

CIGARETTES AND INSANITY.

There is an Extremely Close Connection Between Them.

The Great Increase in Insanity is Attributed to the "Pernicious Cigarette-Smoking Habit."

Cigarettes have fairly earned the name of "coffin tacks," by virtue of their health-destroying powers. It now seems, according to the statement of a well-known physician of the West, Dr. Benjamin Blackford, that they may do even worse things than cause death. After a careful examination of a great number of patients at a lunatic asylum, and a thorough investigation into the "family history" of each case, it was found that the majority of the younger patients had been addicted to the use of cigarettes.

This in itself was strongly suggestive of the effect of cigarette smoking on the system—the close connection between this habit and the condition of the nerves—but Dr. Blackford did not stop there. He performed a number of experiments, calculated to show just what influence cigarette smoke inhalation exercises on the throat and the delicate tissues, blood vessels and nerves of the lungs and bronchial tubes. The result of his investigations was rather alarming.

"To a greater or less extent," he says, "this increase of insanity may be attributed to the pernicious cigarette-smoking habit, now so long prevalent among and undermining the moral, physical and mental health of the youth of our country during the period of youth and development, when the brain is tender and plastic and easily affected by the noxious inhalations issuing through and around the nerve centers."

Cigarette smoking and cigar smoking, it is further pointed out, are two entirely different things. One may smoke cigars to excess, and though he would, of course, suffer ill consequences, there would be very little chance of his be-

coming insane from this cause. But cigarettes seem to have a peculiar power of affecting the nerves. Perhaps this is due to the inhalation of the smoke, for surely the smoke of a cigarette is not stronger in itself than that of a cigar. Drinkers are well aware of the soothing narcotic and at the same time stimulating influence of a cigarette. It is very often the case that when a man is "tapering off" from a spree and craves a soothing draught of spirits he will be satisfied with a few puffs of a cigarette. In fact, not a few physicians have pointed out that drinking and the cigarette habit are very closely allied. The smoking of cigarettes brings on an appetite for drink.

A comparison of the analyses of alcoholism and "cigarette-smoker's heart" would probably show similar results. Alcohol used in excess is a poison. It gives a sensation of stimulation, followed by depression. The alcohol habit, when persisted in, causes insanity. Exactly the same may be said of cigarette smoking. The inhaling of the smoke slightly inflames the tender mucous lining of the bronchial tubes and lungs, and the sensation thus caused is very like the stimulation produced by alcohol. But in every draught of cigarette smoke there must be a small quantity of nicotine, which is a very destructive poison. Depression, therefore, follows the inflammation. As the natural result of this depression the unfortunate subject is moved to take more stimulant in the form of cigarettes or alcohol.

This is an unnatural state of affairs, and must lead eventually to some disease. No constitution is strong enough to withstand constant attacks of this sort. There probably never was a more healthy, sound and perfect man than John L. Sullivan, yet to-day his constitution is wrecked as the result of excess. Fortunately, however, Mr. Sullivan has not gone so far as some others who have so grossly abused alcohol as to incur an affection of the mind.

Cigarette smoking is especially harmful to the young. And, curiously enough, it is the young who appear to be particularly devoted to the habit. When a lad has reached the age of 12 or 14 years his constitution is subjected to an unusual strain. It is the period between boyhood and manhood, and there should be on hand a plentiful reserve force of blood and nerve, for it will be needed. But what happens if the sys-

tem is constantly attacked by the deadly cigarette poison?

"His nervous organization," says Dr. Blackford, "is apt to become more shattered by this cigarette habit than if he were addicted to alcoholic stimulants during that period, and will surely be the first to give way, and of course the first to suffer, especially during the period of puberty, with its strain on the nervous system.

The youth at college who burns the midnight oil is to be commended for his industry, but too often he burns out his brain at the same time with his accompanying cigarette. The process of waste and injury to the nervous system may be greater than the repair, and mental bankruptcy is the result." Instances of insanity caused by cigarette smoking are by no means rare. The insanity takes strangely different forms. Sometimes the victim is violent and has to be strapped to his bed so that he may not commit suicide or injure his attendants; sometimes he is affected by a zeal for religion and will fall down in the streets and pray; sometimes his reason appears to be absolutely stolen away and the body is left without a mind—the saddest of all forms of insanity.

The approach of mental derangement may be sudden or stealthy. In some cases the victim will be seized in an instant and turned into a howling maniac. Instances of this sort usually begin with convulsions. Again, there are many cases in which the victim's mind waxes away by hardly noticeable stages.—New York World.

VOICE OF THE PRESS. Expressions of Interior California Newspapers. Comments Upon Things Local, Governmental, Practical, Theoretical and Current.

Santa Monica Outlook: Because Mr. Huntington was not considered a railroad man, Mr. Sutro's private beer garden, for Mr. Sutro's private gain, and necessarily operate the road at a loss, the erratic and irresponsible Mayor is using every means in his power to defeat the funding bill, which is now almost universally conceded to be the best way of settling the question of the Pacific railroad debt. Luckily the mouthings of the puffed-up Mayor and his followers will have little weight with thinking people, and will result only in Sutro becoming more of a laughing stock than at present, if such a thing were possible.

BUSINESS VIEW. Biggs Argus: Looking at the proposition to fund the railroad debt from a business point of view, notwithstanding the senseless insinuations of certain papers and personages that all who express the opinion that it would be to the best interest of the Government to fund the railroad debt are not sincere, we are still of the same opinion. We do not believe that it is good business sense for this Government to pay over \$150,000,000 for something that it could build for \$50,000,000. Yet this is just about what it will do if it forecloses on the road.

PROTECTION. Los Angeles Times: Senator Caffery of Louisiana unaccountably advanced a good argument for protection in his recent speech on the free coinage amendment to the bond bill. He quoted the Senate report of the Fifty-second Congress, showing that between 1860 and 1881 there had been a decline in the cost of fuel and lighting of 9 per cent; in furnace furnishing goods of 30 per cent; in clothing of 19 per cent, and a decline in all manufactures of good where in inventive methods have been applied, while there was an advance of 3 per cent in food products. He might have added that there was a material advance in the rates of wages during the period named, in nearly all industries, by which the purchasing power of wage-earners was still further increased.

DO WE WANT IT? Chico Chronicle Record: Do we want this State to be in the clutches of the Goulds and Vanderbilts? Go ask the people of New York; go inspect the railroad condition of the regions long under the control of this gigantic monopoly; go inquire of the people who understand the situation—and then answer this question of such vital importance to us all. We no longer need to grope in the darkness, for Judge Maguire clearly demonstrates the fact that the foreclosure of the Government lien is prompted by a Gould-Vanderbilt syndicate. It is the intention of the syndicate to have the Government foreclose its mortgage and sell the road in order that they might buy it at a low figure. Then the road will be consolidated with the Eastern system controlled by the syndicate.

This means a dangerous Eastern management and the subordination of the commercial industries of California to the interests of the railroad systems of this grasping syndicate. How clearly the issue is defined in the funding bill, or Eastern monopoly. Can we hesitate even for a moment in our choice? The San Francisco "Examiner" has proven a traitor to the best interests of California. It does not take a prophet to see that the "Examiner" has been bought by the Goulds and Vanderbilts. This purchasable paper has attempted to misrepresent the sentiments of the people of California. But now when it discovers that it is floating on the wrong straw, it is wiggling about in every direction.

Notwithstanding the false lights here and there, in spite of pretending prophets, in defiance of the San Francisco "Examiner," the people of this locality, at least, are thoroughly convinced that as between the funding bill and the subservience to Eastern machinations, there can be but one choice.

IT WAS A MARE'S NEST. Stockton Mail: After printing columns of slush about the failure of somebody or other to transmit to Congress the Belshaw resolution, which put the California Legislature on record as being opposed to funding the Pacific railroad debt, the San Francisco "Examiner" finds itself in the very ridiculous position of having made much ado about nothing. The facts are that the resolution was wired to Washington on the day of its passage, was presented to the House by Representative Maguire and was referred to the Committee on Loans and received the same substantiated by referring to the records at Sacramento, though the word of Governor Budd that the resolution fulfilled its mission will be deemed sufficient.

On Wednesday night the "Examiner" received word from Congressman Maguire that he had received the resolution and introduced it. This statement appeared in Thursday's issue of the

Monarch of Mud, but so determined was that unscrupulous paper to stand by its fake that it added the explanation that Mr. Maguire was mistaken, and that it was the McGowan resolution (another but milder expression on the subject) which was sent. The truth is both of the resolutions were telegraphed to Washington, and the receipted bills for their transmission are on file at Sacramento.

It is a queer reflection upon the methods of metropolitan newspapers that they permitted the public to remain in doubt so long as to the fate of the Belshaw resolution, feeding it on conjectures, when the truth could have been learned at once by applying to the Governor, his Private Secretary at the time, or to the author of the resolution himself. It was only on the third day after the discovery of the alleged conspiracy that the brilliant thought of applying for information where it could be obtained struck the San Francisco newspapers. Perhaps an infusion of haysed journalists would quicken the wits of the San Francisco press gang.

A Bird's Revenge. A lady who was one day watching a pair of redstarts as they worked in a tree was startled by a violent commotion that arose in the shrubbery hard by. Catbirds screamed, wrens scolded and the robins shouted "Quick!" with all their might. A chipmunk was dragging a baby catbird by the leg from its nest and all the birds roundabout had come to help make a row about it, including a Baltimore Oriole. The screaming and the swift of wings as the birds darted about made the squirrel abandon its prey, and then the commotion subsided as quickly as it had risen. All the birds but the oriole went about their business elsewhere. The oriole had not said a word so far, and beyond countenancing the hubbub by his presence, had had no part in it. The squirrel, having dropped the baby catbird, cocked itself upon a limb and began to chatter in a defiant way, while the oriole, not far away looking, but doing nothing else. But in a few minutes the squirrel left its seat and ran out on the limb it had been seated on until it had to use more care to keep its hold, and then the oriole's opportunity for a terrible assault had come. Flashing across the space, he struck the chipmunk in one eye with his sharp-pointed beak, and then, turning instantly, struck the other eye in like manner. The screaming and the quick let go the limb and dropped to the ground, where it rolled and struggled about apparently in the throes of death. The oriole flew away to its favorite elm, where he sang in the most brilliant fashion. The lady put the squirrel out of its misery, and then saw that the oriole had destroyed both eyes.—Public Opinion.

Not Nominated in the Bond. Friend (to young author)—Isn't that gentleman who just passed us the publisher of your book, Jack? Young Author (reverently and low)—Yes. Friend—Why didn't you bow to him? Young Author (earnestly)—Tom, I wouldn't dare to. It's not down in the contract.—Harlem Life.

The Shakers are a Happy Community. It is said, but the shaker who shakes because he can't help it is by no means a happy individual. So shakes the person troubled with chills and fever. The quivering and shuddering sensation is followed by no less a plague, namely, burning fever, which is followed by a perspiration bath that leaves the unhappy sufferer "as weak as a cat," a most unfortunate thing by the way, as the cat, for its size, is a particularly muscular animal. Under the above circumstances vital staining is soon used up. Who will recuperate it? Hostetter's Stomach Bitters, which eradicates malarial disease in every form and restores its terrible ravages upon the system. Derangement of the liver always accompanies malarial disorder. To the relief of this complaint, as well as constipation and dyspepsia, the Bitters is admirably adapted. No less efficacious in the treatment of indigestion, nervousness, rheumatism and neuralgia. A wineglassful three times a day.

SOUTHERN PACIFIC COMPANY (PACIFIC SYSTEM.) NOVEMBER 20, 1895. Trains Leave and are Due to Arrive at Sacramento.

Table with columns: LEAVE (For), TRAINS RUN DAILY, ARRIVE (From). Lists various routes and times for trains to and from Sacramento.

JUDSON EXCURSION FOR ALL POINTS Sacramento weekly. Upholstered cars, Managers through to Chicago and Boston. Lowest rate. Call on C. J. ELLIS, Agent S. P. Co., Sacramento, or address JUDSON & CO., 19 Montgomery street, San Francisco.

SUNSET LIMITED For the Season of 1895-96. WILL RUN SEMI-WEEKLY BETWEEN San Francisco, Los Angeles and New Orleans, OVER THE GREAT SUNSET ROUTE, LEAVING SAN FRANCISCO Tuesdays and Saturdays From Tuesday, November 5, 1895.

Sacramento Women! Fresh, ailing women are made well and strong by this great modern nerve invigorator and blood purifier. Paines' Celery Compound. Weak, shaky, tired nerves, all the signs of prostration, need nothing so much as this food for the nerves. Try it and be well.

MUNYON'S GRAND WORK FOR HUMANITY. Rheumatism, Catarrh, Dyspepsia and the Most Obstinate Diseases Cured by These Wonderful Little Pellets.

DOCTOR YOURSELF Stop Killing Yourself With Dangerous Doses of Poisonous Drugs—Get Munyon's Guide to Health and Cure Yourself With a 25-Cent Remedy—Positive and Permanent Cures for Catarrh, Rheumatism, Dyspepsia, Liver and Kidney Troubles and All Special Blood and Nervous Diseases.

Mr. F. Heitman, 1020 1/2 Larkin street, San Francisco, Cal., says: "I must give my testimony for Munyon's Blood Cure. My scalp was a mass of sores from eczema, and, although I had the best medical attention and tried all kinds of prescriptions, I never received any benefit until I began using Munyon's Remedies. A few bottles of the Blood Cure removed every trace of the disease and made a complete cure. Prof. Munyon may well be proud of his success in San Francisco, for Munyon's Remedies are given preference over all other medicines in every drug store. Munyon's Rheumatism Cure seldom fails to relieve in one to three hours, and cures in a few days. Price, 25c. Munyon's Dyspepsia Cure is guaranteed to cure all forms of indigestion and stomach troubles. Price, 25c. Munyon's Cold Cure prevents pneumonia, and breaks up a cold in a few hours. Price, 25c. Munyon's Cough Cure stops coughs, night sweats, allays soreness and speedily heals the lungs. Price, 25c. Munyon's Kidney Cure speedily cures pain in the back, joints or groins, and all forms of kidney disease. Price, 25c. Munyon's Nerve Cure cures all the symptoms of nervous exhaustion, such as depressed spirits, failure of memory, restless and sleepless nights, pains in the head and dizziness. It stimulates and strengthens the nerves and is a wonderful tonic. Price, 25c. Munyon's Catarrh Remedies never fail. The Catarrh Cure—price, 25c—eradicates the disease from the system, and the Catarrh Tablets—price, 25c—clearly and heal the parts. Munyon's Asthma Cure and Asthma Herbs relieve asthma in three minutes—cure in a few days. Price, 50 cents each. Munyon's Headache Cure stops headache in three minutes. Price, 25c. Munyon's Pile Ointment positively cures all forms of piles. Price, 25 cents. Munyon's Blood Cure eradicates all impurities of the blood. Price, 25c. Munyon's Vitalizer imparts new life, restores lost powers to weak and debilitated men. Price, \$1. A separate cure for each disease. At all druggists, mostly 25 cents a bottle. Personal letters to Professor Munyon, 1505 Arch street, Philadelphia, Pa., answered with free medical advice for any disease.

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THE SUPERIOR COURT OF THE County of Sacramento, State of California. In the matter of the estate of MARY E. HUMPHREY, formerly MARY E. HALL, deceased. A. E. Humphrey, executor of the estate of said above named deceased, having filed his petition, herein, duly served, praying for an order to mortgage certain real estate of said decedent for the purposes therein set forth. It is therefore ordered by the said court that all persons interested in the estate of said deceased appear before the said Superior Court on FRIDAY, the 1st day of February, A. D. 1896, at 10 o'clock a. m. of said day, at the courthouse in the City of Sacramento, County of Sacramento, and state of California, then and there to show cause why the following real property, to wit: A tract of land situated in the County of Stanislaus, State of California, and described as follows, to wit: All of sections 24 and 25 and the east half of section 22, in township No. 4 south, range No. 1 east, of the 6th base and meridian; and containing in the northern portion thereof hereinto conveyed to the Southern Pacific Railroad Company, and more part thereof, should not be mortgaged for the amount mentioned in said petition, to wit, \$25,000, or such lesser amount as to the court or judge may seem meet, to which petition all persons are hereby referred for further particulars.

WOOD FOR SALE AT FAIR OAKS. Live Oak, in stove lengths, per cord... \$3 50 White and Black Oak, per cord... 3 40 Dry Wood, Limb and Stumps, per load... 1 00 Apply to EDWIN K. ALSIP & CO., Sacramento, or to FRANK SPENCER, Superintendent, on the grounds.

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WHOLESALE LIQUORS. EBNER BROS. COMPANY, 116-118 K Street, Front and Second, Sacramento. IMPORTERS AND WHOLESALE DEALERS in Wines and Liquors. Telephone 364. M. CRONAN, 230 K St., and 1108-1110 Third St., Sacramento, Cal. IMPORTER AND WHOLESALE DEALER in Fine Whiskies, Brandy and Champagne. HUGH CASEY, Importer and Wholesaler in Choice Wines, Liquors and Cigars. The reputation of the house is recommended for their goods.

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