The Huntingdon Journal.

J. R. DURBORROW, - - J. A. NASH, PUBLISHERS AND PROPRIETORS.

Office in new JOURNAL Building, Fifth Street.

THE HUNTINGDON JOURNAL is published every Friday by J. R. DURBORROW and J. A. RASH, under the firm name of J. R. DURBORROW & Co., at \$2,00 per anum IN ADVANCE, or \$2.00 if not paid for in six months from date of subscription, and \$3 if not paid within the year.

No paper discontinued, unless at the option of the publishers, until all arrearages are paid.

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JOB PRINTING of every kind, Plain and Fancy Colors, done with neatness and dispatch. Hand-bills, Blanks, Cards, Pamphlets, &c., of every variety and style, printed at the shortest notice, and everything in the Priosing line will be executed in the most artistic manner at a tat the lowest rates.

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D CALDWELL, Attorney at-Law, No. 111, 3rd street C. STOCKTON, Surgeon Dentist. Office in Leister
L. building, in the room formerly occupied by Dr. E.
Greene, Huntingdon, Pa. [ap128, '76. GEO. B. ORLADY, Attorney-at-Law, 405 Penn Stree [nov17,75] C. L. ROBB, Dentist, office in S. T. Brown's new building No. 520, Penn Street, Huntingdon, Ps. [ap12.71 H. W. BUCHANAN, Surgeon Dentist, No. 228, Pen Street, Huntingdon, Pa. [mch17,75] H. C. MADDEN, Attorney-at-Law. Office, No. -, Pen Street, Huntingson, Pa. [ap19,71]

J. Street, Hunting-J. FRANKLIN SCHOCK, Attorney-at-Law, Hunting-don, Pa. Prompt attention given to all legal busi-ness. Office, 229 Penn Street, corner of Court House [det4,72]

W. MATTERN, Attorney-at-Law and General Claim.
Agent, Huntingdon, Pa. Soldiers' claims against the comment for back-pay, bounty, widows' and invalidations attended to with great care and promptness. Of co on Penn Street. J. B. DURBORROW, Attorney-at-Law, Huntingdon, Pa.

will practice in the several Courts of Huntingdon
county. Particular attention given to the settlement of
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WILLIAM A. PLEMING, Attorney-at-Law, Hunting-don, Pa. Special attention given to collections, and all other legal business attended to with care and promptness. Office, No. 229, Penn Street. [ap19,71

School and Miscellaneous Books.

GOOD BOOKS FOR THE FARM. GARDEN AND HOUSEHOLD. The following is a list of Valuable Books, which will be supplied from the Office of the Huntingdon Journal Any one or more of these books will be sent post-paid to named against each book. llen's (R. L. & L. F.) New American Farm Book... \$2 5 Bicknell's vanage
Bicknell's Supplement to Village Builder
Bogardus' Field Cover, and Trap Shooting*
Bommer's Method of Making Manures
Boussingantl's Rural Economy.
Bracket's Farm Talk-*... paper, 50cts.; cloth...
Brick's Wew Book of Flowers...
Brill's Farm-Gardening and Seed-Growing...
Brown's Taxidermist's Manual*
Brown's Taxidermist's Manual*
Brown's Taxidermist's Manual* printed papers in the Juniata Valley, and is read by the best citizens in the county. It finds its way into 1800 Bruckner's American Manures*
Buchana's Culture of the Grapeand Wine making*
Buel's Cider-Maker's Manual*
Buist's Flower-Garden Directory.
Buist's Family Kitchen Gardener
Burges' American Kennel and Sporting Field*
Burnham's The Chins Fow!*
Burn's Architectural Drawing Book*
Burns' Alustrated Drawing Book*
Burns' Ornamental Drawing Book*
Burns' Ornamental Drawing Book*
Burns' Ornamental Drawing Book* homes weekly, and is read by at least 5000 persons, thus making it the BEST advertising medium in Central Pennsylvania. Those who patronize its columns are sure of getting a rich return for

Burr's Vegetables of Americas' Caldwell's Agricultural Chemical Analysis... Canary Birds. Paper 50 cts Cloth Choriton's Grape-Grower's C uide... Cleveland's Landscape Achitectures'... Clot's Diseasus of Shephitectures'... Cobett's American Gardener... Cole's American Fruit Book... Sole's American Yeterinarian...

Cooked and t oking foot for Domesta Acceptable Cooper's Game Fowls*...

Corbett's Poultry Yard and Market*pa. 50cts., cloth Croff's Progressit's American Architecture*...

Cummings' Architectural Details...

I Cummings' Architecture*...

I Cupper's Universal Stair-Builder...

Dadd's Modern Horse Doctor, 12 mo...

Dadd's American Cattle Doctor, 12 mo...

Dadd's American Cattle Doctor, 8vo, cloth*...

Dadd's American Beformed Horse Book, 8vo, cloth*...

Dadd's American Beformed Horse Book, 8vo, cloth*...

Envisor of Orion Book*

Eggleston's Circuit Rider*

Eggleston's Circuit Rider*

Eggleston's End of the vorid.

Eggleston's Hoosiet on ol-Master.

Eggleston's Mystery of Metropolisville.

Eggleston's (Geo. C.) A Man of Honor.

Eiliott's Hand Book for Frait Growers*

Elliott's Hand-Book of Practical Landening.

Flax Culture. [Seven Prize Essays by practical growers.].

Flint (Charles L.) on Grasses*

Flint's Mich Cows and Dairy Parming*.

Frank Forester's American Game in its season*.

Frank Forester's Meld Sports, *9.0, 2 vols*......

Frank Forester's Hold Sports, *9.0, 2 vols*......

Frank Forester's Horse of American Sportsmen, 8 vo. 2 vols*.....

Frank Forester's Manualry Young Sportsmen, 8 vo.

Frank Forester's Manualry Young Sportsmen, 8 vo.

Fuller's Forest-Tree Culturist

Valler's Gross Culti-

Colored Engravings.... Harris on the Pig..... is on the Fig.
see's on Sorgho or the Northern Sugar Plant^e.
isley's Hardy Trees, Shrubs, and Plants^e.....lerson's Gardening for Pleasure.....lerson Gardening for Profit.

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Is the place to buy all kinds of

AT HARD PAN PRICES

The Muses' Bower. J. R. DURBORROW, - - J. A. NASH.

The Huntingdon Journal, PUBLISHED

Printing.

EVERY FRIDAY MORNING,

Kind friend, put your glass on the table Untasted, and listen to me,
You say I'm a temperance fanatic—
Mayhap I have reason to be.
It is years since we parted from college,
Let us talk over time passed away,
And see of companions and classmates
Who's dead, and who's living to-day. THE NEW JOURNAL BUILDING, No. 212, FIFTH STREET,

HUNTINGDON, PENNSYLVANIA.

not paid within the year.

PROGRESSIVE

REPUBLICAN PAPER.

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The JOURNAL is one of the best

their investment. Advertisements, both

local and foreign, solicited, and inserted

at reasonable rates. Give us an order.

JOB DEPARTMENT:

- COLOR PRINTING A SPECIALTY.

All business letters should be ad-

J. R. DURBORROW & CO.,

And business progressed rather slow. He died of the tremens, poor fellow! His talents would rank with the first, And to think of him dying ere forty— A prey to the demon of thirst. TERMS: \$2.00 per annum, in advance; \$2.50 within six months, and \$3.00 if

00000000

Then Bob, irrepressible Robert, The gayest and wildest of fellows, Yet the kindest and best hearted one. Well, he went to prison—life sentence, He took too much liquor one-day, And a spree that began in good feeling Ended up with a stabbing affray.

A Temperance Fanatic.

There were ten of us altogether,
Here are two—now what of the eight?
But a few days ago I saw William,
He who beat us all in debate.

He was rich, you know; now he is needy, I asked him where his fortune all went,

He tipped up a glass as he answered, "I drank it down so—every cent."

Then Ralph, who bore the first honor,

He took to the bar as you know, But another bar claimed his attention,

Then there was that young prince of topers, The high headed Archibald West, He never was known to be tipsy,
Yet he drank more than all of the rest. Ah! he is reaping the crop of his sowing, His son loves the cup, and has not stomach of steel like bis father, And already the boy is a sot.

made Tom a visit last summer: You remember Tom, quiet and mild,
Well, he makes the most fretful of husbands,
I pity his wife and his child.
He's pleasant enough in the evening, As he sips his hot toddy and ale, But all the forenoon he's a terror, Cross, headache, snappish and pale.

And George, who was called Blaus Adonis, Who turned women's heads with a smile, That straight limbed and graceful Appolo, Who took a dram "once in a while." Oh, Charles, you would scarcely believe it, But the fellow's a sight to behold, His nose is as red as a lobster, He's bloated, and blear-eyed and old.

So Charles, when I name o'er our classmates Who all tipped the glass now and then, I think what woes might have been saved them If they had been temperance men, You, I know, seem untouched by drink's dangers, Yet your future we neither can scan, And I really feel safer for being A very fanatical man.

The Story-Teller.

THE WEDDING GOOSE.

loved and adored Miss Mary Elmira Alfixed that they should be wed on Christ- saw old Dobbin turn into the yard, with the real thing, parson?" mas evening, and Sebastian looked out the sleigh behind him, but she could see that his "intention" was published in due no Sebastian. Calling Polly, she ran down minister. season. He regarded it as a most momen- to the door. She did not stop for a lantous affair, and he entered upon the pre-liminaries with much fear and trembling. tern, for the moon was up, and gave light enough. In the sleigh, flanked with dem-the marriage certificate. for the happy event were made. she heard the decision; so it was arranged first thought was, and she spoke it aloud: that the ceremony would take place at "It's all my fault, Polly, and not his. to help her in the labor of preparation; God send that this is the worst!" for she was determined with her own hands prepare the wedding feast.

Christmas would come on Thursday.

There was not a grown person at Dayon Center who had not heard of Mary for? Oh! git me home!" ould acquire the art.

so unpalatable to some. Of course smoth- to do that which he felt he ought not to ered goose was to be the main dish of the | do. feast; and that Mary might have a goose worthy of her skill, Sebastian had selected cried Mary, with a kiss. one several months before, from a flock owned by a friend at the Center, and this Mary to bear the burden of the blame .friend was to shut it away from its mates He claimed it for his own to bear, and a few weeks before it would be wanted, acknowledged his sin, and promised that

and give it extra food. mas-and after dinner Sebastian hitched gone-every dollar; but that wasn't worth old Dobbin to the sleigh, and made ready talking about. To be sure, there had been to start for the Center, there to get his something over a hundred dollars; but he marriage certificate, his goose, and various could make that up in time; and he proother articles too numerous to mention; fessed to hope that the lesson might be one of which, however, was a gallon of worth that to him. He saw what he sup-

some wine at the wedding. She was not herself in favor of its use; 'but what would folks think?'' Sebestian head, and hesitated.

"you know I've had too much of it in my everything seemed to be in readiness for day, Mary. I've sworn that I'd never the grand event. bring another drop into the house." "Come, Sebastic "But only this time, Sebastian. You need not drink it, you know; but only think what folks will say if we have no

wine. "I don't care what all the folks in creation say, only you, Molly; and seeing as pocket book; but upon opening it, he read you want it, it shall be had." "Thank you, my love," and she kissed him, little thinking what a temptation she Dr. To one gal. Madeira wine," etc.

was throwing in his way. Sebastian went to the village, which was called Dayton Center, and the first thing he did was to wait upon the town clerk lost his marriage certificate! and get his certificate.

"It's lucky you came just as you did, Sebastian," said the clerk, as he handed then they went out and looked through the new elements, in order to enable it to meet over the certificate, "for I am going to sleigh; but the paper could not be found. the duties which increasing age imposes Taftsbury to spend Christmas, and stop They looked again and again, and looked hence, nature dries up this spring, as bein the week out. Yours is the only certificate live got, and that was made out so impossible places. The old minister was for other kind of sustenance, showing that long ago that I'd entirely forgotten it. I summoned and the loss was explained to milk is a proper, sole food for the young should have been off in half an hour, and him. He knew they had been regularly ones; and that healthy grown persons who my folks wouldn't have known anything about it. However, it's all right now."

published, and as soon as Mr. Harney came live upon it mainly will always become in-back from Taftsbury he would get a new valids. All kinds of life, whether vegeta-From the clerk's Sebastian went to his certificate dated back to agree with the old friend Burke's and got the goose. And one. O! couldn't he—wouldn't he, for it was a beauty—all picked and finished mercy's sake! marry them? off as smooth and fair as a chicken.

goose is clean, she'll know 'tis clean." gallon of Madeira wine.

"Taste of that, old fellow !" cried the store-keeper, holding up a tumbler half full of the clear, blushing liquid. That was before the days of the Maine

Law and Adulteration. Sebastian tasted of it-tasted againsmacked his lips, and sipped again.
"Don't be afraid of it. That's the stuff that puts life and vigor into a man." And Sebastian drank it down.

"By glory, Walpole, you ought to have some of this old Sherry to go with it .-Just try that. If you don't say that's the best Sherry you ever tasted, I'll give it to

A man, full-blooded and vigorous, who old Madeira without feeling it in his brain very quickly. Sebastian waited not to be asked a second time to take the Sherry .-He drank off half a tumbler full, and then entered into a spirited conversation. Mercy! how his tongue had loosened; and how lover: liberal he felt! Of course he would have "Let

a gallon of the Sherry.
"Is old Sol. Marshall going to be at your wedding?" "Certainly.

"Got any brandy at home?" "No.

"By glory! you ought to have a quart —say a bottle of it—just for old Sol.— He'll appreciate it. And then you'll want it in the house, you know. I've got about the best article of pale Martel that ever crossed the water. There—just put a drop of water in that-not too muchdon't drown it !"

Sebastian poured a very little water in to about a gill of pure old brandy, and having held it up to the light, and marked the oily waving of the bright, topaz tinted liquid, he poured it down his throat. It "A dish rag!" inadvertently uttered an was good-capital. He would have a bottle of it. Yes "put me up two bottles of it, while you're about it. Thunder! a

In those days the law of marriage was blood that set him on the road to frolic, thing ought to be done; for I declare I very strict. Fourteen days' public notice they were the three of all others he would can't serve out this goose without just

About two o'clock on Christmas morning lard; and it had for some months been Mary, who had been watching all night, As Christmas drew near, preparations ijohns, bottles, bundles, and the goose, lay or the happy event were made. Mary Sebastian. At first Mary grew weak with would not be married at her own home, a great fear, but she soon divined the and her step mother was very glad when truth. Was she incensed? No. Her and kissed the bride, and everybody else Sebastian's, and Mary's younger sister He didn't want to buy the wine, but I Polly went over to keep her company, and coaxed him. Poor, dear Sebastian! Oh,

They got Sebastian up, and got him in to the house, he the while declaring: "No, no boys-(hie)-no' anor'r drop They were to be married at six o'clock in I—(hic)—tell ye—(hic)—Molly'll cry the evening, and after that the wedding I'm a—(hic)—cussed fool!—(hic)—Oh, feast was to be served.

I - (hic)—tell ye—(hic)—Molly—(hic)—wha' for'd ye—(hic) -want me to git the dern'd nasty stuff

Allard's "Smothered Goose." Nobody Toward the middle of the forenoon Se else, since Mary's own mother died, could bastian awoke, and Mary was soon with smother-roast a goose like her. The pro- him. He had said enough in his wandercess was not only a mystery, but so exact ing, while she and Polly had been getting were the culinary requirements, that few him to bed to give her an understanding of the whole affair, and instead of blamin The goose cooked in this way came upon him, her first words were of love and kind the table brown, sweet, tender, excessively ness. She acknowledged that it was all uicy, and without a particle of that pecu- her own fault, and that she had been sufiar oily flavor that renders goose and duck | ficiently punished for persuading her lover

"So let us think no more about it, dear,"

But Sebastian was not willing to let his he would not do it again. He looked into Wednesday came-the day before Christ- his pocket book and found his money all good, old Madeira wine. And here let me posed to be an all important paper just where he put it, and that was all right.

folks think?" Sebastian scratched his thing like himself. The pies and the cake and the pudding were made, and the royal "Plague take the 'tarnal stuff!" he said, goose was in process of smothering, and

"Come, Sebastian, dear-they are wait-"In a minute, love. Let me put the

money in the-" He meant to have said certificate, as he supposed he had taken that paper from his -not "Know all Men by these Presents," but "Augustus S. Walpole, to B. F. Grantly,

"Heavens and earth!" Mary rushed into the room, and found her lover pale and trembling. He had lost his marriage certificate! They hunted welfare, and that is pure milk, as supplied through every bit of clothing Sebastian by the mother of the new being; but after had touched since the night before, and

Parson Bebee was a kind-hearted, whole- As well as of perpetuity; were that not "Tell Mary that I've cleaned it all out souled man, but he was unswervingly continuide," said Mrs. Burke. "She'll know scientious. Not for worlds would he die. This principle or quality is common my work; and when Susan Burke says a violate the statutes of his State. And, to man and beast, and all that springs from Grant White.

moreover, he explained that such a cere- root or seed; it is named "Instinct." It Lemons, sugar, spice, nuts, raisins; and then came the last item in the list, one Children born of such a marriage would when there is not fluid enough in the sysillegitimate. No. He could not!

tificate was given up. The minister had renovation. It is curious and practically been done and explained the whole matter valuable as a means for the removal of disto the waiting company, and they had said, "Let us have the feast; let joy take the place of sadness, and at another time

we'll come to a quiet wedding."

The parson himself thought it would be too bad to disappoint the invited guests. "Let's carve Mary's Wedding Goose-" "Not a wedding goose !" groaned Sebas-

"Well we'll call it so. Come, cheer up. Many a storm has blown over without

harm to anybody."

The great old sitting room was ablaze had tasted nothing stronger than coffee with a score of lamps, and when Sebastian for two years, couldynot contain a gill of and Mary had taken their seats together at the table-sitting on the center of the

Parson Bebee invoked the Divine blessing and then seized the carving utensils and attacked the smothered goose, the royal savor of which had filled the house with its delicious odor. He took off the wings, disjointed and separated the legs, and then cut down at the breast, and pared off the thick, rich layers of meat from the sides of the breast bone. This done, he inserted the point of the carver into the thoracic cavity for the purpose of extract ing the stuffing. A few bits of rich stuffing, and then something interfered-there

"Oh! I thought Susan Burke had cleaned

old Deacon Allard, Mary's uncle, exclaimed "Ain't that ere a leetle too much like

"Well, no; I think not," replied the And then he showed what he'd found

Was there ever such a time? The old parson, the moment he ceased speaking, shot back his chair and popped around followed suit; she laughing and crying by turns, but all the while as happy as could

And then with the bright gleaming of happy promise, making jubilant the feast. the assembled company set to the work of testing the excellence of the duly commissioned and accredited Wedding Goose.

Select Miscellany.

Instinct of Appetite. THE QUEEREST OF QUEER CASES-LIFE'S

GREAT SECRET: "KNOW THYSELF." Chemical analysis and physiological re-search have established, beyond dispute, that every article of food and drink is composed of elements differing in quantity or quality. It is equally true that the various parts of the human frame are different in their composition, as the bone, the flesh, the nerve, the tendon, etc. But there is no element in the human body which is not found in some article of food or drink. A certain moral proportion of these elements, properly distributed, con-stitutes vigorous health, and form a per-fect body. If one of these elements be in excess, certain forms of disease manifest themselves; if there is not enough, some other malady effects the frame. When the blood contains less than its healthful amount of iron, it is poor, watery, and comparatively colorless; the muscles are flab by, the face pale, the eyes sunken, the whole body weak, the mind listless and sad. If the bones have not enough lime they have no strength, are easily bent, and the patient is rickety; if there is too much lime, then the bones are brittle, and are

in these cases consists in determining the excess or deficit of any element, and in supplying such food or drug as will meet When the medical attendant cannot determine what is wanting nor furnish the supply, nature is often loud enough in her calls, through the tastes or appetites, to indicate very clearly what item of food or drink contains the needed element; this is the "Instinct of Appetite." Chemistry is unable to say of but one article of human food, that it contains all the constituents necessary to supply the human welfare, and that is pure milk, as supplied the first years of life, the body demands valids. All kinds of life, whether vegetable or animal, have within them

A PRINCIPLE OF PRESERVATION,

tem. It is instinct which calls for food One more last long search, and the cer- by hunger, when a man is weak and needs ease, to notice the working of this instinct, for it seems to be almost possessed with a discriminating intelligence; certain it is, the standard medical publications give well-authenticated facts, showing that following the craving of the appetite, the animal in-stinct has accomplished far more than the

has done its best, but in vain. A CHILD CURED BY MAPLE BUDS. About three years ago the little daughter long side, opposite the old minister—and when they found how truly kind and considerate their friends were, they began to and called earnestly for more, and continuand, as in the case of the buds, ate nothing else for two weeks, when this also was dropped, a more natural taste returning with returning eyesight and usual health.
This was an instinct calling for those articles of food which contained the elements, the want of which laid between disease and

> recovery. CONSUMPTION CURED BY SALT.

A gentleman aged thirty-six seemed to be in the last stages of consumptive disease, when he was seized with an uncontrollable desire for common table salt; he spread it in thick layers over his meat and over his bread and butter; he carried it in his vest pocket, which was daily emptied "A dish rag!" inadvertently uttered an by eating a pinch at a time. He regained unsophisticated female guest. afterwards.

who bottle of it. Yes "put me up two bottles of it, while you're about it. Thunder! a fellow sir't married only once."

"Ah! Ton! Charley! Harry!—how are you, old fellows?"

"Ah! Ton! Charley! Harry!—how are you, old fellows?"

"Yes."

"Yes."

"Of ourse I will. Come up—what"! you have?"

The tree young men who had just entered the store had been old cronies of Sebastian's in his days of fun and frolie, and they were glad enough to find him in a social mood; for during the past two years they ware they ware they ware glad enough to find him in a companionship. But he was pleased to meet them now. With the fire in his blood that set him on they road to frolie, as the same time of the companionship. But he was pleased to meet them now. With the fire in his blood that set him on they road to frolie, as the same time of the companionship. But he was pleased to meet them now. With the fire in his blood that set him on they road to frolie, as the same time of the companionship. But he was pleased to meet them now. With the fire in his blood that set him on they road to frolie, the same time of the companionship. But he was pleased to meet them now. With the fire in his blood that set him on they road to frolie, the same time of the called a fire and the gase occurred in England of a child gradually declining in horizontal the could get a first degree, and the fellow was hung not it? Gase decreted in England of a child gradually declining in horizontal the could define a sit of that State." Stevens, in replysaid: "Mr. Speaker, I did not think the gentle east of that State." Stevens, in replysaid: "Mr. Speaker, I did not think the gentle man from California had so much wit, but he has just so much."

His speeches were destitute of ornament, and were models of brevity and concisence as I would expect in a free to determ the follow was tung not the desire of the coal and iron in England of a child gradually declining in health, in spite of all that could be done, where the the site of the file of the same of the base of t

to Rockaway in August, having the (usually considered fatal) hiccup when it start and in Lancaster telling him that she had ruins along the Rhine, when the woman no coal for the winter, and he wanted to be be who had been skulking around came up be be with a bear after supposed that he had got a letter from an old wo man in Lancaster telling him that she had ruins along the Rhine, when the woman no coal for the winter, and he wanted to be hind him and landed a cuff on his car chilly evening, about an hour after sun- send her some money, and could not get down, some fresh milk from the cow was any in the absence of the Sergeant-at instantly boiled and offered to it. It was Arms. I told him to draw a check on the with difficultry that the bowl could be Sergeant-at arms for what he wanted, and exclaimed, as he reached for his hat. "Left withdrawn from its poor emanciated fingers. I would cash it, which was done, and he After an hour's interval more milk was hobbled off greatly delighted to have got given, and nothing else, for a number of days. That child is now one of the heartiest, healthiest girls in New York!

could not name their cravings; but accirience, the beginning of a return to health. have pronounced a deadly dose; but as her case was considered hopeless, she was gratified, and recovered, living good health afterwards. But in some forms of dyspepsia, to follow the cravings is to aggravate the disease, life is made intolerable, and suicide closes the scene. In low fevers, typhoid, yielding to the cravings is certain

THE "CRAVINGS" OF NATURE. To know when and how to follow the instinct of appetite, to gratify the cravings of nature, is of inestimable value. There is a rule which is always safe, and will save life in multitudes of cases, where the most skillfully "exhibited" drugs have been entirely unavailing. Partake at first of what nature seems to crave, in very small quantities; if no uncomfortable feeling follows, gradually increase the amount, until no more is called for .- Hall's Journal of

How to Expand the Lungs.

Step into the purest air you can find; stand perfectly erect with the head and shoulders back, and then fix the lips as though you were going to whistle, draw the air not through the nostrils, but thro' the lips into the lungs. When the chest broken by the slightest fall of unusual is about full, raise the arms, keeping them extended, with the palms of the hands down as you suck in the air, so as to bring them over the head just as the lungs are quite full. Then drop the thumbs inward, and the chest open, reverse the process by which you draw your breath until your lungs are entirely empty. This process should be remarked three or four times during the day.

Peated three or four times duri never tried it, the glorious sense of vigor which follows the exercise.-It is the best

norance, use it ill according to their affected knowledge; who, being vulgar, would seem elegant; who, being empty, would seem full; who make up in pretense what they lack in reality; and whose little thoughts, let off in enormous phreses cored like and gain, but depend upon it all is right. The country will emerge turned toward him, clasped her hands, had an attack of the heaves and blind staggers, gone, and forty millions of worms have been strings to her three towards. let off in enormous phrases, sound like

Thaddeus Stevens.

REMINISCENCES OF THE GREAT COMMON-ER-HIS APPROACHABILITY AND LIB-ERALITY-HIS WIT AND SARCASM.

I have spoken of Stevens as the leader

of the House. He was the only acknowl-

edged leader during my connection with

the House. After his death there were,

of course, many aspirants for the position

rom the Williamsport (Pa.) Banner.]

but no one of them was like Saul-head and shoulders above the rest. There were too many men of about average qualities physicians skill was able to do; has saved to make any leader possible. And Stevens fe in multitudes of cases, when science ruled them with a rod of iron. He tolerated no disaffection in his ranks. He permitted no divided allegiance. And the awe and dread which members manifested of a farmer on the Hudson river had a fall, of him, of course, contributed to his sucwhich induced a long, painful and dangerous illness, ending in blindness; medication availed nothing. By accident a switch containing maple buds was placed form of the prophet's vision—dark, mysterious, iron-teethed, terrible-while by nature he was one of the gentlest and most take heart, and Mary whispered to her lover:

"Let's be happy-if we can Sebastian.—
It won't be for long that the evil shall approachable. Men, women and children went to him freely to consult him, and went to him freely to consult him, and were always sure of a sympathetic hearing. But in the House he seemed like a man of iron. His features seemed fixed and immovable. His utterances were delivered even in the most exciting debates, and his into it. I can discount any lawyer talking. without the least appearance of excitement wit and sarcasm, which were so much dreaded by his fellow-members, seemed to be absolutely spontaneous and as natural be absolutely spontaneous and as natural force, but seldom. Once, down at Tructo him as any other portion of his speech.
I remember, as an instance of this, his reof fellers standin' out agin hangin', and I remember, as an instance of this, his reply to a member from California. Stevens had made a speech on some subject, which the member referred to was criticising severely, and in the course of his remarks said: "Mr. Speaker, the speech of the gentleman from Pennsylvania evinces just as much conscience as I would expect in a representative of the coal and iron interests of that State." Stevens, in reply said: "Mr. Speaker, I did not think the gentleman from California had so much wit, but he has just so much."

The days the law of marriage was very strict. Fourteen days' public notice of an intention to commit matrimony was required; and the elergyman, or the justice, who performed the marriage ceremony without having received a certificate to the effect that said public notice had been duly given, was liable to a heavy penalty.

Augustus Sebastian Walpole had long loved and adored Miss Mary Elmira Al
BENEFIT OF ALE DIET.

As similar case is reported where a sick little more than simple blessing. As an instance of his benevolence I readily, and noting she sudcant's serve out this goose without just a little more than simple blessing. As an instance of his benevolence I readily, and nothing else for many days, ul child of two years old took a pint of all others he would intered they walked aboard or of the boate just child of two years old took a pint of all others he would deally, and nothing else for many days, ul climber his calling at my office during a child of two years old took a pint of all others he would don't serve out this goose without just a sinkly required; and the elergyman, or the just child of two years old took a pint of all others he would don't serve out this goose without just as they walked aboard or of the boate just child of two years old took a pint of all others he would don't serve out this goose without just as little more than simple blessing. As an instance of his benevolence I readily, and nothing else for many days, ul child of two years old took a pint of all others he would don't serve out this goose without just as little more than nour's each they walked aboard or of the boate just child of two years old took a pint of all others he would don't serve out this goose without just as little more than nour's each of the boate just child of two years old took a pint of all others he would don't serve out his goose without just as little more than nour's each of the boate just child of two years old took a pint of all others he would doally, and nothing else for many days, ul time the s

In conversation he was one of the most HOW POUND CAKE SAVED A DYING GIRL. agreeable of men, and his talk was enliv-In the case above given, the children ened by flashes of wit that came without the slightest apparent effort. Ward, of dent threw in their way what instinct rea great joy, and the blessed beams of a quired. Grown persons can express their of his—a Baptist preacher—called on him eravings. There are many persons who and wanted him to introduce him to Stecan record, from their own personal expefound reverence and admiration. Ward from gratifying some insatiate desire. The went with him to Stevens' room, and found him lying, as was common in these later stood upon a bale of hay and watched his from gratifying some insatiate desire. The celebrated Professor Charles Caldwell was fond of relating in his lectures, that a fond of relating in his lectures, that a days, flat on his back on the bed. He introduced his friend as a Baptist minister who was desirous of making his acquaint-which "sciences" would who was desirous of making his acquaint-which "sciences" would be well as the control of the contro ance, and then said: "Mr. Stevens, how into his hair Saturday night as this morn ance, and then said: "Mr. Stevens, and are you feeling to day?" "Oh," said he, ing! When I get through with him he'll "about as well as a man can who has been think the scenery around here has run think the scenery around here has run and the scenery around here has run think the scenery around he making an apothecary shop of his belly,"
whereupon, Ward said, he thought he saw
— Detroit Free Press. the preacher's reverence considerably diminish.

McPherson, who was very small in stature, had fallen down on the pavement in going from the Capitol to his boarding house. Stevens asked me the next day what was the matter with him. I said I vert. thought it was owing to some blackberries he had eaten the previous evening. "Blackberries?' said he, "why, I should think one blackberry would fill him up." He the steps of the Capitol, and Joe Reese and John Chauncy, two stout young men, who "No! I don't b'leve nothin' like were employes of the House, were assigned to the duty of carrying him up and down in a chair. On one occasion he said to them, "What will I do for somebody to carry me when you two stalwart fellows are dead and gone?"

"dat der war a man called Joner who swallered a whale and kept it down a awfu

I shall never forget the last interview I ever had with him. I called on him a few days after his return to the last session he lived to attend, with my friends Wingard and Montgomery, who were in Washington, and desired to pay their respects to Go on wid de katekise him. He was sitting in a chair, and his on him. He welcomed us very cordially, wife." A servant brought in a note and handed it to him. He read it and wrote which follows the exteriors.— Is the feed to him. He read it and wrote a perfectorant in the world. We know of a gentleman, the measure of whose chest has been increased by this means some three inches during as many months.

Little Thoughts and Big Phrases.

Simple and unpretending ignorance is than ded it to him. He read it and wrote a brief reply, when Dr. Young asked him if he ever used glasses, "Glasses," said he, "What would a young fellow like me want with glasses? "You must have been near-sighted in your younger days," said the Doetor. "Why, no," said he, "I thought I could see through people better than I can now." "How is your hearing," the jimson weeds and was heavily laden with the oder of heavest weeks a noble farmer's daughter.—

She was a noble farmer's daughter.—

He a son of ditto. They had journeyed back to the hog pens, and were sitting on and listening to the music of the tree toads, and now and then the mellow tune of the distant jackass, that was wafted to their ears by the gentle winds that sighed among the jimson weeds and was heavily laden. always respectable, and sometimes charm- said the Doctor. "A great deal too good," with the odor of hen roosts and pig pens. ing; but there is little that more deserves was the reply; "I hear a great deal more The last rays of the setting sun were fall-contempt than the pretense of ignorance about myself than I want to;" and so the ing fast. One of his arms was around to knowledge. The curse and the peril conversation went on. As we arose to take Samantha Jane's waist, his head resting of the language in this day, and particularly our leave, he said to us: "I am much on the small of her back. She looked like of the language in this day, and particularly in this country, is that it is at the meroy of men who, instead of being content to use it well according to their honest ignorance, use it ill according to their affected knowledge; who, being vulgar, would seem on it all is right. The country will emerge turned toward him, clasped her hands, had poisoned by the medicine that Dr. Young gave out and squatted in his-lap and he fire-crackers in an empty barrel.—Richard has been stuffing into me, this Government hugged her till he burst his muslin suswill be standing firm as ever."

The Budget of Jun

Wanted to get on a Jury.

The Virginia City (Nev.) Chroniele has the following piece of pleasantry: Presently the stillness of the court room

was interrupted by the entrance of a man who came in with a shuffling, usersy step, and with his hat in his hand. He halted and leaned against the railing. Nobody took the slightest notice of him, however.

At last he took courage and spoke : "Is the Judge in?" The clerk immediately awoke his hon-

"Well, what do you want?" "I'm looking for a job, your honor. I've

en looking for work over a month." "There's nothing for you here." "I thought ye occasionally gave jurymen a job. I don't read newspapers any,
and bein' a stranger in town, I haven't got
any prejudices agin anybody. A pard of
mine wrote down to me at Reno last week,
and said that the jury business up here
was brisk, an' it would pay to come up.
As I'm a stranger to you and a little hard
up. I'll start in and serve for a content of

"What are your main qualifications?" "My strong suit is makin' a jury agree. No juries ever get hung if I'm on 'em just lay low till they take the first ballot

debly walked aboard one of the boats just

that made him gasp for breath. "Pintin' out the scenery, are you !" she home on a drunk three days ago, your family out of provisions and the bah

women ! "I-I was-." "You pint for home!" she interrupted. "and if you ever think of dodging into an alley I'll yell 'Murder !' and turn out the

He gave one last, lingering look at the dodged around a buggy, and shot down the wharves as if fired from a gun.

He Wanted to Jine.

"You wan' to jine the ban', do you?" said an old negro preacher to a young con-

"Yes, sar, I wan' to jine." "Well, sar, do you believe Gerliah, a pickaninny little shaver, slewed a great big man called David, dat was longer dan had got so feeble that he could not walk up de Centre Market, with a pebble dat was

"No! I don't b'leve nothin' like dat, "Den you can't jine."
"Well, den I believes it. On wid de katekise.' "Do yo b'leve," continued the deacon,

swallered a whale and kept it down a awful long time before he spitted it out ?" "No sar; can't make me bolieve dat," was the response.

"Den you can't jine." "Well, now, by jingo, I b'leve dat too.

"Do you b'leve dat dere was a man namphysician, Dr. Young, was in attendance ed Delilla, and dat a woman called Sampson got down in de cellar of a big hou and the conversation that followed was an what weighed mor'n de Centennial, and incessant flow of wit and humor on his part. lifted it kerslap clean out ob de world?" "Don't b'leve nothin ob de kind," was

"Don't wan't to jine." "I don't b'leve

SHE was a noble farmer's daughter .-