Physical Changes Caused by Intense Suf-

fering in Nightmare.
"I read with great interest," writes a correspondent of the Indianapolis New, "the recent opinion of a physician expressed in your paper to the effect that death sometimes occurs in sleep from fright in nightmare. I thought some of your readers might be interested in my case, for I can relate an experience that seems to be phe-

"I am twenty-seven years old; robust and sound, and I never knew of premature age coming upon any of my people. Yet I am gray and old far beyond my years. It all came about in a single night. When I was a boy, hungry, poor and forlorn, I was ing industry. The mountain ranges perfect combination of the two inopen packages of rich candies. By stepping inside the door and watching my opportunity I could reach one of them. thought nobody was looking, but when I snatched one and fled I ran straight into the arms of a policeman on the pavement outside. I had a good mother, and the thought came that I had betrayed her and ruined myself. I was almost crazed with remorse. I begged to be released, but the officer did his duty. Next day when I was brought from jall and put on trial I saw among the moticy crowd in the police court man who did not seem to belong there. He proved to be the owner of the store from which I had stolen the candy. When I found this out my fright was increased. You can imagine my surprise that this gentleman, when called as a witness, withdrew all charges against me, and asked the court as a personal favor to discharge me. This request was granted. My new friend called me to one side after the trial, heard my story and seemed to have faith in my promises. He even took me into his store and advanced me from one position to another as the years rolled on, and finally made me chief clerk and gave me the keys to his safe.

"One night, just a year ago, I found my-self down at the store at a late hour. We had received a large sum of money after banking hours, and this had been placed in the safe in my keeping. For some reason I was tempted to go down town that night. I wandered into the store, sat around awhile and finally opened the safe. I was trembling violently all the time-why I would not confess until the conviction forced itself upon me that I was about to commit my second burglary. An infernal desire for that money had complete contro. of me. Finally I took out the money, put it in my pockets and locked up the safe. Then I went to work in a clumsy manner to conceal the crime. I thought I could pry off the lock and thus make believe that the safe had been robbed by experts. I was sweating at the felonious task when I heard a step behind me, for-lowed by a voice: 'What in the world are you doing, John?

"It was the voice of my employer and old friend-the man who had saved me from prison and who had given me a chance in the world. Great heavens! how I suffered. Cold blood-s* eat stood out on me, and the thought of my treachery was agonizing be-yond human endurance. I was suffering all the torture that Dr. Jekyll must have known in being transformed into Mr. Hyde I felt the very elements of my body changing. O! glorious relief, sweet delight, when I found that all of this real suffering had been in nightmure only, and that I was still the trusted employe of a just man. Yet when I looked 10to the glass next morning I found that the snow which comes upon ordinary mortals in old age had whitened my head during that struggle in my sleep.

DROWNING SWIMMERS.

What a Life-Saver Says to Them and What They Say to Him. "Why do good swimmers drown in the

sen!" was asked by an Atlantic City correspondent of life-saving young Ed O'Brien, who has become somewhat famous along the coast there.

"I will tell you," he answered. "The men who are good swimmers, and who drown while in bathing here, are freshwater swimmers. They are good swim mers in smooth water, but when they tackle the sea they are no good. A good many, when in the water, go out too far to show off. Then when it comes to swimming back they give out and go down. These fresh-water swimmers have an idea that they must get back on a straight line. They know nothing about tides or currents, and they strike out to get back to shore by the shortest route instead of finding out the current and swimming with it. The first thing they know they get into a wave that twists them They don't know when to cut through it, and all of a sudden they lose their head, get out of wind, become scared and then comes the cry for help. A freshwater swimmer coming to any beach ought first to study the currents and tides before he ventures out. No one should venture out beyond the safety line unless he is thoroughly posted, no matter how good a swimmer he is in still water. If he knows the current and the tide thoroughly he will find it an easy matter to get back to shore in his own good time."

"What do you first say to a drowning man when you reach him?" "I sing out to him as loud as I can that I have him safe. If I am in a boat I first throw nim a rope. When I go for a drown-ing man I always think of a life for a life. It is always best to keep a drowning man off from you until you have him quieted down. If an excited man gets the best of you in the water the chances are both of you will be lost."

"What is the first thing a saved man will generally say to you?"

"After he gets out and gets his wits back again, the first thing a man generally does is to smile, shake his head, and say 'that was a narrow escape, sure.' Then he'il thank me over and over again, and if he owned the world he'd give three-fourths of it to me. A good many I have saved rewarded me liberally, but I have helped out some men who promised me much, but never kept their promises."

Some Striking Contrasts. An English lady living temporarily in the United States notices that the house servants do a deal more work here than in the old country; yet that our servants are relieved of some work that is necessary there-the taking of hot and cold water to sleepingrooms in some houses, and the care of a tire in every room by reason of no furnace in the cellar. She insists upon the superiority of stoves here over fire places in England in cold weather, and says that the kitchen stove here burns much less coal than it does there. The use of bituminous coal in England is one cause of some of these troubles. The independence of the domestic servants in America is another noticeable fact, as might be expected in a democratic country. As a sample of the greater conveniences here, the carpet sweeper is mentioned, with its dustless work, in place of a broom, which is solely used in Eugland.

Not the Pig's Fault. Wife-"The 25th of next November we will celebrate our silver wedding. Don't you think we ought to kill the fat pig and have a big feast?" Husband-"Kill the pig! I don't see how the unfortunate un mal is to blame for what happened twenty-five years

Mining in Southern California.

San Francisco Chronicle: Gold with LOCAL APPLICATIONS, as was first discovered in San Diego county in 1869 by a woman, who found some nuggets in Coleman creek in what is some coleman creek in which is some coleman cree creek, in what is now known as Julian district. Since then there have been many discoveries, and a large amount of the precious metal has been extracted. The mines of San Diego yielded a great deal of wealth during the past year. Never before has there been such activity

Hall's Catarrah Cure is no quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best onlies known, combined with the best blood purifiers, acting discussions in the mines of the part o and revival of interest in the min- rectly on the nucous surfaces. The from Julian to the Santa Clara gold wonderful results in curing wonderful results in c from Julian to the Santa Clara gold gredients is what produces such fields are now filled with progress. of farming, there are, perhaps, more men employed in mining south of the San Bernardino county line than in any other industry.

From 300 to 500 men are now empleyed in the mines about Julian and from the rapid manner in which ledges are being developed, twice that number will be employed with

established, and there are at present 150 miners there, and a large quantity of good ore has been taken out. Four mills will soon be in operation. There are also some rich placers at Eureka which are paying well.

Catarrh, Catarrhal Deafness-Hay Fever-A New Home Treatment.

Sufferers are not generally aware that these diseases are contagious, or the first number for January of each year. When no time is mentioned, subscribtions diving parasites in the lining memiving parasites in the lining memorane of the nose and custachian tubes. Microscopic research, howand the result of this discovery is that a simple remedy has been form ulated whereby catarrh, catarrhal deafness and hay fever are perma-nently cured in from one to three imple applications made at home

by the patient once in two weeks.

N. B.—This treatment is not a souff or an ointment; both have been discarded by reputable physic-mus as injurious. A pamphlet explaining this new treatment is sent ree on receipt of stamp to pay pos-tage, by A. H. Dixon & Son, 337 and 339 West King Street, Toronto, Canada.—Christian Advocate.

Sufferers from Catarrhal troubles should carefully read the above. 1-1-1y-eod

FOR SALE.

FOR SALE OR TRADE for city property in Salem, fifty acres of land suitable for grape culture, eight in les south of Sa-lem. Also two hun fred acres best peach and for sale nine miles south of Salem, dirt cheap. G. G. Glen, 218 Chemeketa street, Salem.

BOARDING.

PRIVATE BOARDING —A rew ladies or gentlemen can obtain, a reasonable rates, good board with nicely furnished rooms in the finest part of the city, right by the street cars, by calling at 357 Winter street, corner of Center street.

SOCIETY NOTICES. K NIGHTSOF PYTHIAS.—Regular meet ing on Tuesday night of each week at 7:30 p. m.

W. H. H. WATERS, K. of R. and S. O LIVE LODGE No. 18, I. O. O. F., meets in Odd Fellows' Hall up stairs, Corner Commercial and Ferry streets, every Saturday at 7:30 p. m.
J. L. MITCHLEL, I. A. MANNING, Secretary, N. G.

G. A. R.—Sedgwick Post, No. 10, Department of Oregon, meets every Monday evening at the hall over the Oregon Land company's office. Visiting comrades are cordially invited to attend.

D. C. SHERMAN, Post Commader.

8. A. RANDLE, Adjuta 11.

PROFESSIONAL CARDS.

A TTORNEYS AT LAW, Salem, Oregon. Office first door to the left at head of stairs in the rear of Ladd & Bush's bank. TILMON FORD, attorney at law, Salem, Oregon. Office up-stairs in Patton's

JOHN A. CARSON,

Counsellor and attorney at law. Member of the Bar of Ontario, Canada, 10 State street, Salem, Oregon.

PHYSICIAN.—MRS. DR. M. E. McCOY physician and surgeon, has located and taken rooms over Squire Farrar's grocery store. Chronic diseases a spec lalty. Consultation free. 12-21dw

W. P. WILLIAMS, STENOGRAPHER and Typewriter Copyist. Will make reports of trials, etc.; copying on typewriter accurately and neatly done. Office over A. T. Yeaton's farallure store, Commercial street, Salem.

CHARLES C. CURTIS, M. D., Surgeon and Homosopathic physician. Office and residence, 165 Court street, in office formerly occupied by Dr. Risden, Salem, Or. Office hours 8 to 9 a. m. and from 2 to 3 and 7 to 8 p. m. Diseases of the rectuin and chronic diseases a specialty. Fifteen years experience.

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NEW LIVERY STABLE.

Harper's Weekly. ILLUSTRATED.

in the next few months. From \$5,000,000 to \$8,000,000 in gold has been
taken out of the Julian district since
gold was discovered. If the present
rapid development continues as
much more will be taken out within the next two years.

Recent discoveries in Pine Valley,
south of the Stonewall mine, have
caused considerable excitement. A
new camp, called Fureka, has been
established, and there are at present

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1890

Catarrah Can't be Cared

Harper's Weekly..... Harper's Magazine..... 4 00 Harper's azar_______400 Harper's Young People______200 Postage free to all subscribers in the Uni-ted States, Canada, or Mexico.

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Bound volumes of Harper's Weekly for three years back, in neat cloth binding, will be sent by mail, postage paid, or by express, free of expense (provided the freight does not exceed one dollar per volume), for \$7 per volume.

Cloth cases for each volume, suitable for binding, will be sent by mail, post-paid, on receipt of \$1 each. eccipt of \$1 each.

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HARPER'S PERIODICALS. PER YEAR:

Harper's Bazar \$4.06
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1890. Harper's Magazine.

· ILLUSTRATED.

A new Shakespeare—the Shakespeare of EDWIN A. ABBEY—will be presented in Harper's agazine for 1890, with comments by Andrew Lang. Harper's Magazive has also made special arrangements with Alphonse Daudet, the greatest of living French novelists, for the exclusive publication, in serial form, of a humerous story to be entitled "The Colinosis of Tarascon: the last Adventures of the Famous Taria rin." The story will be translated by Henry James, and Hustrated by Rossi and Myrbach.

ry James, and illustrated by Rossi and Myrbach.
W. D. Howells will contribute an veiette in three parts, and Lafeadio Heirn a novelette in two parts, entitled "Young," handsomely limstrated.
In illustrated pape a touching subjects of current interest, and in its short stories, poems, and timely articles, the Magazine will maintain its well known sandard.

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PER YEAR: Harper's Magazine....

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NOTICE.

NOTICE:

Notice is hereby given that at a meeting of the stockholders of the Cartal Journal Publishing company, held be ember ifh, 1889, by unanimous vote the capital stock of the completal stock of the company was increased from Five Thousand to Ten Thousand bollars.

M. L. CHAMBERLAIN.

Secretary.

Delinquent Tax Notice.

Notice Is HEREBY GIVEN THAT the delinquent tax his of the city of sales for collection. All persons are here by notified to settle up or I shall proceed to collect the several amounts by law. If H. 1898;

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Proposals for the entire for or far any number in even thousands with be unableded. ered.
All proposals must be addressed to the Marian Improvement company, when, organ, and endorsed on the survival Proposals for Thes. The proposals for The survival and selected in the office of the surprise in salem at 1:20 p. m. January 27th, 100.

The right to reject any and it is bug as reserved.

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I wish to employ a low ladies on a salary to inke charge of my business at the mones, Light, very lose hading and business. It had in in it was \$10 per wish. Researce given thood pay for part time, Address with stemp, with Markon, Walking, Markon, Walking, Louis ville, Ky.

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