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success. In training, much stress is laid upon diet; care-ful attention to the quantity and quality of the food eat-en, with regularity of meals.

That is the secret of strength for every man. No man can be stronger than his stomach. The careless and irregular eating, of business men, causes disease of the stomach and its allied organs of digestion and nutrition. There can be no sound health until these diseases are

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rutrition extracted from food.

"I was taken with the grippe, which resulted in heart and stomach trouble," writes Mr. T. R. Caudill, of Montland, Alleghany Co., N. C. "I was unable to do anything a good part of the time." I wrote to Dr. Pierce about my condition, having full confidence in his medicine. He advised me to take his 'Golden Medical Discovery, which I did. Before I had fluished the second bottle I began to feel better. I have used nearly six bottles. I feel thankful to God for the benefit I have received from Dr. Pierce's Golden Medical Discovery. I can highly feeommend it to all persons as a good and safe medicine." 'Dr. Pierce's Pellets cure constipation.



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UNCLE ELI SHOCKED.

He Gets an Unpleasant Insight Into Modern Patriotism.

[Copyright, 1900, by C. B. Lewis.] "Jim," says I as I goes into our town cooper shop the other day to git a new bung fur a bar'l, "I'm thinkin some of runnin fur the office of supervisor." "So'm I," says Jim.

"But how kin you?" "Same as you."

"But think of your duty, Jim. It's the duty of a freeborn elector to do the hollerin and the votin and let somebody else hold office."

"Then you may holler and vote fur me," says Jim. "Look a-here, Jim," says I as I gits

over my surprise at his promptness, "has it occurred to you that the fate of this nashun is tremblin in the bal-"It has," says he.

"Do you want ruin and desolashun to overtake this fair land?"

"Not by a jugful." "And do you want the Magna Charta of liberty used as a dish towel and the constitution of the United States chawed up by calves?" "I don't."

"Then you must take your place at the polls, shoulder to shoulder with other patriots, and help h'ist me into office. It's the only thing that'll save the kentry fur which our forefathers fought, bled and died."

"I know a better way," says he as he shaves at the bung. "You do the shoulderin and h'istin, and I'll fill the

It does beat all how patriotism and the principles of our grandfathers are tenor of fame was engaged to play a bein lost sight of in this day and age. star role in "Lohengrin," according to M. QUAD.

After the Rescue.



saving my life?" "On the contrary, I'm inclined to think you overestimate its value."-

She Knew Better. Mrs. Newrich-That Mrs. Hyart is a stuck up thing. I know just as much about music as she does. She needn't

get funny. Mrs. Browne-Why, what has she

Mrs. Newrich-Oh, she tried to trip me up today; asked me if I'd ever heard somebody's "Songs Without Words."-Philadelphia Press.

And Glass Costs Money. "Why do you leave your windows open at night? Aren't you afraid of

burglars? "Yes; that's the reason. If I kept the windows shut, they'd probably break the glass."-Philadelphia Press.

A Justified Pun, mountains."

"You look pleased."

over."-Indianapolis Journal. Needed In Their Business. "President Hadley of Yale talked to the senior class about 'The Mighty

Power of Patience." That would have sounded better if addressed to the medical class.-Cleve-

land Plain Dealer.

Dear, delightful little dude, if a man should be As to snicker at your charming girlish ways,

Don't you waste an airy sigh, don't go off and try ome quiet spot remote from public gaze.
fates were full of fun when they built you,

little son, Try to be resigned and patient, for, you know, look around you'll find many others of your kind;
You are not the only morkey in the show.

As you strut along the street, looking ravenously In the motherly protection of your cane

Through the crystal clearness of its window pane,
If a brute should send a jeer to your pinky little

Don't you stagger 'neath the heartless, cruel

our joy Is polluted with a dash of cutting pain;

every eye;
Into every life must fall some chilling rain!
lear your trials like a man, struggle on the best

you can;
You were made for some wise purpose, don't
you know?
Do not feel cast down and sad; there are others like you, lad; You are not the only monkey in the show.

And their attitude is that of sneering chi

And their attitude is that of sheering cours,
Don't you seek a chawnce to flee, they are joalous,
cawn't you see,
Just because you are the idol of the girls.
Though you sever may achieve fame and fortune,
don't you grieve,
Don't you fleed your tender breast with rosy

Furse the thoughtlet in your brain (if you think 'twill beer the strain)

That you're not the only monkey in the show.

Deliver Evening Poet.

Effect of Fear on Wounds.

The fear of poison in a lacerated wound under certain circumstances is in itself quite sufficient to give a man tetapus, or lockjaw, than which no more horrible complication exists. Thus for a long time it was thought that the natives of the Solomon and other neighboring islands lately added to the empire used poisoned arrows and many white men shot by them died in tetanic convulsions, including one very horrible case

made a special study of tetanus. At length the French governor of New Caledonia, noticing that the symptoms exhibited were not consistent with the use of any known poison, appointed a medical commission to inquire into the affair, when it was discovered that the arrows of the natives were not poisoned at all, although constructed in such a way that a small piece of the bone point almost always remained in the wound. The irritation produced by this prevented the wound from healing quickly, and the mental disturbance produced by fear and perhaps change of climate did the rest.

of a commander in the navy who had

It was discovered at the same time that the natives of other islands who firmly believed in the poison theory seldom suffered much inconvenience from the arrow wounds, because they believed that the spells given them by their own sorcerers prevented the polson from taking effect .- Pall Mall Ga-

Irascible Von Bulow.

During Hans von Bulow's leadership of the orchestra at Hanover a Das Neue Blatt, and while the singer was rehearsing his part Bulow was forced to go over the same bars a number of times without the new actor beginning to sing. Tired of his wasted efforts, the leader stopped the orchestra and angrily turned to the singer.

"I know that a tenor is proverbially stupid," he said, "but you seem to make an extensive use of this unwritten law."

At another time, while one of his grand intermezzos was being played with great feeling by his musicians, a peculiar noise, hardly perceptible by untrained ears, annoyed the leader for some little time. At first he thought it resembled the flutter of wings, but soon he discovered an elegant lady fanning herself in one of the boxes close by. Bulow kept on with his gestures, fixing his eyes on the offender in a manner which meant reproof. The lady, not heeding this, was suddenly surprised by the leader dropping his stick and turning toward her.
"Madam!" he cried, "if fan you must,

please at least keep time with your in-

Too Much For the Tiger. A keeper at the Philadelphia zoo told the following interesting story of an encounter he once had with a tiger in

"With several companions I was on in a neighboring village, and as the jungle paths were the shortest route we made the trip in chairs slung on carriers' shoulders. I was about half asleep from the swinging motion when I was pitched out by the native dropping the poles and scampering off. That's how I met my tiger. With a bound he was on me and had taken a mouthful of my coat, intending, no

doubt, to carry me into the dense undergrowth. "Fortunately for me I had a big bottle of ammonia in my coat pocket, carried it for snake bites, you know, and when the brute took the mouthful he broke the bottle. The whiff he got made his whiskers curl, and one was "My mother-in-law has gone to the enough. He rolled over a couple of times, gasping and waving his paws, and then made off as quickly as be "Yes; she'll have to admit she has appeared. Hurt? No, only a few found something that she can't walk bruises from the fall, but the close shave took my nerves for some

months."

Cycling In Normandy. The roads in Normandy are splendid for cycling, the only disadvantage being that the straightness of many main routes hides the beauty of the country, for which reason it is often a good plan, when time is not an object, to pick out the byways on the map. This is the easier because not only are the byways excellently kept, but the name of a French village is plainly written up, and one does not have ridiculous difficulty, as sometimes in England, in finding out where one is. Signposts and milestones are abundant, and the decimal system renders them perfectly simple and exact. - "Highways and Byways In Normandy," by Dearmer.

An Impromptu Ring.

A marriage ceremony was performed in Toronto recently, with a substitute for the ring which, though odd and amusing, was appropriate for the oc-The couple went over from the American side of the St. Lawrence river, but forgot to take a ring. As there was no ring to be had in the house the resourceful clergyman sent for his wife's sewing scissors and, with the finger clasp, completed the cere-

Drinks and Thirst.

It is a mistake to suppose that cold drinks are necessary to relieve thirst. Very cold drinks, as a rule, increase the feverish condition of the mouth and stomach and so create thirst. Experience shows it to be a fact that hot drinks relieve thirst and "cool off the When you see more manly youths boneying round body when it is in an abnormally heated condition better than ice cold drinks."

> Saturday, Sunday and Monday are the favorite days in the week for marriage-Sunday in rural districts and Saturday in towns. Sunday weddings seem to be generally less numerous than they were, while the number which take place on Saturday are greatly on the increase.

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NOTICE FOR PUBLICATION

Land Office, Roseburg, Oregon January 12, 1901.

Notice is hereby given that the followingnamed settler has filed notice of his intention to make final proof in support of his claim, and timber lands in the States of California, Oregon that said proof will be made before Frank H Rog- Nevada and Washington Territory," as extend ers. U. S. Commissioner, at Gardiner Oregon, on ed to all the Public Land States by March 16, 1901, viz: Francis J. Cassidy, on H. E act of August 4, 1892, No. 9024, for the nw14 of sw14 sec 8; s14 ne14, ne14 sel4 sec 7, tp 20 south, range 10 west. He names the following witnesses to prove his continuous residence upon and cultivation

Patrick Cowan, John Leach, John Joice and Hugh Cassidy, all of Gardiner, Oregon. J. T. BRIDGES.

NOTICE FOR PUBLICATION

January 12, 1901. 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 den U. S. Commissioner, at Florence, Oregor on March 16, 1901, viz: Joseph Fellman, on H. E. No. 9613, for the n1/4 ne1/4, sec 17, set/4 set/4 sec 8, swi swi sec 9, tp 18 s, r 9 west.

Land Office, at Roseburg, Oregon,

He names the following witnesses to prove his continuous residence upon and cultivation P. E. Jackson, James Jackson, Fred Bean and George Camp, all of Mapleton, Oregon

NOTICE FOR PUBLICATION

United States Land Office,

Roseburg, Oregon, December 12, 1900. 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 Chorpening of Florence, County of Lane, State of Oregon has this day filed in this office his sworn statement No 1346, for the purchase of the SW14 NE14, N14 SE14, NE14 SW14, Section No. 39, in Township No. 18 South, Range No. 9 West, 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. regon, on Wednesday, the 6th day of March

John L. Furnish and C. H. Holden, of Flor ence, Oregon, H. H. Fisk and P. E. Jackson, of Any and all persons claiming adversely the

bove-described lands are requested to file their claims in this office on or before said 6th day of

J. T. BRIDGES,

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