

SPRY AT SIXTY.

The Remarkable Vitality of an Aged Californian.

Stands To-day Unscathed by Disease—How He Conquered Rheumatism—His Story will Interest and Benefit all Old Folks.

From the Examiner, San Francisco, Cal.

There is at least one happy man in San Francisco to-day—one man who can enjoy, despite the fact of his being sixty years of age and of corpulent build, the full and free use of all the powers of mind and body.

James Keenan is a prominent liquor dealer at 256 Brannan Street, and it is he who is now lauding those who have restored him from a bed of pain to his former youthful activity. Mr. Keenan had, within a year ago, been blessed with the enjoyment of almost perfect health. He had never known what it was to be confined for weeks at a time upon a couch of painful disease, nor even to lose the vigorous action of mind or limb which had enabled him, through the many years of his business life, to perform his daily tasks unaided and unadvised.

It was a year ago that Mr. Keenan first suffered the hand of disease to take hold upon him. At that time he was stricken down by an aggravated attack of rheumatism, which robbed him of the use of his lower limbs and of both his hands. For fully six weeks he lay on his couch, a helpless victim of the dread disease, and all the time he suffered intense pain in the affected portions of his body. He could not move himself upon his bed, and all that he ate had to be fed to him by those in attendance. He had almost despaired of ever gaining release from the clutches of the frightful disease, when one morning his attention was drawn to an advertisement in a morning paper, of a remedy for rheumatism. The story of what succeeded this casual glance at a medicine advertisement can best be told in the words of Mr. Keenan himself, who when asked for an explanation of his seemingly miraculous cure, gave the following account:

"It seemed to me that after all the weeks of terrible suffering that I had endured there could not possibly be a relief. I had no faith in patent medicines, and when I saw in a paper the advertisement of Williams' Pink Pills I was induced to try them only in sheer desperation. I did not feel any relief until I began taking the second box of the pills, but then the pain began gradually to leave me, my appetite became better, and I could sleep soundly throughout the night without experiencing any of the jerking pains that had before kept me awake. I continued to take the pills and it was only a short time until the rheumatism had entirely left my hands, and I had so far recovered the use of my legs as to be able to walk about the house without assistance. In about two weeks more I was entirely free from the disease, but I took two more boxes of the pills as a precaution against a return of the rheumatism. From the time that the last trace of the disease left me I have not felt the least sign of its return, and I can truthfully say that I now enjoy as free use of my limbs as ever I did before the rheumatism attacked me."

"I have taken the pains to recommend Williams' Pink Pills to a number of my friends who are suffering from rheumatism. I think I know of no other remedy that will afford such quick and permanent relief from rheumatism as do Williams' Pink Pills, and I only hope that many others may be brought to see and feel the high curative powers that the pills possess."

The following case was also called to the attention of the Examiner, shortly after the publication of the above, and is given here verbatim, for, by that great paper,

Four years ago, at the time of the trouble between the United States and Chili, as a result of the killing of the sailors of the U. S. S. Baltimore, in the streets of a Chilean city, many Americans were obliged to leave the country for safety. Among them was M. Lugg, the private detective and collector, whose office is in the Crocker Building, San Francisco, Cal.

When Mr. Lugg left Chili he went across the mountains into Argentine, travelling on muleback.

Mr. Lugg says that the trip is a delightful one in point of beautiful scenery and perfect weather, but many people decline to undertake it on account of the unhealthful stagnant water which they are compelled to drink along the way. Many persons have been stricken down with disease from having drunk of it, and in a number of cases the attacks have proven fatal. The native Chileans drink the water without injury to their systems, but it has had a bad effect upon those who are not used to it.

"I fell a victim to the injurious qualities of the water," said Mr. Lugg. "It affected my kidneys to an alarming degree. When I got over into Argentina I thought the trouble would gradually leave me, but instead of that it grew more aggravated and I suffered terribly from pains in the region of my kidneys. I was en route to Chicago and I determined to reach my destination before the complaint should grow so serious as to confine me to my bed. Upon reaching Chicago I at once consulted a physician, who told me my kidneys had been affected by drinking polluted water. He treated me for some time for that complaint, but I grew steadily worse and new ailments were added to my already serious condition. I began to have neuralgic pains in my head, my spine was affected with shooting pains and I had no control over the urinary organs. It was next to impossible for me to get any sleep. I lay awake many a night suffering the most intense pains, and the physician unable to relieve them."

"But relief came at last. One day one of my friends came to my room and handed me a box of Williams' Pink Pills. Of course I laughed at him for daring to think that any patent medicine could aid me when my physician had failed. I took the pills, however, to oblige my friend more than for any faith I had in them, and I was treated to the most joyous surprise of my life when I realized that I was being relieved of my pains. First the peculiar pains along my spine ceased, and then my neuralgic trouble began to grow less and finally left me entirely. It took a good while to improve the condition of my kidneys, but after I had taken a number of boxes of the pills I knew that they had done their work successfully, for then I had regained control of the urinary organs and the action of my kidneys was strong and steady."

"When I thought I was out of all danger I quit taking the pills. The relief they had afforded was permanent, however, and I have never since felt a recurrence of the complaint. I hardly know how to praise Williams' Pink Pills as they should be praised. They certainly are a wonderful preparation. I have recommended them to a number of my friends who were suffering from kidney complaints, and they have all been benefited by their use."

Dr. Williams' Pink Pills for Pale People are now given to the public as an untiring blood builder and nerve restorer, curing all forms of weakness arising from a watery condition of the blood or shattered nerves. The pills are sold by all dealers, or will be sent post paid on receipt of price 50 cents a box, or six boxes for \$2.50 (they are never sold in bulk of the 100) by addressing Dr. Williams' Medicine Company, Schenectady, N. Y.

SCIENCE AND INDUSTRY.

—A nose of proper proportions should be one-third the length of the face.

—Cats and dogs cannot live at a greater elevation than 10,000 feet above sea level.

—Indigestion has often been cured by drinking every morning, half an hour before breakfast, a glass of hot water.

—The paper mills soon to be established at Way Cross, Ga., will utilize the palmetto plant, which grows in profusion in that section.

—Cholera, typhus and swamp fever are due to lack of ozone, according to the Courmelles, of Paris, but gripe and inflammatory diseases are aggravated by its presence. The latter are apt to become fatal during the magnetic storms coincident with the aurora borealis.

—M. Lowell's observations give a little larger dimensions to the satellites of Mars than have been hitherto accepted. He assigns to Phobos, the one nearest the planet, a diameter of 26 miles, and to Deimos, the outer one, a diameter of ten miles. The older estimates were seven and five respectively.

—The planet Mars resembles the earth more closely than any other of the solar system that we know anything about. Mars is smaller than the earth, and its specific gravity is less. Its atmosphere is rarer than that on the highest mountains. It has probably no oceans and very little free water, except in spring, when the snow melts. As to Mars being inhabited, it is not impossible.

—Fresh Columbia salmon are soon to be shipped from British Columbia to England and Australia in steamships fitted with refrigerators. Experimental shipments have proved a success, and a company has been formed, with British capital, to undertake the enterprise on a large scale. The company is building a large cold storage warehouse at Vancouver for storing the fish while awaiting shipment. The company expects to make more profit than is made by the salmon canners.

—Last year's mackerel catch was almost a failure, and few of the many vessels engaged in the fishery paid expenses. Bad weather and fog prevented a good catch in the early part of the season, and the fish were not at all plentiful. Later in the season the weather was good, and large bodies of mackerel were seen at different points along the Atlantic coast, but for some reason they were wild, did not school and could not be taken. The same conditions are said also to have been noticed abroad. The Norwegian and Irish mackerel catches were very poor.

AN INDIAN'S ENGLISH.

He Has a Vocabulary Considerably Larger Than is Manageable.

The Times of India prints the cub-jointed remarkably-voiced petition from an ex-member of the Sillidar mounted police. The request which the writer wishes to convey was that he might be furnished with a formal certificate of his service in the police force:

"The humble petition of —, late Sillidar mounted police, —, most humbly sheweth—That pity my grievances, by trampling steps have dragged me before your honor's most respected chair, my days dwindling to the short span, blessed Lord give me relief and Heaven will bless your honor's stores. That owing to my adverse fate, which had then frowned my wife and my sister to retire out from their public lives leaving my father and sister in bed of hopeless health, Mr. father exposed out his perishable dispositions. There is not a soul into my family elder or younger than me, to attend on the sickness as above, which then compelled me by noxious volens, to tender resignation of my former post by my own, leaving me no time to apply your honor for certificate. By the blessing of God and your honor, my father and my sister restored to their former health, but the money so saved for future expenses. When necessary for has been exhausted on medicating them."

"When I found quite involved in poverty, that we endured severe fastings from the fumy floor even, I came in Bombay in search of my prey, presented by circumstances to the commissioner of police, who asked me for a certificate of my former post, without which I am refused by my bread. My humble services extended over two years under your honor's most auspicious orders, during which I toiled patiently by my assiduity and attention with a view to start with my father advancement in life honestly. Under the stern cravings of hunger, I crave your leniency will be graciously pleased to stretch forth your honor's charitable hand to fill up my wallet spread for a certificate for the time being under your honor's august orders, only to relieve our lives from the pangs clutches of starvation."

"Pray let me test the gold of my fortune in the alembic of success, but let not my ardent hopes be refused by rejection, because your honor's one word would supply my low wants. Pray do not blast out my fervent hopes without which I am not to be taken in any kind of service. For which boon of your honor's merciful philanthropy and equity in charity, I shall jointly invoke Heavenly choicest blessings to dwell with your honor's long life in years and advancing chair."—N. Y. Times.

Theory and Practice.

Doctor (to brother physician)—Yes, sir, the sovereign remedy for all ills is fresh air and plenty of it. People don't let enough air into their houses. Well, I must hurry off; I'm on an errand. Brother Physician—Going far? "No, only down to the hardware store to get half a mile of weather strips."—N. Y. Weekly.

Presence of Mind.

He (whispering)—I hear your father coming. Shall I turn up the gas? She—No. Turn it out.

Makes the Blood Pure

This is the secret of the cures by Hood's Sarsaparilla. Read this:

"I am so glad to write that I am now in perfect health and it is all because Hood's Sarsaparilla made my blood pure. My health broke down with troubles peculiar to women, my nervous system was shattered and I had to take my bed. The physician said there was little hope for me. A neighbor told of wonderful cures by Hood's Sarsaparilla and I decided to try it. When I had taken 3 bottles, I could sit up and now I am perfectly well and strong."

Hood's Sarsaparilla has done all this for me." Mrs. C. F. FADNER, La Platte City, Colorado.

Hood's Pills cure habitual constipation. Price 50c. per box.

Thos. F. Oakes, Henry C. Payne, Henry C. Rouse, Receivers.

NORTHERN PACIFIC R. R.

RUNS Pullman Sleeping Cars, Elegant Dining Cars, Tourist Sleeping Cars.

St. Paul, Minneapolis, Duluth, Fargo, Grand Forks, Crookston, Winnipeg, Helena and Butte.

THROUGH TICKETS TO Chicago, Washington, Philadelphia, New York, Boston and all points East and South.

For information, time cards, maps and tickets, call on or write W. C. PETERSON, Agent, LEBANON, — OREGON.

—OR— A. D. CHARLTON, Asst. Genl. Pass. Agt., Portland, Oregon.

Is Your Child Going to College? Have him fitted at the

SANTIAM ACADEMY Thorough preparation for all collegiate courses.

Certificates admit to the leading Colleges on the coast. Normal Department graduates obtain State and Life diplomas. Music, Art, Book-keeping, Specialties, health and outdoor life, small classes and instruction for the individual.

Winter term opens Sept 23. Tuition \$6.50 and \$10.00 per term. Send for catalogue. S. A. RANDLE, A. M., Principal.

J. W. CUSICK & CO., Bankers, ALBANY, OREGON.

Transact a general banking business. Collections made at all points on favorable terms.

Drafts drawn on New York, San Francisco, Portland, Salem, Eugene, and Corvallis, and all points in Europe. Business sent by mail will receive prompt attention.

We have the latest styles in shoes and sell them at hard-time prices. PUGH & MUNCY.

Shoes away down—quality away up—at the closing out sale of Road, Peacock & Co.

Ladies cloth, all wool, 36 inches wide, 29 cts. per yard—cash, at Road, Peacock & Co.

Oregon Central & Eastern R. R. Co.

YAUQUINA BAY ROUTE. Connect at Yaquina Bay with the San Francisco and Yaquina Bay Steamship Company.

Steamship "Farallon"

A 1st class in every respect. Sails from Yaquina for San Francisco about every 8 days.

Passenger accommodations unsurpassed. Shortest route between the Willamette Valley and California.

Fare from Albany or points west to San Francisco:

Cabin, \$12.00
Steerage, 8.00
Cabin, round trip, 60 ds. 18.00

For sailing days apply to H. L. WALDEN, Agent, EDWIN STONE, Manager, Albany, Corvallis, Oregon.

CHAS. CLARK, Supt., Corvallis, Oregon.

Scientific American Agency for PATENTS. CONVEYS, TRADE MARKS, DESIGNS, PATENTS, COPYRIGHTS.

Scientific American. Largest circulation of any scientific paper in the world. Published weekly.

RIPANS ONE GIVES RELIEF.

Albany Furniture Co., (INCORPORATED)

BALTIMORE BLOCK, Albany, Oregon. Furniture, Carpets, Linoleums, matting, etc. Pictures and Picture molding. Undertaking a Specialty.

Some Men Try Advertising

As the Indian tried feathers. He took one feather, laid it on a board and slept on it all night. In the morning he remarked: "White man say feathers heap soft; white man d— fool."

You may start in a small way (most of the large advertisers have), but by keeping persistently before the public you cannot fail of success. An article of merit advertised in the LEBANON EXPRESS is sure to find plenty of customers among the many people who read these columns regularly.

Headquarters for Sweet Peas Mixed Varieties per pound 40 cents, Half pound 25 cents, Quarter pound 15 cents.

THE ONLY NEW DOUBLE SWEET PEA True to name. Packet 25 cents, half Packet 15 cents.

The Wonderful Crimson Rambler Rose Only 15 cents.

VICK'S FLORAL GUIDE, 1896. THE PIONEER SEED CATALOGUE. Chromo-lithographs of Double Sweet Peas, Roses, Fuchsia White Phenomenal, Blackberries, Raspberries, New Leader Tomato, Vegetables.

BARBER SHOP

Best Shaves, Hair Cut or Shampoo at B. F. KIRK'S

Shaving Parlor.

NEXT DOOR TO ST. CHARLES HOTEL.

Elegant Baths.

Children Kindly Treated.

Ladies Hair Dressing a Specialty.

POPULAR SCIENCE Nature, Invention, History, Electricity, Health

Formerly Boston Journal of Chemistry. Enlarged and improved. Contains a large number of Short, Easy, Practical, Interesting and Popular, Scientific articles that are appreciated and read by the intelligent reader, even though he know little or nothing of the matter.

Profusely Illustrated and Free From Technicalities.

Published by BENJ. LEHMAN, New York.

CLARENCE

BY BRET HARTE. IS ONE OF... THRILLING INTEREST.



Scenes and incidents are connected with California and the War of the Rebellion.

BE SURE AND READ IT.

WILL BEGIN SOON.

To The Mothers.

You have children, you know, and nothing pleases them better than a nice, cozy suit of clothes that keeps them warm and healthy. Baker has them and for but little money. Can you stand \$1.00 for a suit of clothes, or up to \$4.00? All these low prices you will find at Hiram Baker's.

Notice of Dissolution.

Notice is hereby given that the partnership heretofore existing between J. C. Mayer and C. H. Kimbrough and known as Mayer & Kimbrough, and engaged in a general grocery business in Lebanon, Linn county, Oregon, has this day been dissolved by mutual consent. All parties indebted to the partnership are earnestly requested to settle at once, all accounts to be paid to J. C. Mayer.

J. C. MAYER, C. H. KIMBROUGH, Lebanon, Or., March 12, 1896.

Notice of Dissolution.

Notice is hereby given that the partnership heretofore existing between G. M. Westfall and A. Umphrey, and known as Westfall & Umphrey, and engaged in a general livery and feed stable business in Lebanon, Linn county, Oregon, has this day been dissolved by mutual consent. All parties having claims against the partnership will present them at once to the undersigned, and all parties indebted to the partnership are earnestly requested to settle at once with the undersigned.

G. M. WESTFALL, A. UMPHREY, Lebanon, Or., Feb. 13, 1896.

Notice for Publication.

LAND OFFICE AT OREGON CITY, OR., February 24, 1896.

Notice is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the County Clerk of Linn County, at Albany, Or., on May 2, 1896, viz:

DAVID S. MYERS, H. E. No. 2870, for the N. E. 1/4, E. 1/4, Sec. 28, T. 11 S., R. 4 E.

He names the following witnesses to prove his continuous residence upon, and cultivation of, said land, viz: William W. Sanders, Milton W. Yeoman, George A. Downing, Benjie White, all of Linn Co., Or.

ROBERT A. MILBURN, Register.

Five thousand rolls 1896 styles of wall paper cheap for cash at Albany Furniture Co., Albany, Oregon.