

HOW TO TRAIN A CHILD. CAN HAVE HEALTH AND STRENGTH BY BREATHING RIGHT.

To Inhale Correctly Means an Erect Body and a Graceful Carriage—The Spine Should Be Straight and the Muscles Soft—Little Good in Gymnastics.

Over in Brooklyn is a little man with a gigantic chest and marvelously strong muscles. He is the founder of a new system of physical education. Thirty-two years ago, when he was wearing his first knickerbockers, he was so puny that his parents thought it was hardly worth while to encourage him to go on living.

"The present system is wrong from beginning to end," he said to a reporter. "Pick up a six months old infant," he added, "hold him in an unstrained upright position, and you will find that his back is broad and flat and that his spine is perfectly straight.

As soon as the child begins to walk the spine begins to curve. Why? The weight of the abdomen causes the lower part of his back—the hollow of his back, so called—to sink forward and sag down. There is error number one. Subsequent physical training takes no notice of it.

DEFECTS OF CALISTHENICS. "You will find, too, that an infant in arms has the power, while sitting bolt upright, of putting his foot, or at least a part of it, in his mouth. This is because his hip joints are perfectly free and flexible. He loses this flexibility almost from the moment he begins to walk.

The ordinary system of athletic or calisthenic training takes no notice of this loss. "Now, I claim that above all else a child should be taught how to stand and how to breathe. Next he should be instructed as to the proper way of using every muscle and joint. Teach him those things and he will be a graceful, healthy, strong man.

Neglect them and while he may become temporarily strong his power is neither lasting nor conducive to long life and vigor. "Nothing is more important than to teach children the general principles of right development. It is a mere makeshift to bring forward calisthenics. Only a small minority of the children in classes for physical training give any vigor or meaning to the few insignificant movements of the arms.

Most of the boys and almost all of the girls make merely superficial movements, with no sense of the meaning and no feeling of exhilaration. If anything has been said to the children about breathing no effect is visible. If anything has been said about the carriage of the body the instruction has been confined to an injunction to 'keep back the shoulders.'

POSITION IS EVERYTHING. "In a nervous effort to obey the latter injunction children are often forced with bowed backs and shoulder blades driven in against the spine. When the shoulders are violently and persistently thrown back the shoulder blades almost meet. They press on the spine and jam the upper part of it forward. This effect is simply unavoidable.

"If a child is sent to school at the age of 5 or 6 the teacher should catch him at his desk to make sure that he maintains an erect position. It will be found that if the head is kept properly held erect the chin is bound to draw up the breast bone. By holding the body erect and straight the child will find it easy to breathe in the costal way—that is, with the upper part of the chest. This I claim is the proper way to breathe.

Of course it is not easy to learn all this at once, but a careful teacher by taking pains could soon bring her class into such a condition that they would find it easier to stand, walk and sit right than wrong. "It is not necessary to spend any special half hour a day in teaching these things. The instructor who is with children all the time is the one to keep them standing or sitting properly. 'Folding the arms,' the present attitude of respectful attention, is one that cramps the chest and the breathing apparatus. It should never be practiced. Let the teacher instruct her children to keep the upper point of the forehead and the most prominent part of the chest always uplifted, as if trying to push up through the ceiling. A word now and again will soon inculcate the right sort of carriage. Let all bending forward be done from the hip joint—not from the waist. The back bone need not and should not be bent in stooping to pick up anything.

"WE SHOULD ALL LIVE TO BE SO. "Instead of wasting time over rods and wands teachers should make the children learn how to hold their bodies and how to move the shoulders, hips and other joints properly in the ordinary business of life. Children can get little good from what they learn mechanically. The youngster's interest must be aroused. Teach him that not dumbbells but the knowledge he acquires in the carriage and deportment of his body will make him agile and strong, and then his physical education will amount to something. Physical education is properly accomplished only through the mind.

"The mere acquirement of muscular tissue is not of so much importance as a good sheath of sound, healthy, agile bone covering. By that I mean elastic, supple tendons and muscles working in harmony, directed by a well regulated mind. That is what children need.

"The shoulders should not be strained back of the hip joint. These two joints should be on the same perpendicular line. The chest must have prominence on its own account, and the shoulders when held back far enough to give the chest free development find a natural and comfortable center.

"I am no believer in the theory of extensive destruction in tissues and hurried rebuilding of them to secure health. Such training is abnormal. The cat, the horse, dog, tiger and other lower animals keep their strength for the most part with light exercise. The tendency of hard exercise is hard muscles, and hard muscles are bad. It is in the conservation of energy, and not in the prodigal dissipation of energy, that the greatest strength and endurance of the body will always lie. Our bodies should remain firm but pliant and in most parts soft. There is no reason why any of us should become inactive before our eightieth birthday."—New York World.

A recent writer tells of a school for young ladies in Pennsylvania where the requirement was that each student, before retiring, should give her hair 100 strokes with the brush. Doubtless there was more or less merriment, and perhaps some rebellion, but the fact remains that every one of the inmates had a beautiful head of glossy hair.

Cold tea is well known as an aid in curling the hair, and a simple decoction may be prepared by simmering an ounce of quince seeds in a quart of water for twenty minutes, straining and bottling for use, the liquid being scented with some favorite aroma if preferred. The white of an egg is also sometimes used, or a thin solution of isinglass. All of these are harmless in every respect.

MEETINGS. SIGNET CHAPTER, NO. 57, R. A. M.—MEETS statedly on the first Tuesday of each month at 7:15 p. m. at Masonic hall, cor. of Spring and First sts.

MERRILL LODGE, NO. 299, I. O. G. T.—Meets every Monday evening, at Merrill Lodge hall, cor. Broadway and Temple st.

K NIGHTS TEMPLAR, CŒUR DE LION Commandery, No. 3, K. T. Holds its stated convocations in the asylum, in Masonic hall, cor. of Spring and First sts., on the third Thursday of each month, at 7:30 p. m.

WELCOME LODGE, K. O. F., NO. 3342—Meets Tuesday evenings, at room 45, California Bank building.

GOOD WILL COUNCIL, NO. 629, AMERICAN Legion of Honor, meets on second and fourth Wednesdays of each month at the Y. M. C. hall, 17 North Main st.

LOS ANGELES LEGION, NO. 6, SELECT Knights, A. O. U. W.—Meets every Monday evening, in Campbell's hall, cor. Downey ave. and Truman st., East Los Angeles.

LOS ANGELES CHAPTER, R. A. M.—STATED convocations on the second Monday of each month, at 7:40 p. m., at Masonic hall, Spring Castle, No. 24, Spring st.

FRATERNITY LODGE, NO. 79, K. O. F.—Meets on second and fourth Wednesday evenings in each month at Pythian Castle, 24 Spring Castle, No. 24, Spring st.

LOS ANGELES LODGE, NO. 2025, K. O. F. L.—Regular meetings are held every Wednesday evening, at 75 N. Spring st.

GELICHO WOMAN'S RELIEF CORPS, NO. 22—Meets first and third Fridays of each month, at 2 p. m., in Campbell's hall, East Los Angeles.

ORANGE BRANCH COMMANDERY, NO. 306, U. O. G. C.—Meets every Friday evening, in new Odd Fellows' hall, Hayden block, East Los Angeles.

LOS ANGELES TYPOGRAPHICAL UNION, No. 174—Meets the first Sunday in each month, at G. A. R. hall, Main st.

ROYAL ARCANUM—SOUTHERN CALIFORNIA Council, No. 570, meets second and fourth Tuesdays, at Elks' hall, 150 S. Main st. Visiting brothers welcome.

GAUNTLET LODGE, NO. 129, K. O. F.—Meets on Monday evening, in Pythian Castle, No. 24, Spring st.

LOS ANGELES LODGE, NO. 42, F. & A. M.—special meeting for work in the 1st degree at 7:30 p. m. Members and visiting brethren are cordially invited. By order of W. M. EXP. COPY, AUG. 15, C. M. A. LAST.

OLIVE LODGE, NO. 26, K. O. F.—MEETS every Thursday evening in Pythian Castle, 24 S. Spring, just below First st.

Mr. Chase's Opinion. Mr. F. N. Chase, director of the Iowa State Board of Agriculture, says: "While out at the State fair grounds on the 6th inst., Mr. Rounds, of Cedar Falls, was taken with a sudden and violent attack of cholera morbus, I procured a bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy for him, after his taking the first dose, he felt relieved of the pain and in a short time he was well and remained to see the fair.

From what I have seen of the effect of this medicine, I regard it as being one of great merit and an Iowa product which people of the west have great need of during the summer months." For sale by C. F. Heinzemann, 222 N. Main St., John A. Off, corner 4th and Spring St., and all leading druggists.

Dysentery, Diarrhoea and Bloody Flux. No one need fear any serious consequences from these diseases if Chamberlain's Colic, Cholera and Diarrhoea Remedy is used promptly as directed. It can always be depended upon and when reduced with water is pleasant to take. It has been in use for over eighteen years and has proved itself to be a certain cure for these diseases, even when in their worst forms. It saves the lives of many children each year and is equally effectual for adults. For sale at 25 and 50 cents per bottle by C. F. Heinzemann, 222 N. Main St., John A. Off, corner 4th and Spring St., and all leading druggists.

Democrats. All those desiring to be naturalized, or all Democrats desiring to register, will find a committee on naturalization and registration at the rooms of the Iroquois Club, No. 227 W. First street, between the hours of 10 and 12 a. m. and 4 p. m., to give them all necessary information, or assist them in any way. Remember you must re-register in order to vote at the coming election, and no naturalized citizen can vote unless on the great register ninety days before election.

TERENCE COONEY, Chairman. RICHARD WELLSER, Ph. D. EMILE QUARRE.

Change of Firm

Los Angeles, Cal., August 1st, 1890. DEAR SIR—We hereby give notice that we have sold our interests in the Globe Coffee and Spice Mills to Mr. H. BARTNING, who will continue the business at our present location.

We take this opportunity to express our gratitude to the trade for the liberal favors and patronage extended to us in the past, and solicit a continuance of the same for the new firm. Every favor will be collected all outstanding bills and settle all liabilities of the old firm.

HOWRY BROTHERS. Referring to the above circular, I take pleasure in announcing that I have taken full charge of the business heretofore conducted under the firm name of Howry Brothers, and respectfully solicit a continuance of your favors which I hope to merit, by keeping my goods at the same high grade standard, and by strict and prompt attention to all business entrusted to me. Respectfully, H. BARTNING.

ST. JACOBS OIL CURES PERMANENTLY RHEUMATISM

Suffered for Nearly 30 Years. 167 N. Chester St., Baltimore, Md. For nearly 30 years I suffered with rheumatism in my arms and shoulders; could not lift my arm. Less than two bottles of St. Jacobs Oil cured me. W. H. HESON.

Of Many Years' Standing. Gadsden, Crockett Co., Tenn. My case was rheumatism of many years' standing, contracted during the war. I tried most everything without relief. St. Jacobs Oil finally cured me. FRED. BOGGE.

AT DRUGGISTS AND DEALERS. THE CHARLES A. VOGELER CO., Baltimore, Md.

Our Motto

"A dollar's worth for a dollar" is the motto of Hood's Sarsaparilla. This medicine is a highly concentrated extract of Sarsaparilla and other well-known vegetable remedies, and is prepared by experts the strongest and best preparation of the kind yet produced. It owes its peculiar strength and medicinal merit to the fact that it is prepared by a Combination, Proportion, and Process.

Peculiar to itself, discovered by the proprietors of Hood's Sarsaparilla, and known to no other medicine. Its prompt action on the blood removes all impurities, and cures scrofula, salt rheum, sores, boils, pimples, all humors, and all diseases or affections arising from impure blood or low state of the system.

"I have taken Hood's Sarsaparilla and find it to be the best blood purifier I have ever used." Mrs. H. FIELD, Auburn, Cal.

The Best Medicine. "I have used six bottles of Hood's Sarsaparilla for indigestion. It has helped me a great deal. I think it is the best medicine for indigestion and dyspepsia." Mrs. N. A. LAUDERDALE, 128 North Fifth Street, San Jose, Cal.

N. B. Be sure to get only Hood's Sarsaparilla Sold by druggists. \$1; six for \$5. Prepared only by C. L. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar

BANK STATEMENTS.

SWORN STATEMENT OF THE CONDITION OF THE FARMERS AND MERCHANTS BANK OF LOS ANGELES, At the Close of Business June 30th, 1890.

ASSETS. Cash on hand, \$460,065 11 Cash on call with banks and bankers, 1,035,804 91 Total available cash, \$1,495,870 02

United States 4 per cent bonds, 153,526 91 Stocks and warrants, 153,526 91 Loans and discounts, 1,906,498 22 Real estate, vaults, safes and office furniture, 11,790 45

LIABILITIES. Capital (paid up), 500,000 00 Surplus, 500,000 00 Undivided profits, 244,033 04 Due Depositors, 2,322,651 94 Dividends declared and uncalled for, 1,000 00

HERMAN W. HELLMAN, vice-president, and John Milner, cashier, of the Farmers and Merchants Bank, of Los Angeles, being severally duly sworn, each for himself, says the foregoing statement is true to the best of his knowledge and belief.

STATEMENT OF THE CONDITION OF THE UNIVERSITY BANK, OF LOS ANGELES, At the Opening of Business on July 1st, 1890.

RESOURCES. Cash on hand, \$95,389 03 Cash due from banks, 43,786 11 Total available cash, \$139,175 14

LIABILITIES. Capital stock paid up in gold coin, \$100,000 00 Surplus, 31,000 00 Undivided profits, 8,874 94 Due depositors, 236,237 93

STATE OF CALIFORNIA, ss. County of Los Angeles, ss. R. M. WIDNEY, President, and Geo. L. Arnold, cashier, of the University Bank of Los Angeles, being duly sworn, each for himself, says the foregoing statement is true to the best of his knowledge and belief.

LEGAL. IN THE SUPERIOR COURT OF THE County of Los Angeles, California. In the matter of the estate of William H. Winston, deceased.

One party to the above cause who order of sale of real estate should not be made. Mary E. Winston, as the executrix of the last will and testament of William H. Winston, duly deceased, having presented to and filed in this court her petition in writing, duly verified, praying for an order or decree retaining the former order of sale herin of date September 15th, 1887, and for an order or decree of sale of the whole or of separate parcels or subdivisions of the real estate of said decedent, of some interest in the water now developed or hereafter to be developed thereon and for the purposes therein set forth.

It is now by this court therefore ordered that all persons interested in the estate of said decedent appear before the said Superior Court on Friday, the 15th day of August, A. D. 1890, at ten o'clock in the forenoon of said day, at the court room of the Department of the said Superior Court in the Jones block, in the city of Los Angeles, county of Los Angeles, state of California, to be made revoking the said order or decree of sale of date September 15th, 1887, and an order or decree of sale of the whole or of separate parcels or subdivisions of the real estate of said decedent, or of some interest in the water now developed or hereafter to be developed thereon and for the purposes therein set forth.

And it is by the court hereby further ordered that a copy of this order be published at least four successive weeks in the Los Angeles Herald, a newspaper printed and published in the city of Los Angeles, California.

And it is in open court this 13th day of July, A. D. 1890. J. W. MCKINLEY, Judge of said Superior Court.

Auction Sale of Stock of Boots and Shoes and Trade Fixtures, Involving \$39,927.90.

NOTICE OF ASSIGNEE'S SALE. NOTICE IS HEREBY GIVEN THAT THE undersigned will, on Tuesday, the 12th day of August, 1890, 12 o'clock m., at Nos. 142 and 144 (old No. 46) North Spring street, the late store of McDonald & Fisher, city of Los Angeles, county of Los Angeles, state of California, sell at public auction to the highest bidder for cash:

All the stock of merchandise belonging to the estate of McDonald & Fisher, a partnership, insolvent debtors, consisting of boots and shoes, and similar merchandise as now contained in the store and warehouse of said partners; also, the trade fixtures and store appurtenances, consisting chiefly of 130 feet of shelving, with drawers and eight feet high; office partition and fixtures; Hall safe; four sliding steps and track; twelve chairs; four settees; sofa; large parlor, iron stove; piano; case; twelve small stools; six double mirrors; button machine; chair and lounge.

The merchandise is said to be fresh stock, of the highest merchantable quality; the fixtures of store are the best modern appliances for a fashionable retail trade.

An inventory, amounting at original invoice to \$39,927.90, may be inspected and the property catalogued, on application, at the office of the undersigned, in the old office of McDonald & Fisher, at the corner of North Spring street, city of Los Angeles, California.

The property will be offered as a whole, in one lot, as the same now stands. Dated July 31st, 1890. MARTIN G. AGUIRRE, Sheriff of Los Angeles county, state of California, assignee of the estate of McDonald & Fisher, a partnership, insolvent debtors, for the satisfaction of their creditors.

Graves, O'Melveny & Shankland, attorneys for the assignee. aul-10

ORDER TO SHOW CAUSE WHY ORDER OF SALE OF REAL ESTATE SHOULD NOT BE MADE.

IN THE SUPERIOR COURT OF THE COUNTY OF Los Angeles, State of California. In the matter of the estate of Jacob Hommel, deceased.

Jacob Hommel, Jr., the administrator of the estate of Jacob Hommel, deceased, having filed his petition in writing, duly verified, praying for an order of sale of a portion of the real estate of said decedent, for the purposes therein set forth, it is therefore ordered by the court, that all persons interested in the estate of said decedent, appear before the said superior court on Thursday, the 21st day of August, 1890, at 10 o'clock in the forenoon of said day, at the court room of the Department of said superior court, corner of New High and Franklin streets, in the city of Los Angeles, said county and state, to show cause why an order should not be granted to the said administrator to sell so much of the real estate of the said decedent, as shall be necessary; and that a copy of this order be published at least four successive weeks in the DAILY HERALD, a newspaper printed and published in said county.

Dated July 17, 1890. J. W. MCKINLEY, Judge. Anderson, Fitzgerald & Anderson, attorneys for estate. j22-4w

UNITED STATES STABLE, HORSES, CARRIAGES AND SADDLE HORSES TO LET.

All Kinds of Horses Bought and Sold. Horses Boarded by the Day, Week or Month Telephone 255. No. 952 Flower street, Los Angeles, Cal. j14-1f

POLITICAL ANNOUNCEMENTS.

COL. T. S. HALL, Of La Canada, is a candidate for COUNTY TAX COLLECTOR. Subject to the decision of the Republican County Convention.

T. W. TEMPLE, Is a candidate for COUNTY RECORDER. Subject to the decision of the Republican County Convention.

N. B. WALKER, Is a candidate for COUNTY TAX COLLECTOR. Subject to the decision of the Republican County Convention.

FRED. C. SMITH, (Present incumbent) is a candidate for TOWNSHIP CONSTABLE. Subject to the decision of the Republican County Convention.

H. S. CLEMENT, (Present incumbent) is a candidate for TOWNSHIP CONSTABLE. Subject to the decision of the Republican County Convention.

R. WERNIGK, M. D., Candidate for CORONER. Subject to the decision of the Republican County Convention.

S. M. PERRY, (Present Chairman Board of Supervisors) is a candidate for COUNTY ASSESSOR. Subject to the decision of the Republican County Convention.

M. F. TARBLE, (Is a candidate for the office of) COUNTY CORONER. Subject to the decision of the Republican County Convention.

D. W. FIELD, Is a candidate for PUBLIC ADMINISTRATOR. Subject to the decision of the Republican County Convention.

ROBERT S. PLATT, (Present County Tax Collector) is a candidate for COUNTY ASSESSOR. Subject to the decision of the Republican County Convention.

MARTIN AGUIRRE, (Present incumbent) is a candidate for SHERIFF. Subject to the decision of the Republican County Convention.

JOHN W. FRANCIS, (Present incumbent) is a candidate for COUNTY RECORDER. Subject to the decision of the Republican County Convention.

H. H. WILCOX, Is a candidate for RECORDER. Subject to the decision of the Republican County Convention.

W. A. WELDON, M. D., (Present incumbent) is a candidate for CORONER. Subject to the decision of the Republican County Convention.

PENNYROYAL WAFERS. Prescription of a physician who has had a life long experience in treating female diseases. Is used monthly with perfect success by over 10,000 ladies. Pleasant, safe, effectual. Ladies ask your druggist for Pennyroyal Wafers and take no substitute, or inclose postal note for sealed particulars. Sold by all druggists, \$1 per box. Address THE EUREKA CHEMICAL CO., DUNSMO, MICH.

FOR SALE BY R. W. ELLIS & CO., DRUGGISTS Sole Agents, 113 S. Spring St 12-1y

THE BEST DOMESTIC COAL IN THE MARKET.

BLACK DIAMOND COAL

Ask For No Other. No. 21 North Spring Street. For sale at all First-Class Coal Yards. j30-1m

SOUTH FIELD WELLINGTON

SELECTED LUMP COAL

WHOLESALE RETAIL

The Most Economical and the Best for Domestic and Steam Purposes.

Ship Glory of the Seas is now discharging at San Pedro 3,400 tons of this celebrated coal, I deal direct from the mine, and am prepared to supply my customers at the lowest market price.

HANCOCK BANNING, Importer of S. F. Wellington and Foreign Steam Coal, YARD, 833 N. Main St. Telephone 1047. m29-4m OFFICE, 130 W. Second St. Telephone 36

NITRATE OF SODA! THE MOST VALUABLE AND POWERFUL KNOWN FERTILIZER FOR CITRUS FRUITS.

This manure is purely nitrogenous, very soluble and active, and may be relied upon to give QUICK RETURNS. Quantity required per acre, 125 to 150 pounds, mixed with gypsum or grain crops. Cargo direct from Chile expected early in August. Orders solicited to arrive in quantities to suit purchasers. Full information, accompanied by price, furnished upon application to

SEED AND NURSERY DEPARTMENT GERMAIN FRUIT CO., Sole Agents, LOS ANGELES, CAL. j16-1m-d-4

GANAHL LUMBER COMPANY

Main Office and Yard, First and Alameda Sts. Carry the most complete stock of seasoned REDWOOD, PINE, LATHS, SHINGLES, etc., etc. We have also open our

HARDWOOD YARD

With an assorted stock of seasoned Oak, Ash, Cherry, Maple, Poplar, Elm, Walnut, Cabinet Woods, Mahogany, Spruce, Hickory, Etc., Etc. j16-3m

MERCHANT TAILORS.

SIMPSON'S Fine Tailoring Parlors, Los Angeles Theater Building, (UP-STAIRS) TELEPHONE 284

I take this opportunity of expressing to you my sincere appreciation for past kindnesses and your hands, and of notifying you of the re-opening of my Tailoring Parlors at 227 S. Spring st., Los Angeles Theater building, at which location I shall be pleased to have you call and inspect my new line of samples of the latest patterns in woolsens, both imported and domestic.

JOHN H. SIMPSON. aul-3m

JOE ROHEIM THE TAILOR

MAKES THE BEST FITTING Clothes AT 40 Per Cent. Less Than any other house on the Pacific Coast

141 and 143 S. Spring St. English Serge Suits to order, \$22.50 Worth \$35.00. Established Over Twenty Years.

F. ADAM, PIONEER TAILOR.

213 North Spring St. -- Up-Stairs, LOS ANGELES, CAL. ma17-3m

PRICES TO SUIT THE TIMES.

No. 6 Bertha (a 5-hole) Range..... \$ 9.00 No. 7 Bertha (a 5-hole) Range..... 10.00 No. 8 Bertha (a 5-hole) Range..... 13.00

I am overstocked with Gasoline Stoves and am selling them at \$4 Less Than Eastern Prices.

EVERY STOVE GUARANTEED! A fine line of Dry Air Refrigerators at very low prices. A full line of Medallion Ranges. Stoves sold on the installment plan at

F. E. BROWNE'S 12-2m 136 S. Main St., opp. Mot Market.

BUSINESS CHANCE. HOTEL FOR SALE AT KEELER, Present terms of Carson and Colorado railroad, Inyo County, Cal.

HOUSE STAYS ON EAST SHORE OF OWEN'S LAKE. BUSINESS GOOD. For further particulars apply at 'HERALD,' office, between 8:30 a. m. and 5 p. m. j29-1m

THE BEST DOMESTIC COAL IN THE MARKET.

BLACK DIAMOND COAL

Ask For No Other. No. 21 North Spring Street. For sale at all First-Class Coal Yards. j30-1m

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With an assorted stock of seasoned Oak, Ash, Cherry, Maple, Poplar, Elm, Walnut, Cabinet Woods, Mahogany, Spruce, Hickory, Etc., Etc. j16-3m

MEDICAL.

DR. STEINHART'S ESSENCE OF LIFE

This great strengthening remedy and nerve tonic is the most positive cure known for NERVOUS Debility, Spermatorrhea, Seminal Losses, Night Emissions, Loss of Vital Power, Sleeplessness, Despondency, Loss of Memory, Confusion of Ideas, Brain Before the Eyes, Lassitude, Langour, Gloominess, Depression of Spirits, Aversion to Society, Easy Discouragement, Lack of Confidence, Puffiness, Listlessness, Unfitness for Study or Business and finding life a burden, Safety, Permanently and Privately Cured.

PRICES—\$2.50, in liquid or pill form, or five times the quantity for \$10. Address, DR. P. STEINHART, Rooms 7 and 8, No. 215 1/2, formerly 115 1/2 West First St., Los Angeles, Cal.

Office Hours—9 a. m. to 3 p. m. Sundays—10 to 1. Sundays 10 to 12. All communications strictly confidential.