wget http://kernel.ubuntu.com/~kernel-ppa/mainline/v3.9-raring/linux-headers-3.9.0-030900-generic_3.9.0-030900.201304291257_i386.deb
wget http://kernel.ubuntu.com/~kernel-ppa/mainline/v3.9-raring/linux-headers-3.9.0-030900-generic_3.9.0-030900.201304291257_all.deb
wget http://kernel.ubuntu.com/~kernel-ppa/mainline/v3.9-raring/linux-image-3.9.0-030900-generic_3.9.0-030900.201304291257_i386.deb

sudo dpkg -i *.deb
sudo update-grub

uname -a ---- to check the name of the host
lsb_release -a ----- checks the OS version