

### Are Cold Baths Dangerous?

The popular notion of the injurious effect of a cold bath taken by one who is overheated from exercise must possess—as all such ideas have—some basis in experience, yet it is falsified by the experience of athletes from the days of the Greeks and Romans even until now, who find in this procedure a refreshing and stimulating tonic after the exertions they have recently undergone.

And, physiologically speaking, a cold plunge or douche taken immediately after the physical effort, when the skin is acting freely and there is a sense of heat throughout the body, is as rational as in the experience of the athlete it is beneficial.

The popular belief doubtless rests on the injurious effects which may be induced by the bath on one who does not resort to it immediately, but allows time for the effects of fatigue to show themselves on the muscles and nerves, and for the surface of the body to get cool. Taken then, the bath is more likely to depress than to stimulate. There is less power of reaction and greater liability to internal inflammation. At such a time a warm rather than a cold bath is more suitable.—London Tit-Bits.

### Skeletons in Cave.

Trevine, Mex., July 16.—For several months there has been a band of robbers operating in this vicinity, and many mysterious disappearances of travelers through this section have been reported to the authorities, but no trace of the missing was obtained until yesterday, when a party of pleasure seekers paid a visit to some caves four miles distant from here.

In one of these caves they found the bodies and skeletons of 20 men. Some of the men had been recently murdered, while only the skeletons of others remained. There were three Americans among those who were murdered. They were recognized by their clothing.

The ghastly discovery has caused great concern, and the authorities are working hard to bring the perpetrators to justice.

### Struck By Lightning.

LEADVILLE, Colo., July 15.—During a terrible thunder storm in the mountains west of the city, today, five men were struck by lightning, and all are now in the hospital here, three probably fatally injured. The men composed a section crew on the Colorado Midland railroad, and were working near Thomasville, 80 miles from Leadville. Heavy rain drove them to shelter, which two of them found under a large rock near the track, the other three getting under a giant pine. Soon there came a blinding flash, and the great tree was riven to splinters. The three under it were stricken as with death, while the two under the rock near by were shocked and stunned, but soon recovered consciousness, and were able to summon assistance. They found three blackened trunks, from which all clothing had been torn, but there were signs of life.

### Other Oregon News.

LEX. LEVON, Or., July 14.—Emma

the 4-year-old daughter of Postmaster Nelson, of Susanville, was found Sunday, sitting on a pile of driftwood by the riverside, apparently unconcerned, after being lost seven days. The child recognized the man who found her, said "Hello" and called him by name.

She said she had not been frightened; she knew that she was lost, but thought she would soon find papa. It is learned that the little one lived on berries and flesh from the carcass of a calf killed by coyotes, quenched her thirst at the river, where she washed her face every morning. She had made a nine-mile circuit in the most dangerous part of the mountains. She suffered none. Her preservation is regarded as a miracle.

### Mrs. Maybrick's Case.

LONDON, July 16.—The release of Mrs. Florence Maybrick is more probable to be decided upon during the present month than at any period since her conviction. The custom of the home office is to review sentences passed on female convicts at the end of seven years from the date of sentence.

Mrs. Maybrick has now been seven years in prison, and, although the home secretary lately announced that he had reconsidered the case, and held to the conviction, there is reason to hope that he will assent to a revision of the sentence of penal servitude for life.

During the winter of 1893, F. M. Martin, Long Reach, West Va., contracted a severe cold which left him with a cough. In speaking of how he cured it he says: "I used several kinds of cough syrup but found no relief until I bought a bottle of Chamberlain's Cough Remedy which relieved me almost instantly and in a short time brought about a complete cure." When troubled with a cough or cold use this remedy and you will not find it necessary to try several kinds before you get relief. It has been in the market for over twenty years and constantly grown in favor and popularity. For sale at 50 cents per bottle by druggists.

### An Affidavit.

This is to certify that on May 11 I walked to Melick's drug store on a pair of crutches and bought a bottle of Chamberlain's Pain Balm for inflammatory rheumatism which had crippled me up. After using three bottles I am completely cured. I can cheerfully recommend it.—Charles H. Wetzel, Sunbury, Pa.

Sworn and subscribed to before me on August 10, 1894.—Walter Shipman, J. P. For sale at 50 cents per bottle by druggists.

Those who are troubled with rheumatism should try a few applications of Chamberlain's Pain Balm, rubbing the parts vigorously at each application. If that does not bring relief dampen a piece of flannel with Pain Balm and bind it on over the seat of pain and prompt relief will surely follow. For sale by druggists.

—Don't forget Henry Cheatham barber, desires a part of your patronage, at the new barber shop.

**WANTED**—I desire to correspond with Oregon parties who may be able to supply me with choice Indian relics such as spear heads, arrow heads, stone pipes, ect. Write me, telling me what you have. Address: H. P. HAMILTON, Two Rivers, Wisconsin.

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### Wood Yard!

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