J. Lowis Smith, M. D., in Journal of Recor

It is the duty of the physician to recon mend, if it be possible, a diet suitable for in-fants, which the poor as well as the rich can employ. The milk of the cow, goat, or ass, bears a closer resemblance. bears a closer resemblance, chemically, to human milk, than does any other kind of food. All the infant foods in the shops, which have been most successfully employed in the feeding of infants, either contain animai milk, as their most important ingredient, or else a larger proportion of milk is required to be mixed with them in the nursery. Moreover, at the celebrated convention of German physicians, held in Salzburg in 1881, to consider the subject of infant feeding, composed of men who have had such ample experience, and have contributed so largely to pediatric literature, that they are widely own as authorities in whatever relates to the care of infants, and which therefore should be recommended in preference to any other kind of food, But the important problem arises how to prepare cow's milk so that its indigestible quality, especially the congulation of its casein, in large and firm

Kunysa, in which the case in congulates in flakes, is not suitable food for infants, although very useful in certain diseases of adults. From its nature and composition we would expect unfavorable results from its use in infancy. At one trial of it was allowed in the N. Y. Foundling Asylum, under the supervision of a gentiema who was largely interested in its sale, and not a single infant, so far as the writer recollects, did well under its use. AN OLD THEORY EXPLADED.

The laudable endeavor, on the part of many anxious parents in New York and other cities, to provide better milk for their infants, by obtaining it from one cow, is ounded upon a wrong understanding of the facts in the case. The casein, as well as other ingredients in cow's milk, fluctuates between wide limits, according to variations in the health, feeding and exercise of the ani-mal, so that the inixed milk of the dairy mal, so that the mixed mik of the dairy furnishes a better and more uniform average than is obtained by the constant use of one cow's milk. There is more certainty that the mixed milk more closely resembles human milk in the proportion of its ingredients than does the mik of one cow. Besidee one cow's milk is usually for convenience obtained near the city, where the feeding and the health of the animal are not so good as in the rich farming sections at a distance. Moreover I have proof that gross deception is sometimes, and probably frequently practiced, in this matter of furnishing one cow's milk. Women who sell at a high price to unsuspecting families milk that they say is from one cow, sometimes obtain it from the common stock of milk at the corner groceries. designed for infant feeding should

obviously be as fresh as possible, and pre-served upon too from the time of the milkserved upon ice from the time of the milking, for in hot weather it begins to undergo fermentation early. Unfortunately, in New York and probably in most of our large cities, milk delivered in the morning is the product of two milkings of the previous day, and it is difficult to prevent some fermentative change in midsummer in milk twenty-four hours old. Milk as soon as it is received should be scalded, since scalding arrests fermentation and destroys any microbes which are present. Any danger which may exist of the communication of infectious diseases through the milk supply is prevented by the scalding.

Much ignorance exists in families in regard to the degree of dilution of the milk, which

to the degree of dilution of the milk, which is required seconding to the age of the infant. Even physicians sometimes do not give cor-rect advice in reference to this matter. Water employed for the dilution, whether plain or in the form of a light gruel, should always be toiled, in order to destroy any micro-organism or deleterious organic sub-stances which it may contain, and it may be allowed to cool site ward. The following is, I believe, a nearly correct schedule for the amount of dilution required. Intants from birth until the close of the third week require one part of milk and three parts of water; from the third week to the sixth week one part of milk to two parts of water; from the sixth week till the third mouth two parts of milk and three parts of water; at the third mouth half milk and half water; at four and month half milk and half ware; as the sum and half months three parts of milk and two parts of water; at the age of six months, one quarter part of water may still be added. As cow's milk gives an acid reaction even when fresh, I recommend the addition of two or three tablespoonfuls of time water to the milk required at feeding, in order to the milk required at feeding, in order to neutralize the sold or produce a slight alka-linity. A little salt added perhaps promotes

Many infants in New York have been well nourlished for months with condensed milk, and have not suffered from indigestion or distributed attacks, unless temporarily. Others fed with condensed milk as their chief or sole allment have not done so well, in some in aliment have not done so well, in some in-stances, because it was not perfectly used. Condensed milk has this advantage over or-dinary milk, that it is usually prepared from selected milk, and resists fermentative changes for a much longer period. In the condensation about seventy five per cent. of the water in milk is evaporated in vacuo. The laity and even the medical profession need to be instructed in regard to the amount of dilution which condensed milk requires at different ages in injancy. I have repeatat different sges in infancy. I have repeatedly seen infants suffering from innutrition and intestinal disorders, most frequently constipation, who were fed with condensed milk in the proportion of one teaspoonful of the milk to a teacupful of water. Directions for feeding so loosely stated and requiring so great a dilution that the infants do not receive great a ditution that the infants do not receive the requisite nutriment, and the parents are ready to abandon condensed milk for something else, are sometimes given even by the family physician. Thus recently I was asked to see an infant of about four months fed by the advice of the physician with ene teaspoonful of condensed milk to the nursing bottle half full of water. The dilution I found by measurement to be one teaspoonful to more than thirty of water. The infant was an emic, thin and fretful from manition, and if in its weak state it had sickened with any serious malady it would probably have perished. If condensed milk be diluted with four times its quantity of water so as to make it of the consistence of ordinary milk and then prepared as directed above, with the farinaceous admixture, it may be employed and often with good results in feeding infants in place of ordinary milk.

SUCCESSFUL ALIMENTATION. Successful alimentation of infants requires not only the use of the proper kind of food but its employment in proper quantity and at proper intervals. Infants nourished with at proper intervals. Intants nourismed with breast milk should be suckled in the average every two hours in the day time after the age of six weeks, and hourly if under this sge. But hand fed infants require a longer time to digest food and they should not, as a rule, be fed oftener than every two and shalf hours, it under the age of three months, and every it under the age of three months. fed oftener than every two and s-half hours, if under the age of three months, and every three hours if above this age. The atomach of the infant is very distensible, and like adults some infant require more food than others. According to my observations an infant under the age of aix weeks should receive only about one and s-half fluid ounces at each feeding, more than two ounces producing undue distension. The quantity at three months should be about two and s-half ounces, and between the third and tenth ducing undue distension. The quantity at three months should be about two and a half ounces, and between the third and tenth month the quantity at each feeding should be in the average about four and a half to five ounces, according to the age, provided that the milk or other food have the consistence and nutritive properties equal to that of human milk. Feeding from the bottle appears to be preferable to spoon feeding, since by the suction the food is more intimately mixed with the buccal and salivary secretions. Physicians need not be reminded of the inportance of keeping the bottle and tip clean, and in the intervals of the is eding of immersing them in water randered alkaline by the sodium blearbonate.

The medical attendant is often seked if the feed or some other meat broth may be given to the infant in addition to its other food. Most meat broths are inxative and if given in any except the smallest quantity produce a laxative effect. Still some benefit is apparently obtained from giving two or three teaspoonfules of the freshly apprecially to infants over the age of five or six months. When the incisors have appeared, that is at the age of six to seven meaths,

A Little Party.

From the Dakota itell.

There was a grand ball given up in Estelline one night three or four years ago. It was the chief social event of the season in which it occurred and elaborate preparations were made. It took place in the largest hall in town, located over the Golden Bowl saloon, which institution had a bar in it which would hart your eyes to look at.

There was an orchestra brought down at great expense from a German settlement at the head of Stray Horse creek. There were four or five in this band, including a big fid die trained to stand up on its forelegs, which had a piece of barbed wire for its largest string. We all went who were living in town and a scope of country as large as the state of New Jersey was ransecked to furnish ladies enough to make it interesting.

The gentlemen connected with Spaulding's ranch also came. They were fond of society and it might be said that they were in Estelline's social swim. There was Mr. Bill Hostetter and Big Jack and Long Jeck. If we remember rightly, Mr. Pock-marked Smith and Mr. Paby Dougherty were present. We are positive that Bnub'em Pete and Mr. Dennis McCasey were in the party, as well as Wisconsin Jo, Buck Reno and Jimmy the Road Agent.

The gentlemen were all feeling well when they left the ranch. On arriving in town they rode into the Golden Bowi saloon and up to the bar and sampled the stock of loreign and domestic liquors, after which they bunched horses in the atreet and came up to the ecene of the feetivities.

Promptly at 9 o'clock the head musicians drew a rip saw across the barbed-wire string of the big fiddle and the floor manager yelled "form on!"

Then we all danced, the big fiddle groaned the little fiddle screeched, and the parior organ borrowed from the First Baptist abunds and the local party and the street when the barbed when

Then we all danced, the big fiddle groaned the little fiddle screeched, and the parlor organ borrowed from the First Baptist church could occasionally be heard when the others stopped to rest. Each danced as long as he or she could, the floor shook, the imps swung, the man who called off got his nose up in the air and yelled and the big fiddle roared. Everything went smoothly till the second dance after the supper taken at the Headquarters hotel.

At this point the ranch gentlemen came up in a body—they had before been dividing their time between the ball-room and the dispensary below.

dispensary below.

They came in and drifted up to the head of the hall, when suddenly Bill Hostetter jumped up and cracked his heels together three times and velled:

"Wour-r-rck! I'm er terror! Yar-r-r-!"

The man who was playing the church organ felt over backward off the platform and started for the door on his hands and

knees.
Then Buck Reno jumped up and struck his head against the celling twice before he came down and whooped:
"Ra-r-r-! ra-r-r-! ra-r-r-! So'm I!

Yo-ow!"
Long Jack threw his hat on the floor and turned a handspring, in which his feet broke a hanging lamp, and then howled:
"Yi-hi-yi-hi-youck! I wanter fight! Stop yer buil fiddle! Yi-i-i!" The violinist reached the door at two jumps. The rest of us were going all this time.
"I'm er mur-drer! Ju 'ear me? I'm er
bluddy mur-drer!" yelled Pockmarked

Smith.

"Whoo-pe! whoo-pe! ki-yike! ki-yike!
ki-yike! ki-i-i-i!" roared Patay Dougherty as he beat the floor with a chair.

"Clear this year ball or l'il eat yer! Git out er l'il drink yer blood!" whooped Big Jeck.

Jack.
"Say! I've shot men in 'leven territor-ies!" shouted Jimmy the Road Agent, as he pulled out a gun and began to practice on the stops of the organ.
"Yasah! I've stabbed men from New-Orleans to St. Paul!" returned Wisconsin

Joe.

"Joe" watch Dennis McCasey! Keep your eye on old Dennis McCasey!" howled that individual as he smashed up the stove with a

individual as he smanded up the stove with a chair.

"I kin lick anything what walks!" War-r thar! War-r thar! Lar-r-riup!" put in Snuben Pote.

"Yike! Yike! Wh-a-a-ah! Gimme "Yike! Yike! Wh-s-s-sh! Gimme room! gimme room!" snarled Bill Hostetter again, as he pounded the wall with a board torn from the platform. Then they went around once mors.

He had room so far as we society people of Estelline were concerned. We were acquainted with these gentlemen from the ranch and we had been falling over one an-

Such little events used to frequently occur at social gatherings in Estelline in an early day, and it does us good to recall them.

THE GREAT BEA BAT. stories of the Streps

"They are not to be trifled with," said the skipper, as we slowly pulled back from a sea but in the Gulf of California. "Last summer one struck one of the heaviest boats along shore and broke it into kindling wood. You would have thought that the hammer of plie driver had hit it, as the planks were all ground together. The man in the bow had his arm broken, but he jumped back in time to make his life. The boat sank, and the fish rould have drowned all Lands if other boats

would have drowned all Lands if other boats had not been on the spot.

"You see," continued the skipper, "they struck a young one first, and the mother was trying to defend it when they hit her. They show great affection for their young, and will fight for them as long as they can swim. This one rushed under them, and rose up under the wreck while the men were clinging to it, but she was killed before she could do any harm.

"To give you an idea how strangt' by are," continued my friend, "a vessel put in here

do any harm.

"To give you an idea how strangt" by aro," continued my friend, "a vessel put in here once, bound from an Australian port north, loaded with coal. She anchored off the docks, when, all at once, the crew found itself moving along, and for two miles it was towed by a sea bat. You see the anchor had caught right between his horns, and not knowing mough to back out of it had gone ahead and towed the vessel. Such cases are common enough in the south."

The boat soon reached the shore, and once in the breakers the great fish was washed in and stranded. Our movements had been watched from the beach, and as we landed a team of six mules appeared, and several more grapnels and ropes having been fastened to the fish, it was slowly hauled from up the somewhat steep, sandy beach above high water mark, a number of young folk taking advantage of the opportunity and riding on its flat back.

As the see bat left the water its gigantic size became for the first time apparent. Instead of growing long, like other fishes, it had developed aldewise, like a bat. It was twenty feet across, nearly seventeen feet in length, and had a long, formidable whiplike tail. Although so large, the fish was flat and dishlike, being hardly a foot through in any portion.

Denver has over 85,000 population; is the largest city between Missouri and San Francisco; has the best natural roads in the United States; more fine residences than any other city of its size; is building a \$1,000,000 united States capitol, also a \$1,000,000 United States custom house and postoffice; is to build another new opers house and \$1,000,000 hotel; is the pleasantest and heathiest residence city in the United States 5,300 feet elevation; has nine new rall-roads; cable road soon to be stared; new and extensive military post in course of construction; the finest water in the world; the chespest real estate of any city of its size in the United States; vast coal fields close to the city; extensive cattle interests and growing daily; mining interests that are developing and increasing daily; almost perfect newerage system; excellent etreet car system; excellent etreet car system; electric street railways; thirteen railroads entering it; sixty-three church societies; the finest opers house in the United States; eight banks and six flouring mills; eight foundries and cheap coal; five daily papers and many weeklies; an artesian water supply of 100 wells; a general system of steam heating; a complete system of electric street lights; a branch United States mint; almost exclusive brick buildings; the largest smelting works in the world, and many of them; schools not excelled in the United States; the sunniest climate in the world; abade trees on both sides of her streets. The Giories of Denver.

From Life.

Violet—Ms, how do people know that it's a man in the moon?

Mather (endly)—Because it's always out nights.

Two Inventormeron Press is; rapidly making its way to public recognition as one of the most artistic in the state. Within the flat few months it has produced three books which for testeful typography, skillful presswork, accuracy and general excellence of workmanship, have turely been equalled and never surpassed in this city at least, and accreeiy in the state. First came "The Resources and Industries of Lancaster"; then "The Oriflamme;" and finally a curious little volume published by flamuel H. Zahm & Co., and entitled Extempore on a Wagon, with a sub-title explaining that it is "A Metrical Narrative of a Journey From Bethlehem, Pa., to the Indian Town of Goshen, Ohio, in the autumn of 1803, by George Ohio, in the autumn of 1803, by George Henry Lonkiel, Episcopus Fratrum." The book is beautifully made in every respect, and reflects great credit upon Mr. Carson, the able foreman of the INTRILIGENCER Press, while Mr. Roy can be equally proud of the

Extempore on a Wagon is going to be sa rare before long as it is quaint and curious, one of those volumes book-bunters and antione of those volumes book-numers and anti-quarians will prise and be on the watch for. The publishers have only had two hundred copies printed, and as it is not stereotyped, when this limited edition is exhausted, as it bids fair to be much sooner than expected, it can never be exactly reproduced, and will in all probability remain out of print forever.

Eleven copies, I believe, have been printed on large paper, a veritable edition de luxe. The paper of these few copies is hand-made, raw edges, unout, and from the same lot as that on which the special invitations to the Franklin and Marshall contennial comthat on which the special invitations to the Franklin and Marshall centennial commencement were printed. This paper is over a hundred years old, of the finest texture, made of pure linen, and a delight to the touch and sight alike. It is a product of the old Ivy Mill that used to stand in Delaware county, not far from Philadelphia. It was made to order for the Continental Congress during the Revolution; and about two or three tons of it remained stored away in the loft of the old mill after the latter was abandoned some fifty years ago. There it was discovered by the workmen sent to dismantle the old structure a little less than two years ago, and, I believe, was disposed of to a junk dealer as waste-paper. He sold it to the firm from whom Mr. Zahm procured it, and who still have a remnant of a few hundred pounds left. This firm made quite a little fortune out of their lucky find, selling the bulk of it at the rate of ten centus a sheet! The eleven copies of Bishop Loakiel's book, printed on this paper are not offered for sale, though I suppose a few of them can be had by those willing to pay enough for them! The publishers very wisely have left these unique copies unbound, rightly thinking that anyone willing to induige in the luxury of owning one of them will also prefer the luxury of putting it into a special binding after his own particular taste.

As to the contents of Extempore on a Wagon, I can do no better than quote from the translator's introductory note. "Several years ago," he says, "Mr. Samuel H. Zahm found, hidden away among a mass of old papers, a time-stained little manuscript, carefully stitched together, and bearing the peculiar tifle: Extempore auf dem Wagen—Br. Loskiel, It was written in a feminine hand, in clear, even beautiful German script. The discoverer's curlosity being excited, he instituted a careful research, and traced the manuscript back to his great-grandfather, M. Zahm, but could find no positive evidence as to how it came into his ancestor's possession. It is not unlikely, however, that it came into the Zahm family, then members of the Moravian church, directly through Slater Anna Rosa (or Rosina) Kliest, the original writer and owner of the manuscript, and one of the three persons whose journey it describes. As to the contents of Extempore on a

Lookiel's diarist and a kind of private secre-tary on this journey; and the hand writing of the manuscript has been identified as her own. She probably copied it at, or soon after, the time of its compositon, from the original autograph manuscript of the author, which is now in the possession of Prof. Abraham Beck, of Littiz, Pa. A comparison Abraham Beck, of Littiz, Pa. A comparison of the two manuscripts shows them to be of apparently the same age, and Sr. Kilost's to be an exact, verbatim copy of the original; the only difference being that the copy is divided into stanzas, which is not the case with Loakiel's original. In the translation, which has been made from the former, this form has also been followed."

"So far as known the two manuscripts of Extempore on a Wayon above described are

"So lar as known the two manuscripts of Extempore on a Wagon above described are the only copies in expenses. Certainly the following pages contain the only translation ever made of the quaint old narrative."

convinced that this translation of it was not made for the poetry's sake; for while here and there a gleam of real poetry may be de-tected, the most of it is nothing but rhymed and metrical prose, in so unfortunate a metre, too, that not a little of it is the veriest dog-gerel. As I have had the privilege of exam-ining the original manuscript, I can bear teat-mony to the very close and literal accuracy of the translation. And I can easily imagine of the translation. And I can easily imagine that to reproduce faults of rhyme, rhythm, and metre is about as difficult a task as to reproduce the contents and form of pure poetry. The temptation must often have been strong for the translator to put a more poetic sontiment for the old Bishop's promic statement, to give a spiritual turn to some of his dry descriptions, and otherwise to improve on the original. For it seems to me it would have been a good deal easier to do that than to stick so closely to the letter and spirit of Brother Loskiel's verse. But the translator apparently resisted all such temptations bravely and successfully, or perhaps it was no temptation for him at all!

While the historical foot notes give the reader sufficient explanation of the reference in the text to make him clearly understand all that is necessary to the enjoyment of the narrative, there was room for much more of a geographical and archaeological character in these notes, if space and the orders of the publication had permitted. As it is, there is not a little very interesting information given in the introductory and foot-notes.

. In the introduction, for example, we are given a concise sketch of the author's life, while the frontisplece is a most excellent phototype portrait of him, taken from an old phototype portrait of him, taken from an old oil-painting found in the archives of the Moravian church at Bethlebem, Pa., and dating from the last century. Bishop Loskiel, by the way, was the author of a number of German bymns, some of which have been translated into other languages, and have survived up to the present. Several of them are still in use in the Moravian church. His most important literary work, however, was "The History of the Mission of the United Brethren Among the Indians of North Americs," which, strange to say, was written before he had ever been in America, and is still the fullest and best history of the subject in existence, so far as it goes. It is out of print, and becoming quite rare.

Lockiel was born in November, 1740, of Lutheran parents, in Germany. He came to Lutheran parents, in Germany. He came to this country as Bishop in July, 1802. In Beptember, 1803, at the age of sixty-three, he undertook the journey so graphically described in the volume before me. His wife and Sister Anna Rosa Kitset were his companious. The journey was undertaken for the purpose of holding a general conference of Morsvian missionaries among the Indians, for the full discussion of the whole work, and devising new plans and undertakings for the future. This conference was held on Ostober 10th to 21st in the midst of the Indian congregation as Goshen, Tuscarawas county, Ohio. As Bishop Loskiel and his party set out from lith to 21st in the midst of the Indian congre-gation at Goshen, Tuscarawas county, Ohio. As Bishop Loskiel and his party set out from Bethlehem, Pa, on September 12th and ar-rived at Goshen only a day or two before the opening of the conference, their journey on a springless, heavy wagon, must have taken them nearly a whole month! And the re-turn trip just as long. Nowadays it taken about a day and a hait.

But for my part, I am very glad good Bishop Loskiel could not go by rail, else we would never have had this charming, quaint, and delightful Extempore on a Wagon from his rhyming pen. So minute and circumstantial is his muse that we can trace his route from hamlet to hamlet, and are told of almost every farmhouse and every human being, beest and bird that were met on the antire road. The derout travelers' every experience, every feeling, nearly every thought suggested by the way, are recorded; not

Our travelors reckened themselves partic nlarly fortunate in having an guides and
teamsters Jacob Riemseker and Peter Jungman, members of the Moravisa congregation
at Littin, and the former of whom, a foot-note
tails us, "in June, 1779, had drives the first
team with goods from Bethlehem to the settlement at Guadenhutten, Ohio," corose the
Allegheny mountains. These two Joined the
party at Littin, whome they then proceeded
through Manhelm,

"Which doth like one long farrow look!"
reaching Mount Joy by avening.

hing Mount Joy by evening, They had not gone very far next day when the bad roads almost discouraged them, though it is not without a touch of the Bishop's sly humor that he records the fair Nuter Kilest's mishap, how

"Auddenly there is a thud; Rose Anna fell into the mud! And lost thereby one of her shoes, In finding which some time we lose.

After passing another night at Middletown they forded the Susquehanns in safety, and finally "To Carlisle we by evening come, Where we are made to feel at home Aithough the rats we have to fight Destroy for us the peace of night."

It is rather singular, by the way, to what an extent the country seems to have been in-fested with rata. At nearly every place where the party stopped over night they swarmed, whether

"At Wyile's 'tis—a vile rata' nest!"
or at the "Indian King," an ion just this
side of the Alleghenies, where

aide of the Alleghenies, where

"Rats were there in such a herd
The wagon I as couch preferred;
or again beyond Somerset, where

"At Kilian Grey's we spend the night,
As comfortably as we might,
where swarming rate on the rampage
I a constant battle us engage."

The rats, however, were only one of many
forms of discomfort and hardship the devoted
pligrims had to endure, before they reached
the end of their wearisome journey. These
are all minutely and circumstantially narrated; but never for a moment did they
dampen the ardor or spoil the patient good
humor and childlike "rejoicing in the Lord"
of the devout little party, because
"Within our wagon or the tent.

"Within our wagon or the tent."
Our thoughts were ever Godward bent."

But I must not anticipate the reader's pleasure by quoting any more, whether of their amusing adventures, poetle descriptions of scenery in the wild and rocky Alleghenies, their amusing adventures, poetle descriptions of scenery in the wild and rocky Alleghenies, or pathetic and touching recountal of their meeting with the brave old missionary Heckeweider, the noble old hero Zeisberger, or "Bill Henry" the venerable head of the Indian converts at Gosben. The last named indeed was so remarkable a man, and his history so signal a proof of the power of the Gospel, that I wish the translator had had space to give us several pages about him, instead of the mere outline that is contained in a foot-note. This note tells us that "Bill Henry's" "Indian name was Gelelemend; he was born in 1737, near the Lebigh Gap, in Northampton Co., Pa.; rose to be one of the most eloquent orators, wise counsellors, and brave and powerful chiefs the Delaware nation ever had. He was converted in 1788, and in baptism took the name of William Henry, after Judge Henry, the congressman, who once had done him a great favor. By a special covenant the oldest son of this chief's descendants in each generation was to take the same name. A great-grandson of his, the Rev. John Killbuck, is at present (1887) a Moravian missionary among the Eskimo in Western Alaska. Gelelemend died at Goshen in 1811—died as he had lived, a devout and consistent Christian, a great and noble man."

from another foot-note, and which will specially interest Lancaster antiquarisms. it is that Zeisberger's wife was a Miss Lecror native of Lancaster city, and a descendant of a French family of that name who belonged to the "French Colony" which in the early days of our local history played so considera-able a role, and the records of which I hope our Historical society will at an early day bring to light.

Hints to Swimmers.

"When the bathing season arrives, " re marked a natatorium professor the other day, "we'll hear of the usual maximum of drowning cases, and among them, as usual drowning cases, and among them, as usual a fair share of expert swimmers are so often drowned when they are accidentally thrown into the water is because the shock causes them to lose their presence of mind. The loss of presence of mind leads to paralysis of the body, or such wild exertions as accelerate drowning, instead of contributing to preservation. The ability to behave wisely in case of sudden accident can only be accorded by experience, into an acceptance of such as everything else quired by experience, just as everything else has to be acquired. The theory of the matter can be taught in swimming schools, but the practice must be acquired by experience. Hence, in some of the European swimming schools the pupils are taken out boat riding schools the pupils are taken out boat riding and purposely upset, as though the upsetting were accidental. They are also auddenly pushed overboard, and subjected to all manner of prepared accidents, so as to accustom them to acting in emergencies. In this way they learn how to behave in case of real accidents, and are protected against the loss of their presence of mind on occasions of danger on the water. They are also taught to have faith in the sustaining power of the water itself. They get to know that the water will sustain them if they will only render it the least belp.

will sustain them if they will only render it the seast belp.

A finger laid upon an oar, or the gunwale of overturned boat, or a board, or almost any floating substance, will sustain the human body in calm water. Persons who have been properly taught, and have acquired the habit of acting with self po-session in the water when they are upset, do not attempt to climb upon the overturned boat, but simply take hold of it and quietly support themselves. A boat half filled with water, or completely overturned, will support as many persons as can get their hands upon the gunwale, it they behave quietly. In a case of accident, a person who understands and acts in accordance with these would stand a better chance of being saved, even if he were a poor swimmer, than an expert swimmer would stand who should lose his presence of mind.

THE TWO GLASSES There were two glasses, filled to the brim, On a rich man's table, rim to rim. One was ruddy and red as blood, And one as clear as the crystal flood.

Said the glass of wine to the paler brother, "Let us tell the tales of the past to each other. I can tell of banquet and revel and mirth, and the proudest and grandest souls on earth Fell under my touch as though struck by blight Where I was a king, for I ruled in might. From the heads of kings I have torn his crown From the heights of fame I have hurled mer

down. I have blasted many an honored name ; I have taken virtue and given shame. I have tempted youth with a sip, a teste, That has made his future a barren waste For greater than a king am I, Or than any army beneath the sky. "I have made the arm of the driver fall,

And sent the train from the tron rail. I have made good ships go down at sea, and the shrieks of the lost were sweet to m For they said: 'Behold, how great you be ? Fame, strength, wealth, genius before you For your might and power are over all. Ho: ho: pale brother," laughed the wine, "Can you baset of deeds as great as mine

Said the water glass, "I cannot boast
Of a king dethroned or a murdered host,
But I can tell of a heart once sad,
By my crystal drops made light and glad—
Of thirsts I've quenched, of brows I've laved,
Of hands I've cooled and souls I've saved.
I've leaped through the valley and dashed
down the mountain,
Flowed in the river and played in the fountain,
Slent in the aunaline and dropped from the above.

Siept in the sunshine and dropped from the sky. And everywhere gladdened the landscape and

eye.

I have eased the hot forehead of fever and pain.

I have made the parched me dow grow fertile with grain.

I can tell of the powerful wheel of the mill I can tell of the powerful wheel of the mill That ground out flour and turned at my will; I can tell of manhood d-based by you, That I lifted up and crowned anew I cheer, I help, I strengthen and aid; I gladden the heart of man and maid; I set the wine-chained cap live free, And all are better for knowing me."

These are the tales they told each other-The gives of wine and its paler brother, As they sat together, filled to the brim, Ga the rich man's table, rim to rim. —From the Mane Pu

THE POURTE OF JULY

RUT IT TAN OBSERTED HERE HALF CRETURY 400.

of Matterni Independence - Thirteen Tours Drunk in Honor of the

The Fourth of July half a century ago was observed in this city in a way far different from now. It was then made the occasion of from now. It was then made the occasion of a big dinner followed by speeches and towns. The INTELLIGENCER of July 11, 1837, just fifty years ago, gives an account in which the day was celebrated by the Democrats of the city. Ten columns of the paper are taken up in telling all about the speeches made and toasts offered.

The account begins by stating that the

The account begins by stating that the Democrats of the city, joined by a number of their friends from the county celebrated the anniversary of American Independence at Mechanic's hall, kept by Mr. Grabill Diller, in a style worthy of the occasion and of the heroic band who were the pioneers in the glorious cause of the rights of man. The company exceeded two hundred, and were amply provided by their attentive host with a choice variety of good things which our county produces. Samuel Boyd of West Hempfield, pre-

Samuel Boyd of West Hempfield, presided and the vice presidents were: Wm.
W. Steele, Drumore; Samuel Keller, Warwick; John Bomberger, city; Col. Isaac Girvin, Strasburg; Mark Connell, West Karl;
Col. Samuel Morrison, Drumore; John
Mathiot, city; Abraham Haefgen, East
Hempfield; Joseph Wentz, Martic; Hugh Maxwell, Wm. M. Wiley, city ; Philip Reitzel, Lescock. The secretaries were A. F. Osteriob, city; Capt. Blickenderfer, War-wick; John Myers, West Hempfield and

Jacob Neff, Stranburg.

Capt. J. K. Findlay was the orator of the day, and the Declaration of Independence was read by John L. Thompson. The dinner is thus described: "It was sumptuous. To stand above and look down

upon the lengthy tables, the costly viands and delicacies spread out upon them, a scene somewhat like the description of old English hospitality, when all gathered around the over-laden board, was presented to the eye. To be sure that were no venison, no buttocks from the choice game of the forest, but then there was sufficient to gorge the appetite withal and gratify the most epicurean

In all thirteen regular toasts in favor of the original states were drunk and they were as follows:

1. The day we celebrate. The commence-ment of an era of freedom; the dawn of political regeneration a world in coming ages will celebrate its advent.

2. The sages of the Revolution. Men

ages will celebrate its advent.

2. The sages of the Revolution. Men created for the triumph which they achieved. Their memory is our most sacred legacy.

3. Washington. A spirit inherent in the cause he advocated. No time can diminish our reverence for his name and his virtues.

4. The memory of Thos. Jefferson. His fame is best known in the epitaph written by himself "Author of the Declaration of Independence, of the statutes of Virginia for religious freedom and Father of the University of Virginia."

5. The memory of James Madison, John Adams and James Monroe. A trio of brilliant men among the galaxy of American patriots. Our free institutions are living memorials of their wisdom. Generations unborn will cherish their fame.

6. Andrew Jackson. The soldier, before whose arm the foreign invaders of his country fell. The statesman, by whose wisdom the fell designs of her domestic foes were crushed. The patriot, who never knew a thought but for his country, and who feared to incur no responsibility for her welfars. That country will treasure his fair fame as one of her proudest jewels.

7. Martin Van Buren, president of the United States. The choice of the American people—a scion from the stock of honest poverty, he bids fair to attain the height of the towering hickory. The destinies of the country has upon his firmness, nor will he disappoint their expectations.

8. Pennsylvanis — still and forever the Keystone of the Federal arch; her continued regard for Democratic principles was displayed in the victories of 1836; in 1838; her Lemocracy, now harmonlously united, will prove that they are invincible.

9. James Buchanan—one of Pennsylvania's most cherished and honored sons; the firm and unwavering advocate of his country in the United States Senate. His principles are the principles of the accelerant her in the stock of the contry in the United states.

firm and unwavering advocate of his country in the United States Senate. His prin

ry in the Chited States Senate. In prin-ciples are the principles of the people and the people will remember their champion.

10. The present bank of the United States The offspring of fraud and vensility, a mock ery to the laws and an incubus upon the

11. The heads of department at Washington -good men and true, to whose keeping the interests may be securely confided.

12. The army and navy of the United 13. The fair sex.

The above toasts, the account says, were drunk with lofty and honorable enthusiasm nd the vaulted hall rung again and again with the echo of the fervent plaudits they produced.

In addition to the regular teasts above noted there were 87 volunteer toasts. Among them was one from the late Thos. E. Franklin, which reads strange considering his politics in later life, "Democracy, based upon the broad foundation of equal rights and privileges. The superstructure will prove too firm to be shaken by all the efforts monopolists and bank aristocrats. AT COLUMBIA.

The Democrats of Columbia celebrated the day in a similar manner. Dinner was served in the large warehouse of D. Leech & Co. Harry Haldeman presided, Col. Keasey, James Given and Major L. Wislar acted as vice presidents and Maj G. W. Johnson and Maj. D. Herr, as secretaries. After the cloth had been removed, the president of the day delivered a very appropriate address upon the history of the revolution, and the policy of the general government, which was received with marked applause by the company. The Declaration of Independence was then read in a forcible manner by Major Herr after which the regulation toasts were drunk. The INTELLIGENCER of the same date nentions the fact that the Whige celebrated the day in the same manner, with a public

The Family Brain Keeper. from the Springfield Republican. It looks as if Gen, Sherman had cornered the good sense of his family, and had an abundance to lend the senator.

An Odd Mistake.

A telegram to a trainer named Dean, at Winchester, England, which read "Ormonde has won," and was addressed simply "Dean, Winchester," was delivered, London Truth says, to the dean during the progress of the service in Winchester cathedral.

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SADDLES, &C.

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The Blood

Is the source of health; therefore, to keep well, purify the blood by taking Hood's Caresparilla. This medicine is peculiarry designed toact upon the blood, and through that upon all the organs and tissues of the body. It has a specific action, and also, upon the secretions and excretions, and assiste nature to expel from the system all humors, impure particles, and effect matter through the lungs, liver, bowes, kidneys and akin. It effectually aids weak, impaired and debilitated organs, invigorates the nervous system, tonse the digestive organs, and imparts new life and energy to all the functions of the body. A peculiarity of Hood's Sarsaparilia is that it strengthens and builds up the system while it eradicates disease.

Caused by a Spider Bite. "Seven years ago, while my little boy was playing in the yard, he was bitten by a spider. The poison entered his blood, and sores soon broke out about his body; they itched terribly and caused him intense suffering. Feveral times we succeeded in healing the sores up, but in spite of all we could do they would soon break out again. Finally we tried Hood's farsaparilla, and he took one bottle and one-third of another, when the sores disappeared. He has not a sore spot on him now, and I consider him perfectly cured." WM. H. B. WARD, Downington, Penn.

HOOD'S BARSAPARILLA Sold by all druggists. \$1; six for \$5. Prepa by C. I. HOOD & CO., Lowell, Mass. 100 Doses One Dollar

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Homeopathic Veterinary Specifics, For Horses, Cattle, Sheep, Dogs, Hogs, Poultry.
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E.K.—Coughs, Heaves, Pneumonis.
F.F.—Colic or Gripes, Bellyuchs.
G.G.—Miscarriage, Hemorrhages,
H.H.—Urinary and Kidney Diseases.
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J.K.—Diseases of Digestion.

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Humphrey's Homeopathie Specific No. 28. In use 30 years. The only successful remedy for Nervous Debility, Vital Weakness, and Prostration from over-work or other causes. E per vial, or 5 vials and large vial powder, for 56. Sold BY DEBUGGETS, or sent postpaid on receip of price. HUMPHER'S MEDICINE, CO., feb25-lydawThas No. 109 Fulton St. N. Y.

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LIQUOE HARIT POSITIVELY CURED BY ADMINISTERING DE HARINAS' GULDER SPEUFIC.

It can be given in a cup of coffee or tea without the knowledge of the person taking it; is absolutely harmless, and will effect a permanent and speedy cure, whether the patient is a moderate drinker or an alcoholic wreek. Thousands of drunkards have been made temperate men who have taken Golden Specific in their coffee without their knowledge, and to day believe they quit drinking of their own free will. IT NEVER FAILS. The system once impregnated with the Specific, it becomes an utter impossibility for the liquor appetite to exist. For sale by CHARS. A. LOCHER, Drungist, No. 9 East King Street, Lancaster, Pa. april-1ydTu Th&S

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ALLAYS INVLAMMATION, HEALS THE
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BESTORES THE RENSES OF TASTE, SMELL,
A QUICK BELIEF. A POSITIVE CURE. A particle is applied to each nostril and is agreeable. Price 80 conts at druggists; by mail, registered, 60 cts. Circulars tree.

ELY BROS, Druggists, (sweege, N. V. july3-lydalye TThas

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Mexican War Veteran

The wonderful efficacy of Swift's Specific as remedy and cure for rheumatism and all blood diseases, has never had a more conspicuous illustration than this case afforcs. The candid, unsolicited and emphatic testimony given by the venerable gentleman must be accepted as convincing and conclusive. The writer is a prominent citizen of Mississippi. The gentle-man to whom Mr. Martin refers, and to whom he is indebted for the advice to which he owes his final relief from years of suffering, is Mr. King, for many years the popular night clerk of the Lawrence House, at Jackson.

his final relief from years of suffering, is Mr. King, for many years the popular night clerk of the Lawrence House, at Jackson.

Jackson, Miss., April 29, 1887.

The Swift Specific Company, Atlanta, Ga.:

Gentlemen.—I have been an invalid pensioner for forty years, having contracted pulmonary and other discusses in the Mexican war, but not till the 1st of March, 1875, did I feel any symptoms of rheumatism. On that day I was suddenly stricken with that discuse in both hips and ankles. For twenty days I walked on crutches. Then the pain was less violent, but it shifted from joint to joint. For weeks I would be totally disabled, either on one side of my body or the other. The pain never left me a moment for eleven years and seven months — that is from March I, 1875, when I was first attacked, to October I, 1886, when I was first attacked, to October I, 1886, when I was directed by friends, but if I swerred in was cured. Buring these eleven years of intense suffering I tried innumerable prescriptions from various physicians, and tried everything suggested by friends, but if I swerrections from warious physicians, and tried everything suggested by friends, but if I swerrected the least benefit from any medicine taken interhally or externally, I am not aware of it. Finally, about the first of September I made arrangements to go to the Hot Springs of Arkansas, having despatred of swery other removed the least benefit in the sufferer from rheumatism, and, as I supposed, had been day, when I accidentally met an old acquaintanco, Mr. Ring, now of the Lawrence House of this city. He had once been a great sufferer from rheumatism, and, as I supposed, had been cured by a visit to the Hot Springs. But when I met him he told me that his visit to the Hot Springs was in vain—he found no relief. On his return from Hot Springs he heard for the first time, of S. S. as a remedy for rheumatism. He tried it and six bottles made a complete cure. Several years have passed sides, but he has had no return of the disease.

I immediately

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covering nearly twenty he pinced a number of elegan along the banks of which a and lovely scenary. Observation C

will be run on the line of the Germann salivand, or will be sent to dis when practicable, for the account of the same an immer a law of the same and the same of the same and the same of the control of the same of the same of the other, when the same of the same of

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