

HOW DO WE DIG OUR GRAVES?

We must eat or we cannot live. This we all know. But do we all know that we die by eating? It is said we dig our graves with our teeth. How foolish this sounds. Yet it is fearfully true. We are terrified at the approach of cholera and yellow fever, yet there is a disease constantly at our doors and in our houses far more dangerous and destructive. Most people have in their own stomachs a poison, more slow, but quite as fatal as the germs of those maladies, which they could not exterminate by thousands without warning in the times of great epidemics. But it is a mercy that, if we are watchful, we can tell when we are threatened. The following are among the symptoms, yet they do not always necessarily appear in the same order, nor are they always the same in different cases. There is a dull and sleepy feeling; a bad taste in the mouth, especially in the morning; the appetite is changeable, sometimes poor and again it comes as though the patient could not eat enough, and occasionally no appetite at all; dullness and sluggishness of the mind; no ambition to study or work; more or less headache and heaviness in the head; dizziness on rising to the feet or moving suddenly; the patient is coated tongue; a sense of a load on the stomach that nothing removes; hot and dry skin at times; yellow tinge in the eyes; scanty and high-colored urine; sour taste in the mouth, frequently attended by palpitation of the heart; impaired vision, with spots that seem to be swimming in the air before the eyes; a cough, with a greenish-colored expectoration; poor nights' rest; a sticky slime about the teeth and gums; hands and feet cold and clammy; irritable temper and bowels bound up and costive. This disease has puzzled the physicians and still puzzles them. It is the commonest of ailments and yet the most complicated and mysterious. Sometimes it is a consumption, and sometimes as liver complaint, and then again as malaria and even heart disease. But its real nature is that of constipation and dyspepsia. It arises in the digestive organs and soon affects all the others through the corrupted and poisoned blood. Often the whole body—including the nervous system—is literally starved, even when there is no emaciation to tell the sad story. Experience has shown that there is one remedy that can certainly cure this disease in all its stages, namely, Shaker Extract of Roots or Mother Seigel's Curative Syrup. It never fails but, nevertheless, no time should be lost in trying other so-called remedies, for they will do no good. Get this great vegetable preparation, (discovered by a venerable nurse whose name is a household word in Germany) and be sure to get the genuine article.

MRS. McNAUGHT'S FAMILY.

The Chief Attorney of the Northern Pacific is a Fix.

Joe McNaught on Saturday evening told us a good joke on his brother "Jim," who now occupies the responsible position of chief counsel for the Northern Pacific Railroad company and is stationed at St. Paul. As the story was told in "Jim's" presence, without a denial being entered, it may be taken as truth.

Mr. McNaught came over to Olympia from St. Paul in response to a telegram from John H. Mitchell, jr., to appear before the supreme court in a case in which the Northern Pacific was interested. He came over the line in the private car of President Harris, accompanied by Mrs. McNaught and Fred Dudley, his private secretary. They started on short notice and came away in a hurry.

Somewhere in the blizzard-swept region of Dakota the car was visited by the conductor of the train, who called for the tickets of the party. Mr. Dudley exhibited his pass, which was examined, registered and returned to him. The polite conductor then turned to Attorney McNaught with: "Your ticket, sir."

"Certainly," said Jim, who began to examine his pockets for the indispensable piece of cardboard. Not a pass, old, or new, could he find.

"I must have left it at the office," said the counselor, "my pass I mean, but it's all right anyhow. My name is McNaught, I am chief attorney of this road, reside in St. Paul and am on my way to Puget sound on the company's business. It's all right, I assure you."

The conductor still affable, replied: "I have no doubt your statements are strictly true, sir, but really I must see your pass, or shall be obliged to collect fare to the end of my division. We are allowed no option, it is pass or pay, you see."

Here was a dilemma. They were away out in the wilderness and no word could be gotten to or from headquarters. The conductor grew impatient. Finally, in despair, the discomfited attorney appealed—as a man in trouble ought always to do—to his wife:

"My dear," said he appealingly, "you certainly have a pass, haven't you? I'm sure I procured one for you and the children sometime ago."

"Oh yes, James," replied she, "but I don't know as I brought it along. I came as your guest," added she with a spice of mischief, "and didn't expect to look out for any transportation or expenses. However I'll look and see if I have it."

Search was made, and after prolonged investigation into bags, reticules, etc., Mrs. McNaught triumphantly drew forth a card bearing the magnetic words: "Pass Mrs. James McNaught and family over all lines of the Northern Pacific."

"But," said the conductor, "this is a pass for Mrs. McNaught. Where is that for the gentleman?"

"Don't you see," said the lady, "this passes me and my family," and then, pointing to the crestfallen chief attorney of the Northern Pacific, added triumphantly, "there is my family."

That's the way "Jim" managed to get over to Puget sound without paying fare. And "Joe" says that "Jim" has since registered a solemn promise that if the rest of the "family" will not insist on having a guardian appointed to travel with him, Mrs. McNaught shall be his companion every time he makes a trip over the lines of the Northern Pacific.—Seattle Times.

"A FRIEND OF MINE."

The Law Which Excludes the Entire Globe.

Travelers who have gone "far countries to see" say that they find human nature pretty much the same all the world over. They find wide variance in color of skin, in physical contour, in mental characteristics, but in the essential elements that control social conduct, the human family is a brotherhood.

The law, unbroken, found in no statute book, enforced by no court decrees, but having an influence circumscribed only by the limits of earthly space, is the law of kindness.

Among peoples where cruelty to human kind is almost a fixed habit, who are relentless foes, and as friends scarcely less to be dreaded, whose savage natures revel in fiendish atrocities, there yet lingers the spark of divinity which lifts man above the brute.

Sorrow melts the human heart wherever found, and sympathy mingles its tears with grief all the world over. Where pity does not dwell, there lives no thing of human kind. It is "the touch of nature that makes the whole world kin."

What a terrible world this would be to live in were it not for the sympathy and loving kindness shown us when sorrow comes, for it is decreed that in all lives "some days must be dark and dreary."

The 10,000 and more voluntary testimonials of the proprietors of Warner's safe cure have received in regard to the efficacy of that remedy, reveal "this touch of nature" in a peculiar manner. The universal sympathy of mankind is that it was through some kind friend who, in pity for their suffering, had made known to them the wonderful merits of this great remedy.

The testimonials of Capt. Geo. B. Wilbank of Philadelphia, is a fair sample. He was put ashore from his ship to die of a fever resulting from cholera and liver trouble, and as physicians could not help him, there seemed no hope for him. But he says: "A friend of mine, who happened into port, came to see me, and urged me to begin the use of Warner's safe cure. He began to use it as his friend advised, and was cured in a very short time."

How many more there are to-day in the world, longing out lives of usefulness, making the world happier and better, who would have long since passed to the other shore, had it not been for the loving kindness of friends, shown in this practical way, as these testimonials from all quarters of the globe afford ample evidence.

Inoculation With Snake Poison. The evident interest with which the public is watching the outcome of Pasteur's experiments in inoculation, draws out instances of kindred cases. An Episcopal clergyman of Kenwood, Ill., who spent his boyhood in Surinam of Dutch Guiana, says it was a common thing there for the people to guard against the bites of poisonous serpents that infested the country. The snake is caught, fastened firmly and then irritated until the glands are swollen with poison, when the viper is killed and the glands extracted. The poison is reduced to a white powder, which is rubbed into arm cuts, much as a vaccine in small pox inoculation. The clergyman concludes: "A case was never known of a man dying or ever being affected by the bite of a snake in Surinam when vaccination had been properly performed. I remember distinctly seeing a dairyman in my father's employ hold a deadly snake in his hand and torment it. The snake would turn its head and repeatedly fasten its fangs into the man's hand until it was covered with blood. The dairyman merely laughed, and when he got through playing with the snake threw it down and stamped on its head. The poison certainly did not affect him, for I saw him many years afterward."

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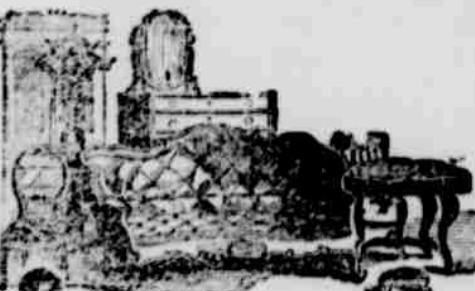
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