Health by exercise is one of the sanest of

modern fads. It is really a recognition of one of the necessary laws of health from which

we, in modern life, are always prone to drift

away. When each man provided for his own individual needs, he had to till the ground, to

hunt, to earn his bread literally by the sweat

of his brow, and all this exercise made for

health. Now-a-days, when there is specializa-

do much to preserve the restored health.

tion of labor, it falls to the lot of many a man and woman to

work in store or office and to take no exercise save what can

be taken between the store and the dwelling or on Sundays

and rare holidays. For this reason there is sound sense in

the attempt to supply artificially the exercise which cannot be obtained naturally—to toughen the muscles, and expand the chest. It is never to be forgotten, however, that gymnastics or calisthenics are artificial, and while they will promote

health can rarely be counted on to produce it. If the heart, lungs, liver, kidneys, or stomach, are "weak," it can hardly

be expected that exercise will strengthen them. But once

cure diseases which weaken the body, and then exercise will

One chief obstacle to the use of physical exercises for the

promotion of health is that the people who most need exercise cannot be persuaded to practice it, or persist in it regularly.

larly. They are weak, run-down, nervous, and the very effort which exercise calls for discourages them. Then, also, the

physical enervation they feel has its corresponding mental

enervation and there is almost a total lack of ambition. It

is to people such as these that Dr. Pierce's Golden Medical

Discovery comes as a means to the re-establishment of health.

It heals the diseases of the stomach and other organs of diges-

tion and nutrition, purifies and enriches the blood, and enables the building up of a sound, muscular body from the nutrition

"I feel it my duty to let you all know that I have recently advised a young gentleman, who was suffering badly with kidney and bladder disease, to try your 'Golden Medical Discovery,'" writes Frank Startz, M. D., of Flatonia, Fayette Co., Texas. "He bought four bottles from our druggist here, and after he had used the first bottle he began to improve. Sometimes he was unable to walk ten steps, now he can ride a horse without any pain in his back, and looks as well and sound as a young boy. His age is only 28. He has suffered for nearly three years, and several other doctors called the case incurable, but I had confidence in Dr. R. V. Pierce's Golden Medical Discovery, and now I have been offered one hundred dollars several times for my kind advice, but I would not accept it because I want

times for my kind advice, but I would not accept it because I want

capable of active exercise.

removed, the effect stops.

in paper-covers.

Address

everybody to know what Dr. Pierce's famous medicine can do.

"This testimony is absolutely true, and the reason I haven't

mentioned the young man's name is because he does not want to have his name published."

The cure of this young man by the use of "Golden Medical Discovery" serves to enforce the proposition

made in the beginning of this article, that health by

exercise is impossible when certain diseases exist. A man who can "hardly take ten steps" is certainly in-

More common, perhaps, than kidney disease, and often associated with it, is some disease or disorder of

the liver. The following letter exhibits a specimen of

the cures of "liver complaint" which have resulted

from the use of Dr. Pierce's Golden Medical Discovery.

"I sent you a letter about a year ago," writes Mrs. J. Ellis Hamilton, of Farmington, Marion Co., W. Va. "I stated my case as plainly as I could, and received a letter from you in a few days telling me to use Dr. Pierce's Golden Medical Discovery

covery and 'Favorite Prescription'—a bottle of each. I used three of each, and feel like a new woman. Don't suffer any

three of each, and feel like a new woman. Don't suffer any pain or misery any more. Before using your medicines I suffered all the time—had jaundice, caused from food not digesting properly. I would have sick headache three and four times in a week, and jaundice every four or five weeks. Could not do the work myself. I commenced using your medicines as recommended for liver complaint, and I am cured now. I asked our doctor if he couldn't cure me, and he said he could give me medicine to help me, but the trouble might return anytime. I doctored three years without any relief, only for a short time, and then I was as bad as ever. Haven't had sick headache since I took the first bottle of medicine."

It is often the case that "weak" heart, torpid liver, kidney "trouble," and other diseases have their cause

and origin in the diseased stomach. When the stomach is cured by the use of "Discovery," the other diseases are cured with it. When the cause of disease is

If the dealer offers a substitute for "Golden Medical

Discovery," remember that the sole motive of substi-

tution is to enable him to make the little more profit

YOUR HEALTH can be preserved by the use of proper means. Dr.

Pierce's Common Sense Medical Adviser tells what

means to use. This work contains 1008 large pages,

and is sent FREE on receipt of stamps to pay expense

of mailing ONLY. Send 31 one-cent stamps for the cloth-bound volume or only 21 stamps for the book

Dr. R. V. PIERCE, Buffalo, M. Y.

paid by the sale of less meritorious preparations.

derived from food perfectly digested and assimilated.

. D. & D. C. LATOURETTE ATTORNEYS AT LAW Commercial, Real Estate and Specialties Office in Commercial Bank Building REGON CITY

COMMERCIAL BANK OF OREGON CITY

CAPITAL \$100,000 Transacts a general banking business Makes loans and collections, discounts bilis uys and sells domestic and foreign exchange and receives deposits subject to check. Open from 9 s. m. to 4 p. m. F. J. MEYER Cashie ). C. LATOURETTE, President

I. N. GREENMAN

THE PIONEER EXPRESSMAN (Established 1865) Prompt delivery to all parts of the city REGON CITY

DR. GEO. HOEYE DENTIST .ll work warranted and satisfaction guaranteed Crown and Bridge work a specialty

Caufield Building REGON CITY

R. FRANCIS FREEMAN

DENTIST -raduate of Northwestern University Denta School, also of American College of Dental Surgery, Chicago Willamette Block

BEGON CITY

E I. SIAS

-DEALER IN-WATCHES, CLOCKS, JEWELRY Silverware and Spectacles ANBY OREGON

E. HAYES

ATTORNEY AT LAW Stevens Building, opp. Bank t ' Oregon City REGON CITY

JEO. T. HOWARD

NOTARY PUBLIC CEAL ESTATE AND INSURANCE At Red Front, Court House Block REGON CITY OREGON

I. C. STRICKLAND, M. D. (Hospital and Private Experience) special attention paid to Catarrh and Chronie Diseases Office hours: 10 to 12, a. m.; 4 to 6, p. m. Willamette Building SREGON CITY

J. W. Norms, M. D. J. W. POWELL, M. D. YORRIS & POWELL, Physicians and Surgeons. calls in city or country promptly attended Office: 1, 2, 17, Charman Bros. Block, Oregon City.

O. W. EASTHAM ATTORNEY AT LAW and Titles Examined, Abstracts Made, Deeds, Mortgages, Ric. drawn, Money Loaned. Office over Bank of Oregon City. OREGON CITY,

ROBERT A. MILLER ATTORNEYS AT LAW Will practice in all Courts of the State Veinhard Building, Opposite Court House OREGON CITY, OREGON

. SCHUEBEL MREN & SCHUEBEL ATTORNEYS AT LAW

Deutscher Mbpotat Will practice in all courts, make collections ad settlements of estates, furnish abstracts of the led your money on lead your money on est morigage. Office in Enterprise building. OBEGON

W. H. YOUNG'S Livery & Feed Stable Finest Turnouts in City

S. J. VAUGHAN'S

DREGON CITY. OREGON

livery, Feed and Sale Stables

Nearly opposite Suspension bridge First-Class Rigs of All Kinds OREGON CITY, OREGON

New Plumbin g and Tin Shop

A. MIHLSTIN AND REPAIRING JOBBING a Specialty

pposite Caufield Block OREGON CITY

DR. KING'S TRY NEW DISCOVERY FOR THAT COLD.

Colds, Bronchitis, Asthma, gathered to witness the pageant out of currosity. On the Puerta del Sol, no cheer was raised until the king arrived risy, LaGrippe, Hoarseness, Sore Throat, Croup and Whooping Cough.

cheer was raised until the king arrived there, when he received an evation, mainly, however, from the spectators who packed the windows and balconies. There was some cheering from the people in the streets and hats were waved

NO CURE. NO PAY.

# Feeble Pulse,

palor, fainting, smothering or sinking spells all point in the same direction-an impaired heart action. A heart that is weak or diseased cannot do full duty and the circulation of the blood is interfered with. There is a medicine that gives new strength to the heart, new power to the pulse and puts new color into cheek and lip.

"My pulse would jump and beat at a fearful rate and then drop almost to a stopping point. I could not rest at night, feet swelled and had severe pains in chest. Took Dr. Miles' Heart Cure six weeks and was cured."
T. H. JONES, Pittsburg, Texas.

### Dr. Miles' Heart Cure

regulates the heart's action, while it stimulates the digestive organs to make new, rich, red blood which gives strength to the whole body. Sold by druggists on a guarantee.

Dr. Miles Medical Co., Elkhart, Ind.

#### ^~~~~ NEWS OF THE WEEK.

Friday, May 16. A month ago a bill was re-ported from the United Judgeship. States senate committee on judiciary, providing for an additional judge in the ninth circuit. The bill has never passed; just why, no one can find out. As soon as the bill was reported, a large number of candidates at once came forward and petitions were numerously circulated and signed, asking for the appointment of different lawyers to this place. Judge Hannaford, of the state of Washington, is strongly endorsed, and Washington state has put in a claim for the additional judge, saying that California has two circuit judges, and Oregon one, and if there is to be an additional judge, Washington should receive the honor. Other candidates from Washington have appeared, and some from California. Perhaps this undue baste in scrambling for the judicial position has had some-thing to do with holding up the bill.

England is slow in sending relief to West India sufferers.... Dr. Henry VanDyke was elected moderator of the Presbyterian General Assembly ..... Anthracite miners vote to continue the strike .... Imperfect returns indicate that the registration in Oregon is 10,000 less than in 1900.....Very rich ore has been rediscovered in the Golconda

been rediscovered in the Golconda mine... Iron production for April beat the world in the United States... A. A. Morse was re-elected president of the Oregon Sunday School Association.... George T. Myers was nominated by Multnomah county republicaus as a candidate for state senator, for the vacancy caused by the resignation of R. D. Inman..... William Allen White, the Kansas editor and author, visits Portland..... William Holl, a Portland money-lender, loses \$1200 on account of his asfe being robbed at the noon hour, while he was hurriedly eating lunch. while he was hurriedly eating lunch.

Saturday, May 17. Indian For the first time since efforts have been made to get Pensions. pensions for Indian war veterans, the house of representatives seems favorable to the passage of the bill that has already passed the senate. Its success at this session of congress is deemed probable. Another bad fire has resulted seriously

to on-lookers. Men, women and children, watching a blaze in the Chicago stock yards, overloaded a viaduct, which collapsed, injuring 29 persons. The most complete lard refinery in the United States, owned by Armour & Co., burned, with a loss of between \$750,000 and \$900,000. Seven hundred men at work in the bnilding made their escape. The fire originated with the explposion of three lard tanks.......... Mount Pelee shows signs of continued activity. The commander of the Cincinnatti reports on relief work at Mar-tinique.... Emperor William will pre-sent to the United States a statue of Frederick, the Great .... Carnegie of-fers to buy the Philippines for \$20,000, 000, provided that he has assurance that the United States will ultimately recognize the independence of the Filipinos. Oregon intercollegiste team won from the Washington debaters ..... Governor Geer did not attend the republican raily at Salem ..... Vein running 50 per cent in gold has been discovered in the Golconda mine.... State of Wash-ington will have 90 days in which to select 87,000 acres of srid land..... Consumption of iron keeps pace with the enormous production..... Fritz Stashus who stabbed C. E. Buckley, caught at Holbrook......Port of Portland de-cides to borrow money by popular loan.

Sunday, May 18. Alphonso King Alphonso XIII. reaching the age of 16, became King of Spain yes-Spain. terday, and the regency of the Queen mother came to an end. A georgeous proces-sion from the palace to the chamber of deputies was the feature of the celebra-tion. The reception met with by the TAKE NO SUBSTITUTE.

Cures Consumption, Coughs,
Colda Day The Coughs, Composed chiefly of people who had There was some cheering from the peo-ple in the streets and hats were waved, but many men did not even uncover

their heads.

The Kaiser may come to Washington to the unveiling deremonies of the statute of Frederick the Great ...... The Schley-Sampson controversy vived in the house ..... The body of General Rosecrans was re-interred at Arlington cemetery.... A Negro riot at Atlanta, Ga., resulted in eight deaths..... P. L. Campbell resigns the presidency of the Monmouth Normal school, and accepts the presidency of the University of Oregon ... B. L. Stone, a pioneer jeweler, of Portland, is

Monday, May 19. Tornado A dispatch from Dallas,
Riddles Texas, says that advices
Texas. from all available sources
bere last night were that a
disastrous cyclone swept across Texas
yesterday, causing loss of life, and almost incalculable damage to property.
The cyclone is believed to have originated on the gulf coast at a point almost

nated on the gulf coast at a point almost directly south of Goliad, and traveled in a northeasterly direction as far as Kentucky. It left desolation behind it in four states, but Texas seems to have suffered more than others. At Goliad 90 persons are dead and 100 or more are injured. At Waltus Park and San Antonia and other points great damage was done. Wires went down while the report was coming this morning, so it is impossible to say what the extent of the havor wrought by the storm was.

Plot A dispatch from Madrid says Against that an anarchist plot King against King Alphonso has Alphonso. been discovered, and six

arrests, including that of Gabriel Lopez, an employe of an insurance company, have been made. Dy-namite cartridges were found on the premises where Lopez was arrested. Lopez says he received a package of cartridges from another anarchist with instructions to throw them at the moment of the passage of the royal car-riage in yesterday's procession.

Martinique A dispatch to the Matin Volcano in Paris from Port de Active. France, dated Saturday,

17, says that during the previous night 15 violent denotations were heard, and they were accompanied by lightning which lit up the entire is-land. The eruption redoubled in violence, says the dispatch, and for a moment a second catastrophe was feared. New craters are forming in the neighborhood of Le Precheur. In spite of the danger which threatens them, the refuges from the northern part of the is-land are beginning to return to their

United States trade in far East shows great gains.... Jewish women of New York have organized a crusade against the meat trust.... Salem Presbyterians celebrated 33rd anniversary of organization.....Representative H. A. Smith, of Portland, dies of intestinal hemorrhage.....E. H. Harriman arrives in Portland today.

Tuesday, May 20.

In a Tennessee coal mine, Mine three miles from the en-Explodes, trance of the workings, an explosion of gas resulted in instant death to about 200 men. Ten hours after the disaster a reseue party reached the scene, only to find that not one of the men working underneath had escaped. As the rescuers proceeded, they walked along one continuous tomb of death. Crowds of women went wild with grief, crowded about the mouth of the pit, hoping that in the innermost re-cesses of the mine some had escaped.

The House passed the naval appropriation bill. The eight hour bill was passed by the House. Doliver spoke in the senate in favor of the Philppine bill. Joseph was frustrated... Great Britain was swept by a severe storm....
In the Goliad, Teras, tornado 98 pesons were killed and 103 injured.... The Presbyterian assembly began the celebration of the centennial of home missions.... Heavy slump in Portland potato market, due to large receipts at San Francisco.... E. H. Harriman promises extension of the O. R. & N. along Snake river to Lewiston. The Northern Pacific will assist in constructing the line, and will use it jointly with the O. R. & N.

Continued on page 7.

#### What is Foley's Kidney Cure?

Answer: It is made from a prescription of a leading Chicago physician, and one of the most eminent in the country. The ingredients are the purest that money can buy, and are scientifically combined to get their utmost value. Charman & Co.

the Kind You Have Always Bought Bears tha Chart Hetchers

The steamer Leona, which has been verhauled and repainted by the Oregon City Transportation Company, began making regular trips between Oregon City and Portland. It is a delightful ride on the river at any season of the year, and more especially during the spring and summer months. The only way landings are Magone's park, Meldrum's, Moreys, Risleys and Oswego, analyting the heat to make rand time. enabling the boat to make rapid time up and down the river. The time table is as follows: Leave Oregon City at 7:00 s. m. and 10:00 s. m. and 1:30 and 4:30 p. m. Leave Portland at 8:30 and 11:30 a. m. and 3:00 and 6:15 p. m.

Attend Special Millinery Sale at Red

The only barber shop in the city employing union labor. Parker, the barber

Stand Like a Stone Wall.

Between your children and the tor-tures of itching and burning eczema, scaldhead or other skin diseases.-How Why, by using Bucklen's Arnica Salve, earths greatest healyr. Quickest cure for Ulcers, Fever Sores, Salt Rheum, Cuts, Burns or Burises. Infallible for 25c at Geo. A. Harding's drug

Millinery bargain at Red Front during



#### E. E. G. SEOL Will give you a

el Post

Bargain in Wall Paper Wall Tinting and in General House Painting

Paint Shop near Depot Hotel

Some Reasons Why You Should Insist on Having

EUREKA HARNESS OIL Unequaled by any other.
Renders hard leather soft.
Especially prepared.
Keeps out water.
A heavy bodied oil.

HARNESS

An excellent preservative. Reduces cost of your harness. Never burns the leather; its Efficiency is increased. Secures best service. Stitches kept from breaking.

OIL Is sold in all

Standard Oil Company

#### Oregon City Second-Hand & Junk Store

Highest Prices Pald for Second-Hand Goods, Hides, Junks, Metals of all Second-Hand Goods Bought and Sold

Ring Phone 416 for Junk

Sugarman & Co.

## Wall Paper

Now is the time to buy your wall paper and Murrow, the paper hanger, will sell it to you cheaper han you can buy it in Portland. Drop a card in the postoffice and have sample-book brought to your and watching them. They also got phyhouse, or telephone Ely Bros. store sicians to name chronic, incurable cases, and administered it with the physicians

#### AGENTS WANTED.

Life of T. Dewitt Talmage, by his son, Rev. Frank Dewitt Talmage and associate editors of Christian Herald. Only ate editors of Christian Heraid. Only clinical reports of the test cases were book endorsed by Talmage family. Enports of the test cases were published and will be mailed free on apportmous profit for agents who act quickly. plication. Address John J. Fulton Outfit ten cents. Write immediately. Company, 420 Montgomery St., San Clark & Co., 222 S. 4th St., Phila., Pa. Francisco, Cal. Charman & Co. are our Mention this paper.



#### Bright's Disease.

The largest sum ever paid for a prescription, changed hands in San Francisco, Aug. 30, 1901. The transfer involved in coin and stock \$112,500.00 and was paid by a party of business men for a specific for Bright's Disease and Dia-betes, hitherto incurable diseases.

They commenced the series investi-gation of the specific Nov. 15, 1900. They interviewed scores of the cured and tried it out on its merits by putting over three dozen cases on the treatment J. MURROW, Oregon City for judges. Up to Aug. 25, eighty-seven per cent of the test cases were either well or progressing favorably.

There being but thirteen per cent of failures, the parties were satisfied and closed the transaction. The proceedings of the investigating committee and the