

# The Daily Astorian

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ASTORIA, OREGON, SUNDAY, JANUARY 8, 1888.

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Lumbago, Backache, Headache, Toothache.  
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Sore Throat, Swellings, Frost-bites, Sprains,  
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—OF—  
**COAL OIL,**  
MADE AT OAKLAND, CAL., OCTOBER 19, 1887, by CHARLES J. WOODBURY, at the request of the City Council, in the presence of the Chief Engineer of the Fire Department, the Fire Warden, City Attorney and members of the City Council.  
**ELAINE OIL.** Burned at 138 deg.  
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**"Extra Star" Kerosene**  
BEATS THEM ALL!  
SAN FRANCISCO, October 21, 1887.  
Messrs. WHITTIER, FULLER & CO., Front and Pine Streets, City:  
Gentlemen:—I have made a very careful and thorough Burning Test of your "EXTRA STAR KEROSENE, WATER WHITE, EXPRESSLY FOR FAMILY USE," and find the Burning Test to be  
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Very respectfully yours,  
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Curiosities, Lacquered Ware, Ivory Toys, Fine Crockery, Silk and Crane Handkerchiefs, Shawls, Tea, Ladies' Underwear, Etc.  
This is the only place to buy the cheapest and finest articles at any time.  
You are welcome to call and examine our immense new stock. No trouble to show you the prices. **JU GUY,** Proprietor, and also Contractor for furnishing Chinese Laborers promptly for all kinds of Work, Cass street, south of THE ASTORIAN office.

**A PUGILIST'S POINTS.**  
How to Be Strong and Healthy.  
A Sensible and Helpful Talk by a Reformed Prize Fighter.

Ben Hogan, the reformed pugilist, closed his evangelistic work in Indianapolis, says the *Journal*, by delivering his lecture on "Physical Culture." Mr. Hogan is a model of physical development, and while much of his talk was based on personal experience, it showed that he had studied his subject carefully from a scientific standpoint. He began with the sweeping statement that there were more sick than well people in the world, all because they did not take proper care of their bodies. It was the practice of people who had money to go to another climate as soon as they discovered they were diseased. "During my recent visit to California," said he, "I found thousands of people from the east there seeking health. They were living at first class hotels, taking no exercise and eating the richest of food. Many of them asked me what they should do to regain their health, and my answer was always 'rough it.' In every city there are thousands of rich men and women who are ready to commit suicide because of ill health. 'What is wealth without health?' 'Nothing,' I should say, but I do say that while every man cannot amass wealth everyone can secure good health. I know a man who owns a fine horse. He employs two men to take care of that horse and keep him in condition. He is exercised, blanketed and sponged daily. Does the owner himself have a man to take care of him? No. He possibly bathes once a week. He rises at 8 o'clock in the morning, throws his breakfast down without masticating it and madly rushes off to his business. At noon he rushes into a restaurant and eats his dinner in five minutes. On he goes, hiring men to look after the health of his horse, but never stops to think of his own body and its needs.

"A man cannot digest his food unless he eats carefully. A meal should never be eaten in less than one hour. Gladstone says he bites each piece of meat he puts into his mouth twenty times before he swallows it, and that isn't too often. The men of to-day who throw their food into their stomachs are physical wrecks in fifteen years. The American doctor studies medicine when he should study nature; instead of trying to prevent disease, they try to cure. There are many people who do not take a bath in two years, and they prematurely die from poison. The poison that accumulates under the first layer of skin breeds disease, and sooner or later must come death.

"There are thousands of people dying of consumption who haven't sense enough to know that they can throw it off. No man who is lazy can become healthy, for the best way to bring health is by physical development. I have seen thousands of young men apparently on the verge of the grave grow strong by following this daily routine: When you get up in the morning, rub yourself with a coarse towel until the blood is in circulation, and then take a cold bath. Never take a cold bath without getting the blood into circulation, for it is dangerous. After the bath rub the flesh for three-quarters of an hour. Then take a cup of tea and eat some toast, and start out for a half-hour's walk. Don't plod slowly along the streets, but walk as rapidly as your legs will carry you. When you return you are ready for breakfast. Eat rice and mutton chops and toast and drink tea. If you are a business man you are ready for business, but if you are training for an athlete you will again start upon the walk and keep it up all day. A man under training is required to walk at least forty miles every day. When he returns from his walk he is put under blankets until cooled, and then again put in the bath tub. He is taken out and rubbed or manipulated. Then he is ready for dinner. The athlete or pugilist would be required to eat raw ham or raw steak without salt or pepper, because it heats the blood. For men who are not undergoing training for pugilists I would ad-

vised a dinner on rare beef, rice and other vegetables cooked dry. "Every man should attempt to sleep a few minutes after dinner. Sleep is the best digester. A pugilist who can sleep fifteen minutes after his dinner feels sure of winning the fight, because he knows his nerves are steady. After he awakes comes the exercise in the gymnasium with the dumb-bells and clubs. No man should be trained with dumb-bells that weigh more than ten pounds. It is not the weight that develops a man, but the movements of the muscle. There are over 100 movements to be practiced with the bells, and when a man has attained them all, he is in a fair way to become physically powerful.

"Every boy and every man, no matter what his business, should spend two hours of each day in a gymnasium. It is all a mistaken idea that a course in physical training tends toward pugilism and rowdyism. The result is quite the reverse, for the training engenders a spirit of generous manliness and nobility. Of the hundreds of men I have taken through a course of physical training I never knew one to become a pugilist. Pugilists are born not made, and if your boy wants to be a pugilist he will be one without going to a gymnasium.

"Every minister of the gospel should preach a sermon on physical training once a month. Out of four hundred ministers I saw in New York not two had physical powers sufficient to balance their mental powers."

Referring again to food, Mr. Hogan said that a man should avoid hot biscuit as he would avoid poison. Well cooked beef, he said, was also killing hundreds of people, and they did not know what caused dyspepsia. Referring to ventilation, he said Indianapolis was the worst city he was ever in for impure air in buildings. "I went into a church last Sunday," said he, "and the air was so foul that I had to excuse myself because the atmosphere was enough to stagger a man. Windows should always be kept open above and below, and then a current of air is avoided. Many people have a foolish idea that they will catch cold if they sit in cool air, but cold air or fresh air never gave anybody cold."

The time had come, Mr. Hogan said, when America must educate their children physically. Under the present educational system the schools are turning out tramps and vagabonds.

What would he do with the women? was often asked him. "I would put them in the gymnasium, too," said he. I would give them the broom, the flat-iron, and the washtub. The women need physical exercise fully as much as the men, and they will have to rid themselves of the idea that they cannot sweep, iron and wash, and still be ladies, unless they want their offspring to be physical wrecks."

Peace on Earth  
Awaits that countless army of martyrs, whose ranks are constantly recruited from the victims of nervousness and nervous diseases. The price of the boon is a systematic course of Hostetter's Bitters, the finest and most genial of tonic nervines, purified with reasonable persistence. Easier, pleasanter and safer than to wash the vitriol department with pseudo-tonics, alcohol or the reverse, beef extracts, nerve foods, narcotics, sedatives and poisons in disguise. "Tired Nature's sweetest restorer, balm sleep," is the providential recuperant of weak nerves, and this glorious franchise being usually the consequence of sound digestion and increased vigor, the great stomachic which insures both is productive also of repose at the required time. Not unrefreshed awakens the individual who uses it, but vigorous, clear headed and tranquil. Use this Bitters also in fever and ague, rheumatism, kidney troubles, constipation and biliousness.

Ladies, this is leap year. You are not wall flowers for the next twelve months. May the dancers at your weddings have occasion to bless the year with three eights.

Ayer's Cathartic Pills stimulate the appetite and regulate the bowels. Try them. Have you seen Ayer's Almanac?

"Pay as you go" is good enough except at hotels. There you pay as you come, unless you have baggage.

If faithfully used, Ayer's Sarsaparilla will remove scrofula in whatever form it exists.  
—Shiloh's Vitalizer is what you need for Constipation, Loss of Appetite, Dizziness and all symptoms of Dyspepsia. Price 10 and 75 cents per bottle. Sold by W. E. Dement.

**FULL WEIGHT PURE**  
**DR. PRICE'S CREAM BAKING POWDER**  
MOST PERFECT MADE  
Its superior excellence proven in millions of homes for more than a quarter of a century. It is used by the United States Government. Endorsed by the heads of the Great Universities as the Strongest, Purest, and most Healthful. Dr. Price's the only Baking Powder that does not contain Ammonia, Lime, or Alum. Sold only in Cans.  
PRICE BAKING POWDER CO., NEW YORK, CHICAGO, ST. LOUIS.

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LARGE CLEAN ROOMS,  
A FIRST-CLASS RESTAURANT  
Board by the Day, Week or Month.  
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Transient Custom Solicited.  
Oysters, Fish, Meats, Etc., Cooked to Order.  
WATER ST., Opp. Ford & Stokes  
A FIRST CLASS SALOON  
Run in connection with the Premises. The Best of  
WINES, LIQUORS AND COGNAC.  
Good Billiard Tables and Private Card Rooms.

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One block from the O. R. & N. Dock.  
M. M. SERRA, Proprietor.  
A Good Meal For 25 Cents.  
Oysters in any Style, 25 cents.  
In connection with this Popular Restaurant is run a first-class Saloon, well stocked with choicest Wines, Liquors and Cigars.

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Drafts on the leading Cities of the World  
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Is one of the greatest blessings when you have it under control. If you build your fire in one of those Magee Ranges or one of those Acorns or Argands at John A. Montgomery's, you will find it a pleasure to prepare a meal, or if you get one of those Heaters you will find them to be clean and economical and an ornament to your parlor. If you intend getting a range or a heater don't fail to look at his stock. You should call in see his beautiful Ornamental Coal Vases.

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Fresh Fruit, Fine Cigars,  
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Fresh Milk received daily. A full line of CHOICE GOODS.  
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LINEN FRONT and CUFFS, REINFORCED BOSOMS.  
Men's Unlaundered White Shirts 75 c.  
Men's ditto (Utica Muslin, 2200 Thread Linen) \$1.00  
Boys' Unlaundered White Shirts, 50c.  
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**PATENT CONTINUOUS STRIP.**  
This improvement consists in the application of a wide strip of cloth fitting over one edge of the slit in the back opening, and extending continuously along this slit down from the neckband, and meeting it again on the other side of the opening. In the sleeves the strip extends continuously from one end of the opening in the wristband to the other.  
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**Irish Flax Threads**  
HAVE NO EQUAL!  
LONDON FISHERIES EXHIBITION 1883.  
And have been awarded HIGHER PRIZES at the various INTERNATIONAL EXPOSITIONS  
Than the goods of any other  
**THREAD MANUFACTURERS**  
IN THE WORLD.  
Quality Can Always be Depended on.  
**Experienced Fishermen Use no Other.**  
**HENRY DOYLE & Co.,**  
517 and 519 Market Street, SAN FRANCISCO  
AGENTS FOR PACIFIC COAST.  
Seine Twine, Rope and Netting Constantly on Hand.  
SEINES, POUNDS and TRAPS furnished to order at Lowest Factory Prices.

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—BUY YOUR—  
**Groceries & Provisions**  
—OF—  
**Foard & Stokes**  
Their largely increasing trade enables them to sell at the very lowest margin of profit while giving you goods that are of first class quality.  
**Goods Delivered All Over the City.**  
The Highest Price Paid for Junk.  
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**LIME, SAND AND CEMENT**  
General Storage and Warehouse on reasonable terms. Foot of Benton street, Astoria, Oregon.  
**G. A. STINSON & CO.,**  
**BLACKSMITHING,**  
At Capt. Rogers old stand, corner of Cass and Court Streets.  
Ship and Cannery work, Horseshoeing, Wagons made and repaired. Good work guaranteed.