WHAT KILLS AMERICANS.

Fast Living—Reckloss Enting—Hard Drinks ing—Poor Sloeping—Social Jeniousy— 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. The majority of suicides, committed without apparent reason, or under so-called "depression of spirits," are really prompted by nervous prostration, which is a fruitful source of insanity and crime with all their grief and horror.

These facts are startling. They threaten the very life of the nation. They assail the springs of its power and prosperity. They wreck manhood's strength and woman's usefulness and beauty.

Every one should know the causes. 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. So we burn life's candle at both ends and fill the lunatic asylums and the gravevards.

The disease from which we suffer and die is, in plain English, Nercous Dyspepsia, 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; eructations; bad breath; foul mucous on the teeth; occasional giddiness; palpitation of the heart; sallowness of the skin; coated tongue and gradual failure of

strength and ambition.

The remedy is a total abandonment of the habits and customs which cause the disease in each individual case, and the use of Shaker Extract of Roots (Seigel's Syrup) to cure the mischief already done. This great remedy, prepared by the Shaker Community of Mt. Lebanon, N. Y., is especially adapted to eradicate Nervous Dyspepsia. To do this it acts directly and gently but powerfully upon the disordered stomach, liver and kidneys, restoring their tone and vigor, promoting the secretion of bile, expelling waste matters from the system, and purifying the blood.

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

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Chicago Tribune : Judge Gary was hearing a case that called for a jury trial, and after the usual ne al voices and false teeth. wrangling that always tries the fairly started, when up jumped a have false teeth? asked the judge, shortly. "Shudge, I t'ink I like to go home." "You and end in cough and consumption, doan' t'ink I make a good shuror." "You're the best on the panel. Sit known to our ancestors who prevented the catarrh, cold cough and consumption by abundant and regular use of what is ing aboudt." "That's no excuse.

Dakota Compared with Arkansas.

Senator Jones of Arkansas to the war and contracted a disease called coneffect that the admission of Dakota quent hemorrhages. After using War-was a question requiring grave consideration and one which he could tion remedy, he says, under date of Jan. not decide in advance of discussion, any more, my cough does not bother me, and I do not have any more smothleads Ex-Gov. Pierce, of the Pioneer ering spells." Warner's Log Cabin Press, to institute some comparisons Rose Cream cured his wife of catarra between Arkansas and Dakota of a Of course we do not like to have our kind to make the senator ashamed women called nose-talkers and falseof himself and of his state. Here be readily overcome in the manner

Arkansas has been a state for over fifty years, and to-day she has 800,000 inhabitants to Dakota's 658,000. She has 2168 miles of railread, while Dakota has 4246. She expends \$561,000 annually for public schools, while Dakota expends \$2,000,000. She employs 1800 school teachers, while Dakota employs 5000. She has 156 newspapers, while Dakota has 352. In only one thing does Arkansas surpass Dakota, and that is in the percentage of persons who cannot read and write. In this she stands in the ratio of 38 to 5."

under the New York laws is little more than offering a premium to robbery and defamation. For, unless the will is made to suit the whim or cupidity of every adventurer whom the testator may have avoided during life, it is sure to be contested. The savings of a lifetime will go to the lawyers; the sacred privacy of home will be desecrated in the ribald atmosphere of a court; the wise purpose of the sanest man that ever lived will be distorted and destroyed. Mr. Conkling was wise to leave no will. The vultures will have no feasting upon his estate and his fame.— N. Y. World.

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**As a powerful, invigorating tonic, as a powerful, invigorating to the whom and to be desecunted. The world recommended as a powerful, invigorating to the women, debi



MASAL VOICES CATARRH AND Call

A prominent Fuglish woman says the American women all have high, shrill, Americans don't like the constant twitting they get about this nasal twang, patience the jury was secured and and yet it is a fact caused by our dry, sworn. The judge settled back in stimulating atmosphere, and the universal presence of catarrhal difficulties. his chair, thinking that the case was But why should so many of our women

That is more of a poser to the English. little German who was sitting in one It is quite impossible to account for it end of the jury box. "Shudge!" except on the theory of deranged stomhe exclaimed. "Well, what is it?" ach action caused by imprudence in eating and by want of regular exercise. Both conditions are unnatural. Catarrhal troubles everywhere prevail

can't go. Sit down!" "Shudge, I which are promoted by mal-nutrition induced by deranged stomach action. The condition is a modern one, one unlittle fellow was getting desperate, now known as Warner's Log Cabin I doan spheak good English." Cough and Consumption Remedy and the spring and summer seasons advance | kept in a First-Class Country Drug, Book | field of standard-bred colts. In three years Neither can any one else. Sit give a positive assurance of freedom, both from catarrh and those dreadful and if neglected, inevitable consequences, pneumonia, long troubles and consumption which so generally and fatally pre-

vail among our Comrade Eli Fisher, of Salem, Henry A remark a short time ago by Co., Iowa, served four years in the late sumption by the doctors. He had fre-



The statement that Mr. Conkling left no "will" will be accepted, in the present state of our jurisprudence, as a high evidence of the sagacity and self-respect of that eminent man. The making of a will under the New York laws is little more than offering a premium to man state of our jurisprudence of the New York laws is little more than offering a premium to woman's peculiar of many thousands of cases of those chronic weaknesses and distressing allments peculiar to females, at the invalids Hotel and Surgical Institute, Buffalo, N. Y. has afforded a vast experience in nicely adapting and thoroughly testing remedies for the cure of woman's peculiar maladies.

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3-year-old record 2:40 .. And winner of the 3-year-old races at Salem and The Dalles in 1887; is a bay horse, himself, is in rank the first sire of Thorwithout white and one of the head one of the lead one of the without white, and one of the handsomest and gamest frotters in the state, Sired by BADGER BOY, son of Hamble-Patron (5-year-old stallion record 2:14%), tonian Mambrino (sire of Jane L., 2:19)4. I dam Springfield Maid, dam of Fred Hambleton, 2.25. | See pedigree of Fred Van Tromp will be Ilmited to 10 mares.

TAN TROMP.

Tromp. 3-year-old stallion record 2:40/4, by Lakeland Abdallab, full brother to Harold, sire of Maud S. (2:08/4). 2 dam Saluda by Alexander's Abdallab, sire of Goldsmith Maid (2:14). 3 dam Friday (sire of dam of Geo. Cooley, 2:27), by imp. Trustee, 4 dam by imp. Belifounder, sire of the dam of Rysdyk's Hambletonian.

Fred Hambleton has substance, endurance and speed. His record of 2:26 was made as Trustee. 3 dam by Henry Duroe, son of old record 2-21%), by Rysdyk's Hamble- to permit training, eason, with privilege of return

> The Thoroughbred Stallion, GLEN DUDLEY. Full brother to Judith, winner of 8 races

which he covered 48 mares, he trotted miles in 2:51. His colts, though not old enough to be trained, are large, well formed, and D., Flavello, etc. show excellent gait. GLEN DUDLEY is a handsome bay, 16

hands high, and weighs 1150 pounds.
Sired by imp. GLENELG.

1 dam Madam Dudley, winner of the Champagne Stakes at Jerome Park in 1870, by Lexington. 2 dam upp. Britannia 4th. (dam of Brigand, winner of the Jersey Senson, with privilege of return

Sire of Dudley Howard, Laura D., Minnie

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oughbreds in America. He has been four times at the head of winning sires -1879, 1884, 1886 and 1887, and has sired more winners than any stallion in America. GLEN DUDLEY, after receiving severe injuries at 2 years old, was still an excellent race horse. As a 3-year-old he started seven times, won three races, was second in one and third in two. At Washington, D. C., November 26, 1877, in a 1½ mile dash, he beat, among others, Lady Saylers, the dam of St. Paul, winning easily by half a dozen lengths. Gien Dmiley's colts have size, tyle, speed and an excellent disposition. None of them have had thorough training

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