THE "DODGING PERIOD"

of a woman's life, is the name often given to the "change of life." Your menses come at longer intervals, and grow scantier until they stop. Some women stop suddenly. The entire change lasts three or four years, and is the cause of much pain and discomfort, which can, however be cured, by taking

WINE OF CARDUI

Woman's Refuge in Distress.

It quickly relieves the pain, nervousness, irritability, miserableness, forgetfulness, fainting, dizziness, hot and cold flashes, weakness, tired feeling, etc. Cardui will bring you safely through this "dodging period," and build up your strength for the rest of your life. Try it.

At all druggists, in $1.00 bottles.

WRITE US A LETTER

Put aside all timidity and write us freely and frankly, in strictest confidence, telling us all your symptoms and troubles. We will send free advice (in plain, sealed envelope), how to cure them. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

"EVERYTHING BUT DEATH

I suffered," writes Virginia Robson, of Easton, Md., "until I took Cardui, which cured me so quickly it surprised my doctor, who didn't know I was taking it. I wish I had known of Cardui earlier in life.'

LEGENDS OF OLD HAWAII

Folks Love of the People Who Were Close to Nature's Heart

Honolulu, June 1.—Hawaii abounds in folk-lore and weird legends. The land is believed to swarm with gnomes and fairies, and the water with nymphs and monsters. The simple-minded native, whose grandfather would have backed away from a pair of pants like a mustang shying at new harness, tells us that the god of the air carries around the wind in a calabash. He solemnly relates that an immense bird once laid an egg in the ocean, which in time was hatched by the triple winds, and thus the Hawaiian islands were created.

One of the prettiest legends is that of the cocoanut tree. The story goes that a beautiful princess was very much beloved by one of the chiefs who was a noted athlete. He tried to please her in every way, swimming the lakes and bringing her rare flowers and choice fruits from the other side of the island, but she would not listen to his suit. He found life not worth living without her and expired from the pain of his unrequited affection. Before he died he said to the princess: "The time will surely come when you will kiss me of your own free will."

Years afterward, while the princess was walking one day by the beach, her attention was attracted to a beautiful towering tree of a new and strange variety. Its tufted head nodded proudly in the wind and her eager gaze was centered upon its delicious fruit. An attendant procured one of the great green nuts for her, and as she was in the act of raising it to her lips to drink the milk she heard a voice say: "Do you embrace me with your own free will?" The spirit of the prince had taken the form of the cocoanut tree.

The Valley of Rain.

Another legend concerns the fair valley of Manoa, the place of daily rain. It was here, in the long ago, that a lovely princess was murdered by her lover because he thought she had betrayed him to a god. The maiden was really innocent of the charge, and rather than take revenge for her murder the gods decreed that a gentle rain should fall daily in the place where she had died, the sparkling drops of moisture representing the tears of the angels and the graces of the departed maiden. This valley is one of the most fertile in the region of Honolulu, all owing to the fact that the memory of the gentle princess is kept green by the constant fall of rain.

Still another story deals with the cause of the reverence which is shown the hog. This animal was not always a lowly beast content to root in the mud and forage for the sake of its appetite. It once had the power to roam the possessions of kings and live upon the milk of the land. One bold ruler came to grief by sending his followers forth to give battle to the hog and destroy it. When approached the animal seemed docile enough and was led away an unresisting captive. When the god—for the hog was really that in those old days—judged he had gone a proper distance, he suddenly turned and tore his captors to pieces. After this he was treated like a hero and for centuries was regarded a son of the country's greatest warriors. This yarn about the hog's prowess as a fighter, if it takes a notion, has been handed down to posterity as a warning to all persons to approach this much prized animal with caution.

Why the Volcano Cooled.

Another pretty legend is that concerning the fire goddess, who lived in a volcano. She was the most beautiful woman on earth, and yet she kept alive the blazing hell that smoldered in the belly of the mountain, threatening the lives of all the inhabitants roundabout. One day she took a journey to a far-off mountain to rest herself. Soon after her arrival she was disturbed by the tum-tum of a drum. She looked about and found that it was being beaten to keep time for a prince who was dancing the hula. She straightway took part in the gayety by singing the refrain to words of her own composition.

The prince was naturally surprised and enchanted by the appearance of the beautiful singer. When the song was ended he invited the fair stranger to the royal inclosure, offering her refreshments and food. After a short courtship they were married. After living happily together for some time, the fire goddess informed the prince that she must return to her old home and attend to her duties. As the fires of the volcano had died down until there was nothing but little sparks left. She had never revealed to her husband that she was the fire goddess, though he instinctively felt that she was something more than an ordinary mortal. He was loath to have her depart, and finally prevailed upon her to remain as his consort. That is why the heart of the volcano became cold, and is no longer a menace to the safety of the people.

Power of Native Wizards.

No reference to the old order of things in Hawaii would be complete without mention of the kahuna, or native doctor. He was a sort of wizard or soothsayer, who was reverenced and feared by all the people. He was supposed to have the power of life and death, and it was accepted as a matter of fact that he could pray one's life away. Next to the voodoo priests of Hayti, the Hawaiian kahuna is the most mysterious individual of whom we have any account. They say it is not at all universal for a man or woman to be prayed to death, and the explanation is the use of suggestion. When the idea of death becomes fully lodged in the mind of a patient the end is easy from the sheer force of imagination.

It has been charged that vegetable poisons figure in these fatal prayings, but there seems to be no evidence to substantiate this claim. The reader may scoff at the idea of a man being able to pray a person to death, but one has only to see the baneful light in the kahuna's eyes to recognize the presence of some strange power. Once the idea of death suggests itself to a sick person medicine can do him no good. There are those who assert that the beautiful Princess Kalulani was a victim of the kahunas. It is certain that the house was surrounded by them at the time of her death.

When her mother died she, too, was strongly influenced by the belief that the kahunas were praying her life away. She remarked to one of her khite friends that it was no use for her to try to live against the influence of the native wizards. The white physicians tried to force medicine down her throat, but she resisted with all her strength. She asserted that her time had come and that she was ready to go. This is not generally spoken of, but it is known to be true by many people in Honolulu.

Soothsayers Dress Gayly.

Of course the kahunas do not have the same hold upon the people that they did in days gone by. The belief in them is a superstition which really belongs to the old generation. They are now regarded as doctors who practice without a license, and are treated accordingly. Sometimes an old inhabitant will insist upon being treated by a kahuna, but if the native doctor fails a white physician is then called. One of these soothsayers is easily distinguished on the streets of Honolulu by the scarf handkerchief which he wears around his neck. When indoors he is very gay in dress, but on the street he only allows himself a trace of scarlet.

There is one venerable wizzard that is said to be over 90 years of age, living in the hills near Honolulu, and who is noted for the wonderful power of his eye. He is filthy, ragged and unkempt, but the strange light in his eye holds the natives in awe and attracts many curious white people to see what he is like.

And now, leaving the legends and superstitions of the fair island behind, we come to what may be called Hawaii's skeleton in the closet. It is the leper settlement in the mountains of Molokai. It is located on a peninsula of some 5000 acres in extent. It is surrounded on three sides by the ocean, and on the remaining side by a steep precipice about 1500 feet in height. The settlement can only be approached by a small pathway, and two policemen are always on guard here to prevent any one from entering.

About 140 lepers were sent here in 1865, and the number has increased from time to time until there are now about a thousand persons in the community. Nine-tenths of the afflicted inmates are either Chinese or natives, white people being rarely susceptible to the disease. Little is known of this dreaded calamity. It is a cureless but painless affliction, and the theory is that it can only be taken from contact. The first symptoms are generally little spots behind the ear.

One of its strangest features is that children born of leprous parents are seldom afflicted. All children born at Molokai are carefully watched until placed in an institution provided for them. They are seven years of age, and it at that time they are found to be non-lepers they are taken to Honolulu and placed in an institution provided for them. These children are carefully sheltered and nurtured, and almost invariably grow up to be useful citizens.

It seems horrible to be sent to an out-of-the-way island for life, but it is said that few of those who have been committed to Molokai would care to leave. There are schools, churches, musical societies and a good band. There is even a race track, where those of the lepers who own horses can indulge in speed contests. The lepers live in rows of pretty little houses, and all may have their gardens and their little fields.

They are permitted to mingle with each other socially, and may marry if they choose. The state pays for all expenses of living, and charitably inclined persons supply many comforts such as books, magazines, music, and other luxuries. Once each year an entertainment is given by the society people of Honolulu, and all the proceeds are devoted to providing comforts for the lepers. No Christmas or holiday is allowed to pass without sending gifts and goodies to the children on the island.

Heartrending Scenes at Parting.

To be committed to Molokai is really not such a great hardship upon any unmarried or unattached person, but when a husband or wife becomes afflicted the separation is, of course, a terrible ordeal. It is worse than if they were sent to prison for life. Worse because the prisoner may be pardoned, but the leper has not the slightest hope of cure. One of the saddest sights in the world is when the steamer is departing for Molokai. Husband and wife are often ruthlessly torn from each other, and in most all instances those who are not afflicted beg permission to enter the colony with their loved ones. There have been instances where a husband would develop into a leper and be sent to the island, leaving his wife and children with no means of support, and these cases are so pitiful that it seems the government should provide for all rather than see them suffer.

At intervals a ship is sent to Molokai upon which relatives and friends of the lepers may have free passage to pay a visit to the afflicted colonists. On the arrival of this boat at the island the visitors are escorted into an inclosure which is guarded on every side by wire. They can talk through this fence, but there must be no contact. These visits mean much to the afflicted and their friends.

Another sad feature of the island life is that all children born there must be taken away at the age of 7 years, unless they have become inoculated in the meantime. Imagine the anguish it must mean to the father and mother to look upon their children when they are little and realize that they will soon be taken away from them, and that, although they may return at intervals to talk to them, that they will never be permitted to touch them again. This is really the essence of the tragedy.

The sad case of one young wife who was sent to Molokai would cause the stoutest heart to bleed with pity. She had only been married a year and her first baby was about to be born, when it was discovered that she was in the first stage of leprosy. Of course the husband did everything in his power to save her from the island, but the law was stern, and they took her away. The case was so extremely pitiful that the authorities agreed to break the rules for once and allow the husband to remain with his wife until after the birth of their child. The baby did not live a day, and the guard in making his rounds found the unfortunate couple entwined in each other's arms, both in the last long sleep of death. An empty morphine bottle at the bedside told the silent story of despair. Surely a merciful God will deal gently with souls so terribly tried as these.

FREDERIC J. HASKIN.

"DO IT TO-DAY!"

"And to think that ten months ago I looked like this! I owe it to German Syrup."

¶The time-worn injunction, "Never put off 'til to-morrow what you can do to-day," is now generally presented in this form: "Do it to-day!" That is the terse advice we want to give you about that hacking cough or demoralizing cold with which you have been struggling for several days, perhaps weeks. ¶Take some reliable remedy for it TO-DAY—and let that remedy be Dr. Boschee's German Syrup, which has been in use for over thirty-five years. A few doses of it will undoubtedly relieve your cough or cold and its continued use for a few days will cure you completely. ¶No matter how deep-seated your cough, even if dread consumption has attacked your lungs, German Syrup will surely effect a cure—as it has done before in thousands of apparently hopeless cases of lung trouble. ¶New trial bottles, 25c; regular size, 75c. At all druggists.

Sold in Salem by S. C. Stone.

SUMMER RHEUMATISM

Every season has its own diseases, but Rheumatism belongs to all, for when it gets well intrenched in the system, and joints and muscles are saturated with the poison, the aches and pains are coming and going all the time, and it becomes an all-the-year-round disease; an attack coming as quickly from sudden chilling of the body when overheated, a fit of indigestion or exposure to the damp, Easterly winds of Summer as from the keen, cutting winds, freezing atmosphere and bitter cold of Winter.

Rheumatism never comes by accident. It is in the blood and system before a pain is felt. Some inherit a strong predisposition or tendency; it is born in them; but whether heredity is back of it or it comes from imprudent and careless ways of living, it is the same always and at all seasons. The real cause of Rheumatism is a polluted, sour and acid condition of the blood, and as it flows through the body deposits a gritty, irritating substance or sediment in the muscles, joints and nerves, and it is these that produce the terrible pains, inflammation and swelling and the misery and torture of Rheumatism. No other disease causes such pain, such wide-spread suffering. It deforms and cripples its thousands, leaving them helpless invalids and nervous wrecks.

When neglected or improperly treated, Rheumatism becomes chronic, the pains are wandering or shifting from one place to another, sometimes sharp and cutting, again dull and aggravating. The muscles of the neck, shoulders and back, the joints of the knees, ankles and wrists, are most often the seat of pain. Countless liniments and plasters are applied to get relief, but such things do not reach the poisoned blood; their effect is only temporary; they are neither curative nor preventive. The blood must be purified, and all irritating matter removed from the circulation before permanent relief and a thorough cure is effected, and no remedy does this so certainly and so quickly as S. S. S. It contains not only purifying and tonic properties, but solvent qualities as well, all these being necessary in eradicating the poison and making a complete and lasting cure of Rheumatism. S. S. S. cleanses the blood of all irritating matter and the acid particles are dissolved and filtered out of the system, thus relieving the muscles and joints and removing all danger of future attacks. Under its tonic effect the nervous system regains its normal tone and the appetite and digestion improve, resulting in the upbuilding of the general health. S. S. S. contains no Potash or minerals of any description, but is guaranteed purely vegetable. Old people will find it not only the best blood purifier, but a most invigorating tonic—just such a remedy as they need to enrich the blood and quicken the circulation.

SSS

Whether you have Rheumatism in the acute or chronic stage, the treatment must be internal, deep and thorough in order to be lasting. Never be satisfied with anything less than an absolutely perfect cure. This you can get by the use of S. S. S., **the oldest and best purifier and greatest of all tonics.**

Write us fully and freely about your case, and medical advice will be given without charge, and our special book on Rheumatism will be mailed free to all desiring it.

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

HIS WIFE A GREAT SUFFERER.

My wife had been troubled with Rheumatism for some time when she heard of S S S, which she tried and which cured her completely, as she has not suffered since. I recommend S S S as a good medicine.

Okolona, Miss. J. E. RENDER.

There is more catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Address: F. J. CHENEY & CO., Toledo, Ohio.

Sold by all druggists, 75c.

Take Hall's Family Pills for constipation.

CASTORIA.

Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

REDUCED EXCURSION RATES.

To the Seaside and Mountain Resorts for the Summer Vacations.

On and after June 1, 1905, the Southern Pacific, in connection with the Corvallis & Eastern railroad will have on sale round trip tickets from points on their lines to Newport, Yaquina and Detroit at very low rates, good for return until October 10, 1905.

Three day tickets to Newport and Yaquina, good going Saturdays and returning Mondays are also on sale from all east side points Portland to Eugene inclusive, and from all west side points, enabling people to visit their families and spend Sunday at the seaside.

Season tickets from all east side points Portland to Eugene inclusive, and from all west side points are also on sale to Detroit at very low rates with stop over privileges at Mill City or any point east enabling tourists to visit the Santiam and Breitenbush Hot Springs in the Cascade mountains, which can be reached in one day.

Season tickets will be good for return from all points until October 10. Three day tickets will be good going Saturdays and returning Mondays only. Tickets from Portland and vicinity will be good for return via the east or west side at option of passenger. Tickets from Eugene and vicinity will be good going via the Lebanon Springfield branch, if desired. Baggage on Newport tickets checked through to Newport; on Yaquina tickets to Yaquina only.

S. P. trains connect with the C. & E. at Albany and Corvallis for Yaquina and Newport. Trains on the C. & E. for Detroit will leave Albany at 7:30 a. m., enabling tourists to the Hot Springs to reach there the same day. Trains from and to Corvallis connect with all east side trains on the S. P.

Full information as to rates, time tables, etc., can be obtained on application to J. Mayo, Gen. Pass. Agt., C. & E. R. R., Albany; W. E. Coman, G. P. A., S. P. Co., Portland or to any S. P. or C. & E. agent.

Rate from Salem to Newport $5.00.
Rate from Salem to Yaquina $4.50.
Rate from Salem to Detroit $3.60.
Three-day rate from Salem to Yaquina or Newport $3.00. 6-1-tf

CASTORIA.

Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought