

Good Blood!

Your heart beats over one hundred thousand times each day. One hundred thousand supplies of good or bad blood to your brain.

Which is it? If bad, impure blood, then your brain aches. You are troubled with drowsiness yet cannot sleep. You are as tired in the morning as at night. You have no nerve power. Your food does you but little good.

Stimulants, tonics, headache powders, cannot cure you; but



will. It makes the liver, kidneys, skin and bowels perform their proper work. It removes all impurities from the blood. And it makes the blood rich in its life-giving properties.

To Hasten Recovery.

You will be more rapidly cured if you will take a laxative dose of Ayer's pills each night. They arouse the sluggish liver and thus cure biliousness.

Write to our Doctors.

We have the exclusive services of some of the most eminent physicians in the United States. Write freely all particulars in your case. Address, DR. J. C. AYER, Lowell, Mass.

THE COLUMBIAN. BLOOMSBURG, PA.

J. S. Williams & Son, BLOOMSBURG, PA. Public Sale Criers and General Auctioneers.

Fifteen years experience. Satisfaction guaranteed. Best returns of any sale criers in this section of the State. Write for terms and dates. For disapproval our patrons.

From the Far-away, Philippine Islands A Columbia County Boy, Serving Beneath His Country's Starry Flag. Writes Home to His Parents.

BIG BEND, NEAR BACOCK, P. I. Jan. 4, 1900.

DEAR PARENTS, Your long looked for letter arrived in camp to-day and was very glad to hear from you all. It has been a little over three months since hearing from you, longer than ever before. The way the boys rush at the sound of the mail wagon, makes one think of a midnight charge of the caribou.

It did not surprise me to hear of Mr. Jacoby being very ill, for he was bad when I saw him last. You mentioned something about a snow storm. Well we have no snow balls here, not even a chill, except malaria. At this writing my pard and I are very comfortably situated in our "bahi" or shack. He is one of those good natured boys who makes one laugh at a glimpse. He is now figuring on how long it will take him to walk to N. Y. via of the north pole. Perhaps this letter will be very much disconnected, but you must blame him. Our dinner just over, after which we always have an hour to loaf. It was a lovely meal. A sort of mixture, one lad said it was surely not "Dukes" for it had not near so good a flavor. Still my health is very good and my appetite still stays with me. My continual contact with bananas, oranges, chicos, and fish seems to have a very beneficial effect for I weigh more than ever. Company G. is just across the river from us. G. company is the one comrade Stiner of Bloom is in. He is enjoying soldiering real well and looks very healthy. He says he is feeling very much domesticated. Mr. Coonie Girton of Bloom, requested me to let him know something about Chas. Well he must be on the north line for I can find nothing out about him here, perhaps he will hear from him long before you get this.

Still life here is very uncertain. Yesterday Co. C. found one of its members murdered. He had a great number of bold cuts on his head and body. A bolo is similar to a corn knife.

Last eve we were reinforced by the 38 Reg't. who had just landed. In the early morning shots were fired by them. Orders came immediately to fall in, which we did very quickly, all of us expecting to have a real good fight. We did not. After all became calm and daylight appeared the dead and wounded

were collected as follows: Two water-buffalos, three dogs and one private of A. company. He fell in a well and got too much salt water in his throat. That is just about the extent of these battles. Perhaps something about the habits of these natives will interest you. They are all very fond of fish and rice as a food. It seems to be about all they eat. Yet on New Year's day a great many had 'roasted hog.' It amused me to see them roast it. After dressing (which is done just as done in the States) it was placed on a long bamboo pole and put up on two forked sticks, a slow fire in under and several natives at each end of the pole, which they turned continually until the hog was nice and brown. Then came the division. One old lady who seemed more poor than the rest was allowed to carry off the ears. One party had the inner portion in a bowl. It had been boiled over another fire. This was used as a dressing. Well all seemed to be well pleased. These people all eat out of the same bowl and with their fingers. About dress. All seem to be very particular about the cleanliness of their clothes. Some wear very fine silk. Ladies wear a skirt which they fasten about the waist with a draw string or twist tight and tuck under. Each lady wears a waist with very short and large sleeves and very low in the neck. These waists are very short and do not reach the skirt by four inches. It is no wonder they get tanned by the sun. Men wear white duck pants and a thin gauze shirt on Sunday, but no shirt through the week. Little children go without any. All wear wooden sandals. Xmas day was a great day among them. The native band at Las Penas headed the procession. Their banners were made of bamboo and tissue paper. All designs represented some animal or a star. At the church mass was held and it was beautifully decorated. The great pipe organ was played by the priest and it is a sweet toned instrument. The members made it from bamboo. These funerals are quite odd. The corpse reposes on a cradle-shaped litter and is carried on the shoulders of four natives. The procession consists of three men and three children in the lead, each carry flags and banners. Two of the little boys continually ring bells at the cemetery. If the relatives cannot afford a vault, they must bury in the ground. Each grave is dug very shallow. Those who use vaults pay a yearly rent. If not paid promptly they drag out the corpse, and toss it in a corner provided for the purpose. These piles are not inviting, or sweet to gaze upon. On New Year's night some one put a candle in a skull and set it under the sergeant's bunk. Well, it looked fierce, and I got one day in the guard house. It was something that I did not do, but I don't care. It was the first time in the mill for me. Kind or makes me proud, for a man is not a true soldier until he has been in the guard tent.

Our camp is situated on the bank of the Imus river, and we go swimming daily. This is very much like harvest time. Drill call will sound soon, will finish later. Drill over and supper also. Nothing now but sleep until morn, except a scrap with mosquitoes and lizards. One centipede came in our tent the other evening we went out. After a good chase we killed it. No one seems to like their presence. Tarantulas and scorpions are quite plentiful, and snakes galore, but the most numerous are ants—ants of all varieties. Some are white. These white ants secrete an acid, which eats through tin and glass. Lizards are very plenty, and one kind over a foot long. Those are the ones which seem to like our beds. Almost every evening we hear a piercing shriek. We know the rest—soldier and lizard both in one tent.

By the way, mother, a very funny plant or vine grows here. As quick as it is touched it closes very quick, and the leaf falls down about the stem. We call it "Touch me Not." Enclosed find some seed. Plant in sandy loam and don't water too often. Hope it grows, as it will add to your varied collection. Also some seeds of the miniature morning glory. But this is not a land of flowers, not near so much as Olan, the island that Honolulu is on. Guess I told you all I could about those places. Must close, as we go in a like soon and must get ready. Expect to go to Manila on a pass next week; will send you some curios from there. My hopes are that you all remain well until my return. Give my respects to all, and my love to you all. I remain, Your loving son,

W. E. AMMERMAN, Co. D., U. S. V. I., P. Islands.

The writer is a son of Mr. and Mrs. J. B. Ammerman, of Light-street.

A Letter from One of the Boys of Col. Co.

Now in San Francisco—But Formerly from Evers Grove.

SAN FRANCISCO, JAN. 23, 1900. DEAR MOTHER AND ALL:—

I took a most interesting trip last Sunday, and it may be interesting to you for me to write about it. It was a trip to the top of Mount Tamalpais (Mt. Tim-el-pias). I will here-with enclose a little advertising sheet, which may serve to your better understanding of what I am going to relate. This mountain is not so high (only 2500 feet above sea level), but still it's above the clouds, and is the first time in my life that I have been above the clouds, so that to look in on them seems like an immense snow covered plane. My, but it is an inspiring sight. I had no idea it was so interesting a trip, or I would have taken it long ago.

The cost of fare, as you will observe, is only \$1.40 for the round trip. I started at 10 a. m. and arrived at the top a little past noon. We took a ferry boat at the foot of Market street, S. F., and went to Sausalito (Sans-a-leeto). It was cold or chilly in city and cloudy or foggy at Sausalito; took a train to Mill Valley, and there we changed cars to the Mountain R. R., which was a train of two coaches, open coaches, except one-half of one of them closed with large windows, so as to not obstruct the view. The engine is behind the coaches, so as to push them instead of pulling. The grade is so steep that an ordinary engine could not run, so these engines are worked by cog wheels, which work in the driving wheels—a funny looking engine.

After leaving Mill Valley we pass a number of groves of the celebrated California Red wood trees, the first that I have seen. They resemble the hemlock trees, only taller and more slender, and not so many branches, and the branches are rather small, quite small, compared with some hemlock, and every tree, large or small, is as straight as an arrow. The foliage is not so thick as the hemlock, coarser. There were none of the very large trees, either. I saw one about four feet thick, but you can't find one that has the least crook in it. The Madrones trees are not large, but strange looking, some of the largest a foot thick, and a smooth, yellowish green bark. This bark is as smooth as a person's skin, and the leaves are something like laurel leaves, only not so long and broader, with a waxy lustre. What they call laurel here is nothing like Pennsylvania laurel, for it's a tree sometimes 100 feet high and over a foot thick—an odd and pretty tree to eastern folks. The oaks are rather scrubby and look like big apple trees there, and the leaves look much like apple leaves, only not quite so large. A stranger would hardly suspect them of being oaks. There is lots of peculiar underbrush, some that remind one of huckleberry bushes, but they are not. Lots of ferns, that grow one stem out of the ground and branches off to a number of ferns, like you find there growing singly. There is also lots of Manzanita, which is nearest to Pennsylvania common laurel, yet the leaves are far different, but the wood is about as crooked as Pennsylvania laurel, and the bark is a glossy chestnut brown, and as smooth as a person's skin. They make odd canes—canes that look as if they were painted and varnished when dry. Manzanita is a Spanish word, meaning little apples, and strange to say, in the fall they are full of little apples, looking much like the little wild crabapples there. They are now in blossom, but not so many blossoms as the laurel there. These blossoms look more like the trailing arbutus flower, and in little bunches. This map shows this mountain road

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.



The kidneys are your blood purifiers, they filter out the waste or impurities in the blood. If they are sick or out of their work, Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble, because the heart is over-working in pumping thick, kidney-poisoned blood through veins and arteries.

It used to be considered that only urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

I. W. Hartman & Son.

13 1/2c. Feb. 8 to 13, Inclusive. 13 1/2c. Not Before or After. ONE WEEK. The time to buy a bargain is ONE WEEK. when bargains are to be had.

We sell at a smaller profit, that we may increase the volume of our business. We prefer to sell three of these articles at 13 1/2c each, to selling one article at 19c.

Our 13 1/2c. Sale. Dull times don't decrease our trade, because we decrease our prices. Our 13 1/2c. Sale.

19c dress goods, yard.....	13 1/2c	20c children's slipper soles for.....	13 1/2c	19c leather belts for.....	13 1/2c
18c dress gimp, yard.....	13 1/2c	19c children's hose for.....	13 1/2c	19c fancy ribbon for.....	13 1/2c
18c jet trimming, yard.....	13 1/2c	19c mittens for.....	13 1/2c	19c ladies' ribbed drawers for.....	13 1/2c
15c checks and stripe white goods yd	13 1/2c	19c children's gloves for.....	13 1/2c	19c ladies' ribbed shirts for.....	13 1/2c
19c doilies for.....	13 1/2c	19c ladies' gloves for.....	13 1/2c	15c side combs for.....	13 1/2c
19c boys' ties for.....	13 1/2c	19c ladies' handkerchiefs for.....	13 1/2c	15c complexion powder for.....	13 1/2c
19c pocket books for.....	13 1/2c	19c belt buckles for.....	13 1/2c	15c cologne for.....	13 1/2c
19c satin neckties for.....	13 1/2c	19c shirt waist sets for.....	13 1/2c	15c talcum powder for.....	13 1/2c
15c-3-5c balls knitting silk for.....	13 1/2c	19c tooth brush for.....	13 1/2c	15c-3 boxes 5c talcum powder for.....	13 1/2c

Buy one item or more. Don't you see the saving?

I. W. Hartman & Son, Bloomsburg, Pa.

to be very crooked, but, my goodness, the map doesn't show one-tenth of the curves, and such sharp curves that as I sat in the second coach (in center), half of the first coach would be out of sight around the curves many times before the front end of second coach could come to the curve at a' and if we would ever run off the track and go down the side of that mountain there would be nothing left to show but match sticks and grease spots, but they don't go very fast so that there is no danger. When we look way down below the train and see where we passed and then look way up at some places and see where we are to go one thinks can it be possible? One place we looked up and saw the hotel above not very far but then we were only half way over the road. The pictures will give you some idea, but poor idea, of the zig-zag way we went. When we left Mill Valley it was chilly and some more fog, but as we went up the fog cloud became thicker and thicker, so that often we could not see a 100 yards, and as we went through these clouds it became colder and colder, so that all the passengers were furnished with heavy wool lap robes like when you go sleighing. I had no overcoat so I got mighty cold and went in the enclosed part of car, and wrapped up in a robe. As we got near the top the fog was thinner and thinner until once in while the sun would shine through them a little, but when we got to the top there we found nothing but sun shine and a lovely day, really too hot to sit in the sun. I could hardly believe my own eyes and feeling. So cold coming through the clouds and so warm above the clouds. Sometimes these clouds would come up to within a couple hundred yards of the top then gradually recede again. My, it was a lovely sight. Looking off in every direction we could see nothing but clouds below, but not a cloud above us. Below was sea of clouds as far as we could see, which looked like a great plane as far as could see covered with beautiful white snow, with occasional snow drifts. It was so white that it dazzled my eyes something like when we look at snow when the sun shines on it. Mt. Diablo poked its peak out of the clouds and looked like an island in this white sea.

I lounged around the hotel and the government weather station which is all there on top until 4 P. M. and arrived in city again at 6 P. M. The Gov. weather signal station there is quite a thing with a man in charge all the time with all kinds of instruments to note how fast the wind blows. Barometer, Thermometer tests, etc. There are some days when this cloud ocean is not present, then one can see over Frisco, The Golden Gate and the Pacific ocean and even to the Sierra Nevada mountains 175 miles away. They say there are hardly 2 days in the year that the scene is exactly the same. If it rains in Frisco then it rains on this mountain for the rain clouds usually go above its top. During the winter months these clouds or tide fog comes from the land but during the summer they come from the ocean through the Golden Gate. The air line distance from Frisco to the top is only about 13 miles. The air line distance from Mill Valley to the top is only 3 miles, yet the R. R. has to travel 8 miles to get to the top.

The burr on the redwood tree is very much like that on the hemlock a trifle larger and a trifle coarser, but very little.

Seems cold to me this evening, yet the parks and lawns are full of Calla lilies in full bloom, why these lilies are planted like hedge rows and every bulb has a beautiful flower. At the Cliff House I see pansies and roses and other flowers blooming in the open flower beds. Good night.

H. C. OHL.

The bread which received the first and second premiums at the Columbia county fair in 1898 and 1899 was baked from the Leader flour manufactured by Ikeler & Fleckenstine.

Hennessy-Barrett.

The wedding of Miss Catharine Barrett, of this city, and Mr. John Hennessy, a prominent young business man of Bloomsburg, was solemnized in St. Joseph's Catholic church at 8 o'clock Tuesday morning. The ceremony was performed by Rev. M. I. O'Reilly, priest of that church, in the presence of the families of the contracting parties and a large number of friends. Miss Annie Martin of this city attended the bride and Mr. Thomas Hennessy, of Bloomsburg, brother of the groom acted in the capacity of best man. The bride wore a dark blue traveling gown with a Gainsboro hat and the groom the conventional black. After the ceremony a wedding breakfast was served at the home of the bride's mother, Mrs. Margaret Barrett, 545 Railroad Street, of which some forty guests partook. The repast disposed of, the bride and groom were driven to the Penn'a station where they boarded the 12:38 train for Philadelphia and Washington. On their return they will take up their residence in Bloomsburg. Among the guests from a distance who attended were Mr. and Mrs. Thomas Gorrey, Miss Elizabeth Gorrey, Miss Katherine Hennessy, Mr. M. I. Hennessy, of Bloomsburg and Miss Maggie Barrett of Florida. —Danville Sun.

Ground-Hog Saw Shadow.

Known to church people as Candlemas Day, Feb. 2, is known to the world as "ground-hog day," famous for its weather prognostications. A fine Candlemas Day predicts a succession of foul ones, while the stormy or cloudy Candlemas promises an early and bright spring, with summer to match.

We probably owe our little superstition about the ground-hog on this day to our early German settlers, they, no doubt, have brought it over with them from the fatherland. An old proverbial expression in German has it that "the badger peeps out of his hole on Candlemas Day, and when he finds snow walks abroad; if he sees the sun shining he draws back into his hole." As the badger is comparatively unknown with us east of the Mississippi the mantel fell upon the woodchuck, or ground hog. Farmers of the Middle States call this day "ground-hog day" almost exclusively. They watch to see if Mr. Ground-hog can see his shadow—that is, if the sun is shining—Candlemas Day, when he is said to emerge from his hibernating slumbers, and believe that if he does six weeks more cold weather is to come; but if it is gray and cloudy and he cannot see his shadow the winter is over.

The ground-hog saw his shadow Friday, so six weeks of cold weather is likely to ensue—if the sign doesn't fail. And it has been known to mislead as often as it has connected.

MUSICAL COLLEGE.

The Musical College, Freeburg, Snyder county, Pa., is recognized as one of the foremost schools of music. \$33 will pay for six weeks, instructions and board. Spring term will begin May 7. For catalogue address.

HENRY B. MOYER, Director.

Hotel For Rent.

The Park Hotel, at Towanda, Pa., is for rent. Possession given April 1st, 1900. Located in the heart of the town, opposite Court House. For terms, apply to Geo. E. Elwell, Bloomsburg, Pa., or E. W. Elwell, Towanda, Pa.

S. K. Bidleman is prepared to show new patterns of wall paper for 1900, at the lowest prices. He has the agency for the only wall paper factory that is not included in the Trust.

For Rent.

Proctor Inn, well furnished, from Feb. 1st 1900. Rent cheap. Apply to G. E. Elwell or A. L. Fritz, Bloomsburg, Pa.

PHOTOGRAPHS

We attribute our success to the making of Fine Photographs. Pictures that are both pleasing and durable.

SCOTT'S EMULSION

to the baby's food three or four times a day. The gain will begin the very first day you give it. It seems to correct the digestion and gets the baby started right again. If the baby is nursing but does not thrive, then the mother should take the emulsion. It will have a good effect both upon the mother and child. Twenty-five years proves this fact.

SCOTT & BOWNE, Chemists, New York.

