

Morning Daily Herald
DAILY AND WEEKLY
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DAILY
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WEEKLY
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When not paid in advance 2.50
THE MAILS
Mails at the Albany postoffice close
For all offices north
The Eastern states 6:30 A. M.
The West Side
And the Narrow Gauge R. R. 11 A. M.
For Portland and Salem 12:30 P. M.
Corvallis and Yaquina 1:30 P. M.
office south 7:30 P. M.
The postoffice will be closed each evening
from six to seven o'clock.
Registered matter for the morning
train should be mailed before 5 o'clock
the previous evening.

WHICH SIDE OF THE QUESTION.
The question of animal or vegetable food for human beings, has been the subject of much discussion. Indeed so acrimonious has been its handling, and so universal the espousal of the flesh side of the controversy, that the adherents to only going to nature's prime food source for sustenance, have been dubbed "vegetarians" with such vehemence as to give it all the significance of an apologetic epithet.

Yet for all that scientific research seems to find many reasons for a purely vegetable diet. Longman's Magazine, which is an acknowledged medical authority, in speaking of prime food sources says that the food which is most enjoyed is the food we call bread and fruit. In my long medical career, extending over forty years, I have rarely known an instance in which a child has not preferred fruit to animal food. I have been many times called upon to treat children for stomachic disorders induced by pressing upon them animal to the exclusion of fruit diet, and have seen the best results occur from the practice of reverting to the use of fruit in the dietary. I say it without the least prejudice, as a lesson learned from simple experience, that the most natural diet for the young, after the natural milk diet, is fruit and wholesome bread, with milk and water for drink. The desire for this same mode of sustenance is often continued into after years, as if the resort to flesh were a forced and artificial feeding, which required long and persistent habit to establish as a permanency, as a part of the system of every day life. How strongly this preference taste for fruit over animal food prevails is shown by the simple fact of the retention of those foods in the mouth. Fruit is retained to be tasted and relished. Animal food, to use a common phrase, is "blotted." There is a natural desire to retain the delicious fruit for full mastication; there is no such desire, except in the trained gourmand, for the retention of animal substance. One further fact which I have observed—and that too often to discard it, as a fact of great moment—is that when a person of mature years has, for a time, given up voluntarily the use of animal food in favor of vegetable, the sense of repugnance to animal food is soon so markedly developed that a return to it is overcome with the utmost difficulty. Neither is this a mere fancy or fad peculiar to sensitive men or over-sentimental women. I have been surprised to see it manifested in men who are the very reverse of sentimental, and who were, in fact, quite ashamed to admit themselves guilty of any such weakness. I have heard those who have gone over from a mixed diet of animal and vegetable food to a pure vegetable diet, speak of feeling low under the new system, and declare that they must needs give it up in consequence, but I have found even these (without exception) declare that they infinitely preferred the simpler, purer, and as it seems to them, more natural, food plucked from the prime source of food, untainted by its passage through another animal body.

THE OREGON PACIFIC COMPANY
The Oregon Pacific company now has \$5,000,000, to be used in the construction of the road eastward. The work, it is announced, will be pushed with vigor this summer.

THE COMING FOURTH OF JULY CELEBRATION
The coming Fourth of July celebration in this city will be the biggest demonstration ever held in Albany.

NEW TO-DAY.
J. McCaustland, Civil Engineer and Surveyor, Drafting and Blue-prints, Office with Oregon Land Co. Albany
Sewerage system and water supply a specialty. Estates subdivided, maps made or copied on short notice.

WANTED—WORK BY A YOUNG MAN 22 YEARS OF AGE, just arrived in Albany from the East. Wishes to obtain a position in a store or office to learn a permanent business. Will give first-class references. Wages at first no object, but a permanent position desired. Address T. P. O. Box 320, Albany.

LOST—BETWEEN THIS CITY AND THE JEWISH cemetery a certain silver open face improved Waterbury watch with chain and charm attached. Finder will be suitably rewarded by leaving the same at the HERALD office.

Important Notice.
HAVING LEASED THE MONTHLY pasture from the Oregon Pacific Co., all persons having stock therein on pasture are hereby notified to remove them at once, or make arrangements with me. Failing to do so such stock will be turned out.

JOHN SCHMEER.
Brick for Sale.
AT MY KILN ONE MILE EAST OF A town, or delivered anywhere in the city. W. C. CASSELL, Albany Or.

DR. J. J. WEST.
The old and reliable physician, has located permanently at 106 East Sixth street where he is prepared to treat all kinds of diseases in a careful manner. He readily locates a disease and gives its name and origin by examining six places on the breast and two under the shoulder blades. He manufactures his own medicines and gives consultations and information free. Call on him for experienced treatment.

DR. E. A. McALISTER—DOROTHY'S PHYSICIAN and surgeon. Has removed his office into Crawford's block. All calls promptly attended to.

MENDING AND PLAIN SEWING DONE.
Gentlemen's clothes repaired. Underwear mended. East First street, in Isom's house, near the Red Crown Mills.

PERSONS DESIRING SAND, LOAM OR gravel from the premises of F. L. Such, in Benton county, can procure tickets for the same at my office, Crawford's block, Albany, Oregon. CHAS. E. WICKSTROM.

WANTED 200 COEDS MAPLE TIMBER to be used for manufacturing chairs. For particulars inquire of O. A. Archibald at the Farmers' Warehouse, Albany Oregon.

OREGON ELECTRIC BELIEF IS THE MOST ELEGANT medicine in the world for internal and external use, and for pain of any nature. You will never find its equal. Ask your druggist for it.

SEWERS AND WELLS—THOSE NEEDING sewers or wells dug on short notice should call upon W. A. McClain, Charges very reasonable.

THE produce of Central Oregon, especially of such produce as will be sought for in the San Francisco markets; and when the extension of the road through Eastern Oregon is completed to a connection with the Chicago & Northwestern the fondest hopes of the present residents of Newport and Yaquina City will be not only realized but surpassed. It will not have been found necessary for Yaquina bay to climb upon the ruins of the commerce of the Columbia river when this altitude is reached, not at all; in fact, when that time shall have come the pulsations of this great artery of trade of the North Pacific coast will have increased to more than double their present strength and quickness. There is no need of malignant envy in bringing about these results. The less of it the better for all parts of the state.

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WINN & HUMPHREY, DEALERS IN choice cigars. In Wells, Fargo & Co.'s office. Fine imported and Key West cigars a specialty.

Brain Tile for Sale.
A GOOD SUPPLY OF FIRST CLASS drain tile for sale at the Edge brick and tile factory East of Albany near Knox Hill. Call at the factory or address Propts. Co. Astoria, Albany Oregon.

PURE BROWN LEGHORN EGGS FOR setting can be had for \$2 per dozen (thirteen), by applying to F. C. Hoffman, on North Third street, between Montgomery and Railroad. This offer will only hold good for 30 days, as Mr. Hoffman will have use for them after that date.

CEPHAS,
The imported Canadian stallion
Hersmen should see the thoroughbred Canadian stallion Cephas aMarshall's livery stable. He is a beautiful coal black, 5 year old, weighs 1300, being 15 1/2 hands high. He will stand at the stable on Monday and Tuesday of each week.

STRAYED FROM THE FARM OF W. W. O'Connell, near Tallman, on April 17, a bay horse, 16 hands high, weighs 1200, smooth shod all round. Any information leading to his recovery will be suitably rewarded.

Notice to Contractors.
NOTICE IS HEREBY GIVEN THAT AT the next regular term of the county commissioners court for Linn county, Oregon, to be held at the court house in the city of Albany on Wednesday the 5th day of June A. D. 1889, sealed plans, specifications, strain-diagram and bids will be received for building a bridge across the South Santiam at Waterloo; said bridge to be about 180 feet long and sixteen feet wide in the clear.

Also for the building of a bridge across Crabtree Creek where the county road crosses said creek near the saw mill of Deakin Bros. and J. E. Cyrus; said bridge to be about 100 feet long and sixteen feet wide in the clear. Also for the building of a bridge across this bridge for construction of same at Wilson ford where the old bridge washed out, and at a point a short distance above said ford, said bridge to be about 80 feet long and sixteen feet wide in the clear. All bids must be filed with the clerk on or before one o'clock P. M. of the above mentioned day. All bids must be accompanied by a deposit of 5 per cent of bid. The court reserves the right to reject any and all bids.

Done by order of the court this 9th day of May A. D. 1889. F. E. MONTAGUE, County Clerk.

SHILOH'S CATARRH REMEDY—A positive cure for catarrh, diphtheria and canker mouth. For sale by Foley & Mason.

MATTHEWS & WASHBURN,
Stoves and General Hardware
Including the celebrated EARLY BREAKFAST and JEWEL cooking stoves and ranges, parlor and cooking stoves, and all kinds of kitchen utensils; also a complete assortment of
Farmers and gardeners' Tools
AND
BUILDERS' HARDWARE.
Pumps, hose, copperware, tinware, and plumbers' goods a specialty. Our prices are guaranteed to be satisfactory. The public is invited to call and inspect our stock. Tweedale's building, Albany, Oregon.

JULIUS GRADWOHL'S
GOLDEN RULE BAZAAR
He has enlarged his stock equal to any in the valley.

FAMILY GROCERIES.
AND GENERAL HARDWARE
Rover Bros' Silverware,
French, China and Crvstalware
Boys' Wagons and Doll Carriages,
Fancy Goods and a General Assortment of Crockery and TOYS.
He Buys Direct and Carries the Largest Stock in the Willamette Valley!
Ici on parle Francais. Hier wir' deutch gesprochen.

STEWART & SOX.
Dealers in
General Hardware
AND
Agricultural Implements.

Iron, Steel and Coal Wagons and Buggies
Carpenters' Tools Builders' Hardware Powder, Shot, etc. Giant Powder & Fuse, Saws and Axes.
Rope and Cordage Blacksmiths' Supplies
Garden and Grass Seeds
And all Implements Used by Farmers!

The City Liquor Store,
M. BAUMGART, Proprietor.
Keeps constantly on hand the finest imported and domestic wines, liquors, cigars and tobaccos. Only first-class liquor store in the city. SPECIAL ATTENTION PAID TO ORDERS FROM THE COUNTRY!

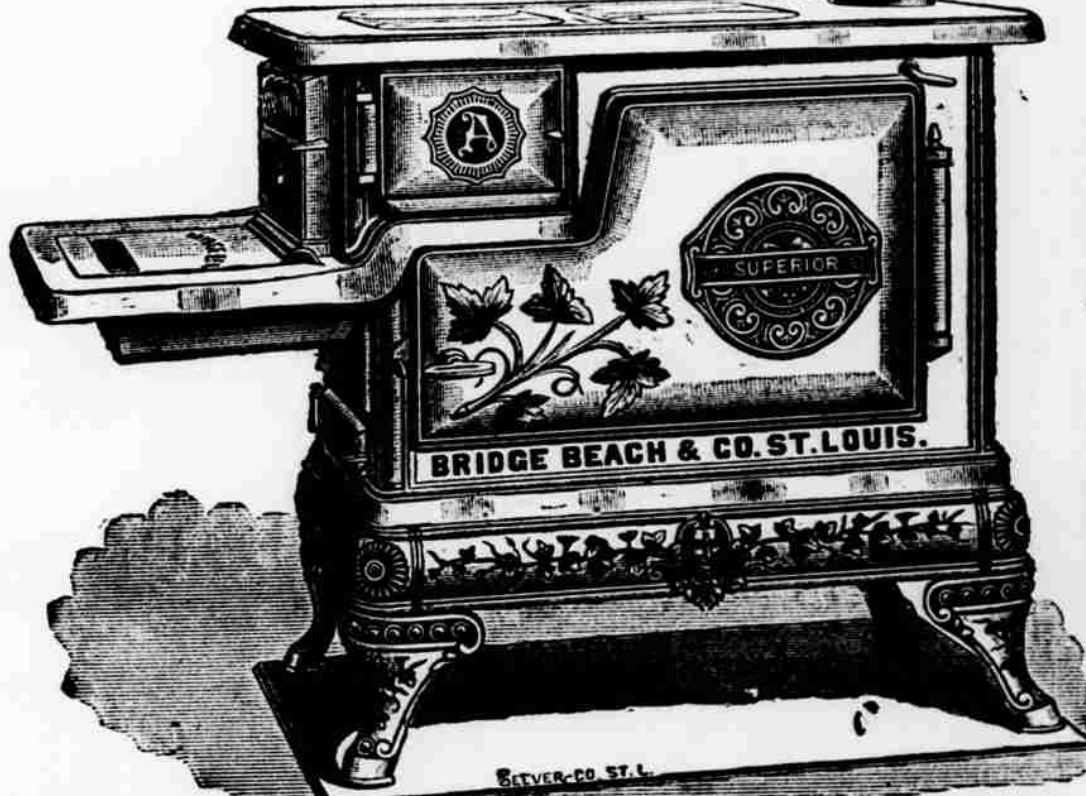
Bardue & Robertson,
NEW FIRM!
NEW GOODS!
Are now established with a first-class stock of

STAPLE FAMILY GROCERIES.
On the corner of First and Ferry streets, opposite Stewart & Sox. A complete line of canned goods, groceries and provisions of all kinds, notions, etc. Fresh fruit and vegetables every morning. Prices reasonable. CALL AND SEE US.

WILL BROS.
Dealers in all the latest improved pianos, organs, sewing machines, guns, also a full line of warranted razors, butcher and pocket knives. The best kind of sewing machine oils, needles and extras for all machines. All repairing in the above lines neatly and reasonably done.
BROWNSVILLE.
O. P. CASHOW & SONS.
Real Estate and INSURANCE AGENCY
Fresh Sicily lemons at Kenton's

Grand Railroad Excursion!
TO
GRANT'S PASS.
The Largest and Most Progressive City of its Age in Oregon.
SPECIAL TRAIN FRIDAY, MAY 31, 1889.
A Magnificent Daylight Ride Through the Willamette, Umpqua and Rogue River Valleys.
ROUND TRIP \$7.50. DISTANCE 600 MILES
Regular fare \$24. Making this the lowest railroad rate ever obtained in this state. A three days' outing among the sparkling streams, fruit-laden valleys and vine-clad hills in Southern Oregon. The Grant's Pass Special, consisting of 10 first-class day coaches, will leave the Southern Pacific depot, East Portland, on Friday May 31, at 7 a. m., arriving at its destination 12 hours later. Returning will leave Grant's Pass June 2 at 7 a. m. arriving at East Portland at 7 p. m., thus making the entire run of 600 miles by daylight. The number of tickets has been limited to 200 and will be on sale at Portland, Oregon City, Salem, Albany and Eugene. First-class accommodations have been arranged for at reduced rates so that the entire expense of the trip, including the fare, need not exceed \$10. One of the features of the occasion will be a grand public dinner on Saturday afternoon under the auspices of the people of Grant's Pass. The object of the excursion is to exhibit the property of the Grant's Pass Improvement Co., consisting of 6 and 10-acre fruit tracts, also 300 choice residence and business lots in the original townsite, and which will be offered for sale on the occasion at prices ranging from \$30 to \$150 each; terms, one-half cash; balance in one year. The highest priced business lot right in the midst of business houses, is only \$150. Fifty dollars will buy a choice residence lot five blocks from the center of the city. Remember that the future growth of Portland is dependent largely upon the increased settlement of the Willamette, Umpqua and Rogue River Valleys, and that money invested in Grant's Pass, or in fact any town on the O. & C. road from Oregon City to Ashland, must bring a handsome return, in time, to the investor. All those purchasing property from the Improvement Co. on this occasion will have full railroad fare returned. Secure your railroad tickets at once, as the number is limited to 200, and many have already been spoken for. For railroad tickets, prices, maps, views and other particulars, call on or address J. T. FLINN & CO., GENERAL AGENTS.

GRANT'S PASS IMPROVEMENT CO.,
No. 31 First Street, Newmarket Block, Portland, Oregon. Tickets may be obtained from Burkhart & Keeney until May 28th.
G. W. SMITH,
[SUCCESSOR TO W. H. McFARLAND]
Has the Largest Stock of STOVES In the VALLEY
SUPERIOR STOVES AND RANGES.
PUMPS, PLUMBING.
ARGAND COOK AND HEATING STOVES
Also a large and complete assortment of kitchen utensils in tin, copper and granite.



HOPKINS & SALTSMARSH,
Plumbing & Pine Fitting
STOVES
Tinware and Hardware,
All work promptly done at reasonable rates.
FIRST STREET, FRANK BLOCK
L. VIERCK'S
SHAVING PARLORS
HAIR CUTTING AND BATHS.
Everything new and neat. A clean towel for every customer.
FIRST STREET BELOW REVERE HOUSE
ALBANY, OREGON

A long Felt Want
In Albany has been filled by the SECOND HAND STORE.
The past year has proven it to be a necessity. The best and cheapest place in the city to buy your Stoves, Furniture, tinware
We are always prepared to buy your household furniture at the highest cash price. Sole agents for the
PEERLESS OIL CAN
AND LAMP FILLER.
L. GOTTLIEB.
FOR DYSPEPSIA AND LIVER COMPLAINT, you have a printed guarantee on every bottle of Shiloh's Vitalizer. It never fails to cure. Foskey & Mason. Albany, Oregon.

A NEW DEPARTURE
Having lately secured a very large and desirable line of Linens, such as Towels, Napkins and Damask at exceedingly low prices, we shall offer the same at a SPECIAL SALE
FOR THE NEXT TEN DAYS
We extend a cordial invitation to all to call and examine these goods, feeling that we can show you bargains. In connection with the sale we shall display a large line of WHITE GOODS and embroideries at LOW PRICES
A beautiful line of gingham and seasonable wool en dress goods. Our stock is new and complete in every department.
W. F. READ.
Albany, Oregon.