working in close offices, saleswomen tired out and nervous from long hours' standing on their feet and waiting on impatient, irritating customers; overworked, worried and disheartened men and women everywhere will be astonished to find how much happier life becomes when their nerves have been strengthened and their blood purified by means of this great remedy.

No other remedy has the hearty approval of a like body of educated men and women and professional men, nor has there ever been a remedy that was welcomed in so many intelligent, prudent homes where pains is taken to get only the best in so vital a matter. In such families all over the country Paine's celery compound is the first, last and only remedy used.

Prof. Phelps had studied the nerves in health and disease when well nourished and when under-nourished, in men and women and children years before he looked for the remedy. Paine's celery compound is the outcome of his entire professional life. It is the one remedy that the world could not lose today at any price.

Paine's celery compound induces the body to take on solid flesh.

Physicians recognize Paine's celery compound as the one scientific spring remedy, and it is universally prescribed by them wherever there is great need of a vigorous and prompt restoring of health and strength to the worn-out system.

Paine's celery compound is the best spring remedy because it is more than a mere spring remedy. It brings about a healthy appetite, complete digestion, regular action of the bowels and the other excretory organs whenever taken, whether in summer or in winter, but as the greatest of spring remedies it has extraordinary opportunities for inducing the body to throw off morbid humors that poison it and cause rheumatism, neuralgia, heart trouble and a general low state of the health, as in spring the system is more pliable and chronic diseases so securely lodged in the system that they are with difficulty ousted, become more tractable.

Thousands of men and women have found from personal experience that Paine's celery compound makes people well, and keeps all from sickness who take it in the spring.

Many a father and mother have noticed the unmistakable improvement in the health of their children from taking Paine's celery compound in the spring. It is the one scientifically accurate remedy fitted by its composition to thoroughly purify the blood and dispel that exhausted feeling and get rid of skin diseases, headache and fits of depression with which children with weak, nervous systems, as well as grown people, are afflicted.

It has been ascertained that in Russia 573 per 1,000 girls marry before reaching the age of twenty.

Mrs Humphrey Ward, the English novelist, has turned her energies towards writing a play.

A clever Parisian has invented a machine that can split a human hair lengthwise into thirty-six strips.

Nine women obtained the doctor's degrees at the University of Berne, Switzerland, at the last examination.

A dust excluder for vehicle hubs consists of a cap secured to the outer end of the hub, being easily removable.

An electric roller for massage purposes is composed of plated copper and zinc and generates its own electricity.

WISE AS AN OWL.

The owl is said to be the wisest of birds because he keeps both eyes and ears wide open, says nothing and keeps up a good deal of thinking. When sciatica takes hold of a man, he is wisest who says nothing but keeps his eyes and ears open for the best remedy, who thinks and knows it may result in crippling, and who finds by trial that St. Jacobs Oil is the best known remedy for its treatment and permanent cure. It penetrates to the seat of the excrutiating pain, soothes and cures it, and prevents what sometimes happens—the use of the surgeon's knife to get rid of the torment. The owl thinks and then acts quickly, and the sciatica sufferer should act promptly to arrest the progress of the disease and to restore the nerve by the use of St. Jacobs Oil to its natural condition.

The lady manager of a California insurance company is credited with the largest salary paid to any woman—$10,000 a year.

OVER THE PRECIPICE

Hosts of invalids tumble to destruction simply because they will exercise no discretion in the matters of eating, drinking and the avoidance of exciting causes, and, above all, in the item of medication. They persist in dosing themselves in season and out of season with drastic and violent remedies, opiates and mineral poisons. The best, the safest, the pleasantest substitute for such hurtful no-remedies is Hostetter's Stomach Bitters, potent for malarial, rheumatic, dyspeptic, nervous and bilious complaints.

Illinois spends at least $2,000,000 a year in punshing criminals. It spends scarcely anything for their reform.

HOME PRODUCTS AND PURE FOOD.

All Eastern Syrup, so-called, usually very light colored and of heavy body, is made from glucose. *"Tea Garden Drips"* is made from Sugar Cane and is strictly pure. It is for sale by first-class grocers, in cans only. Manufactured by the PACIFIC COAST SYRUP CO. All genuine *"Tea Garden Drips"* have the manufacturer's name lithographed on every can.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O.

We the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

WEST & TRUAX,
Wholesale Druggists, Toledo, O.
WALDING, KINNAN & MARVIN,
Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.

Hall's Family Pills are the best.

Piso's Cure for Consumption is the only cough medicine used in my house.—D. C. Albright, Millinburg, Pa., Dec. 11, 1895.

Schilling's Best is simply good honest tea, well graded, fresh-roasted, packed air-tight.

If you don't like it, your grocer returns your money in full.

There is no other such dealing in tea.

A Schilling & Company
San Francisco 419

A GREAT deal of nonsense has been written—and believed, about blood purifiers. What purifies the blood?

THE KIDNEYS PURIFY THE BLOOD

AND THEY ALONE.

If diseased, however, they cannot, and the blood continually becomes more impure. Every drop of blood in the body goes through the kidneys, the sewers of the system, every three minutes, night and day, while life endures.

Warner's Safe Cure

puts the kidneys in perfect health, and nature does the rest.

The heavy, dragged out feeling, the bilious attacks, headaches, nervous unrest, fickle appetite, all caused by poisoned blood, will disappear when the kidneys properly perform their functions.

There is no doubt about this. Thousands have so testified. The theory is right, the cure is right and health follows as a natural sequence.

Be self-convinced through personal proof.

Rheumatism

Is a blood disease and only a blood remedy can cure it. So many people make the mistake of taking remedies which at best are only tonics and cannot possibly reach their trouble. Mr. Asa Smith, Greencastle, Indiana, says: "For years I have suffered with Sciatic Rheumatism, which the best physicians were unable to relieve. I took many patent medicines but they did not seem to reach my trouble. I gradually grew worse until I was unable to take my food or handle myself in any way; I was absolutely helpless. Three bottles of S.S.S. relieved me so that I was soon able to move my right arm; before long I could walk across the room, and when I had finished one dozen bottles was cured completely and am as well as ever. I now weigh 170."

A Real Blood Remedy.

S.S.S. cures Scrofula, Cancer, Eczema, and any form of blood troubles. If you have a blood disease, take a blood medicine—S.S.S. (*guaranteed purely vegetable*) is exclusively for the blood and is recommended for nothing else. It forces out the poison matter permanently. We will send to anyone our valuable books. Address Swift Specific Co., Atlanta, Ga.

SSS

Leading dealers everywhere sell

FERRY'S SEEDS

Don't risk the loss of time, labor and ground by planting seeds of unknown quality. The market is full of cheap, unreliable seeds. FERRY'S SEEDS are always the best; do not accept any substitute. Send Annual free.

D. M. FERRY & CO., Detroit, Mich.

Swept Away in a Flood.

Mr. E. V. Smalley relates in a Chicago newspaper a thrilling and very peculiar experience which he underwent a few years ago in traveling in the Northwest. With three friends he attempted to ford a slough of the Yakima River in Washington, in a big wagon drawn by four horses. Mr. Smalley says:

The river was very high, and the broad slough was running like a millrace. We know that the fording-place was narrow and the water deep, but we expected nothing more serious than to get our feet wet. But when we were about half-way across, the lead horses got their hind feet over the doubletrees and became unmanageable; and then the wagon was swept off the ford and into deep water.

One of my friends swam ashore, and two others climbed out of the tail of the wagon and managed to keep their footing until they were rescued. I attempted to get out in the same way, but before I could do so the wagon was swept into very deep water, overturned, and wagon, horses and I were soon floundering in the current.

I could not swim, and gave up all hope of my life. I went under water, and there had a very clear experience of what psychologists call the double consciousness. It seemed as if I were two persons, one a physical man, still intelligent enough to struggle among the horses, and the other a consciousness that was entirely serene and happy, looking with admiration at the beautiful water overhead, and wondering if the body would come ashore somewhere down the stream and be recovered.

This part of me felt quite delighted at being released from partnership with the other fellow. How long this lasted I do not know. I did not have any of that vivid recollection of all the events of life which men restored from drowning usually tell about. The higher consciousness only felt that it was an independent spiritual existence, now for the first time released from dwelling in a physical body.

But now the body, in its desperate struggles, clutched the ear of one of the horses. The horse got its head above water, and the man's head came up with it. The man was rescued by a boat, and with extreme regret my higher consciousness was forced to re-enter its old dwelling-place.

Exercised Him.

"This bicycle craze has done me a world of good," declared Bloomley.

"Why, you don't ride!"

"No, but I've been knocked a total of at least 1,000 feet and have run miles in my efforts to dodge scorchers."—Detroit Free Press.

RAZORS FINEST IN THE WORLD. Finck's "C. C." Razor in sizes 4-8, 5-8 and 6-8. Price, $2.50. Can be exchanged if not satisfactory. Send for General Catalogue or Catalogue of Sporting Goods or Barber Supplies.

WILL & FINCK CO., 820 Market St. San Francisco, Cal.

A. M. W. DRESS FACING. A combined Binding and Facing. Outwears all others. Dustproof, Waterproof. Cannot shrink or crinkle. Can be washed without removing. Makes the skirt hang gracefully. If your dealer will not supply you, address Weber Manufacturing Co., (Pacific Coast Agency), 819 Market St., Rooms 23-24, San Francisco, Cal. *Notice to Dealers*—We are open to propositions for exclusive agencies.

FOR PEOPLE THAT ARE SICK or "Just Don't Feel Well," DR. GUNN'S IMPROVED LIVER PILLS are the One Thing to use. Only One for a Dose. Sold by Druggists at 25c. a box. Samples mailed free. Address Dr. Bosanko Med. Co. Phila. Pa.

RODS For tracing and locating Gold or Silver ore, lost or hidden treasures. M. D. FOWLER, Box 257 Southington, Conn.

PISO'S CURE FOR CONSUMPTION. CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

Gladness Comes

With a better understanding of the transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts—rightly directed. There is comfort in the knowledge, that so many forms of sickness are not due to any actual disease, but simply to a constipated condition of the system, which the pleasant family laxative, Syrup of Figs, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact, that it is the one remedy which promotes internal cleanliness without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by all reputable druggists.

If in the enjoyment of good health, and the system is regular, laxatives or other remedies are then not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative, one should have the best, and with the well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives most general satisfaction.

Sent Free!

To any person interested in humane matters, or who loves animals, we will send free, upon application, a copy of the "ALLIANCE," the organ of this Society. In addition to its intensely interesting reading, it contains a list of the valuable and unusual premiums given by the paper. Address

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SURE CURE FOR PILES. Itching and Blind, Bleeding or Protruding Piles yield at once to DR. BO-SAN-KO'S PILE REMEDY. Stops Itching, Absorbs Tumors. A positive cure. Circulars sent free. Price 50c. Druggists or mail. DR. BOSANKO, Phila., Pa.

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BEST IN THE WORLD.

Rambler Bicycles

'96 Models	$60
'97 Models	80
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Second-hand Machines of all makes from $20 to $40 each, or on installments. Write for Catalog and Second-hand List. LIVE AGENTS WANTED.

FRED T. MERRILL CYCLE CO., PORTLAND, OR. SPOKANE, WASH.

WHEAT. Make money by successful speculation in Chicago. We buy and sell wheat there on margins. Fortunes have been made on a small beginning by trading in futures. Write for full particulars. Best of reference given. Several years' experience on the Chicago Board of Trade, and a thorough knowledge of the business. Downing, Hopkins & Co., Chicago Board of Trade Brokers. Offices in Portland, Oregon, Spokane and Seattle, Wash.

EVERY HEN Hatched in Petaluma Incubators has started right, and is better prepared to give profitable returns because these machines exclusively embody the features which produce the greatest number of vigorous Chickens. Incubators from $10 up. We pay freight. Illustrated Catalogue free.

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INDISPENSABLE TO ANY PIPE SMOKER. "AWAY WITH MAKESHIFTS." Dealers' Best Seller. SAMPLE, 10c. ONE DOZEN, 80c By Mail.

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FRAZER AXLE GREASE BEST IN THE WORLD. Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from Animal Oils. GET THE GENUINE. FOR SALE BY OREGON AND WASHINGTON MERCHANTS and Dealers generally.

"CHILDREN TEETHING." Mrs. Winslow's Soothing Syrup should always be used for children teething. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for diarrhœa. Twenty five cents a bottle. It is the best of all.

RUPTURE and PILES cured; no pay until cured; send for book. DRS. MANSFIELD & PORTERFIELD, 838 Market St., San Francisco.

PISO'S CURE For CONSUMPTION

For the last 20 years we have kept Piso's Cure for Consumption in stock, and would sooner think a groceryman could get along without sugar in his store than we could without Piso's Cure. It is a sure seller.—RAVEN & CO., Druggists, Ceresco, Michigan, September 2, 1896.

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