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**FOR CHOLERIC PEOPLE.**  
**A CHAPTER ON THE ADVANTAGES OF SERENITY.**

Uncontrolled Passion Opposed to Longevity of Life—Health of Mind and Body Co-Dependent—Facts for the Hot Blooded to Ponder Over.

Regarding the matter merely from the hygienic standpoint, effort can be expended for the attainment of few more valuable possessions than a calm and even temperament. Such a temperament does not rush to extremes; it is not swept by whirlwinds of feeling; under almost any circumstances it secures content. Few things can present a more insurmountable barrier, not only to mental ills, but even to physical ailments and infirmities, or yield a better grounded hope of longevity.

Sir Isaac Newton, for instance, led the placid and uneventful if toilsome existence of a student and brain worker. The serenity of his days seems only to have been disturbed by the controversy with Leibnitz regarding the invention of the calculus, and the quarrel with Flamsteed, the astronomer royal. How great his equanimity was—in other words, how thoroughly reason was the controlling element in his composition, to the subjection of the passions—appears in the well known story with regard to his dog Diamond. And what was the result? His health was vigorous and remained unimpaired to within a few years of his death. He lost but one tooth in all his life. He never wore glasses. He never grew bald, and he lived to the ripe old age of 85 years. John Milton, again, lived in troubled times, in which he bore his full part. He was given, too, to polemical writing, which is apt to excite warm feeling. Yet in his personal habits he was austere and grave, holding himself sternly aloof from the profigate rabble around him, and inflexibly steadfast amidst domestic infelicity, obloquy and misfortune. He could scarcely be called a hot blooded man, and, after a life whose sole physical affliction was the loss of his eyesight, he died at the age of 66.

**OTHER NOTABLE INSTANCES.**  
Contrast with his the brief career of another famous English poet, Lord Byron. Torn as he was by every passion, and the victim of that most wearing emotion, chronic hate, a spirit that furnished the arena in quick succession for the most intense and extreme revulsions of feeling allowed its possessor an earthly existence of but thirty-six short years. Our own calm Emerson, than whom, probably, no man that ever lived was less the prey of gusts of feeling, reached the age of 70. Edgar Poe, who was a sort of emotional shuttlecock, was miserable all his life, and died at 40. Edmund Kean, not only in his professional capacity, was an actor—and an actor is frequently obliged to feign the most vehement passions, which is commonly supposed to be the next worst thing to actually feeling them—but in his private life was a man of most erratic and fiery temperament. Kean himself was a stage for the drama of the passions, and the consequence was he was frequently ill, and survived but a few years beyond 40.

Passion has been not inaptly defined as any emotion of the soul which affects the body and is reflected by it. Such is the sympathy existing between the mind and the body, its moral feelings exercise a potent influence on the physical organs, while the latter in turn affect the former. The effect of mental emotions is manifested in the vital functions, and certain states of these functions serve in a like manner to awaken the different passions. The passions founded on pleasure seem to act as a universal stimulant to all vital action. Circulation is quickened, the blood distends the vessels of its system, the face brightens, the skin assumes a ruddy tint, the muscles grow stronger and invite activity. The whole body is reanimated—in short, every function responds to the vitalizing influence of the happy mood. As Haller says: "Love, hope and joy promote perspiration, quicken the pulse, promote circulation, increase the appetite and facilitate the cure of diseases." While joy and kindred emotions thus contribute to health by inducing a more active performance of all the vital functions, as with all other stimulants, the pleasurable feelings become painful if the bounds of moderation are exceeded.

On the nervous system the effect of the painful emotions is manifested by depression, derangement and, possibly, destruction of the vital energies. The same agencies influence the various secretions by increasing, diminishing or vitiating them. When the mind is severely and unpleasantly agitated, dryness of the mouth testifies to the suppression of the salivary secretion. This is proved "by the well known test, often resorted to in India for the discovery of a thief among the servants of a family, that of compelling all the parties to hold a certain quantity of rice in the mouth during a few minutes, the offender being generally distinguished by the comparative dryness of his mouthful."

**PHYSIOLOGICAL EFFECTS.**  
Under the influence of disturbing passions certain secretions become corrupted and even acquire poisonous properties. It is a known fact that the bite of an animal goaded to desperation heals less rapidly, and is attended with greater inflammation than one administered when the system is uninfluenced by the excited passion. Great mental disturbance in the mother diminishes or vitiates the secretion of her milk, and it becomes hurtful to the nursing child. The contrast between the physiological effects of the pleasurable and painful emotions, and their influence upon health, are obvious to all. In the faces of the happy and confident is seen the bright glow of natural vigor, while the drawn, careworn and pallid features of the sad and despondent testify to inward suffering.

In habitual irritability or fretfulness of temper, hatred, revenge, envy and jealousy, and, in fact, in all dispositions of the mind characterized by bitter feelings toward others, a measure of anger is almost necessarily blended. The effect upon the bodily health of the mind harassed by passions of this nature is to propagate derangements and infirmities. The appetite lessens, digestion is impaired, and then follow other functional disorders. The nervous system suffers from continued metal irritability, and hysteria, headache, and other painful affections often owe their origin to this prejudicial influence. Physicians well know that when the system is laboring under disease a temper amiable and tranquil under the little ills and crosses of life encourages recovery, while one easily inflamed by the base passions obstructs it.

While the malevolent feelings with which anger is blended are the promptings of an ill-conditioned mind or uncontrolled temper aroused by external influences, they may be excited by unhealthy states of the organs, and thus originate within the body. In certain functional disturbances and diseased conditions, the mind sometimes becomes disturbed, and the disposition peevish and irritable. Persons naturally amiable and patient under outward annoyances will often become sulky and fretful when attacked with bodily infirmities. Disturbances of the stomach, liver or other important organs are thus active in perverting reason, and in rendering the disposition suspicious, peevish and morose. —Boston Herald.

**TWEET, SWEET.**

We rambled through the meadows green,  
Like children at their play,  
He told me of the wonders seen  
In distant lands away;  
I asked the news as longer grew  
The stories he would tell—  
I found him good, I proved him true—  
How could I love too well?

"Tweet, Sweet," from the apple tree,  
A little bird sang to him and me.  
We gathered flowers in the lane,  
For 'twas the month of May,  
And one year hence he'd come again—  
'Twould be our wedding day,  
Oh! sweetly did the hours fly,  
And happy was my heart,  
He told me "after this good by  
We never more shall part."

"Tweet, Sweet," from shrub and tree,  
The little birds sang for him and me.  
The east wind rose, the sails were spread,  
His ship moved out to sea;  
My sailor boy climbed the mast head  
And threw a kiss to me.  
'Tis twenty years ago since then,  
And once again 'tis May;  
The sun shines bright, the flowers bloom—  
My tresses all are gray.

"Tweet, Sweet," sing the birds in trees,  
But never my love came back to me.

**Deaths from Lead Poisoning.**

In the list of deaths from poisoning in Great Britain—511 in a single year—ninety-five, or over one-sixth, were caused by lead. The people of all civilized countries are in need of special caution concerning the use of lead. Lead pipes, lead faucets, lead solder, and in many other forms, lead is a subtle and terrible danger. Thousands suffer from lead poisoning who do not die thereby. It should never be used, when by corrosion it can become an element in food or drink. The symptoms are so easily laid to other causes that it can do serious mischief before its presence is suspected. Its use in red precipitate as a solder on pipes is especially dangerous. Next to lead, the cases of poison most numerous were from opium, then from carbolic acid. Belladonna and alcohol, acetone, chlorodyne and hydrochloric acid follow. In the list with nearly equal number. For suicidal purposes carbolic acid was used in forty-two cases, morphine, opium and landanum in forty-one. The fashion in suicide is very variable. —Globe-Democrat.

**A Peculiar Love Charm.**

In the south of France they make a very peculiar love charm in a very peculiar way. Under certain ceremonies which I do not understand very well the young woman catches and boxes up a frog in a box with a lot of little holes bored in the wood. The casket is then buried in an ant hill and left there for two weeks. The ants of course attack the prisoner and eat up all his flesh, and all that is left is the creature's bones. Among these is a shield shaped bone about as large as one's thumb nail, upon one end of which is a little hook. The girl takes this bone and has it blessed surreptitiously by the priest without his knowledge—that is, she exposes it during the benediction at the mass—and then she looks it on the clothing of her sweetheart that is to be. I was gravely assured that the charm, when properly prepared with all due ceremony and care, had never been known to fail. —Chicago News.

**Copy for the Editor.**

Most editors dislike pencil copy. It is hard to read and bothers desk editor and compositors alike. News paper—paper like that on which newspapers are printed—should never be used for anything but newspaper copy. If it is used, the sheets should never be larger than commercial note size.

Editors may not complain of pencil copy, but they prefer pen and ink copy every time. Of course, if a writer has a regular and assured position, he may consult only his own convenience and disregard the wishes of those who handle his copy; but if he is sending his matter to an uncertain market the writer and his publisher he makes it, the more likely it is to sell. —W. H. H. in The Writer.

**Manufacture of Chinese Cash.**

A large number are engaged in molding, casting and finishing the "cash" used as coin all over China—Mexican dollars and Sycee silver being used in large transactions. The cash are made from an alloy of copper and zinc, nearly the same as the well known Muntz metal; and it takes about 1,000 of them to answer as change for a dollar, so minute and low do prices run in this country, of which I will give one instance. The fare for crossing the ferry on the Peiho was only two cash, or one-fifth of a cent. —Scientific American.

**What Are Woods For?**

"The hardest question I ever had to answer," said a gentleman who had just come down from the Thousand Islands, "was put by my little boy while the train was passing through a small strip of woods. 'Papa,' he shouted, the roaring of the train making it difficult to hear, 'are there any lions an' tigers an' bears in these woods?' 'No,' I said. 'Well, if there ain't no lions an' tigers an' bears in woods,' he shrieked above the din, 'what do they have woods for?' —Utica Observer.

**The Mouse and the Sage.**

Once upon a time a Mouse went to a Sage and said:  
"Tell me, O Wise Man, a Remedy for my Trouble. I am so small that people look upon me with contempt."  
"Be content, O Mouse," was the reply of the Sage, after Reflection. "If your size was increased ten fold men would simply shout 'Rats!' at you."  
Moral.—There are worse Corns than those which come to us. —Detroit Free Press.

**Russia's Cotton Imports.**

Russia imports annually 300,000,000 pounds of cotton, chiefly from America and Egypt, but it is believed that recent acquisitions of the czar in central Asia are excellently adapted for cotton raising. Some has already been grown at Khiva and Bokhara, and an extensive system of irrigation is being created to develop other land for this crop. —New York Sun.

**On Independence Day.**

A correspondent writes me regretting that I was not in San Francisco on Independence day. I am sorry to have disappointed him, but I always go out of town as far as possible on that audible anniversary. The day is known to me as the Glorious Go Forth. —San Francisco Examiner.

**A Large Minority.**

Visitor (to wife of recent candidate)—Al though your husband was defeated, Mrs. Hendricks, I suppose his minority was a large one?  
Mrs. Hendricks—Oh, my, yes; I heard John say that it was nearly unanimous. —New York Sun.

**CHINESE LAUNDRYMEN.**

**WONG CHIN FOO TELLS OF THE BUSINESS IN NEW YORK.**

The Almond Eved Journalist Shows How His Countrymen Are Set Up Financially. The Mysteries of the "Whey" or Syndicate—The Laundrymen's Law.

The question has frequently been asked by Americans, "Do these Chinamen wash clothes in China? How is it that nearly all who come here enter the laundry business? Do they love it?" No, they do not love it any more than any other kind of labor. They did not even know what the "Mellean man's" shirt looked like, much less how to dress one, before they came to America. Laundry work in China is invariably done by women, and when a man steps into a woman's occupation he loses his social standing.

They become laundrymen here simply because there is no other occupation by which they can make money as surely and quickly. The prejudice against the race has much to do with it. They are fine cooks, neat and faithful servants, and above all, very skillful mechanics at any trade they have a mind to try. In the western states, where their value is better understood, they are used in as many different positions as any other foreigners, and the laundry business is occupied only by those who fail to find other employment.

**NO OTHER ALTERNATIVE.**  
But here in New York as yet there is no other alternative. Many an able minded man as well as skillful mechanic who came to America to better his condition may be found wielding the polishing iron in a New York Chinese laundry. It takes from seventy-five dollars to two hundred dollars to start one of these Chinese wash houses, and the way most of these laundries are started would give valuable tips even to an American Wall street deacon. The main expenditure in a Chinese laundry is a stove and a trough for washing, and partitions for dry room and sleeping apartment, and a sign.

As a rule it requires \$100 to open a laundry in New York. But this amount is a fortune to a newly arrived Chinaman, and unless he starts immediately into the laundry business, he would become a burden to some of his friends. The Chinese immigrant, unlike his European compatriots, never comes here unless he is safely surrounded by friends or relatives upon his arrival. These immediately initiate him into the mysteries of the laundry business. In some friendly laundry the newcomer is placed under a six months' apprenticeship, beginning at the wash tub, until he reaches the ironing table, and lastly the polishing board. These apprentices begin with \$3 per week and board, and a gradual addition of \$1 per week after the first month, until they are able to take charge of a laundry themselves. Then if he has money he hires a place and hangs out his sign. If not, he goes to one or two friends, and they will call a "whey" or syndicate for his benefit in the following manner.

**MYSTERIES OF THE "WHEY."**  
Suppose I have an established laundry, and want to borrow \$200 at a certain per centum premium, but I cannot find any one Chinaman who is able to loan me the amount. I put up a notice in Mott street that upon such and such a day I wish to make a "whey" of twenty men, who all are supposed to be situated like myself, each wanting to borrow \$200. When we twenty borrowers all come together we each put down \$10. Then each one secretly writes upon a slip of paper the amount of interest he is willing to give to get the \$200. These slips are carefully sealed and thrown into a bowl. At a given time they are opened, and to the highest bidder goes the \$200, less the interest, which is invariably deducted immediately from the principal.

Frequently as high as \$4 is offered for the use of \$10 for a single month. In such cases each of the nineteen other borrowers gives to the lucky one only \$9 apiece for the \$10 apiece which they make him pay the next month. Then the next highest bidder gets the \$200, less the interest he offered, and so on, until the entire twenty, at twenty different times, have obtained the use of this \$200; but the one that comes the last, having offered the least interest of them all, reaps the harvest of the "whey." This method is adopted by most Chinese laundrymen in New York and other large cities to open new laundries. It partakes of the gaming flavor which is captivating to every true Celestial.

No Chinaman can transfer his place of business into the hands of another, without at least thirty days' notice in "Chinatown," on Mott street, and the buyer is not required to pay him more than half of the purchase money until the legal thirty days are past. This is the laundrymen's law, made four years ago in this city, to prevent a laundryman from absconding from his creditors. Upon the completion of the thirty days creditors and debtors must meet at the transferred laundry, and when all of the old debts are liquidated a clear title of the laundry is given to the new owner. —Wong Chin Foo in The Cosmopolitan.

**The Hotel Register Must Go.**

The register at some of the fashionable hotels will soon be among the unused if not among the forgotten things. There is a movement on foot to abolish it entirely, and sooner or later, like a good many other things, it will have to go. People are busier now than they used to be, or else they are lazier. Formerly hotel guests registered their names and the places from which they came with a good deal of accuracy and attention. Now most of the public men and generally all lady travelers decline to allow their names to appear on the book at all. They simply give their names and places of residence to the clerk, who notes the same and sticks the little card containing the information in the office rack. The real object of the register was to accommodate the outsider any way, and even in this respect has fallen into disuse. The stranger comes in looking for a friend and consults the book, and nine times out of ten if he does not find the name on the register he turns and asks the clerk if the person he seeks is stopping in the house. This is a fast age, and the register seems to be in the way now on the hotel desk. —New York Graphic.

**Advice from a Professional.**

Speaking in a general manner of stage art, he said: "Overcome your nervousness as soon as you can, and get full and easy control of your movements. Above all things, don't lose control of your voice; speak clearly but not unnaturally loud, and throw your phrases and sentences as you would a pack of cards, cleanly and deliberately. Never turn your back to the audience, and don't be afraid to let them see your face." —New York World Interview.

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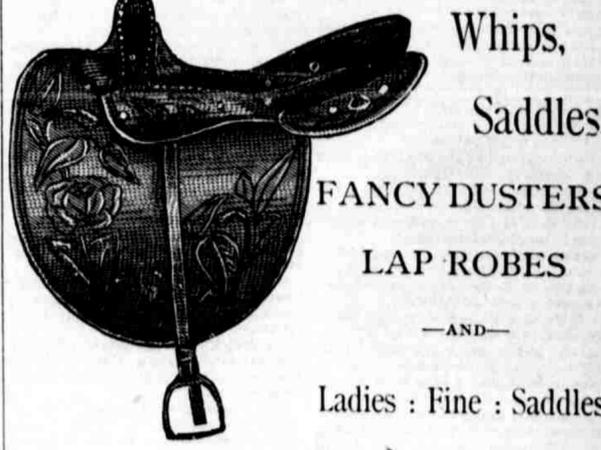
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