THE DEMOCRATIC WATCHMAN.

BELLEFONTE JULY 23, 1859.

LOCAL AND PERSONAL.

EXERCISE AND HEALTH.—It is an every day remark abroad that Americans owe their sallow complexion to the climate.—There is doubtless some truth in the assertion. But the truth is less than is generally supposed. That a comparatively equable temperature, a moist atmosphere, and the absence of sultry heats exercise an influence on the complexion, the example of England conclusively shows. And that similar effects of climate often become hereditary characteristics the light skins of the northern races and the tawny ones of those living under the tropics, establish as fully. Nevertheless we must be careful not to exaggerate this influence, as those do who attribute the sallowness of Americans entirely to climate. The truth is that habits of life have more to do with the complexion than the height of the thermometer, the absence of moisture in the atmosphere, or the power of the sun. A man with a diseased liver cannot help being yellow. A woman who rises at daybreak to milk the cows finds it impossible to keep the sickly check, which fashion and folly in great cities, absurdly unite to call delicate and lady like. It is want of exercise, of fresh air, and of attention to saving which makes our men sallow and our women pale. To sit all day in close rooms, to cower over a hot fire, or to lounge on a sofa reading novels, is but a poor cosmetic, and a worse medicine. Even plants wither when excluded from light and air.—A walk at early morning, or a breezy ride, would make our daughters more beautiful, and our wives more healthy.

Invariably if a woman has a brilliant color in this country, she either comes from the rural districts, or takes an unusual amount of exercise in the open air. Even where American belles have been celebrated for their bloom in youth, they have often become sallow before thirty simply because they fall into the ordinary indolent habit of their sex.

Sallow, dyspeptic women cannot but have sons with a proclivity increasing in every generation, to be sallow and dyspeptic men. Such boys, if bred in cities get comparatively little fresh air; and usually, in after life, still less exercise. Such as are put to active mechanical pursuits are an exception to the rule; and such, we find more universally, are freshest in looks and best in health. But those who are made merchants or professional men, or who follow sedentary pursuits, generally over work the nervous system, to the injury of the physical. Is it a wonder that such become melancholy, yellow valetudinarians, before they have reached middle age? Or that they leave descendants with increased proclivities to dyspepsia and sallowness?

Neither men nor communities can violate the laws of life with impunity. Those who do not eat temperately, seek fresh air and take daily exercise, must inevitably pay the penalty of a disordered liver, an impaired digestion, or a colorless cheek of the hall combined. To preserve the health of our men and the beauty of our women, there is more need to prescribe out of door exercise than calomel and Jalap.

BOOKS.—We have our share of this generation of the *genus homo* in Baltimore and have one class of the creatures of which we hear complaint in common with another it is the editor of a paper. A contemporary says, the latter is generally a person of great pretensions, he knows it all, and then persists in telling it to you, time and time again. He expects you to listen patiently, and say nothing except you agree with him. He is seldom in a hurry, and never takes a hint. You may tell him that you will see *him again, that* you are going after the doctor, that your wife is sick, that the devil is waiting for you, or what you will, the bores does not believe you, and you must sit and hear it, you must have that pain which is the value of an ass," that trots by with his burden and is quiet; like the Aztec King you must smile while you are stretched on burning coals.

POISONING CASE.—We learn from the Juniata county papers that Mrs. Jacob Deaves, residing in Patterson, in that county, and Mr. Dickinson and lady, of Centre county visitors of the former, were suddenly taken on the 5th inst., after having partaken of a cake. The symptoms were those of virulent poison. A physician was called to and from the symptoms and circumstances concluded that the cake contained arsenic, and that it had been used in mistake for cream tartar. The antidote for arsenic was administered and they are now convalescing. The cake has since been analyzed by the Dr. and found to contain a large quantity of arsenic. The cake was originally intended to be served up at a pic nic on the 4th, but providentially the owner was prevented from attending, and thereby a number of lives, in all probability, were saved, as it would have been impossible to have afforded medical aid to all who would have partaken of it had it been so served up.

LOST HIS HEART.—The other evening, says an exchange, we met with a delirious inebriate who was distressed with the belief that his heart had dropped out and been devoured by a big black dog. The delusion probably springs from his consciousness of a horrible vacuum within, made there by the gnawing devil of whiskey. So methodical a hallucination deserves to be recorded for the edification of topers. As to the rotting and devouring of men's hearts metaphorically, that is, of their better natures, by fashionable guzzling and money grabbing, that is no hallucination, but is too common to excite remark. The pleasanter way of losing one's heart, so as to be ever finding it ridder, are things which the poets and preachers are paid to take care of.

BELLEFONTE CEMETERY.—On last Saturday a sale of the lots of the Bellefonte Cemetery took place. A number of people were on the ground and sales to a considerable amount were effected by public outcry.

THE WEATHER.—The past week has been charming summer weather throughout. We have had an occasional refreshing shower, but the skies have, for the most part been cloudless and serene, both day and night. We are in the full flush of the genial summer time.

"The summer sun looking
Upon a world so bright;
The dew upon each hasty blade,
The golden light, the depth of shade,
All seem as they were only made
To minister delight.

"From giant trees, strong branched
And all their veined leaves,
From little birds that madly sing,
From insects fluttering on the wing,
Aye, from the very meanest thing,
The spirit joy receives!"

With the summer time come the profuse array of flowers and the luscious wealth of fruits, the gorgeous richness of foliage, the luxuriant verdure of the field and meadow and garden, the song of birds and the hum of busy bee. Now all of these can be enjoyed to our heart's content, can be get always as we are, by only a few hours ramble or drive in the country. Our delightful environs were never looking more charmingly attractive than they are at this season.

EXACTLY SO.—We find the following in an exchange and consider it too true to be passed unnoticed and we copy it for the benefit of those interested.—"If business places where ladies make purchases want to kill custom they cannot devise a better method than to allow smokers and loafers to spend their time in their stores. As a general rule with few exceptions, dry goods men, shop and store keepers are unusually civil to customers and if more sure of their patronage would be equal to all and every call. Ladies, whether they smoke horizontally, perpendicularly, hold overhead, or dive into the pocket. Nothing will kill trade on sooner than this loafing system." We request the early practice.

How to prevent flies from getting in to keep upon the table is a question which should interest every housekeeper. Flies are a perfect nuisance, upon every man, woman and child, upon every meal, and with a poisoned soul, this outrage all your own, that a fly do desecrate the sweets of his goods, and rather go abroad for ware of this kind, than give him your custom. A few years will be sufficient experience to test the retrogressive principle.

PENCILLED PASSAGE.—In another column it will be seen that the Bellefonte Fencibles are ordered out for public parade on Saturday the 30th inst. We hope the company will have more favorable weather than it experienced on many occasions heretofore.

C. G. HUSTON, &c.—A large assortment of Clocks, Watches and Jewelry also kept constantly on hand at the store of Wm. J. Stem, Esq. on Allegheny street. Mr. S. is a good watchmaker, and deserves a liberal encouragement.

THE LOOKOUT.—Grass and Weeds.—Look out for the former, and the latter to cut for cattle. True as preaching.

VERY LITTLE.—Of a pile of bricks, how much does it cost? Very little. But the whole, good sense of things, may not be worth much in well doing.

WISTAR'S BALSAM OF WILD CHERRY.—This is one of the oldest and most popular remedies in use. It is a safe and reliable remedy for all the ills which flesh is heir to, and the high character it has always sustained for the cure of Coughs, Colds, and Consumption, is a sufficient guarantee that it will do all that is claimed for it.

Buy none unless the wrapper has the written signature of I. Butts as well as the printed name of the proprietor upon the wrapper.

SOLD BY
S. W. FOWLE & CO. PROPRIETORS,
BOSTON.

For sale by their agents everywhere, and by J. & J. Harris Bellefonte, Foster J. Gephart Milheim Gross & Yocum, Aaronsburg, Shem Spigelmyer, Hartleytown, C. J. Ryman, Milesburg, William Wolf Centre Hall.

DISSOLUTION OF PARTNERSHIP.

THE UNDERSIGNED respectfully give notice to the public that the firm trading in the name of Wm. A. Thomas, Jr. & Co., has been dissolved by mutual consent on the 11th inst. The books of the firm remain at the old stand and all persons knowing themselves indebted to the same, are respectfully requested to call and make settlement.

WM. A. THOMAS, Jr. & Co.

July 21, 1859.

PARTNERSHIP NOTICE.

THE SUBSCRIBERS have this 11th day of July, 1859 associated themselves as partners in the Mercantile, Grain, and Forwarding Business under the firm name of Thomas & Harris, at the store house *formerly occupied* by W. A. Thomas, Jr. & Co.

W. A. THOMAS, Jr.
JOS. D. HARRIS.

July 21, 1859.

ESTATE OF WENDALL BARTHOLOMEW, Late of Walker tp., Dec'd.

NOTICE IS HEREBY GIVEN that by virtue of a writ of Partition issued out of the Orphan's Court of Centre county an inquisition will be held on the real estate of Wendell Bartholomew, late of Walker township, dec'd., on Thursday the 11th day of August next, at 10 o'clock A. M., where and when all persons interested may attend if they see proper.

THOMAS M'COY, Sheriff's
Sheriff's Office, Bellefonte,
July 14, 1859.

Candidates for Office.

COUNTY COMMISSIONER.

MESSRS. EDITORS.—Please announce the name of JAMES KERR, of Howard township, as a candidate for County Commissioner at the ensuing election. Subject to the decision of the Democratic County Convention.

July 21-'59-tf. MANY DEMOCRATS.

COUNTY TREASURER.

MESSRS. EDITORS.—Please announce the name of SAMUEL HAUPT, Jr. of Millheim, as a candidate for County Treasurer, at the approaching election. Subject to the decision of the Democratic County Convention.

June 2, 1859. MANY DEMOCRATS.

COUNTY TREASURER.

WM. J. KEALSH announces himself as a candidate for the office of
COUNTY TREASURER,
at the approaching Election. Subject to the decision of the Democratic County Convention.

May 26 1859.

TO THE ELECTORS OF CENTRE CO.

FELLOW Citizens:—I offer myself to your consideration as a Candidate for
COUNTY TREASURER,
at the ensuing election. If elected I will endeavor to discharge the duties with fidelity. Subject of course to the decision of the Democratic County Convention.

May 12 1859. CHRISTIAN DERR.

TO THE ELECTORS OF CENTRE COUNTY.

FELLOW CITIZENS.—I offer myself to your consideration as a candidate for the office of
COUNTY TREASURER.
If elected I will endeavor to discharge the duties of the office with fidelity. Subject to the decision of the Democratic County Convention.

May 12 1859. JOS. M. WILSON.

FARM FOR SALE

DESIRABLE INVESTMENT.

THE subscriber offers for sale a tract of land containing 84 Acres, more or less, situate in Bald Eagle valley, Centre county, Pa., bounded by lands of Matthew Mackey on the Susquehanna river, on which are *One Hundred Tons* of the best timothy and clover hay, and a large portion of the wood is now cut and ready for market, a part of which are chestnut and white oak timber. The remaining portion of the timber is of a good number. The whole is well adapted to grazing or cultural purposes. There is erected on the premises a

FRAME HOUSE,

or which is a spring of never failing water. For further information apply to the undersigned who may be found either at the Nittany Furnace, or at the office of the Democratic Watchman.

July 21 '59-3t. J. S. BARNHART.

ADMINISTRATOR'S NOTICE.

ALL PERSONS Are HEREBY NOTIFIED that letters of administration on the estate of Christian Myers, dec'd. late of Haines tp. have been granted to the undersigned residing in Miles township, to whom all persons having accounts against said estate are requested to present them for settlement and all persons indebted to make immediate payment.

SAMUEL STROHECKER, Admr.

July 21 1859.

NEW AGRICULTURAL SETTLEMENT.

TO ALL WANTING FARMS A RARE OPPORTUNITY IN A DESIRABLE AND HEALTHY COUNTRY. TAKEN IN PART PAY. 500 ACRES OF PRIME LAND NEAR THE CUMBERLAND ROAD AND WITHIN EASY REACH OF MARKETS.

And a large number of several thousands of acres of Land in the Counties of Fayette and Somerset, Pa. Also, a number of Lots in the Town of Connellsville, Fayette county, Pa. Also, the Farm of the late Nicholas Wyant, deceased, situate in Bullskin township, Fayette county, Pa., about 20 miles from Connellsville, and 10 miles from Mount Pleasant, on the Pittsburg and Cumberland Road. Also, a number of Lots in the Town of Mount Pleasant, Westmoreland county, Pa. Also, a number of Lots in the Town of Scottdale, Westmoreland county, Pa. Also, a number of Lots in the Town of Dawson, Fayette county, Pa. Also, a number of Lots in the Town of Perryopolis, Fayette county, Pa. Also, a number of Lots in the Town of Uniontown, Fayette county, Pa. Also, a number of Lots in the Town of Brownsville, Fayette county, Pa. Also, a number of Lots in the Town of Elizabeth, Allegheny county, Pa. Also, a number of Lots in the Town of Monongahela City, Washington county, Pa. Also, a number of Lots in the Town of Williamsport, Lycoming county, Pa. Also, a number of Lots in the Town of Lewisburg, Union county, Pa. Also, a number of Lots in the Town of Bellefonte, Centre county, Pa. Also, a number of Lots in the Town of Tyrone, Blair county, Pa. Also, a number of Lots in the Town of Hollidaysburg, Blair county, Pa. Also, a number of Lots in the Town of Altoona, Blair county, Pa. Also, a number of Lots in the Town of Johnstown, Cambria county, Pa. Also, a number of Lots in the Town of Ebensburg, Cambria county, Pa. Also, a number of Lots in the Town of Indiana, Indiana county, Pa. Also, a number of Lots in the Town of Kittanning, Armstrong county, Pa. Also, a number of Lots in the Town of Freeport, Armstrong county, Pa. Also, a number of Lots in the Town of Butler, Butler county, Pa. Also, a number of Lots in the Town of Mercer, Mercer county, Pa. Also, a number of Lots in the Town of Meadville, Crawford county, Pa. Also, a number of Lots in the Town of Erie, Erie county, Pa. Also, a number of Lots in the Town of Warren, Warren county, Pa. Also, a number of Lots in the Town of Franklin, Venango county, Pa. Also, a number of Lots in the Town of Oil City, Venango county, Pa. Also, a number of Lots in the Town of Titusville, Crawford county, Pa. Also, a number of Lots in the Town of Corry, Erie county, Pa. Also, a number of Lots in the Town of Girard, Erie county, Pa. Also, a number of Lots in the Town of Wellsville, York county, Pa. Also, a number of Lots in the Town of Gettysburg, Adams county, Pa. Also, a number of Lots in the Town of Carlisle, Cumberland county, Pa. Also, a number of Lots in the Town of Harrisburg, Dauphin county, Pa. Also, a number of Lots in the Town of Lancaster, Lancaster county, Pa. Also, a number of Lots in the Town of Reading, Berks county, Pa. Also, a number of Lots in the Town of Pottsville, Schuylkill county, Pa. Also, a number of Lots in the Town of Allentown, Lehigh county, Pa. Also, a number of Lots in the Town of Bethlehem, Northampton county, Pa. Also, a number of Lots in the Town of Easton, Northampton county, Pa. Also, a number of Lots in the Town of Stroudsburg, Monroe county, Pa. Also, a number of Lots in the Town of Milford, Pike county, Pa. Also, a number of Lots in the Town of Honesdale, Wayne county, Pa. Also, a number of Lots in the Town of Scranton, Lackawanna county, Pa. Also, a number of Lots in the Town of Wilkesbarre, Luzerne county, Pa. Also, a number of Lots in the Town of Pittston, Luzerne county, Pa. Also, a number of Lots in the Town of Bloomsburg, Columbia county, Pa. Also, a number of Lots in the Town of Danville, Montour county, Pa. Also, a number of Lots in the Town of Sunbury, Northumberland county, Pa. Also, a number of Lots in the Town of Lewistown, Mifflin county, Pa. Also, a number of Lots in the Town of Huntingdon, Huntingdon county, Pa. Also, a number of Lots in the Town of Chambersburg, Franklin county, Pa. Also, a number of Lots in the Town of Greencastle, Franklin county, Pa. Also, a number of Lots in the Town of Waynesboro, Franklin county, Pa. Also, a number of Lots in the Town of Mercersburg, Franklin county, Pa. Also, a number of Lots in the Town of Shippensburg, Cumberland county, Pa. Also, a number of Lots in the Town of Carlisle, Cumberland county, Pa. Also, a number of Lots in the Town of Harrisburg, Dauphin county, Pa. Also, a number of Lots in the Town of Lancaster, Lancaster county, Pa. Also, a number of Lots in the Town of Reading, Berks county, Pa. Also, a number of Lots in the Town of Pottsville, Schuylkill county, Pa. Also, a number of Lots in the Town of Allentown, Lehigh county, Pa. Also, a number of Lots in the Town of Bethlehem, Northampton county, Pa. Also, a number of Lots in the Town of Easton, Northampton county, Pa. Also, a number of Lots in the Town of Stroudsburg, Monroe county, Pa. Also, a number of Lots in the Town of Milford, Pike county, Pa. Also, a number of Lots in the Town of Honesdale, Wayne county, Pa. Also, a number of Lots in the Town of Scranton, Lackawanna county, Pa. Also, a number of Lots in the Town of Wilkesbarre, Luzerne county, Pa. Also, a number of Lots in the Town of Pittston, Luzerne county, Pa. Also, a number of Lots in the Town of Bloomsburg, Columbia county, Pa. Also, a number of Lots in the Town of Danville, Montour county, Pa. Also, a number of Lots in the Town of Sunbury, Northumberland county, Pa. Also, a number of Lots in the Town of Lewistown, Mifflin county, Pa. Also, a number of Lots in the Town of Huntingdon, Huntingdon county, Pa. Also, a number of Lots in the Town of Chambersburg, Franklin county, Pa. Also, a number of Lots in the Town of Greencastle, Franklin county, Pa. Also, a number of Lots in the Town of Waynesboro, Franklin county, Pa. Also, a number of Lots in the Town of Mercersburg, Franklin county, Pa. Also, a number of Lots in the Town of Shippensburg, Cumberland county, Pa.

LIST OF LETTERS,

REMAINING in the Post Office in Bellefonte, on the 12th day of July 1859

B
Brooks Wm
Bolham A. E. Mrs
Butler, Jas.
Burns, Henry
Ross Jno
Bullit Moses
Barr, G. Rev.
Barr, Robert
Bowman, Rachael
Brompender, Simon
Beatly, Lidy Miss
C
Clion Lee?
Cryder, J. M. Mrs
D
Domnick, John
Davidson Catharine
Duffy, H
Davis, Robert
Dellong, Patrick
E
Eldine Edward
Ludres, Mathias
F
Felmley Kate Miss
Fishwood, Brown
Fry, Jesse
Foust, Kate Miss
G
Grimes W. Rev
Gordon, David 2
H
Hall, M. John
Hulpin, Michael
Hill, Lewis
Hill, Clarrissa
Hard John
Howard Muchfeel
Hawk J. M. Miss
Harris, J. Nancy
J
Jane, Harriet
Irvin, William
K
Kerlin Cornelius
Kline Levi
Knox Dr.
Kingston, A. Mrs. Miss
Parker M. Wm
L
Lemon T.
Lyon Miss
Lewis & David
Lowe M.
Lowe P.
Lane Peter of Miss
Persons calling for any of the above letters will please say they were advertised.

WM. COOK, P. M.

FAIRVIEW SEMINARY.

JACKSONVILLE, CENTRE COUNTY, PA.

THE first quarter of the present session of this Institution will commence on the 22d of August, and continue 40 weeks. The second quarter will open on the 1st of August, and close on the 15th of October next.

Competent teachers are employed in every department, and the pupils will be spared no pains on the part of the Principal.

TERMS PER QUARTER.

Board, with furnished room per week	$1 25
Tuition in Primary Department per quarter	2 50
Common English	4 00
" Higher Eng. & Mathematics	5 00
" Latin and Greek,	6 00

EXTRAS.

Ornamental Branches Music, French, Use of Globes, Drawing, Painting, &c. &c.

Terms—payable in advance. For further information address

REV. W. R. YEARICK,
Walker Centre Co.

July 7 1859.

FARM & TIMBER LAND FOR SALE.

THE SUBSCRIBER OFFERS FOR SALE a farm situated in Snowshoe township, Centre county, one half mile from the Lumber village of Snowshoe, containing 400 acres, about 100 of which are cleared and under good cultivation, with a large two story frame house, a new barn, and other necessary outbuildings, a never failing spring of water at the door, and a good orchard of fruit trees. Also, a GOOD FRAME HOUSE AND BARN and other necessary outbuildings, with a large orchard of choice grafted fruit, situated on the Snowshoe Railroad, in the village of Snowshoe. Also, 200 acres of timber land, lying within two miles of the above property. Also, 100 acres of timber land, lying within one mile of the Snowshoe Railroad, and one mile from the village of Snowshoe