

PROFESSIONAL CARDS.

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FRANK ZARR, ATTORNEY-AT-LAW, Office cor. Centre & Main Sts., Clark's building, BLOOMSBURG, PA.
GEO. E. ELWELL, ATTORNEY-AT-LAW, Office, Second floor, COLUMBIAN BUILDING, BLOOMSBURG, PA.
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S. WINTERSTEEN, ATTORNEY-AT-LAW, AND NOTARY PUBLIC, Office in First National Bank Building, 2d floor, BLOOMSBURG, PA.
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GRANT HERRING, ATTORNEY-AT-LAW, Office cor. Rawlings' Meat Market, BLOOMSBURG, PA.
W. H. RHAOWN, ATTORNEY-AT-LAW, Office, corner of Third and Main Streets, CATAWISSA, PA.
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DR. J. C. RUTTER, PHYSICIAN AND SURGEON, Office, North Market Street, BLOOMSBURG, PA.
DR. WM. M. REBER, SURGEON AND PHYSICIAN, Office, corner of Rock and Market Streets, BLOOMSBURG, PA.
HONORA A. ROBBINS, M. D., Office West First St. Special attention given to the eye and ear and the fitting of glasses.
J. J. BROWN, M. D., Office and Residence, Third Street, West of Market, near M. E. Church, BLOOMSBURG, PA.
DR. J. R. EVANS, TREATMENT OF CHRONIC DISEASES MADE A SPECIALTY, Office and Residence, Third St., below Market, BLOOMSBURG, PA.
M. J. HESS, D. D. S., Graduate of the Philadelphia Dental College, having opened a dental office in LOCKARD'S BUILDING, corner of Main and Centre streets, BLOOMSBURG, PA.
WAINWRIGHT & CO., WHOLESALE GROCERS, TEAS, SYRUPS, COFFEE, SUGAR, MOLASSES, RICE, SPICES, BICARBONATE, ETC., ETC. N. E. Corner Second and Arch Sts. PHILADELPHIA, PA.
C. SLOAN & BRO., MANUFACTURERS OF Carriages, Buggies, Phaetons, Sleighs, Platform Wagons, &c. BLOOMSBURG, PA.
W. H. HOUSE, SURGEON DENTIST, Office, Barton's Building, Main St., bet. Market, BLOOMSBURG, PA.
SALESMEN WANTED, For the sale of Nursery Stock, including all kinds of Fruit Trees, Shrubs, etc., in quantities to suit the trade. Address, CHASE BROTHERS COMPANY, East of Harrisburg, Pa.

J. S. BLWELL & J. S. HILFENBERGER, Proprietors

The Commercial

BLOOMSBURG, PA., FRIDAY, JANUARY 24, 1890. VOL. 25, NO. 4.

COME AND HAVE YOUR EYES EXAMINED BY J. G. Wells, the Optician, WHO HAS JUST COMPLETED A THOROUGHLY PRACTICAL COURSE AT BUCKLIN'S OPTIC COLLEGE, NEW YORK. NO Extra Charge MADE for Examining Eyes, PERFECT FIT GUARANTEED.



Give us a week of your eyes if you are at all unwell. All work guaranteed to give satisfaction.

MEDIA ACADEMY. A special feature. THE WINNER INVESTMENT CO. handle farm mortgages. ROBERT R. LITTLE, ATTORNEY-AT-LAW.

BROOKE HALL, FOR GIRLS AND YOUNG LADIES. Miss Eastman's Catholic School. WILLIAM H. PARMENTER, Gen'l. Agent, 50 State St., Boston.

A SPECIAL FEATURE. THE WINNER INVESTMENT CO. handle farm mortgages. ROBERT R. LITTLE, ATTORNEY-AT-LAW.

Hop Plasters. A marvelous combination of medicinal plants. CHRISTIAN F. KNAPP, FIRE INSURANCE.

Exchange Hotel, BENTON, PA. THE UNDERGRASS has leased this well-known dance hall and is prepared to accommodate the public with all the latest features of a first-class hotel.

W. R. TUBBS, PROPRIETOR, OPPPOSITE COURT HOUSE, BLOOMSBURG, PA.

DR. I. C. BRECHE, PHYSICIAN & SURGEON, Office over Meyer Bros. Drug Store, Residence West Main Street, BLOOMSBURG, PA.

DR. J. S. GARRISON, M. D., PHYSICIAN AND SURGEON, Office corner of Centre and Fourth Sts., Bloomsburg, Pa.

DR. I. C. BRECHE, PHYSICIAN & SURGEON, Office over Meyer Bros. Drug Store, Residence West Main Street, BLOOMSBURG, PA.

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Prof. Da Costa on the Grip. An extensive article on the grip appears in the issue of the Philadelphia Medical News, of January 18. It is from the pen of Professor J. M. Da Costa, of Jefferson Medical College, who is recognized by the entire medical profession as the most eminent writer on diagnosis in the country.

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Idaho's Ice Mass. A WONDERFUL STORY RELATED BY A TRUTHFUL KANSAS EDITOR. Large deposits of ice, imbedded in earth and covered with more ice, have been discovered in Idaho. The ice will be mined and shipped to Western cities. It is not known whether the deposits are relics of the glacial age or the congealed breath of a frontier liar. The above item has been going the rounds of the newspapers for some time, and indeed it reads very like "the congealed breath of the frontier liar," but, remarks the editor of the Atchison (Kan.) Patriot, we beg to say that forty years since we were traveling in Idaho during the month of August. The weather was hot, and there had been no rain for some time, so that the grass was very dry. One afternoon we passed under a spur of mountain, bringing to our view a basin-shaped plane of apparently some thousands of acres in extent. This was covered with greener grass than we had seen elsewhere for a month. Our men then proceeded to speak, and leaving the "trail" we moved toward the center of the meadow where the grass was tallest. When thirty or forty miles from the "trail" the ground began to give under the weight and feet and so forth, and we began to think there was no bottom. Turning about we found a more solid place, and dismounting we made an examination. A sod of earth and grass roots, varying in thickness from six to twenty inches, was spread on a sheet of ice about eight inches thick at the point we examined. The ice was on what seemed to be a great lake, the depth or extent of which we had no opportunity of investigating. We mined some of the ice, however, and filled our water tank with it. This we assure our readers, is a true story, though we have never but any body. The placid, patient, plodding person, other conditions being the same, lives the longest. Much depends upon the conversation of the physical forces in nature. The ancient physiologist pointed out the fact that in early life there is a great deal of force in reserve as a sort of stock to meet the demands of advancing years. With the increasing cares and strain of sterner duties in later life, this stock is correspondingly diminished. It becomes prematurely exhausted and exhaustion ends in bankruptcy. So the proper way to live is to make the body a sort of savings bank for this original stock of strength in youth and early manhood. Nothing so soon destroys the vigor of life as excessive emotions. Worry will waste the most robust body, care will corrode the strongest nerves, and even a joyous, deadly. The wise will avoid exertion that overtaxes the feelings. The man who can continually maintain his equanimity has the best chance, all things considered, of living a long and happy life. So, from a merely physiological point of view, we should exercise composure under all circumstances; love nothing too passionately, hate nothing too violently, fear nothing too strongly, lament nothing too sorrowfully, and tranquilly and trustfully accept the order of things as we find them. To a person who has practiced this kind of wisdom, between 45 and 60 will be the prime of life. Experience has ripened his judgment, and matured strength of constitution will enable him to withstand an attack of disease. He has triumphed over the storms and struggles that threaten in his earlier manhood, he has his business, secured a competence and rest from wearing work, and so forth, he is at the end of a long and pleasant life, which is usually an entrance upon a prolonged pilgrimage on a short turn to the tomb. He is now at his best, and all his faculties, having attained their fullest expansion, are beginning to gradually close like dahlias at the setting of the sun, or drop as though touched by a destructive frost. If he is spared, he can give up his loins, get a stouter staff, and trudge on over the bridge that leads to old age. There is no natural death but old age, which, if death may ever be called pleasant, is the only pleasant one. There is a wish for rest, and the tired traveler sinks to slumber in a silent valley at the close of a well spent day.