TATRONS OF HJsBANDRY. DIREOTORY
opficers or the national grange.

 Meeting of Subordinate Granges




 Brownawile No. 10, 1st and 2nd Satur
dayn.
Hingent, No. 7 , 1st and 3rd Fridays, at
at
 4. Happy H/ mo, No. 46, 1 st and ad Saturday





 mona
Mey. polk countr. Oak Point, No. 3, 1 tat and srd Saturdays.
MARION COUNIY,


Asuinamos county.

## Heavetion No. 100 , meets tat, saturday, Marion Connty Pomona Grange Ooblouk. Will meet on the first Friday in Jan  ing. Work in the filth degeee meet- G. W. Husx.

Try to Stop Coughing
A gentleman called upon us recently,
says Halls Journal of Health, who ac tually escaped the fangs of consumption
some years ago; and we are induced to some years ago; and we are induced to
present the circumstances: "You speat of coughing continually. Let me sug
est to yon the query whether this rest to yon the query whether this \% nong been satisfled, from experience an observation, that much of the coughing
which precedes and attends consump. bon is voluntary. weveral years ago
baipient stages of who wast in thon in
contion. I slep was chamber to over his him cough continu- and
ally and distressingly. I endured th noyance, night atter night, till it led not be done to stop it. I watched the
sound which the man myde and observed effort to cough. After this I mad
tary
a voluntary experlments on myself, and a voluntary experlments on myself, and
found that I could prevent myself from coughing, sneezing, gaping eite.
ease of the estrongest propengsty to the
acts, by a strenuous effort of the wil Then I reflected that coughing must be
very Irritating and Injuriousto the del icate organs that are concerned in
especialy when they are in diseas
state. What can be worse for ulcer wrenching of a cough? It must be worrs
than qpeaking. A sore on any part of
the body, if constantly kept open pry vi
olent usage, or made raw again hy
contusion just when it is healing (anc contusion just when it is hagaling (ayc
of course begins to leh), will grow worse
and end in death. Certainly, s sore and end in death. Certainly, a sore o
the lungs may be expected toterminat
fatally if it is constantly fritated an o me, is just whatecoughing does for it.
On the strength of such conslderations
sthese, I made bold to ask the man if he could not stop coughing He man an
swered no. Itold him what Ithought
wout it, as above. He agreed to make abourl, as above. Me agreed to make
atilal; nnd, on doing so he found, to
his surprise, that he could suppress hls cough almost entirely. The power of
the willo over it incresed as he exer-
cised it, and in a few days he was mottly rien or the disposition the same time, evid. Hiss
health, at thenty
mproved, and when I last saw him the
was in strong hopes of getting out of was in strong
death's hands
I clasped her tiny hand in mine; $I$
vowed to shield her from the wind, und her beanteous eye en me, nud with her her
hittlelps sid she, "An umbrella will do
nell

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## Willamette Nurserv

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