

RHEUMATISM CAN NOT BE RUBBED AWAY

It is perfectly natural to rub the spot that hurts, and when the muscles, nerves, joints and bones are throbbing and twitching with the pains of Rheumatism the sufferer is apt to turn to the liniment bottle, or some other external application, in an effort to get relief from the disease, by producing counter-irritation on the flesh. Such treatment will quiet the pain temporarily, but can have no direct curative effect on the real disease because it does not reach the blood, where the cause is located. Rheumatism is more than skin deep—it is rooted and grounded in the blood and can only be reached by constitutional treatment—IT CANNOT BE RUBBED AWAY. Rheumatism is due to an excess of uric acid in the blood, brought about by the accumulation in the system of refuse matter which the natural avenues of bodily waste, the Bowels and Kidneys, have failed to carry off. This refuse matter, coming in contact with the different acids of the body, forms uric acid which is absorbed into the blood and distributed to all parts of the body, and Rheumatism gets possession of the system. The aches and pains are only symptoms, and though they may be scattered or relieved for a time by surface treatment, they will reappear at the first exposure to cold or dampness, or after an attack of indigestion or other irregularity. Rheumatism can never be permanently cured while the circulation remains saturated with irritating, pain-producing uric acid poison. The disease will shift from muscle to muscle or joint to joint, settling on the nerves, causing inflammation and swelling and such terrible pains that the nervous system is often shattered, the health undermined, and perhaps the patient becomes deformed and crippled for life. S. S. S. thoroughly cleanses the blood and renovates the circulation by neutralizing the acids and expelling all foreign matter from the system. It warms and invigorates the blood so that instead of a weak, sour stream, constantly depositing acrid and corrosive matter in the muscles, nerves, joints and bones, the body is fed and nourished by rich, health-sustaining blood which completely and permanently cures Rheumatism. S. S. S. is composed of both purifying and tonic properties—just what is needed in every case of Rheumatism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

S.S.S.

PURELY VEGETABLE

matism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

At Culross Abbey in Fife, Scotland, a tombstone has been found which is believed to date from the fourth century of the Christian era.

For a violin by Petrus Guarnerius, dated 1695, £260 was given at a recent sale in London; while one by Nicholas Lupot fetched £240.

Americans and American capital are going into Ceylon to assist in the development of the tea-growing industry this year as never before.

Gesture language still exists in parts of Australasia. Some tribes possess no excellent a code that is almost as efficient as a spoken language.

Preference.

The Court—Six years at hard labor. You'll get a chance to learn a trade, my man.

Burglar—Judge, couldn't I be permitted to learn it by—er—correspondence course?—Puck.

Her Given Age.

Bacon—The average age of persons arrested in New York City is 22½ years and one out of five is a woman.

Egbert—I suppose the age liable to be given by the woman brings the average away down.—Yonkers Statesman.

Not Conclusive.

Society Leader—What! Is there a report out that I am going to marry Col. Gazoo? Why, I don't even know him!

Matronly Friend—That proves nothing, my dear. I have been married to Dr. Permannan for thirty-seven years, and I don't know him even yet.

Pleasant for Clarence.

The sharp, penetrating voice of the young woman's mother rang out on the still night air.

"Marie, come in the house this minute! Haven't I told you—"

"Mamma," interrupted an equally sharp voice, appearing to come from somewhere on the front porch, "this isn't Jack! This is Clarence!"

Sir Henry Samuel, who was a Unionist candidate for Parliament, is the author of this bull: "The legislative garden of the Liberals is an arid swamp."

The Limit.

Biggs—The Dopsos are very exclusive, I understand.

Diggs—Yes, indeed. Why, they even have wire screens on their doors and windows so their flies can't get out and associate with the flies of their neighbors.

"Hurrah."

The history of many a race may be read in its battle cry. The "Banzai!" of the Japanese, the "Faghaghballah!" of the Irish, and our own "Hurrah!" have found their origin far back in history.

Although many authorities have declared that the word "hurrah" is a development of the Jewish "Hosannah," the consensus of opinion now is that it is a corruption of the ancient battle cry of the wild Norsemen, "Tur ale!" meaning, "Thor aid us!" Formerly the word was spelled "Huzza" and pronounced "Hurray." In one form or another it is used by almost every nation.

"Pass the East Wind."

Miss Agnes Slack, secretary of the International W. C. T. U., told on the Merion, as she was about to sail for Liverpool, a temperance story:

"A little boy, one evening at dinner, gazed at his father's face a long while, and then said:

"Papa, what makes your nose so dreadful red?"

"The east wind of course," the father answered with gruff haste. "Pass that jug of beer, and don't talk so much."

"Then, from the other end of the table, the boy's mother said sweetly:

"Yes, Tommy, pass your father the east wind, and be careful not to spill any on the table cloth."

Saying What You Believe.



JULIET V. STRAUSS.

I have never regarded my opinions as having any special weight in the community. Indeed, I have acquired the freedom of speech which characterizes me through a knowledge that people are not going to pay any attention to what I say.

This began in childhood, when I soon learned that my elders were obliged to apologize for me to the neighbors upon the broad grounds that nobody could be held responsible for my remarks because there was never any telling what I was going to say. I never did quite learn to avoid expressing sentiments until somebody else had expressed them and found they were safe.

I always did, from earliest childhood, when I sat listening to the safe and sane conversation of the visiting neighbors who were discussing platitudes in their company tone, get dreadfully tired of tried and true sentiment and break out with some mutinous idea or disturbing question that fell like a bombshell in the camp of the ultra-respectable Christian family of which I was an unworthy member.

In view of the number of times I was snubbed and punished for this, it would seem that I might have broken myself of the habit; but no, it stuck with me, and so, late in life, when I became a member of the community, a householder, a person of affairs, I was still regarded as a dangerous individual for strangers to meet, because, though I might conduct myself properly and talk intelligently, I was quite as likely to say something unlike what any one else ever said, and thus cause the impression that there was something queer about our town.

Well do I remember numerous vigorous endeavors on the part of safe and sane people to understand that I wasn't to be taken account of when it came to summing up the cultured people of the place, and that they were never on any account to take notice of anything I said. This left me free to say things, because if nobody was going to notice them one might just as well experience the relief of getting rid of a lot of bottled up sentiment that seemed anxious to get out. So I just said them.

I said that I didn't think much of woman's rights; that I thought the new woman was a fake. I said I thought society a joke and the affectations of fashionable women disgusting. I said I believed culture to be stupid when consciously applied.

I said women had run to seed in niceness. I said kindergarten work taught children to be affected and insincere. I said I was opposed to young people's religious meetings unless conducted by older people. I said I was opposed to lesson leaves; that I did not like audible prayer, except as read in a formal service. I said I was opposed to revival meetings.

This does not start the things that I said, but as nobody paid any attention to them, it did not really make any difference. But long years of saying things with impunity and not being actually run out of town, or muzzled by order of the city fathers, has emboldened me, and I may really do some damage before it is over.

However, in late years people have taken to looking with favor upon my open expressions of opinion, and I really believe it pays in the long run to hold to your own ideas in spite of the efforts of society in general to "farm" you. Young people are likely to mistake bluntness for frankness, and sarcasm for brightness. These mistakes it is well to avoid, but if you have an idea—a real belief, an instinctive objection to some popular theory, stick to it, for the world is always coming to grief by stupidity following "popular thought."

—Juliet V. Strauss, in the Chicago Journal.

HOW TO GROW HAIR.

Former Naval Surgeon Has Novel Plan to Retatch Bald Pates.

Breathe properly, and you'll never be bald. If you're already partially bald, breathe properly and your hair will start "coming in" again. This is the boiled down advice of Dr. Delos L. Parker, a former United States naval surgeon.

Parker came to the above conclusion by a series of experiments. He imprisoned a quantity of expired breath in a



DR. DELOS L. PARKER.

jar containing a few drops of water, and kept it in a warm room. A week or ten days later he injected a quantity of the liquid left in the bottom of the jar into a pigeon and awaited developments. Presently the pigeon's feathers began to fall out. He continued the injections regularly, and within a few days the bird's coat had entirely disappeared. When the injections were discontinued the pigeon regained its coat. The experiments were repeated with dogs and hens, and the results were the same.

Dr. Parker reached the conclusion that expired air, remaining in a man's lungs long enough for the decomposition of the organic matter to take place, resulted in the formation of a poison which affected the roots of the hair and caused it to fall out. Deep breathing expels the air and with it the poison.

The doctor secured a number of partially bald men and got them to breathe by proper methods. In a few days the dandruff, which is invariably an accompaniment to baldness, ceased; the hair stopped falling out and a new growth started. In six weeks the improvement was very noticeable.

Dramatic Critic (during the second act)—Some persons are born lucky. The author of this play died before it was produced.—Puck.

TASK FOR MONEY EXPERTS.

Days 'Twould Require to Count Fortunes of Big Millionaires.

If the wealth of the rich men of the United States could be reduced to national bank notes it would not be as great a task for the nineteen expert money counters of the United States treasury to tally and set the amount down in books as the average man thinks it would. Working in the leisurely fashion the government permits, it would take the nineteen experts a little more than fifty-two days to ascertain the exact number of Rockefeller's dollars. Assuming that Weyerhaeuser, the head of the lumber trust, has \$600,000,000, the count of his wealth would be completed in just about the length of time it rained during Noah's yachting cruise.

Say J. Pierpont Morgan and Andrew Carnegie each own \$350,000,000, the count of their board would be completed in twenty-four days. All the vast horde of poor millionaires having about \$15,000,000 would get one day's attendance. Those having less than \$14,500,000 would be dismissed in six hours.

These figures are the result of a count made of the "unused" money in one of the vaults under control of William B. Ridgely, comptroller of the currency. The count was finished a few days ago, having been under way twelve working days. For six years there had been no count of the money in the vault, and it occurred to Mr. Ridgely that he ought to satisfy himself that the \$175,000,000 the books showed to be in the vault was actually there. The count showed that there were as many dollars in the vault as the books said there should be.

Thirty-eight years ago a negro stole a package containing 1,500 sheets of unsigned bank notes. He had a high time signing the names of the president and cashier of the bank for which the notes had been engraved. Congress appropriated \$5,000 to pay for the spurious notes issued by him to innocent persons, but only \$125 worth of the forged notes ever came to the treasury for redemption.

In the Cellar.

Willie—Say, pa, why do they call this "hard coal?"

Pa—Well, my son, if you'd seen the time I had getting a stand-off for a ton of it you'd understand why it's called hard.—Toledo Blade.

Why They Argue.

"Some big-voiced men," said Uncle Eben, "gits into arguments 'cause dey ain't got time to go to a ball game and do deir bollerin' in de regular way."—Washington Star.

Banking by Mail

WE PAY

4%

INTEREST

On savings deposits of a dollar or more, compounded twice every year. It is just as easy to open a Savings Account with us by Mail as if you lived next door. Send for our free booklet, "Banking by Mail," and learn full particulars. Address

Oregon Trust & Savings Bank
Portland, Oregon
Sixth and Washington Sts.

Getting Out from Under.

From the depths of her inner consciousness Mrs. Shelley had evolved a hideous monster in the shape of a human being, but destitute of all the moral attributes of humanity.

"Still," she reflected, "no fair minded person can accuse me of being a nature faker. I am not charging nature with having any hand in the production of this monstrosity."

In elaborating the story, however, she cleverly dodged all responsibility by putting the entire blame on a helpless and unsuspecting student of the name of Frankenstein.

BRICK MACHINERY

As Cheap as Can Be Bought in the East
Delivery Much Quicker Write Us Today

G. M. McDOWELL & CO.
PORTLAND OREGON

PAINLESS DENTISTRY

BRING YOUR TOOTH TROUBLES TO US Before Going Elsewhere.
DR. B. E. WRIGHT,
342½ Washington St. Portland, Oregon

ENGRAVING Write Us

PLATES FOR PRINTING
HICKS-CHATTEN
Portland Oregon

ST. HELEN'S HALL

PORTLAND, OREGON
A Girls' School of the highest class. Collegiate department. Music, Art, Elocution, Gymnasium. Fall term opens September 16.
SEND FOR CATALOGUE

Portland BUSINESS COLLEGE

TENTH AND MORRISON STREETS
PORTLAND, OREGON

A. P. ARMSTRONG, LL. B., PRINCIPAL

Quality is our motto. We educate for success and send each student to a position when competent—many more calls for help than we can meet. Individual instruction insures rapid progress. All modern methods of bookkeeping are taught; also rapid calculations, correspondence, commercial law, office work, etc. Charter is our shorthand—easy, rapid, legible. Beautiful catalogue, business forms and penmanship free.

C. Gee Wo

The Well-Known Reliable

CHINESE

Root and Herb DOCTOR

Has made a life study of roots and herbs, and in that study discovered and is giving to the world his wonderful remedies.
No Mercury, Poisons or Drugs Used—He Cures Without Operation, or Without the Aid of a Knife.

He guarantees to Cure Catarrh, Asthma, Lung, Throat, Rheumatism, Nervousness, Nervous Debility, Stomach, Liver, Kidney Troubles; also Loss of Manhood, Female Weakness and All Private Diseases

A SURE CANCER CURE

Just Received from Peking, China—Safe, Sure and Reliable.

IF YOU ARE AFFLICTED, DON'T DELAY. DELAYS ARE DANGEROUS.

If you cannot call, write for symptom blank and circular. Include 4 cents in stamps.

CONSULTATION FREE

THE C. GEE WO CHINESE MEDICINE CO.
162½ First St., Cor. Morrison,
Portland, Oregon

Please Mention This Paper.

P. N. U. No. 32-07

WHEN writing to advertisers please mention this paper.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of 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 Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years.

THE CERTAIN COMPANY, 27 MURRAY STREET, NEW YORK CITY.