

The Juniata Sentinel.
ESTABLISHED IN 1846.
PUBLISHED EVERY WEDNESDAY MORNING,
Bridge Street, opposite the Odd Fellows' Hall,
MIFFLINTOWN, PA.
The JUNIATA SENTINEL is published every
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Juniata Sentinel.

B. F. SCHWEIZER,

[THE CONSTITUTION—THE UNION—AND THE ENFORCEMENT OF THE LAWS.]

EDITOR AND PROPRIETOR.

VOLUME XXVII, NO. 34

MIFFLINTOWN, JUNIATA COUNTY, PENN'A., AUGUST 20, 1873.

WHOLE NUMBER 1380.

RATES OF ADVERTISING.

All advertising for less than three months for one inch or less, will be charged one insertion, 75 cents; three, \$1.50; and 50 cents for each subsequent insertion.
Administrator's, Executor's and Auditor's Notices, \$2.00. Professional and Business Cards, not exceeding one square, and including copy of paper, \$5.00 per year. Notices in reading columns, ten cents per line. Merchants advertising by the year at special rates.

	3 months.	6 months.	1 year.
One inch.....	\$ 5.00	\$ 8.00	\$ 15.00
Two inches.....	5.00	8.00	11.00
Three inches.....	6.00	10.00	15.00
One-fourth col'n.	10.00	17.00	25.00
Half columns.....	18.00	23.00	45.00
One column.....	30.00	45.00	80.00

Business Cards.

LOUIS E. ATKINSON,
Attorney at Law,
MIFFLINTOWN, PA.
Collecting and Conveyancing promptly
attended to.
Office on Bridge street, opposite the Court
House Square.

ROBERT McMEEN,
ATTORNEY AT LAW,
MIFFLINTOWN, PA.
Office on Bridge street, in the room formerly
occupied by Ezra D. Parson, Esq.

AUCTIONEER.
J. F. G. LONG, residing in Spruce Hill
J. township, offers his services to the citi-
zens of Juniata county as Auctioneer and
Vendor Crier. Charges moderate. Satis-
faction warranted. [Jan 29-3m]

S. B. LOUDEN,
MIFFLINTOWN, PA.
Offers his services to the citizens of Juni-
ata county as Auctioneer and Vendor Crier.
Charges from two to ten dollars. Satis-
faction warranted. nov, '69

O YES! O YES!
H. H. SNYDER, Ferrysville, Pa.,
Tenders his services to the citizens of Juni-
ata and adjoining counties, as Auctioneer—
Charges moderate. For satisfaction give the
Business a chance. P. O. address, Port
Royal, Juniata Co., Pa. [Feb 7-72-ly]

THOMAS A. ELDER, M. D.,
Physician and Surgeon,
MIFFLINTOWN, PA.
Office hours 9 A. M. to 3 P. M. Office in
Beider's building, two doors above the Stea-
mboat office, Bridge street. [Aug 18-4f]

D. C. SMITH, M. D.,
HOMEOPATHIC PHYSICIAN & SURGEON
Having permanently located in the borough
of Mifflintown, offers his professional services
to the citizens of this place and surrounding
country.
Office on Main street, over Beider's Drug
Store. [Aug 15 1869-4f]

Dr. R. A. Simpson
Treats all forms of disease, and may be con-
sulted as follows:—At his office in Liverpool
Pa., every SATURDAY and MONDAY—ap-
pointments can be made for other days.
Call on or address
DR. R. A. SIMPSON,
Liverpool, Perry Co., Pa.

GREAT REDUCTION
IN THE
PRICES OF TEETH!
Full Upper or Lower Sets as low as \$5.00.
No teeth allowed to leave the office unless
the patient is satisfied.
Teeth remodeled and repaired.
Teeth filled to last for life.
Toothache stopped in five minutes without
extracting the tooth.
Dental work done for persons without them
leaving their homes, if desired.
Electricity used in the extraction of teeth,
rendering it almost a painless operation, (no
extra charge) at the Dental Office of G. L.
Derr, established in Mifflintown in 1860.
G. L. DERR,
Jan 24, 1872-ly] Practical Dentist.

C. ROTHROCK,
DENTIST,
McAlisterville, Penna.
OFFERS his professional services to the
public in general, in both branches of
his profession—operative and mechanical.
First week of every month at Richfield, Fremont
and Turkey Valley.
Second week—Liverpool and Wild Cat Val-
ley.
Third week—Millersdown and Raccoon Val-
ley.
Fourth week at his office in McAlisterville.
Will visit Mifflin when called on.
Teeth put up on any of the bases, and as
liberal as anywhere else.
Address by letter or otherwise.

NEW DRUG STORE.
BANKS & HAMLIN,
Main Street, Mifflintown, Pa.
DEALERS IN
DRUGS AND MEDICINES,
Chemicals, Dye Stuff,
Oils, Paints,
Varnishes, Glass,
Putty, Coal Oil,
Lamps, Brushes,
Chimneys, Brushes,
Infants Brushes, Soaps,
Hair Brushes, Tooth Brushes,
Perfumery, Combs,
Hair Oil, Tobacco,
Cigars, and Stationery,
and Stationery.

LARGE VARIETY OF
PATENT MEDICINES,
selected with great care, and warranted from
high authority.
Purest of WINES AND LIQUORS for Medi-
cal Purposes.
PRESCRIPTIONS compounded with
great care. [Jan 16 72-ly]

Meat! Meat!

THE undersigned hereby respectfully in-
forms the citizens of Mifflintown and
Paterson that his wagon will visit each
of these towns on TUESDAY, THURSDAY and
SATURDAY mornings of each week, when they
can be supplied with
Choice Beef,
Veal, Mutton,
Lard, &c.,
during the summer season, and also PORK
and SAUSAGE in season. I purpose fur-
nishing Beef every Tuesday and Saturday
morning, and Veal and Mutton every Thurs-
day morning. Give me your patronage, and
will guarantee to sell as good meat as the
country can produce, and as cheap as any
other butcher in the county.
SOLOMON SIEBER.

Dissolution of Partnership.
NOTICE is hereby given that the part-
nership between J. W. & S. A. Hoffman
was dissolved by mutual consent on the first
day of March, 1873. The business will be
continued, and conducted at the old stand in
Spruce Hill township, by J. W. Hoffman.
J. W. HOFFMAN,
S. A. HOFFMAN.
June 25, 1873-4f

Miscellany.

The Mormon Scand.

SALT LAKE CITY, Aug. 20.—This
morning I went to the walk, and found
sent up my card to the now interesting
lady, Mrs. Ann Eliza Webb Young, with
an intimation that I had called upon her
attorneys, and, if agreeable and conven-
ient, I should be pleased to see her. Im-
mediately the garcon returned with the
invitation to "please walk up."

THE APPEARANCE OF THE LADY.

In person Mrs. Young is tall and slender,
with a remarkably sweet face, fea-
tures regular and soft, eyes dark blue,
hair very dark brown and thrown loosely
behind her in the fashion of the school
mistress of fifteen. It is not always safe
to judge by appearance, but nature never
gave that countenance to a hedgehog
or a virago. The first thought was that
the prophet was intensely stupid to have
driven that beauty from the harem.

At the present time the lady is twenty
eight years of age, but her ill health im-
parts a languid expression to her coun-
tenance that might suggest to the mind
that she was a few years older. It was
in remarking upon her health that I saw
the feeling of her soul upon polygamy.
She said that her health had been failing
for the last four years. The mental
suffering that she had endured in her
polygamic life had affected her to such a
degree that she had become utterly in-
different to life itself, and would rather
have died than lived.

Reporter—I trust, Madame, that you
will not think it impertinent if I ask you
how you came to enter Brigham Young's
family with your feelings so averse to
the polygamic institution.

Lady—Nothing on the subject, sir, can
be impertinent, as I wish the facts known
to the world.

I was living on my father's farm, in
Little Cottonwood, when, in the summer
of 1867, Brigham Young informed my
father that he wanted me for a wife—
Brigham, with a number of the apostles
and elders from this city, was visiting
Cottonwood on a Sunday and held two
meetings for preaching. It was at the
close of the forenoon service on that
occasion that he walked up to me and said,
"Had I not better accompany you home?"
I said, "Certainly, if you wish to." On
the way to my father's house Brigham
asked me if I had any proposals of mar-
riage since I had obtained a divorce from
my first husband. I answered him, "Yes
that I had several proposals." He then
asked if there was any one of them that
I wished to accept. I said, "No," on
which he said that he would like to give
me a little advice.

He advised me not to marry to marry a
person whom I loved, but to marry some
good man whom I could respect and look
up to and receive good counsel from.

HE GOES A SPARKING.

At the close of the afternoon service
he went up to my father, took him aside
and talked for at least two hours to him
about me, and told him how he had
watched me from my infancy, and saw
me grow up to womanhood, had always
loved me and intended to marry me, but
having taken Amelia just after the law
was passed in Congress prohibiting poly-
gamy, he feared to take another wife soon
after, lest it should make trouble, or he
would have taken me then. My marriage
with a young man was unlooked for to
him, and when he was made acquainted
with it he did not just like to stop it, he
said, and so he let it go on, but always
hoped that the time would come when he
would have me.

THE OLD SINNER SETS HIS TRAP.

He wanted father and mother to use
all their influence with me, as it would
be the best thing I could do. He asked
father if a good house, well furnished,
and \$1,000 a year pocket money would
be enough for me, and added that if it
was not enough I should have more.—
Father answered that he thought that
would be sufficient.

HORRIFIED AT THE PROPOSAL.

When father came home he told mother
by herself; then they told me. I
cannot describe my feelings; I was fright-
ened. The thought of it was a perfect
horror. I thought father had gone crazy
and I would not believe his statement
for hours. When I realized that it was
a fact I

COULD DO NOTHING BUT CRY.

The idea of an old man, sixty-seven
years of age, the husband of about twenty-
five wives living, asking me, at twenty-
two, to be added to the number, filled
me with the utmost abhorrence, and
when I saw that my parents were under
his influence and sustained his proposi-
tion, I was ready to die in despair. Oh!
the horrible hours that I spent in crying
and moaning no tongue can picture.

BRIGHAM IN A PECKSNIPPIAN ROLE.

He became very kind to my parents,
and saw father frequently. He sent for
me to come to the city on several occa-
sions and met me at my father's city
residence, and talked to me about mar-
riage; told me how pure his feelings
were, and that his only motive was to do
me good, save me in the kingdom, and

make me a queen. All that had no effect
upon me; it only disgusted me the more
and the more that I dare not resist him
never left me. This continued for near-
ly a year. My best brother had some
business transactions with Brigham and
one of his sons, which resulted in a trou-
ble, and ultimately in financial injury to
my brother. Brigham had been very
angry with him, and threatened to cut
him off from the church. I heard of those
threats, and believing at that time in
Mormonism, I heard them with deep
sorrow, and confess that, in hopes of
curbing Brigham's anger away from my
brother, I began to entertain the thought
that I would yield to his request. I
argued, as many inexperienced persons do,
that as I had a sorrowful life, my heart
was crushed, my future life was nothing,
and if I could sacrifice myself for my
brother's interest, and please my parents,
I would at last submit. Finally

BRIGHAM NAMED THE MARRIAGE DAY,
and informed me, through my father that
what I required in preparation for my
marriage he would furnish; but I would
accept nothing. A day before the mar-
riage he brought to me three dress pat-
terns—one silk and two merino—and
handed to me a purse with a \$50 bill.

On the—April, 1868, I was married
to him in the Endowment House, by
Heber C. Kimball, his first counsellor.—
My father and mother were present, and
others. Brigham's brother Joseph also
took to himself a wife at the same time.
After the ceremony I walked over with
him to the conference, and in the evening
I returned to my father's house and re-
mained there for a month.

THE PROPHET'S LOVE OF SHORT DURA- TION.

For the first few months I had consid-
erable of his attentions; his visits were
frequent; after that his business cares
so occupied him, he said, that he could
only call about once in three months.—
After that he came just as it happened.

I never loved him and never said to
him that I loved him. I looked upon
him as a

HEARTLESS DESPOT.

From the very beginning of my mar-
ried association with Brigham Young, his
manner of providing for me was of the
meanest character. I had to come up,
even from the farm four miles distant, to
the commissary of his family, and was
glad when I could get five pounds of
sugar, one quarter of a pound of tea, a
bar of soap, and a pound of candles.—
That I would get about once a month.
About a year ago I complained to him
that I had not sugar enough, and he al-
lowed me what I required.

RETURNS TO THE CITY.

When I returned to the city he fur-
nished me a house in a very ordinary way
and I continued to live in the best man-
ner I could. But it was the same stinky
way. When a beef was killed I got
some fresh meat; but I was frequently
months without seeing it.

SHE KEEPS BOARDERS.

Tired of this manner of existence, I
sought his permission to keep boarders.—
The permission was granted, and I kept
boarders from last March. My house
was small, and the business was not very
lucrative. I consequently went to
him six weeks ago and asked him to aid
me—to give me some assistance to make
life tolerable. He seemed angry, and
complained that he had so many expen-
ses and that he wanted me to keep my-
self—to take the money that I had saved
to keep myself and family with it. I
got a stove out of him, but that was all.
During the last year I only obtained
from him two cello dresses.

FELL SICK.

This interview made me sick, and I
was in bed for a week with heart sick-
ness. One of the boarders—who was a
lawyer—and his wife asked what ailed
me, and I told the story of my troubles
and inquired if there was no redress.—
He said that he thought there was, and
he would consult with other lawyers and
see what could be done. During all my
sickness while I was his wife he showed
the utmost indifference. He would hear
what I had to say, but make almost no
answer. Last fall I was attacked with
pleurisy, and I managed to get to his
office to see him to tell him how ill I
was, and that I needed some few things.
He appeared to comprehend nothing and
finally called "John," the commissary for
his family, had told him to get me
two bits worth of fresh meat. He has
not been in my house for nearly a year.

About five weeks ago I got very
weak. I don't know what was the mat-
ter with me—probably general debility
from grief and mental suffering. My
boarders, seeing my condition, aided me
freely and were very kind to me. I re-
solved to leave his house, packed up my
clothes and instructed an auctioneer two
weeks ago to take away the furniture
and sell it, as a part of it was my own,
and I thought I was entitled to the rest.
The suit commenced has been instituted
by my attorneys, who have every confi-
dence that I can obtain alimony; but
whether I do or not; I think the world
should know Brigham Young as he is,
and this story is a page of his biog-
raphy.—Ez.

Resolutions of Republican State Con- vention at Harrisburg Aug. 13th 1873.

We Republicans of Pennsylvania in
convention assembled renew our expres-
sion of confidence in and devotion to the
principles of Republicanism, and declare,
First. That we heartily endorse and
re-adopt the Republican National and
State platforms of 1872.

Second. That the National Adminis-
tration commands our continued confi-
dence, and is entitled, by its promotion
of the best interests and prosperity of
the nation, to the earnest support of the
people.

Third. That the administration of
Governor Hartranft calls for our warm-
est approbation. During the short time
he has been in the Executive department
he has established a State policy which
has justly endeared him to the people of
this Commonwealth and has amply just-
ified the confidence we have placed in him.

Fourth. That while earnestly in favor
of constitutional reform, and of such a
revision of our State constitution as will
make it an effective instrument in pre-
venting and punishing the corrupt abuses
that have crept in under the present sys-
tem, we demand emphatically and espe-
cially that whatever is done or left un-
done, the main purpose for which the
Constitutional Convention was called the
absolute prevention of special legislation
shall be so placed before the people as to
secure their separate and decisive expres-
sion thereon.

Fifth. That the reduction of the State
debt from \$41,000,000 to \$26,000,000,
the repeal of all State taxes on real es-
tate, the establishment of schools for the
support of soldiers' orphans, the main-
tenance of our excellent and prosperous
system of common schools, and the es-
tablishment of the policy of paying off
our debt at the rate of \$2,000,000 a year
together with the generally flourishing
condition of our prosperous old Common-
wealth, are evidences that the Republi-
cans during their twelve years control in
Pennsylvania have faithfully adminis-
tered their affairs, and that the reins of gov-
ernment may be safely left in their hands.

Sixth. That there should be rigid
economy in the State and National ad-
ministrations, and the taxes should be
reduced in both as rapidly as consistent
with good management, the maintenance
of the public credit, and certain exting-
uishment of the State and National debts.

Seventh. That the public lands belong
to the people and should be sacredly re-
served for homes for actual settlers, and
we pronounce against all further grants
of these lands to corporations.

Eighth. That adequate provision should
be made by law for the protection of per-
sons engaged in mining and other haz-
ardous forms of labor.

Ninth. That retrenchment is required
to lighten the burden of taxation, and to
continue the reduction of the public debt,
an increase of salaries is unwise, and
we condemn, without reserve, voting
for or receiving increased pay for ser-
vices already rendered, whether in State
or Nation, and demand that the provisions
of the late act of Congress, by which
the salaries were increased should prom-
ptly and unconditionally be repealed.

Tenth. That we heartily denounce
corruption wherever found, and are sinc-
erely desirous for honest economy and po-
litical purity in all official administrations.
To secure this is the duty of every citi-
zen, and to this end every good man
should feel bound, not only to participate
in politics but to labor actively to see
that none but good men secure party ap-
pointments or nominations.

Eleventh. That the practice of loading
the appropriation bill, essential to the
support of the Government, with objec-
tionable legislation in the shape of amend-
ments towards the close of the session,
is a prolific source of abuse and a fraud
upon the people and its reform is urgent-
ly demanded; that as the country and
home industry have both uniformly pros-
pered under a tariff so arranged as to
afford both revenue and protection, and
the present tariff should be left undisturbed,
and as all tariffs are levied primarily for
revenue, it would be a poor government
indeed which could not afford to arrange
its details so as to encourage the growth
of home manufactures and the creation
of a remunerative home market for all
the products of our soil.

Twelfth. That order and security in
the States lately in rebellion must come
through the stern enforcement of laws
enacted to protect life, liberty, and the
freedom of thought, and cannot be secured
by rendering these just and necessary
laws inoperative through Executive ele-
mentary punishment in pursuance of the
law.

Thirteenth. That during the time
the Republican party has been in power
it has had to confront graver difficulties
and more new and perplexing questions
of government than ever were presented
to any other party to solve, and has solv-
ed them so judiciously and wisely that

the country endorses its decisions and
accepts the work, it is the only organiza-
tion competent to so meet the grave is-
sues as are now constantly arising as
to secure the just rights of the people.

Fifteenth. That we sympathize with
every effort to secure for agriculture
and labor their due influence, interests,
and rights, and the Republican party
will be their ally in every just effort to
attain their ends.

Sanguinary Contest Between the Sioux and Pawnee Indian Tribes.

A special telegram to the *Inter Ocean*
from Kearny Junction, Nebraska, Aug-
ust 10, says: The following particulars
of the fight between the Pawnee and
Sioux tribes of Indians are gleaned from
the officers who have returned from the
expedition to force the Sioux back to
their reservation.

The battle occurred about twelve miles
above Frenchman's Fork, in the Republi-
can Valley. The Pawnees had pre-
pared themselves for a grand buffalo
hunt, and were preparing to make an ad-
vance, when they discovered what they
supposed to be buffaloes, but which pro-
ved to be the ponies of the Sioux,
which had been stripped and distributed
about the hills as a decoy to lead the
Pawnees to believe them to be buffaloes.

The Sioux had also driven a few buf-
faloes toward their camp.

The Pawnees started for the buffa-
loes and decoys, when the Sioux attacked
their camp, where there were but a
few warriors and the squaws. They suc-
ceeded in killing about fifty or sixty
squaws before the Pawnees became
aware of their trick, when they returned
at once and gave battle with all the fren-
zy imaginable, caused by the loss of their
squaws and property. But being at a
great disadvantage in numbers as well as
arms, they were soon compelled to retreat.

They fled and crossed the river, where
the Sioux gave up the chase. The
Sioux had about 800 or 600 warriors
and the Pawnees only about 250. The
Sioux captured everything the Pawnees
had, including the robes and meat of
about 500 buffaloes. They also killed
about 100 warriors and 120 ponies. The
Sioux lost about thirty warriors. The
Sioux engaged are what is known as the
Whistler band, under a chief named
Snowflake, the successor of old Whistler.

A young man from Baltimore, named
Platt, who was out on the hunt with the
Pawnees, was captured, and afterward
released. The soldiers from Fort Mc-
Pherson arrived soon after the fight and
drove the Sioux back to their reserva-
tion. The surviving Pawnees have ar-
rived at Elm creek station in a pitiable
condition.

Horrible Indian Outrages.

St. Louis, Aug. 11.—Rev. Norman
Badger, army chaplain at Fort Cancha,
western Texas, arrived here yesterday,
en route from Washington. He states
that a scouting party returned to Fort
Conch, on last Saturday a week, after
forty days' absence, bringing in a num-
ber of stolen ponies, captured from the
Indians, off their reservation, and the
fresh scalp of a white girl, thirteen years
old, who was with a woman killed and
scalped on a staked plain, two weeks be-
fore Mr. Badger says it is now known
that Gen. McKavett, during his great ex-
pedition against the Comanches last fall,
killed upwards of one hundred of them,
though it was reported at the time that
he killed but twenty-three. About three
weeks ago a band of Indians appeared
near old camp Colorado, and shot and
stabbed a Mrs. Williams, also shot Mrs.
Williams' little girl, mashed her head
against the door post and threw her body
into the fire. Then entering the house
they shot a girl eight years of age, and
carried her away with them. Mrs. Wil-
liams, notwithstanding her two wounds,
crawled into the house, pulled her little
child out of the fire, rolled her in a wet
blanket and laid her in bed. Her hus-
band soon after returning, she related to
him the circumstances of the attack upon
the house and then died, but the infant
whose head had been so badly bruised
was still alive when last heard from, and
would probably recover. A band of from
fifty to sixty Indians were roaming about
the country south of Fort McKavett, and
in the absence of cavalry at the Fort the
couriers have been sent in all directions
to warn the settlers. Much alarm exist-
ed, and citizens were arming to defend
themselves.

A gentleman with a suspicious look-
ing spot on his face entered a Philadel-
phia street car the other day. He was
asked if he had the small-pox, and an-
swered "Yes," whereupon one passenger
retired and the rest moved up to the other
end of the car. "How long since you
recovered?" asked one of the more cu-
rious. "Well, as nearly as I can recal-
lect about thirty-five years ago," re-
plied the victim of the disease.

Simplicity is one of the striking char-
acteristics of real genius.

Not a long day, but a good heart,
hastens work.

A Chat About Sleep.

A very thin young lady, of about thirty
years, with a promising beau, came
to consult me about her "skin and bones."
I had frequently met her when she
seemed even more emaciated, but now
she "would give the world to be plump."
Sitting down in front of me, she began
with—

"Don't you think, doctor, that I look
very old for twenty?"
I admitted that she looked rather old
for twenty.

"Can anything be done for me? What
can I take for it? I should be willing to
take a hundred bottles of the worst stuff
in the world, if I only could get some
fat on these bones. A friend of mine
(her beau) was saying yesterday that he
would give a fortune to see me round and
plump."

"Would you be willing to go to the
Cliff spring in Arkansas?"
"I would start to-morrow."
"But the waters are very bad to
drink," I said.

"I don't care how bad they are, I
know I can drink them."
"I asked you whether you are willing to
go to the Arkansas springs to test the
strength of your purpose. It is not nec-
essary to leave your home. Nine thin
people in ten can become reasonably
plump without such a sacrifice."

"Why, doctor, I am delighted to hear
it, but I suppose it is a lot of some awful
bitter stuff."
"Yes, it is a pretty bitter dose, and
has to be taken every night."
"I don't care, I would take it if it
was ten times as bad. What is it? What
is the name of it?"

"The technical name of the stuff is
'Bedibus Nine o'clockibus.'"
"Why, doctor, what an awful name!
I am sure I shall never be able to speak
it. Is there no common English word
for it?"

"Oh yes. The English of it is, 'You
must be in bed every night at nine
o'clock. We doctors generally use Latin.
'Bedibus Nine o'clockibus' is the Latin
for 'You must be in bed every night by
nine o'clock.'"
"Oh, that is dreadful. I thought it
was something I could take."

"It is. You must take your bed every
night before the clock strikes nine."
"No, I thought that you would give
me something in a bottle to take."

"Of course I know very well what
you thought. That's the way with all
of you. One person eats enormously of
rich food till his stomach and liver refuse
to budge; then he cries out, 'Oh, doctor,
what can I take; I must take some-
thing.' Another fills his system with
tobacco until his nerves are ruined, and
then, trembling and full of horrors, he
exclaims, 'Oh, doctor, what shall I take?'"

"I write a prescription for him—*Quitibus
Chavibus et Smokibus*. I will suppose
my patient is not a classical scholar, so
I translated it into English. He cries
out at once, 'Oh, doctor, I thought you
would give me something to take.' An-
other sits up till thirteen and fourteen
o'clock, leads a life of theatres and other
dissipations, becomes pale, dyspeptic and
wretched, and then flies to the doctor,
and cries, 'Oh, doctor, what shall I take?'"

"What shall I take?" Now, madam, you
are distressed because your lover has
been looking at your "skin and bones."
"But, doctor, you are entirely—"
"Oh, well, we'll say nothing about
him, then. But, tell me, what time do
you go to bed?"

"Generally about twelve o'clock."
"Yes, I thought so. Now, if you
will go to bed every night for six months
at nine o'clock without making any other
change in your habits, you will gain ten
pounds in weight and look five years
younger. Your skin will become fresh,
and your spirits improve wonderfully."
"I'll do it. But when I have com-
pany and during the opera I can't do it."
"It is regularity that does the business.
To sit up till twelve o'clock three nights
of the week, and then get to bed at nine
o'clock four nights, one might think
would do very well, and that at any rate
it would be 'so far so good.' I don't
think this every other night early, and
every other night late, is much better
than every night late. It is regularity
that is vital in the case. Even sitting
up one night a week deranges the ner-
vous system for the whole week. I have
sometimes thought that these people who
sit up to eleven or twelve o'clock every
night get on quite as well as those who
turn in early six nights, and then sit up
one a week till midnight. Regularity
in sleep is every whit as important as
regularity in food."

At length my patient exclaimed, "Doc-
tor, I will go to bed every night for six
months before nine o'clock, if it kills me,
or rather if it breaks the hearts of all
my friends."

She did it. Twenty-one pounds was
the gain in five months. Her spirits
were happily enlivened, and she spent
half her time in telling her friends of her
delight with the new habits. She had
no further cause to complain of skin and
bones, and she had the special gratifica-
tion of appearing more attractive in the
eyes of her lover. He, like a sensible
man, when he saw the good effects of
the nine o'clock to bed arrangement heartily
approved of it, and became a con-
vert himself.