

**BICYCLE EXERCISE.**

How to Derive the Greatest Amount of Good From the Use of the Wheel.

How a bicycle should be ridden depends wholly upon the incentive for riding it. If the machine is used in business, a possibility now in many cities, no rules need be laid down, as the practical rider will always go about it in the most matter-of-fact way that will accomplish his end; and if he rides the wheel to win laurels on the racing path, he will need no outside advice as to the hows and wherefores of this branch of the sport. Those who ride for pleasure, for the sake of the exercise, or to get away from the din and dirt of the city's turmoil, however, may frequently gain a hint or two from the experience of others, and looking at the matter in this light, I shall be glad to give very briefly my views upon the subject.

There are two methods of using a bicycle for pleasure, the first for the mere exhilaration and excitement of self-propulsion, at a brisk pace, either for physical development or to reach a given point within a given time; the second for the more quiet enjoyment of every thing that pertains to out-door life and nature. I find pleasure in both forms of the exercise, and think that a combination of both conduce to the best results. There is an excitement in a thirty-mile dash over good roads that must be experienced to be fully appreciated. My usual gait in accomplishing such a run is from nine to ten miles an hour, with absolutely no few steps as possible. The first ten miles are always the hardest; then the muscles stiffen to their work; one gets his second wind, and even the hills grow less difficult, and in my experience it is less fatiguing to pull a stiff grade by dogged persistence, and to rest in the saddle afterwards by sauntering for half a mile, than to dismount. I never drink a drop of any thing on the road if it can possibly be avoided, a few fruit, lime or lemon tablets, which may be carried in the pocket, usually relieving thirst; and a bit of ice on a hot day is a surer relief than pints of water as a summer drink. Frequent dismounts, in connection with a hard pace, are fatiguing, besides affording capital chance to take cold by a too sudden cooling off. One can make a business of resting with far more comfort at the end of the journey, in dry clothing, and after a refreshing bath and rub down.

On the other hand, there is no greater joy than to take the road on a bright morning, with a congenial companion or two, lady or gentleman (though with lady companions I always use the tricycle) and go forth with no other object than to spend a happy day, wandering at sweet will in the pure air and sunshine. The sauntering pace, the mad-cap coo, the speeding over the level, sand-parked stretches, the quiet road-side pauses, and the delightful "browsing and nibbling," as Maurice Thompson puts it, about the haunts of nature, all contribute to make the day so spent one to live in the memory. To my mind, the use of the bicycle—making the means and not the aim of enjoyment—gives the most satisfactory and far-reaching results. But, after all, chacun a son gout.—Charles Richard Dodge, in Chicago Inter Ocean.

**ROUGH EMPLOYMENT.**

**A Young Man Declines to Serve as Messenger on a Texas Railroad.**

A verdant young man visited an Austin (Texas) express office the other day, and inquired if they wanted a man to run as messenger on the railroad. The boys hadn't much to do that day, and they concluded to have a little fun with the rustic. They said they were looking for the right kind of a man to put in charge of an express car on a new line that had just been opened through a very dangerous part of Texas, but that they must first test his fitness for the position. They wanted to know whether he had the necessary nerve to withstand the shock of a collision or to resist train robbers. He said he believed he had the nerve, but they might test him in any way they thought proper.

Then they put him into a creakery crate with a lot of stone-coal, old stove plate, coupling irons, broken railroad lamps and water coolers, and rolled him down stairs into the cellar. This they told him, was to see how he would behave when flopped down an embankment in an express car. He stood the flop very well, considering that he was a green hand at railroad.

As he was endeavoring to crawl out, they dropped a box of merchandise marked "Glass—handle with care," down through a hatchway on top of him; and during the confusion incident to disencumbering himself of the debris, four masked men jumped on him with slung-shots, and then bound and gagged him, pistols being discharged in close proximity to his head, meanwhile. They chucked him into an empty coffin box, stood him on his head and yelled "fire!"

An explosion of dynamite immediately followed, which blew the box open and drove the would-be messenger through a two-inch partition. When they dug him out he appeared to have grown twenty years older during the civil-service examination. He said he knew it was a hard life running express messenger on a Texas railroad, but he had no idea that it was as rough as that. He added that he didn't think his parents would like him to follow it, and if they could find some man to make the trip in his place he would prefer to consider himself discharged.

**STARTLING DISCOVERY.**

The discovery by the inhabitants of a locality hitherto unvisited by the pestilent scourge of fever and ague, that it exists in their very midst, is decidedly startling. Such discoveries are made at every season, in every part of the Union. Subsequently, when it is ascertained, as it invariably is at such times, through the valuable experience of some one who has been benefited and cured, that Hostetter's Stomach Bitters is a thoroughly efficacious eradicator of malarial disease, dumb ague, and ague, are removed by the potent action of the Bitters, to which science also gives its sanction as a remedy for rheumatism, dyspepsia, constipation, liver complaint, debility, kidney troubles, and all diseases impairing the organs of digestion and assimilation.

Indiana is to have a soldiers' and sailors' monument to cost \$211,000.

White Elephant of Siam, Lion of England, Dragon of China, Cross of Switzerland, Banner of Persia, Crescent of Egypt, Double Eagle of Russia, Star of Chili, the Circle of Japan, Harp of Erin.

To get these buy a box of the genuine **DR. C. McLANE'S CELEBRATED LIVER PILLS**, price 25 cents, and mail us the outside wrapper with your address, plainly written, and 4 cents in stamps. We will then mail you the above list with an elegant package of oleographic and chromatic cards.

**FLEMING BROS., PITTSBURG, PA.**

A boy of fifteen has been killed by drinking whisky in Newburg, N. Y.

Would you know the keen delight of a wholesome appetite, Unrestrained by colic or dire, Headache's curse, or fever's fire, Thoughts morose, or icy chill? Then use Dr. Pierce's pills. Dr. Pierce's Purgative Pellets—the original and only genuine Little Liver Pills; 25 cents a box.

**CONSUMPTION, SCROFULA, GENERAL Debility, Wasting Diseases of Children, Chronic Coughs and Bronchitis,** can be cured by the use of **Scott's Emulsion of Cod Liver Oil** with **Hypophosphites**. Prominent physicians use it and testify to its great value. Please read the following: "I used Scott's Emulsion for an obstinate cough with Hemorrhage, Loss of Appetite, Emaciation, Scrophulousness, etc. All these are now cured and I believe your Emulsion has saved a case of well-developed Consumption."—T. J. FINE, M. D., Lone Star, Texas.

"Yes, sir," said Poppinjay, emphatically, "Graball is a man of limited means, but unlimited meanness."

**PITH AND POINT.**

Empty barrels give the most sound.—It is hard to personate and act a part long; for when truth is not at the bottom, nature will always be endeavoring to return, and will pass out and betray herself one time or other.—*Tillotson.*

Purity of heart depends much, so far as our moral agencies are concerned, on keeping the imagination free from the secret contemplation of forbidden objects. Keep the door of the imagination barred against unlawful visitors, and the citadel of the soul is safe.

Weak minds make treaties with the passions they can not overcome, and try to purchase happiness at the expense of principle; but the resolute will of a strong man scorns such means, and struggles nobly with his foe to achieve great deeds.—*Henry W. Longfellow.*

—You can know something of the inner nature of a man by noting his favorite amusements. An evil-hearted person naturally turns now and then to some sinful or questionable diversion and the zest of his enjoyment will betray him, no matter how correct his ordinary, outward life may be.—*Interior.*

Don't judge a man by the clothes he wears. God made one and the tailor the other. Don't judge him by his family, for Cain belonged to a good family. Don't judge a man by his failure in life, for many a man fails because he is too honest to succeed. Don't judge a man by the house he lives in, for the lizard and the rat often inhabit the grander structures.—*Wharton (Tex.) Independent.*

—Divorce yourself from fret, worry and grumbling or talking about your health. Never ask persons about their health or stories of ailments; as all such talk is a welcome to the complaints and a call for them to come to you and abide with you. Nine-tenths of the ills that bother people come from the fret and inquisitiveness—thus absorbing the aches of action. Trust your stomach and your brain as friends, and they will escort you past hundreds of funerals and to fun, frolic and usefulness.—*Advance Thought.*

**THE MODEL HOTEL OF SAN FRANCISCO—THE BALDWIN.**

This magnificent hotel contains a world of comfort. It is noted for the elegance of its appointments and the excellence of its cuisine. Wealth, science and art are here combined, to render enjoyment of guests perfect. Each department is managed with the most diligent watchfulness, so that the most exacting guest cannot fail to be satisfied. From the elegantly furnished rooms, to the bountifully supplied table, everything is as near perfection as possible. The central location of the Baldwin makes it convenient for those visiting the city either on business or pleasure.

**GRAND EXCURSION EAST**

Via Northern Pacific Railroad, to Columbus, Ohio, and points East. The Northern Pacific Railroad will, on Sept. 30, 1st and 3rd, sell from all points in Oregon and Washington a round trip ticket to Columbus, Ohio, for \$80, good to return to October 31st. This is the lowest rate ever made from the Pacific coast to the East, and the Northern Pacific is the route selected by the departments of California, Oregon and Washington Territory. A special train will leave Portland Sept. 14th, carrying the Pacific coast U. S. R. through to St. Paul, where they will connect Commander-in-Chief John P. Lea, to Columbus. This rate is open for everybody. Special train will consist of Pullman Palace sleeping cars, Palace Dining cars, Palace Day Coaches, and free tourist sleeping cars. For information and Pullman reservations, call on or address

A. D. CHARLTON, Asst. Gen. Passenger Agent, P. R. R., No. 2 Washington St., cor. Front, Portland, Or.

**TRY CRISPERA for breakfast.**

**DISGUISTING SKIN DISEASES.**

What spectacle is more disgusting than that of a man or woman with a skin disease which shows itself in pimples and blotches on hands, arms, face and neck? It is simply impure blood. See what **BRANDRETH'S PILLS** did for a chronic case: For four years I was in the Mounted Infantry in the U. S. Army, residing during that time principally in Texas. Almost all of that time I had a chronic skin disease, characterized by an eruption over the entire surface of my legs and thighs, arms and chest. The doctors termed it eczema. I had given up all hopes of ever being cured, when **BRANDRETH'S PILLS** were recommended to me. I concluded to try them, and did so, and I have thanked God daily since then that I did so. I think I used them altogether for about three months, and by that time, was completely cured and have never had any trouble since. My skin is as clear as any one's. **GEORGE CHAPMAN,** Prineetting, Mich., Dec. 8, 1883.

The berry crop of Oregon is very large this season.

When a threatening lung disorder, Shows itself, do not neglect it. Do not let it cross the border—Quell it with activity. Many a patient, young or old, Gets a quick recovery All to Dr. Pierce's Golden Medical Discovery.

**ITCHING PILES.**

Symptoms—Moisture; intense itching and stinging, most at night; worse by scratching. It is caused by an inflammation of the rectum, which, after being neglected, becomes very sore. SWAYNE'S OINTMENT stops the itching and bleeding; heals ulceration, and in many cases removes the tumor. It is equally efficacious in curing all other Diseases. DR. SWAYNE & CO., Proprietors, Philadelphia. SWAYNE'S OINTMENT can be obtained of druggists. Sent by mail for 50 cents.

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Miramonte	"	9,240
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I guarantee the New-Fangled Advance Separator to be the best grain-saving, latest Thresher and most durable Separator ever made. But, remember, it is not an experimental machine, as the Old Fogey machines are. You are well aware of the time lost that you have to pay for in experimenting with Old Fogey machines. The New Fangled Thresher leads the way. The growling and kicking of the Old Fogey agents is only equalled by the amount of grain kicked out in the straw by the Old Fogey machines. Of course, if you wish a cheap machine, Old Fogy will supply you at your own price; but their machines are dear at any price. You cannot afford to buy a thresher without examining the **ADVANCE** machine. It is a machine that will give you the most and best work for your money. Remember that old fogey agents saying the contrary does not make it so. It will pay you to investigate. I can prove all I say.

I also sell the well known **DUNCAN WOODBURY POWER**. A number of manufacturers make them on a royalty but I do not know of any imitations, but always inclined to look out for those that talk of imitations. I also deal in Laundry and Marine Machinery, Farm, Church and School Bells, General Machinery, Swift Oilers, Orm Scaffolds, Valves, Miller Pumps, Hancock Insulators, Park & Kennedy Injectors, Acetylene and Alligator Wrenches, Blacksmith Dies, Self-Heating Bath Tubs, the Westinghouse Engines, see the prices in horse or wheels, 900; Tractor, 1075; 15-horse Tractor, \$100. Special discount for reference. General Agent for Columbia's Dynamom and Lamps for Electric Lighting—5 to 200 lights.

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A singed cat dreads the fire. I plead guilty. I am selling a "new-fangled" machine LOOK AT IT—AIN'T IT A DAISY?



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