

# Thirty Pounds in 30 Days

## REMARKABLE GAIN IN WEIGHT OF A CALIFORNIA MINER.

**A Physical Wreck and not Expected to Live—He Begins the Use of Pink Pills and in Three Days is Able to Walk—His Friends Corroborate His Testimony.**

From the Republican, Santa Rosa, Cal.

Here is a true story from California. Some three years ago, James H. Falkner, of Santa Rosa, Cal., started out to find a quicksilver mine. He was a practical quicksilver miner, and selecting a point within the cinnabar belt, began to carefully prospect for the red rock that carries the shining drops of metal.

It soon became apparent to Mr. Falkner that he would require capital to develop his claim, and he came to Santa Rosa and consulted Sam L. Allen, the Sheriff of Sonoma County. Mr. Allen was an old miner, and the two men visited the mine together, resulting in Mr. Allen purchasing a half interest. It was decided that Mr. Falkner should stay upon the place during that winter and continue his research, and in the following spring a large force of men should be set to work. Accordingly, Mr. Falkner started out for the mine one rainy day in December and arrived about night-fall wet to the skin.

The following day found Falkner a very sick man, pneumonia having fastened upon him, and for four days he tossed upon his bed alone, unable to even shift the cabin door, and through which opening the cold wind and driving rain was pouring.

He was found one night of the fourth day and conveyed to his residence at 622 Wright st., apparently dying. At the expiration of five weeks, under the constant care of an experienced physician, and careful nursing, the invalid had recovered sufficiently to sit up. During the following months the unfortunate man grew weaker and weaker, and just one year from the date of his first sickness he lay in this city pronounced his illness to be consumption and the case hopeless.

It was just fifteen months from the time of his first illness that Mr. Falkner, feebly but made his way from his residence to the lumber yard of J. P. Fitts, about 150 yards distant, and sitting down on a pile of red wood logs, began talking to Mr. Fitts, the proprietor of the place.

Mr. Falkner remarked, "Perry, when you go up town I wish you would ask some drug-gist about a new remedy I have just heard of. It is called Pink Pills for Pale People, and God knows I am pale enough."

To humor the man with one foot in the grave, Mr. Fitts promised to comply with his request, and that evening he handed the sick man the coveted medicine.

The lumber man did not see his sick friend for three days, but at the end of that time he was greatly surprised to see him walk over to the yard without the cane that had been his constant companion for so long.

"Perry," he said, "I feel like a new man, get me another box of those Pink Pills for Pale People."

"I'll do so with pleasure, Jim," said Mr. Fitts, and he soon placed a second box in the eager hands of the supposed consumptive. When these were exhausted the man convalescent man walked a mile to the drug store and purchased a third box for himself and before the last pellet had been taken, James H. Falkner was working at his trade as a carpenter. He had gained thirty pounds in weight in thirty days.

The main facts relating to the illness of Mr. Falkner were given in the above-mentioned respondent, I having lived at 620 Wright St., and being therefore Mr. Falkner's nearest neighbor when he was first stricken down, but it was not until he came from this city that his remarkable cure was effected. Upon hearing the wonderful news I drove at once to his residence and rang the door bell. My ring was answered by a bronzed featured, healthy looking man, whom I did not recognize. I inquired if Mr. Falkner was at home and received a hearty laugh and cordial invitation to enter, and I at last realized that the strong man before me was the same man I had known two years ago as a physical wreck and a candidate for an early grave.

"Mr. Falkner," I said at length, "tell me how you recovered your health?"

"I'll do so with pleasure, Jim," said Mr. Fitts, and he soon placed a second box in the eager hands of the supposed consumptive. When these were exhausted the man convalescent man walked a mile to the drug store and purchased a third box for himself and before the last pellet had been taken, James H. Falkner was working at his trade as a carpenter. He had gained thirty pounds in weight in thirty days.

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# CLEAN-UP.

## Demanded for Public Health.

Look After Streets, Alleys, Yards, and Basements.

It behooves the mayor and city council to take steps to give this city the most thorough spring cleaning it ever had. Will they do it?

Since the public is making a demand for cleaning up Salem's streets and alleys, it might be just as well to go a little further. We are all interested in keeping up the best state of health possible in our midst, and promoting the conditions leading up to that.

Now let us look into some back yards. Here we find the remains of wood piles as old as the first inhabitants, garbage from the kitchen, including animal and vegetable matter, and a great variety of foul accumulations which during our wet winters, as well as in warm weather breed unhealthful gases and odors. Go inside some houses, and you find things no better. Some have air-tight foundations, with no circulation under them, thus causing decay to set in and making the houses themselves a menace to good health. Many who use their basements for wood-rooms, leave chips, bark and refuse wood there for years, to fester and pour foul air up through their floors. Above the floors in many instances the conditions are not much better. Frequently clothes closets are made the receptacles of all the old shoes, dirty clothes and rubbish, to be kept out of sight. Then these places are kept closed up until the air in them becomes foul, only to be let into the living rooms at regular intervals.

An undertaker tells of being called to a home which had been bereaved. Here he found several neighbor women very kindly clearing up the room in which the corpse lay. He states that fully half a bushel of lint and dirt were swept up, the bed evidently not having been swept under for a year. Two hours scrubbing were necessary to make the one small room presentable.

Such sanitary conditions of houses and their surroundings are terrible to contemplate, and much more common than many would think, especially in rented houses. A health officer with instructions to visit every house and surroundings, with authority to have things put in proper shape, would no doubt save many precious lives in any community. Even with only advisory power such an officer could awaken many to the necessity of cleaner ways of living. No doubt many a sick person who takes such precautions as boiling water, dieting, etc., could find the real cause of his trouble by looking around him, employing better methods of sanitation, ventilation, cleanliness, etc.

A little more horse sense in regard to our surroundings, and less covering up of our sins is what is needed. The following couplets from the American Grocer are pertinent at this time:

We have boiled the hydrant water,  
We have sterilized the milk,  
We have strained the prowling microbe,  
Through the finest kind of silk.

We have bought and we have borrowed  
Every patent health device,  
And at last the doctor tells us  
That we've got to boil the ice.

THE CITY'S HEALTH.  
The health of our city is now being most extensively discussed in the public print. It is a matter of prudence and forethought to look at the entire subject in a business way and have the condition of things set forth correctly. Wherever improvements can be made they should be made immediately, and done speedily, and without any unjust criticism or fault finding on either side.

It is a fact known to any one that Western Oregon and Washington have been afflicted this winter with malarial fever to a considerable extent, in fact the grip has extended over the entire country almost to the degree of an epidemic. It is also a fact which can be established by the report of the physicians that there has been less sickness in Salem than in the surrounding country.

WHY LEGISLATORS SUFFER.  
It is an evident fact to any one that the legislators are at a disadvantage when they come here, especially in regard to health. At home their system is adapted to the drinking water which they have, and it is mostly hard spring or well water containing a considerable proportion of lime. They are accustomed to regular diet and regular exercise and they come to the city, drink soft water, their hours are irregular, being in attendance at committee meetings, caucus meetings, and there is no wonder their health is considerably affected, the only wonder is that it is not more so, especially those who congregate around the headquarters of the different parties and drink the various whiskeys, beer and wine

shipped here from Portland. It appears evident and substantiated by those who use city water as well as repeated analyses that have been made, that our city water is good and in fact there are very few cities in the United States of our population and upwards, but what would give many thousand dollars to obtain as pure and soft water as we have.

STATE NEWS.  
Mr. Hughes of Forest Grove is about to put in a telephone system at Baker City.

Charles Bruno, a miner, was caught in a snowslide at Bohemia Tuesday and imprisoned for thirty minutes in the debris.

Dr. Brown and Dale of Cottage Grove performed a very difficult operation upon Mrs. J. Potts of that place. They removed a large tumor and a rib. The operation was successful.

The Fossil Journal is informed on good authority that a Crook county preacher's wife, aged 68 years, gave birth to a child a few weeks ago.

The Pillsbury's, the Minneapolis mill men, have been offering to the farmers of the Palouse country 50 cents a bushel for their crop of 1897 and 1898.

Criminal proceedings have been commenced against Huber Hingly of Hillsboro. Illegal voting is the charge. He was bound over to the grand jury in the sum of \$300.

# SEE THAT THE FAC-SIMILE SIGNATURE OF

## Chas. H. Fletcher

### IS ON THE WRAPPER OF EVERY BOTTLE OF CASTORIA

Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS - CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.

Fac-Simile Signature of Chas. H. Fletcher NEW YORK. 16 months old 35 Doses - 35 CENTS. EXACT COPY OF WRAPPER.

Call and see GRAY BROS. new stock of STOVES AND TINWARE

The greatest variety and finest stock in the city. Northwest corner State and Liberty streets.

France does things in the right way, too. A young French girl was arrested in Cuba as a suspect. France sent out one of her smallest war ships there and within three days the girl was released.

Blood Is Life. It is the medium which carries to every nerve, muscle, organ and fiber its nourishment and strength. If the blood is pure, rich and healthy you will be well. Hood's Sarsaparilla has power to keep you in health by making your blood rich and pure.

The Missouri house has passed a bill creating the ex-confederate home at Highville, a state eleemosynary institution, and appropriating \$24,000 to its support for two years, the home turning all its property over to the state.

Catarth Cannot Be Cured with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarth is a blood constitutional disease and in order to cure it you must take internal remedies. Hall's Catarth Cure is taken internally and acts directly upon the blood and mucous of faces. Hall's Catarth Cure is not a quick 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 tonics known, combined with the best blood purifier, acting directly upon the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarth. Send for testimonials free.

FREE TO EVERY MAN. The Method of a Great Treatment for Weakness of Men. Which Cured Him After Everything Else Failed.

Painful diseases are bad enough, but when a man is suffering away with nervous weakness, the mental torments are ten times worse than the most severe pain. There is no let up to the mental suffering day or night. Sleep is almost impossible and under such a strain man is scarcely responsible for what they do. For years the writer rolled and tossed on the troubled sea of a weak and until it was a question whether he had not better take a dose of poison and thus end all his troubles. But providential inspiration came to his aid in the shape of a combination of medicines that not only completely restored the general health, but enlarged his weak and enfeebled parts to natural size and vigor, and he now declares that any man who will take the trouble to send his name and address may have the method of this wonderful treatment free. Now when I say free I mean absolutely without cost, because I want every weakened man to get the benefit of my experience.

MADE ME A MAN. AJAX TABLETS POSITIVELY CURE ALL NERVOUS DISORDERS—Falling Memory, Irritability, Headaches, etc. Sold by Druggists.

THE NEW YORK WORLD has been making a pole of state committeemen and others in many states, and reaches the conclusion that Bryan is already secure of the Democratic nomination in 1900.

England continues to be the best customer of this country. Last year she bought, among other things, 103,000,000 pounds of American ham, \$204,000,000 of lard and about \$500,000 worth of oysters.

There is a Democrat named Walters in the Kansas legislature who has sought to immortalize himself by introducing a bill enacting the Ten Commandments as statutes of the state and providing penalties for violation thereof.

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Union Pacific System Through Pullman Palace Sleeping, Tourist Sleeping and Free Reclining Chair Seats between

Portland to Chicago. Our trains are heated by steam and lighted by Prince Light. Time to Chicago, 3 1/2 days. Time to New York, 4 1/2 days. Which is many hours quicker than competitors. For rates, time tables and full information apply to

BOISE & PARKER, 215 So. Salem, Or. R. W. BAXTER, General Agent. C. E. BROWN, Dist. Agent. 135 Third Street, Portland.

O. R. & N. CO. TO THE EAST GIVES THE CHOICE OF Two Transcontinental Routes. Via Spokane, Minneapolis, St. Paul and Denver, Omaha and Kansas City. Low rates to eastern cities. For full details call on

BOISE & BARKER, agents, Salem, Oregon, or address, JOCEAN DIVISION, Portland—San Francisco. Steamers leave Astoria dock, 10th and 11th, 21, 25, and March 3, 7, 13, 18, 23 and 28.

WILLAMETTE RIVER DIVISION. PORTLAND-SALEM Daily Steam service. Steamer Ruth for Portland, Monday, Wednesday and Friday at 10 a. m. Steamer Elmore for Portland Tuesday, Thursday and Saturday at 6:45 a. m. Returning, leave Astoria dock, Portland, daily except Sunday, at 6 a. m. Passengers given transfers to electric line at Oregon City if desired, making it possible to reach Portland at 1 p. m.

CORVALLIS-SALEM ROUTE.—The steamer Ruth for Corvallis, Tuesday, Thursday and Saturday at 4 p. m., returning, leave Corvallis at 6 a. m., on Monday, Wednesday and Friday. Round trip tickets to all points in Oregon, Washington, California or the East. Connections made at Portland with all rail, ocean and river lines. Call on G. M. Powers agent, foot Trade street. E. MCNELLIS, Pres. and Manager. W. H. HURLBURT, Gen'l Pass. Agt. Portland, Or. For full details call on or address

G. M. POWERS, Foot of Trade st. Local Agent

OREGON CENTRAL AND Eastern R. R. Company [YACUINA BAY ROUTE.] Connecting at Yaquina Bay with the San Francisco and Yaquina Bay Steamship Co. STEAMER ALBANY—Leaves Salem for Portland at 10:30 a. m. Tuesdays, Fridays and Sundays. Leaves Salem for Corvallis, Mondays, Wednesdays and Fridays at 3:30 p. m.

STEAMER "FARALLON." Sails from Yaquina every 8 days for San Francisco, Coos Bay, Port Orford, Trinidad and Humboldt Bay. Passenger accommodations unsurpassed. Shortest route between the Willamette valley and California.

Fare from Albany or points west to San Francisco: Cabin, \$9; steerage, \$5; to Coos Bay and Port Orford, cabin \$6; to Humboldt Bay, cabin \$8; round trip, good 60 days, \$16 YACUINA BAY.

The most popular seaside resort on the North Pacific Coast. No undertow—surf bathing absolutely safe. For those wishing to combine hunting and fishing with aquatic sports, this resort has no equal. Deer, bear, elk, cougar, brook trout and salmon trout can be found in abundance within a few hours' drive of the bay. Reduced rates to all points. EDWIN STONE, Manager, Corvallis, Or. J. C. MAYO, Supr. River Division. M. F. BALDWIN, Local Agent, Altona Dock, Salem.

Northern Pacific Railway. RUNS Pullman Sleeping Cars. Elegant Dining Cars. Tourist Sleeping Cars. To 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, passes, and tickets, call on or write

THOMAS, WATT & CO. AGENTS 265 1/2 Commercial street, Salem, Or. A. D. Charlton, Asst. Gen'l. Pass. Agt. Morrison st., corner Third Portland, Or.

**NO-TO-BAG GUARANTEED TOBACCO CURE**  
Over 1,000,000 boxes sold, 100,000 cures prove its power to destroy the desire for tobacco in any form. No pain, no loss of work, no loss of money. It makes the weak impotent man strong, vigorous and magnetic. Just try a box. You will be delighted. We expect you to believe what we say. For a cure to absolutely guaranteed, guaranteed over 100,000,000. Send for our book, "The No-To-Bag Cure," at once. Address: THE FELLINGHEIMER CO., Chicago or New York.

**JOHN HUGHES,** Dealer in groceries, paints, oils, window glass, varnishes, and the most complete stock of brushes of all kinds in the state. Artists' materials, lime, hair, cement and shingles, and finest quality of grass seeds.

**NEW ADVERTISEMENTS.** RE-OPENED—The Mrs. M. J. Carr board ing house is again opened for boarders. At the same old stand 229 Front street. 3-13 3t

**AGENTS WANTED.**—Several fine outfitting working well together from high rated factories, offered one salesman in each district. Cash cons. Income for pushers. Syndicate P. O. 1371. New York. 11 11t

**FOR RENT.**—A five room cottage with good basement. 481 Winter street. Inquire next door. 3-11 3t

**FOR SALE OR TRADE.**—Property in Scotts Mills, Or. Will sell or trade for property in Kansas. For further particulars inquire at address S. M. Tomlinson, Washington, Kansas. 3-9 1m

**BARGAIN SALE.**—A good team of 1050 pound horses, and a Durham cow, soon fresh, to be sold at a rare bargain, separate or together. See us at 1/2 mile west of bridge, on Wallace road. J. C. Owen. 10-3t

**WANTED.**—The people of Salem to know that I have charge of the Dearborn printing office and am doing good work of all kinds, at satisfactory rates. Frank Conover. 2-19 1m

**FOR SALE.**—A good team with harness and a 2 1/2 spring wagon with top. A great bargain. Call at the Labor Exchange office, North Salem. Terms very easy. Geo. B. Jacob. 2-16 1m

**FOR RENT.**—Even acres adjoining the Indian school, at Chewawa, five acres of garden land, good house, barn and well water. By mail or year for low cash rent. Address Box 145, or apply at G. W. Pearne, two miles north of town on river road. 11-2

**FURNITURE FOR SALE.**—A complete set of furniture for five rooms is for sale, cheap, at the San Francisco Second Hand store, 99 State street. Carpets for sale separate, in a bargain.

**MRS. N. B. SCOTT.**—Stenographer and typewriter room, 12, over Ladd & Bush's bank. Prompt attention to all classes of work.

**30 YEARS' EXPERIENCE.** TRADE MARKS, DESIGNS, COPYRIGHTS &c. Anyone sending a sketch and description may ascertain freely whether an invention is probably patentable. Communications strictly confidential. Oldest agency for securing patents in America. We have a Washington office. Patents taken through Munn & Co. receive special notice in U. S. Patent Office.

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**FLUDD POISON** A SPECIALTY. Primary, Secondary, Tertiary, Blood Poison permanently cured in 10 to 15 days. You can be treated at home for same price under same guarantee. If you prefer to come here we will treat you at our railroad fare and hotel bills, and no charge. If you fail to cure, if you have taken mercury, iodine, potash, and still have active symptoms, we will refund your money. No part of the body, hair or eyebrows falling out. It is the scientific FLUDD POISON. No guarantee to cure. We reject the most obstinate cases and challenge the world for a cure. \$500,000 capital behind our unconditional guarantee. Absolute proof secured on application. Address COOR REMEDY CO., 3