

How to Circumvent Dyspepsia.

We find the following in Ballou's Monthly Magazine for October and give it for what it may be worth:

I had dyspepsia for fifteen years. I had bloating about the chest, heart-burn, water-brash, headache, acute pains in the stomach. Sometimes I had ravenous appetite, and would eat to excess. I could not be persuaded to put myself on a proper diet, or to observe the laws of health generally. I was also an immoderate worker, often ate in a hurry, swallowing my dinner in five minutes, thus not taking time to chew my victuals properly, and often worked or studied until after midnight. Well, twelve years the disease took hold of my nervous system, and wakeful nights, loss of appetite, and continued hard work with mind and body, began to work rapid ruin to my health. I used some patent medicine, but soon made up my mind to try the better and cheaper way. I resolved to abandon all kinds of stimulants, buttermilk, salt pork, fried potatoes, dumplings, warm breads, sweetmeats, pickles, pastry, and everything else that would hinder digestion, and to eat only the substances, taking plenty of time to chew my victuals. I ate only two meals a day, with nothing except a little fruit between meals. For warm drink I used hot water and milk, and never drank till I had finished eating. I ate plenty of fresh, soft-boiled eggs, fresh beef, mutton, corned beef, and other meats, and some fresh fish, and used plenty of fresh fruit. I also worked more moderately, and tried to induce sleep. I always wore loose clothing. I tried to avoid all unnecessary worry of mind, and having my mind too much on any one subject. The result was that after three weeks of healthful living I felt as though I was all made over again, fresh and strong. I asked God to help me to persevere in the good way, and live in that way for about a year. Since then my stomach has been strong enough to allow me to use tea, coffee, and butter sparingly. I usually use fresh milk or pure cold water for my drink. I seldom use any medicine. I wear all-wool flannel in all cold or damp weather, whether winter or summer. I have been cured more than three years. I am leading a better life than I have ever lived. I would recommend lemon juice for those who feel the need of acids. I would also say, never eat a meal until the previous one has had time to digest. Physicians tell us that a strong stomach requires five or six hours to digest a meal, and that a dyspeptic requires a longer time. They also tell us that it is not the quantity that we eat, but the quantity we digest well, that strengthens us. Never eat unless you are hungry.

HISTORICAL.

The first regular representative Parliament was summoned in England in 1258.

Henry VIII. is stated in the course of his reign to have been fewer than 20,000 soldiers, thieves and vagabonds. In the latter days of Elizabeth, scarcely a year passed without 300 or 400 criminals being executed on the gallows.

The first composer who tried his hand at setting an opera to music was Francesco Biondini, an Italian artist, and the piece to which he lent the charm of a melodious accompaniment was the "Conversion of St. Paul," which was brought out at Rome in 1550.

In England, during King Edward's time, A. D. 1280, the following prices were fixed by law: A mare or slave, \$12; a cow, \$15; a cow, \$12; an ox, \$15; a pig, 80 cents; a sheep, \$1.50; a horse, and a goat 4 cents.

James Watt was devised in 1769 by one James Watt. It soon became an object of attention to the English Government, but so low were the profits of the business one Dobbson, the successor of Watt, accepted a pension of £200 a year in lieu of it. This occurred in 1775.

It is stated by some writers that it is maintained that the men were right in striking, he asserts that they were radically wrong in destroying the property of the railroad companies. If Adams is a common man, then he is not a fit man to be voted for either for Congress or any other office. It is stated by two of the Altoona papers that he is a cousin of Congressman Campbell, a matter which the Somerset Democrat will please to affirm, or deny, and at the same time inform the people of the district what manner of man the "Captain" is. The Johnston Tribune denies the relationship, but we want it from a more reliable source.

R. B. Brown, late editor of the Clarion Democrat, after having been fairly defeated for State Senator in the district commanded by John G. Hall, of Elk county, writes to the front as an independent contributor. He has published a letter signed "S. B.," in which he broadly insinuates that he is a "demagogue" from the time he was elected to the State. It is a very unkind and untrue insinuation, and he should be glad to see it refuted.

Democracy is a party, and we should not have only two parties, but we should have as many as we wish. It is a party that has no other party. It has no other party. It has no other party. It has no other party. It has no other party. It has no other party.

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Gather the Best for Seed.
Two very important but widely different theories are entertained by the farmers of the United States in regard to the influence of domestication or cultivation of plants. One is that the natural result of cultivation is degeneration and those who uphold it point to every failure of an old variety as proof, never crediting poor, worn-out soils, or neglect in cultivation, as having any influence beyond hastening the time when the sort under consideration would never fail. A much smaller number of agriculturists, but probably more intelligent, hold that universal degeneration is a natural law, and that degeneration is but the result of ignorance and neglect. We believe that the latter is the more reasonable of the two theories, as in accordance with what is known of the origin and present condition of the various fruits, grain, and other cultivated plants. Therefore, we advise the selection of the best of everything for seed, not only because it is important that the present standard should be maintained, but that a still further advance be made whenever and wherever possible. The farmer who desires to produce better wheat next year than this, will not wait until all the present crop is harvested and put in a bin, good and bad together, before selecting his seed for the next crop; but he will pick out the best acre or more, and preserve it separately for the purpose named. It is seldom that a field of grain of any considerable extent is uniformly good. There will be good spots, and very poor ones, and it is easy to gather the best and keep it for seed, while the poorest goes to the mill. The same should be done with all kinds of grain, as well as fruits and vegetables that are raised from seed. By selection there is possibility of further progression, and not otherwise; and a man who once begins to practice it will not only learn to observe, but will eventually become a much better and more careful cultivator. In fact, he will soon become imbued with progressive ideas, and learn that it is just as easy and more profitable to go ahead than to lag behind.—New York Sun.

WHOLE FODDER FOR COWS.—A series of experiments have been instituted and carried out by a Meeklenburg agricultural society, with a view of determining whether it is better to give cows their fodder in its natural condition as to length, or in short pieces, as when it has passed through a hay-cutter. The general results arrived at are thus summarized: First—Whole fodder is to be preferred, because of the saving it effects without detriment to the yield of milk, or weight, or general health of the animal. Second—The saving is due to the fodder being better chewed and rechewed and mixed with saliva, whereby it is turned to better account. A distinguished veterinary surgeon has shown that when cut up fine a considerable proportion of the fodder passes at once into the stomach, and is so not re-chewed, and is, consequently, only partially utilized. Third—The decrease in the amount eaten at first, observed when whole fodder is used, is explained by the greater demands that this makes upon the masticatory apparatus. This is especially noticeable in the older cows. Learning or the acquiring of new habits of any sort becomes more difficult as years advance, and learning to chew is no exception to the rule. Hence it is advisable to begin feeding whole fodder while the cows are young. Fourth—The greater slimness of the animal, when whole fodder is given is explained by the more complete digestion of the food, and consequently, more or less hollow into the stomach, to distend it or stretch. Fifth—The increased desire to drink is due to the increased employment of the saliva. Sixth—The general improvement in health and condition under this form of feeding is due to its being more agreeable to nature.—Exchange.

A HOMEY CURE FOR BILE is simply to cultivate a habit of chewing, while out of doors, different kinds of green leaves and swallowing the juice. One can always cut a leaf from a hedge or bush as one passes. Almost all are good that are not nauseous, such as ivy, or poisonous, as the laurel leaf. One of the latter, however, is a capital thing where there is slight irritation of the stomach. The chewing of leaves cures dyspepsia, principally, I believe, by increasing the flow of the stimulating action of the leaf chewed. The leaves that occur to me at present as most likely to be beneficial are those of the pine trees, spruce or Scotch fir, blackthorn, currant and rose bushes, mint, the petals of many flowers, the stalks of mountain daisies, the white portion of rushes, the bark of many young trees and the tender parts of the stalks of green wheat, oats, or almost any of the larger grasses; but your own taste must in a great measure guide you, if you elect to make trial of my remedy. I should say, however, that the chewing is better to take place before or between meals than immediately after.

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