

LAFAYETTE COURIER.

Sleeping in a Cold Room.

Hall's Journal of Health says that cold bed-chambers always imperil health and invite fatal diseases. Robust persons may safely sleep in a temperature of forty or under, but the old, the infant and the frail should never sleep in a room where the atmosphere is much under fifty degrees Fahrenheit.

All know the danger of going direct into the cold from a very warm room. Very few rooms, churches, theaters and the like, are ever warmer than seventy degrees. If it is freezing out of doors, it is thirty degrees—the difference being forty degrees or more. Persons will be chilled by such a change in ten minutes, although they may be actively walking.

But to lie still in bed, nothing to promote the circulation, and breathe for hours an atmosphere of forty and even fifty degrees, when the lungs are always at ninety-eight, is too great a change. Many persons wake up in the morning with inflammation of the lungs who went to bed well, and are surprised that this should be the case. The cause may be found in sleeping in a room the window of which was foolishly hoisted for ventilation. The water cure journals of the country have done an incalculable injury by the blind and indiscriminate advice of hoisting the window at night. The rule should be everywhere during the part of the year when fires are kept burning, to avoid hoisting outside windows. It is safer and better to leave the chamber door open, as also the fire place; then there is a draft up the chimney, while the room is not so likely to become cold. If there is some fire in the room all night, the room may be opened an inch. It is safer to sleep in a bad air all night with a temperature over fifty, than in a pure air with a temperature under forty. The bad air may sicken you, but cannot kill you; the cold air can and does kill very often.

SLEEP AS A MEDICINE.—The cry for rest has always been louder than the cry for food. Not that it is more important, but is often harder to obtain. The best rest comes from sound sleep. Of two men or two women, otherwise equal, the one who sleeps the best will be the most moral, healthy and efficient. Sleep will do much to cure irritability of temper, peevishness, and uneasiness. It will restore to vigor an overworked brain. It will build up and make strong a weary body. It will cure the headache. It will cure the heartache. It will cure a broken spirit. It will cure sorrow. Indeed we might make a long list of nervous and other maladies that sleep will cure. The cure of sleeplessness requires a clean, good bed, sufficient exercise to produce weariness, pleasant occupation, good air and not too warm a room, a clear stomach, a clear conscience, and avoidance of stimulants and narcotics. For those who are overworked, haggard, nervous, who pass sleepless nights, we commend the adoption of such habits as shall secure sleep; otherwise, life will be short, and what there is of it, sadly imperfect.—Exchange.

A man left a bony steed on Main street last Saturday, and, coming back a short time afterwards, discovered that a funny youth had placed a card against the fleshless ribs bearing the notice, "Oats wanted—Inquire within."

The most confiding woman lives in Providence. She went to an auction; and, knowing the prevalence of thieves at such places, asked a nice-looking man to take care of her pocket-book, containing eighty-five dollars. He is still taking care of it.

Twenty-seven Nashville ladies determined to practice economy; vowed not to wear any thing more expensive than calico dresses to church; and they stuck to it, as none of them have attended church since.

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BUCHU!!

The only known remedy for BRIGHT'S DISEASE, And a positive remedy for GOUT, GRAVEL, STRICTURES, DIABETES, DYSPEPSIA, NERVOUS DEBILITY, BRONCHITIS, Non-retention or Incontinence of Urine, Irritation, Inflammation or Ulceration of the Bladder & Kidneys, SNEEZE, Leucorrhoea or Whites, Diseases of the Prostate gland, Stone in the Bladder, Colic, Gravel or Brickbat, Peppost and Mucus or Milky Discharges.

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PERMANENTLY CURES ALL DISEASES OF THE BLADDER, KIDNEYS, AND URINARY ORGANS, Existing in Men, Women and Children. NO MATTER WHAT THE AGE! Prof. Steel says: "One bottle of Kearney's Fluid Extract Buchu is worth more than all the other Buchus combined."

TO THE NERVOUS AND DEBILITATED OF BOTH SEXES.

No Charge for Advice and Consultation. Dr. J. B. Dwyer, graduate of Jefferson Medical College, Philadelphia, author of several valuable works, can be consulted on all diseases of the sexual or urinary organs (which he has made an especial study) either in male or female, no matter from what cause originating or of how long standing. A practice of 30 years enables him to treat diseases with success. Cures guaranteed. Charges reasonable. Those at a distance can forward letter describing symptoms and enclosing stamp to prepay postage. Send for the Guide to Health. Price 10c. J. B. DWYER, M. D., Physician and Surgeon, 104 Duane St. N. Y., no47-ly

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No. 519 Sacramento street, Corner of Leide-dorf-st., (a few doors below What Oser House). Private Entrance on Leide-dorf-st. San Francisco. Established expressly to afford the efficient Sound and scientific Medical treatment in the cure of all Private and Chronic Diseases. Cases of acreey and all Sexual Disorders

TO THE AFFLICTED. DR. W. K. DOHERTY returns the sincere thanks to his numerous patients for their patronage and would take this opportunity to remind them that he continues to consult at his Institute for the cure of chronic diseases of the Lungs, Liver, Kidneys, Digestive and Genito-Urinary Organs, and all private diseases, viz: Syphilis in all its forms and Stages, Seminal weakness and all the horrid consequences of self-abuse, Gonorrhoea, Gleet, Stricture, Nocturnal and Urinary Emissions, Sexual Debility, Disease of the testis and Epididymus, Inflammation of the Bladder and Kidneys, etc.; and he hopes that his long experience and successful practice will continue to insure him a share of public patronage. By the practice of many years in Europe and the United States he is enabled to apply the most efficient and successful remedies against diseases of all kinds. He cures who use mercury, charges moderate, treats his patients in a discreet and honorable way, and has references of unquestionable authority from men of known respectability and high standing in society. All parties consulting him by letter or otherwise, will receive the best and gentlest treatment and implicit secrecy.

To Females. When a female is enervated or afflicted with disease, as weakness of the back and limbs, pain in the head, dimness of sight, loss of mental power, palpitation of the heart, irritability, nervousness, excessive dryness of the mouth, derangement of digestive functions, general debility, vaginitis, all diseases of the womb, hysteria, sterility and all other diseases peculiar to females, she should go to write at once to the celebrated female doctor, W. K. DOHERTY, at his medical Institute, and consult him about her troubles and disease. The doctor is effecting more cures than any other physician in this State of California, and no false delicacy prevent you, but apply immediately and save yourself from painful suffering and premature death. All married ladies whose delicate health or other circumstances prevent an increase of their families, should go to write at once to W. K. DOHERTY'S Medical Institute, and they will receive every possible relief and help.

To Correspondents. Patients residing in any part of the State however distant, may consult the doctor by letter and receive advice of DR. DOHERTY, in their respective cases, and who think proper to submit a written statement of such, in preference to holding a personal interview, as he especially desires that the communication will be held in strict secrecy. The doctor is a regular graduate and may be consulted with every confidence. If the case be fully and satisfactorily described, personal consultation will be unnecessary, as instructions for the remedy and the general treatment of the case itself (including the remedies), will be forwarded without delay, and in such a manner as to convey no idea of the nature of the letter or parcel so transmitted. Should your condition require immediate attention send ten dollars, coin, or its value in currency, by mail or Wells, Fargo & Co's Express, and a package of medicines will be sent to your address with the necessary instructions for use. Consultation—by letter or otherwise FREE. Permanent cure guaranteed or no pay. Spermatorrhoea. DR. DOHERTY has just published an important pamphlet, embodying his own views and experiences in relation to Spermatorrhoea; Verily, by a short treatise on Spermatorrhoea or Seminal Weakness, Nervous and physical Debility consequent on this disease and other affections of the Sexual organs. This little work contains information of the utmost value to all, whether married or single, and will be sent FREE on receipt of six cents in postage stamps for return postage.

W. K. DOHERTY, M. D., San Francisco, Cal. ap20-ly

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FERGUSON & BIRD. HAVE JUST RECEIVED AND ARE constantly receiving New Goods, Consisting of General Merchandise, CLOTHING, HATS, CAPS, BOOTS, SHOES, GROCERIES, HARDWARE, STAPLE ARTICLES, GENTS' FURNISHING GOODS, ETC., ETC., ETC. —ALSO— LADIES' DRESS GOODS. Of latest Styles and in fine varieties. Give this House a Call, as agreed.

LIVERY & FEED STABLE.

Corner Jefferson and Third Sts., LAFAYETTE, - - OGA. THE UNDERSIGNED THRESH, please are in announcing to the travelling public that in connection with his Feed and Livery business he is running a EXPRESS to and from St. Joseph, Leavenworth Lafayette at 10:15, making connection with the cars, and returning at 12:15 p. m. n5-1t HULL JOHNSON, Prop.

R. R. R. RADWAY'S READY RELIEF CURES THE WORST PAIN IN FROM ONE TO TWENTY MINUTES.

NOT ONE HOUR after reading this advertisement need any suffer with PAIN. RADWAY'S READY RELIEF IS A CURE FOR EVERY PAIN. It was the first and is the only Pain Remedy that instantly stops the most excruciating pains, allays inflammations, and cures all kinds of rheumatism, whether of Lungs, Stomach, Bowels, or other glands or organs, by one application in from ONE TO TWENTY MINUTES, no matter how violent or protracted the Rheumatic, Pain-ridden, Inflammation, Gout, Neuralgia, or prostrated with disease may suffer. RADWAY'S READY RELIEF Will afford instant Ease. Inflammation of the Kidneys, Inflammation of the Bladder, Inflammation of the Bowels, Congestion of the Lungs, Sore Throat, Difficult Breathing, Palpitation of the Heart, Hysterics, Cramp, Diphtheria, Catarrh, Influenza, Headache, Tooth ache, Neuralgia, Rheumatism, Cold Chills, Acute Ophthalmia, The application of the Ready Relief to the part or parts where the pain or difficulty exists will afford ease and comfort. Twenty drops in a Bilious humor of water will in a few minutes cure GRAMPS, Sour Stomach, Spasms, Heart-burn, Sick Head Ache, Diarrhoea, Dysentery, Colic, Wind in the Bowels, and all internal Pains. Travellers should always carry a bottle of RADWAY'S READY RELIEF with them. A few drops in water will prevent sickness or pains from change of water. It is better than French brandy or Bitters as a stimulant.

FEVER AND AGUE. Fever and Ague cured for fifty cents. There is not a remedy in this world that will cure Fever and Ague and all other Malarious, Bilious, Typhoid, Scurvy, Yellow and other Fevers (aided by RADWAY'S READY RELIEF). Fifty cents per bottle, sold by all Druggists.

HEALTH! BEAUTY! Strong and Pure rich Blood—Increase of Vitality—Clear Skin and Beautiful Complexion secured to all.

DR. RADWAY'S SANSAPARILLIAN RESOLVENT

Has made the most astonishing cures, so quick, so Rapid as to change the Body under the influence of this truly wonderful Medicine, that Every Day an Increase of Flesh and Brightness of Skin and Color of the GREAT BLOOD PURIFIER. Every drop of the SANSAPARILLIAN RESOLVENT communicates through the Blood Sweet, Uric and other acids and juices of the system the vigor of Life, for it repairs the wastes of the body with new and sound material. Scrofula, Syphilis, Consumption, Glandular disease, Ulcers in the throat, mouth, Thymus, Nodes in the glands and other parts of the system, Sore-eyes, Strabismus, Discharges from the Ears, and all the worst forms of skin diseases, Eruptions, Fever Sores, Scald Head, Ring-worm, Salt-rheum, Erysipelas, Acne, Black Spots, Worms in the Flesh, Tumors, Cancer in the Womb, and all weakening and painful discharges. Night sweats, Loss of Sleep, and all the wastes of the life principle, die within the curative range of this wonderful Modern Chemistry, and a few days' use will prove to any person using it for either of these forms of disease its potent power to cure them. A dose of WALKER'S VINEGAR BITTERS. Not only does the SANSAPARILLIAN RESOLVENT excel all known remedial agents in the cure of Chronic, Scrofulous, Constitutional and Skin diseases; but it is the only positive cure for Kidney & Bladder Complaints, Urinary and Womb diseases, Gravel, Diabetes, Dropsy, Stoppage of water, Incontinence of Urine, Bright's disease, Albuminuria, and all cases where there are brick dust deposits, or the water thick, cloudy, mixed with substances like the white of an egg, or threads like white silk, or there is a purpura, dark, bilious appearance, and white bone dust deposits, and when there is a pricking, burning sensation when passing water, and pain in the Small of the back and along the Loins. Dose, 51 00.

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perfectly tasteless, elegantly coated with sweet gum, purgative, purify, cleanse and strengthen. Radway's Pills are the cure of all disorders of the Stomach, Liver, Bowels, Kidneys, Bladder, Nervous Diseases, Yeadache, Constipation, Costiveness, Indigestion, Dyspepsia, Biliousness, Bilious Fever, Inflammation of the Bowels, Piles, and all Derangements of the Internal Viscera. Warranted to effect a positive cure. Purely Vegetable, containing no mercury, minerals or other deleterious drugs. A few doses of RADWAY'S PILLS will free the system from all the above named disorders. Price, 25 cents per Box. Sold by Druggists. READ "FALSE AND TRUE." Send one letter stamp to RADWAY & CO. No. 87 Maiden Lane, New York. Information worth thousands will be sent you. nov9-7ly

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No Person can take these Bitters according to directions, and remain long unwell, provided their bones are not destroyed by mineral poisons, or other means, and the vital organs wasted beyond the point of repair. Dyspepsia or Indigestion, Headache, Pain in the Shoulder, Congestive Tightness of the Chest, Dizziness, Sour Eructations of the Stomach, Bad Taste in the Mouth, Bilious Attacks, Palpitation of the Heart, Inflammation of the Lungs, Pain in the region of the Kidneys, and a hundred other painful symptoms, are the besprings of disease, and their removal is the first step towards recovery. These Bitters are equal, and one bottle will prove a better guarantee of its merits than a lengthy advertisement.

For Female Complaints, in young or old, married or single, at the dawn of womanhood, or the turn of life, these Tonic Bitters display no decided influence, and a marked improvement is soon perceptible. For Inflammatory and Chronic Rheumatism and Gout, Dyspepsia or Indigestion, Emissions, Remittent and Intermittent Fevers, Diseases of the Blood, Liver, Kidneys and Bladder, these Bitters have been most successful. Such Diseases are cured by Vitiated Blood, which is generally produced by derangement of the Digestive Organs.

For Skin Diseases, Eruptions, Tetter, Itch, Rheum, Itches, Spots, Pimples, Pustules, Boils, Carbuncles, Ring-worms, Scald-head, Sore Eyes, Erysipelas, Itch, and Disorders of the Skin, Eruptions and Diseases of the Skin, of whatever name or nature, are literally dug up and carried off of the system in a short time by the use of these Bitters. One bottle in such cases will convince the most incredulous of their curative effects. Cleanse the Vitiated Blood whenever it is impurities bursting through the skin in Pimples, Eruptions, or Sores; cleanse it when you find it obstructed and thickened; cleanse it when it is in the face; your feelings will tell you when. Keep the blood pure, and the health of the system will follow.

For Rheumatism and other Worms, lurking in the system of so many thousands, are effectually destroyed and removed. Says a distinguished physiologist: "There is nothing so individual on the face of the earth whose body is exempt from the presence of worms. It is not upon the healthy results of the body that worms exist, but upon the diseased humors and stony deposits that breed these living monsters of disease. No system of medicine, no verminicide, no anthelmintic, will free the system from worms like these Bitters. Mechanical Diseases.—Persons engaged in the most laborious occupations, Plumbers, Typesetters, Gold-beaters and Miners, as they advance in life, are subject to paralysis of the bowels. To guard against this, a dose of WALKER'S VINEGAR BITTERS twice a week.

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Scrofula, or King's Evil, White Swellings, Ulcers, Erysipelas, Swelled neck, Stiff joints, Rheumatism, Inflammation, Inflammations, Mercurial Affections, Old Sores, Eruptions of the Skin, Sore Eyes, and all Diseases, WALKER'S VINEGAR BITTERS have shown their great curative powers in the most obstinate and intractable cases. Dr. Walker's California Vinegar Bitters act on all these cases in a similar manner. By purifying the Blood they remove the cause, and by resolving away the effects of the inflammation (the tubercular deposits) the affected parts receive health, and a permanent cure is effected. The Aperient and mild Laxative properties of Dr. WALKER'S VINEGAR BITTERS are the best secured in cases of eruptions and malignant fevers. Their balsamic, healing, and soothing properties protect the humors of the fauces. Their Sedative properties allay pain in the nervous system, stomach and bowels, either from inflammation, wind, colic, cramps, etc. Directions.—Take of the Bitters on going to bed at night from a half to one and one-half wine-glassful. Eat good nourishing food, such as beef-steak, mutton chop, venison roast beef, and vegetables, and take out-door exercise. They are composed of purely vegetable ingredients, and contain no spirit.

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PROCLAMATION.

WHEREAS, Under the Act of the Legislative Assembly of the State of Oregon, entitled "An Act to protect Litigants" approved October 24th, 1870, the LAFAYETTE COURIER, a newspaper published at Lafayette, in the county of Yamhill, Oregon, has been designated to publish the Legal and Judicial advertisements for the county of Yamhill, in the State of Oregon; and WHEREAS, The proprietors of said LAFAYETTE COURIER, and filed with the county Clerk of said Yamhill Co, written stipulations accepting the conditions of said Act, together with a Bond approved as the law directs with proper returns and notices thereof, to this office according to law, now therefore said LAFAYETTE COURIER, is hereby proclaimed to be appointed and confirmed as the medium through which all Legal and Judicial advertisements for the county of Yamhill in the State of Oregon shall be published for the period authorized by law. In testimony whereof, I have hereunto set my hand and caused the seal of the State of Oregon to be affixed, at the Executive office, in the city of Salem, this 22nd day of November, A. D. 1873, (L.S.) L. F. GROVE, Governor of Oregon. Attest: S. F. CHADWICK, Sec. of State.

DR. ALFRED KINNEY, Surgeon.

Room No. 7, DEKUN'S BUILDING, N. W. Corner First and Woran. PORTLAND, OREGON. Office Hours—9 to 11 a. m. till after 5 p. m. in Office at Night.