

WEIGHTY REASONS

Is there any relation between the weight of the body and its health? Unquestionably there is. Every dollar of the millions of dollars of life insurance attests that fact; for if the weight falls below the normal ratio to height not a dollar of insurance can be obtained. In ordinary we do not think of weight in its relation to health. But sickness forces the fact upon our notice. We remember the attenuation which comes with sickness. We recall how loosely the clothes hang upon the convalescent, and how day by day with growing strength the scale tells of increasing weight.

When a man or woman is weak and "run down," losing flesh, with failing strength, one of the sure tests of returning health will be the increase of weight toward the normal. It is not enough simply to feel better. There are stimulating medicines which make the person who takes them "feel good," for a time, yet there is no real physical gain from the use of such medicines. But when the body is built up with good healthy flesh the restored strength is a real thing.

The reasons for the intimate relation between weight and health are easily to be understood. The physical life is sustained by food which is converted into nutrition. One of the results of disease in general is to reduce the nutrition of the body by reducing the capacity of the stomach (and its allied organs of digestion and nutrition) to prepare the food eaten for its nutritive service. Naturally the poorly nourished body grows thin and weak. This is especially true when the disease directly attacks the stomach and digestive and nutritive tracts. The food eaten cannot then be properly digested and perfectly assimilated.

Owing to the dependence of all other organs of the body for their nutrition and strength upon the stomach and its allied organs, it often happens that the real cause of so-called "weak" heart, "weak" lungs, "weak" kidneys, sluggish or "weak" liver, etc., is the "weak" stomach. This is proven by the fact that when Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition it is generally the case that other forms of disease are cured also. The "weak" heart grows sound, the "weak" lungs grow strong, and the kidneys and liver resume their normal activity.

"I used ten bottles of Dr. Pierce's Golden Medical Discovery and several vials of his 'Pleasant Pellets' a year ago this spring, and have had no trouble with indigestion since," writes Mr. W. T. Thompson, of Townsend, Broadwater Co., Montana. "Words fail to tell how thankful I am for the relief, as I had suffered so much, and it seemed that the doctors could do me no good. I got down in weight to 125 pounds, and was not able to work at all. Now I weigh nearly 160 and can do a day's work on the farm. I have recommended your medicine to several, and shall always have a good word to say for Dr. Pierce and his medicines."

"I suffered for twelve years with female trouble," writes Mrs. Milton Grimes, of Adair, Adair Co., Iowa, "which brought on other diseases—heart trouble, Bright's disease, nervousness, and at times would be nearly paralyzed. Had neuralgia of stomach. I can freely say your medicines (nine bottles in all, four of 'Golden Medical Discovery,' five of 'Favorite Prescription' and two vials of Dr. Pierce's Pellets) have cured me. I can work with comfort now, but before I would be tired all the time and have a dizzy headache, and my nerves would be all unstrung so I could not sleep. Now I can sleep and do a big day's work, testimonial, hoping it will be the means of helping some other invalid."

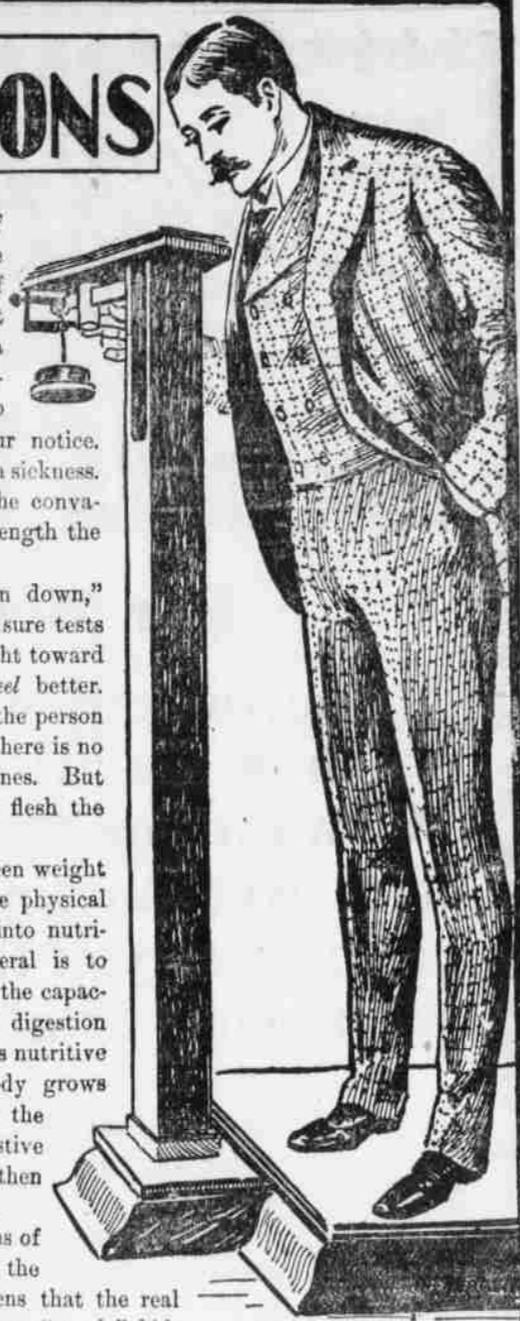
"I had been suffering with kidney trouble twenty years," writes Miss Minnie Ryan, of 1537 Louisiana Avenue, St. Louis, Mo., "and I had doctored with a number of the best physicians. I would get better, then worse again, until I read of Dr. Pierce's medicines. A little over two years ago I commenced taking your 'Golden Medical Discovery' and 'Favorite Prescription,' and took also several vials of Dr. Pierce's Pleasant Pellets. I took eight bottles (four of each), and I feel now perfectly cured."

Thousands of men and women have written in terms similar to the above in testimony to wonderful cures effected by the use of "Golden Medical Discovery." It always helps. It almost always cures. By curing diseases of the stomach and other organs of digestion and nutrition, "Golden Medical Discovery" restores the normal nutrition and so builds up the body with sound flesh. It increases the activity of the blood-making glands, so increasing the supply of pure, health-giving blood. It cures nervousness, despondency and loss of appetite as well as eruptions and skin diseases generally, which are the result of an impure condition of the blood.

WORTH ITS WEIGHT IN GOLD.

Annie Barnett, Hinson, Fisher Co., Texas, says: "I like my 'Medical Adviser' so much. It is worth its weight in gold."

Dr. Pierce's Common Sense Medical Adviser, containing over one thousand pages, 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 in paper covers. Address Dr. R. V. PIERCE, Buffalo, N. Y.



CORRESPONDENCE

Union Hall.
Joe Strejc, of New Era, visited his father one day last week.
J. Burns called on E. Friedrich one day last week.
Frank May has moved to Canby.
T. J. Grimes is clearing land.
S. H. Burns and family attended Warner Grange at New Era last Saturday.

Mrs. Nettie Riggs visited her mother, Mrs. Caroline Thomas, last Monday.
John Thomas and L. Riggs have connected their houses with a telephone.
Miss Mary Thomas, who is working in Portland, visited her parents, Mr. and Mrs. John Thomas, last Wednesday.
Frank Zollner, of Canby, called on J. Thomas last Sunday.
Charlie Thomas accompanied a party to the mountains last week.
L. Riggs is having an addition built to his house.
Mrs. Laura Burns and children went to Oregon City last Wednesday.

Beaver Lake.
Editor—Will you please allow me a small space in the columns of your valuable paper to refute a few remarks that have been run through our neighborhood regarding myself and my correspondence? It is claimed that I slandered a well-known lady on this section. I wish to say to all to whom it may concern, most emphatically, that I never mentioned her name at the time they state, and if some of our good people would attend more to their own affairs and not go about listening to gossip of so many talkers perhaps they would not be so ready to criticize, and our little burg would be one grand reign of peace and harmony.

Russellville.
Rain is still scarce and farming is making slow progress.
Mr. Boyles has returned from the mines with his company.
Mr. Dimick, of Portland, Mr. Rosenkrans of Canby, H. Russell of Molalla and two other men had a fine time on their trip, the weather was fine and they killed six deer which they all enjoyed.
Many of our people are buying flour at Canby as it is cheaper than at other places.
Mr. Harless passed through our burg from his mines.
Scott Carter has just returned from a hunting trip in the mountains.
Mr. Shilts is hauling his winter supplies.
Bob Bagby is herding cattle in the mountains.
W. Shaffer passed through our burg from his mountain ranch, looking after his bees.
Cash Austin is in the mountains looking after his ranch.
H. Davidson has been at his Molalla property fixing it up.
Mrs. Wingfield and Mrs. Durrell of Hubbard and son, also Mrs. Carter and O. S. Boyles made the latter's parents a visit.
Maud Wingfield and sister, Mrs. Boyles, came home to day.
Myrtle Boyles and Maud Wingfield made the Marts family a call Friday.
Charles Hardy John Marts and also his sister, Miss Isabella Marts was returned home.
John Marts came home with a broken limb and he is getting along nicely.

The Best Prescription for Malaria.
Chills and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No cure—no pay. Price 50c.

A Rush Continues.
It was mentioned last week in Portland papers that crowds were going uptairs at 230 1/2 Y mill street. Upon being investigated we learned that old Dr. Kessler has returned from his Southern trip and the people learning this made a rush to consult him. It must be a satisfaction to Dr. Kessler to know he is held in such high esteem by the people, but it is no wonder, when it is known the great number he has saved from the grave or insane asylum. His patients are numbered by the hundreds, and besides, the many he has cured, there are hundreds, both men and women all over this country, suffering from nervous prostration and other complicated diseases, who will soon go to the grave or the asylum. The family doctor often tells a person there is nothing the matter when consulted on these conditions. He really believes what he says, simply, because he does not understand the different manifestations of these nervous breakdowns. Hundreds of men and women, mostly women, are to-day a living death from nervous weakness, loosing their reason. Dr. Kessler, with twenty-five years experience probably understands these chronic cases of all kinds better than any one else in the state. He can give references by the hundreds but reference is not asked of him as he too well knows. It is a heart rending to go through an asylum and see the pitiful cases. When once the asylum door is closed on them they leave hope behind, for little effort is made to cure one after being sent to the asylum. For your own and the sake of the family don't let these nervous symptoms continue but either g and see or write your case to old Dr. Kessler at the St. Louis Dispensary at Portland and always enclose ten-cent stamps when writing him or you get no reply. He has never failed on any case and can cure you. Many persons at this season are troubled with a cough, but don't let it run into lung fever or consumption. Doctor Kessler will stop your cough in 24 hours and cure you in a short time. He cures old sores, ulcers, cancers, stomach diseases of all kinds, piles, rheumatism, pain in the back, heart disease etc. Don't put off until you hear from him those two awful words which he says, when he can't cure, "too late," "too late." No difference what your trouble is, call on or write him to-day. If you can't call, write him and he will send question blanks for home treatment. Address J. HENRI KESSLER, M. D., Cor. 2nd and Yamhill, Portland, Oregon, St. Louis Dispensary.

returned the same day. He says he was struck by a gentle Gale. Fed is a hustler in all ways but one.
Mr. and Mrs. Fred Schaefer and family, of Beaver Creek, visited among relatives here Sunday.
Mr. Weismandel, our enterprising creamery man, has the only cows we ever heard of testing six per cent cream on common pasture.
We have been informed that Hans Abbott has sold his team and harness.

Beaver Lake.
Good weather prevails.
John Ferguson made a trip to the county seat one day last week.
Spud digging is in "full blast." A good many of the boys are training their muscles at this manual exercise.
Our school is progressing nicely under the wise and skillful management of Miss Tessa Larkin.
Mrs. Vorhies and family were transacting business in the county seat a few days ago.
Some of the Marquam hunters will do well to keep their blooded deer hounds out of this neck of the woods. If they don't, some day the poor brutes are apt to find a happy hunting ground beyond the river.
Willie Dart, of Molalla, seems to have some great attraction in Missouri Town.
Rilee Gunn has a new house under construction.



A Nightmare

Gives point to the fact that excessive or irregular eating disturbs the digestion. Nightmare or night hag has its day time correspondence in the undue fullness after eating, with the belchings and sour or bitter rising so often experienced after too hasty or too hearty eating.
Dr. Pierce's Golden Medical Discovery cures dyspepsia and other diseases of the stomach and its allied organs of digestion and nutrition. When these diseases are cured, the whole body shares in the increased strength derived from food properly digested and perfectly assimilated.

"Your 'Golden Medical Discovery' and Dr. Sage's Catarrh Remedy have been of great benefit to me," writes (Prof.) Pleasant A. Oliver, of Viola, Fulton Co., Ark. "Before I used the above mentioned remedies my sleep was not sound; digestion bad; a continued feeling of misery. I now feel like a new man. Any one in need of medical treatment for nasal catarrh could do no better than to take treatment of Dr. R. V. Pierce. I know his medicines are all right in this class of diseases."
Sometimes a dealer tempted by the little more profit paid on the sale of less meritorious medicines will offer the customer a substitute as being "just as good" as the "Discovery." It is better for him because it pays better, but it is not as good for you, if you want the medicine that has cured others, and which you believe will cure you.
Dr. Pierce's Pleasant Pellets cleanse the clogged system from accumulated impurities.

New Plumbing and Tin Shop
A. MIHLSTIN
JOBGING AND REPAIRING
a pec al
Opposite Canby 4 Block OREGON CITY

Oregon City
Second-Hand & Junk Store
HIGHEST PRICES PAID FOR SECOND-HAND GOODS, HIDES, JUNK METALS OF ALL KINDS, ETC.
Large lot of Sacks for sale cheap.
Second-Hand Goods Bought and Sold
RING PHONE 416 FOR JUNK.
Sugarman & Co.



THE MORNING TUB
cannot be enjoyed in a basin of limited capacity nor where the water supply and temperature is uncertain by reason of defective plumbing or heating apparatus. To have both put in thorough working order will not prove expensive if the work is done by
F. C. GADKE

It requires no experience to dye with PUTNAM FADE-LESS DYES. Simply boiling your goods in the dye is all that's necessary. Sold by C. G. Huntley.



E. E. G. SEOL
Will give you a Bargain in Wall Paper Wall Tinting and in General House Painting
Paint Shop near Depot Hotel

RIPANS
I had been troubled with a very stomach for the past sixteen or seventeen years, and, as I have been acting as a clerk for the past thirteen years, I have had a good chance to try all remedies in the market, but never found anything that would do me any good. They have entirely cured me. At times I could hold nothing on my stomach, and I had a sour stomach most all the time. In fact, I was miserable, and it was hardly worth living. I was called cross and crabbed by my friends, but now they all notice the change in me.
AT DRUGGISTS.
The Ripans' packets are enough for an ordinary stomach. The family bottle, 60 cents, contains a supply for a year.



J. HENRI KESSLER, M. D.
MANAGER THE OLD ST. LOUIS DISPENSARY
Cor. Second and Yamhill Sts. Portland, Or.

This Is Old Dr. Kessler, One of the World's Greatest Specialists

Now, look here, young man, don't be so careless. Don't put off any longer; have your case attended to today for your looks tell you. You may conclude to get married some day, and to live happy you must be a man, rugged and strong physically and mentally. So many of your cases we hear of, if an investigation was made would disclose the fact that physical and nervous weakness of the husband caused the wife to finally hate him. Woman love a manly man, just as much as men love beautifully developed, healthy, red-cheeked women. Blisters and pimples show something wrong. All kinds of diseases are cured by this old doctor. It is not necessary to go to see him; in a few diseases where surgery is required or cancers, old ulcers and such, it is better to see him, but all weakness and private conditions can be cured at home. He has a perfect system for home treatment; he always answers your letters in plain envelope and keeps every case a profound secret. Pay no attention to the little books you find on streets, but trust yourself to an old doctor who has been curing cases like yours for over a quarter of a century. Always enclose 10 two-cent stamps, when writing for treatment, and send small bottle of your urine, if possible. Address,

J. HENRI KESSLER, M. D.
Manager of the St. Louis Medical and Surgical Dispensary
Office Hours, 9 a. m. to 9 p. m. Cor. 2d and Yamhill Sts. Portland

2 Guaranteed Linen Collars 25 Cents
The Double Triangle Brand Collars are stylish and comfortable. The only collar made with a heavy 5 ply seam. Sold by up-to-date merchants everywhere or 2 samples sent prepaid for 25 cents. They equal any quarter collar made. Merchants should write for our 1902 offer.

Mack's Burg.
Our friend, Jocks, was quite successful in advertising his dance. A large crowd was present. Over 50 numbers were sold, and all report having had a good time, especially Ira Morris.
Supervisor E. Morris has done some needed work on Second Street. That's right, Ed, scratch my back and I will scratch yours.
Miss Dollie Lowry and Chris Yest, who highly respected young people of the upper section, were married on Monday, October 20th. May our best wishes go with them through life's journey, but oh, it a axes us feel so lonesome.
Mrs. S. Ramsay and family, of Molalla, visited among relatives here Saturday and Sunday.
School is progressing nicely, with Frank Mardock as principal and Will Knight, assistant.
Mr. and Mrs. Ed Howard, of Canby, visited among relatives here Sunday.
Fred Johann drove to Portland with a load of hogs one day last week, and

returned the same day. He says he was struck by a gentle Gale. Fed is a hustler in all ways but one.
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