

State Rights Democrat SUPPLEMENT.

THE "HUMOROUS COLUMN" MAN.

They are calling for copy. It's late. And the oil in his lamp is low. But his pen creeps over the sheet...

Seasickness. HOW TO ESCAPE THE DISTRESSING DISORDER - PALLIATIVES.

Now is the season when many people begin to make arrangements for a transatlantic voyage and when others mourn that they cannot go because they are unable to bear seasickness.

1. I have every preparation made at least twenty-four hours before starting, so that the system may not be exhausted by overwork and want of sleep.

2. Eat as hearty a meal as possible before going on board. 3. Go on board sufficiently early to arrange such things as may be wanted for the first day or two, so they may be easy of access; then undress and go to bed before the vessel gets under way.

4. Eat regularly and heartily, but without raising the head for at least one or two days. In this way the habit of digestion is kept up, the strength is preserved, while the system becomes accustomed to the constant change of equilibrium.

5. On the first night out take some mild laxative pills, as for example, two or three compound rhubarb pills. Effervescent laxatives like Seidlitz or citrate of magnesia taken in the morning on an empty stomach are bad if seasickness.

6. After having become so habituated to the sea as to be able to take your meals at the table and go on deck, never think of rising in the morning until you have eaten something, as a plate of oatmeal porridge or a cup of tea or coffee with biscuits or toast.

7. If subsequently during the voyage the sea should become unusually rough go to bed before getting sick. These rules have been used in many cases and have always proved successful in preventing seasickness. But, besides these rules, the physician said, there are many things to be considered. There are few maladies which produce such an aggregation of human suffering as seasickness, and there is no malady which the medical profession has done so little to relieve.

will be. In going to Europe it is better to be on the starboard side, and on returning on the larboard, which will be the sunny side. In the screw steamers the "inside" rooms as they are called, are preferable, because they get plenty of ventilation from the deck, and the nearer the gangway the better ventilation since fresh air descends by the gangway.

Of palliatives for seasickness there is no end. Some travelers suggest the drinking of a gobletful of salt water, which will cause immediate vomiting, but prevent the malady. Others recommend vinegar for the same purpose, while porters are extolled as a gentle stimulant.

St. Petersburg Under Goukko. THE CITY, THE DICTATOR AND THE DICTATEE.

General Goukko has a high reputation for energy and personal courage. His name will remain eternally associated with the first passage of the Balkans by our troops, that brilliant but rash feat of arms which brought about so many deplorable results.

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The City Directory contains some 8000 more names than last year's. This is supposed to represent an increase of about 40,000 in the population. If we keep on at this rate it won't take us long to catch up with Paris.

The Mexican Nomad. The Jarocho, the half-breed of the Mexican lowlands, forms the subject of an entertaining Vera Cruz letter in the New York Post.

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Oxygen in the Sun. Professor Henry Draper, of this city, had an enthusiastic reception in London, the other day, when he brought before the Royal Astronomical Society the results of his investigations as to the presence of oxygen in the sun.

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TO PRINTERS. We have 70 pounds of Beaver, a excellent order, which will sell for 20 cents per pound.

MONEY LOANED - GOOD BOUGHT. Produce sold - Accounts Collected.

FOR SALE. A Rare Chance for a Small, Good, Paying Investment in Portland.

FOR SALE. A NEW MILLINERY STORE - GOOD. Pictures and Furnishings, all new - excellent location, fire, safe, splendid trade secured, and future success will be a discount, as owner is going East.

FOR SALE. Osborne Self-Binding Harvester. ALABAMA, Or., July 17, 1879.

FOR SALE. PREPARES FOR BUSINESS. AND THE PRACTICAL DUTIES OF LIFE.

FOR SALE. D. W. PRENTICE & CO. Music Store. SOLE AGENTS FOR THE CELEBRATED WEBER, HAINES & BROS.' AND FRANK & CO.'S Grand, Square and Upright Pianos.

FOR SALE. NORTON HOUSE, CORNER First and Second Streets, Portland, Oreg.

The Westinghouse Threshing Machine, The Clute & Co. Portable Engines. By request of the manufacturers we have accepted the agency for this state and the adjoining territories of the above justly celebrated Machines.

Don't Fall, if You are Buying. ALBERT BARTSCH. Piano Maker and Tuner. Sole Agent for the World-Renowned CRAMER & NEIDERMANN.

FURNITURE! To call at the establishment P. WEBER, 309 FIRST ST., PORTLAND. He keeps a large stock on hand, and does all the Upholstering himself, and gives Full Satisfaction.

Information for the Million! JOHN KOHN'S CLOTHING PALACE. 180 FIRST ST., PORTLAND.

ROCK SOAP! The Best Soap Made. M. G. NEWBERRY, 122 Front St., Portland, Or.

BURTON HOUSE. Corner Third and P Streets Near Steamship Landings and Railroad Depots. PORTLAND, OREGON.

"SINGER" Sewing Machines. STILL TAKE THE LEAD. 356,432 GENUINE "SINGER" MACHINES.

PFUNDER'S FEVER & AGUE MIXTURE. IS A SURE CURE. EVERY DRUGGIST SELLS IT.

NEW FIRM AND NEW GOODS! Bedrock Prices. ROBBINS AND YATES, PORTLAND, OREGON. Wholesale and Retail Dealers in Mouldings, Engravings, CHROMOS, FRAMES, VELVET FRAMES, PASSAPARTOUTS, VIEWS, STEREOSCOPIES, MATS, ETC., ETC.

ROBERT BROWNING. - A well known literary man had the curiosity to lend the works of Mr. Browning's then published whole to his housekeeper, having often, as he said, "found that, like Moore's literary partner, her judgments upon poetic art were improved by her knowledge of the art of cookery."

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