

#### How to Reduce Weight.

**Do not try it.** The *Loco Field* is anxious to induce human beings to adopt measures to reduce their weight for this article. This is our advice on the subject. Rest assured no measure will suffice which is not injurious to health. One man will put on weight with very little food, while another will undermine his stability by a reduction which appears to be moderate. The simple but golden rule is to eat slowly and masticate the food taken thoroughly, so that there may be time for the organism to make known its satisfaction with the supply placed at its disposal before the stomach is overloaded. The mistake made by hunting men and others who, to use a common expression, "are as hungry as hunters," is that of coming home exhausted and eating ravenously. By this hasty no time is allowed for the organic needs of the eater to cry: "Hold—enough!" It is like emptying a whale's bladder of coal on the fire when it is only in need of a few dexterously placed lumps. The digestive organs being fully taxed, overtaxed and the system generally strained, it would be in weakly "dyspeptic," and muscles and fat are laid on in excess. If we only ate more deliberately, we should find half our accustomed quantity of food sufficient to satisfy the most eager cravings of hunger. What we call "appetite" is a most misleading sensation. It is only remotely related to the actual demands of the organism. Let hunting men, and men of all classes who lead healthy, active lives, resolve to eat and drink slowly. With this single precaution they will so find that their tendency to "overeat" diminishes, while the appetite being disciplined unconsciously by the formation of the habit, it will be useless, as it is useless, to live by rule as regards the nature or quality of the food taken.

#### Power of Dynamite Shells.

Some very interesting experiments with dynamite projectiles were made near Washington recently, under the auspices of the Senate Committee. Four shots were fired with six inch shells, with a range of 1,000 yards. The target was a perpendicular ledge of solid trap rock on the south bank of the river. The first shot struck near the extreme margin of the ledge, and exploded by contact, scattering the face of the rock for a distance of about 30 feet, and carrying away several tons of debris, which were buried for hundreds of yards up and down stream. The explosion struck nearly in the center of the ledge, exploding as before. It opened a cavity in the face of the latter about 25 feet in diameter, excavated a pit six feet deep. Some of the fragments of rocks from this explosion were buried half a mile, one piece weighing nearly twelve pounds being thrown clear across the canal and lodging near a farm house adjoining the Georgetown reservoir. The other shots were similar in their effects. The trial is regarded as successful in every particular, and the safety of the use of dynamite to be assured, since the shell leaves the gun as safely as an ordinary powder charged shell would do. It is not impossible that this destructive agent of dynamite is destined to revolutionize warfares, and it is noteworthy that the representatives of the foreign governments have manifested the greatest interest in the experiments.

#### Frood, Rheumatism and Breath.

"After a meal," says a Brooklyn physician, "if you feel drowsy and sleepy, you may be sure you have eaten too much. Of course, if a man has been performing excessive bodily labor, he will have the same feeling. But, as a general thing, the rule of drowsiness is a good one to follow. Before and after a meal there should be an hour's rest before any severe bodily exercise is performed. We need from six to eight hours sleep a night with two or three hours extra one night a week. The relief for mental strain is bodily exercise. You have no doubt noticed how much inclined people are to go to sleep in church, no matter how good the sermon. It is all owing to the bad ventilation. Cooper Institute, in New York, is the only large hall that I know of that is properly ventilated. There is a little air-hole under each seat, and through this, by means of diffusive pipes, the cool air is brought into the hall. Comes like fine spray, furnishing oxygen, but not causing any cold drafts. It is imperatively important to have well ventilated sleeping rooms. If you awake in the morning and find you have a headache and a bad taste in your mouth, be assured the room is badly ventilated. You need three thousand cubic feet of air an hour. It is a fault with Americans to have their sleeping rooms too hot. It is as absurd to have them like ice, but it would be well if we could have them warm when we go to bed, cool during the night, and warm again in the morning.

## Tutt's Pills

This popular remedy never fails to effectively cure:

Dyspepsia, Constipation, Sick Headache, Biliousness

And all diseases arising from a Torpid Liver and Bad Digestion.

The natural result is good appetites and solid flesh. Dose with elegantly sugar coated and easy to swallow. Sold everywhere.

Information for the Farm, Household, Workmen and Sickroom will be sent upon application.

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#### Nervous Disorders.

**DR. FLINT'S REMEDY** must be taken when excessive or continuous muscular exertion, exciting passions, or over-indulgence, stimulating food or drink, or nervous disorders have long continued. Descriptive treatise with each bottle; or, address Mack Dray Co., N. Y.

There is a tribe of Indians in British Columbia, who have a belief that if in the morning they meet a certain spirit called Hamad-tai it gives the person meeting it the privilege of biting whosoever he or she pleases during the continuance of the winter dances, which generally last two months. From the snappish disposition of some men we conclude they have met a whole troupe of Hamad-tais.

A merchant in Philadelphia had in his possession seven dollars that he had taken at different times. These quarters had a hole punched in each of them, and the merchant placed them on a shelf in his counting room, intending to take them to a broker and sell them for what they were worth. Somebody stole the quarters, and while the merchant was absent took advantage to pass those seven quarters back on the clerks in one day in payment of purchased goods.

A Dig in the ribs, If on the right side and lower part of the diaphragm, enough to annoy and distract, is calculated to evoke pain from a cavity whose liver is out of order. When the ribs are sore and congested, piles seem feasible. Look at a man's countenance and you will find him under the ribs. If his skin and eyes have a yellow tinge, his breath apt to be sour, but his veins not only beneath his skin, but also under the right shoulder blade. Also that his bowels are irregular and his digestion impaired. Instead of making a special effort on the part of the patient to take, and steadily persist in taking, Hostetter's Stomach Bitters, the most anti-acid and antiseptic medicine. It also, for dyspepsia, rheumatism, nervousness, kidney trouble, and fever and ague.

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When I say CURE I do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of FITS, EPILEPSY or FALLING SICKNESS, a life-long study. I WARRANTY my remedy to all that it will cure. Many others have failed me for not now recovering a cure. Send in one for a врем�и and a FAIR DOLLAR. If my INFALLIBLE REMEDY does not cure you, nothing but a refund will be given. Address H. G. ROOT, M.C., 153 Pearl St., NEW YORK.

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A life-long study. I WARRANTY my remedy to all that it will cure. Many others have failed me for not now recovering a cure. Send in one for a врем�и and a FAIR DOLLAR. If my INFALLIBLE REMEDY does not cure you, nothing but a refund will be given. Address H. G. ROOT, M.C., 153 Pearl St., NEW YORK.

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Cleanses the Hair, Stimulates the Scalp, Strengthens the Roots, Prevents Loss of Hair, Restores Gray Hair to Youthful Color, Combats Baldness.

**JACKEN'S GINGER TONIC**  
A Remedy for Consumption, Coughs, Consumption, Rheumatism, &c.

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Two hundred second-hand machines, all kinds, sizes and prices. Bicycles, Safety and Tricycles for Boys and Girls. Send for Catalogue and Price List. Mailed free.

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**\$2.00 SAVED**  
by buying your shoes of the Manufacturer.  
**SATISFACTION GUARANTEED!**

**ONLY \$2.50**  
for Shoes that usually retail  
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**LACE.**  
On receipt of \$2.00 and twenty cents to pay expressage we will send one pair of our Patent lace-up leather Buttons, either Button, Lace or Congress. We use only selected stock and the best workmanship. Every pair Warrented. Try our shoes and you will buy no others.

**CUSTOM BOOT & SHOE CO.,**  
1251 W. MOUNTAIN, SEASIDE.

#### A little girl was reciting her lesson in conjugation:

"Verb, to love, indicative mood, present tense," called the teacher, "I love, thou lovest, he or she loves," said the little girl.

"He, she or it loves," prompted the preceptor.

"I can't love anything," pleaded the little girl.

And the teacher, suddenly struck with a new idea, only replied: "Go on."

There is a tribe of Indians in British Columbia, who have a belief that if in the morning they meet a certain spirit called Hamad-tai it gives the person meeting it the privilege of biting whosoever he or she pleases during the continuance of the winter dances, which generally last two months.

And this idea new to the teacher, but not to some others, was that grammar as taught by book is a humbug. Only very lately, to quote one instance from a myriad, did grammar recognize that "you" is a singular pronoun, though it has been so used for three centuries and "you are" and all similar phrases are parsed by their rules as second person plural.—Boston Transcript.

#### Consumption Surely Cured.

To the Editor.—Please inform your readers that I have a positive remedy for the above named disease. By its timely use thousands of hopeless cases have been permanently cured. I shall be glad to send two bottles of my remedy free to any of your readers who have consumption if they will send me their express and post office address. Respectfully, T. A. SLOCUM, M. C., 181 Pearl St., N. Y.

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**COLD**  
**IN**  
**HEAD.**

Try the Cure

**Ely's CreamBalm**

Cleanses the Nasal Passages. Alleviates Inflammation. Heals the Sores. Restores the Senses of Taste, Smell and Hearing.

A panicle is applied into each nostril and is gradually melted by the heat of the body. Price 25¢. See PATENT OFFICE, WASHINGTON, D. C.

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A life-long study. I WARRANTY my remedy to all that it will cure. Many others have failed me for not now recovering a cure. Send in one for a врем�и and a FAIR DOLLAR. If my INFALLIBLE REMEDY does not cure you, nothing but a refund will be given. Address H. G. ROOT, M.C., 153 Pearl St., NEW YORK.

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**\$2.00 SAVED**  
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—AND—

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Good livery horses and nice Saddle Horses  
furnished at all hours of the day or night at  
reasonable prices. Particular attention paid to  
boarding and grooming transient stock.

ENTRANCE  
Main and Washington streets.

## NOTICE TO PUBLICATION

Land Office at Burns, Oregon.

Sept. 5, 1889.

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 county clerk of Grant County, Oregon, on Saturday, Oct. 26, 1889, viz.: MARIA F. MUELLER,

He names the following witnesses to prove his claim:

JOEL C. ADAMS,

He names the following witnesses to prove his claim:

JOSEPH C. WORTHY,

He names the following witnesses to prove his claim:

JOHN SCHMIDT, of Canyon City, Or., and WM. M. MYER and Henry Steeler, of Marion, Or.

J. B. HUNTINGTON, Register.

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