

Morning Daily Herald

DAILY AND WEEKLY

TERMS OF SUBSCRIPTION
DAILY
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THE MAILS
Mails at the Albany post-office close
For all offices north
The Eastern States..... 6:30 a. m.
And the National Gauge R. R.
For Portland and Salem..... 11 a. m.
For Astoria and Yaquina..... 12:30 p. m.
The postoffice will be closed each evening
from six to seven o'clock.

OREGON PACIFIC TIME TABLE
Arrives Departs
Passenger..... 11:15am 1:00 p. m.
Freight..... 6:25am 6:15 p. m.

SECRET SOCIETIES
A. O. U. W.—Safety Lodge No. 15, meets
every Monday evening at the G. A. R. H.
hall on Ferry street, between Second and
Third, Albany, Oregon. Strangers in the
city and transient brethren cordially invited
to attend.

WHAT MAKES SUICIDES.

The great prevalence of self life
taking at the present day, when
every paper that falls under the
eye records cases of suicide, makes
the query that heads this article
one of general application and in-
terest. A recent writer says that
nature revolts at self-destruction,
even when life has lost all charms
for its possessor and when exist-
ence is attended with naught but
misery. When less of all that is
dear has driven a soul to the mad-
ness of despair, when a life of
crime has brought remorse un-
durable, or when the body is
racked with ceaseless torments of
pain, self-wrought destruction
seems sometimes pardonable and
often almost logical; but suicide,
when attended by no such circum-
stances, can be ascribed to nothing
else than the breaking down of
self-control—the act of a madman.
Psychologists have wrestled with
this problem for ages without com-
ing to any very full and satisfac-
tory conclusions as to the real
causes that produce suicide. In
some instances physical causes
seem to predominate, in others a
diseased brain destroys the body
as a caged tiger breaks its prison
bars. Every case is more or less
isolated, for, being an unnatural
act, there are no general principles
which govern it. Often when con-
fidently expected it is never found,
and it is usually discovered where
least looked for. Physiologists tell
us that life is a constant effort to
preserve a balance between the
forces of the individual within the
body and the external forces and
conditions of its environment. When
this equilibrium is disturbed dis-
ease results and it is necessary to
restore it by unusual means, as
medicines, diet, change of habits
or climate, and, if unsuccessful,
death results. Much more is this
the case as regards the brain and
its functions. That organ is con-
stantly at work whether the body
is at rest or not. In some the
action is sluggish; the equilibrium
is easily preserved. In others it is
active and more care is necessary,
while in a few highly developed
organisms the conflict is constant
though unperceived, and often the
struggle ends suddenly. The over-
wrought brain, instead of yielding
slowly, gives way altogether and
the reaction is proportioned to the
effort that has been made at resist-
ance, just as the ball of a pendu-
lum, if held at a distance from the
position of rest, will swing an equal
distance beyond the center when
released. No sane man ever killed
himself, because self-preservation
is the first law of sanity. No man,
however, is at all times sane, or
which is the same thing, mentally
balanced. In most persons the
variations are small and the bal-
ance is easily restored, particularly
if the giving way has been gradual
and prompt efforts are taken for
relief. It is only when the strain
has been long and continual, with-
out effort at relaxation, that the
consequences are serious. Some-
times the result is complete prostra-
tion, often resulting in dissolution;
at others the laws of nature are
completely reversed and self-de-
struction follows. Life at a high
mental pressure in any sphere is
dangerous. The man who violates
those laws which pertain to his
material body only is far safer than
he who gives his brain no rest.
Sleep through the body into com-
plete repose, but the brain is still
more or less active. The brain
needs rest and recreation apart
from this, and those who neglect
it have soon to repent of their in-
discretion. The tendency of this
age is to live at too high a pres-
sure and we have only ourselves to
blame for the results which follow.

PERHAPS one of the most sensi-
ble and useful suggestions that
have been made upon the epidemic,
fashionable influenza, La Grippe,
cold in the head disease that is
taking all the people by storm, like
the latest Parisian fashion, is to
refrain from partaking of the many
recommended nostrums for it. It
says: "If you get the Russian in-
fluenza sneeze it out by yourself or
call your doctor. Don't take a
prescription from any other source.
A compound recommended by a
New York paper, composed of
quinine, camphor and belladonna,
was pronounced by a more than
ordinarily careful druggist to be a
fatal dose for a child, and likely to
give a good deal of trouble to an
adult. Less danger is to be feared
from the gripe itself than from the
various drugs recommended for its
cure."

It is said that recent researches
go to demonstrate the fact, that
the poisonous quality in the foul
air of overcrowded rooms, arises
from a poison that is exhaled from
human lungs, and is not in reality
carbonic acid gas as has been
taught by our scientific books upon
that subject. It is perhaps well
enough to be loaded with the
knowledge of the true condition of
the case, but the main requisite
remains just as before, and that is
that those who have charge of
public halls, and other places
where people congregate, should
understand what is the matter
enough to secure good ventilation
and correct the existing evils in
the management of such places.

BUTTE, Montana, seems to be
infested with a gang boys who
posses an unlimited amount of
cheek and deviltry. They recently
sent to the democratic candidate
for U. S. senator a letter signed
"Nineteen Bold and Desperate
Men" demanding \$400,000 or his
life's blood. No attention would
have been given the matter had
not the demand been followed up
by a personal application of one
of their number, a youth about 20
years old, for the modest sum de-
manded. He was placed under
arrest and the detectives placed
upon the track of the remainder of
the gang.

It is said that the inspector of
meats in Paris exposed thin slices
of beef to tobacco smoke, and then
fed it to a dog, resulting in the
death of the poor canine in twenty
minutes. Probably human beings
can stand more than the dog did,
if not the death rate, from partak-
ing of articles pickled with the
aroma of the universal crowds of
tobacco smokers, in the rooms
where groceries, provisions and
meats are exposed for sale, would
be more apparent than it is at
present.

BOEN.
LANGDON. To the wife of N. W. Langdon,
in this city, on Dec. 28, 1889, a 10 pound
daughter.

MARRIED.
BELL BEARD. At the residence of the
officiating clergyman in this city, on Sun-
day, Dec. 29, by George Humphrey, J. P.,
Mr. Francis P. Bell and Miss Ellen Beard,
both of Linn county.

SMITH-MALLISTER. At the parson's
of the Revere House, on Monday, Dec. 30,
1889, by Geo. Humphrey, J. P., Mr. W. J.
Smith, of Portland, and Dolly McAllister,
of Linn county.

NEW TO-DAY.
PARTIES WISHING GRAVEL FROM
the Wilkins pit near this city, must call
at the office of the Oregon Land Co. and pro-
cure tickets. By order of J. H. Wilkins.

LOST—IN THIS CITY ON WEDNESDAY
A small leather satchel, bearing the name
of A. B. Seal. The finder will please return
the same to his residence, corner of Second
and Broadway streets.

Bids Received.
THE UNDERSIGNED WILL RECEIVE
bids at the Depot Hotel for putting in
drain tile on his fruit farm adjacent to town.
The tile is also dry on the ground; it is to be
laid about three feet deep. J. A. GROSS.

CIGARS—IMPORTED, KEY WEST
and Domestic, embracing the celebrated
Flor de Madrid, Estrella, Conquerors and
other choice brands in the Wells, Ferry and
Western Union Telegraph office building.
\$25 remember the place.

Contractor and Builder.
D. C. SHELL WILL FURNISH PLANS,
specifications and details for all kinds of
building and architecture. All work promp-
tly done and guaranteed to be first class. Es-
timates furnished on short notice for brick
buildings, residences, public buildings,
bridges, etc.

WANTED—MAN OF GOOD SELLING
ability to represent us as sales agent in
this town, (\$200 to \$300 per year can be
made). Address, Wanamaker & Brown,
Philadelphia, Pa.
The largest clothing and merchant tail-
oring house in America.

THE UNDERSIGNED HAVING DISPOSED
of his grocery business in this city, and
desiring to settle up his business affairs,
requests all who have accounts against him
to present the same at once, and parties in-
debted to him will please call and settle
without delay. All accounts to be presented
to me at my former place of business, the
Third Ward Grocery Store, corner Second
and Jackson streets. MARTIN LYNCH

Money to Loan
ON REAL ESTATE WILL LOAN IN
advance to suit on approved security at the
low rate of eight (8) per cent, per annum.
E. G. GUARDSLEY,
General Agent, Broadway Street, Albany.

WANTED—A POSITION BY A YOUNG
married man as assistant book-keeper
or office work. Address G. H. HUBBARD, office.

ONE THAT IS WILL
ing to cook and take care of a house for
one new estate throughout. A home for
one willing girl; work light. Address Mrs.
P. A. Northrup, 267, Seventh Street, Portland,
Or., stating references and wages expected.

The Cigarette Cure

THE AMOUNT OF STOVES THAT
Matthews & Washburn
Have sold since they started in
"business" It is all owing to the
LOW PRICES
Made by them. They also
keep a full line of Hardware.

THE APHRO MEDICINE CO.
Western Branch, Box 27, Portland, Oregon.
For sale by Foshay & Mason, wholesale and
retail druggists, Albany, Oregon.

THAT HACKING COUGH CAN BE
so quickly cured by Shilo's Cure. We
guarantee it. Foshay & Mason.

ISN'T IT WONDERFUL



MATTHEWS & WASHBURN,
ALBANY FURNITURE COMPANY

ALBANY FURNITURE COMPANY
We have the largest assortment of Holiday goods ever brought to Albany. Call and inspect their stock. Their low prices will astonish you.

THE LARGEST AND MOST VARIED ASSORTMENT OF HOLIDAY WARES EVER BROUGHT TO ALBANY. CALL AND INSPECT THEIR STOCK. THEIR LOW PRICES WILL ASTONISH YOU.

\$500
WORTH GOLD WATCHES
GIVEN AWAY.

I take this method of informing the citizens of Albany and vicinity
that I have just opened a first class clothing store in connection with my
mercantile business, and have added the most complete stock of goods

\$50 A LOT
Made by purchasing now in

Viereck's
Addition

These choice lots are right in the
line of improvements adjoining
Galbra's Park Addition. The
price now is \$150 per lot, and it
will be raised to \$200 a lot on Jan-
uary 1st. Call at once upon L.
Viereck. Lots will be sold upon
easy payments.

LOWEST LIVING RATES.
Call and examine my stock, before purchasing elsewhere.
No trouble to show goods.

Albany, Or. G. W. SIMPSON.

BOTH
ACADEMIC
AND
COLLEGIATE

Departments. In the Academic
Department there are four courses of
study of three years each: Classical,
scientific, normal and business. In-
struction is thorough; location, health;
expenses low; advantages, first-
class in every respect. Full informa-
tion in catalogue, for which address

McMINNVILLE COLLEGE
McMINNVILLE, OREGON

FIELD STORE
AND
GENERAL PRODUCE MARKET.

WANTED SPECIALLY—Hay, oats and potatoes, to supply customers
on the Oregon Pacific Railroad extension and my increasing home trade,
where I sell in quantities to suit the purchasers. Office foot or Ferry street.
R. M. ROBERTSON.

The City Restaurant,
Under the new management of H.
Lampman will be conducted on a
first-class plan. Meals will be served
at all hours. Consult the
BILL OF FARE
And order whatever you want, paying
for what you order and nothing
more. Straight meals served as usual
for 25 cents, an 1 meals to order from
a 5 cent roll and cup of coffee to a
first-class \$1.00 meal.
Furnished rooms to let in connec-
tion with the restaurant.

H. J. JONES' BOOK STORE.
He has the finest display in this line ever offered
in Albany. Call and see his assortment His
exceedingly low prices will surprise you.

FOR PURE DRUGS,
TOILET AND FANCY GOODS
GO TO

G. L. BLACKMAN.
Successor to E. W. Langdon
DEALER IN
Drugs, Paints, Oils.

Perfumery and toilet articles,
also a full line of books and
stationery, periodicals, etc.
Prescriptions carefully
compounded

IN ODD FELLOWS TEMPLE
Albany Oregon

HE ALSO CARRIES

The Finest Line of Pianos and Organs in the
Willamette Valley.
CALL AND EXAMINE HIS STOCK

HOLIDAY SHOPPERS

FOSHAY & MASON

INVITE THE ATTENTION OF THE PUBLIC TO THEIR IMMENSE
STOCK OF

Holiday Goods.
Santa Claus Headquarters.



The largest and most varied assortment of Holiday wares ever brought to Albany. Call and inspect their stock. Their low prices will astonish you.

BARROWS & SEARLS,
Dry Goods, Notions, Gents Furn'gs

AND
Boots and Shoes

AGENCY FOR
THE LUDLOW
Ladies Fine Shoes. Also
Agency for
M. D. WELLS & CO.'S
Boots and Shoes.

BARROWS & SEARLS.

BLUMBERG BLOCK.

To Experienced, Economical Buyers
Who believe in bargains and desire to make selec-
tions from the most seasonable styles in
DRY GOODS,
DRESS GOODS,
AND NOTIONS.

Fashion points the way to the Large New Stock

W. F. READ,
Albany, Oregon.

BECAUSE THEIR STOCK IS THE LARGEST,
BECAUSE THEIR GOODS ARE THE NEWEST,
BECAUSE THEIR PRICES ARE THE LOWEST

We know we can please. All we ask is a thorough
inspection. In dress goods we have the largest stock
ever shown in Albany. Come and see us and be
happy.

W. F. READ

Albany, Oregon.

ALBANY IRON WORKS,

Manufacture steam engines, grist and saw mill machinery, iron fronts and
all kinds of heavy and light work in iron and brass castings. Special atten-
tion paid to repairing all kinds of machinery. Patterns made on short notice.
E. F. SOX, President. C. H. STEWART, Secretary.

WILL & STARK.
Diamond
Jewelry

WATCHES
CLOCKS
SILVERWARE

Perfumery and toilet articles,
also a full line of books and
stationery, periodicals, etc.
Prescriptions carefully
compounded

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Albany Oregon

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