

WHAT KILLS AMERICANS.

Fast Living—Nervous Eating—Hard Drinking—Over-Exercising—Nervous Exhaustion—Political Ambition—Violent Passions—The Race for Money.

The alarming disease of this country is nervous debility and prostration. It goes under many names but it is essentially the same complaint. Hospitals and private institutions for nervous patients are crowded. The average of life in the United States is decreasing every year. Sudden deaths from nervous collapse among our business, professional and public men are so frequent as scarcely to excite remark.

Every one should know the cause. What are they? The answer is easy and terribly plain: Our vicious personal habits; our careless and lawless eating and drinking; the intense mental and physical strain arising from our mad race after money, position and influence; the fears and struggles of poverty; the use of narcotics and stimulants; our fashion of turning day into night and night into day; and, briefly, our desperate willingness to pay any price for an hour's pleasure or success.

The disease from which we suffer and die is, in plain English, Nervous Debility, as it is seated in the Nerves and in the organs of Digestion, Assimilation and Nutrition. Healthy digestion being impeded or destroyed, the whole body, nerves included, is literally starved; even when there is no emaciation to tell the sad story.

Nervous prostration sends out its warnings—headache in the morning; a persistent dull heaviness or aching at the base of the brain; wakefulness; loss of appetite and disgust with food; loss of mental energy and interest in ordinary duties and business; restlessness and anxiety without any assignable reason; emaciation; bad breath; total loss of the teeth; general giddiness; palpitation of the heart; salivaceousness of the skin; coated tongue and general failure of strength and constitution.

Upon the nervous system Shaker Extract (Seigel's Syrup) acts as a safe and wholesome anodyne without the slightest narcotic effect, and then leaves the nerves to regain their natural tone and strength through its wonderful influence upon the function of nutrition.

It is safe to say more nervous dyspepsias have been restored by it from the depths of misery to a fresh enjoyment of life and labor than by any or all other forms of treatment combined.

DEFEAT OF NEAL DOW.

The defeat of Neal Dow, the notorious champion of prohibition, for the majority of Portland, Maine, is significant of the manner of the coming campaign, and of the result, in that state and in others. The democrats supported Dow, yet he was defeated by over 1600 majority. Neal Dow has never been a democrat. He was formerly a zealous abolitionist. He has been for years a zealot and a fanatic in the cause of prohibition. Until this year, in elections, in which his pet hobby was not directly involved, he voted with the republicans. He is now turned against the party because he could not bring its leaders and conventions to incorporate prohibition in its platforms and has made alliance with the democrats to do all the harm he can to the whole republican party.

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At the end of the fight both men were in poor shape, and Mitchell's backers finally consented to the propositions made by Sullivan's backers that the fight be declared a draw.

The American crowd is blue. Sullivan's friends are utterly unable to explain why he did not do better. Both men's hands were in a terrible shape at the end of the fight. Mitchell seemed to improve as the fight went on. He fought carefully and kept out of Sullivan's reach as much as possible.

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HOW HE WON.

The recent exploit of Mr. William Beach, leaves no doubt that he is the handiest man in the world with the sculls. The case with which he outwitted his opponent, the supposed invincible Neal Hanlan, shows that in form, stroke, and muscular development, adapted to sculling, he has no equal.

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Will Stand for service the Season of 1888 at the Fair Grounds, Hillsboro, Washington County, Oregon.

FRED HAMBLETON 6663. 3-year-old record 2:20. Sire of Fred Hambleton, winner of the 2-year-old stakes at Salem and Spokane Falls of 1887.

PLASTER 9516. Is 6 years old, a rich bay over average size, bred by J. C. McFerran, Louisville, Kentucky.

VAN TROMP. 3-year-old record 2:10. Sire of Van Tromp, winner of the 2-year-old stakes at Salem and Spokane Falls of 1887.

GLEN DUDLEY. Sire of Glen Dudley, winner of the 2-year-old stakes at Salem and Spokane Falls of 1887.

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ELKHORN SALOON. PHILIP PHOENIX, UNDER LOUIS Strasser's management, has opened a new saloon in the building formerly occupied by Tom Whitworth, known as the Elk Horn Saloon.

LAND PLASTER A SPECIALTY. No. 55 N. Second Street, PORTLAND, OREGON.

PHILIP PHOENIX, UNDER LOUIS Strasser's management, has opened a new saloon in the building formerly occupied by Tom Whitworth, known as the Elk Horn Saloon.

Notice to the Public.

I now have my New ROLLER PROCESS FLOURING MILL. In operation, and am making a very superior grade of Flour.

JOHN MILNE. A Steak of Buckwheat and Milling Oats. Highest market price paid.

LANDS FOR SALE. 100 Acres of Land, 3/4 of a mile from Hillsboro, with 40 acres or more in cultivation.

80 ACRES WITH TWO-STORY HOUSE. A farm of 80 acres, with a two-story house, and a barn that cost \$300, on an orchard of all kinds of fruit and all the small fruits.

10 ACRES JUST OUT OF HILLSBORO. A farm of 10 acres, with a well, and 4 acres in cultivation.

2 LOTS, WITH HOUSE AND WELL. 2 acres, with a house and a well, in cultivation.

80 ACRES, UNIMPROVED, 6 MILES South of Hillsboro, well watered; has well and near the Creamery at Farmington, and comes out to the road.

A NICE, LARGE AND WELL-ARRANGED Residence, with all necessary Outbuildings, bearing Fruit Trees, and Six Lots, situated near the new Brick Block in Hillsboro, for sale at \$2,500.

10 ACRES, 1/2 MILE FROM HILLSBORO. 10 acres, with 12 acres of pasture land; has a well, and 10 living trees in orchard, and 12 acres of small fruit.

3 ACRES, 2 MILES FROM HILLSBORO. 3 acres, with a house, well, and 10 acres of pasture land, and 10 acres under plow and in meadow. Price, \$1,500.00.

W. H. RUCKER, Real Estate Agent, Hillsboro, Oregon.

OREGON DEVELOPMENT CO. First-class Steamship Line between Yaquina and San Francisco, connecting at Yaquina Bay, the train of the Oregon Pacific Railroad Company.

SAILING DATES. FROM SAN FRANCISCO: Eastern Oregon Wednesday, June 20; Willamette Valley Tuesday, July 1; Eastern Oregon Monday, July 11; Willamette Valley Sunday, July 17; Eastern Oregon Saturday, July 20.

FROM YAQUINA: Eastern Oregon Wednesday, July 6; Willamette Valley Tuesday, July 13; Eastern Oregon Sunday, July 17; Willamette Valley Friday, July 20.

The Company reserves the right to change steamers or sailing dates.

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