

DAILY RECORD-UNION

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THE WEEKLY UNION Is the cheapest and most desirable Home, News and Literary Journal published on the Pacific Coast.

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Editorial Rooms. Red 131 Business Office. Black 131. Entered at the Postoffice at Sacramento as second-class matter.

Weather Forecast. Northern California—Fair; still warmer, except stationary temperature along the northern coast; fresh northerly to easterly winds, probably becoming westerly on the northern coast Monday afternoon.

NOT AN HOUR TO LOSE. Oakland as well as San Francisco and Alameda has not only ordered a house to house inspection, but has appointed additional inspectors and they are already at work.

Sacramento ought to have been first to order these inspections, but it looks as if she would be last. The unfortunate disagreement between the Board of Trustees and the Board of Health bids fair to make the people suffer.

To illustrate, he takes the cases of defective circulation in the veins and capillaries. Stagnation and congestion in them give rise to various disorders of more or less severity.

He holds that the curative effects of respiratory rhythm are not limited to influence over the contents of the veins and capillaries, but runs to the relief of impositions of the pelvic organs; this, because of the aspiratory or suction power of the diaphragm.

But what does the doctor mean by respiratory rhythm? Simply this, to extend respiratory motions of the chest to the abdomen. But this can be done only by cultivation in those whose breathing is defective.

As strength is gained he advises movements of the limbs of greater vigor, and bending and twisting motions of the trunk. The stronger who suffer from impaired digestion and circulation can adopt more vigorous exercises, sports and pastimes, but all looking to that same abdominal breathing, and its steady cultivation so as to make a larger demand for supply of oxygen, which through the muscular effort expended, is utilized for the purposes of nutrition.

THE POSITION of the ex-Confederate General who spoke of his loyalty to the flag of the Union and at the same time declared at the Chickamauga reunion that the South was right in her contention that he believed he was right when he fought the Union, and he believes now that he was right, is paradoxical. If he felt in the war that he was right; if he still conscientiously holds that he was unjustly conquered, then he cannot believe that the flag of the Union rightly floats over him.

Along instead of lifted, as in walking; the legs move more rapidly, their range of motion is more extended; the large and powerful muscles are brought into play, causing the blood to circulate more freely and abundantly.

It is not practicable to follow the doctor in his detailed instructions and statements of his theory and practice. They are interesting, and those to whom they address themselves favorably can find every study of the matter by thought and harmless practice.

THE PEARY relief expedition has returned, bringing back the explorer, whose scheme for reaching the North Pole, or open polar sea, has failed. The whole thing has cost thousands of dollars, one life, a great deal of anxiety, two ship expeditions, and what is the result? Nothing. It is to the ordinary mind suggested that there has been failure enough in these attempts to reach the North Pole to cause all further effort of that kind to be abandoned.

ANOTHER challenge for the English for the America cup is in preparation and is now forwarded to the New York Yacht Club. That is right, gentlemen. Holding the cup Americans will not decline any challenge for its possession, but they will build boats that will keep the cup safe in American hands.

THE cholera scare makes the importance of a cable telegraphic line to Hawaii stand out very prominently. It will do a good deal, indeed, to hasten the construction of such a line.

There is quite a good deal of improvement going on in San Jose. The city is getting so large that these things are not noticed as much as they would have been a few years ago. Then a late residence, or a substantial business block in the course of erection would attract general attention and comment.

REFORM THE DETECTIVES SOME. A good subject for the conference of prison wardens in session at Denver is the treatment some of the police departments accord to their prisoners. It is a sad fact that detectives of some of the police departments of the larger cities make permanent reformation of criminals practically impossible by taking the trail of well-known discharged convicts and gratuitously informing all who employ them of their past record.

There are two things that he will find that don't pay to burden honest labor with the expense of keeping in idleness a single man at public expense who is able to do anything to earn his own living.

There ought to be a political party in this State with high enough purposes not to flatter the prejudices of ignorance in this matter of keeping our State's prisoners in idleness for fear that their labor would compete with free workers, while there are shipped into this State for sale the products of prison labor in other States.

PROSPECTING for Gold—Effort of the East to Hoax Rain. The rain caused the grass to take on new life last week, and it has made considerable of a growth.

Several hunting parties passed through town during the week, bound for the hills and lakes. Deer is the object they all say they are after.

W. Cook of Loomis was over here the early part of the week on mining business. He has been traveling with one of our local mining sharps, and looks wise and secretive. He has told his friends on the quiet that he just where to put his hand on a fortune.

THE public school in Folsom opened for the term on Monday morning last, and the attendance was larger than usual. There were over one hundred and twenty children in attendance, and as there are several families off in the mountains yet, it is expected that the total will be considerably added to before long.

AN Unflattering Pen Picture of the Famous Novelist. Mrs. E. Lynn Linton contributes to the Woman of Home an article on George Eliot. Mrs. Linton's first meeting with her took place at one of the famous evening gatherings in the house of John Chapman, the publisher.

There is a matter of vast importance to mothers. The manufacturers of the GAIL BORDEN EAGLE BRAND CONDENSED MILK issue a pamphlet, entitled "INFANT HEALTH," which should be in every home.

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There Are 2 Classes of Bicycles, Columbias and others. Columbias sell for \$105 to everyone alike, and are the finest Bicycles the world produces.



Other Bicycles sell for less, but they are not Columbias. You see them everywhere.

John Bruener, 604-606-608 K St., Sacramento.

H. WEINREICH & CO. ESTABLISHED 1860.

Advertisement for Kentucky Whiskies and Sheaf Whisky, featuring a portrait of a man and the text 'Sole Proprietors of the Celebrated SILVER SHEAF WHISKY!'.

Wholesale Liquor Dealers, SACRAMENTO, CAL. TELEPHONE 230.

No Grass Growing Under Our Feet Here.

Of course there are people—on the Rip Van Winkle order—who are astonished over our daily store news. The largeness of the stocks arriving, our enterprise, discernment and decisiveness startle their old-time notions.

AT GREATLY UNDER VALUE PRICES. PRICES IN FAVOR OF BUYERS.

Advertisement for various goods including Armure Cloths, Lace Curtains, Boys' Hats, Men's Suits, Crepon Cloths, Angora Rugs, Ladies' Jackets, Ladies' Shoes, Cushion Covers, Ladies' Shoes, Big Boys' Shoes, and Hair Brushes.

SEE SHOW WINDOWS. HARRIS & CO., 825 to 835 K St.