DAILY RECORD-UNION

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SACRAMENTO PUBLISHING COMPANY

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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.

For Northern California—Fair Tuesday, except partly cloudy in extreme south portion, and somewhat foggy on the northern coast; fresh west wind, high northwest on northern coast.

OF WATER DRINKING.

London "Health," a prominent medical and sanitary authority, gives elaborate information concerning water drinking. As the hot season is now on, when there is more of water drinking, its advice is timely, assuming it to be sound. Sipping water is a powerful stimulant to circulation. During sipping the action of the nerve which slows the beating of the heart is suspended, and, as a result, the organ contracts more rapidly and the pulse increases with augmented circulation in the various parts of the body, of course. In addition, the pressure under which the bile secreted is raised by sipping fluids, a fact which is considered of much importance. For the reasons stated, the partial paralysis of the inhibitory nerve referred to, liquors sipped "go to the head" more speedily than when taken at a draught.

But there are two effects from swallowing not produced by sipping or sucking the beverage through a tube or straw, besides the non-stimulating effect, namely: If a pint of cold water is swallowed straight away the temperature of the body is lowered about one degree, and the pulse rate is somewhat decreased, while the respirations are slightly accelerated. At first the blood-vessels of the lining of the stomach are contracted, but soon dilate, the blood flow to them is increased and the secretion of gastric juice is stimulated. But many people find these effects better produced by warm water. This acts precisely as does the cold, we are assured, but without the previous contraction, the vessels of the stomach being at once dilated.

While the taking of large quantities of liquids at meals is bad, small quantities may be taken without harm. If the meal is rich in fatty matter it is a good plan to drink some time after the meal, because digestion of the fat in the intestines is thus aided. Water has purgative effects because of the stimulation of bile secretion referred to, and the increase of the peristaltic action of the intestines, bile being a natural purgative, and increased peristalsis being an enemy of constipation and sluggish bowel action. Plain water is most purgative when cold, but natural mineral waters, if taken, should be mixed with a little warm water to produce a temperature equal to that of the stomach. Warm water is more readily absorbed than cold, and moderate quantities more readily than large ones.

The best time, we are told, to obtain purgative action by water drinking is on rising in the morning, but the water should be sipped while dressing, not taken at a straight draught. This sipping operation should be gone through with slowly at short intervals, and not hurriedly. The free drinking of water usually produces marked effects upon the kidneys and tissues of the body; thus it is found that the action resulting is generally—where the secretion is free—that of clearing the body of effete substances, and it effects other changes generally, which contribute to enhanced health and comfort of the body.

But the last number of the magazine, "Modern Medical Science," in commenting upon this subject, insists that the water should be filtered, pure and free from organic and also mineral ingredients. "Health" goes on to say that much harmful material, which has often to answer for malaise, want of energy and various aches and pains, is undoubtedly washed out of the tissues and excreted by the kidneys as the result of free drinking of pure water. This is, therefore, decidedly beneficial.

But, in addition, the much drinking of pure water causes changes in the tissues, with the result that vitality is increased and strength augmented. So great in this direction are the effects of water, that persons leading sedentary lives may often obtain by drinking plenty of pure water much of the feeling of health and exhilaration which result from taking exercise, a fact not difficult to believe when it is recalled that a glass of cool water, slowly sipped, produces greater acceleration of pulse for a time than will a glass of wine or spirits taken at a draught.

It is added that the sipping of cold water will often allay the craving for alcohol among those who are struggling to reform their habits. "Health" says nothing in this article about the effects of drinking large draughts of ice water. We assume that it takes it for granted that sensible people know the evil effects of such practice; indeed, the imminent danger it involves. Nor is there any reference to kinds of water to be used, except that it is assumed all along that we are to use only water free from contamination, that is cleansed of organic matter and harmful mineral ingredients.

There is a very considerable body of people known as the "Ralstonians," who insist that after the age of 40 people should drink only distilled water, because undistilled water contains what they are pleased to term "old age salts." Their belief has taken such a hold that quite a large business has grown up in the manufacture of household stills for the distillation and the simultaneous aeration of water. In some cities distilled water is made on a large scale and sold from house to house, the belief being that it stays old age decline greatly.

But, on the other hand, there are eminent physicians and sanitarians who declare that too much is claimed for distilled water, and that it is freed by the process of matter that should enter into the composition of good drinking water.

The fact is that so much is written and preached on all sides by chemists, physicians and sanitarians concerning the uses of water as a drink, and the character of waters to be used for drinking, that there is a good deal of confusion in the lay mind about it. But these general lines appear to be agreed upon, namely, that drinking of ice water, save in small quantities and by sipping, is injurious. That rather free drinking of pure cool water is beneficial, and that under some such conditions as described by "Health" the very free drinking of water is essential to good health, and has postive results in strong, beneficial action by the organs of the body. Those who boast, and they are not few by any means, that they seldom drink water will find that the medical and scientific world condemns their practice, and that it is decidedly preferable to drink much than to accustom oneself to the drinking of very little water.

THE NATION RETURNS THANKS.

On the eve of the national anniversary holiday Rear Admiral Sampson and his gallant men presented the American people with a gift. It was the trophy of victory over Cervera, whose fleet the American ships before Santiago had just sunk and destroyed, and whose officers and sailors Sampson had made prisoners—such as escaped death in the terrible punishment justice by the American arm administered to Spain.

At the same hour came news from General Shafter of such investment of the city of Santiago de Cuba that its surrender had been demanded, under threat of bombardment.

On the heels of such glorious news trod the message from the Orient that our transports bearing reinforcements to Dewey had safely arrived, and en route had seized insular possessions of Spain and made captive the officials she had left in charge of these Micronesian gems in the Southeast Pacific.

At this writing, awaiting the details of these great gifts from our soldiers and sailors, while the nation returns them thanks, the heart is quite too full to find calm expression in cold print. Within the day we shall in all probability receive the news of the beginning of the end, that Santiago de Cuba has fallen, the army of Linares been made captive, and that Spain is standing upon the threshold of appeal for peace.

Such is the American hope, and it should be the prayer of all men. In the meantime give rein to rejoicing and ascriptions of praise to our gallant men of army and navy, while acknowledging the gracious kindness and overruling mercy of Almighty God.

TO SACRAMENTO'S CREDIT.

The celebration in this city yesterday was more than notable. Finer, higher, nobler credit has not been won by the city in any national anniversary celebration. The procession was unique in being a line of thousands of people on foot almost wholly; picturesque in its character; overflowing in its patriotism, and an innovation, a surprise and a delight in the marching effect of a legion of children keeping step to the music of liberty and self-government. It was a magnificent, an unprecedented outpouring of the people in this city to do honor to the day. The exercises other than the processional were conducted at the Pavilion in a manner reflecting highest credit upon the community and manifesting its overflowing patriotism and loyalty to American institutions.

The splendid spirt of the people was manifest yesterday as it has not been before since the great centennial celebration of 1876. In short, the Capital City of California yesterday honored the day of days nobly and herself greatly. But while conscious of the success of the celebration so far as the city is concerned, we are also free to admit that the people of the country outside of the city splendidly aided to the success; the spontaniety and enthusiasm with which the country districts entered into the celebration was one of the specially notable features of the day.

The editor of the "Atlantic Monthly" thinks that Gladstone's place in English history will be so high as to be quite apart from any other; that he will have no near companionship in his fame. This eminence, it is held, will be due to his moral rather than his intellectual qualities. We think this too exclusive an estimate of Gladstone. There have been other men in his day eminent among their fellows in political life whose moral walk and adherence to principle have been equal to Gladstone's, though they did not gain his prominence in the world's eye. But, however that may be, to say that any man is without near companionship in his fame, is too great exaltation of tribute. Gladstone is near companioned by the spirit of the age in which he lived, by the great body of the people of England to whom he drew near, by the greater literary lights of his time, by the politicians of the last half of the century who have won fame as statesmen. It is quite true that Gladstone's prominence and the qualities of his character made him stand far to the front among the men of the century, but for all that, he had near companionship, for it was essential to his own development, and it is essential to the right placing of his name in history.

VOICE OF THE PRESS.

EXTRACTS FROM EDITORIAL EXPRESSION.

State and Coast Opinions on Subjects of Living News Interest.

Placer Herald: The drouth of the present season and consequent failure of crops in many portions of California will certainly tend to enhance the value of lands that may be irrigated. In no other section should this increase in land values be more apparent than in Placer County. The foothills of Placer are the natural home of fruits of all kinds, and with our splendid system of canals, immense storage reservoirs and unlimited water supply in the high Sierras, a dry season has no terrors for our fruit growers.

A SIGN OF DANGER.

San Jose Mercury: The Supreme Court holds that a railroad train is in itself a sign of danger, and that a person should inform himself if it is safe to cross a track before making the attempt. This is a reasonable view of the matter, but the impulse of the average American to hurry across in front of the train and then patiently wait to watch it go by is one which no Supreme Court decision can ever hope to squelch.

ABOUT FUSION.

Woodland Democrat Personally we have never taken much stosk in fusion. The Democratic party rarely ever profits by any such deal. As a result of the fusion at the last election, two Populist candidates of Republican antecedents were elected to Congress, but the fusion candidate, who is a Democrat, was badly defeated in this district. He would have been elected if the fusion had been honest and the Populists had voted the ticket. However, we shall not attempt to influence the action of either the Democratic or Populist Convention in this matter. If there is fusion, and the evidences are plain that it was brought about by a sincere desire to elect the best men to office, and to present a united front against the policy of the Republican party, we shall support the ticket nominated.

CAPTURING SPAIN'S COLONIES.

Ukiah Republican Press: The game of war is an uncertain one. This has been demonstrated fully in the Spanish war so far. It was undertaken purely on humanitarian grounds, for the one purpose of securing the freedom and independence of Cuba. It has developed into a conquest of Spain's colonies—whether a permanent or mercly a temporary one only the future can reveal. There was no purpose to do this in the beginning. It has been forced upon the United States as the policy most calculated to bring the contest to a prompt conclusion. The necessity of this policy as a war measure began with the conditions existing on our Pacific coast. There was fear in every city on that coast lest the Spanish fleet under Admiral Montijo should attack and destroy one or more of them. It was seen to be a necessity that it should be destroyed or captured. Commodore Dewey was assigned that task, and he did it so well that Manila has become an historic name.

THE END NEAR.

Stockton Mail: It is evident that Spain is making ready to ask for peace. The debate with which the sitting of the Cortes ended, shows that the leading men of both the Liberal and Conservative parties recognize the absolute hopelessness of further resistance. Every day piles up the indemnity which this Government will compel Spain to pay in money, ships and lands. She must have peace or ruin, utter, absolute ruin.

We think the war will be ended in a few weeks. The nation will then have to address itself to the infinitely harder task of dealing with the results of the war—with the disposition of territory, with the collection of indemnity, with the punishment of the men who took the nation by the throat in its hour of need and forced the issue of bonds instead of the taxation of the rich to pay the cost of war.

The difficulties of the Spanish war will begin when the treaty of peace is signed.

AT ODDS WITH HIS STATE.

Chico Enterprise: The Los Angeles "Record" fairly states the case of the State of California vs. Stephen M. White when it says that he has been out of touch with the people whose representative he is supposed to be upon every great national question that has arisen since he entered the Senate.

California is a protectionist State, yet Senator White not only voted to rob it of protection, but after it had been robbed and was in sore straits he voted against an urgent measure of economic relief.

California, as a State having intimate strategic and commercial relations with Hawaii, wants the islands annexed: yet Senator White, disregarding its appeals to him and its vital interests, is working night and day to defeat a resolution of admittance.

California has always been in favor of Cuba Libre, yet Senator White, up to and even beyond the outbreak of the Spanish war, fought with obstinacy against measures of assistance. It remained for him, almost alone in the Senate, to make a virtual apology for the blowing up of the Maine.

Opposed to the citrus, wine and wool tariff; to the absorption of Hawaii and to a free Cuba, and obviously preparing to oppose American rule for the Philippines, Mr. White sits in the upper house of Congress, a Senator without a constituency. And worse yet, California, which is entitled to two Senators, has the service of but one.

THE TWO TYPES.

Los Angeles Express: In the first serious brush of the war on land, at Santiago on Thursday, there fell fighting in the fore-front of the attacking forces, a young man whose presence there as a private soldier points a moral and might adorn a tale of distinguished birth, of polished acquirements, a giant in stature and a trained athlete. Life held many prizes within easy reach of Hamilton Fish, Jr. At his country's call he entered the ranks solely from a sense of duty, as a private soldier and fell so near the enemy's lines that his body was recovered with much difficulty. The moral is that the Spanish army at home or abroad probably furnishes no parallel of a young man of such birth and breeding and with so brilliant prospects, serving in so humble a capacity. The American volunteer army has many in its ranks as privates whose standing is as noble as that of their dead hero. And taking it all from one end to the other the rank and file of the American Army are made of men whose birth, education, prospects in life, and all other elements which go to make life very desirable, are all so far superior to what the Spanish soldier is surrounded by that there is no comparison between the two bodies of men. Our men leave a comfortable home full not only of

TWO SPANISH PERSONS.

Portland Oregonian: There are just two persons in Spain for whom American opinion entertains any sympathy and respect—the Queen, for her hopeless, but not the less heroic, efforts to save the throne for her son, and Emilio Castelar, for the utter ruin that has fallen on his hope of progress and rejuvenation for Spain. The bitter internal dissensions which rack that country are shown by the fact that these two personalities, which at least represent dignity and positive purpose, should have been brought into violent antagonism by the unguarded language of Castelar in comparing the Queen to Marie Antoinette, whereby the old cry against "the Austrian woman" was revived and a tremendous furore raised. The extremes of factional wrath that broke out in bitter words are hardly to be explained except upon the ground of the utter exasperation that possesses the Spanish mind and finds in the most trivial things pretext for a vicious outbreak.

USING MEXICAN DOLLARS.

Tacoma Ledger: If the plans of the silver Senators should prevail, the same process would be available and might be put in practice with our dollars that is now being used with the dollars of Mexico, which is the silver country to which the Bryanites point as an illustration of the beauties of free silver coinage.

The Government has just secured 250,000 Mexican dollars at forty-six cents apiece with which to purchase supplies for the Philippines, where Mexican silver goes. However, someone will have to lose this fifty-four cents which the Government has saved on each dollar.

Our soldiers will not be paid in these forty-six cent dollars, except in two for one, but they would be if the Jones-Stewart crowd in the Senate could have their way. That would surely be the result if they should succeed in their efforts for fiat money.

THAT POPULAR LOAN.

San Diego Union: People who are denouncing the war bonds, will do well to note that a day or two ago the Government refused an offer of 1 per cent. premium from a syndicate. This action was simply in furtherance of the plan to make the loan a popular one, and to give the people the first chance to subscribe. In fact, the methods that have been followed ever since the notice of issue was given, are a direct contradiction and rebuke of the charges so freely made by ignorant malcontents that the bonds are for the benefit of the "money power." Happily the day is past when the class-against-class agitators can humbug the people.

RETENTION OF THE PHILIPPINES.

Stockton Independent: What effect the permanent retention of the Philippines will have on the strengthening and maintenance of the navy, on the stimulation of commerce, on the prestige of the republic abroad, must be carefully considered. It is a very large question. It means either a grander or a more troublesome future. Many who have been thoroughly opposed to territorial expansion in the past have changed their views since this war came on. They have been taught that there are dangers in isolation as well as in expansion and complications abroad. The question will be settled for the best interests of all the people and the highest safety of the Republic.

EUROPEAN DICTATION.

Yreka Journal: The European nations are getting control of all the outlying countries of the world to improve their commerce, and that is the main reason why American shipping has become so insignificant. American commerce has been built up lately to some considerable extent by reciprocity, and there is plenty of chance for more improvement in the same line. France and Germany have come to time in regard to our new tariff, so that we get privileges heretofore denied us, by mutual concessions in the way of trade. The Great Powers of Europe have not only attempted to dictate our privileges in the war with Spain, but also tried to have us give them absolute free trade, and at the same time pay duties on exports to such countries.

THE SUN APPROVES.

Colusa Sun. The Sacramento "Record-Union" has a column article on the importance of having a strong man in the gubernatorial chair during the next four years, no matter of what political faith. The possibilities of the near future are strongly set forth. A strong man, no matter what his opinion may be about the policy of the acquisition of territory 7,000 miles outside our borders, would do a great deal for California if affairs take the turn which a majority of the American people seem desirous that they shall take. Both parties, then, would do well to take this matter into consideration in making their nominations.

Lemons and tomatoes should not be used daily in cold weather; they have a thinning and cooling effect.

THE DUTY OF MOTHERS.

Daughters Should be Carefully Guided in Early Womanhood.

What suffering frequently results from a mother's ignorance; or more frequently from a mother's neglect to properly instruct her daughter!

Tradition says "woman must suffer," and young women are so taught. There is a little truth and a great deal of exaggeration in this. If a young woman suffers severely she needs treatment and her mother should see that she gets it.

Many mothers hesitate to take their daughters to a physician for examination; but no mother need hesitate to write freely about her daughter or herself to Mrs. Pinkham and secure the most efficient advice without charge. Mrs. Pinkham's address is Lynn, Mass.

The following letter from Miss MARIE F. JOHNSON, Centralia, Pa., shows what neglect will do, and tells how Mrs. Pinkham helped her:

"My health became so poor that I had to leave school. I was tired all the time, and had dreadful pains in my side and back. I was also troubled with irregularity of menses. I was very weak, and lost so much flesh that my friends became alarmed. My mother, who is a firm believer in your remedies from experience, thought perhaps they might benefit me, and wrote you for advice. I followed the advice you gave, and used Lydia E. Pinkham's Vegetable Compound and Liver Pills as you directed, and am now as well as I ever was. I have gained flesh and have a good color. I am completely cured of irregularity."

Don't get hot...

because the weather is warm. A drink of our New Brew Lager is all that is necessary to make you supremely comfortable.

BUFFALO BREWING CO.,
SACRAMENTO, CAL.

TYPHOID FEVER
may be avoided and all types of MALARIAL FEVER cured by using the new cure,
NO. "77822,"
For sale at
R. E. GOGINGS'
Plaza Drug Store, 904 J Street.
Price 60c in tasteless capsules.

Desiring to be up to date
we have had rubber tires put on all our buggies, surries, etc. So everybody can now enjoy the comfort and fascination of riding in rubber tired buggies. Remember the place to hire them,
WILSON'S STABLES,
318 K STREET.

Lively Livers
and educated intestines are needed by persons who are subject to malarial attacks. Old Dr. Tyrrell's favorite prescription
41,856
will liven up your liver and teach your bowels how to perform.
McMORRY'S RELIABLE PRESCRIPTION PHARMACY,
Sixth and K.

Rootbeer.
A good cool drink of Rootbeer is very refreshing. We have it in 1 pint bottles, (ready to drink), 10c. The extract in bottles—Hires', 3 bottles for 50c; Bryant's, per bottle, 10c. Each bottle of the extract makes 5 gallons of beer.
KILGORE & TRACY,
CASH GROCERS,
Northeast Corner Eighth and J Sts.

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THE WORLD-FAMOUS
HOTEL DEL MONTE,
MONTEREY, CAL.
THIS WELL-KNOWN ESTABLISHMENT is now conducted on the American plan. The service and accommodations are of the best, and the charges are moderate. There is no resort place in the world where the tourist and pleasure seeker can obtain so much for his money as at the Hotel del Monte. Warm salt-water bathing facilities a special feature.

TAVERN OF CASTLE CRAG.
This delightful mountain retreat is now open, and will welcome its host of friends with its usual good cheer. The tavern is conducted on the American plan. Rooms on first and second floors, main building and annex, $3 per day, $17.50 per week, $65 per month. Rooms on third floor, main building and annex, $2.50 per day, $14 per week, $50 per month. For further information address
GEO. SCHONEWALD, Manager.
HOTEL DEL MONTE, Monterey, Cal. | TAVERN CASTLE CRAG, Castle Crag, Shasta Co.

SUMMIT SODA SPRINGS
ON LINE OF C. P. R. R.
ELEVATION, 6,009 FEET. DAILY mail. Telephone connections. New accommodations. Open June 1st. Address GOULDEN & JACOBS, Donner, Placer County, Cal.

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New 3-story hotel, open the year round. The seaside watering place of Central California.
Four miles east of Santa Cruz.
New club room; new bath house; free tent ground.
Furnished and unfurnished cottages.
Good bay and river fishing.
Address: HEPBURN & TERRY, lessees hotel, or FRANK REANIER, Superintendent Capitola, Capitola, Santa Cruz County, Cal. TuThSa

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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. 19 Dearborn St.
AJAX REMEDY CO., Chicago, Ill.
For sale in Sacramento, Cal., by W. L. Helks, Second and K streets, and Hammer's Drug Store, 401 K street. TuSa

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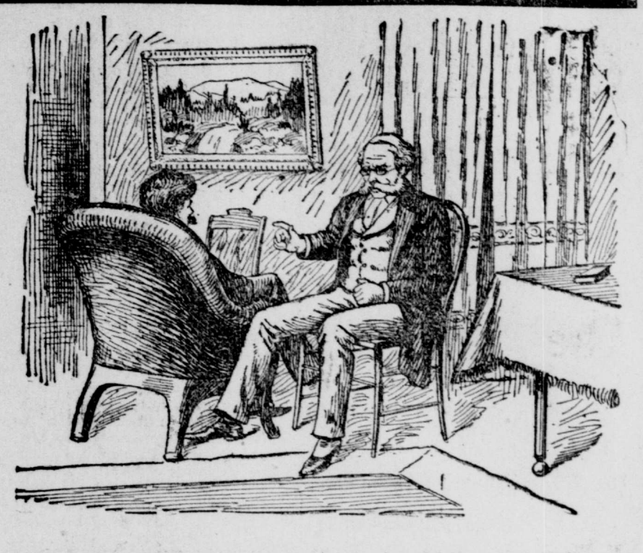

"I know a Mrs. Curry, who lives in Tennessee," said the Professor, "who never had any trouble with her health, aside from rheumatism, until after she was sixty years of age, but then there came some derangement of the digestive organs, and at the suggestion of her daughter, with whom she was living, she tried Ripans Tabules and was benefited immediately. Now she keeps them in the house all the time, and generally takes one just after eating. She finds that it cures any irregularities of the bowels, and says that, in her opinion, no family should ever be without a supply of Ripans Tabules in the house."

WHO IS HE?

DR. TOM SHE BIN

Is one of a family who have been physicians from one generation to another. They have but one class of remedies, which are extracted from roots, bark and herbs, and whose excellence has been proved by their use for hundreds of years. No minerals are used by us, we thus avoid the dire effects of poisons left in the system so often by the use of mineral remedies. Our herb medicines have never failed to cure any disease that is curable when taken in time. We diagnose any and all complaints through the pulse without asking questions. We guarantee a cure where our directions are complied with. Read the following testimonials, which are only a few of the hundreds now in our possession.

San Francisco, Feb. 16, 1898.
This is to certify that I have been entirely cured by Dr. Tom She Bin's treatment of acute stomach trouble. I had been a great sufferer from this complaint for years, but was induced to try his medicine of herbs, which after a short time gave me relief, and I am now in splendid health. I can and do heartily recommend him to all who have like troubles.
H. S. DAILY,
618 Post street, San Francisco.

San Francisco, March 2, 1898.
To all who are suffering I wish recommend Dr. Tom She Bin. I was a terrible sufferer from catarrh of the stomach and inflammation of the lungs. I was persuaded by a friend to try Dr. Tom She Bin's herb remedies; in a short time my lung trouble was gone and after two months' treatment I was entirely cured of my stomach complaint. At the time I placed myself under the doctor's care I weighed 151 pounds; I now weigh 178 pounds, and never felt better in my life.
JOHN WILLIAMS,
Coso House, Sansome street, San Francisco, Cal.

San Francisco, Cal., March 3, 1898.
For many months I was a great sufferer from stomach worms. Terrible pains would shoot through my stomach and bowels; everything I ate distressed me; to add to my misery a rash broke out all over my body, which became sores, and my life became a burden to me. When I had begun to wish for death to relieve me I was induced to try Dr. Tom She Bin's herb medicines. In a short time I got relief, my body healed, the trouble in my stomach improved and at the end of two months I was a well man. I can never repay the Dr. for his wonderful cure in my case, but heartily recommend him to all who suffer from troubles similar to mine.
JOHN P. KELLY,
716 Clementina street, San Francisco.

San Francisco, Cal., March 11, 1898.
For more than a year I was afflicted with sciatica rheumatism. My suffering was simply awful. At night or day I could neither sleep nor rest, and was often tempted to end my sufferings by violence, when Dr. Tom She Bin was recommended to me. I was taken to his office. He at once told me that he could cure me. I began to take his teas; in a few days I was relieved, my condition improved rapidly, and at the end of two months I could attend to my business, and to-day I am entirely cured.
GIOVANNI DONDORO,
522 Green street, San Francisco.

San Francisco, Cal., March 14, 1898.
I wish to add my testimony to the many of efficiency of Dr. Tom She Bin's herb remedies. I had been a great sufferer for a long time from bladder trouble. I tried many remedies and several good doctors, but received no permanent benefit. I was as a last resort induced to try Dr. Tom She Bin's treatment. Very soon I felt much relieved, and I am now entirely cured; never felt better. I cheerfully recommend Dr. Tom She Bin to any and all who need his services.
W. P. HERKEY,
Yuba City, Cal.

San Francisco, Cal., June 6, 1898.
For several years I was troubled with jaundice. I tried many remedies; none seemed to do me any good. I became so yellow and sallow that I was disgusting to myself and no doubt to my friends. I was persuaded to take Dr. Tom She Bin's herb tea; almost immediately i felt better, and after three months' treatment I am as well as I ever was. I am very grateful to the doctor.
W. L. KENNEDY,
739 Harrison street, San Francisco.

San Francisco, Cal., May 28, 1898.
I want to tell the people how grateful I am to Dr. Tom She Bin. I was for over three years a sufferer from liver and stomach trouble. I was in misery all the time. I tried everything I heard of, but got no better. I was told to try Dr. Tom She Bin's medicines. I did not like a Chinaman, but I suffered so much that I went to him. He gave me some of his herb tea. I got better very soon, and after four months' treatment I am well.
MRS. E. J. TOOHEY,
No. 5 Williams street, between Geary and O'Farrell, San Francisco.

Portland, Or., April 10, 1898.
Dr. Tom She Bin: I wish to thank you for the benefit I have received from your herb remedies. I suffered for over four months from acute trouble of the bowels. After your medicine for four weeks I was entirely cured. I have recommended you to all my friends and shall continue to do so whenever opportunity presents. I wish you every success.
MRS. T. C. BAKER,
449 Montgomery street, Portland, Or.

DR. TOM SHE BIN.
615 Kearny Street, between Sacramento and Commercial Streets,
SAN FRANCISCO, CAL., U. S. A.

Deal with merchants who display

WE GIVE TRADING STAMPS

Two-thirds of the people of the United States are collecting Sperry & Hutchinson's green trading stamps. The other third are just beginning. "Beware of imitations."

Visit DR. JORDAN'S Great Museum of Anatomy
1051 MARKET ST. bet. 6th & 7th, S. F. Cal.
The Largest of its kind in the World.
We are continually adding new specimens. Come and learn how wonderfully you are made and how to avoid sickness and disease. If you suffer from any of the ills of men, come to the oldest Specialist on the Pacific Coast.
DR. JORDAN-PRIVATE DISEASES
Consultation free and strictly private. Treatment personally or by letter. SYPHILIS thoroughly eradicated from the system without using Mercury.
EVERY MAN applying to us will receive our honest opinion of his complaint.
We will Guarantee a POSITIVE CURE in every case we undertake, or forfeit One Thousand Dollars.
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NOTICE TO VOTERS

REGISTRATION!

THE BOARD OF SUPERVISORS OF Sacramento County, State of California, having made an order on May 5, 1898, directing a new and

Complete Registration

Of all the voters of said county in accordance with the provisions of Section 1094 of the Political Code of the State of California, it will be necessary for all electors, in order to vote at the next general election, to be held on Tuesday, November 8, 1898, to make application in person to be registered.

Notice is hereby given that said new registration will commence on June 1, 1898, and continue to and including August 14, 1898, when such registration shall cease, provided that any elector who has registered and thereafter moved his residence to another precinct in the same county thirty days before said day of election may have his registration transferred to such other precinct upon his application, verified by oath, setting forth the change of residence and containing the other facts required for original registration, but no transfer from one precinct to another shall be made after a date twenty-seven days before November 8, 1898.

The office of the County Clerk at the Courthouse, corner of Seventh and I streets, Sacramento City, California, will be open from 9 a. m. to 5 p. m. each day except Sunday. All citizens please take notice and get registered.

W. B. HAMILTON. County Clerk.

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