HOW DO WE DIG OUR GRAVE?

We must eat or we cannot live. This we all know. But do we all know that we die by eating It is said we dig our graves with our teeth. How foolish this sounds. Yet it is fearfully true. We are terrified at the approach of the cholera and yellow fever, yet there is a disease constantly at our doors and in our houses far more dangerous and destructive. Most people have in their own stomachs a poison, more slow, but quite as fatal as the germs of those maladies which sweep men into eternity by thousands without warning in the times of great epidemics. But it is a mercy that, if we are watchful, we can tell when we are threatened. The following are among the symptoms, yet they do not always necessarily appear in the same order, nor are they always the same in different cases. There is a dull and sleepy feeling; a bad taste in the mouth, especially in the morning; the appetite is changeable, sometimes poor and again it seems as though the patient could not eat enough, and occasionally no appetite at all; dullness and sluggishness of the mind; no ambition to study or work; more or less headache and heaviness in the head; dizziness on rising to the feet or moving suddenly; furred and coated tongue; a sense of a load on the stomach that nothing removes; hot and dry skin at times; yellow tinge in the eyes; scanty and high-colored urine; sour taste in the mouth, frequently attended by palpitation of the heart; impaired vision, with spots that seem to be swimming in the air before the eyes; a cough, with a greenish-colored expectoration; poor nights' rest; a sticky slime about the teeth and gums; hands and feet cold and clammy; irritable temper and bowels bound up and costive. This disease has puzzled the physicians and still puzzles them. It is the commonest of ailments and yet the most complicated and mysterious. Sometimes it is treated as consumption, sometimes as liver complaint, and then again as malaria and even heart disease. But its real nature is that of constipation and dyspepsia. It arises in the digestive organs and soon affects all the others through the corrupted and poisoned blood. Often the whole body—including the nervous system—is *literally starved*, even when there is no emaciation to tell the sad story.

Experience has shown that there is but one remedy that can certainly cure this disease in all its stages, namely, Shaker Extract of Roots or Mother Seigel's Curative Syrup. It never fails but, nevertheless, no time should be lost in trying other so-called remedies, for they will do no good. Get this great vegetable preparation, (discovered by a venerable nurse whose name is a house-hold word in Germany) and be sure to get the genuine article.

GIVEN UP BY SEVEN DOCTORS,

Shaker Extract of Roots or Seigel's Syrup has raised me to good health after seven doctors had given me up to die with consumption.—So writes R. F. Grace, Kirkmanville, Todd Co., Ky.

HE HEARD OF IT JUST IN TIME.

"I had been about given up to die with dyspepsia when I first saw the advertisement of Shaker Extract of Roots or Seigel's Syrup. After using four bottles I was able to attend to my business as well as ever. I know of several cases of chills and fever that have been cured by it."—So writes Mr. Thos. Pullman, of Taylor, Geneva Co., Ala.

WORTH TEN DOLLARS A BOTTLE.

Mr. Thomas P. Evans, of the firm of Evans & Bro., Merchants, Horntown, Accomach Co., Va., writes that he had been sick with digestive disorders for many years and had tried many physicians and medicines without benefit. He began to use Shaker Extract of Roots or Seigel's Syrup about the first of an. 1887, and was so much better in three weeks that he considered himself practically a well man. He adds: "I have at this time one bottle on hand, and if I could not get any more *I would not take a ten dollar bill for it.*"

All druggists, or Address A. White, Limited, 54 Warren St., N. Y.

LEGAL ADVERTISEMENTS.

Timber Land Notice.

UNITED STATES LAND OFFICE, Roseburg, Or., May 22, 1888.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada and Washington Territory," Byron Cole, of White Point, county of Jackson, state of Oregon, has this day filed in this office his sworn statement for the purchase of the s W ¼ of N W ¼ and N W ¼ of S W ¼ of sec. No. 30, in township No. 40, range No. 2 E, and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before the Register and Receiver of this office at Roseburg, Or., on Saturday, the 21st day of July, 1888.

He names as witnesses: W R Boyd, Robert Ogen, J W Blackburn, Frank Aitch, of White Point, Jackson county, Or.

Any and all persons claiming adversely the above-described lands are requested to file their claims in this office on or before said 21st day of July, 1888.

49-10w] CHAS. W. JOHNSTON, Register.

Timber Land Notice.

UNITED STATES LAND OFFICE, Roseburg, Or., May 22, 1888.

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He names as witnesses: W R Boyd, Robert Ogen, M Hurshberger, J F Cole, all of White Point, Jackson county, Or.

Any and all persons claiming adversely the above-described lands are requested to file their claims in this office on or before said 9th day of August, 1888.

51 CHAS. W. JOHNSTON, Register.

Final Proof Notice.

LAND OFFICE AT ROSEBURG, OR., May 1st, 1888.

Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the judge or clerk of the county court of Jackson county, Or., at Jacksonville, Or., on Saturday, June 16, 1888, viz.: James K. Patton, homestead entry No. 4792 for the N W ¼ of S E ¼, N ½ of S W ¼, and S W ¼ of N W ¼, sec. 8, tp 39 S, R 1 East, W M.

He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz.: J. W. Abbott, Dan Chapman, E. M. Miller, J. W. O. Gregory, all of Ashland, Jackson county, Or.

47-9t] CHAS. W. JOHNSTON, Register.

Final Proof Notice.

LAND OFFICE AT ROSEBURG, OR., May, 29, 1888.

Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the Clerk of the County Court of Jackson county, Oregon, at Jacksonville, Oregon, on Monday, August 6th, 1888, viz: G. W. Barron. Pre-emption, D S No 5364, for the E ½ of N W ¼, N E ¼ of S W ¼, & N W ¼ of S E ¼, Sec 4, Tp 40, S R 2 E.

He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: F W Smith, A D Heald, J H Cook, J M Taylor, all of Ashland, Jackson county, Oregon.

51 CHAS. W. JOHNSTON, Register.

Dissolution of Copartnership.

Notice is hereby given that the copartnership of W. N. Luckey, J. T. Rogers and Fred Hansen, doing business in Ashland and Central Point, Oregon, under the firm named of Luckey & Co. has been this day dissolved, Fred Hanson withdrawing from the firm.

FRED HANSEN.

Ashland, Or., May 24, 1888.

ASHLAND TIDINGS.

FRIDAY.....JUNE 15, 1888

Tariff Issue Boiled Down for Busy Men.

If, as every well-posted man will allow, the progress of this country in the present era of protection has been marvelous and stands unparalleled in the world's history—

If the policy of protection rules at the present time in all nations of the earth with but two or three exceptions, and is everywhere gaining in favor rather than losing, even in England—

If the products of our manufacture have grown so tremendously in this era of protection that we are now the foremost manufacturing nation on earth—

If strikes and trade combines eventually arise as products of severe competition and over production in any country, and England had both before we had either, in any number—

If the multiplication of industries during the era of protection has brought about such domestic competition as to materially reduce the cost of every article of living save rents—

If wages are higher now than they were at the close of the last free-trade era—

If the American citizen is better paid, better clad, better educated, and (unless he is a free-trader) more contented than any other on the face of the globe—

If the tide of emigration on part of those who are seeking to better their condition in life is away from free-trade countries to protection America—

If the workingman not only earns more, and spends more, but also puts more money in saving institutions, than any other class of working people—

If business is fairly good and we are holding our own in every branch of trade and industry except our unprotected ocean carrying trade—

If the future outlook is for continued growth and development as in the past,

Why, in the name of common sense and ordinary prudence, should we aim a deadly blow at this same protective system which has served us so well,

When it is purely a matter of choice and not of necessity in doing so—

When the surplus revenue can be more easily and quickly reduced by the abolition of the internal revenue war taxes, wholly or in part—

When further reductions of the revenue can be had by paying the national debt through bond purchases, by appropriating funds for national aid to education, by needed appropriations for coast and harbor defenses, by wise appropriations for national works, which shall be of national benefit—

When further reductions of the revenue can be had by increasing inadequate duties to the point of protection, and by granting bounties for the revival of our merchant marine.—[Astorian.

Drunkenness, or the Liquor Habit Positively Cured by administering Dr. Haine's Golden Specific.

It can be given in a cup of coffee or tea without the knowledge of the person taking it; is absolutely harmless and will effect a permanent and speedy cure, whether the patient is a moderate drinker or an alcoholic wreck. Thousands of drunkards have been made temperate men who have taken the Golden Specific in their coffee without their knowledge, and to-day believe they quit drinking of their own free will. IT NEVER FAILS. The system once impregnated with the Specific it becomes an utter impossibility for the liquor appetite to exist. For full particulars, address GOLDEN SPECIFIC Co., 185 Racine street, Cincinnati, Ohio.

It may surprise the reader to know that the Eskimo of Greenland edit and publish an irregularly issued newspaper in their own language, yet such is the fact, and it is a creditable fact despite the journal's name, *Atavgagliutit Nalinginarmik Tesarumingassumik Unuvkat.* In a country where the sun rises and sets but once a year it may be hard to tell whether it is an annual or a daily publication; but whatever its period of issue, some good hunting stories are told in it.

How Men Die.

If we know all the methods of approach adopted by an enemy we are the better enabled to ward off the danger and postpone the moment when surrender is inevitable. In many instances the inherent strength of the body suffices to enable it to oppose the tendancy toward death. Many however have lost these forces to such an extent that there is little or no help. In other cases a little aid to the weakened Lungs will make all the difference between sudden death and many years of useful life. Upon the first symptoms of a Cough, Cold or any trouble of the Throat or Lungs, give that old and well-known remedy—Boschee's German Syrup, a careful trial. It will prove what thousands say of it to be, the "benefactor of any home."

Worth their Weight in Gold.

Yerbatine Bitters are entirely vegetable, containing no calomel, mercury, mineral, aloes, croton oil, or other poisonous or injurious medicines. Made from gums and herbs, a California discovery, and are the best of all Liver and Stomach Renovators, and the only pills sold on a positive guarantee of satisfaction, or money refunded. Sent by mail, 25 cents per box, or 5 boxes for $1. Chitwood Bros., Ashland.

Men's fine shirts at O. H. Blount's reduced from $1 to 50cts., in order to reduce stock. *

SOCIETIES.

Masonic Directory, Ashland.

SISKIYOU CHAPTER, No. 21, R. A. M.

Regular convocations on the Thursday next after the full moon.

W. H. ATKINSON, H. P.
E B Myer, Sec'y. [9-36

ASHLAND LODGE NO. 23, A. F. & A. M.

Stated communication on the Thursday of or before the full moon.

E. V. CARTER, W. M.
Wm R Lawson, Secretary.

ALPHA CHAPTER NO. 4, O. E. S.

Stated meetings on 1st and 3d Tuesday in each month.

MRS. M E MCCALL, W. M.
Mrs J D Crocker, Secretary.

ASHLAND LODGE No. 45,

I. O. O. F.,

Hold regular meetings every Saturday evening at their hall in Ashland. Brethren in good standing are cordially invited to attend.

M N LONG, N. G.
H C Myer, Secretary.

PILOT ROCK ENCAMPMENT NO 16, I O O F

Meets in Odd Fellows's Hall every 2d and 4th Monday in each month. Members in good standing cordially invited to attend.

A. BISH, C. P.
M N Long, Scribe.

HOPE REBECCA DEGREE LODGE NO. 14.

Meets on the 2d and 4th Tuesday in each month in Odd Fellows's Hall, Ashland.

MRS C E MAY, N. G.
John May, Sec'y.

Ashland Lodge, A. O. U. W.

Meets in lodge room in Odd Fellow's Hall every FIRST and THIRD Wednesday in each month. Present hour of meeting 7:00 P. M. All Brethren in good standing are cordially invited to atte. d.

T. O. ANDREWS, M. W.
WM. PATTERSON, Recorder.

The West all Right.

The following is the conclusion of a recent editorial in the New York Press:

"The further west you go, the newer the country, the greater the desire for industrial development and national independence. Among the flocks and fruits of California, in the silver mines of Nevada, in the distant woods and fisheries of Oregon, it is the same—a great national party, bracing itself for the fight against foreign intrigue and native idiocy; a party with a creed, with faith in the capacity of man for self government, faith in the ability of America to take care of herself, faith in protection to foreign industry at home and to American citizens abroad, and hope for the extension of American commerce to every nation on the globe.

This is the gospel of Western republicanism, and whosoever bases hope of democratic victory on the expectation that Western manhood will turn aside from the living creed of republicanism to worship in the temple of the Cobden Club, is reckoning without his host.

The great West, the home of American manhood, is national to the core, and republican to the marrow, every foot of the soil, from the eastern line of the Pennsylvania mountains to the Golden Gate of San Francisco:

Western men are not republicans because they are protectionists. They are protectionists because they are republicans. They believe in the dignity of man, in the elevation of labor, in upbuilding of a mighty nation. Instead of joining the British and the Tories in the clamor against Eastern manufactures, they are loyally laboring to make the West itself a manufacturing country. They are in favor of the three F's, a fruitful field, a free ballot and a fair count. But they will not have free trade.

MYSTERIOUS FATALITIES.

What is it That is Killing so many Prominent Men?

The death of Kaiser Wilhelm, ex-Gov. Hoffman, Banker J. W. Drexel, Lieut. Gov. Dorsheimer, Dr. Carpenter, Chief-Justice Waite and Genl. B. H. Brewster, in quick succession, and all from the same cause, although having different names, is startling.

March and April are fatal months, not only for consumptives but also for many diseases more disguised but none the less fatal.

Gov. Hoffman had heart disease, Gov. Dorsheimer, apparently a strong, well, robust man, over six feet high, sickens and dies in four days, of pneumonia.

Chief-Justice Waite meets the same fate and he was apparently the personification of vigor.

Drexel, the Philadelphia banker, and Brewster, Ex-Atty. Genl., were suddenly cut off in the midst of great usefulness, by Bright's disease, and Dr. Carpenter, the well-known New York physician, suddenly died of Kidney disease, *never having suspected* that he was at all troubled therewith!

This reminds us of the case of Dr. Frank Hawthorn, of New Orleans. He was lecturing before the Louisiana university on the peculiarly deceptive character of Kidney disease and the methods of microscopical and chemical tests.

After having shown specimen after specimen of diseased fluids, and made very clear the point that kidney disease may exist without the knowledge or suspicion of the patient or practitioner, with gracious self-confidence he remarked, "Now, gentlemen, let me show you the healthy water of a strong, well man."

He applies the test!

He staggers!

"Gentlemen, I have made a terrible discovery!" he gasps, "I myself have the fatal Bright's disease!"

In less than a year this specialist of the commonest and most fatal of diseases was dead. He was a victim of advanced Kidney disease the presence of which in himself he had never suspected!

L. B. PRICE, M. D., a gentleman and physician of the highest standing of Hanover C. H., Va., four years ago, after trying every other remedy for bright's disease, including famous mineral waters, cured himself by Warner's Safe Cure, and March 24, 1888, wrote: "I have never had the slightest symptoms of my old and fearful trouble."

MR. JOHN DOHERTY, of Concord, N. H., was given up with Bright's disease by the best physicians in 1879. He was in a dreadful state. After using and being cured in 1881 by Warner's Safe Cure, in 1887, he wrote: "I am better than ever."

JOHN COLEMAN, Esq., 100 Gregory St., New Haven, Conn., was first taken sick in 1873, gradually ran down until he had pronounced Bright's disease, rheumatism and all the other deceptive signs of kidney disease. The best physicians in New Haven could do nothing for him. He then began using Warner's Safe Cure, 200 bottles of which he and his family have used and he is cured.

W. T. CRAWFORD, proprietor St. Charles Hotel, Richmond, Va., and well known all through the South, several years ago was in the death-agony from kidney disease, convulsions and bright's disease. The best Philadelphia specialists in such diseases pronounced him practically dead and incurable. Everything else failing, he took Warner's Safe Cure abundantly and regularly, until fully restored to health, and now he says, "After a lapse of many years I am as sound as a dollar, with no symptoms of my old trouble. I owe my life to Warner's Safe Cure."

Kidney disease is the most deceptive, the most universal, the most fatal disease.

If the most learned men cannot know without the use of microscopical and chemical tests that they have kidney disease, *how much more liable is the layman to be, unknown to himself, in the very jaws of death,* who does not feel as well as formerly, but who does not think anything specially ails him, and whose physician may assure him that he will soon be "all right."

In these days, people recognize that it is wiser to prevent disease than to await its arrival to cure it. When you know that you may be in the greatest peril and not have any idea of the fact from any defined set of ill-feelings, the wisest course to pursue is to follow the counsel and experience above outlined, and thoroughly renovate the system, cleanse the blood, tone the nerves and insure your own life against these common, mysterious fatalities.