

The Coast Mail.

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By JOHN CHURCH, Editor and Proprietor

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FAST TRAINS IN ENGLAND.

America Has Nothing to Compare with Them—Some Striking Comparisons.

"You are right," said an English gentleman connected with the American railway company, "the trains in this country are absurdly slow. Even the so-called 'fast mails' and 'fast trains' are anything but fast. In England we read of the 'cannon-ball' trains, lightning express, and 'special limited' trains, and on coming here we expect to find trains making something like a mile a minute. But you can imagine our astonishment upon discovering that these trains are slower than our third-class passenger trains in England. Why, extra fare is charged on trains in this country making thirty-four or thirty-five miles an hour, the extra charge being solely upon the speed. But in England our third-class passengers ride from forty to forty-five miles and nobody pays extra fare."

"I have been making some comparisons between English and American railway service. From New York to Albany it is 143 miles, by a splendid train. There are ten express trains daily between these cities, and their average speed is twenty-nine and two-thirds miles an hour. Between London and Sheffield, 182 miles, the Great Northern runs nine express trains daily, with an average speed of forty-four and one-third miles an hour. One train makes fifty miles an hour. Between New York and Boston, 238 miles, there are only eight express trains daily, with an average speed of thirty-two and two-thirds miles. The fastest, a train of sleepers, would not be called an express at all, its speed being only thirty-eight and three-fourths miles an hour. Between London and Manchester, 308 miles, there are twenty express trains daily, their average speed being forty-one miles an hour, and some of them travel nearly forty-eight miles an hour."

"Between New York and Pittsburgh, 444 miles, there are five express trains daily; their average speed is just under thirty miles an hour, and the fastest, thirty-seven miles. Between London and Glasgow, 440 miles, there are thirteen daily expresses, and their average speed is thirty-eight and three-quarters miles. The East Coast express runs the whole distance in forty-two and one-half miles an hour. I find that about the only trains in the United States making more than thirty miles an hour are the two Chicago expresses and a few trains running north or south from New York city."

"The only really fast passenger trains in America are three or four which run at a speed of about forty-six miles an hour between New York and Philadelphia. Over England and Scotland our express trains, composed of first, second and third-class carriages, make from thirty-five to fifty miles an hour. Between New York and Philadelphia, there are twenty express trains daily with an average speed of forty-two miles an hour. Between Liverpool and Manchester, much smaller towns, there are fifty-two trains daily, four of them making fifty-one and one-third miles an hour, and the fastest, between forty-five and forty-six miles."

Arrest of Senile Decay.

In considering the possibility of suspending the advent of old age it is consequently a matter of the highest moment to ascertain what foods contain the smallest comparative quantity of those salts which tend to accumulate in the system and obstruct the vital processes. The cereals are found to be richest in them; bread, therefore, the so-called staff of life, except when used in great moderation, favors the deposition of these salts in the system. The cereals, therefore, contain the greater percentage of calcareous matter. Hence a diet composed principally of fruit, from its lack of alkali, is best adapted for preventing or suspending ossification.

Moderation in eating must ever be of great value in retarding the advent of senile decay. Large meals more rapidly bring on ossaceous deposits by taking in more food than is utilized, excreted, thus blocking the vessels and impairing their functions. The writer cites as what seems to be the best articles of food for delaying the deposits—fruit, fish, poultry, flesh of young mutton and beef. Fluids, as a part of the diet, have a special importance. All well and spring water contains considerable of the earthy salts and should therefore be avoided and replaced by distilla water. Water clear of foreign matter is the better prepared to dissolve the earthy salts and convey them out of the system. The addition of fifteen or twenty drops of dilute phosphoric acid to a glass of water and drunk three times a day will add to the solubility of these earthy salts, and thus tend to suspend the advent of old age by assisting in the removal of those substances which mark its chief physiological characteristic.

A New Royal Funeral Cortège.

In truth time is money, and consequently the dead travel quickly in this steam city. One would imagine that the living were in a hurry to get rid of these burdens that encumber them. But why not send the coffins by express, well sealed and addressed? It would be done more quickly and would be more practical. At the commencement of the funeral procession the New York stranger sees a cortège of hand-some carriages, full of flowers and grave looking people, who appear to be in a hurry for the horses trot quite rapidly. He thinks it is a grand funeral. He is happy are they who are to get married! That is the reason they travel so fast. And he passes through the town, meeting with nice carriages, always full of flowers, and moving in a line. He says to himself that the people here are very fond of matrimony. But at last he sees another cortège, with about the same number of carriages and the same supply of flowers. The people are not gay, the horses walk very slowly. "Ah," thinks the stranger, "here is a funeral!" But, no, this is the wedding. In truth, one might easily be confused.

A Queer People.

The Watalas are a queer people who inhabit Taita on the Indian coast. The body is disposed to be hairy, but is carefully depilated all over, even to the plucking out of eyebrows, eyelashes, beard and mustache. The color of the skin is generally a dull, sooty black. Beards are the duration of the race, and are worn in immense quantity by the men and women. There are but slight traces of religion among them, but they are in great dread of spirits, and are believed to inhabit large forest trees. Their true conception of an overruling deity. Their marriages are first arranged by purchase, the intended husband paying the father of the girl the three or more cows fixed as the price. When these preliminaries are settled the girl runs away and affects to hide. She is sought out by the bridegroom and three or four of his friends and carried off to the hut of her future husband.

HIGH CHIMBORAZO.

STRANGE CUSTOMS OF THE PEOPLE OF EQUADOR.

Women Still Wearing Mourning for the Last of the Incas—The Search for Atahualpa's Buried Treasure—A Peculiarity.

[Quito Cor. New York Sun.]

The population of Ecuador is about 1,000,000, and the nation owes twenty gold dollars per capita for every one of the inhabitants. The president is compelled to live at Guayaquil so as to see that the customs duties, the only source of revenue, reach the government, and to quell the revolutions that are constantly arising. Three hundred thousand of the population are of Spanish descent, 100,000 are foreigners, and 800,000 native Indians or persons of mixed blood. The commerce is in the hands of the foreigners entirely, and thus have a mortgage upon the entire country. The Indians are the only people who work over the doors of the residences or the business houses, and both are usually under the same roof, as signs reading: "This is the property of an Englishman." "This is the property of a citizen of Germany," and so on, a necessary warning to revolutionists, who are thus notified to keep their hands off. The standards are the aristocracy, poor but proud, very proud. The mixed race furnishes the mechanics and artisans, while the Indians till the soil and do the drudgery. A laborer gets \$4 to \$6 a month, and his employer, when he is fortunate enough to have a wife out at service. The Indians never marry, because they cannot afford to. The law compels him to pay the priest a fee of \$5, more money than most of them can ever accumulate. When a Spaniard marries, the fee is paid by contributions from his relatives.

It is a peculiarity of the Indian that he will sell nothing at wholesale, nor will he trade with you anywhere but in the market place, on the spot where he and his forefathers have sold garden truck for three centuries. Although the traders on the highways meet whole armies of Indians, bearing upon their backs heavy burdens of vegetables and other supplies, they can purchase nothing of them, as the native will not sell his goods until he has sold the place where he is in the habit of selling them. He will carry them ten miles and dispose of them for less than he was offered at home. An old woman was trading along the other day with a heavy basket of pineapples and other fruits, and we tried to relieve her of part of her load, offering 10 cents for pineapples which can be had for a quartillo, or 2 cents, in market. She was polite, but firm, and declined to sell anything until she got to town, although there was a weary, dusty journey of two leagues ahead of her. The guide explained that she was suspicious at the high price we offered, and imagined that she must be very scarce in the market, or we would not pay so much on the road; but it is a common rule for them to refuse to sell except at their regular stand.

The same rule exists in Guatemala. A German gentleman who lives some distance from the city said that for the last four years he had been trying to get the Indians who passed every morning with packs of alfalfa (the tropical clover), to sell him some of his goods, but he invariably refused to do so; consequently he was compelled to go into town to buy what was carried by his own door. Nor will the natives sell at wholesale. They will give you a gourd full of potatoes for a penny, as often as you like, but will not sell their stock in a lump. They will give you a dozen eggs for a real (10 cents), but will not sell you five dozen for \$1. This dogged adherence to custom can not be accounted for, except on the supposition that their suspicions are excited by an attempt to depart from it.

In Ecuador there are no smaller coins than the quartillo, change is therefore made by the use of bread. In his way to market the purchaser stops at the bakery and gets a dozen or twenty breakfast rolls, which cost about 1 cent each, and the market women receive them and give them in change for their purchases. If you buy a cent's worth of anything and offer a quartillo in payment you get a breakfast roll for the balance due you.

The Indians live in villages and communities, which are presided over by an alcalde or governor. The native women all wear black. One never finds a glimpse of color upon a descendant of the ancient race. They are in perpetual mourning for Atahualpa, the last of the Incas, who was cruelly murdered by Pizarro. Their costume is a short black skirt and a square robe or mantle of black, which they wear over their heads and hold in place by a large pin or thorn between the shoulders. They look like nuns, and walk the streets with burdens upon their backs or heads in processions as solemn as a funeral. They never laugh, and scarcely ever smile; they have no songs and no amusements. Their only recreation is music is a mournful chant which they give in unison at the feasts which are intended to keep alive the memories of the Incas. They cling to their traditions and the customs of the nobility of their race, and look to its restoration as the Aztecs of Mexico look for the coming of Montezuma. They have relics which they guard with the most sacred care, and two great secrets no amount of torture at the hands of the Spaniards has been able to wring from them. These are the art of tempering copper so as to give it as keen and enduring an edge as steel, and the burial place of the Incas' treasures.

It will be remembered that Pizarro offered to release Atahualpa if the Indians would fill with gold the room in which he was kept a prisoner. They did it. Pizarro thought they had secured the treasure, but he was deceived. He demanded that the ransom be doubled. Runners were sent over the country to collect the treasure of the kingdom, and were on their way to Caxamarca, where the Incas were imprisoned, loaded down with gold to buy his freedom, when they heard that Pizarro had strangled him. This treasure was buried somewhere in the mountains of Ilalaguala, north of Quito, and has been searched for ever since.

Advantageously.

"Yes," said Mrs. Catchem, "those are my daughters over there on the sofa; they have half a million between them." It was not until after they were married to those daughters, that the two young men who overheard the above remark found out that Mrs. Catchem referred to the rich old codger who sat on the sofa between the girls. Mrs. Catchem couldn't tell a fib, but she knew how to speak the truth advantageously.

There is more railway travel in Massachusetts than any other state in the Union.

Louis XIV's throne has lately been sold at auction for 860 pounds sterling.

LOWER CALIFORNIA.

A LAND CONCERNING WHICH LITTLE IS KNOWN.

The Great Variety of Climate—Amazing Crops Grown in the Few Fertile Places—A Disastrous Mining Craze—The Schools.

[Mulego Cor. New York Sun.]

Probably no portion of the western hemisphere is so little known as Lower California. To reach it requires a dangerous and difficult journey, to subvert after one has arrived is still a more difficult task, and to explore the country thoroughly is impossible. Wild beasts and wilder savages infest its desert sands and pathless forests, and a stupendous mountain chain throws up an impassable wall from end to end along its center. To-day Lower California is substantially the same as when Cortez and his hardy crew sailed across its unknown shores—the same trackless forests, unexplored mountains, and uncultivated prairies, except where, here and there, a solitary ranchman has made the desert his domain by irrigation.

Lack of water is the bane of the peninsula, but wherever irrigation is possible the strong fertile soil yields most luxuriantly. The few insignificant rivers that come tumbling down from the mountains are all short, shallow streams, which are dry through the long, hot summers, but become exceedingly dangerous torrents during the annual season of rains. There are several colonies of Spanish miners, but invariably the streams flow along a rocky course and are lost in subterranean channels. In winter the rains are terrific, but of short duration, accompanied by tremendous tornadoes of dust, which sweep every particle of soil from exposed positions into the sea, leaving the luckless ranchman the alternative of seeking pastures new or plying his vocation on a bed of bare rock.

The variety of climate is great, for when at the point of the peninsula the thermometer stands at 70 degrees above zero, it is frequently down to freezing at the head of the gulf. For about eighty miles north of Cape San Lucas the air is always mild, tempered by gentle breezes from the sea, from that point northward the heat is excessive, especially at La Paz and Loreto, but cooler at Mulego and toward the line of the Colorado River. On the Pacific side the temperature is uniformly delightful, never falling below 50 degrees nor rising above 70 degrees. The sky is like that of Naples the beautiful—deep cloudless blue, except when gorgeous sunsets flush the west with ruby, violet and gold.

In the few fertile places amazing crops are grown of corn, sugar cane, wheat, orchilla, manioc, all manner of excellent roots, excellent grapes, from which wine is made similar to that of the Canaries; besides oranges, lemons, citrons, dates, olives, pineapples, and all other tropical fruits. On several ranches horses, mules, pigs and black cattle are raised, and the foothills feed a few wild sheep and goats. The mountain wall which divides the peninsula from end to end, rises to an average height of 5,000 feet, its culminating peak, the snow-capped Mount San Jacinto, an altitude of 9,000 feet. The range has two extinct volcanoes and numberless springs of hot water and bitumen. Earthquake shocks are frequent, and among the most recent the earthquake of 1871, which has located her secret laboratory.

The foothills are sprinkled with sage brush and chaparral, and in the burning deserts at their base cactus grows to an extraordinary height. The peninsula is rich in minerals, and even petroleum on the Pacific slope. There are gold placers at Santa Cruz, Rosario, San Rafael and the lately discovered field of Santa Gertrudis. It is believed the mountains are rich in precious metals. For the purpose of making a thorough survey of its long neglected territory the Mexican government has recently sent out a commission of expert engineers to report upon the resources of the peninsula.

For centuries, gold, silver, pearls, and precious stones have been the alluring phantoms which have beckoned fortune hunters to these coasts. A few years ago reports were issued of the discovery of some wonderful placer mines said to have been discovered in this remote district of Mulego. It was asserted that shining nuggets lay all around upon the surface, waiting only to be picked up. Mulego lies southwest from Guaymas, and can only be reached by journeying across the gulf in one of the poorly provisioned craft that ply those stormy waters. A crowd of eager adventurers poured down from Arizona, Sonora, Chihuahua, and even from Colorado and Nevada. Their sufferings were intense before they reached the eastern coast of the peninsula, where they found a dreary desert stretching out before them.

Half dead from hunger and thirst they plodded on, with the gold fever burning in their veins, till the impassable mountains came out further progress. And then it came out that the mines were no more than a delusion and a snare, gotten up by certain shopkeepers of Guaymas with a view to reducing the goods on their overstocked shelves by getting up a boom in immigration. The Guaymas gained a considerable increase of population—but not of a character to benefit the town, for the immigrants who returned in rage and poverty from Mulego proceeded to the prisons and almshouses, and have mostly remained there.

Poor as Lower California is, and with a total population of less than 80,000, she supports eighty primary schools, a normal school, a female seminary, the penitentiary college, and the Academy of La Paz. The administration of the territory is under the immediate supervision of the federal government, the chief executive being a jefe politico, who is appointed by the president. La Paz, the capital and only city within its limits, consists of about 3,000 inhabitants. The wonder is not that the population is small, but that any should have remained in this dreary place. Government land sells for 3 cents an acre, but purchasers are like angels' visits—few and far between.

No Telling.

[Chicago Leader.]

"Do you consider him a man of veracity?"

"Heh?"

"I say, do you consider him a man of veracity?"

"Well, there's no tellin' what he might do if he was mad as a bad dog."

The Leading of Lookout.

[Chicago Herald.]

Lookout mountain has been leased to the livermen of the neighboring city, Chattanooga. After a dozen years of Niagara back falls the people will want to make the mountain a national park.

Artificial Ivory.

The manufacture of artificial ivory from bones and scraps of sheepskin is a new industry.

Prolonging the Life of a Cow.

A writer in the Agricultural Gazette (Ireland) says the actual average life of a cow is eight years, yet her productive life may be prolonged to 20 years. The best cow he owns is the 13th calf of her dam. He knows of an Ayrshire cow that gave 13 quarts of milk in a day when with her 13th calf, and when she was too old for age to be indicated by her horns. He asks in view of these and other similar instances, why are cows useless at eight years old? A cow properly cared for is then at her prime and may compare with a man 40 years old. At such an age a man has 20 years of vigorous, useful life at least before him, and by husbanding his powers 10 years more may be added. A cow may just as well add six years more to her eight, and will beyond a doubt if she is well used, and still yield a better profit to her owner than a four-year-old cow. Thus the productive life of a cow may be actually doubled by good care and usage. But how is this lengthened period of usefulness to be gained? In the first place, longevity is a hereditary characteristic, and careful selection and breeding are required to secure it. Then constitutional vigor favors it. This is secured by thorough breeding and early training. The sound, healthy calf must be well cared for, well fed, and when she becomes a cow, the training and care must be continued and the cow's vital forces well nourished and husbanded. Exposure and irregular feeding, not to mention actual semi-starvation during the winter season, which is far too common, tend greatly to shorten the useful and productive life of a cow. It pays better to preserve a good cow than to rear a second one; and if one lives 16 years and has 12 productive years, she will have been worth more to her owner in the end than three cows eight years old would have been; for there will be 10 fully productive years in the old cow's life against 10 partially productive years in that of the young ones.

The wise dairyman is laying his plans to have fewer cows to milk in summer and more in winter. He thus avoids glutted markets and low prices, and pastures his dry cows at a nominal expense. They yield largely when the cost of keep is largest, when the markets pay best, when the manure can be saved to the best advantage, and when the farmer has more time to care for them than in the rush of summer work.

than AYER'S SARSAPARILLA. Numerous crude mixtures are offered to the public as "blood purifiers," which only allure the patient with the pretense of many cheap doses, and with which it is folly to experiment while disease is steadily becoming more deep-seated and difficult of cure. Some of these mixtures do much lasting harm. Bear in mind that the only medicine that can radically purify the vitiated blood is

AYER'S SARSAPARILLA.

PREPARED BY

Dr. J. C. Ayer & Co., Lowell, Mass.

Sold by all Druggists: Price \$1;

Six bottles for \$5.

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BY THE DAY

OR ANY OTHER WAY.

THE UNDERSIGNED, BEING NOW

the proprietor of the small boats heretofore kept for hire at the Marshfield drug store, is prepared to furnish the public, on demand, anything in the boat line, from a skiff to a stow or schooner, at prices that all can afford to pay.

When you want a small boat, call on the undersigned at the Cook Bay market, Front street, near the postoffice.

J. N. CRAWFORD.

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THIS OLD and POPULAR SALOON,

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furnished with a stock of

CHOICE WINES, LIQUORS & CIGARS.

Which are served by courteous barkeepers.

A share of patronage solicited and appreciated.

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And all the appointments of

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Patrons are appreciated and the wants of

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Cigars, etc.

Also—Agent for the renowned Chicago

Lager Beer and Porter, at wholesale

and retail.

Also—The celebrated Boca Beer, on

draft or in bottles. ---

Miscellaneous Advertisements.

Robust Health

Is not always enjoyed by those who seem to possess it. The taint of corrupted blood may be secretly undermining the constitution. In time, the poison will certainly show its effects, and will all the more virulence the longer it has been allowed to permeate the system. Each pimply, itchy, skin disorder and sense of unusual lassitude, or languor, is one of Nature's warnings of the consequences of neglect.

Ayer's Sarsaparilla

Is the only remedy that can be relied upon, in all cases, to eliminate the taint of hereditary disease and the special corruptions of the blood. It is the only alternative that is sufficiently powerful to thoroughly cleanse the system of Scrofulous and Mercurial impurities and the pollution of Contagious Diseases. It also neutralizes the poisons left by Diphtheria and Scarlet Fever, and enables rapid recuperation from the enfeeblement and debility caused by these diseases.

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Trust Nothing Else

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