

A Poor Way To Treat CATARRH

No one would be so foolish as to kindle the fire on top of a pot to make it boil, yet the treatment of Catarrh is often just as senseless and illogical. Douches, sprays, ointments, so-called tobacco cures, and various other applications, are diligently used, but the little good accomplished is swept away by the first breath of winter. When you attempt to cure a constitutional disease—one affecting the entire system—with purely local remedies, you are applying the fire to the top of the pot, you are doctoring symptoms, and, like thousands of others, get disappointing results. In Chronic Catarrh, the whole system becomes involved, the entire mucous membrane, or inner covering of the body, is in a state of high inflammation. The pressure of blood upon the glands and cells produce excessive secretion of mucus much of which is absorbed into the blood and distributed to all parts of the body. In this way the stomach, kidneys and intestines are often seriously affected.

The nose, throat and ears are most frequently attacked by this foul disease, because the mucous lining is exposed to the cold, damp air, which attracts the vitiated blood to the surface, causing congestion of the little blood vessels and glands, making breathing difficult and labored; the throat becomes parched and dry; the hot, watery discharge from the nose gradually changes to a yellowish color and becoming more profuse and tenacious, drops back into the throat, causing gagging and almost constant coughing to dislodge it. This offensive discharge, in spite of all precautions, finds its way into the stomach, and extreme nausea and an obstinate form of dyspepsia follow.

Bleeding headaches, neuralgia of the eyes and dizziness are also symptoms of this disease, and when the inflammation reaches the delicate mechanism of the ear, hearing is lost, and, as the blood becomes more deeply poisoned, the tissues and soft bones in the head are eaten out, greatly disfiguring the face. At this stage of Catarrh the breath becomes insufferably offensive. S. S. S. is the simplest and most effective treatment for Catarrh, and when taken into the circulation reaches all parts of the system and cleanses the blood of all Catarrhal matter and restores it to a normal condition. When rich, new blood begins to flow through the veins, the obstructed glands and broken down cells resume their natural functions, and the hot and inflamed membranes are lubricated and moistened with a soothing, healing fluid that quickly brings relief to the congested parts. S. S. S. puts the blood in such perfect condition and so strengthens and invigorates the general health that the local manifestations of the disease gradually disappear, the discharge from the nose ceases, the head clears, breathing becomes easy and natural, the appetite improves, and a perfect and permanent cure is effected.

S. S. S. is the only guaranteed purely vegetable blood purifier. It contains no minerals to further poison the blood and derange the digestion, but can be taken with perfect safety in all stages and forms of Catarrh. Our physicians will gladly advise, without charge, all who write them about their case. Book on Blood and Skin Diseases free.

THE SWIFT SPECIFIC CO., Atlanta, Ga.

THE DAILY JOURNAL

Member Northwest Newspaper League.

BY HOFER BROTHERS.
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EDITORIAL

A MOVE TO CLEAN THE CITY.

The present city government has taken a wise step to compel the cleaning up of filthy alleys and remove some of the causes of unsanitary conditions. If the city government will enforce its ordinances in this respect and local improvement leagues are formed to beautify private property, much good will be done.

The sanitation of the city will never be what it should be until all the territory of the city proper is included in the corporation and the city owns the water and light plants.

VALUE OF USING MORE FRUIT

The health of the public would be greatly improved if people would learn to use some fruit each day as part of their regular diet. Most canned fruit is spoiled by being put up too sweet.

One of the best fruits to eat at this season is little appreciated, and that is the grapefruit. It is cheap and the most perfect acid fruit that grows.

Remove the skin, divide into segments, and remove the white skin from the pulp and eat with sugar for breakfast or lunch. Nature has provided plain and simple foods that produce no disease.

THE STATE SALARY QUESTION

The neglect of the state Democratic conference at Portland to pass a resolution in favor of a flat state salary law will probably be followed by similar non-action on the part of the Republican conference Feb. 8th.

Those who compose these state central committees look at politics solely from the spoils standpoint. They are planning to get all they can out of politics for themselves, not for the people.

If the people had direct legislation they could order these gentlemen to take up such a matter, willy-nilly. But the people should not wait for the D. R. amendment to get salary reform.

That amendment, if it is adopted by the people may be defeated in the courts, or become inoperative. The initiative for reformation of our state revenue is with the people now.

All three state conventions should be composed of delegates who are squarely and flatly for the proposition. The county conventions must take up the matter and act unequivocally.

A WOMAN'S \$75,000 FEE

A representative modern day woman, Mrs. Fanny Carpenter, of New York city, has just received a fee of \$75,000 for conducting a most important case.

in court, and we are once more reminded that the invasion of the business world by the fair sex is no joke. Mrs. Carpenter who is described as a middle-aged, sensible, hard-headed, shrewd business woman is a native of New England and was brought up in the tenets of a strict New England religion, moving west to live in California with her parents when 16 years old. She then took a course at Mills College, in Alameda, Cal., and there laid the foundation for her life's work. After her college course was completed the family moved to Hawaii, and it was there that this energetic young American woman met Mr. Carpenter and became his wife. Shortly after their marriage the pair returned to America and went to New York to live, and there they have practiced law, Mrs. Carpenter being a member of the firm since 1897. She enjoys the work of her profession, and takes great interest in all of the details of the firm's business.

There are just eighteen women in New York who have been admitted to the bar, and these women belong to a club of which Mrs. Carpenter is the president, an honor which she considers the greatest she has ever won. Mrs. Carpenter is a firm believer in woman's clubs, and has been an enthusiastic member and supporter of a half dozen of them since she first arrived in New York twelve years ago. When asked to what she attributes her great success, she said that it was due to nothing so much as plain, hard work. "It is the only method by which one can achieve real success in anything," Mrs. Carpenter's practice has all come to her voluntarily, and she says she never yet sought a case. Where but in America can a woman earn a \$75,000 fee in business transaction?

THE BEST BREED OF POULTRY.

This editor is often asked what he considers the best breed of domestic fowls. Some years of experience in western Oregon convince him that the white Leghorn are the best for all purposes.

They are great layers, lay a good sized egg, mature rapidly, feather out very quickly after hatching, are very

THE ESQUIMO.

The Esquimo eats blubber. The lumbermen eat pork. These people are constantly exposed to cold and physical strain. Experience has taught them that fatty foods give warmth and nourishment.

For those who have cold and thin bodies, or are threatened with consumption or any wasting disease, there is no fat in so digestible and palatable a form as Scott's Emulsion. Physicians prescribe it.

We'll send you a little to try, if you like. SCOTT & BOWNE, 409 Pearl street, New York.

hardy, are great rustlers, have a fine firm white meat of high flavor. They need a large range as they are the most persistent and industrious oragers. They get wild easily and need

a good deal of personal care to keep them under domestication. They steal nests badly. They cannot be kept to advantage in close, dirty, ill-ventilated houses.

But they are rapid multipliers and bright and beautiful birds.

JOURNAL X RAYS.

Two new grocery stores in Salem in one week shows that the city is expanding.

All the official class are in favor of forest reserves, but not because they love to chop wood.

The double illustrated Journal Saturday will be the prettiest paper ever printed in this city.

England seems to be taking a more fair position toward the South African problem. King Edward may yet put on his crown in peace.

You can expect almost any old thing in the way of rotten politics from Portland, but is it a fact that live rabbits are fed to the lions in the park?

The state is going to lose its salaried state biologist. He is to get a higher salary in Minnesota. Let Oregon thank heaven and save that salary.

Salem is after all the cleanest and healthiest town in the state and does not need an expensive board of health, when the territory that has most of the sickness is outside the city limits.

The people who dance, and attend lodge whoop-ups, and graduating exercises and church conventions, are not afraid of manilapox or any other officially or unofficially reported disease.

This section wants a congressman who will open the forest reserves to the actual settler and home builders. They will care for the forests and stop the fire and more timber will grow than is used.

The Republicans who threaten that if Geer is nominated they will vote for a Democrat forget that there are a whole lot of people who do the same thing if a good man is thrown down by his party just because he has been a happy disappointment to the people of all parties. The Journal is not a Geer organ. It has lost money on Geer's administration. But it is not run for spoils and the people might do worse than Geer.

Another forest reserve in the crater lake country will stop all development of mines and lumbering and settlement in that section and make a lot more offices. Why don't the forest reservists tackle the treeless regions and make some forests and let the country alone where forests are growing faster than the people can cut them down? But there would be no chance to help some corporation or syndicate to steal a few million acres of the public domain in those states.

"I had headache and pain in the side."

If you will read the letter of Mrs. McKenzie, given below, you will find that she says—"I had uterine disease, also headache and pain in the side. Uterine disease is a common cause of headache, backache, sideache, nervousness and other womanly ills."

Dr. Pierce's Favorite Prescription cures uterine disease, and, therefore, cures the headache, sideache, etc., which result from a diseased condition of the womanly organism.

"Favorite Prescription" is the best medicine for women. It establishes regularity, dries weakening discharges, heals inflammation and ulceration and cures female weakness.

Sick women are invited to consult Doctor Pierce by letter, free. All correspondence held in strict privacy and sacred secrecy. Address Dr. R. V. Pierce, Buffalo, N. Y.

"I took two bottles of your 'Favorite Prescription' and two of the 'Golden Medical Discovery' and am feeling well," writes Mrs. Dan McKenzie, of Loxley Mines, Cape Breton Co., Nova Scotia. "I had uterine trouble, also headache, and pain in the side. After taking your medicine I got well. You may publish this or use it in any way you think best, as I cannot speak too highly of Dr. Pierce and his medicines."

Dr. Pierce's Common Sense Medical Adviser, paper covers, containing 1008 large pages, is sent free on receipt of 21 one-cent stamps, to pay expense of mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

Democrats to Meet

A meeting of the Marion county Democratic committee has been called for Saturday, Feb. 15, by the chairman, Dr. W. S. Mott. This probably will lead to greater activity in Democratic circles. Dr. Mott and W. M. Kaiser are the leaders of the Democratic faction in Marion county, and both are prominent citizens of Salem.

Grain-O! Grain-O! Remember that name when you want a delicious, appetizing, nourishing food drink to take the place of coffee. Sold by all grocers and liked by all who have used it. Grain-O! is made of pure grain, it aids digestion and strengthens the nerves. It is not a stimulant but a health builder and the children as well as the adults can drink it with great benefit. Costs about 1/4 as much as coffee. 15c. and 25c. per package. Ask your grocer for Grain-O!

The Lewiston Commercial Club oppose all improvements for the Columbia unless appropriations are made for the Dalles-Celilo Canal.

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