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LET ME show you the way to strength. Come with me, not along the dark and uncertain path of poisonous drugs and stomach-racking medicines, that way so full of pitfalls and disappointments, but rather let us go the broad and sunny road to Nature's Fountain of Youth, her source of health and strength—Electricity. Did anyone ever claim to be injured by the properly applied galvanic current? No! Because it is the very nerve force the system requires. It is just as essential to life as the air we breath. When the system has been partially sapped of it, some derangement exists; when taken away entirely, death results.

SOAK THE SYSTEM FULL

Do you want a great and agreeable surprise? Do you want to feel along the dark and uncertain path of poisonous drugs and stomach-racking medicines, that way so full of pitfalls and disappointments, but rather let us go the broad and sunny road to Nature's Fountain of Youth, her source of health and strength—Electricity. Did anyone ever claim to be injured by the properly applied galvanic current? No! Because it is the very nerve force the system requires. It is just as essential to life as the air we breath. When the system has been partially sapped of it, some derangement exists; when taken away entirely, death results.

TO WEAK MEN AND WOMEN AS WELL

Who have been foolish during youth or excessive during after years, I can promise, not mere benefits, not only improvement, but an entire and permanent cure, if the belt is used judiciously. I mean that you will feel yourself a man among men.

To women as well as men who suffer from rheumatism, lame back, bladder troubles, etc., I offer the Dr. Sanden New 1900 Model Belt as the only rational self-home treatment. Everyone knows that Electricity is used almost exclusively in these troubles today.

THE DR. SANDEN ELECTRIC BELT

The Dr. Sanden Electric Belt is sold under a guarantee for one year, and during treatment all advice is given entirely free of charge. You get the benefit of my thirty years' experience without cost.

Free Book and Free Consultation—Write today for my illustrated booklet, which gives much valuable information and thoroughly describes my method of treatment with the Dr. Sanden Electric Belt. With my system of symptom blanks, I am able to diagnose accurately by mail. All pamphlets and letters are sent in plain sealed envelopes. To those who live near by, I invite a personal call, as I offer free consultation, and should be pleased to give any advice needed, and can demonstrate the working of the belt in a practical way. Under no circumstances buy elsewhere before writing or calling on me.

Dept. 19, Russell Building

DR. A. T. SANDEN, Portland, Oregon

EARLY DAY MINING NOTES.

A Few Extracts From a California Paper Dated 1851.

Like an echo from the past, which illustrates in a vivid manner the seeming fabulous riches of the placer mines of Tuolumne county in the early days, are the following extracts from an old copy of the Sonora Herald (the first paper published in the county and now extinct), dated May 1, 1851, which a friend has placed on our desk:

"The gulch at Jamestown has been worked over several times, yet it appears to be as productive as ever. Three Chilenoos, in a fortnight, have taken out \$15,000, and three Frenchmen twelve pounds of gold on last Thursday afternoon.

"A party of three Frenchmen took out of a hole they had sunk in Sonora, the enormous sum of three and a half pounds troy in gold dust, and much more was left until the cleaning up.

"The largest lump of gold that has yet been found was taken from Holden's garden last Saturday evening—weighing 28 pounds and 4 ounces, lacking 15 grains. It is mixed with quartz, but the gold is estimated at 20 pounds. As yet it has not been accurately weighed in water, and so we cannot exactly state the relative proportions of gold and quartz. Mr. Peter Mehan offered four thousand five hundred dollars for the lump, at sight, but his offer was not accepted. The fortunate party consisted of eight men, and are known as the Wheaton company.

"This was the first party that undertook to work the spot known as Holden's Garden, some two months since, their claim being at the foot of the quartz mountain. From the first they have been taking out gold by the pounds. Frequently their days work has amounted to five pounds. For a week or two, however, the yield has been comparatively small, and some of the members, accus-

tomed to heavy strikes, were beginning to be discouraged. Two of the original party sold out to Mr. Rounds and Mr. Gore, who entered the company just in time to share the glory and the profits of the big lump.

"The names of the present members are, Edward E. Wheaton, from Baltimore; Hiram T. Fuller, Vermont; W. J. Harris, Maine; Jesse Allen and John M. Lockwood, New York City; John R. Valleau, Natchez, Mississippi; A. Gore, Alabama, and Spofford E. Rounds, Upper Canada. A more industrious, moral, intelligent, and in every way worthy company cannot probably be found in California. It always gives pleasure to hear of the success of such men; and such are the men who, in the main, are bound to be successful in this country. After telling about the big lump, it may appear insignificant to add that the same company took out two pounds of fine gold the same day. We mention this circumstance simply to guard Atlantic editors against the mistake into which some of them have fallen, in supposing that all the gold is in big lumps, and that they are as common here as paving stones on Long Island."

[ED.—Even at the present day chispas, or small nuggets of gold, are occasionally picked up on the streets of Sonora after a winter's rain storm.]—San Francisco Mining Review.

Meeting of County Commissioners.

Mayor Gleason returned from Baker City a day or two since, where he had been to attend a meeting of the county commissioners. He says no business was transacted at this session, except to allow salaries of county officials. At the next meeting, however, he thinks some important matters, involving the welfare of the county, will be considered and acted upon.

Five quart bottles of Olympia beer for \$1.00 at Henry Finger's.

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