

WHAT KILLS AMERICANS.

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.

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 graveyards.

The disease from which we suffer and die is, in plain English, Nervous Dyspepsia, as it is seated in the Nervous 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; eruptions; bad breath; foul mucous on the teeth; occasional giddiness; palpitation of the heart; salowness 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 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 dyspeptics 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.

Closing Out Sale of Dry Goods will be closed out within the next two weeks at MY Entire Stock of Millinery Goods.

Cost Prices! A splendid opportunity is offered to all wishing anything in my line.

Mrs. S. C. Roberts, FOREST GROVE.

"PUCK" ON PORTLAND.

The Customary Good-Natured Misrepresentation of Oregon Weather.

That mugwump illustrated 'Puck' has been publishing letters from various cities on the Pacific coast. This week's issue has half a page devoted to Portland, with five very poor little pictures. It says:

Portland has not only Mount Hood, but four other sentinel mountains; also three transcontinental railroads. Some of these mountains are too far off to be called in case of emergency. San Francisco is a way-station (according to Portland) on one of the railroads; and the great and growing seaports of Puget sound are way-stations on another. But Portland isn't bashful. She claims them all as expressly hers.

She values the mountains as highly as she does the railroads. They both bring her tourists and Eastern bank notes. Portland looks like a New England city, although our original Portlanders drove up there in ox-carts from Pike county, Missouri.

Portland is a seaport, about 110 miles from the sea. It is on the Willamette river, about ten miles from where that classic stream joins the Columbia. The Willamette is a fine stream. Careful analysis shows it to be composed of four-fifths H2O, one-fifth mud, and a slight trace of fever and ague. It runs down hill in winter, and uphill in summer. It is not as "sassy" when it runs uphill; and you would think it would be more so then, for it is "backed" by the whole Columbia at that time.

When vessels get up to Portland they tie up to the wharves with their bowlines and hire tugs to tow their sterns around upstream. Portland has considerably over 30,000 inhabitants, and is the metropolis of the Pacific Northwest. It won't do any harm if you forget this, for they will remind you of it when you go to Portland.

Portlanders worship Mt. Hood. Its snowy purity is something they admire at a distance. Every Fourth of July night they illuminate it with red fire. Four or five young men climb up its slippery sides, each carrying twenty-five pounds of cochineal powder on his back. About 9 p. m. they touch this off, and throw all over the state of Oregon.

The light that never was on sea or land. Only a few Portlanders are Second Adventists. In fact, many of them have no religion whatever. Still, they are looking for the second coming of Henry Willard. They would like him to bring them a dividend on their investments in the "Blind Pool." They would also like to have him return and finish the dock, elevators, station, and particularly the magnificent hotel of which they unkindly built only the basement story. They lack nerve to finish it themselves, and are afraid the high bidder will buy it and sublet it for Chinese laundries.

[Puck should amend his paragraph. Portland will build the hotel.] There is no winter in Portland, nor any snow, except once in twenty years. At just that time, from October to May. They call this somewhat lengthy shower, "Oregon mist."

When they don't have it, it is missed very much. When it clears off, and begins to rain again, everybody feels well, is happy, and goes shopping. From April to October, it doesn't rain at all. Then the people go down to the seashore, and sit there the spray from the breakers can fall on them.

Portland is such a nice place for a married man of small income! A two-dollar-and-fifty-cent gossamer is more useful than a two-hundred-and-fifty-dollar sealskin saque. Portland's only trouble is that it's too nice a place. Its glorious no-cold-weather climate makes a man bilious and debilitated, and gives him an abnormal appetite for quinine.

If Mt. Hood was only nearer, so it could cover her with snow and cold weather in the winter, Portland would soon be more energetic than Minneapolis—even Seattle. The principal exports of Portland are wheat, timber, and canned salmon. The principal imports are rubber coats and Milwaukee beer. It is just as good beer weather in Portland in the wet season, as in the dry season.

OVERLAND TO CALIFORNIA VIA Southern Pacific Company's Lines. THE MT. SHASTA ROUTE!

Time Between Portland and San Francisco, 33 Hours! California Express Trains Run Daily Between Portland and San Francisco.

PULLMAN BUFFET SLEEPERS TOURIST SLEEPING CARS For accommodation of Second-Class Passengers attached to Express Trains.

By the way, there is Mrs. Lucy Hayes.

She is a good woman. She is a temperance lady, never known to "rush the growler" or lead her friends into temptation. She enforced the prohibition law on Rutherford, her husband. Why is not Mrs. Hayes as much as a shining example and an honor to her sex as ever she was? Why do not the great prohibitors and women's rights up and pass resolutions of sympathy and admiration and have her portrait painted and send delegations to visit her? Is it possible that it was not the woman, but the feathers and sumppery of her White house surroundings that excited so much gratitude in the days gone by? No wonder Mrs. Cleveland wants a second term.—Nebraska State Journal.

Senator Hearst, of California, has been making some extensive investments in Mexico, including the purchase of 2,000,000 acres of land in the state of Vera Cruz. To be devoted to the raising of coffee, sugar, and tobacco. Along with other California capitalists he has also obtained concessions for building a railroad from the city of Mexico to some point on the Pacific coast. Such facts as these emphasize the importance of a reciprocal commercial treaty with Mexico which shall remove the restrictions upon a rich trade that foreigners have been quick to appreciate and profit by.

Still Both Were Happy. Life. They were young lovers, and as they strolled through the Ramble in Central Park the future looked very bright and pleasant to them. "That is a dogwood tree, my love," he said, touching it lightly with his stick.

"How do you know it is a dogwood tree, George dear?" "I can tell by its bark, my darling," and then a policeman ordered them off the grass, and they were very happy.

Suggestive Wah-Wah. This paper, on this, its first birthday, stutters not in saying that it is hatched to fill a long-felt want.

It is a fact, attested by several able-bodied witnesses, that wall-paper for ranch houses comes high; That shell-lining is high; That bustles are high; That real lace disrings are high; The Wah-Wah would fail fill these fallow fields.

It aims to so shape its course that no good housewife will ever regret having used it for the noble purpose above outlined.—Walla Walla Wah-Wah.

LANDS FOR SALE. 12 ACRES of Fir brush land on the north of Hillsboro two miles. Price, \$225.00.

17 ACRES of Timber and Brush Land with 4 acres cleared. This land is watered by McKay's Creek, and on the road north of Hillsboro two miles. Price, \$425.00.

50 ACRES with House, Barn, Orchard, and 15 acres clear, and 25 acres in grass, immediately on the road two miles north of Hillsboro. Price, \$400.00.

100 ACRES of Land 2 1/2 Miles from Astoria, and 1 mile from school; 60 acres of plow land and 30 acres cleared and seeded, and 10 acres of small fruit and all the small fruit. This place is favorably located on Main Street in Hillsboro, and will suit a man of means. It will sell either half of this place—the improved part for \$225.00, or the unimproved part for \$85.00, or all of it for \$350.00.

WHAT'S THE MATTER WITH YOUR BLOOD?

As much blood goes through the kidneys as goes through the heart. There is nothing startling about this fact except it be a revelation. Many people have but a dim idea of the real work of the kidneys. They not only drain the water from the system, but also the poisonous matter which that water holds in solution as they go through the system. Over half the time, however, the kidneys fail to do this work!

What is the result? Gradual culture of strength and health and eventually death by Bright's disease, or some unappreciated kidney disease. That is the danger of the system. The year, when one's blood is filled with poisonous waste, as it invariably is at that time, you feel depressed, tired, languid, do not seem to have any disease, but your system does not respond to the genial warmth of summer and spring as formerly.

You had better look out! The kidney poison is accumulating in the blood. You don't do any good, they simply treat effects. You can only cure a radical, thorough renovation of the system by the prompt use of Warner's Safe Cure, which is the only scientific specific for the blood, because it is the only known specific in the world that acts upon the kidneys, which are the only glands which secrete the blood.

Geo. F. RIDGEMAN, 98 Mulford St., Cleveland, O., Ex-Deputy Sheriff, from Erie and Putnam counties, Ohio, who has been totally blind, and was troubled with great pain in his back, for many years, and has never had a day's trouble since, and has fully recovered my health. Warner's Safe Cure saved my life.

REV. J. P. ARNOLD, of Camden, Tenn. In 78 and '81 was grievously afflicted with many ailments caused by kidney disease. The physician was alive for many months, but was unable to cure me. I was thoroughly purifying my blood with Warner's Safe Cure in 1882, and reported that I was now strong and well over 71 years of age, and able to preach regularly.

JAMES WRIGHT, 266 Fifth Ave., New York. Suffered for years from influenza, rheumatism—a blood disorder—but in 1882 was fully restored to health by Warner's Safe Cure and remains well to this day.

Dr. Dio Lewis, who was opposed to the use of medicines in general, thought to high praise that the only way to cure him had a serious kidney disease, he should use it.

Ask your friends and neighbors who they think of it. In the spring of the year, when debility is so prevalent, and the needs of the case are so urgent, that they may get a blood-purifying before the fall, the present man and woman will give the system a thorough cleansing and purification.

Over 6,000,000 PEOPLE USE WARNER'S SAFE CURE. D. M. FERRY & CO., 266 Fifth Ave., New York. SEED ANNUAL FREE TO ALL. Dr. Dio Lewis' Little Liver Pills. SICK HEADACHE. \$500 REWARD offered by the manufacturer for a cure of a man suffering with this trouble.

Fred Hambleton, Planter, Van Tromp and Glen Dudley

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

FRED HAMBLETON REG. 5-year-old record, 2:24. Sire of Fritz Hambleton, winner of the 2-year-old stakes at Salem and Spokane Falls in 1887.

VAN TROMP. 3-year-old record 2:10. And winner of the 3-year-old stakes at Salem and the Dales in 1887. Sire of Dan Hambleton, winner of the 3-year-old stakes at Salem in 1887.

Glen Dudley. Derby in 1874; by Flying Dutchman, winner of the Derby and St. Ledger. (See Driver's American Standard Book.)

I. L. Smith & Sons. Manufacturers of and Dealers in all kinds of FINE, MEDIUM and LOW PRICED FURNITURE. Also, a fine assortment of CARPETS, OIL CLOTHS & MATTING. SASH, Doors and Blinds! UNDERTAKERS DEPARTMENT.

THE CENTURY Organ in the Lead! It is a case which is UNIQUE IN DESIGN, surpassing beautiful, and put together on an EXCELLENCE NEW PRINCIPLE—no sliding pins instead of screws. It is also MOUSE PROOF, by a simple contrivance.

PROTECT YOUR HOMES! MARLIN DOUBLE ACTION REVOLVER. A GOOD REVOLVER no longer costs a Fortune. Self-Cocking, Automatic Ejecting. FULL NICKEL PLATED, RUBBER HANDLE.

IDEAL RELOADING TOOLS WILL SAVE ONE-HALF THE COST OF AMMUNITION. Made for all sizes of Cartridges which are used in any of the following: Winchester-Remington, Smith & Wesson also for all gauges and makes of SHOT GUN SHELLS, PAPER AND BRASS.

PISO'S CURE FOR CURS WHERE ALL ELSE FAILS. CONSUMPTION. I believe PISO'S Cure for Consumption saved my life.—A. H. DOWELL, Editor, Emporium, Edenton, N. C., April 23, 1887.

SELIM. THE BEAUTIFUL 5-YEAR-OLD DARK Double Fly Stallion, will make the Season of 1888 in Washington County as follows: Thursday at Wm. Waters' near Centerville; Friday night and Sat. Friday noon at Gresham; all other days at the farm of the undersigned, one mile east of Hillsboro. Service \$4.00. The Season \$7.00. Insurance \$1.00.

Mustang Lintiment. The BUYER'S GUIDE is issued March and Sept. each year. It is an encyclopedia of useful information for all who purchase the luxuries of the necessaries of life.

OREGON PACIFIC R. R. 225 Miles Shorter! 20 Hours' Less Time! Accommodations Unsurpassed for Comfort and Safety. Rates and Freight Rates Yaguna and the Oregon Development Company.

OREGON DEVELOPMENT CO. First-Class Steamship Line between Yaguna and San Francisco, connecting at Yaguna with the trains of the Oregon Pacific Railroad Company.

GIFT. Send 10 cents postage, and we will mail you a box of royal, valuable, sample box of goods that will put you in the way of making money as fast as you can blow it.