

MERCIUS PILLS

Is the Wail of the Nerves for Food.

People with Weak, Flabby Nerves are the Ones who Suffer. They may be Relieved by Building up their Nerves with a Nourishing Nerve Food.

An Interesting Interview with A Prominent Physician and a Case in Point Cited.

From the Journal, Kirksville, Mo.

"What is this modern disease called nervous prostration?"

If this question had been asked a physician in our grandfathers' time, he could not have answered it. The disease was not known then. It is new, and is a product of our American haste and worry. Stated in brief, nervous prostration is a complete collapse of the nervous system. It is brought on by overwork, worry or disease, and the patient can only be cured by rest and a proper feeding of the nerves.

Notice the dragged-out appearance of the average mother. She can scarcely drag herself around; her nerves and strength have been overtaxed; she has no reserve force. She keeps up, but it is at the expense of her nervous system. Finally she is overcome; she can work no more, her nerves are exhausted; the cares and worries of her life have gotten the better of her, and it will require weeks and months to recover.

Thoughtless people say: "How foolish to work so hard and how foolish to worry." That is very well, but how many thousands of mothers there are who have burning mouths for a score, and whose poor, weak little bodies endure uncomplainingly all the burdens until finally they have to stop and it is a question if they have not waited too long.

In cases of this kind there is a food within the reach of all, and it is always effective. It is to the weakened nerves what bread and beef are to the muscular system. It supplies them all the properties necessary to build them up, strengthen them and restore them to a vigorous, healthy condition. This new food is Dr. Williams' Pink Pills for Pale People. If space permitted, we could fill pages of this paper with the heartfelt testimonials of thousands who have found in these pills their salvation. We only give one, but later others will be published that will be read with much interest by anyone suffering with weakened nerves as a result of the season or otherwise.

No more deplorable condition of the human body can be conceived than that of nervous prostration, when every nerve in the system seems to vie with the others to make you miserable, when even the sunshine irritates you, when the happy prattle of the child distracts the loving parent, when life is haunted by a constant foreboding, when the light of life seems to turn to a smouldering flame of torture—that's part of nervous prostration, just a phase of this many-sided disease. As its grasp upon you strengthens you lose, perhaps, the power to walk, to talk, to think, even the power to love. Death would be welcome, but alas! it comes not until the cup of suffering is full to overflowing. Such has been the experience of Mr. Henry Gehrke, whose story is best told in his own words.

To show the results of this nerve food on a special case, to prove the points above made, our reporter made the following interview—

Henry Gehrke is a thrifty and prosperous German farmer living four miles south of Bullion, in this (Adair) county, Mo. Mr. Gehrke has a valuable farm and he has been a resident of the county for years. He is a very well-known hereabouts and well respected wherever he is known. Last week a reporter of the Journal stopped at Mr. Gehrke's and while there became much interested in Mr. Gehrke's account of the benefit his had not long since experienced from the use of Dr. Williams' Pink Pills for Pale People. She said she wanted everybody to know what a great medicine these pills are, so she is now writing them up for the Journal. She modestly doubted whether her testimony could add anything to what others had already said of them. Her only reason for talking for publication about Pink Pills was that the people of Adair and neighboring counties might be convinced, if any doubted, that oft-published testimonials concerning Pink Pills were genuine statements from the lips of persons who have been benefited by the use of them. Speaking of her own interesting experience, Mrs. Gehrke said:

"A little over a year ago I was completely broken down. I had been taking medicine from a doctor but grew worse and worse until I could scarcely go about at all. The least exertion or the mere bending of my body would cause me to have smothering spells, and the suffering was terrible. I thought it was caused by my heart. When everything else had failed to relieve me and I had given up all hopes of ever being anything but a helpless invalid, I chanced to read some testimonials in the Farm, Field and Fireside, also in the Chicago Inter-Ocean and the suffering of the people who made the statements was so nearly like the suffering I had endured that when I read that they were so greatly benefited by the use of Dr. Williams' Pink Pills for Pale People, I did not hesitate to go at once and purchase two boxes. I took them according to directions and before the first box was used I felt a good bit better. Really the first dose convinced me that it was a great remedy. Before the two boxes were used up I sent my husband after three more boxes, as I could not be without them. When I had used these three boxes I felt like a different woman and thought I was almost cured.

"Since that time I have been taking them whenever I began to feel badly. When I began taking Dr. Williams' Pink Pills for Pale People, I weighed only 115 pounds and after six months I weighed 125 pounds. I have had a good appetite ever since I commenced taking Pink Pills and instead of moping about, picking such food as I could eat even with an effort, I eat most cooking that comes on the table. I am not the invalid I was. I do not have to be waited upon now as if I was a helpless child, but I work all the time, doing the housework and ironing and working in the garden without that dreadful feeling which comes over a person when they are afraid they are going to have one of those fits that I used to have.

"Work does me no harm any more. I honestly believe that had it not been for Dr. Williams' Pink Pills I would now be in my grave. I still have what the doctor calls bilious colic but the Pink Pills have made me much better and the spells are not so frequent and are nothing like as painful as before I began to use them. I would not be without the Pink Pills for all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, vertigo, dizziness, sciatica, neuralgia, rheumatism, nervous headache, the after effect of grippe, palpitation of the heart, pale and sallow complexion, all forms of weakness, either male or female, and all diseases resulting from vitiated humors in the blood. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box, or six boxes for \$2.50. They are never sold in bulk or by the 100 by addressing Dr. Williams' Medicine Company, Schenectady, N. Y.

"OLD WILLAMETTE"

Third Term Examinations—Short Vacation.

BANQUET BY SOCIETIES.

Valuable Athletic Rules Prepared by Trine, of Eugene.

The Y. W. and Y. M. C. A. meetings Sunday afternoon, will be conducted by Mr. Fitzhugh.

Rev. H. D. Glass, an old student of Willamette, but now of Independence, conducted chapel exercises Monday morning.

Miss Bertha Aitken, Miss Bertha Van Winkle of Halsey, Miss Mary Shives of Buena Vista, and many other Epworth League delegates, visited chapel exercises Monday morning.

During chapel exercises Monday, President W. C. Hawley made the pleasing announcement that the regular examinations for the third term, would take place Tuesday and Wednesday, and that the students would be granted three holidays; Thursday and Friday of this week, and Monday of next week, which will be devoted to registration only.

Miss Ethel Hughes gave an excellent recitation in chapel Monday, the appreciation of which by the visitors was evinced by the hearty applause given the young lady.

Last term the daily average for both sexes in the ancient history class was, girls, 83.1-10; Boys, 78.1-12. The boys comfort themselves, however, with the saying, "there are exceptions to all rules."

The banquet given by the Philodorian and Philodorian Literary societies of Willamette University last evening far surpassed any previous effort at entertainment. It was indeed a grand event. The entertainment of the evening commenced in the chapel at 8 o'clock. A large number of the friends and well wishers of "Old Willamette," had assembled to enjoy the exercises. President Guy C. Miller, of the Philodorian society delivered a short address of welcome, Mr. Ernest Wilson then executed a beautiful piano solo, Miss Mabel Carter, one of Salem's most accomplished elocutionists, recited "Money Musk" perfectly. Miss Leo Nicklin, one of Salem's accomplished violinists, executed a difficult solo quite skillfully and kindly responded to a hearty encore, Miss Davenport accompanied Miss Nicklin on the piano. David East appeared in one of his best recitations, Miss Esther Collins and Mr. A. G. Wilson sang a beautiful duet as did also Misses Nannie and Carrie Flowers, Hon. G. M. Irwin gave one of his pleasing ten minute addresses which was greatly enjoyed. The song "Sons and Daughters of Willamette" the words written by W. P. Matthews, and sung to the music of "Red White and Blue" was then sung; the first two verses were sung as a solo by Prof. Heritage and all joined on the last stanza.

An adjournment was then taken to the society halls where a season of social converse was enjoyed by all. Later in the evening the faculty, alumni and members of the two literary societies repaired to the banquet room on the second floor where a most excellent supper had been prepared which reflected great credit on the projectors thereof. The room had been tastefully decorated with cardinal and old gold, the college colors. An attempt to describe the supper would be an endless undertaking but the rapidity with which the luxuries disappeared, attested the fact of its excellent quality. Supper concluded, toasts were called for and heartily responded to, Mr. W. P. Matthews acted as chief toast master and in a few words made the guests feel perfectly at home requesting all "to follow the dictates of your own conscience." John Reynolds responded to the toast "The past of the literary societies" and gave an interesting history of each since its organization. P. Callison, on the part of the Philodorians, responded to the toast "The Contest" in a very pleasant manner, as did also Miss Myrtle Marsh in behalf of the Philodorians, who spoke on the "Outlook of the Societies." Prof. Heritage, in behalf of the faculty, responded to the toast "Push in a most pleasing manner. The professor paid a fitting compliment to our president in his remarks. The well known adage "the way to a man's heart is through his stomach" was doubly attested last evening. After another short period of conversation in the society halls, the banquet was concluded. None of the representatives of the press received invitations to the banquet.

ATHLETIC RULES.

Thinking that the following rules for athletes, as prepared by W. O. Trine, the well-known foot-racer and trainer of athletes, who now has charge of the U. of O. field work, might prove both instructive and beneficial to the athletes of old Willamette, we print the following:

To make any hard and fast rule for training to apply to all men alike is impossible, for the reason that one man's meat is another man's poison, and the course that will put one man in the pink of condition, would be harsh for another, and lead to the much-to-be-dreaded condition, the over-trained athlete.

NO DISSIPATION.

The man who would make a first-class athlete must make up his mind to eschew all forms of dissipation, and be very regular in his hours of rising and retiring. Business and pleasure cannot be mixed in the making of an athlete.

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FOSTER'S FORECAST.

Foster's last bulletin gave forecasts of the storm wave to cross the continent from 16th to 20th, and the next will reach the Pacific coast about 21st, cross the west of Rockies country by close of 22d, great central valleys 23d to 25th, Eastern states 26th.

This disturbance will bring severe local storms and heavy rains will fall in limited localities. Generally rainfall will be deficient and the drought will begin to be effective, in the Ohio, Mississippi valleys and in north Atlantic states.

Rainfall in the Southern states and on the Pacific slope will be fair. Cool weather in South eastern states and on the Pacific slope.

The warm wave will cross the west of Rockies country about the 24th, great central valleys 25th, eastern states 26th. Cold wave will cross the west of Rockies country about 24th, great central valleys 26th, eastern states 28th.

FOOD TO AVOID.

You must not eat food that effects the wind, or that has a tendency to produce biliousness, that is hard to digest etc., such as potatoes, except chips, soups, puddings, pies, pickles, hot cakes, apples, syrup, butter in large quantities, berries with cream, confections, boiled eggs, cheese, fish of any kind, corned beef and cabbage, nor dumplings. These are foods that must be avoided while training, as they effect the most vital parts of the system—the stomach and the lungs in particular.

DRINKS THAT SHOULD NOT BE USED.

All kinds of drinks that effect the wind or the nervous system should be avoided, such as malt liquors of any kind, carbonated beverages, cold water, cider, tea, coffee and wines of all kinds except when mentioned later.

TOBACCO.

The use of tobacco in any form is detrimental, and more particularly so is the deadly cigarette. I need not mention the reason why for volumes have been written by eminent authorities on the various phases of its ill effects.

LATE HOURS.

Good habits, among which are "early to bed and early to rise," must be a part of the training. Night air is not beneficial under any circumstances and less so when great exertion is required of both mind and muscle. Sleep at the proper time is the great restorer, and gives to a great extent the required vim for a final burst of speed that means defeat to competitors and crowns the brow of him who has faithfully obeyed the laws of nature with the laurel wreath of success.

FOODS THAT MAY BE EATEN.

Among the foods that can be eaten, if congenial to the stomach of the party, training are oat meal mush with milk and eggs in any style except boiled, plain or milk toast, oysters in any style where no butter is used, clams, chicken or game of any kind, steaks, chops, roast beef if not fat, beans, boiled rice, and a little fruit not too highly sweetened.

From this menu one can make a good healthful meal, and at the same time, keep the stomach in order, gain strength and will power, and condition himself for the race of life. Dry crackers are good at any time, and graham crackers or bread are especially strengthening and easy of digestion.

DRINKS THAT MAY BE USED WITH MODERATION.

To quench the thirst without injuring the wind, stomach, or strength, use lemonade, mineral water, sarsaparilla and hot butter milk or sweet milk if agreeable, weak cocoa, and sherry wine with egg. All of these are strengthening and do not act on the nerves with detriment. Avoid drinking while eating and for at least an hour after eating. A light drink just before eating is the best way to quench the thirst. Eat your meals regular, at least five hours apart. A tablespoonful of bran after each meal is good to aid digestion.

Avoid violent exercise for at least one hour after eating. Do not sit in draughts, keep the feet dry and wear warm clothing. Do not scuffle, run races, or jump on the street, as you are liable to get sprained or cause soreness, so doing. Do not stand on your feet when not exercising. Sit or lie down as much as possible, so as to give the muscles a chance to relax and grow. Seek pure air and avoid places where the fumes of tobacco or liquor prevail. All these little things are very essential to make the wind and muscle quiver equally.

The nervous system must be brought into harmony; the lungs, muscle, stomach and nervous force made one systematic whole.

MORNING WORK.

When you rise in the morning, which should not be later than 6 o'clock, rinse the mouth or wash the teeth, take a hot glass of cool water, squeeze the half of a lemon in it and drink it. If you have any superfluous flesh take a cool sponge bath followed by a brisk rub with crash towel and hand rub, then go out for your walk, which should be for the long distance men from one to two miles, the short distance men, jumpers and pole vaulters, from one-half to one mile.

The bicycle riders from three to four miles, the weight throwers should take a light dumbbell exercise, or a mile walk; do not exercise fast enough to start the perspiration, unless you want to take the trouble to rub down and put on dry clothes before breakfast. Use salt brine to harden the skin on feet and hands. Draw a handful of brine into the nostrils at night before retiring to aid in breathing through the nose. When rubbing out soreness from the muscles, it should always be with a downward motion, as the soreness in muscles always travels upwards. When you are in perfect condition your hide will be thin and loose, muscles long and elastic. It is the "hard" man who wins races, but the man with good lungs, a good stomach and long elastic muscles.

Please observe the above rules closely. Be on time regularly every day except Sunday, for your work and instructions on track and field, and you will not only benefit yourself physically but mentally, morally, and will learn to respect the laws of nature and gain the discipline over yourself so necessary to perfect manhood and business success.

Cure for Headache.

As a remedy for all forms of Headaches Electric Bitters has proved to be the very best. It effects a permanent cure and the most dreaded habitual sick headache yields to its influence. We urge all who are afflicted to procure a bottle, and give this remedy a fair trial. In case of habitual constipation Electric Bitters cures by giving the needed tone to the bowels, and the case long treated by the use of medicines, try it once. Fifty cents and \$1.00 at Fred A. Leag's Drug store.

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There will be no deduction in water rates on account of temporary absence from the city unless notice is left at the office. Hereafter water for irrigation will only be furnished to regular consumers using water for domestic purposes. Contractors for sidewalks, brick work and plastering will please read "under building purposes" page 17 of schedule of rates for 1893. Apply at office for copy.

Miss May Wilkins, Dressmaking and Sewing.

All kinds of work done in the most approved style, and promptly. Call at room 13, Parkhurst block, Salem.

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CHAS. CLARK, Corvallis, Or. EDWIN STONE, Manager, Corvallis, Or. A. J. CHURCHILL, Local Agent, Salem.

Spring

Is the season for purifying, cleansing, and renewing. The accumulations of waste everywhere are being removed. Winter's icy grasp is broken and on all sides are indications of nature's returning life, renewed force, and awakening power.

Spring

Is the time for purifying the blood, cleansing the system and renewing the physical powers. Owing to close confinement, diminished perspiration and other causes, in the winter, impurities have not passed out of the system as they should but have accumulated in the blood.

Spring

Is therefore the best time to take Hood's Sarsaparilla, because the system is now most in need of medicine. That Hood's Sarsaparilla is the best blood purifier and Spring medicine is proved by its wonderful cures. A course of Hood's Sarsaparilla now may prevent great suffering later on.

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State Treasurer's Fourteenth Notice.

STATE OF OREGON, TREASURY DEPARTMENT.

SALEM, April 15, 1896.

Notice is hereby given that there are funds on hand with which to redeem all outstanding state warrants, endorsed by me "presented, and not paid for want of funds" between the dates of October 8 1895 and November 10, 1895, both dates inclusive, with the exception of warrants drawn on the swamp land fund, and that all such warrants, properly endorsed, will be paid upon presentation at this office, interest on the same ceasing from and after, the date of this notice.

PHIL METSCHAN, State Treasurer.

15-7t

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