

Following is the essay recently awarded the prize of \$5 by the W. C. T. U. for being the best among those presented by the pupils of the public schools. It was written by Miss Winnie Chamberlain:

ALCOHOL AND MAN.

Alcohol is the intoxicating ingredient in all pure intoxicating liquors. It is made up of

Four parts Carbon,
Six parts Hydrogen and
Two parts Oxygen.

It may be obtained from any substance containing sugar by a process called fermentation.

Alcohol is useful as a solvent. It will dissolve a great many different articles, but a large quantity is unnecessary for this purpose, as it may be distilled back and used a great many times.

PHYSICAL EFFECTS.

Alcohol when taken into the mouth burns and irritates the mucous membrane and passing to the stomach it congests and inflames the tissues and enlarges the blood vessels. In the case of long continued use it causes ulceration of the stomach; it also dissolves the pepsin in the gastric juices, so that digestion is hindered or entirely stopped. From the stomach it enters the blood and is carried to the heart, irritating it and quickening the circulation, finally causing fatty degeneration. From the heart it is sent to all parts of the body, affecting more particularly the liver and the brain, although every tissue is injured more or less. In the liver it changes the character of the bile and hardens the tissue, causing a condition called "bilious liver." In the brain it thickens and hardens the delicate structure of the organ and owing to the increased circulation irritates the membrane around the brain and often causes the disease called "dementia tremens."

Alcohol weakens the muscles, unfitting a man for physical labor, and by its action on the nerve system often causes a disease called atrophy. It irritates the mucous membrane lining the eyes, causing too great a flow of water and enlarges the blood vessels. A large portion of the alcohol taken into the system is thrown out by the lungs, in the efforts of the body to free itself from the poison, so a drunkard may always be told by his breath, as well as by his red nose and blood shot eyes. Alcohol irritates the terminal nerves of the nose, causing too great a flow of blood, terminating in a disease commonly called "runny nose."

INTELLECTUAL EFFECT.

As the brain is the seat of the intellect and alcohol has such an injurious effect upon it, we would therefore expect the intellect to be injured in proportion. At first it blunts it, the mind becomes inaccurate and unbalanced, the will is not so ready to command and the drunkard often times, if he would, cannot control it, and in a short time the intellect will become blighted. At first this will be only temporary, but in time will become permanent, and as is often the case will end in insanity.

MORAL EFFECT.

Morally it ruins him, his conscience becomes seared, he will tell a falsehood as readily as the truth, he will steal if necessary to procure his liquor, and when directly under its influence will abuse his wife and children, and even murder those who anger or oppose. The influence of alcohol upon the home is demoralizing. Why?

First, because the money which should go to support the home, furnish comforts and pleasures is spent in the saloon buying that which destroys both body and soul.

Second, the children often inherit disease, scrofula, deformity, feebleness of mind and worst of all an appetite for liquor.

Third, it destroys the happiness of the home, the wife is afraid of her husband, the children of their father; they dread his coming, often hiding from him. Affection is dethroned and home made miserable.

Fourth, opportunities and privileges of education are often denied the children of the drunkard; they are unable to rise in the world and obtain positions of trust and influence, in consequence of the father's sin. Therefore, judging of alcohol by its effects, we would say, no, it cannot be safely used as a beverage, on the contrary its use is very dangerous.

Old toppers do not drink because they like the taste of liquor, but to satisfy their craving for the stimulus, and many would gladly give up the habit, if possible, but it has obtained such a strong hold upon them that they are wholly unable to do so, consequently many desire the prohibition of all intoxicating liquors that the temptation may be removed from them and they enabled to reform.



CURES Coughs, Colds, Influenza, Bronchitis, Hoarseness, Whooping Cough, Croup, Sore Throat, Asthma, and every affection of the Throat, Lungs and Chest, including Consumption. Speedy and permanent. Genuine signed "J. B. Williams."

STRICTURE!

Permanently cured without Cutting, Burning or Dilating. A perfectly painless treatment and a guaranteed cure in every case, no matter how long standing. This treatment, for Stricture, of Dr. Buxton's, is the greatest discovery known to medicine. It dissolves the growths, irritates the organs and makes weak men strong. When possible, it is always best to call for personal consultation and special examination. But those who cannot possibly call, should write, stating their case fully. Medicine sent by mail or express, collect, free from exposure, to all parts of the Pacific Coast.

DISEASES OF MEN!

Peculiar to their sex, and not proper to name here, including all those delicate infirmities and weaknesses, which they would shrink from disclosing to their family physician, permanently cured in less than a week by the use of the medicine, before, by Dr. Buxton's "New System of Treatment." It rejuvenates the genital-urinary organs and makes weak men strong. When possible, it is always best to call for personal consultation and special examination. But those who cannot possibly call, should write, stating their case fully. Medicine sent by mail or express, collect, free from exposure, to all parts of the Pacific Coast.

"German Syrup"

G. Gloger, Druggist, Watertown, Wis. This is the opinion of a man who keeps a drug store, sells all medicines, comes in direct contact with the patients and their families, and knows better than anyone else how remedies sell, and what true merit they have. He hears of all the failures and successes, and can therefore judge: "I know of no medicine for Coughs, Sore Throat, or Hoarseness that had done such effective work in my family as Boschee's German Syrup. Last winter a lady called at my store, who was suffering from a very severe cold. She could hardly talk, and I told her about German Syrup and that a few doses would give relief; but she had no confidence in patent medicines. I told her to take a bottle, and if the results were not satisfactory I would make no charge for it. A few days after she called and paid for it, saying that she would never be without it in future as a few doses had given her relief." ©

PROFESSIONAL CARDS.

J. M. WEATHERFORD,
Attorney at Law. Will practice in all courts of the State. Office—Third block, Albany, Oregon.

W. R. SILVER,
Attorney at Law and Solicitor in Chancery. Collections made on all points. Loans negotiated on favorable terms. Albany, Oregon.

GEO. W. WRIGHT,
Attorney at Law, Solicitor in Chancery, Practitioner in Admiralty and Notary Public. Will practice in all courts of this state and in the United States courts for Oregon. Office—Front rooms over Bank of Oregon, Albany, Oreg.

H. C. WATSON,
Attorney at Law. Office—In the Graham block upstairs. Albany, Oregon.

J. J. WHITNEY,
Attorney at Law and Notary Public. Albany, Oregon.

D. R. N. BLACKBURN,
Attorney at Law. Will practice in all the courts of Oregon, except the county court of Lane county. Ad business will receive prompt attention. Office:—Old Fellows' Temple, Albany, Or.

DR. C. WATSON MASTON
Physician and Surgeon.
Office opposite the Democrat.

DR. W. H. DAVIS,
Physician and Surgeon.
Office up stairs in Strahan's Block. May be found at his office day and night.

DR. G. A. WHITNEY,
Physician and Surgeon.
Graduate of Bellevue Hospital Medical College New York City.
Diseases of women a specialty.
Office—Roman's Block, Albany, Or.

L. MILL,
Physician and Surgeon.
Office—cor. F and Ferry Streets,
ALBANY-OREGON

ACADEMY

Our Lady of Perpetual Help.
ALBANY, - - - OREGON

Conducted by the Sisters of St. Benedict.
Tuition in select day school ranges from \$5 to \$10.
For terms of Boarding School or any particulars apply at the Academy or address Sister Superiores.

\$500 Reward!

WE will pay the above reward for any case of Liver complaint, Dyspepsia, Biliousness, Indigestion, Constipation or Colic, which we cannot cure with Wm. A. Boxell's Liver Pills, which the directions are strictly complied with. They are purely vegetable, and never all to give satisfaction. Foreign Orders. Large boxes, only. As a genuine medicine, it is sold only by J. B. Williams, Druggist, Albany, Oreg.

J. A. Cummings, Agent

It is acknowledged the leading remedy for Gonorrhea or Gleet. The only cure remedy for Leucorrhoea or Whites. I prescribe it and feel safe in recommending it to all sufferers.
A. J. STONER, M. D.,
Sole Agent, Albany, Oreg.
STANARD & CUSICK, Agents.

HORSEMEN,

We are prepared to furnish your posters for 1891, in the best style. Also any other printing desired.

E. G. PHELPS,
Book and Job Printer,
Twinsdale Block—over Wells Fargo & Co's Express office.
ALBANY - - - OREGON.

EAST AND SOUTH,
SOUTHERN PACIFIC ROUTE
SHASTA LINE.

Express Trains leave Portland Daily			
South	North	South	North
2:00 P.M. Lv. Portland	9:30 A.M. Ar. Albany	9:30 A.M. Lv. Albany	2:00 P.M. Ar. Portland
10:20 P.M. Lv. Portland	6:00 A.M. Ar. Albany	6:00 A.M. Lv. Albany	10:20 P.M. Ar. Portland
12:15 A.M. Lv. Portland	3:30 A.M. Ar. Albany	3:30 A.M. Lv. Albany	12:15 A.M. Ar. Portland

Above trains stop only at following stations: north of Roseburg, East Portland, Oregon City, Woodburn, Salem, Albany, Tualatin, Shasta, Halsey, Harburt, Junction City, Irving, Eugene.

DORRIS MAIL, DAILY.

ALBANY LOCAL (DAILY EXCEPT SUNDAY)			
South	North	South	North
8:00 A.M. Lv. Albany	4:00 P.M. Ar. Albany	4:00 P.M. Lv. Albany	8:00 A.M. Ar. Albany
12:00 P.M. Lv. Albany	12:00 P.M. Ar. Albany	12:00 P.M. Lv. Albany	12:00 P.M. Ar. Albany
2:00 P.M. Lv. Albany	2:00 P.M. Ar. Albany	2:00 P.M. Lv. Albany	2:00 P.M. Ar. Albany

LEBANON BRANCH.

PULLMAN BUFFET SLEEPERS.			
South	North	South	North
8:00 A.M. Lv. Albany	6:00 A.M. Ar. Albany	6:00 A.M. Lv. Albany	8:00 A.M. Ar. Albany
12:00 P.M. Lv. Albany	12:00 P.M. Ar. Albany	12:00 P.M. Lv. Albany	12:00 P.M. Ar. Albany
2:00 P.M. Lv. Albany	2:00 P.M. Ar. Albany	2:00 P.M. Lv. Albany	2:00 P.M. Ar. Albany

Tourist Sleeping Cars,
For accommodation of Second-Class Passengers, attached to Express Trains.

West Side Division.
BETWEEN PORTLAND AND CORVALLIS.
MAIL TRAIN DAILY (Except Sunday.)

South	North	South	North
10:00 A.M. Lv. Portland	4:00 P.M. Ar. Corvallis	4:00 P.M. Lv. Corvallis	10:00 A.M. Ar. Portland
12:00 P.M. Lv. Portland	6:00 A.M. Ar. Corvallis	6:00 A.M. Lv. Corvallis	12:00 P.M. Ar. Portland

Through Tickets
To all points
EAST AND SOUTH.
For information regarding rates, maps, etc. apply to Company Agent at Albany.
S. F. ROGERS
Manager

YAQUINA BAY ROUTE.

Oregon Pacific Railroad.
F. F. HOGG, Receiver.

Oregon Development Co's Steamers.
Short Line to California.
First-class through passenger and freight line from Portland and all points in the Willamette Valley to and from San Francisco, Cal.

Boats make close connection at Albany with trains of the Oregon Pacific Railroad.

TIME SCHEDULE (except Sundays.)
Leave Albany 12:00 P.M.; Leave Yaquina 7:00 A.M.; Leave Corvallis 1:30 P.M.; Leave Corvallis 10:30 A.M.; Arrive Yaquina 3:30 P.M.; Arrive Albany 11:15 A.M.

O. & C. trains connect at Albany and Corvallis. The above trains connect at Yaquina with the Oregon Development Company's Line of Steamships between Yaquina and San Francisco.

SAILING DATES.

FROM YAQUINA.
Willamette Valley, March 25th; 16th; 25th.

FROM SAN FRANCISCO.
Willamette Valley March 3rd; 12th; 21st; 30th.

The Company reserves the right to change sailing dates without notice.
N. B. Passengers from Portland and Willamette Valley points can make close connection with the trains of the Yaquina route at Albany or Corvallis, and if desired to San Francisco should arrange to arrive at Yaquina the evening before date sailing.

ST Passenger and Freight rates always the lowest.
For information apply to A. B. Chapman, Freight and Ticket Agent, Albany.
C. C. ROGERS,
G. F. and P. Agent,
Corvallis.



ALBANY NURSERIES

WE HAVE ON HAND at our nursery on the Corvallis road, one-half mile from town, a fine lot of fruit trees of all kinds as can be found anywhere on the coast. If you contemplate planting trees it will pay you to see our stock and get our prices. Catalogue free.
HYMAN & BROWNELL.

City Restaurant.

Having been entirely remodelled, this old and popular restaurant will be made first-class in every respect. The public will be given good meals at all hours for only 25 cents. Everything neat and attractive. Private boxes. Oysters in every style.

CALIFORNIA

Positive
NEURALGIC
ELECTRIC
LINIMENT
CURES CATARRH

Rheumatism, Neuralgia, Corns, HEADACHE, AND ALL PAIN.
The California Positive and Negative ELECTRIC COUGH CURE
CURES COUGH, CROUP, CONSUMPTION.
Sold by all Druggists. Each 25c, 50c & \$1.
Greenglass & Co., Prop's, Los Angeles, Cal.

PHELPS, Job Printer,
1st St. Express Bldg. Albany

VICTORY AT LAST
FULL CHILLED BOTTOMS.
BIG INJUN. - Tricycle Plows - AND CLIPPERS
Turns a Square Corner With out Lifting the Plow out of the Ground.

Are - the - BEST - Wheeled - Plow - on - Earth
For Sale by MITCHELL & LEWIS CO., Albany, O.

PIRE NATIONAL BANK,
OF ALBANY, OREGON.

President.....L. PLINN
Vice President.....R. E. YOUNG
Cashier.....W. W. LANGFORD

TRANSACTS A GENERAL BANKING BUSINESS.
ACCOUNTS KEPT subject to check.
DEPOSIT RECEIPTS and all other transfers, and New York, San Francisco, Chicago and Portland remitted.
COLLECTIONS MADE on favorable terms.

INN CO. NATIONAL BANK,
OF ALBANY, OREGON.

President.....J. L. COWAN
Vice President.....G. E. CHAMBERLAIN
Cashier.....O. A. ARCHBOLD

TRANSACTS A GENERAL BANKING BUSINESS.
DEPOSIT RECEIPTS and all other transfers, and New York, San Francisco, Chicago and Portland remitted.
COLLECTIONS MADE on favorable terms.

BANK OF OREGON,
ALBANY, OREGON.

Capital.....\$50,000.

President.....J. F. MERRILL
Vice President.....E. J. LANNING
Cashier.....J. W. BLAIR

TRANSACTS A GENERAL BANKING BUSINESS.
Exchange bought and sold on all the principal cities in the United States; also on England, Ireland, France and Germany.
Collections made at all accessible points on favorable terms.
Interest allowed on time deposits.

BANK OF SCIO,
SCIO, OREGON.

President.....J. S. MORRIS
Vice President.....JEFF MYERS
Cashier.....O. S. MAX

TRANSACTS A GENERAL BANKING BUSINESS.
Exchange bought and sold on all the principal cities in the United States; also on England, Ireland, France and Germany.
Collections made at all accessible points on favorable terms.
Interest allowed on time deposits.

PORTLAND SAVINGS BANK,
OF PORTLAND, OREGON.

Paid up capital.....\$200,000
Surplus and profits.....\$9,000

Interest allowed on savings deposits as follows:
On ordinary savings banks.....4 per cent per annum.
On term savings banks.....6 per cent per annum.
On certificates of deposit:
For three months.....4 per cent per annum.
For six months.....5 per cent per annum.
For twelve months.....6 per cent per annum.
FRANK DEKUM, President.
F. R. THOMPSON, Vice-President.
H. C. STRATTON, Cashier.

Red Crown Mills

SOM. LANNING & CO. PROP'S.
NEW PROCESS FLOUR SUITABLE FOR PANCAKE AND BAKERY USE.
BEST STORAGE FACILITIES.

MORTAR-SPOTTED SKIN

Cured in Five Weeks by the Cuticura Remedies.

About the 1st of April I noticed some red pimples like coming out all over my body, but thought nothing of it until some time later on, when I began to look like a case of mortar spotted skin, and which came off in layers accompanied with itching. I would scratch every night until I was raw, then the next night the scaling skin (formed) meanwhile were scratched, and again. In vain did I consult all the doctors in the country, but without avail. After giving up all hopes of recovery, I happened to read a recommendation in the paper, about your Cuticura Remedies, and purchased these from my druggist, and obtained almost immediate relief. I began to notice that the scales were gradually dropping off, and I began to feel better. I had been taking the Cuticura Remedies for some time, and I was so much improved that I had decided to stop. But I was so much improved that I had decided to stop. But I was so much improved that I had decided to stop.

Cuticura Resolvent
The new blood and skin purifier and greatest of all remedies. Internally it cleanses the blood of all impurities, and thus removes the cause, and externally, the great Skin Cure, and CUTICURA SOAP, an exquisite skin beautifier, externally it cleans the skin and scalp and restores the hair, cures every species of itching, burning, scaling, and simply diseases of the skin, scalp, and blood.

Sold everywhere. Price, CUTICURA, 50c.; SOAP, 25c.; RESOLVENT, \$1.00. Prepared by the PORTER DRUG AND CHEMICAL CORPORATION, Portland, Ore. Send for "How to Cure Skin Diseases," 64 pages, 50 illustrations, and 100 testimonials.

I CAN'T BREATHE.
Chest Pains, Soreness, Weakness, Hacking Cough, Asthma, Pleurisy, and Inflammation relieved in one minute by the Cuticura Anti-Pain Plaster. Nothing like it for Weak Lungs.

Special Announcement
OF
W. F. READ.
My Spring stock now COMPLETE, Embracing all the latest Novelties in
Dress Goods,
Both in WOOLEN and WASH FABRICS
-To The Ladies,-
Make a Specialty of Ladies Underwear, in Ribbed and Muslin. My Prices are the LOWEST and my Goods the BEST. Am sole agent for the Celebrated
Y. S. F. HOSIERY,
Guaranteed stainless, Warranted absolutely fast, and Free from Poison
:To The Men:
Call and Look at My values in
Furnishing -:- Good
I have a Large Stock at the Lowest Prices ever offered in the Valley
I carry a full line of the world-renowned BROADHEAD goods, useful for wear as fish. Large stock of EMBROIDERIES and FLOUNCING, and be assured that Albany is the best trading point in Oregon.
W. F. READ.
-PATRONIZE HOME INSTITUTIONS.-
THE FARMERS & MERCHANTS INSURANCE CO.
-Albany, Oregon.-
W. F. READ, President. J. O. WRIGHTSMAN, Secretary.
J. L. COWAN, Treasurer. Geo. F. SIMPSON, Vice President.
-DIRECTORS-
J. L. Cowan, Geo. F. Simpson, W. F. Read, Dr. L. Foley, M. Sternberg, J. W. B. J. R. Weatherford, R. S. Strahan, J. O. WRIGHTSMAN.
-ALSO DISTRICT AGENTS FOR-
Oakland Home Insurance Co., Oakland, Cal. Traders, Chicago, Ill.
American, Philadelphia, Pa. Phoenix, London, England.
Norwich Union, London, Eng. London & Lancashire, London, Eng.
Guardian, London, Eng. Manchester, Manchester, Eng.
Edinburgh, Scotland. Caledonian, Edinburgh, Scotland.
New York. - ONLY STRICTLY INSURANCE OFFICE IN ALBANY. -

G. L. BLACKMAN,

LEADING DRUGGIST

ALBANY - - - OREGON.

DRUGS, MEDICINES STATIONARY & FURNITURE!

It you want the best and most durable furniture that is manufactured in the city go to

THOMAS BRINK'S

Albany Cigar Factory.
J. Joseph, Proprietor.

WHOLESALE & RETAIL

Only White Labor Employed