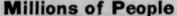


Price \$1.00

CUTICURA SOAP, to cleanse the skin of crusts and scales and soften the thick-ened cuticle, CUTICURA O'NTMENT. to instantly allay itching, inflamma-tion, and irritation, and soothe and heal, and CUTICURA RESOLVENT PILLS, to cool and cleanse the blood. A SINGLE SET of these great skin curatives is often sufficient to cure the most torturing, disfiguring, itching, burning, bleed-ing, crusted, scaly, and pimply skin, scalp, and blood humours, with loss of hair, when all else fails.



Use CUTICURA SOAP, assisted by CUTICURA OINTMENT, for preserving, purifying, and beautifying the skin, for cleansing the scalp of crusts, scales, and dandruff, and the stop-ping of falling hair, for softening, whitening, and soothing red, rough, and sore hands, for aby rashes, itchings, and chaings, and for all the purposes of the tollet, bath, and nurs-ery. Millions of Women use CUTICURA SOAP in the form of baths for an opting irritations, inflammations, and excertations, or too free or offensive perspiration, in the form of washes for ulcerative weaknesses, and for many sanative, antiseptic purposes which readily suggest themselves to women.

Currioura Resolverst Pittas (Checolate Cated) are a new, tasteless, odorless, eco-omical substitute for the celebrated liquid DUTIONA RESOLVENT, as well as for all other lood purifiers and humour curres. In sciew-ap vials, containing 60 doses, price 25c.

throughout the world. Boar, 25c., OINTERET, TLLS, 2.W. Brilish Depot: 27-28, Charterhouse Sq., on. French Depot: 5 Rue de la Paiz, Faris. Por-Sues & Curk., Coar, Seie Proye., Rockon, U.S. A.

CHURCH DIRECTORY.

Preaching hours at 11 and 8:00.

M N. CHURCH.

Preaching Sunday morning and.ev. ening. Sunday school at 9:45. Ep-worth league at 7 C. Prayer meet ing Thursday evening .- H. N. Rounds, pastor.

M. E CHURCH, SOUTH.

M. E Christen, sorth. Preaching Sunday morning and ev-ening. Sunday school at 10. Ep-worth league at 7:90 Prayer meet-her parasol.-Mrs. Raiston in Ladies' ing Thursday evening .- L. C. Smith, Home Journal. pastor.

BAPTIS' CHURCH.

Preaching Sunday morning and evening. Sunday school at 10. B. Y. when I've gone home in the morning P. U. at 7:00 Prayer meeting Wed-and knew my wife was waiting for me nesday evening .- J. R. G. Russell, things have looked unusually black .pastor.

PRESBYTERIAN CHURCH. Preacning Sunday morning and ev-

Rotel Clerk (to Colonel Cutter of ening. Sunday school at 10, Chris- Kentucky)-Will you have a pitcher of water sent to your room?

The Quickess Acting Plant Food. Cause For Mourning. If home mixing of fertilizers is to be

dene, a definite knowledge should be "During the year that I have been getting manuscripts back from unap- had of the materials which supply reciative editors," said Charles Theoplant food. Nitrate of soda is imme ore Murray the other night, "I have diately available for the plant's use as observed a general tone of apologetic soon as it goes into solution. Its best regget in the accompanying notes of results are obtained when applied .ejection, as though the dear editors where growing plants can make use of feared that my feelings might be burt. It quickly. Where plants grow in hills Of course 1 have become so hardened or drills the nitrate of soda should be by this time that the return of some of applied near the growing plants, but my manuscript fails to arouse any feel should be thoroughly mixed with the soil. If applied broadcast upon sowed crops, it should be eveniy distributed. ichard Watson Gilder rather startled me to thinking last month when he Nitrate of soda exerts its most bene sent me back a humorous sketch of ficial action where immediate results which I was especially foud in an en-velope with a deep black mourning plant food. Dried blood, while not so border and without comment." immediate in its action as nitrate of soda, is very quickly available and as

Prices In Manila.

a general supply for nitrogen it is safe Manila's supply of beef, mutton, pork and valuable. Animonium sulphate is and lamb is drawn chiefly from Aus- the richest in nitrogen of any commer train. The meats retail at the follow- ctal material, usually containing about ing prices: Sirloin steak, 55 cents a 20 per cent actual nitrogen. At the pound; mutton, 40 cents; fresh pork, 55 present time the cost of nitrogen from cents; lamb, 55 cents. Other prices are: this source is greater than from either Smoked cod, 60 cents a pound; bacon, nitrate of soda or dried blood.-L. A 60 cents; ham, 65 cents; cheese, 50 Clinton. cents; lard, 40 cents; turkey, 65 cents; salmon, 35 cents; mullet, 30 cents; lob-

The bean crop of California in 1901 is stated by the president of the San sters, \$2 each: butter, \$1 a pound: grouse, \$2.50 each: rabbits, 60 cents; hares, \$1.25; fowl, \$1.50; tame duck, Francisco chamber of commerce have been 54,000,000 pounds, or 900,000 \$1.35; condensed milk, 75 cents a pint. bushels. A considerable foreign demand has

"Wooden Russia."

onstitutes the principal fuel.

of Wales' sons.

An Ill Omened Title.

Carry a Green Lined Parasol.

Very Dark.

Last Resort.

just before the dawn.

Yonkers Statesman.

The name "wooden Russin," says our sprung up recently for corn oil and consul at St. Petersburg, is familiarly corn oll cake. According to official statistics, the applied to the vast forest areas of Russia in Europe, which cover 464,548,000 honey and wax industry shows little acres, or 36 per cent of the entire area

One Thing and Another.

If any increase since 1880. of the country, yet some fear is felt Wheat screenings with a small adthat the country may be deforested dition of corn make good sheep feed. through the carelessness of private Plant melons and cucumbers in the owners, and the government is considopen ground toward the last of May. ering steps for the protection of the Protect early tomato plants when forests. In Russia houses built of any necessary with paper, cloth or hay. other material than wood are almost but they will stand a greater chill than unknown outside the cities, and wood is ordinarily believed.

An Interruption.

The prayer meeting was held at good There is a proposal in England to re-Brother W.'s house on the hill. The vive the somewhat ill omened title of meeting had progressed, and prayer duke of Gloucester, which was borne and remarks and hymns had occupi by Richard III, before he slew his way the time. The hour of closing had alto a usurped throne. The title was last most arrived. The dominie in a low revived by George L, who in 1714 made voice said: "Now there is just a mo his grandson duke of Gloucester. This ment left. Isn't there some one who young man was not an ornament to the peerage. The dukedom became dor we close?" There was dead silence mant again when the second of this when in the twinkling of an eye the creation died without issue. Should the door on the clock flew open, and out title he revived once more it would be popped the head of a little bird, which conferred probably on one of the Prince said, "Cuckoo!"-Homiletic Review.

Prunes. Dr. Hauson, writing on the subject of It has been a fad for the last few prunes, says: "A pound of prunes is years for girls to be quite regardless of their complexions during the summer, but the girl who is wise will take my and costs but a quarter as much. It is

about equivalent to a pound of bread, advice and carry a parasol, and for the but is far more healthful. Considered greatest conifort and to prevent all from an economic standpoint, no fresh strain and glare to her eyes let her meat, fish, milk or eggs can be provided have a dark green lining to it. This for the same moderate cost, and none outside covering or the appearance of the same aggregate of nutritive elements."

Douglas Jerrold In School Douglas Jerrold wrote "Black Eyed Susan" when he was twenty-one and Yeast-They say the darkest hour is contributed to Punch the immensely Crimsonbeak-Yes. Well, I know popular "Caudle Lectures" not long afterward. But at nine years of age young Jerrold had been scarcely able to read, and it was not until he was apprenticed to a printer, after serving for some time as a midshipman at sea, that

he showed either desire or capacity for intellectual improvement. The First London Th



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chart H. Hitchers. and has been made under his per-sonal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that triffe with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Poverishness. It cures Diarrhea and Wind Colle. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and moves, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.





by

New Dead Sea Found.

E.

For That Itching Sensation.

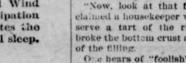
As it comes time for the cows and cent invention of a young New York young animals to shed their coats. electrician. The outfit consists of a would like to fill in that moment before which is usually quite early where the small buib to be attached to the hat be the daughter of a celebrity. "Whatstock is well cared for, there will be an itching sensation that is not pleasant to endure. This will be readily no-to endure. This will larly out of doors in the persevering This may be charged to burn some te efforts of the animals to allay it by hours. The flameless light makes the licking and rubbing themselves. Fre- device an absolutely safe contrivance

quent carding and brushing in the for use in mines exposed to firedamp. stable will help very much in this mat- It also has the advantage of not con equivalent as food to a gallon of milk ter and be greatly enjoyed by the anisuming the precious oxygen when the mals .- Dairy and Creamery. source of air supply.

Breed For Better Cows.

The cows on many farms would be considered first class producers if each cow's product amounted to 200 pounds of them contains, even approximately, of butter per year, yet it is claimed

pounds of butter per year from a cow the explorer. Property speaking, the tiere, if one is employed. do not pay. Those who aim to make newly discovered body of water is not the most butter from their herds have a sea; it is a lake. Unlike the Dead the standard up to 300 pounds per sea of Palestine, which is situated but year, and some fix the limit higher. Every farmer can have the individual the river Jordan for a tributary, the bers of his herd reach that amount Hedin lake is in the center of an al by breeding for better cows every year. most inaccessible plain and is entirely isolated from all other bodies of water.



it does not fit.

Women as Librariaps.

A field of work for women which seems specially suited to them is the with men.

An electric lamp for miners is a re Mrs. Christine Terhune-Herrick. ing of the disadvantage that it was to said Mrs. Amelia Barr naively, "My beautiful girls."

wearer is working far away from the space is an arrangement of one wide portiere drawn to one side in a graceful, sweeping loop. This extends over

In the barren wilds of northern Tiother side is a narrow drapery that bet, in a region never before explored falls in straight folds. A straight valwhite men, a new dead sea has ance is hung across the top and may by some of the best dairymen that 200 just been discovered by Sven Hedin, repeat the decorative border of the por-



ago that savings deposits were to be rup and take no other kind. had for the seeking, and several meth-

distributing small boxes which can

To the Manner Born, The

The best bred women do not fuss. They take their gowns and their furniture, their jewels and their children as a matter of course. They are un conscious of their vells and their gloves, and they expect every one else to be equally so. If they see an intimate wearing a handsome gown, they refer to it admiringly, but they also preface their comment with an apolo-gy. Their differences with their husbands are not aired; neither are the domestic uphenvals caused by the deser-tion of the cook on wash morning. The repose of the well bred woman is not the quiet of weakness; it is the calm of trained faculties balanced so nicely that an earthquake may cause a change of color, but will not bring forth a loud cry.

Femininity's New Word. "Foolish" is a word just now much used by femininity, and, like all the words that the sterner sex takes a fancy to, it is employed in divers ways that lexicographers wot not of. "Please fasten these foolish hooks!"

said one young woman to another the other evening. Now, look at that foolish pie!" ex-

claimed a housekeeper who, in trying to serve a tart of the rhubarb variety. broke the bottom crust and spilled some One hears of "foolish" journeys, of a

"foolish" coat, "foolish" shoes, boats and trees. There seems nothing, indeed, to which the modern girl will not apply this description nor which to her mind

profession of trained librarians. In the United States there are thousands of public libraries, besides private, reference and college and school libraries, and in all these there is said to be an increasing demand for the services of graduates of library training schools. There are three of these large training schools in the United States which are open to women on equal terms

Daughters of Celebrities.

daughter of Marion Harland, was talkdaughters do not find it so. They are

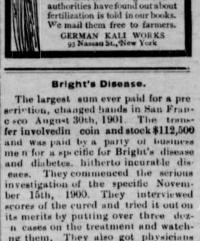
Double Door Spaces.

An artistic treatment of double door

fully two-thirds of the width. At the



eds of seeking them, particularly by



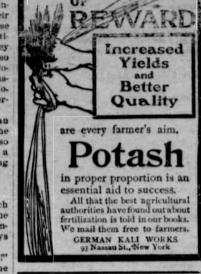
ng them. They also got physicians o name chronic, incurable cases and administered it with the physicians for judges. Up to August 25th, eighty seven per cent of the test cases were either well or progressing favorably. There being but thirteen per cent of failures, the parties were satisfied and closed the transaction. The proceedings of the investigating committee and the clinical reports of the test cases were published and will be mailed free on application. Address John J. Felton Company, 420 Montgomery street, San Francisco, California.

To the Public.

Allow me to say a few words in praise of Chamberlain's Cough Remedy. I had a very severe cough and cold and feared that I would get pueumonia, but after taking the second dose of this medicine i felt better three bottles of it cured my cold and the pains in my chest dissappeared. entirely. I am most respectfully yours for health, Ralph S. Myers, 64 Thirty-seventh street. Wheelmy, West Virginia. For sale by Adam K. Wilson

For Over Sixty Years.

An old an well tried remedy. Mrs. Winslow's Southing Syrup has been used for over sixty years by millions of nothers for their children while teething, with perfect success. It southes the child, softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Is pleasant to the taste. Sold by druggists in every part of the world. 25 cents a bottle, American bankers learned a long time ask for Mrs. Winslow's Soothing Sy-



DOUBLE BAND

tian E ideavor at 7:00. Prayer meeting Thursday evening .- W. T. Waralp't there any fire escape?-Indianapdie, pastor. oils News.

CHRISTIAN CHURCH.

Christian Endeavor at 3:30. Senior Christian Endeavor at 7:00. Bible class and prayer meeting take place Thursday evening .--

EVANGELICAL CHURCH. Preaching Sunday morning and evening. Sunday school at 10. Chris-tian Endeavor at 7:00. Prayer meeting Thursday evening .- A. A. Winter, pestor,

Low to Resource Crape.

Evening dresses of crapelike fabrics that will not stand pressing may have the wrinkles and creases removed by hanging them in the kitchen for a short time when the teakettle is boiling or the wash boiler snding out clouds of steam. The garments should be slipped on wooden hangers and suspended free from contact with anything. After twenty minutes take into a room which is warm and dry.

How to Take Deats From Furniture

Dents in fine polished furniture may be removed in the following manner: Lay a number of layers of moistened brown paper over the dent, and put a warm from over them. The steam will gradually cause the wood to swell and to fill up the dent. It sometimes takes nationes, but slight dents which are a considerable mar to furniture may be raised in this way.

<text><text><text><text><text><text><text><text>

ful of cream, a tenspoonful of sugar, a tablespoonful of brandy and the white of an egg. The egg is beaten almost to a froth, the cream added and the two whipped to a stiff froth. Add the brandy by degrees and serve the cordial at

The goodness in us impresses those Preaching Sunday morning and ev-ening. Bible school at 10. Junior always stronger than evil.-Ladies' around us for their good, since good is Home Journal. If you board, look on the bright side

Nothing is better for the system that prunes.-Atchison Globe.



Citation.

In the county court of the state of Oregon for the county of Polk. In the matter of the estate of James 1. Gwin, doceased. - Citation. To Seldon Gwin and Albert P. Gwinn, greet-

IN THE NAME OF THE STATE OF Oregon, you are hereby cited and required to appear in the county court of the state of Ore-gon, for the county of Polk, at the court room thereof, at Dallas, in the courty of Polk

Saturday. October II, 1902.

appeared, was probably suffering acute-

Magistrate (to new policeman)-Did

New Pollceman-Shure, yer honor, I saw but one man, an' I asked him what he was doin' there at that time o' night. Sez he, "I have no business here just now, but I expect to open a lewelry sthore in the vicinity later on." At that I ses, "I wish you sue

Ity watches.

gorra, yer honor, the man may have been a thufe, but he was no llar,-Lon-

 WITNESS the Hon. J. E. Sibley, judge of the county court of the state of Oregon, for the county of [SEAL Folk, with the seal of said court affixed, this 10 h day of Aug. A. b., 1002.
Attest: U.S. Loughary, elerk. By W.F. Nichols, deputy. Published by order of J. E. Sibley, county judge. don Answers.

The first playhouse to be built in Eng-The Colonel-Water! Great guns, Iand was the Theater. It was erected Do not always receive the sympathy and attention which they deserve. Their ailments are regarded as purely imaginary, or natural and unavoidable at their time of in the year 1576, and its builder was James Burbage, father of the famous actor Richard Burbage and himself an actor of some repute. Access to the Theater seems in old times to have been over Finsbury fields. The Curtain, which, curiously, is named from the re gion or old manor on which the playhouse was crected and not from the familiar drapery of the stage, was siting elements, then there is a rapid decline of the vital powers, resulting uated south of Holywell lane, in Moors in premature old age and disease. Any derangement of the blood quickly shows itself in an ulcer, sore, wart, tumor or some other troublesome field (modern Gloucester street), and is first mentioned in the following year, growth upon the body, and rheumatic and neuralgic pains become almost 1577. Shakespeare's "Romeo and Juconstant, accompanied with poor digestion and cold extremities. llet" was among the many plays first acted there. The Theater was moved away to the Bankside, and the old ma terials were employed in building the Globe, Shakespeare's chief theater, in 1598. The Curtain continued to be used as a playhouse far into the reign of King James. No picture of either of

these original theaters has been handed down, and owing to their position without the walls none of the old maps represents their precise location .- Lippincott's. Poor Old Lady Beaconsfield.

There is nothing in his Me, says Lord Ronald, that redounds more to Lord Beaconsfield's credit than the manner in which he treated his wife. She could never have been but a somewhat commonplace though good hearted woman. As she grew old she became a wreck of humanity, but the poor, faded, painted old lady was ever treated by her husband with a deference and regard truly touching. It was painful to see how, in what we are pleased to call the highest society, poor old Lady Beaconstield was made a butt and a laughing stock. Knowing how sensi tive Lord Benconstield was to anything approaching ridicule. I felt how bitter ly he must have suffered when in a crowded hall or drawing room his hosts would what they called "draw out old Lady Beaconsfield" and laugh at her to her face, showing no reticence, regard or decent feeling for the poor hus band, who, imperturbable as he ever

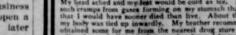
ly at the conduct of kis ill bred hosts.

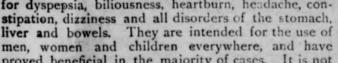
A Thief, but No Linr.

you notice no suspicious character about the neighborhood?

Magistrate (disgusted)-Yes, and he did open a jewelry store in the vicinlater on and stole seventeen

New Polleeman (after a pause)-Be-



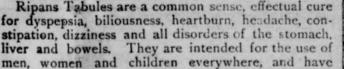


A MEDICINE WHICH PROLONGS LIFE.

I have used Ripans Tabules for a number of years and would not be without them "I have used Kupane taken and constipation, and have noticed since I have been notice the that I was troubled with indigestion and constipation, and have not have been notice the distinct of the distinct over a load point of the second state of the distinct over a load point of the second state of the distinct over a load point of the second state of the distinct over a load point of the second state over a load point of the second state over a load point of the second state over a load point over a load point

GASTRIC TROUBLES.

"I had suffered three years at least from gastric troubles. I could not sleep at night whad sched and my best would be cold as ice. My howels ware not regular and I would foot the cramps from gases forming on my stomach that I would faint away. I was in such distri-tion of the start of the store of the body was tied up inwardly. My brother recommended Ripans Tabules to me. My had as inde some for me from the nearest drug store and I would not not we will be store the store of the store of the store and I would not not be subtoot the store. The which I had been taking physics all the time. I have no more gases, my lowels move regular are no more besideshes and can sleep will ; in fact, I feel as light as the air which I breaches is asying a good deal for a woman who weight sop pounds. I fam sorry that I did not comence age the Tabules a year ago, for they would have saved me a great deal of pain and suffering.



M only be opened at the banking office, have been used successfully. The Bears the Scientific American says that French bankers have just taken several strides in advance by introducing the automo bile savings bank, which tours the country districts at stated intervals thrifty peasants.

An electric motor car has been built for the purpose. It provides sents for a cashier and two clerks, arranged about a revolving table. There are shelves on the walls for the bankbooks, and a strong box is built into the body of the car. The officials are from the dezleres treasury administration, and the cashler has power to receive depos its of any amount. As there is no de sire on the part of the authorities to facilitate the withdrawal of funds, the peasant is forced to come to the central tak when he needs money. The au tomobile bank began its rounds some weeks ago and has met with a most fa vorable reception.

nounces that W. F. Singer of New sump for automobile use in which the ure of S. P. north bound train. vertical motion of the body of the car-

and air to the gasoline tank. Train 3 for Detroit, Breitenbush The pistons of the pump are pivotally onnected to a pivotally attached verand other mountain resor s leaves Albany at 1:00 p m after the arrival of tical post, forming a toggle joint of which the point of attachment to the S. P. south bound train from Portland re ching Detroit at 5:45 p m. vertical post is the elbow. The pumps

are so spaced apart that the pistons of each are at the end of their respective strokes when the toggle joint is fully extended, so that a movement of the vehicle body either up or down from its normal position drives the pumps, By pivoting the vertical post to its attachment danger to the pumps from a sidewise lurch of the vehicle is obviated and the action of the pumps is equalized.

Reasons For Pride. There was present at a certain big dinner in England an American woman of prominence who was somewhat annoved by a tactless English woman who undertook to banter her and who said

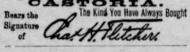
"I take it for granted that you have no coats of arms in your new country.

"Of course no American family could have one unless it was borrowed from English ancestry," replied the former American.

"For instance, has your family any especial cause for pride over your grandfather?" persisted this particularly tactless female cad.

Then the American women opened up and replied as calmly as possible under the circumstances, "Not much, perhaps, only that my grandfather on my mother's side received Burgoyne's

ga and my grandfather on my father's side received the sword of Cornwallis at Yorktown."



and gathers in the savings of the Gorvallis & Eastern Railroad.

TIME CARD NO 20.

No. 2 for Yaquina:		
Leaves Albany	p	in
Leaves Corvallis 1:50	p.	m
Arrives Yaquina 5:35	p.	m
No 1. returning:		
Leaves Yaquina 7:00	A.	m
Leaves Corvallis 11:30	1	m
Arrives Albany 12:15	i.	111
N 3 for Detroit :		
Leaves Albany 1:00]	0	m
Arrives Detroit 5:45	0	m
No. 4 from Detroit :		
Leaves Detroit 6:30	A.	m
Arrives Albany 11:05 a		m
Trains I and A arrive in Albany	22	5.0

The Scientific American also and time to connect with the S. P. south bound train, as well as giving two or York is the inventor of an automatic three hours in Albany before depart-Train No. 2 connects with the S. P.

lage is utilized to actuate a series of trains at Corvallis and Albany giving umps for supplying water to the boller direct service to Newport and adjagent beaches.

For further information apply to

EDWIN STONE, manager. J. TURNER, agent, Albany. H. H. CRONISE, agent, Corvallis

If You Could Look into the future and see the condition to which your cough, if neglected, will bring you, you would seek relief at once-and that naturally would be through Shiloh's Consumption Cure Guaranteed to cure Con-sumption, Bronchitis, Asthma, and all Lung

Troubles. Cures Coughs and Colds in a day 25 cents. Write to S. C. WELLS & CO. Le Roy, N. Y., for free trial bottle. Karl's Clover Root Ten purifies the Blood

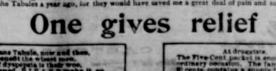
SOUTHERN PACIFIC

TIME TABLE

CORVALLIS MAIL-DAILY

Portland, Derry, Corvallis,

DALLAS PASSENGER-DAILY, EX. SUNDAY Ar 9:50 & m



IT TANK THE

Ripans Tabules Doctor's find for mankind.

liver and bowels. They are intended for the use of men, women and children everywhere, and have proved beneficial in the majority of cases. It is not claimed that they will perform miracles, but some of the cures which they have effected amount almost to that. Easy to take and prompt in action, they have no rival as the best remedy for the every-day ills of humanity.

SSSS biod purifier for old people. It does not shock or hurt the system like the strong mineral remedies, but gently and thoroughly cleanes the blood and ailments disappear. S. S. S. is just such a tonic as old people need to improve a weak digestion and tone up the Stomach. If there is any hereditary taint, or the remains of some disease contracted in early life, S. S. S. will search it out and remove every vestige of it from the system. Write us fully about your case and let our physicians advise and help

OLD PEOPLE

ase and infirmity should not always be associ-

This will cost you nothing, and we will mail free our book on blood and skin diseases, THE SWIFT SPECIFIC COMPANY, Atlanta, Ga.

ated with old age. The eye of the gray haired grandsire may be as bright and the complexion as fair as any of younger and more vigorous companions. Good Blood is the secret of healthy old age, for it regulates and controls every part of the body, strengthens the nerves, makes the muscles elastic and supple, the bones strong and the flesh firm; but when this life fluid is polluted or poisoned and loses its nutritive, health sustain-