DAILY RECORD-UNION

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UPTOWN BRANCH OFFICES.

At Thomas W. McAuliffe & Co.'s Drug Store, southeast corner of Tenth and J streets.

OAK PARK AGENCY—Carter's Blacksmith shop, corner Thirty-fourth street and Sacramento avenue.

Weather Forecast.

Northern California—Rain Wednesday; fresh southeasterly, changing to southwesterly wind.

THE PTOMAINE AND HEALTH IN THE HOME.

So much has been said of the dreaded "ptomaine," that a recent essay upon it by Dr. Shrady of New York is timely, and will much inform the public intelligence as to what ptomaines are, and when they are to be feared, and when to be welcomed. "Ptomaine" is the generic term for alkaloid bodies formed from animal and vegetable tissues after putrefaction sets in, and similar bodies, produced by pathogenic bacteria, that is bacteria productive of disease. Most of the putrefactive changes to which ptomaines are due, occur in dead bodies, but they also occur in living bodies.

Some alkaloids are very, and some slightly poisonous and some not at all. Now when nutrition stops in an organic or inorganic body putrefaction sets in. For instance, as soon as a flower or vegetable is plucked it begins to decay, and as soon as flesh ceases to have life in it decay sets up. So it is impossible to avoid the consumption of ptomaines. Thus it is that we eat and drink a good deal of poison, of which happily for our peace of mind, says the doctor, we are unconscious. Thus cheese is full of ptomaines; tainted meat is charged with them and anything not perfectly fresh is to some extent ptomaine loaded.

Readers of the "Record-Union" will recall several accounts published from time to time in these columns of serious sickness having been caused, and, it is alleged, even some deaths, by the use of berry boxes the second time for packing, because the remains of old berries in the crevices had putrefied, ptomaines had developed, infected the new berries which eaten, had caused severe poisoning. So, too, vessels in which milk had been kept, and which had not been properly scalded before being again put to use have caused poisoning in human beings, because the remains of the old and decaying milk had developed ptomaines. Many other instances of the same order will be recalled.

Dr. Shrady says that science does not deny this kind of poisoning, but that it does deny that the poisoning is fatal. This statement will surprise, because it has been generally thought by the layman that ptomaine poisoning might be fatal. The doctor says:

Cases where death has resulted show the inability of the system to eliminate the poison rather than the direct action of the poison itself. Take the case of the noted musician, Anton Seidl. Why was his wife not poisoned also, for she ate of the shad roe which was supposed to have killed him? It happened that in his case some of his organs were affected by other ailments and the poison could not be thrown off. Nature protects her children from poisons consumed with food by eliminating them through the kidneys, liver, intestines, and skin. This is clearly shown in cases of cholera morbus, due to eating food undergoing putrefaction. Severe vomiting, diarrhea and retarded respiration are the symptoms, and all show the stupendous efforts nature makes to eliminate the poisons.

Some foods are better mediums for transference of ptomaines than others. Certain foods poison certain people. Some cannot eat fish, others cannot touch berries of any kind; some must refuse cucumbers, which so many eat without ill effects. These instances show individual weakness. In some instances eating berries causes an eruption of the skin, which proves that that skin is not capable of normal discharge of its functions.

In almost all cases of ptomaine poisoning the eliminating organs, especially the kidneys, are the sources of the trouble. If certain ptomaines naturally belonging in a healthy body are not eliminated by the kidneys and intestines they remain in the blood and poison as surely as does arsenic. Certain ptomaines are necessary to the digestive process, and even to the nutritive process. These start fermentation by altering the conditions of certain complex bodies, by splitting them up into simpler compounds, so that the food is more nutritious and is more easily assimilated. So, then, there are ptomaines that are absolutely necessary to our happiness.

Ordinarily, food properly cared for will not be affected by dangerous ptomaines. For instance, food frozen, thawed out and frozen again is very dangerous. Cold storage is responsible for many ptomaines. Chickens have beeen kept in cold storage a year, and without having had the intestines removed. "Think of it!" says Dr. Shrady. "Think of taking such food into the human body." In most cases nature by severe work eliminates the ptomaines thus transmitted, but that she should not be given the task he very clearly intimates. There is very little harm in hung meats in cold weather, for the micro-organisms which get in their work in cold weather are not very dangerous. He adds:

Fish is very apt to decompose rapidly—more rapidly than ordinary flesh, and putrefaction is indicated by a stale, tainted taste that is apt to make one ill, but does not kill. Oysters, unless perfectly fresh, are very poisonous, and when oysters look glazed, have a coat of mucus over them, the person who is about to eat them may be sure that putrefaction has set in, though it may not yet be perceptible to the taste. Oysters and fish may begin to putrefy before they are taken from the water, but even so, if eaten immediately, are less apt to hurt the consumer than those that begin to putrefy after being out of the water. Nothing is more rife with ptomaines than the track of a shot in a bird. Everybody has tasted that rank, cheesy, bitter taste in partridge, grouse or quail. Again, it may be that a bird is suffering from ptomaine poisoning from eating some kind of berry or vegetable before it is shot, and if this is the case it is much more apt to transfer ptomaines to the consumer than a bird that was perfectly healthful when killed.

At certain periods of decomposition these ptomaines are poisonous; at others they are not. After decomposition begins, when one set finishes its work another set takes it up at once. A French butcher killed a pig on Friday and sold half of it to another butcher. The latter sold his half in the form of sausage to a large number of customers, who cooked and ate it on Monday and Tuesday, and seventy people were thereby made violently sick, and eight of them died. Thereupon the police forbade the further sale of the poisoned meat. But butcher No. 1 ,who had made sausages also of the same pig meat, declining to throw away his food, took it home, and he and his family consumed it on Wednesday, and not one of them was made sick. The people who were made ill received the food at just that period when the ptomaines were poisonous.

It is often recorded that a number of people are made sick by food partaken while attending picnics, and as a rule they are those who eat ice cream and certain kinds of meats. In the celebrated poisoning at Wappinger's Falls, the evil was laid by some to tainted ham, by others to copper vessels used in cooking. But copper cooking utensils have been used for centuries, and there is no well authenticated case of copper poisoning on record in consequence. But the process of producing ptomaine can and does begin in unclean vessels, as well as in disease, and in changes of temperature.

Absolute cleanliness for all cooking utensils should be the rule with the housekeeper. Old country women believe that thunder sours milk; it is not the thunder but the change in temperature coming with the thunder storm. Cheese poisoning is rarely heard of, yet cheese is full of ptomaines. Rich cheeses produce indigestion with some, which is a mild form of ptomaine poisoning but because the organs are healthy it passes away. The man who eats cheeses, he who eats shad roe and the girl who takes strawberries and cream, equally are exposed to the misunderstood ptomaines. But vital resistance saves us, if it did not the race would soon be extinct. One group of hints the doctor throws out, is worthy of especial attention, and we therefore present them in full:

Cows that are driven a long distance or are crowded together and boxed up in cars, without food or water, for days at a time, are very apt to develop them. The same is true of human beings. When man or woman is overworked—or, better, overworried, for few are overworked—and that exceedingly tired feeling takes possession of the body, alkaloids are forming there. Whether the person falls ill or gets better depends on the amount and sterngth of the vital resistance.

Appetite is the sentinel for digestion. If any food gives the proper countersign to the appetite let it pass along the line. If you want a thing to eat, no matter when or how or where, eat it, for it won't hurt you. Nobody ever dies from eating. It is almost impossible to eat too much and be comfortable afterward. Even the smallest child knows when to quit. Indigestion warns us all. There is a great deal more scare than actual scientific knowledge about ptomaine poisoning. Few ptomaines have been isolated by chemical tests and there may be hundreds yet to be discovered and separated. In the meantime we need not be so curious as to what they are so long as we can take our hung beef, shad roe, and cheese with a relish. Our parents got along very well with the ptomaines and why shouldn't we? Let us keep well and take our chances; there is nothing to fear.

A NEEDED CHANGE.

If we are to have a colonial policy, the need for trained men to manage colonial affairs will present itself boldly and undeniably. The simple truth is that, with very rare exceptions, we have not men who are by education, training or experience, equal to representing the Government abroad.

The war and its results must teach us the absolute necessity of establishing a school from which we can draw men trained in diplomatic arts, capable of administering for the country abroad, and for carrying out the national policy in such distant possessions as we may have temporarily or permanently. The American politician must no longer furnish us with men for these offices. If we are to maintain our dignity and integrity abroad we must call to our foreign offices men not snatched suddenly from private walks, not those pushing forward for reward for a party service, but men who have served their time in Consular, Ministerial and other posts, from the humblest clerkship up to the highest secretaryship, passing through all the years of experience abroad that are necessary to fit one for a diplomatic position.

We need, says a New York exchange, treating of this subject, such a corps of administrators as England has in India, Egypt, Burmah and in Jamaica. We need, let us add, such a corps of men as France trains for service in Africa, in Cochin-China and in Tonquin. We need a body of men similar to that which Germany maintains in all her Consular posts and in all her colonial possessions—men who do not correct mistakes, but who do not make them; men who enter the service in youth, and are in the gray of many years before they become heads in colonial positions.

We must cut loose utterly from the idea that these places abroad are to be passed out to party servitors as rewards. That practice has humiliated us so greatly, has cost us so much in national honor, in cold cash and in the humiliation of our citizens and disregard of their rights abroad, that we must depart from it or cease to command respect and disclaim any attempt hereafter to afford our people due protection in foreign parts.

The President has authorized an amendment of the civil service rules so that a Government employe under the service and having a family, who goes to the war, may select his own substitute and divide the salary with him while the absentee is in the army. The present rules require that all vacancies, both temporary and permanent, must be filled from the eligible list, they also prevent division of salaries as an inducement to secure an appointment. Several men under the service drawing salaries from $600 to $2,000 have enlisted in the volunteers, where the pay is but from $13 to $30 a month and insufficient to support their families. The new rule will also permit the volunteer to return to his old post at the conclusion of his term of enlistment. In many cases such volunteers have made application to have their brothers, wives or friends, fill their places while absent. But all such must, of course, pass the service examination, and an agreement must be entered into that the share of the volunteer's salary must be paid to his family during his absence. The President was moved to take this step because he thinks it only fair that where men throw up permanent places under the service to enlist in defense of their country, their families should not suffer in consequence of such patriotic spirit. This is wise and commendable.

It is said that no city in the Union has ever made such a display of national colors and flags as is now to be seen in every part of New York. Yet we are told that it is "a disloyal city." In that town whenever the national anthem is sung or played the people rise and remain standing until the song is concluded or the band ceases playing the air. Yet we are told by pessimists that New York is a disloyal city. It turns out now that the trouble in one volunteer regiment in that city was not due to the unpatriotic conduct of the regiment, but to the political manipulations of the Governor of the State. And yet, because of this incident, we are told that New York is a disloyal city. There are banks and bankers, stockbrokers and money-lenders in New York, as in all great cities, yet it turns out that many—nay, a majority—of these are urging their employes to enlist, and are keeping them upon the office payrolls as long as the war lasts. Yet, because there is a Wall street in New York, it is said that it is a disloyal city. When the single idea gets possession of a skull-box it makes the possessor more than cranky—a monomaniac.

There are many things in which the United States and England are not identical, and where their interests are not in common, commercially and industrially considered. We doubt very much if a political alliance is ever formed between nations, or whether it is desirable. But there are things in which the two great nations move abreast, and by no one has this been more trenchantly or as comprehensively expressed as by Professor Gunton when he says that in the matter of our attitude toward the growth of representative government, religious freedom and the emancipation of backward sections of the human race from the thralldom of hand labor, of poverty, superstition and despotism, the impulses, desires and policy of England and the United States are substantially identical. "The progress of civilization demands that the influence of nations like Turkey and Spain should be reduced to nil as rapidly as possible."

We beg leave to ask a simple question. Where are the thousands of Cuban sympathizers who were aching to go over filibustering to help the insurgents to carry them ammunition and arms, if only the United States would not set cutters and gunboats to head them off. The door has been wide open for these sympathizers to go for six weeks now, and still they remain with us. Indeed, 'tis said they are not to be found in the ranks of the United States volunteers nor yet in the newly recruited artillery regiments of the standing army. Fact is, Uncle Sam is to redeem Cuba unaided by these roaring fighters who were so furious while they were chained, and are so dove-like now that the latch string is on the outside.

Franklin Smith, a recent essayist, holds that despotism is the invariable product of war, and that this is as immutable as the law of gravitation or the persistence of force. We must think, however, that this is dependent upon the purpose had in view in making war. When it is defensive of human right, promotive of human liberty and the uplifting of mankind, it is like the thunder storm that clears the atmosphere and makes men's perceptions clearer concerning the rights of men and their true place in the scheme of creation. Peace is certainly the most powerful factor in civilization, but war may be the ally and promoter of peace.

The electrician who placed the torpedoes in the entrance to Manila harbor has left that city and is now with the American fleet. He says thirty of the plants were placed in the harbor entrance, but that the electrical connections had not been made when Dewey dashed in. This in no wise detracts from the daring of the new Rear Admiral's feat, since it is admitted that he did not know of the non-connection. The electrician is an American named Silver, and he has been long in the employ of the Manila Electric Company.

No matter what disgruntled journals may say, this is not a war of mere pretense. It is what it was pronounced to be at the outset, a war for peace, tolerance and liberty in another nation, lying prone at our very doorstep, trodden down by a tyrannous heel. As a finished scholar recently put it, "it furnishes for the first time a moral and humane principle for international conflict, the influence of which will be felt over the entire globe."

VOICE OF THE PRESS.

EXTRACTS FROM EDITORIAL EXPRESSION.

State and Coast Opinions on Subjects of Living News Interest.

Los Angeles Times: Had we a Nicaragua Canal, the Oregon's coal bill would be considerably less enormous, and the wear and tear on our nerves would have been less by many sleepless hours. Let's build that ditch!

STUPID ECONOMY.

Fresno Republican: One of the lessons learned in preparing for this war with Spain is that stupid economy is the worst kind of extravagance. Had the siren song of demagogues and alleged economists not prevailed in the past we could have met this issue promptly and with perfect confidence at one-half the cost that conditions have forced upon us.

DUTY OF THE HOUR.

Stockton Record: Activity in politics is indicative of a normally healthful public spirit. The man who attends ward meetings and primaries, and concerns himself in the selection of good men to office, is vastly more of a practical patriot than he who prays for the purity of the ballot and talks of the corruption of politics, and then simply goes to the polls and votes for somebody he had no voice in nominating. The "Record" does not look upon political franchise as merely a matter of privilege, but as a sacred duty the citizen owes to the Government. Every citizen should take an interest in the selection of competent, honest men for office, which insures faithful administration of the laws and wise and economical government.

THE WAR REVENUE BILL.

Stockton Mail: There is no conspiracy in the United States Senate to hold up the Government. There is a difference of opinion as to the best methods of raising revenue, which all admit must be raised. The Republican minority, with two or three Democratic allies, think that $500,000,000 should be borrowed on long time at 3 per cent. interest. The Democratic and Populist majority, with a few Republican allies, think it is better to coin about $50,000,000 worth of bullion which the Government has on hand, to issue $150,000,000 of non-interest bearing treasury notes, redeemable in coin and a legal tender; and, finally, to lay a light tax on the wealthy corporations. As the case now stands, the Senate favors one method, the House the other. There is as much sense in accusing the House of being in conspiracy to hold up the Government because it favors interest-bearing bonds as there is sense in accusing the Senate of a like crime because it favors non-interest bearing legal tender notes.

HOLDING THE PHILIPPINES.

San Jose Herald: It is astonishing how kindly so many papers and public men in the United States have taken to the idea of holding the Philippines permanently. It indicates that the instinct for expansion is strong with us, even though we have a great country of our own that is not yet all won from nature. It is the instinct of a growing, progressive and conquering race. We see new opportunities opening before us and realize that now or never is the time to grasp them. We are beginning to look for foreign markets after the conquest of our own, and that goes kindly with the idea of territorial expansion and the possession of foreign strategic and commercial bases. Whether it will prove for better or worse, the situation is likely to be forced upon us, and it is to be expected that American brains and energy will find a way to work out our new problems.

GREENBACKS, OR WHAT?

San Jose Mercury: Popocratic Senators who are trying to stand up the Government and to compel it to flood the country with greenbacks, silver certificates, or any old thing in the shape of currency, are making a blunder, even from their own standpoint of partisan politics. They have deliberately placed themselves in the position of obstructionists at a time when the country requires prompt and sensible action for the purpose of raising funds with which to carry on the war, and their attitude has aroused the indignation of the entire country, with the exception of a few Popocratic politicians and papers, who, like themselves, would be willing to sacrifice the interests of the nation in behalf of their cheap-money fad.

KEEP COOL.

San Diego Tribune: It is a good time just now for patriotic, well-meaning citizens who are sure that they know what ought to be the best foreign policy for the United States to pursue, to keep cool. And in formulating a plan of strategy for the army and navy to follow, it will be just as well for all amateur strategists—and they are to be found on almost every street corner—to endeavor to preserve their equilibrium and not get hot in the collar through the medium of useless strategical arguments.

At this moment the Government at Washington has all it can attend to prosecuting the war with Spain. It seeks to end that war as quickly as possible. In so doing it will capture much foreign territory. The permanent disposition of this territory is a question to be settled in the future, and for the nation to bother its head about problems to be solved hereafter is a waste of energy. Let the future take care of itself.

ANOTHER PANIC THREATENED.

Los Angeles Herald: Congressman Joe Wilson declares that the adoption of the revenue measure reported by the Senate Finance Committee will produce a panic in this country similar to that inaugurated by the banking interest in 1893, and the effects of which are still widely felt. Senator Lindsay declares that its passage will be followed by a raid upon the Treasury gold, and that the reserve will be drawn out by the gold syndicate, compelling a suspension of specie payments, forcing gold to a premium, and throwing the finances of the country into confusion.

This menace was to be expected. Unfortunately it is a bluff that cannot with safety be called. The conditions are not fundamentally different now from what they were when the last issues of interest-bearing bonds were forced from the Cleveland administration, as the price of immunity from continued Treasury raids. The exigencies of the war period, indeed, give added strength to the position of the gold-hoarders. Baffled in their scheme of forcing another bond issue, they will have every incentive again to lay violent hands upon the Treasury reserve. They have it in their power now to drain it in a day.

GOVERNMENTAL PROCEDURE.

Colusa Sun: That there must be a general supervision of all sorts of governmental operations, including war, from Washington no one can doubt, but that there is too much of it in every department no one familiar with the manner of doing business has any doubt. There is now being much impatience shown with the Washington authorities because the Spanish have not been whipped long ago, and while there is no doubt much reason for some complaint on that score, the demand that the Admirals or the Generals be turned loose without restriction is again unreasonable. There has grown up at Washington a system of gathering all authority into the hands of the department clerks that is pernicious in the extreme, and from this practice it is natural that the first operations of war shall be too much governed from Washington. It is not the fault of any particular man or any party. The Democratic party is as subject to it as any other. Power, it is said, is sweet, and the power to control large operations in which great reputations are to be made is hard to surrender, and especially hard for little men to give up. Let the President be ever so big a man and ever so willing to place authority and responsibility in the right place, it would take time for him to get it out of the routine hands in the departments.

THE SOUTH AND THE WAR

Alameda Argus: The statement is even seen that this war has cemented the North and South in fact, finally and forever, and that as much as the seam where they are joined is no longer visible This may be so and we hope it is; but it would be emphasized if the Southern cities had all responded as readily to the President's call for troops as the Northern States did. They haven't done it, and some of them haven't filled their quota yet. The situation is the more noticeable from the fact that the principal scene of hostilities lies at their very doors, and in certain contingencies their seaboard cities might be in danger. What is the matter with the chivalrous South? Their Generals seem to be pretty warlike, but their rank and file do not come out of their tents.

INSURGENTS WILL BE HELPFUL.

Los Angeles Express: Reports about ineffectiveness of the Cuban army should not be hastily credited. No doubt the insurgents would present a sorry sight compared with well equipped and thoroughly trained troops, for their fight has been waged under the most discouraging circumstances. There were times during the rebellion when Confederate troops were ragged, poorly armed and half fed, but history tells how they fought. There is one indisputable fact in considering the probable usefulness of the insurgents in the coming struggle in Cuba. For years they have held Spain at bay, successfully resisting large armies of the best Spanish soldiers. They have not only waged a defensive war, but they have aggressively pushed the Spaniards back to the fortified towns, in several instances, and have even flaunted the Cuban flag in the environs of Havana. All that we now expect is that the insurgents shall maintain their ground as effectively as they have done heretofore. If they succeed in pressing the Spanish rear the American army and navy will do the rest. For this service the Cubans are especially adapted. No matter if they are called bushwhackers they have proven to the entire satisfaction of Spain that in bravery and stubborn determination they make up for any shortage in military appearance.

CHEERED BY THOUSANDS.

Intense Enthusiasm in New York City.

The following from the New York "Tribune," shows the patriotism displayed by the people of New York City:

There was great enthusiasm and plenty of cheering all along the line. The windows of the Waldorf-Astoria, the Holland House, the Calumet Club, the Reform Club, the Hoffman House and the Fifth Avenue Hotel were full of cheering men and women, and the sidewalks were packed to the gutters and into the street. At Broadway and Twenty-second street the throngs pressed into the middle of the street and left the regiment barely room to pass in columns of fours. The Color Sergeant proudly carried the regiment's new set of colors, and they were loudly cheered at every point. Many of those who cheered wondered whether the colors would come back just as spotless as they went, or whether they would return bloodstained and in tatters. Aside from the officers and the colors a big collie that the boys called "Dewey" attracted the most attention. He goes as the regimental mascot. * * * The Ninth Regiment arrived at Twenty-second street and the North River soon after 3 o'clock on the steamboat Glen Island. Little time was lost in disembarking, and Colonel Goodman J. Greene led the column east through Twenty-second street to Broadway amid throngs that threatened constantly to delay the march seriously. Flags waved everywhere, the air was vocal with cheers and shouts, and the men marched forward through a storm of applause. The Color Sergeant carried the tattered and bloodstained flag, under whose fold the Ninth Regiment fought at Cedar Mountain, Antietam, Mine River, Fredericksburg, Chancellorsville, Gettysburg, and on many other battlefields made red by the blood of its men. The old flag everywhere aroused a tumult of enthusiasm. The same scenes of vocal patriotism marked the march of the Ninth down Broadway, through Cortlandt street to the North River as accompanied the Sixty-ninth on their journey through Manhattan. On either side of the column of fours was another stream of men and women, who ran along to talk to some friend or brother or husband in the ranks, and whenever there was a brief halt the opportunity was seized to say another farewell. Many of the women who thus followed the regiment mile after mile were weeping softly, and the yes of many who stood upon the sidewalks were suspiciously dim.

When the Glen Island passed General Grant's tomb, every man in the regiment stood with uncovered head in silent salute to the dead soldier. At Twenty-second street, while the line was forming, the soldiers were the recipients of all sorts of attention from the crowds. A tobacco manufacturer, whose factory was near, threw hundreds of packages of tobacco at the men, and two hundred veterans of the regiment, headed the line of march, with the band. As the regiment passed through Twenty-second street many of the women in the windows of the houses showered them with roses. The march to the Cortlandt-street ferry was attended throughout with continuous demonstrations of overwhelming enthusiasm.

BOOK on stomach troubles sent free to any person addressing the STUART CO., Marshall, Mich., manufacturers of Stuart's Dyspepsia Tablets. Every form of Stomach weakness cured by this wonderful new discovery. FREE

A gentleman residing at Oregon, Wisconsin, recently said: "For a long time I was troubled with dyspepsia. Having considerable hard work to do, if I followed the cravings of my appetite it was sure to result in those terrible distressing pains of the stomach. When in the most agony I would endeavor to obtain partial relief by some 'grandmother' treatment, which, if of any benefit, was to strengthen the imagination that the distress was a trifle less. At times I suffered intensely. It was while visiting my sister Cora that I was recommended to try

RIPANS TABULES

which I soon discovered were a blessing. I am never without them now, and I recommend them as a Godsend to those troubled with dyspepsia."

DR. TOM SHE BIN.

Chinese Tea and Herb Sanitarium. For over 300 years my family have been renowned for the most famous doctors in China.

Tom She Bin has in his possession hundreds of testimonials of those who suffered from chronic diseases and who were cured under the established method in constant use in China for over 5,000 years.

All diseases described from the pulse without asking a question.

There are 600 different kinds of herbs that cure 400 kinds of diseases. All persons afflicted with any kind of malady whatsoever invited to call.

Dr. Tom She Bin sells Chinese herb and tea. Sanitarium, Price by week or month. Take herbs once a day, a big ten-ounce bowl, or one package of herbs, seven packages a week. Price, six dollars a week. Two times each day, two ten-ounce bowls, or two packages of herbs. Price, ten dollars a week.

615 Kearny Street, between Sacramento and Commercial Streets, San Francisco, Cal., U. S. A.

The undersigned, after seven years' suffering, without being able to obtain any relief, resolved to see Dr. Wong, but I did not obtain any help. I then determined to see Dr. Tom She Bin, and in three months I was completely cured. I commenced feeling better soon after commencing his treatment, and I was all cured. MRS. JENNIE SAUNFERS,
1016 West 7th st., Los Angeles, Cal.

This is to certify that Dr. Tom She Bin has cured me of that dreadful disease known as heart disease, and also of weak lungs. I do make this deposition for the especial benefit of those suffering similar ailments. I must say that I was treated by the best doctor in Chicago, and after I lost all hopes I concluded to come to San Francisco for a change of climate, and immediately I heard of the wonderful cures of Dr. Tom She Bin, so I consulted him, with such good luck that after one month and a half from the time he started to treat my case I felt entirely well.
MRS. E. FRENCK,
409 Thomas Street, Chicago, Ill.

I, the undersigned, do recommend Doctor Tom She Bin as one of the best doctors to cure rheumatism, having been suffering for three years, and also been under the treatment of six skillful doctors for four months without feeling any relief. I determined to set myself under the care of Dr. Tom She Bin, who gave me immediate relief, and in the course of five weeks I was enjoying good health.
PANFILO MURRILLO,
Pomona, California.

My son, nine years of age, utterly prostrated with typhoid fever for six weeks, was under the explicit care of hospital doctors, but without avail. All his body was declared incurable. I heard the name of Doctor Tom She Bin, and at once was induced to see him, and I left my son to his absolute care. Fifteen days after my son was able to play around the yard. I fully believe Doctor Tom She Bin saved my son's life.
CARRIE CONTRERAS,
630 Mission Road, Los Angeles, Cal.

San Francisco, February 14, 1898.
The undersigned does hereby recommend Dr. Tom She Bin as the only competent doctor. He has cured me entirely from throat disease which many doctors declared incurable. J. A. OWENS,
Euclid Block, N. Los Angeles, Cal.

San Francisco, January 31, 1897.
I, John A. Fain, do hereby certify that I suffered with piles for over twelve years. Dr. Tom She Bin cured me in a very short time.

San Francisco, February 26, 1898.
I have been suffering under the most dreadful disease for two years past and lost all hopes of recovering, being unable to move for four months. At last I concluded to take Dr. Tom She Bin's Wonderful Chinese herbs, and in six weeks after my health was completely restored.
J. E. MEDRAN,
756 Workmain St., E. Los Angeles, Cal.

Montenzou, Cal., March 1, 1898.
I write this letter for the benefit of any one who may be in trouble, as I have been.

About fourteen years ago I was taken sick. The doctors pronounced it ulceration of the stomach and said it would end in a cancer.

At times I would vomit a black and bloody looking matter, also a great deal of white mucus. The disease would make me very nervous and despondent. At different times during my ailment I would get some relief for a few months, then it would some back as bad or worse than ever. I doctored with several as good doctors as I could find in the East and also here in California, but none of them effected a cure.

I was advised to consult Dr. Tom She Bin, which I did about the 1st of October, 1894.

He said my trouble was the cancer of the stomach, I commenced taking his medicine immediately. For the first three or four months there seemed to be but a very little change. After that time I improved very fast and am now able to do quite a good day's work. I have every reason to believe he has effected a permanent cure for me.
J. L. CARPENTER.

San Francisco, March 2, 1898.
I saw Dr. Tom She Bin's advertisement. I first come up to 615 Kearny street to feel my pulse. He tell me what trouble I had was true. I had a pain over my body and chilly. I put my case to him; first week I take Chinese Herb; one week I was great deal better. I been sick for six years. I go to white physician, cannot do me any good. I take Dr. Tom She Bin's Herbs six weeks; I was all well. I was cured about one year and never pain again. MRS. J. SANGALL,
17 Lafayette Place, between Green and Union, Kearny and Dupont, San Francisco, Cal.,

San Francisco, March 4, 1898.
By these presents I do hereby recommend Dr. Tom She Bin as a successful doctor to cure the dreadful disease styled consumption, so common among all classes. He has restored my health in the short term of twenty days, for the trifling amount of $2 50 per day.
Signed. L. C. FLORES.
608 Upper Main St., Los Angeles, Cal.

San Francisco, March 3, 1898.
This is to certify that I have taken treatment from Dr. Tom She Bin for stomach trouble, and was cured in four weeks. W. J. MORRISON,
1412½ Baker St., San Francisco, Cal.

San Francisco, March 6, 1898.
This is to certify that I have been entirely cured of stomach trouble by Dr. Tom She Bin in two months. I had tried several American physicians and they had failed to cure me.
MABEL BARBARER,
Milpitas, San Jose, Cal.

I have taken treatment for my kidneys, that have bothered me for a long while, and also catarrh of the stomach, and also chronic diarrhoea, and was cured in two weeks by Dr. Tom She Bin, also blood poison in my thumb.
WILLIAM E. BRYAN,
No. 6 Martha Place, San Francisco.

San Francisco, March 6, 1898.
I had gravel and kidney trouble four years. My friends sent me to Dr. Tom She Bin. He felt my pulse and he told me what trouble I had. I put my case in his hands, and took herbs twice a day. In four weeks my troubles were all cured. Now my flesh is all good. The last three or four years I went to white doctors, but never did me any good. Now I have got well and am in good health.
JENS J. JENSEN,
213½ Clara St., San Francisco, Cal.

George Osgoodby, author of the world-famous Murchison letter to Lord Sackville West, the Eenglish Embassador, in 188, writes concerning Dr. Tom She Bin, now selling Chinese Teas and Herbs at the Sanitarium, 615 Kearny street, San Francisco, Cal., and says: Pomona, Los Angeles Co., Cal., March 7, 1898.

For the benefit of those who are suffering with chronic diseases, I will say that many years of severe suffering and futile treatment ended in Bright's disease of the kidneys, of which Dr. Tom She Bin completely cured me, after correctly and minutely describing my malady from the pulse, without asking a question. He is a medical marvel, and without a peer in his profession. Respectfully,
GEORGE OSGOODBY.

San Francisco, March 13, 1898.
I wish to give my testimony in behalf of Dr. Tom She Bin. It is about two months ago that I fell sick with influenza, being unable to procure no other help than that of domestic remedies. I fell worse and worse, until I was totally paralyzed. I was induced to consult Tom She Bin, and he, by the aid of his wonderful Chinese herbs, I felt somewhat relieved in twenty-four hours, and he agreed to treat me for the sum of two hundred dollars, and now I feel grateful to the doctor for his efforts. Very truly,
HILARIO PRECIADO,
Los Angeles, Cal.

This is to certify that Dr. Tom She Bin cured me of kidney trouble and stricture. Was sick for some time, but found no relief until I tried this doctor. He entirely cured me, and I have not been troubled since. AL. L. DILLEY.
Care of Wells, Fargo & Co., San Francisco, Cal.

San Francisco, March 20, 1898.
I have been ill for two years and a half with womb trouble. Could get no relief till I tried Dr. Tom She Bin. He entirely cured me. I have not been troubled in the least since taking his medicine. I can honestly recommend him to any one suffering the same as I did.
MRS. AL. L. DILLEY,
217 Eddy Street.

Los Angeles, March 23, 1898.
Being anxious to render my testimony I take this method to do so.

The wonderful ability of Dr. Tom She Bin is marvelous; it is about one year ago I caught a bad cold and was sinking very rapidly, until I was compelled to be confined to my room. During the last three months of my illness I was spitting blood and matter and was unable to eat, night sweats were profuse; but to my joy four days after I took a course of medicine from Dr. Tom She Bin, was able to move about alone, and three weeks afterward I was perfectly well. I ought to also state that I was treated by other doctors, but without benefit. Now I am able to discharge my daily duties with no interruption. I am indeed glad to be able to say that Dr. Tom She Bin was the principal factor in the restoration of my health.
JUSTO OROZCO,
Residence, 638 Mission Road, two blocks from covered bridge, Los Angeles, Cal.

DR. TOM SHE BIN,

615 Kearny Street, between Sacramento and Commercial Streets,

SAN FRANCISCO, CAL., U. S. A.

KNOX NEW YORK

FRESH LOT LADIES' NEW 1898 KNOX SAILORS. WATCH FOR TRADE MARK. PRICE, $5. ONLY AT Van Alstine's, 607 J.

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AJAX TABLETS POSITIVELY CURE ALL Nervous Diseases—Failing Memory, Impotency, Sleeplessness, etc., caused by Abuse and other Excesses and Indiscretions. They quickly and surely restore Lost Vitality in old or young, and fit a man for study, business or marriage. Prevent Insanity and Consumption if taken in time. Their use shows immediate improvement and effects a CURE where all others fail. Insist upon having the genuine Ajax Tablets. They have cured thousands and will cure you. We give a positive written guarantee to effect a cure in each case or refund the money. Price 50 cents per package, or six packages (full treatment) for $2.50. By mail, in plain wrapper, upon receipt of price. Circular free.
AJAX REMEDY CO., 79 Dearborn St., Chicago, Ill.

For sale in Sacramento, Cal., by W. L. Helks, Second and K streets, and Hammer's Drug Store, 401 K street. Tuba