

NERVOUS PROSTRATION CURED BY PE-RU-NA.



Hal P. Denton, Mr. Hal P. Denton, Chief Department Publicity and Promotion of National Export Exposition, writes.

Philadelphia, Dec. 20, 1899. The Peruna Medicine Co., Columbus, O. Gentlemen:—Toward the latter part of August I found myself in a very much run-down condition. I suffered particularly from catarrh of the stomach, aggravated no doubt by the responsibilities and worry incident to the exploitation of a great international exposition. What I ate distressed me and I would lie awake at night 'threshing over,' if I may use that expression, the affairs of the previous day.

"My family physician said I had nervous prostration and recommended a sea voyage. I gradually grew worse. A kind friend whom I had known in Ohio recommended Peruna. Though skeptical, I finally yielded to his advice. After using one bottle I was much improved and with the fifth bottle came complete recovery. I am in perfect health today and owe everything to Peruna."

Very truly yours, HAL P. DENTON. If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice free.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

Exactly. "Do you think it is possible to love two girls at the same time?" "Not if they know it."—Melbourne Weekly Times.

We are not to blame because you have rheumatism; but you are—if you do not try Hamlin's Wizard Oil.

A Story of the Prairie. The Century magazine is about to print a serial which will have an especial interest to people who are at home on the prairies. It is called "The Biography of a Prairie Girl," and the author is Eleanor Gates, a young woman who spent her childhood in Dakota and who thus writes from the closest personal observation.

The time of Miss Gates' story is about 25 years ago; it is put in the form of a personal narrative of the life of a little girl, and there is hardly a phase or event of prairie life which is not touched upon in these pages—the oilzard, breaking colts, horse stealing by Indians, school days on the frontier, fighting gophers and badgers, cattle raising and other typical phases of hardship or prosperity.

It is not a novel, but the same characters appear and reappear in the story with a reality which impresses the reader with confidence in the truth of the narrative.

"The Biography of a Prairie Girl" will begin in the August number of the Century and it will be illustrated.

Candid. A—You see that lady over there? She is Mrs. A. I fell in love with her at first sight. What do you think of that? B—I think it would have been better had you taken a second look.—Ex.

FITS Permanently Cured. No fits or nervousness after first use of Dr. Sill's Great Nerve Restorer. Send for FREE TRIAL BOTTLE and Book. Dr. H. H. Kuss, Ltd., 511 Arch St., Philadelphia, Pa.

Pegasus Has His Opportunity. "His poetry," the public complained, "smells of the lamp."

At this Pegasus reverted to his equine side and indulged in a horse laugh.

"I suppose it's the odor of that gasoline vehicle he tied up to after I bucked and threw him," whinnied the fabled steed.—Automobile Magazine.

Depew's Explanation Failed. About a month ago a constituent of Senator Depew came to him to seek his influence in getting an office.

"You write a letter telling what you want and I will forward it with my indorsement," said the Senator when he had heard the man's story.

Yesterday the man met the Senator in the capitol lobby.

"You remember telling me to write you a letter," he said.

"O, yes," was Mr. Depew's reply, as he cordially grasped his visitor by the hand. "Let me see. You sent me the letter, didn't you, and if I remember rightly, I indorsed it strongly."

"No," said the man, "I never wrote the letter. I've been sick."—Washington Post.

A girl is not the real thing unless she has a beau out of town.

At all times the clouds, the sky, even the smoke issuing from the chimneys; the massing of the buildings; the colors of the sky; the outlines, the colors, the movement, of the others—are all elements in the picture which rests upon the physiological processes for the primary pleasure they produce. And finally, the most important, is the vast world of expression, of suggestion; and here the wealth in every man's mind has play, and the idiosyncrasy of his character or of his mood. It is difficult to resist the sense of cheerfulness and of power imparted by a view of lower New York from the water on any fine day. It is difficult for any one to look

PREMONITIONS OF DEATH

"Premonitions of death are often scouted at," said a well-known Washington newspaper man, "but there are occasionally authentic instances arising which raise doubts as to whether there may not be, after all, some sort of indefinable spiritual phenomena in the incidents.

"It may be recalled that a well-known chief of division in one of the departments, in apparent perfect health on the last day he appeared at the office, died recently of apoplexy on that night. I have since learned that on the evening in question, shortly before he retired, a large dog in his household set up such a prolonged and dismal howling in his yard that he went out with a revolver, under the supposition that there might be intruders prowling about, although the dog howled and did not bark. The dog refused to stop howling upon the appearance of his master, and followed him in the house, whining and showing evidences of distress, looking up into the official's face in such a peculiar manner that the members of the family at the time thought it exceedingly strange. The dog continued to follow his master about the house, acting strangely in the manner I have described. On the following morning the official was found dead in his room.

"The above incident is a curious fact, as is also the following, and while not of startling ghostly interest, is also local to Washington, the parties being members of my own family.

"Some time ago my wife's mother started on a journey to California. Several days after her departure an elderly colored woman, who had been a slave in her family, having been raised with my wife's mother, called at the house. As in similar instances in the South, there had been a warm attachment existing between former mistress and slave, which had continued through life. She declared she had been 'warned' that my wife's mother had died at an early hour on that morning on the train. When asked 'whether she had received a telegram to that effect she replied that she had not, but that at the hour in question she had been awakened by the ringing of the front door bell. In responding to the call she had found no one on the steps in each instance, the bell having been pulled three successive times. Her house, by the way, was on a down town street, and was recently razed to make room for a business structure.

"At about 10 o'clock on the morning of the day when the former slave had communicated the intelligence of my wife's mother's death we received a telegram from the officials of the railroad, dated from a far Western State, announcing her sudden death at about the hour when the colored companion of her early childhood had heard the pulls at the bell. Had the bell been rung during the ordinary hours of the day we would have attached no importance to the former slave's positive assertion of a spiritual visitation from the deceased lady, but as it was at about 3 o'clock in the morning the incident has ever been one of more than usual interest in our family. If the pulls at the bell were not supernatural, they were assuredly a strange coincidence."—Washington Star.

Volcanic Dust.

The Barbadoes Agricultural Reporter has sent to this office a specimen of the volcanic dust which fell on that island on May 7, 8 and 9. "Borne from St. Vincent," it says, "in the upper strata of the air, and there suspended, this stuff obscured the sunlight, and produced the phenomenon of darkness. In color and consistency it resembles Portland cement." It quotes the following description of the dust by W. G. Freeman of the local department of agriculture:

"From the calculated results of a series of observations made in Strathclyde on the fall of volcanic 'ash,' it would seem that, at a low estimate, about thirteen ounces fell per square foot between the hours of 5 p. m. on Wednesday and 5 a. m. on Thursday. This, perhaps, may not appear a large amount; but look at it from another point of view. Thirteen ounces per square foot means 117 ounces per square yard, or, to express it in familiar terms in an agricultural community, no less than 16.2 tons per acre.

"Leaving for the while minor units, such as acres, we find that 10,240 tons of volcanic 'ash' were rained onto every square mile of this island during the last twelve hours of darkness. Supposing the fall to have been approximately equal in depth over the whole island, the almost incredible amount of 1,699,840 tons of solid matter was added to Barbadoes last night."—New York Tribune.

The Sky-Scraper Question.

Part Played by Tall Buildings in the Beauty of a City.

There has been much talk of sky-lines and sky-scrapers again, and New York and Chicago have suffered some more, because some people who know have said the sky-lines of these two towns are ugly beyond all expression. It would not do to contradict those who know, and there are certainly ugly places in New York, and even in Chicago, as well as there are in London and Paris and Rome and Bagdad. Perhaps New York's sky-line is more beautiful; perhaps not. It depends a good deal on what "beautiful" is. The perception of the beauty of a line as such is a physiological process, the curves we call flowing and graceful, involving, as George Santayana puts it, "a more rhythmic set of movements in the optic muscles, and certain points in the various gyrations making rhymes and assonances, as it were, to the eye that reaches them."

The painful tension required by the long straight line was avoided by the Greeks, as investigation has shown, by the artifice of a slight curve; by the Northern builders by the introduction of interruptions. This much being admitted, it would seem that such formal beauty as the sky-lines of most cities, like the lines of Nature herself, depends upon no structural considerations. But except at such moments as at dawn or at twilight, when almost any line is beautiful against the sky, we never abstract a sky-line for contemplation, and even then many other things combine to make the composition beautiful.



Miss Mary Devereux, well known as the author of "Up and Down the Sands of Gold," spent the winter in Boston. Her home is no longer in Marblehead, but in Cleveland, Ohio. Miss Devereux has written another novel, which will be published in the fall by Messrs. Little, Brown & Co.

The period of recent Southern history between the years of reconstruction and the present new South has heretofore escaped the novelist. This is the period in which Mrs. Mary Tappan Wright has placed her novel, "Allens," Scribners publishers. Mrs. Wright is the wife of Prof. John Henry Wright, professor of Greek in Harvard.

The New York Times tells the following amusing story of a well-known society woman of the metropolis. She wanted to do honor to a recently married pair, and was anxious to have the guests to know just who the lady was, so she had the cards read: To meet Dr. and Mrs. Mary Wilkins Freeman. This was no doubt pleasing to everybody except the doctor.

"Give me an old-fashioned, simple love story. I am tired of the historical romance of European life and of American colonial and revolutionary times, and of the swashbuckling heroes who are always ready for a fight." So a prominent bookseller of New York reports is the demand of his patrons. The Kennebec Journal Literary man asks if there is to be a reaction from this class of novels that have of recent years had such an enormous circulation? The success of Audrey and a few other recent books dealing with that period does not seem to indicate it.

From a lecture by Prof. A. J. Roberts, of Colby College, we take a few interesting extracts. His subject was "Books and Reading." He spoke of Emerson's famous three rules on reading: "Never read a book not a year old; never read a book not famed; never read a book you don't like." Says the professor: "The first has little to recommend it. Some books directly from the press have more to recommend them than those a hundred years old. As to the second, the reader should use his own judgment. Many books owe their fame to anything but merit; and of the third he says, 'very little profit is gained where no pleasure is taken.' He spoke of the refining influence of reading the best poetry, and advised the study of it for its own merit. "We should make use of the books of the hour, but should not neglect old friends." The benefit of a regular course of reading he thinks is very doubtful—"so many pages a day and so many books a year can be read with very little profit." We do not agree with him, however, when he speaks of what he calls the "newspaper habit," and that it weakens the taste for good English. We have the very highest authority for the statement that a good newspaper is not only a good history of the times, but, with all its faults, it is the best exponent of English as it is spoken and written. Mark you, we said—a good newspaper.

A Plucky Woman.

"Sixteen years ago, in North Dakota, my mother was left a widow with seven children, the oldest of whom was 15," writes a young woman to Success. "At the time mother had a farm that she could not sell, thirty miles from any town, and \$75. It was evident that more ready money must come from somewhere to pay family expenses, so she left the children with an aunt while she went out to do washing, receiving \$1 a day for her work. The next fall a village was built four and one-half miles from the farm, and she walked the distance twice a day in order to do her day's work. Many times she was discouraged, but thoughts of the children, who had to be provided for, stimulated her determination to overcome her adverse circumstances. For five years she worked in this way. In the meantime the farm did not any more than pay the expense of keeping it; but mother was able to 'prove up' on her farm and move into town where the children could go to school. She bought a one-room house and lived in it until she had a chance to buy a home on monthly payments. She now has, in town, a good five-room house, a big barn, and four lots all fenced in. She has a cow, a horse, and a buggy. All the children have a fair education, and are now old enough to take care of themselves. Mother's town property is worth at least \$1,500, and two farms that she owns she can sell at any time for \$3,000, all earned at the wash tub; but now she can take life easier. All this has been done by a woman who never washed a piece of cloth until she was 30 years old. She came from Bordeaux, France, and she says that in that country she never could have saved so much as she has in the United States, no matter how hard she might have worked. She is now 56 years old, and is still able to do a 'big day's work.' I call this making life successful, and I am proud to be her daughter."

Jefferson as an Inventor.

Not many people know that Thomas Jefferson was a great inventor. His inventions were all of articles of everyday use. He devised a three-legged folding camp stool that is the basis of all camp stools of that kind to-day. The stool he had made for his own use was his constant companion on occasions of outings. The revolving chair was his invention. He designed a light wagon. A copying process was devised by him and came into general use. He also invented an instrument for measuring the distance he walked. A plow and a hemp cultivator showed that his thoughts were often on agricultural matters. His plow received a gold medal in France in 1790. Jefferson never benefited financially by his inventions, but believed they should be for the use of every one without cost.—St. Louis Post-Dispatch.

Weighting Thoughts.

A thought-weighting machine has been invented by Professor Mosso, an Italian physiologist, the rush of blood to the head turning the scale. The machine is so delicate that it can measure the difference in the exertion needed to read Greek from that required for Latin.

When a Boy Sees a Girl.

When a boy sees a girl, he always commences to smooth down his hair,

even at the picture itself without absorbing some of the prodigious vitality, industry, vigor, and power that such a view suggests.—Harper's Weekly.

ADVICE TO NERVOUS PEOPLE.

Systematic Rest, Massage and Proper Diet Will Work Wonders.

Schule, writing on mental diseases, asks, "Is our civilization to blame for this neurotic condition?" and the answer is in the affirmative. How can nutrition prosper in the body where malnutrition holds full sway? And how can people be happy and healthy when worry dominates their lives? For in this human being the lower officers of the nervous hierarchy draw their very breath at the bidding of the higher powers, and the relation is verily reciprocal, for to keep the brain healthy the unconscious nervous functions must be kept in good shape, proper activities alternating with wisely arranged periods of repose.

Just as soon as one notices the approach of nervous irritability, systematic nerve rest will shorten an attack, and by rest I mean to have the patient go to bed and have massage. The amount of exercise undergone in a good scientific massage is equal to a walk of two or three miles a day, and it goes without saying that such passive exercise should increase the appetite, and the food ingested and enjoyed will be well digested and assimilated. I use the word "enjoy" deliberately because there are some nervous invalids who cannot enjoy their food unless in solitude. In addition to the massage I would recommend salt rubs, which are very easy to give. Have a saturated solution of common table salt. Rub the body briskly, especially from the spine outward toward the sides of the body, and as soon as the skin is well reddened, wash off with moderately cool water, and the chances are all in favor of restful condition. In case persons suffer from cold feet at night, I would advise the bathing of the feet in cold water before going to bed, and having a hot water bag always at hand.

Lettuce, celery, spinach, onions, are all vegetables especially valuable to a person of nervous temperament, and milk hot or cold is invaluable.—Pigra.

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The Graham Manufacturing company manufacture all kinds of furniture, woodwork and fixtures. Oregon phone, Hood 202. Nos. 370, 372, 374 Front street, corner Montgomery, Portland, Ore.

French Dyeing and Cleaning Works. All work done at very moderate prices. Dyeing and cleaning of all kinds of ladies' and gent's clothing. Morning cloth dyed in 48 hours. J. Deleau, proprietor, 455 Glisan street.

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