

HOT WATER FOR DYSPEPSIA.

Hot water, hot tea or coffee, in fact hot food, whether liquid or solid, if used persistently, will in time irritate the stomach and so impair its power to digest. Practically it will bring on dyspepsia. Now as to the efficacy of hot water in the treatment of that disease. As a remedy it doubtless appears of "the hair of the dog" sort. It must be remembered that there is a decided difference between a healthy stomach and one in disease. In health nothing ought to be habitually put into that organ which is much more than "blood warm." But in disease the condition of things is very different. What is known as dyspepsia springs from variable conditions; too many, in fact, to discuss here. But in nearly all of them the stomach is less active than it ought to be, or it works to a disadvantage, and needs a spur or corrective. Hot water acts in several ways. When taken into the stomach it not only stimulates it and quickens its action, but it tends—as do all hot applications—to allay irritation. Besides that, it acts mechanically, and washes out that organ, hurrying its contents down into the intestine, when without it the same would be retained longer than there is any need of. Let a person who, four or five hours after a hearty meal, still feels uncomfortable, sip a cup of very hot water, and it will bring him great relief, stimulating the stomach and washing out of it much of its contents which would have been sent on into the intestines had not that organ been fatigued by overwork. Now, in what passes under the head of dyspepsia there is often a catarrhal trouble of the stomach, and the same sort of affection, also, frequently exists in the intestine. The lining is more or less irritated, and, in consequence of it, not only is the secretion of mucus greater than in health, but the same is changed in character, is thicker, more adhesive, etc. While the stomach is empty, this mucus pours out of its walls, and glides them over, as it were. With such a deposit upon them, let food be taken into it and soon the same is coated with mucus, and so rendered less susceptible to the digestive fluids. Not only that, but the mucus in question, while on the walls, keeps back to a certain extent the gastric juice, and prevents its free entrance into the stomach. For such a condition of things as this, hot water is the simplest, most grateful and effective remedy known. But by hot water is not, by any means, meant "scalding hot." Water too hot may injure the lining of the stomach and cause other ill-effects. Hot water to be taken internally as a medicine should be at a temperature of from 110 to 120 degrees, or about as hot as the coffee one indulges in after dinner. It should be taken before meals—from one-half to an hour and a half—and be slowly sipped. If one is fifteen or twenty minutes in drinking a glassful, all the better. There are some precautions to be used in taking hot water. A person who is liable to hemorrhages should only take it "blood warm." One with heart trouble—who has a weak heart—must sip it more slowly than others need to do, occupying the longest time advised. While this remedy is one of the simplest and most effective in suitable cases, it must not be forgotten that its indiscriminate use is strongly discouraged. Before applying it habitually, the safe way is to consult a physician, as in some instances where it would seem advisable to take it, it might be contra-indicated. To settle this question regarding the value of hot water, and the possible dangers of using it, the following testimony of a physician is offered: "We often hear it said that the free and prolonged use of hot water tends to injure the system. Some say that it is weakening, that it weakens the nerves of the stomach, that it causes anemia of the stomach, that it interferes with digestion, that it tends to produce a flushed face and cerebral hyperemia, that it debilitates the alimentary tract, and that it causes a host more of direful evils. As a rule, all these objections are theoretical, and come from those who never used it intelligently and systematically, and hence are ignorant of the facts. In reply to such objections, all I can say is that I have used hot water daily for six years without the slightest perceptible injury, and have seen only uniformly good results in persons for whom I have prescribed its daily and long continued use."

The danger that arises from the unequal distribution of wealth and its accumulation in the hands of the few is altogether real. It increases the power and influence of a plutocratic class, which tends more and more to direct the forces of society, to subsidize the press and even the parliament to control the management of political parties, the results of elections, the action of legislative bodies and the course of public administration. The real peril at present comes from the fact that a public policy has been adopted in the past, and is still maintained, which involves the pecuniary interests of capitalists directly in the course of legislation and the action of the government. The taxing power of the government is used for their benefit, and so long as it is so used they will endeavor to control its operation. This has done more to build up a plutocracy and does more to maintain it than all other causes combined, and the most effective means of averting the danger of its absolute and permanent control in public affairs is the adoption of a system of taxation that shall give it no advantage.

No occupation is more conducive to health and happiness than tilling the soil. No one is less dependent on other producers, and no one is surer of the means of living than the farmer.

NEW ADVERTISEMENTS.

WANTED—Girl to do general house work in city. Steady place. Call at DEMOCRAT office.

LOST.—On July 4th a ladies silver watch, gold chain and locket attached. Reward will be paid for its return to this office.

LOST.—A latest improved Winchester Rifle, size 40-65, on the road from Albany to Independence and within three miles of Albany. Any one will be suitably rewarded for returning it to this office. WAYNE WILLIAMS.

WOOD SAWING.—Wood sawed on short notice, anywhere in the city. Regular prices. GEO. H. WARREN.

DISSOLUTION NOTICE.—Notice is hereby given that the partnership heretofore existing between C. A. Chessman and W. W. Chessman, doing business under the firm name of Chessman Bros., has this day been dissolved. C. A. Chessman having sold his interest to P. B. Beatty. The business will continue under the name of Chessman & Beatty who will collect all accounts and pay all debts of the heretofore existing firm of Chessman Bros. Peoria, Ill. Co., Or., June 11th, 1889. W. W. CHESSMAN, C. A. CHESSMAN.

FOR SALE.—The undersigned has for sale a horse power and separate, new and in good running order for sale cheap. Inquire of H. Bryant, Administrator of the estate of James Shields, deceased.

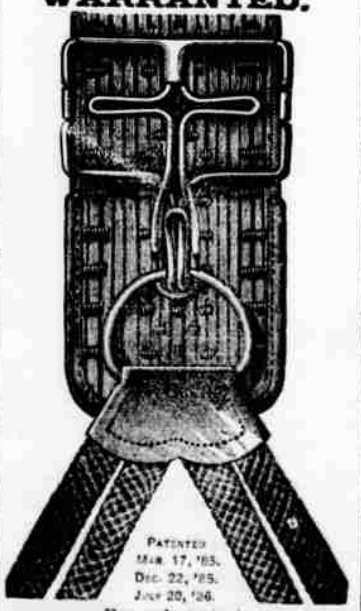
NOTICE is hereby given that property owners are required by ordinance to cut down and remove all thistles and obnoxious weeds growing upon their premises and upon the streets adjoining thereto, within the city limits of Albany. Those failing to do so will be liable to a fine of \$5. Albany, June 25th, 1889. J. N. HOFFMAN, City Marshal.

SAND, & C.—Persons desiring sand, loam or gravel from the premises of F. L. Such in Benton county, can procure tickets for the same at my office, Crawford's block, Albany, Oregon. CHAS. E. WOLVERTON.

E. J. McCAUSTLAND,
Civil Engineer and Surveyor,
DRAFTING AND BLUE PRINTS
Office with Oregon Land Co. Albany, Or.
Sewerage Systems and Water Supplies a Specialty. Estates Subdivided. Maps made or Copied on short notice.

City Meat Market.
SHULTZ BROS., Proprietors.
Keep a full line of meats of all kinds, in a cool place, completely protected; and always fresh.
Also have constantly on hand salmon and other fish.

THE FAMOUS
Wire Buckle Suspender,
WARRANTED.



For sale only by
L. E. BLAIN,

The crop report issued by the Department of Agriculture gives the general average prospects for wheat much better this year than for the seven preceding years. This, together with a short crop in all foreign countries is certainly very encouraging to the producer of wheat in this country.

Honest voters have nothing to lose by ballot reform. It is the practical politicians that oppose this reform. Their business would be gone if each voter prepared his ballot in secret. No vote buyer will trust to a man's vote. The goods must be delivered in open daylight or its no good.

Do not allow the young trees to bear fruit the first and second years. The production of fruit will be at the expense of growth. The peach will often bear the second year after planting. If kept back in that respect it will be in better condition for fruiting the next season.

SPECIALTIES.
CLOTHING

Fashionable and Stylish Suits, Business Suits, Light weight Summer Suits. Boys, youth's and children's suits.

Furnishing Goods

Fine line of light weight underwear—balbriggan and woolen; posery, shirts neckwear, fine wire suspenders, guaranteed for two years, in all the latest novelties.

BOOTS AND SHOES.

A large line in this department of the best in the market.

HATS

Staple and Fashionable lines, among others a fine stock of the John B. Stetson hats.

Tailoring

Merchant tailoring under expert tailor. Suits made to order under short notice at remarkable low figures. More goods turned out than ever before.

L. E. BLAIN.

Stick a Pin

in the fact that I am offering better bargains than any one else in Albany Bought at bankrupt sales I can sell

First-Class Goods

at or below COST.

FOR

General merchandise of all kinds call on me. Particular bargains in a sam, of shoes.

Cash for Goods or Country produce

G. W. SIMPSON

Albany, Oregon.

FOR THE BEST FURNITURE

—CALL ON THE—

Albany Furniture Company

OPPOSITE STEWART & SON'S,

Who Have in Stock a Complete Line of

BED ROOMSETS, TABLES, CHAIRS, UPHOLSTERED GOODS, WALL PAPERS, BABY CARRIAGES, ETC., ETC., ET

HAWKINS & FARRELL

SPECIALTIES.

LADIES' DRESS GOODS AND TRIMMINGS.

The largest stock and greatest variety in price and style I have ever carried, and as good value as ever offered to the citizens of Lincoln county.

Special Bargains In Cashmeres,

In colors and blacks. Seersuckers, gingham, chambrays, French prints and wash fabrics. All the novelties of the season in black and colors. I will have something further to say about these in a few days.

EMBROIDERIES, SKIRTINGS

Flouncings, and all overs on cambric, Swiss and India Lizen. I have just opened the largest invoice of novelties in this line ever exhibited in this city, and at greatly reduced prices.

Piques, Lawns, India Linens,

Nansooks in white, ecru and colors, all at prices very much cheaper than ever before offered in this city.

TABLE LINEN,

In brown and bleached. This stock I bought in New York at less than importers' price, and am able to give good bargains. 58 inch all linen bleached at 50 cents per yard and others in proportion.

TOWELINGS, CRASHES, ETC.

All these goods I buy direct from importers by the bale, and can sell them much cheaper than if bought of jobbers—towels I buy in quantities in New York, and am offering them at prices that are sure to sell the goods.

Ladies Cotton Hose

Are cheaper this year than ever before. I have succeeded in getting some good bargains, all of which I am offering to my customers—the same in

MISSES AND CHILDREN'S,

The above is an outline of the policy I am going to do business and will endeavor to do my part towards securing the trade in Lincoln and adjoining counties to Albany, and to keep up with the progress of the lively and growing city of Albany. I will have something to say about

Carpets, Boots and Shoes, Groceries,

SAMUEL E. YOUNG

PURE DRUGS,

Paints, Oils, Stationary, Etc., and Prompt Attention

AT

DR. GUISS & SONS.