The Lancaster Intelligencer.

Volume XVII-No. 128

LANCASTER, PA., SATURDAY, JANUARY 29, 1881

Price Two Cents.

MEDICAL.

We call at ention to a few very desirable articles at anasually low prices

WATCHES, JEWELRT, &c.

Boys' Silver Hunting Cased Watches at \$ 6.25 Boys' Silver Hunting Cased Stem Winding Watches...... 15.00 Gentlemen's Silver Hanting Cased Full Jeweled Watches. 5.00 Gentlemen's Silver Hunting Cased Stem Winding Watches 15.00 Ladies' 10 and 14 Carat Gold Hunting and Half Hunting

We call attention to our fine Movements for Ladies' Watches Full Jeweied, even in centre pivots, which we will case to order in Handsome Box-joint Monogram Cases or otherwise. Gentlemen's 18 Size Movements Cased and Engraved or Monogrammed to order. .

A special new line of goods is just received, consisting of Gentlemen's Silver Box-joint-Cased Watches, the Handsomest Silver Watches ever brought to this city. We invite an inspection of these goods, feeling confident we can show inducements to buyers not to be found elsewhere.

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4 West King Street, - - - - Lancaster, Pa.

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EDW. J. ZAHM.

Manufacturing Jeweler, Zahm's Corner, Lancaster, Pa.

Things in our stock that make

Beautiful and Durable Christmas Gifts.

WATCHES, DIAMONDS, SILVERWARE, CLOCKS, JEWELRY, SPECTACLES, **GOLD BRONZES**, GOLD HEAD CANES; GOLD THIMBLES, SILVER HEAD CANES. SILVER THIMBLES. OPERA GLASSES. GOLD PENS AND PENCILS,

> HANDKERCHIEF AND GLOVE BOXES, GOLD BRONZE SMOKING SETS. FINE CIGAR SETS. BACCARET VASES.

> > ALL THESE AND MANY MORE AT

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The Clothing How to Lize. Bargain Rooms.

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low cost is so great that we may say

there is no change from last week, ex-

cept that a very few lines are exhaust-

clothing of all grades, from common

to fine, are here, going for less money

larger, though not more complete

stocks are not marked down at all.

You can buy out of either, as you

These stocks have been separated

for convenience in selling; but they

are made together, in the same way,

for the same purpose, and after the

Large and complete stocks of new

Remember, though, that still

ed-not enough to mention.

than their original cost.

may prefer.

same standards.

Plain Directions on a Subject of Vital importance. Dr. Willard Parker, of New York, says : The body is constantly wasting and The mass of the stocks selling be-

repairing; the operation of repair and waste is continuous, and in order to accomplish this end the body is occupied in fevers." making blood, and may therefore be de-nominated a blood-making machine. The

blood will be either good or bad, accord-ing as the material or food is good or bad. The character of blood made depends on the kind of food taken. In this country, as a rule, too much meat is eaten ; meat once a day is sufficient, especially for brain workers. The waste matter from a meat diet is climinated through the kidneys. Too much labor thrown upon those organs produces disease. An overloaded stomach is unfavorable to active brain work. Man is like on engine with two service pipes, one for the brain and one for the body, and ho man has the requisite force to work both at once. Generally

Americans bolt their food. It should be cooked. The first process of cooking a steak is on the range ; the second is in the mouth, and this is done by working the saliva into the food by chewing. Thus is the food food prepared to be acted upon by the juices of the stomach. Infants in nursing move the jaws to obtain the milk, and the working of the infant's jaw mixes

Bring back whatever you don't want at the price. subjected to the action of the stomach for two or three hours the food becomes fitted to pass into the circulation by absorption. WANAMAKER & BROWN. To have good food, therefore, it is necessary that it be made of proper material

OAK HALL, Market and Sixth. properly prepared." Herald reporter inquired.

Chinchillas.

OVERCOATS! Closing out at a great reduction our immen-line of Novelties in Overcoatings. Fur Beavers, Seal Skin. Elysian, Montanak. Ratina and

Lancaster Entelligencer. SATURDAY EVENING, JAN. 29, 1881.

man drinks is pure?" "I answer that alcohol, however pure, is in itself a poison, and that it impairs the whole living organism and cuts life short—cuts life short, sir. The life in-surance companies understand it. Their forward to the state of themselves at all time— weather like an average January or Feb-ruary in New York, but at all times? figures show that while a temperate young man at twenty may reasonably look forward to forty-four years and two months

of life, the young man of the same age who poisons his system with drink can expect not more than fifteen years and six months. He who uses alcohol becomes an casy prey of epidemics ; his system cannot resist the poison of diphtheria, cholera and

"You classify the immoderate use of alcohol among the crimes against the state?

"Yes; the disease of the parent is tranmitted to his offspring, and in the offspring the tendency to disease, such as consumption, cancer or gout, is intensified The tendency of like to beget like is stamped upon the whole organic world. Consumptive parents beget consumptive children, and the taint of certain specific diseases is sure to place its mark somewhat upon the constitution of offspring for several generations. But of all agents alcohol is the most potent in establishing a hered-ity that exhibits itself in the destruction of mind and body. The drunkard by inheritouce is a more helpless slave than his progenitor, and the children that he begets are more helpless still, unless on the mother's side there is engrafted upon them

an untaintéd stock.' "Now, sir, as I have said before, a

man's value to the nation is in the ratio of his ability, first, to add to the wealth of the milk with the saliva and thus fits that the nation, and, secondly, to produce promilk to go into the stomach. After being geny that shall add to the strength and enlarge the grandeur of the nation ; and this nation owes it to itself to restrict this destroying agent, alcohol, and relegate it to medical practice, where it belongs. Let me add that every individual drinker should exalt himself in his own esteem by "What ought that material to be ?" the proving to himself if that he has the nerve to repress and conquer whatever desire he "Let us follow the dictates of nature," has for indulgence in destroying alcoholie the doctor replied. "We are furnished drinks." with milk to start with as we enter the "Wha

"What else, doctor, will tend to fortify world. Had meat been the best diet we the public against the perils of this season should have been born with beef steaks in of sudden changes in the atmosphere ?"

our hands. But we are given milk. Milk "I ought, perhaps," the doctor replied, and blood are nearer alike than any other to have put personal cleanliness in the two fluids ; a large proportion of each is water. After milk breadstuffs and vegetafront rank-that is, to have dwelt upon it carlier in this interview, but the descent bles are the best diet, and in warm elifrom intoxication to beastliness-by which mates fruit. Then meats. Sugar and fat I mean the use of tobacco, of course-is so go into the body not so much to nourish it natural that it is well to speak of that deas to be a fuel to give it warmth. Meat structive agent here. You will hardly contains much nitrogenous matter, and if eredit the verified statistics of life-shortening by this insidious destroyer. The system that is saturated with this poison cannot to drink? Do you expect me to drink it after you have polluted it? The air is a fluid that I must inhale. I must have it or die. What right have you to vitiate it and thus to imperil my life? Chewing and snuffing are not so heinous, for they injure nobody but the victims themselves and their progeny. "I repeat, sir, air is an impalpable fluid. It is an important part of our food. By what right does the smoker deprive me of this indispensable means of life? You have been in crowded halls in which the air was so impure that the gas barned dim. That came of the exhalations of human lungs added to the combustion of gas. How much more destructive to life if the assemblage had yet further poisoned the atmosphere with the fumes of tobacco! "To make good blood we require good food, pure water, pure air, sunlight and exercise. Either foul air or impure water poisons the blood. If you don't throw off two pounds and three-quarters of effete matter every twenty four hours through the lungs and two pounds through the pores you must expect sooner or later to fall. Nothing is more essential than pure air. Impure air is the source of our ship fevers. Let me give you an illustration." Here the doctor brought out his diary and turned back to 1837. Then he said : "In 1837 the ship Pheebe, which had packed on the orlop deck, where their breath had poisoned the air, was drawn ashare at Porth Andreas the air, was drawn ashore at Perth Amboy with eighty-two persons sick with ship fever. There were more than we could shelter in Bellevne hospital. The best we could do was to set up cots on the lawn and put the patients out there and cover them with an awning. What a shout went up from the press of New York! Inhumanity unparalleled ! Mark the results. The patients that were under the friendly shelter of the hospital died; those who lay out in the free air recovered. It revolutionized medical practice in fevers. It gave fever patients pure air and cold water, for which nature had been battling for centuries." "Cleanliness," the doctor went on to say, "has been classed as akin to godliness. It certainly takes high rank in equalizing the circulation. The jockeys appreciate its importance. How regularly and carefully they groom their horses ! Is not man as precious as the horse? Every man should groom himself every morning-sponge himself from head to foot with water of the temperature of the room in which he sleeps. The purpose of wetting the surface is merely to make the friction of a rough towel more effective as it is rubbed over the person. You should not sleep in any garment that you wear by day, and the room in which you sleep should be perfectly ventilated by a fireplace and a partly opened window if possible. " If, after you have observed the rules of hygiene to the extent that I have indicated you still have cold feet and limits and indigestion and a tendency to vertigo, plunge your feet into water as hot as you can bear it and keep them there five minutes. Then put them into cold water for a second-I don't care if it is ice cold Do as I have pointed out and keep your bowels open and you may safely walk the streets even in the slush of a January thaw and bid defiance to the sudden crispness of atmosphere that freezes other men's feet." " How shall the feet be clad in winter ?" "' 'Cool head, free bowels and warm feet, is an old aphorism. If you suffer your feet as a food of any kind. It possesses an in-herent deleterious property, which, when introduced into the system, is capable of destroying life, and it has its place with assonic belladonna prussic and opium. to get cold you are in danger of apoplexy

many miles from home until night as most New Yorkers are. But why should not There is a vast difference between the longevity of men who take care of themselves and of those who do not. It is, as the life insurance companies' tables show, as thirty five is to about seventy. The man who bows to all the known laws of

"But assume, doctor, that the spirit a morning and are busy at a distance of

hygiene not only lives longer, but is able also to enter into all the joys of life without the aches and pains that insulted nature imposes when in rebellion."

Sermonizing to Legislators.

Some years ago Dr. E. V. Chapin was nvited to deliver the annual sermon before the Legislature of Massachusetts. He did so, the members of both houses and the governor of the state being present. The following extract will show the spirit of the man on that occasion :

"There can be 1:0 prosperity nor virtue nor glory in the aggregate when the in-dividual is false to the higher dictates within aim By night, by day, at home, abroad, in the field, the mart, the work-shop, the closet, the caucua, the legisla tive hall, the magistrate's chair, let him remember that, wherever he acts, what-ever he does, he acts as a complete moral agent, personally, directly responsible to God. Let him remember that he ever re-presents the state. Let him consider ever within aim By night, by day, at home, presents the state. Let him consider every

public transaction in which he is engaged as a private affair, and to that end, in private affairs, let him at all hazards do right. Let a vile deed to which he has given the

least countenance, no matter how remote in its operation from his immediate interests. tingle his check with shame, as if he had ost personal credit and respect thereby. Let the maxim that 'all is fair in politics sound as discordant to his ears as the maxim that 'all is fair in religion,' 'all is fair in trade,' 'all is fair in any act of intercourse between man and man.' Let him remember that no movement is so exclusively public as to take away the force of individual responsibility; that no multitude is so large as to absorb his moral personality; but there, in that public movement, there in that huge crowd, he

stands as if he were standing alone in the universe, spiritually naked, listening to the judgment of God and the beating of his own heart."

> Pleasant to the taste and surprisingly quick in relieving Coughs and Colds, it is not at all strange that Dr. Bull's Cough Syrup has dis-placed so many other Cough remedies.

> > HOUSEKEEPER'S GCODS.

Bloed Humors, Itching and eases, Serofula, Scrofulous Ulcers, and Swellings, positively, per-manently and economically cured.

CUTICUMA RESOLVENT is the greatest blood purifier in medicine. It acts through the bowels, liver, kidnoys and skin. CUTICUMA, & Medicinal Jelly, arrests external disease, cats away lifeless fiesh and skin, allays inflamma-tion, itching and irritation, and heals. CUTI-CURA SOAF eleanses, heals, softens, whitens and beautifies the skin. It, and the CUTICUMA SAAF ING SOAF, the only medicinal shaving soap, are propared from CUTICUMA.

Salt Rheum.

Mrs. Asa R. Brown, Malden, Mass., had Sals Rheum on body and limbs for eight years. No kind of treatment or medicine or doctors did her any good. Limbs so raw and painful that she was obliged at times to go about ou crutches. Many of Malden's best ditzens oun testify to her condition. She despaired of cure or even relief. Used the CUTICEA RESOLVERT nternally, and the CUTICURA and CUTICURA OAP externally, and was cured in six months.

Wonderful Cures.

Eczema.

Manuel Manintz, New Orleans, La., writes: "No other can compare with the CUTICURA REMEDIES. I have used them in all forms for a severe case of what the doctors called Eczema, which was effectually cured in eight weeks."

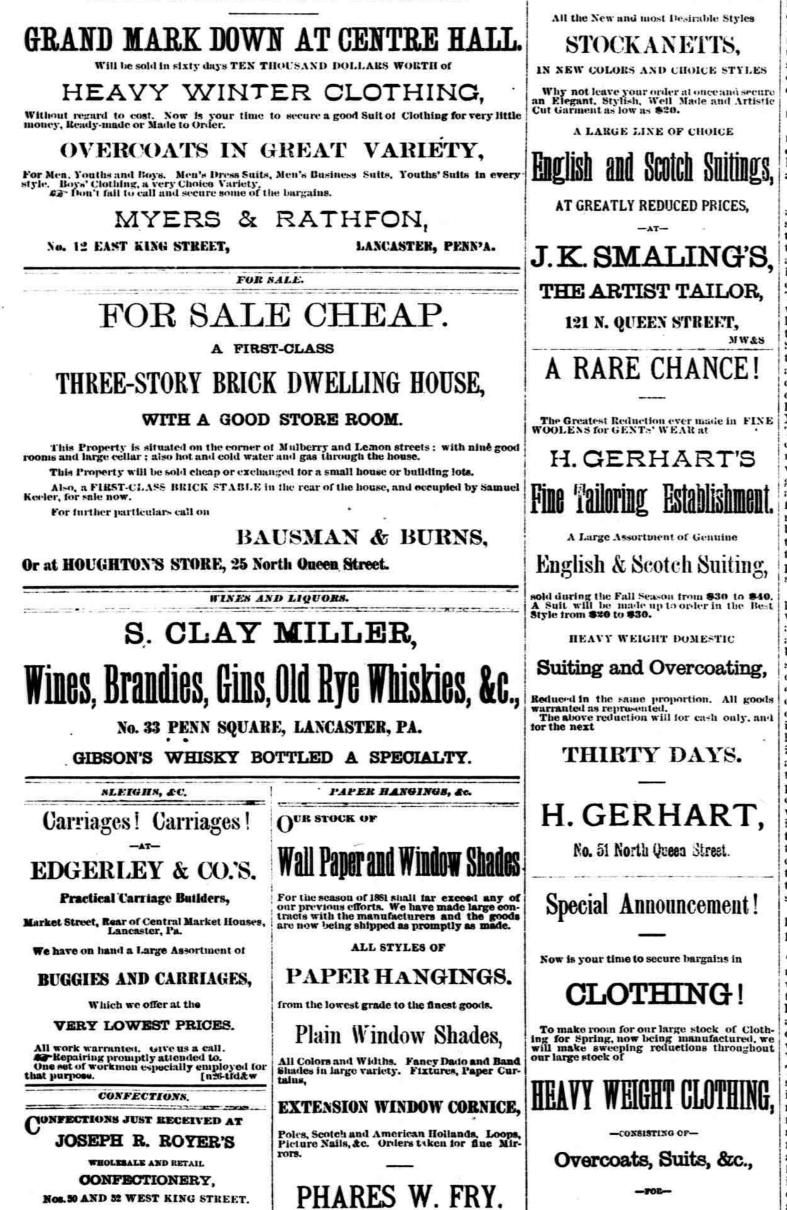
CUTICURA REMEDIES are prepared by WEEKS & POTTER, Chemists and Druggists, 350 Wash-ington street. Boston, and are for sale by all Druggists. Price for CUTICURA, a Medicinal Jelly, small boxes, 50 cents; large boxes, **11**. CUTICURA RESOLVENT, the new Blood Parifier, \$1 per bottle. CUTICURA MEDICINAL TOILET SOAP, 25 cents; in bars for Barbers and large consumers, 50 cents.

consumers, 50 cents. go, All mailed free on receipt of price.

SANFORD'S RADICAL CURE FOR CATARRH. Instantaneous, Economical, Safe. Radica

Treatment for One Dollar.

Poisonous entarrhal matter filling the nasal passages rots away the membranes tissues and cartilages, causing loss of Smell, Taste and Hearing. The putrid accamulations drop during sleep into the throat and are swallowed, paralyzing



we cat too much of it there will be, as I e already said, more than the kidneys can throw off. It is a question whether beget healthy offspring. And not only Bright's disease is not to some extent at- does the smoker shorten his own life and tributable to the undue quantity of meat transmit disease to his posterity, but he that is eaten in this country. The blood invades the domain of his contemporaries. should be made of material suited to the What right, sir, have you to throw an imoccupation. Men working in the woods purity into the glass of water that I intend can throw off anything." "Now, doctor, as to the quantity of food ?" "We are taught moderation in all things. There should be moderation in eating, moderation in drinking. And here I come to the vexed question of temperance in the use of beverages." "Are you a tectotaller, doctor ?" "I am and always have been a temperance man : but I belong to no temperance society. I have great respect for the teetotalers. Some men are so constituted that they must be total abstainers. There are four classes : The first are the teetotallers, among whom are persons who must drink immoderately if they drink at all. These inherit from their ancestors somewhere in the past a taste for alcoholic liquors. Depend upon it, some one of their ancestors was an immoderate drinker. Such unfortunate subjects of hereditary taint must-mind you, sir, I say mustabstain absolutely. Secondly, there is a class of temperance users who take a glass of wine or so at dinner and who, as a rule, limit their beverages, as the Business Men's Moderation society limit theirs. These persons are temperate. The third class is made up largely of young men of good purposes and social feelings, who are aiming high and who drink unguardedly and frequently until they create an appetite. They, too, often fall into the fourth class, namely, the drunkards, and if they do not stop in time they inevitably become drunkards. It is a question of time only, and from the time of their fall to confirmed drunkenness down to the potter's field is a rapid and fearful descent. "A limited quantity of spirits at the principal meal, especially for persons ad-vanced in life or of weak digestion, may aid in the combustion of the food. Spirits aid digestion in feeble and aged persons; but only the feeble or the aged require such a stimulus. The young and vigorous do not need it and are better of without it. Middle-aged persons may, perhaps, drink a little spirit with their meals without danger; but they cannot safely make it a beverage. In small quantities alcoholic drinks stimulate, and if not enough is taken to coagulate the pepsiu and 'the albumen in the food they promote diges-tion m proper cases and thus help to repair the system. But whenever more alcoholic liquor is taken into the stomach with the food than is demanded it passes into the circulation, disturbs the action of the heart, flushes the face and confuses the brain. When so much fermented or disturbed positive harm is done-the system has been so far poisoned. An irritation has been set up instead of the desired healthful stimulation of the stomach. "Have any practitioners regarded alcohol as a kind of food ?" the Herald reporter inquired. "Their opinions," Dr. Parker replied, have been theoretical and, it seems to me, not borne out by facts. They have viewed alcohol as a kind of respiratory food, whose use is to develop more animal heat and thus eliminate more carboaic icid. This conclusion is not sustained by observation and experiment. Food is that which repairs some waste in the system. We can repair that only which exists. The human system contains water, fat, starch and sugar, nitrogenous substances, iron, sulphur, phosphorus, animal quinine, sodium, potassium and chlorine, but

no alcohol is found. It has no like in the system; hence there is nothing that it can repair, and it cannot, therefore, be ranked

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Tin, Sheet Iron and Copper Ware we

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known make of goods an immense

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Auctions, and which we are able to

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Ware is full and complete. In Table

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could not do better than examine our

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digestion. Taken up by the absorbents, the virus enters the blood, weakening and debilitating every organ, and generating fatal affections of the Lungs, Liver and Kidaeys. Strike at the roots of this gigantic disease. Cleanse, purity and heal the membrane lining the nasal passages, and then, by constitutional treatment, neutralize the poison in the blood would call the attention of their numerous customers and the public generally to their very large stock of and other fluids. SANFORD'S RADICAL CURE, with IMPROVED IN-Housekeeper's Hardware. Our stock HALER and CATABRAAL SOLVENT, reaches overy part of the affected system, cleansing, purify-ing and restoring. It is radical and permanent. of Cook Stoves, Ranges, Parlor Stoves and Heaters embraces the finest goods It is economical and safe. Try it before it is made and our prices are very low. In

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This combined action gives it wonderful poves to cure ail diseases.

WHY ARE WE SICK?

Because we allow these great organs to become clogged or torpid, and poisonous humors are therefore forced into the blood that should be expelled naturally.

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Fresh Groceries, Pure Spices, and Best Cigars in town. All at Why suffer bilious pains and aches? Why tormented with Piles, Constitution? Why frightened over disordered Kidneys? Why endure nervons or sick headaches? Why have sleepless nights?

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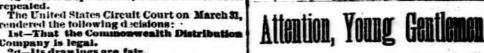
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