

Popular Errors Concerning Health.

Prof. George H. Roho, of the College of Physicians and Surgeons, Baltimore, in a recent lecture on "Some Popular Errors Concerning Health and its Preservation," quoted the saying, "One man's meat is another man's poison," and showed that, while idiosyncrasies with regard to certain articles of food or medicines do exist, they are far less frequent than is generally believed. Articles of food which ordinarily disagree may be better borne if differently cooked. A more serious error is that one should rise from the table hungry. The sensation of hunger is a cry of the tissues for blood, and should always be appeased. Much of the ill health of brain workers is due to a lack of sufficient food. It is impossible to lay down hard rules as to the quantity of food one should eat, but the remarks of the old country doctor who had lived in good health, doing hard work until four score and ten, might be taken as examples. "I have always eaten when I wanted to eat, as much as I wanted, and the best food I could get." Another fallacy is that all diseases are due to disturbances of digestion. Graham bread, oatmeal, cracked wheat, etc., are more difficult of digestion than pure white bread. It is a dangerous error to withhold food from persons sick with fever. It is crucially important to know the dangers that are said to follow if one is imaginary. The effects of alcohol upon the body were discussed at some length, and the conclusion drawn that alcohol does not supply heat to the body, but rather withdraws it. The greatest danger to the body is the cold in cold weather is that he may freeze to death. The use of alcoholic drinks in health is injurious, but its medicinal use is valuable in many instances. The notion that we should not bathe while over-heated is as unreasonable as it is widespread, but persons should not remain in the bath long enough to become chilled. The traditional axiom that boils are an evidence of good health is a snare and a delusion. Prof. Roho said: "For my own part, I should prefer to be without that sort of health. Even Job, when suffering from an abundant crop, could not gain consolation from his would-be comforters." That vaccination does not prevent small-pox is a very dangerous error, but that it is a preventive of other diseases is equally a fallacy. Statistics proved that before the introduction of vaccination deaths annually from small-pox numbered nearly 3000 for every million inhabitants. Since the practice has become general the percentage of deaths has fallen to about one-tenth of the former number. Without vaccination the deaths from small-pox in this country would be 150,000 a year. Vaccination has not increased other diseases. That any one remedy is a cure for all diseases that afflict humanity is an absurdity. While hydrophobia and electropathy are unquestionably of benefit in some diseases, they cannot be relied upon for the cure of all.

MERCANTILE APPRAISERS.

Table listing various mercantile appraisers and their services, including names like Wellington Yeager, J. H. Wagner, and others, with their respective addresses and specialties.

Merchants' Directory.

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"Maryland, My Maryland."

"My farm lies in a rather low and miserable situation, and 'My wife' 'Who?' 'Was a very pretty blonde?' 'Twenty years ago, became' 'Sallow!' 'Hollow-eyed!' 'Withered and aged!' 'Before her time, from' 'Malarial vapors, though she made no particular complaint, not being of the grumpy kind, yet causing me great uneasiness. 'A short time ago I purchased your remedy for one of the children, who had a very severe attack of biliousness, and it occurred to me that the remedy might help my wife, as I found that her little girl upon recovery had 'Lead!' 'Her sallowness, and looked as fresh as a new blown daisy. Well the story is soon told. My wife, to-day, has gained her old-time beauty with compound interest, and is now as handsome a matron (if I do say it myself) as can be found in this county, which is noted for pretty women. And I have only Hop Bitters to thank for it. 'The dear creature, just looked over my shoulder, and says 'I am fatter equal to the days of our courtship, and that reminds me there might be more pretty wives if my brother farmers would do as I have done.' Hop Bitters may long be spared to do good, I frankly remain. C. L. JAMES, BELLEVILLE, Prince George Co., Md., May 29th, 1888.

Making Soft Soap.

Every farmer's family knows the necessity of soap as an article of family use, and of the expenditure that would be required to be made were a purchase of all of it necessary. But, fortunately, most farmers make daily accumulations of the elements required for the manufacture of a good article of soft soap, which, for most purposes, is fully equal to any that can be purchased in the market. Where wood is used for heating purposes, ashes will accumulate, which are essential in the manufacture of soap. The old-fashioned lye leach has not yet entirely gone out of existence, although some families prefer to sell their ashes to a travelling soap maker to prevent the expense of carting rather than be compelled to perform the labor of manufacture themselves. But there is always more or less refuse grease that must be disposed of some way, that accumulates in every household, and this, with the ashes is all that is required in the manufacture of the first place the lye must be obtained from the ashes, which is accomplished by leaching. A hoghead, large barrel, or a frame made on purpose may be employed for the leach. These are set upon a large stone or plank, with a groove cut around the outside to prevent the lye from running off. The leach is filled with water, and the ashes are put in it. The water should be applied gradually for a day or two, until it is all thoroughly saturated, and the lye begins to run; then the first running should be kept by itself, to be used in eating up the grease, as it is called, as this will be done to leave a rind, pork rind, and any coarse lard. As soon as the lye is obtained for this purpose, the leach may be crowded with larger quantities of water. Procure a large kettle and place over a moderate fire with the grease and strong lye. Strong lye should bear a hen's egg up so that the surface of the lye is in contact with the grease. Let the grease and lye slowly simmer until the mass is thoroughly incorporated, or the grease "eaten up," and then the weaker lye can be applied as rapidly as it can be accumulated, and should be continued until the soap on cooling is brought to the consistency required. It is often the case that the lye will be so strong that the soap "will not come," in which case water may be applied gradually, until it is so weakened as to effect a perfect combination. Sometimes, too, the lye will not be strong enough to wholly consume all the grease, in which case it will when the soap is cool, rise upon the surface like cream upon milk. Under such circumstances, if no more lye can be procured, the addition of a little potash will incorporate with the soap will reduce the grease. In this way all the soft soap necessary for an ordinary family can be made each year.—N. E. Farmer.

ELEGANT NEW SPRING STYLES

—IN MEN'S, BOYS' AND CHILDREN'S—

CLOTHING

THAT NEED ONLY TO BE SEEN TO BE APPRECIATED. Pretty Suits for Children, Handsome Suits for Boys, Best Goods, Latest Styles, Neatest Fits.

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SPRING NOVELTIES

HANDSOME DRESS SUITINGS, DURABLE BUSINESS SUITINGS, CHEAPER THAN EVER.

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FULL SATISFACTION ALWAYS GUARANTEED. —AT THE— Popular Clothing Store

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from the best Manufacturers. Purchasers are invited to call and inspect the goods, or to write for information and prices.

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HEADQUARTERS

For the Celebrated Chickering, Ivers & Pond, and Rose & Son Pianos. World-renowned Zesy Organs, Violins, Accordions and Sheet Music. Celebrated White, New High Arm Davis, New Home, Royal St. John, and Light Running Domestic Sewing Machines. Needles, oil and attachments for all makes of Sewing Machines.

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ISRAEL BITTENBENDER

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SCRANTON, PA.

Anything to make up a new wagon or repair an old, in stock.

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STOVES & TINWARE. All kinds of work in Sheet Iron, Roofing and Spouting promptly attended to.

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For beauty and durability they are unsurpassed. Set up by experienced hands and warranted to give satisfaction.

Prices and specimens of other designs sent to any address.

S. M. HESS

BLOOMSBURG, PA.

RAILROAD TIME TABLE

PHILADELPHIA & ERIE R. R. DIVISION, AND NORTHERN CENTRAL RAILWAY.

TIME TABLE. In effect April 6th, 1885. Trains leave Sunbury.

EASTWARD. 4.40 a. m. Sea Shore Express (daily except Sunday, for Harrisburg and intermediate stations, arriving at Philadelphia 8.15 a. m.; New York 6.30 p. m.; Baltimore 5.00 p. m.; Washington, 11.40 a. m.; connecting with Baltimore and Washington through passenger coaches to Philadelphia.

WESTWARD. 4.30 a. m. Erie Mail (daily except Sunday), for Erie and all intermediate stations and Canalville and intermediate stations, Rochester, Buffalo, Niagara Falls, and Niagara, with through passenger coaches to Philadelphia and Harrisburg.

NEW YORK EXPRESS (daily except Sunday) for New York, Philadelphia and Harrisburg, arriving at Philadelphia 4.30 a. m.; New York 7.30 a. m.; Harrisburg 6.30 a. m.; Philadelphia 8.15 a. m.; Harrisburg 6.30 a. m.; Philadelphia 8.15 a. m.; Harrisburg 6.30 a. m.; Philadelphia 8.15 a. m.

PHILADELPHIA & ERIE R. R. DIVISION. Philadelphia, 4.30 a. m.; Erie 9.00 a. m.; Harrisburg 7.00 a. m.; Philadelphia 4.30 a. m.; Erie 9.00 a. m.; Harrisburg 7.00 a. m.

NORTHERN CENTRAL RAILWAY. Philadelphia, 4.30 a. m.; Harrisburg 7.00 a. m.; Philadelphia 4.30 a. m.; Harrisburg 7.00 a. m.

THROUGH TRAINS FOR SUNBURY FROM THE EAST AND SOUTH. Sunday mail leaves Philadelphia 4.30 a. m., arriving at Sunbury 7.15 a. m.; Philadelphia 4.30 a. m.; Harrisburg 7.00 a. m.

NEW YORK EXPRESS (daily except Sunday) for New York, Philadelphia and Harrisburg, arriving at Philadelphia 4.30 a. m.; New York 7.30 a. m.; Harrisburg 6.30 a. m.; Philadelphia 8.15 a. m.

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AN INTERESTING LETTER

FROM MR. HARRY W. OLMSTEAD, PHOENIX, ARIZONA.

The following letter is encouraging and worthy of careful perusal, containing as it does, so reliable and interesting information.

DR. DAVID KEENE, PHOENIX, ARIZONA, Feb. 10, 1884.

Dear Sir:—For ten years I have been suffering from rheumatism, at times so much as to be unable to walk. I have tried every remedy known to me, but have not been able to get any relief. I have read of your Sarsaparilla, and I have bought a bottle, and I have taken it, and I feel that I have been cured. I have written you a letter, and I have enclosed a certificate from a physician, and I have enclosed a certificate from a physician, and I have enclosed a certificate from a physician.

A HOME DRUGGIST

Who has not hoarded a piece of old black silk lace, which has finally "given out," and with all manner of fine darning refuses to do longer service, or the "best black silk?" Do not throw it away; but mend it the best you can, and with colored embroidery silks work over the principle flower or pattern and the edge. In this way the darned places may be entirely covered up, and the result is an excellent trimming for a table cover and various other fancy articles; it may be used even to trim a cashmere dress with good effect. If you have a black Spanish lace which is in bad order, try this method with it and see how its beauty and its years may be extended. A white lace which may be treated the same way with lovely effect; only do not expect it to wash without "running" unless possibly good colored embroidery may be excepted. If you have no time for real embroidery, mere outline work on the figures is very pretty. We have seen black lace first dyed to a pale shade of sea to stiffen it, and the embroidery then worked through the whole, finishing the scald loops with buttonhole stitch. Old white lace edging which has been stained with weak coffee can be prettily embroidered in colors and utilized as edging to put around handkerchiefs, towels, pin cushions, etc., and will last a long time.—The Household.

QUEEN & CO.

824 Chestnut St. PHILADELPHIA.

SALT RHEUM

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REPAIRING NAILS DONE

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With a large and varied stock of Clothing for Men of every trade, for Boys and Children of all ages, we are quite certain of meeting the demands of every class of buyers at prices that must give satisfaction.

A. C. YATES & CO.

602, 604, 606 CHESTNUT ST., PHILADELPHIA.

A Use for Old Lace

Who has not hoarded a piece of old black silk lace, which has finally "given out," and with all manner of fine darning refuses to do longer service, or the "best black silk?" Do not throw it away; but mend it the best you can, and with colored embroidery silks work over the principle flower or pattern and the edge. In this way the darned places may be entirely covered up, and the result is an excellent trimming for a table cover and various other fancy articles; it may be used even to trim a cashmere dress with good effect. If you have a black Spanish lace which is in bad order, try this method with it and see how its beauty and its years may be extended. A white lace which may be treated the same way with lovely effect; only do not expect it to wash without "running" unless possibly good colored embroidery may be excepted. If you have no time for real embroidery, mere outline work on the figures is very pretty. We have seen black lace first dyed to a pale shade of sea to stiffen it, and the embroidery then worked through the whole, finishing the scald loops with buttonhole stitch. Old white lace edging which has been stained with weak coffee can be prettily embroidered in colors and utilized as edging to put around handkerchiefs, towels, pin cushions, etc., and will last a long time.—The Household.

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