

HARD WORK.

It Tests the Quality of Both Blood and Muscle.

There are grades even in hard work. The actual labor may not be greater in one case than in another, but the conditions under which the work is done intensify the strain upon the entire body. To work in the harvest field, under a hot sun, is, after all, a healthful occupation. To work in a stoke hole, deep in the bowels of an ocean liner, or under ground in some basement, imposes far more strain and produces greater exhaustion than the hardest work in the field on the hottest of July days.



Vital statistics tell the story. The average life of the man in the stoke hole, the rolling mill, the blast furnace, the glass factory, is far below the average life of the open air worker.

Yet the average life of these hard working men could be considerably prolonged, if once and for all they would learn the force of that Biblical statement, "The blood is the life." If a man seeks to prolong his life, he must take account of his blood—for that is the vital fluid.

WAITING FOR THE WORST.

The chief cause of a physical breakdown is often the fact that people put off giving themselves proper care. They don't want to spend the money for medicine, or they don't feel quite sick enough to want to take it. They feel languid, "played out," as they say, and when the day's work is over there isn't a bit of "go" left in them. That's the time when the use of Dr. Pierce's Golden Medical Discovery means a new grip on life, and the prevention of more serious disease.

"It has been five years since I took your 'Golden Medical Discovery' for an affection called scrofulous enlargement of the glands of the neck," writes Mr. Zebulon B. Loflin, of Grifton, Pitt Co., N. C., "and I am glad to tell you that I have had no return of the disease. I thought I would write you and let you know that I have not forgotten you, and never will I live."

"You may publish this if you wish, and if any one wishes to know about my testimonial they are at liberty to write to me, and I will acknowledge the truth in return."

"For three years I have suffered with that dread disease, eczema," writes Mrs. J. Koepf, of Hermann, Oregon. "I was told to try Dr. Pierce's Golden Medical Discovery, which I did, and after I had taken fourteen bottles I was permanently cured. It has been a year since I stopped taking your medicine and the disease has never appeared since. Your medicine produced a wonderful cure, and I hope others suffering as I did, will take it and be relieved of their suffering."

J. A. AUPPERLE, President.

E. W. HAZARD, Cashier.

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Transacts a general banking business; makes loans, discounts bills and receives deposits. Deals in foreign and domestic exchange. Collections made on favorable terms.

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The school where thorough work is done; where the reason is always given; where confidence is developed; where bookkeeping is taught exactly as books are kept in business; where shorthand is made easy; where penmanship is at its best; where hundreds of bookkeepers and stenographers have been educated for success in life; where thousands more will be. Open all the year. Catalogue free.

A. P. ARMSTRONG, LL. B., PRINCIPAL

Choice Strawberry Plants

Call at Journal office and get new catalog of fifteen best varieties. Extra choice hand-layered plants at \$2.00 per hundred, 30 cents per dozen. A very fine lot of plants of Wilson, Sharpley, New Paris, Magoon, Defiance—all reliably tested varieties that will grow large quantities of berries at \$1.50 per hundred, 20 cents per dozen.

E. HOFER, Salem, Oregon.

A FOIL FOR CRACKSMEN

Electrical Safe Covering Claimed to be Burglar Proof.

CAN BE ALSO APPLIED TO VAULTS

Cabinet Shown at an Exhibition Experiment Which is Said to Resist Such Methods as Burning Six Layers of Chrome Steel Through in Two Minutes and a Quarter.

"Science Applied to Burglary" would not have been an inappropriate name for an exhibition experiment conducted at the St. James hotel in Washington the other afternoon, says the Post of that city. In order to show what the up to date safe blower could do, several sheets of chrome steel were burned through by searchlight carbon attached to an electric current, thus demonstrating that the great bank vaults are not altogether secure from the assaults of the cracksmen.

There was also on exhibition an electrical cabinet which is built for the purpose of covering safes, making them absolutely proof against burglars and the electric current above mentioned. The apparatus is entirely mechanical in its operation and cannot be affected by conspiracy of watchmen or others. The system can be applied to safes or vaults, also furnishing protection against day raids. When applied to vaults, they are electrically lined internally, having the vault doors covered externally with quarter sawed oak doors and frames, supplied with electric lining, contact points and indicator, showing condition of the current at all times and serving as a guide for opening and closing. When applied to safes, the same are entirely inclosed externally with quarter sawed oak cabinets, with front doors all electrically lined.

The lining forms two complete circuits and is connected to the alarm box by a patented braided cable, consisting of thirteen diminutive strands of separately insulated wires, all braided together. The entire guarded system is operated by a closed circuit in connection with a relay instrument, which controls a local alarm circuit in an alarm box.

A chronometric time lock and batteries from which the current is derived are located in a vault or guarded structure. The alarm box is most substantially constructed of five ply drill proof chrome steel, is 38 by 25 by 18 inches, electrically lined, contains a relay instrument, polarized switch, batteries and the eighteen inch diameter gong. It is carefully protected against any atmospheric influences and may be located as desired. The usual custom is to place it in front of the bank building.

All relay and indicator instruments are made with jewel bearings and phosphor bronze springs. Any interference at any point of the system in any way will cause an alarm to sound at once, which can be heard at a great distance. The system can be connected with other points besides the alarm box. It is claimed that it is a physical impossibility to defeat the system and that it is the only one for which this claim can be substantiated. The working of the system is guaranteed from year to year.

A hole 12 inches in diameter was burned through six layers of chrome steel in two minutes and fifteen seconds. The apparatus for this purpose weighs but twenty pounds, and the carbon may be attached to any ordinary light electric wire. The company owning this system claims that its cabinets are absolutely proof against this method or any other of modern burglary. The experiment was conducted by Mr. Fred Schrauder of the Bankers' Electric Protective company, assisted by Mr. H. O. Megard.

Among those present were Mr. J. G. Moore of the National Metropolitan bank, Mr. A. S. Brice of the Riggs National bank and Mr. John P. Bergin, vault, safe and lock expert of the United States treasury. All were greatly pleased with the working of the cabinet.

The Chicago postoffice and other federal buildings throughout the country are to be equipped with this system of protection. Mr. Schrauder will take the apparatus to New Orleans and attend the National Association of Bankers' convention Nov. 11, 12 and 13. Exhibitions of burning through steel will be given in the lobby of one of the hotels there.

Paper Buttons Now.

A scheme for the manufacture of paper buttons is being put forward in San Francisco. These buttons, say the promoters of the scheme, will be cheaper than the bone and metal ones, quite as serviceable and of as good appearance.

Indian Summer.

Howdy, Mr. Indian, with a blanket on your back? It's likely that you haven't saved a cent. Your humble domicile has gone completely into rack. And you have never thought of paying rent. You have a natural enmity to water and to soap. Your alcoholic habit's a disgrace. You borrow your tobacco, and you mumble and you moan. And are wholly a discredit to your race.

Yet when the season's afterthought makes radiant the scene, And summer comes to bring a farewell kiss, And earth and sky are blending in a harmony serene

To bring about a day of perfect bliss, They say, "This Indian summer"—and your pride, I understand These rations are a tribute and pour due.

If you invented Indian summer, generous, by bland, Mr. Indian, I take off my hat to you. —Washington Star.

FAMOUS PRISON SHIP.

Facts About the Jersey Found at New York Navy Yard.

A FLOATING HORROR OF THE PAST

Patriots Imprisoned on the British Vessel Left Records of Tortures They Had to Endure—She Has Long Been Valued Sought For—Timbers in Good Condition.

It has been left for the spile driving laborers at the New York navy yard to discover the hull of the old British prison ship Jersey, of Revolutionary infamy, for which learned government authorities and private associations have searched in vain for half a century, says the New York Herald.

Below sixteen to twenty feet of filled in soil the old hull, in which at one time fifteen hundred American patriots suffered tortures, has been located in the building site of the new 16,000 ton battleship Connecticut.

Solid still are the more massive oak and trunk timbers of the old prison craft, but it is not likely that this remarkable relic of the fight for American independence can be saved. It is so firmly imbedded in the earth and covers so comparatively large an area that its removal would greatly hamper the work on the Connecticut. Besides, it is believed that part of the hull has been smashed by the spile driving engines and that because of the progress made in the foundations for the Connecticut it would be hardly possible to get the skeleton of the Jersey out of the earth in anything like an intact condition.

Civil Engineer Bellinger, who has charge of the foundation work for the Connecticut, said the other night that for some time the spile drivers had experienced considerable difficulty in driving the huge spiles in different parts of the building site, but, while it was known that the obstacle consisted of timbers, nobody then realized that these belonged to the hull of the old prison ship Jersey. Indeed, the first indication Mr. Bellinger had that considerable timber existed deep in the soil near to the water front was when he attempted to lay new water mains. As all of the excavated part of the yard was "made ground" there was no much surprise at the discovery of the timbers. But when the spile driving engines began a strip of the building site about 250 feet in length was found to be almost solid timber.

Meantime a very old resident of Brooklyn had visited the yard, and when he saw the laborers working on the site of the Connecticut he said that he remembered seeing sixty years ago the old hull of the prison ship Jersey lying right where the men were working. At that time, he said, the tide flowed over that part of the yard and the ship lay half submerged. Her masts were still in place, but she was utterly unseaworthy and had been abandoned, and when the work of filling in with made ground the part of the yard where she lay had been completed the old ship had sunk lower into the swamp and quicksand and had been covered from sight.

The aged man pointed out the exact place where he had last seen the Jersey, and a careful investigation recently completed by the workmen revealed that the two hundred and fifty odd feet of timber in the earth at which the spile driving engines were pounding was in reality a ship's hull. "This hull I have no doubt," said Mr. Bellinger, "is that of the old prison ship Jersey, for which patriots societies have searched so long. I believe, too, that there is more than one historic hull embedded near by in the earth. The hull, which I believe is that of the historic Jersey, is about the size of the naval tug Nina—that is, about 250 feet in length."

During the Revolutionary war the Jersey lay off the Wallabout basin and was used as a prison by the British for American prisoners. The tortures these unfortunates suffered were barbarous in the extreme. The diary left by one of the prisoners states that the congestion in the ship was abominable and the food rancid and decayed. So full, it is recorded, were the bread ration with maggots that the prisoners used to butt the bread against the ship's sides to dislodge the vermin. The only means of release from this floating horror was for a prisoner to be exchanged or to enlist in the British army or die. Hundreds of patriots died like rats in holes. In 1879 the bones of 300 of them were found molding in the yard near where now stands the commandant's office.

Miss Helen Gould to Help Boys.

Miss Helen Gould has given the use of her summer house, Kirsland, as a home for a number of poor boys from New York, who will be educated at the village school in Roxbury, N. Y. She has also agreed to pay the expense of an additional teacher in this school, which will afford better opportunities for students to prepare for college without leaving home, says the New York Tribune. Miss Gould has also assisted a number of students to complete a course in the State Normal school at Oneonta, and some of these she has helped through college later. As a mark of courtesy she has been elected one of the honorary vice presidents of the Central New York fair, which is held at Oneonta every fall.

Some Royal Visits.

It is understood that a visit to England will be paid by the emperor and empress of Russia next year. Kaiser Wilhelm will start on a journey to England to pay a birthday visit to King Edward at Sandringham not later than Nov. 7.

HEARTY AT SEVENTY

After Suffering Half a Lifetime With Rheumatism

Another Remarkable Cure Added to the Many Accomplished by Dr. Williams' Pink Pills for Pale People.

After suffering nearly half her lifetime with rheumatism, Mrs. Jennett E. Hart, of Sea Bright, Calif., now past seventy years of age, was cured by Dr. Williams' Pink Pills for Pale People. She says:

"I began to suffer with rheumatism thirty-five years ago and nothing that I tried seemed to help me. I grew worse and worse until I was badly crippled with it. Sometimes it was so bad that I had to take to my bed. About a year ago an article in the paper induced me to try Dr. Williams' Pink Pills for Pale People and I could notice I had taken the first box. Five boxes cured me and I have had no return of the trouble since. I can work and sew and get about as well as many a woman much younger than myself. I am now over seventy years and I firmly believe that Dr. Williams' Pink Pills for Pale People are the cause of my being so well."

The real cause of rheumatism is the presence of acid in the blood, which irritates the sensitive tissues that unite the joints and cover the muscles thus causing those insupportable tortures which rheumatic sufferers endure. Dr. Williams' Pink Pills for Pale People go directly to the seat of the trouble, exerting a powerful influence in purifying and enriching the blood by eliminating poisonous elements and renewing health-giving force, thus making a potent remedy for curing this disease.

Dr. Williams' Pink Pills for Pale People are an unfailing specific for all diseases arising from impoverished blood or shattered nerves. They cure not only rheumatism but locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, nervous headache, after-effects of the grip, of fevers and of other acute diseases, palpitation of the heart, anemia, pale and sallow complexions, and all forms of weakness. At all druggists, or direct from Dr. Williams' Medicine Co., Schenectady, N. Y., fifty cents per box, six boxes for two dollars and a half.

THREE GREAT CANYONS.

Yosemite, Yellowstone and Grand Canyon of the Colorado Compared.

The justly famous Grand Canyon of the Yellowstone is, like the Colorado, gorgeously colored and abruptly countersunk in a plateau, and both are mainly the work of water. But the Colorado's canyon is more than 1,000 times larger, and as a score or two new buildings of ordinary size would not appreciably change the general view of a great city so hundreds of Yellowstones might be eroded in the sides of the Colorado canyon without noticeably augmenting its size or the richness of its sculpture. But it is not true that the great Yosemite rocks would be thus lost or hidden. Nothing of their kind in the world, so far as I know, rivals El Capitan and Tivoli, much less dwarfs or in any way belittles them. None of the sandstone or limestone precipices of the canyon that I have seen or heard of approaches in smooth, flawless strength and grandeur the granite face of El Capitan or the Tenaya side of Cloud's Rest. These colossal cliffs, types of permanence, are about 3,000 and 6,000 feet high; those of the canyon that are sheer are about half as high and are types of fleeting change, while glorious domes, Tivoli, nobles of mountain buildings, far from being overshadowed or lost in this rosy, spiky canyon company, would draw every eye and in serene majesty "aboom them a!" she would take her place—castle, temple, palace or tower. Nevertheless a noted writer, comparing the Grand canyon in a general way with the glacial Yosemite, says: "And the Yosemite—ah, the lovely Yosemite! Dumped down into the wilderness of gorges and mountains, it would take a guide who knew of its existence a long time to find it." This is striking and shows up well above the levels of commonplace description, but it is confusing and has the fatal fault of not being true.—John Muir in Century.

Sympathetic Iola.

Rabelais compiled a curious list of links of a sympathetic nature, which were largely in vogue in his days. In his book entitled "Pantagruel" he makes his readers acquainted with Pantagruel's exploits in trying to decipher the invisible characters of a letter which a Parisian female had written to Pantagruel. "He held it up before a fire," says Rabelais, "to see if it was written with spirits of ammonia mixed with water. Then he placed it in water to discover if the writing had not been done with sirup of Rhymus. When this would not work, he held it over a candle, which would have brought out the characters had they been written with the juice of white onions. By rubbing a part of

it with nut oil he tried to find whether it had not been written with the sap of a fig tree. And if frog's blood had been used in the place of ink the milk from the breast of a woman suckling her firstborn daughter would have betrayed the secrets of that letter."

Two of a Kind.

An old woman recently entered an optician's shop and asked to look at some spectacles. Choosing a pair, she asked the price.

"Five shillings," was the answer. "And how much are they without the case?"

"I could not sell them for less than 4s. 10d.," said the tradesman, who was determined to get all he could. "Do you take off twopence for the case?" queried the woman.

"That is all. The case is worth no more than twopence," was the reply. "That is good news!" ejaculated the old lady, with a sigh of relief. "It's the case for mine which I have lost."

So saying she laid down the twopence and marched off with the coveted case before the astonished shopkeeper had time to interfere.—London Answers.

Origin of the Red Cap of Liberty.

The red cap of liberty had a very prosaic origin. Instead of being the "Phrygian bonnet" it is just the galley slave's headgear. The Swiss of the Chateaux regiment sent to the galleys for their share in the Nancy riots were released and came into Paris with the red caps still on their heads. "They are the victims of despotism," said the people, forgetting the circumstances of the riot, and so the red cap became the favorite with the extreme party.

Why Not?

During the wet weather, why not try a meal at the White House Restaurant? Everything first-class and up-to-date. Give us a call. Open day and night.

SICK MADE WELL, WEAK MADE STRONG

Marvelous Elixir of Life Discovered by Famous Doctors Scientist That cures Every Known Ailment.

Wonderful Cures are Effected That Seem Like Miracles Performed—The Secret of Long Life of Olden Times Revived.

The Remedy is Free to all Who Send Names and Address.

After years of patient study, and delving into the dusty record of the past, as well as following modern experiments in the realm of medical science, Dr. James W. Kidd, 3032 "Bates Building," Fort Wayne, Ind., makes the startling announcement that he has surely



discovered the elixir of life. That he is able with the aid of a mysterious compound, known only to him, to produce as a result of the years he has spent in searching for this precious life-giving boon, to cure any and every disease that is known to the human body. There is no doubt of the doctor's earnestness in making his claim and the remarkable cures that he is daily effecting seem to bear him out very strongly. His theory which he advances is one of reason and based on sound experience in a medical practice of many years. It costs nothing to try his remarkable "Elixir of Life," as he calls it, for he sends it free, to any one who is a sufferer, in sufficient quantities to convince of its ability to cure, so there is absolutely no risk to run. Some of the cures cited are very remarkable, and but for reliable witnesses would hardly be credited. The lame have thrown away crutches and walked about after two or three trials of the remedy. The sick, given up by home doctors, have been restored to their families and friends in perfect health. Rheumatism, neuralgia, stomach heart, liver, kidney, blood and skin diseases and bladder troubles disappear as by magic. Headaches, backaches, nervousness, liver, consumption, coughs, colds, asthma, catarrh, bronchitis and all affections of the throat, lungs or any vital organs are easily overcome in a space of time that is simply marvellous.

Partial paralysis, locomotor ataxia, dropsy, gout, sciatica and piles are quickly and permanently removed. It purifies the entire system, blood and tissues, restores normal nerve power, circulation and a state of perfect health is produced at once. To the doctor all systems are alike and equally affected by this great "Elixir of Life." Send for the remedy today. It is free to every sufferer. State what you want to be cured of and the sure remedy for it will be sent you free by return mail.