

OHN SEITZINGER, Justice of the Peare, ST. CLAIR, will attend to all business en-usted to him with diligence and care. February 21, 747 8-19\* THRISTOPHER LITTLE, Attor-

Uney at Law, Pottsville, Schuylkill,county. Pa. Urrice-In Mahantongo street, corner of Socond. April 11, '57 TOHN C. CONRAD, Jr., Justice of

the Peace and Conversance-office opposite Public bool House, Broad street, Tumartus, Pa.

YEORGE deB. KEIM, Attorney at 

SAAC SEVERN, Justice of the SAAC SEVERN, JUSTICE Of the PEACE attends to the collection of arcounts, and bixidess appertaining to bis office. He also attends the measurement of Brick and Stone Work. Excava-nai, &c. The Docket of Jacob Kline, Esq., is in his sexision. Office-Centre st, below American. House. Pottsville, Feb. 14, 57 7-19

Potsville, Feb. 14, 57 YOLLECTIONS IN NEW YORK

and BROOKLYN.—Persons in Pottsville or Schuyl-ounty who desire to have any debts, or noise, or is collected in New York city or Brooklyn, or Kings ity, or who desire legal information as to law process , or who desire tegn internation in to fave per on the section, can have their business prom si to by the undesigned. C. J. JACK. Onensellar at Law

Onunseller at Law, 345 Fultun street, Brooklyn. Reference-Janes H. GRAFFF. Em. July 11. 57 23-3m **BUSINESS CARDS.** 

M. DIXON, Dentist, 1612 Loo cust street, PHILADELPHIA. July 11, p7 28-6m EO. K. SMITH, Mining Engineer

A and Colliery Viewer, Pottsville, Pa. OSEPH W. GEARY, Civil and Mi-

ning Engineer. Office-Corner of Market and 2d ats, Pottsville, Pa: January 10 2-D W. SHEAFFER, Pottsville, Pa.

•late of the Pennsylvania State Geological Survey; cres lands, mines, &c. [October 13, '55 41-tf: TENRY PLEASANTS, Civil and

lining Engliteer, POTTSVILLE. ---Market street, north side, between Centroand [August 8, 57 32-6m]

EORGE BROWN, Mine Inspector. T Pottsville, inspects Coal lands and Mines. Particu-r attention paid to ventilation. [August 1, '57 31-16

**NR. CHARLES HERMANSADER** R. Chi A Italas, and Acconcher, It WIGSD URG-Opposite the Arcadian Institute. urust 29, 57 35-19

August 29, '57 🗄 R. G., N. BOWMAN, Surgeon Dentist. Office in Brick Building. MRANK CARTER, Civil and Min-

ing Engineer. Surveyor, &c.; will attend to survey nds, mines, town plots. &c. \_ Office with Saml. Lowis Sq., first door below Silver Terrace, Pottsville, Pa.

CULEAVER & CLAPP, Geological, / thivil and Mining Engineers, Conveyancers, and eal Estate Agenta-opposite the Wyoming House,

W. CLEAVER.] SCR'AN FON, Pa. [A. F. CLAPP. May 2, '57 [5-19]

TOHN HODGKISS, Mining Engl never and Surveyor. Contre St., Pottsville, Pa., at-tende to Surveying and Exploring Coal Lands, inspect-ing Sines, Sec. Agent for the purchase and sale of lickl, 1.5 ate, coll etion of rents, &c. Narch 22, 1866. 12-tf.

TENRY W. POOLE, Geological,

Top-graphical and Mining Engineer, Configuration, "off-ville, Pa, gives attention to surveys and examina-into it Coal Lands, to surveys of mines requiring spe-iol acounce, and to the superjutendence and guires hitze for proprietors of estates. February 2, 55 [July 22, 54 27-tf]

GENCY-For the Purchase and this Company, will be until further notice: A Vibin Ci - Cy the Lithing of selling Coal: the sale of Real Estate: buying and selling Coal: the sing charge of Coal Lands. Mines, &e, and collecting buttle-from twenty years experience in the County be hyperio give 'satisfaction. Offree Mahantango Street, fotterlike. Aurilia, 1857 April 6, 1857

H. McElwain, Civil and Mining 11. Mc Faiwaill, Olym Huu Barreying and engineer, Ashland, Pa., attends to Surreying and Inspecting Mines, surreying and dividing lands, regu-lating Town Lobs, and alkather business in the line of his profession. Letter address, Fountain Spring P. -O., Schuyikill County, Pa. Feb. 23, 1857 8-19

PAINTING, &C.

NEW STYLES WINDOW SHADES. UST received a large and eleg at assortment of Window Shades, new and beautiful de-agaachicluding Gold Bordered. Olied. Landscape of Flo-Bothis &c., &c., cheaper than over.

CHEAP WALL & CURTAIN PAPER In Great Variety. "MARKET STREET STORE."

Schuylkill Fire & Marine ALWAYS SOMETHING NEW. INSURANCE COMPANY. READ THIS-OLD AND YOUNG! PROFESSOR WOODS Of Pottsville. Office in Sillyman's Building, Mahantongo st., 2 doors above Centre st., Pottsville, Pa. HAIR RESTORATIVE.

CAPITAL AUTHORIZED BY LAW, \$200,000. CHARTER PERPETUAL.

January 17, '57 3-1y

This Company obtained its Charter at the last Session of the Legislature of Pennsylvania; and is now fully or ganized and prepared to issue Policies, at liberal rates, on Fire and Inland risks, on Public and Frivato Build-ings, Furniture, Stocks of Goods and Morehandize of all kinds. kinds. Also on Coal Breakers and Machinery. Inland Insu-rance on Canal Beats and Barges, by Cauals and Rivers; also on Caral Beats and Barges, by Cauals and Rivers; timore. &r. This Company guarantees to adjust all-losses promptly, and thereby hops to merit the patronage of the public.

The following is from a distinguished member of the medical profession: PROFESSOR.O. J. WOOD— Dran Sir:--Unsolicited. I send you this certificate.— After being nearly hald for a long time, and having tried all the hair restoratives extant, and having no faith in ady. I was induced, on hearing of yours to give it a trial. I placed myself in the hands of a barber, and had my head rubbed with a good still brash, and the Restor-tive then applied and well rubbed in, till the scalp was aglow This I repeated every morning, and in three weeks the young hair appeared and grew mpldly from Angust last till the present time. and is now thick, black and string—soft and pleasant to the torch; whereas, before, it was barsh and wiry, what jittle there was of it, and that little was disappearing vory rapidly. I still use your Restorative about twice a week, and shall soon have a good and perfect crop of hair. Now, I had read of these thing—and who has not? but have not seen hitherto any case where any person's hair was really

Directors: SANUEL SILLYMAN, 'J. H. ADAM, WILLIAM MORTIMER, Jr. JOHN D. DEIBERT, JACOB HUNTZINGER, Jr. JOHN HENDRICKS, GEORGE LAUER, J. E. GRAMFF, W. F. SMITH, H. H. HUNTZINGER, BOBERT M. PALMER, 'GEUNGE J. HEHR. SAMUEL SULLYMAN, President

BURKET M. PAINER. SANUEL BLLVMAN, President. W. F. SMITH, Secretary and General Agent. Potteville, January 1. 57 TRANSPORTATION.

1 ....

AGENTS :

FROM

o Philadelphia,

o Philiddeiphia, <sup>14</sup> Manyunk, <sup>16</sup> Spring Mill, <sup>16</sup> Constonhocken, <sup>16</sup> Piymouth Dam, <sup>17</sup> Bridgeport, <sup>16</sup> Norristown, <sup>17</sup> Yort Kennedy, <sup>17</sup> Valley Forge. <sup>16</sup> Dawifrow ham.

Pawling's Dam,

Althouse's, foogspille,

Phonisville.
Royer's Ford.
Pottstown Landing,
Port. Union,
Birdsborough,
Readingt.

· •.

The charge will be per ton of 2240 fix leas five perct. llowance for waste, as usual, and no charge less than

Habiturg. 35 Orwighburg Landing. 30

i e i

Port Carbon.

34 52 29 27.

Cts. 50 50

## ACCOMMODATION LINE. THE UNDERSIGNED HAVING

have a good and perfect crop of mair. Now, I had read of these things-and who has not? but have not seen hitherto any case where any person's hair was really benefited by any of the hair tonic, ice, of the day; and it really gives me pleasure to record the result of my ex-perience. I have recommended your preparation to others, and it already has a large and general sale throughout the Territory. The people here know its ef-fects, and have confidence in it. The supply you sent us, is wholesale agents for the Territory, is mearly ex-gnausted, and daily inquiries are made for it. You de-secte credit for your discovery; and I, for one, return you my thanks for the benefit it has done me, for I cer-tainly had despaired long ago of ever effecting any such result. Yours, hasily. Firm of Bond & Kelley, Druggists, 8t. Paul. made arrangements in conjunction with Philip Albright, of Reading, Pa., to run a regular line of Boats FROM PHILADELPHIA TO READING AND

And all intermediate points, we are now prepared to receive goods for all the above places, and now utmost attention will be given to ship goods with promptness

and despatch. We solicit a share of paironage from merchants an others, who may have goods to forward for that section of the country. Schweitzer & Co.,

No. 65 North Wharve, below Vine Street. AGENTS: A, I'G, J. RITE, Philadelphia. PHILE ALBEIGHT, Reading, CATEINS & BRO. Pottsville. July 4, '57

July 4, '57 SCHUYLKILL NAVICATION CO. OFFICE of the Schuyl. Navi n Co. Marca 1408, 1867. The charge for the use of CARS and by TOLL on Anthracite Coal carried on the Schuyikill Navigation will be as follows, until further notice:

Sold in Pottaville by J. C. O. Hughes, F. Banderson and Henry Saylor; Tamaqua-K. J. Fry: Echaylkill Haven-Dr. E. Chichester, and by all respectable Druggists every-where. Feb. 21, '57 8-19

Important Discovery. CONSUMPTION.

## DISEASES OF THE LUNGS AND THROAT

RE positively curable by Inhalation, A RE positively curable by Inhalation, which owneys the remedies to the cavities in the lungs through the air passages, and comingin direct con-tact with the disease, neutralises the tubercular matter, aliays the cough, causes a free and casy expectantion, heals the lungs, purifies the blood, imparts remewed vi-tality to the nervous system, giving that tone and emer-able to state confidently that Consumption is a single by inhalation, is to me a source of unalitored plasme. It is as much under the control of medical treatment as any other formidable disease; ninety out of every hun-dred cases can be circle in the first stages, and filly per cent. In the second; but in the first stages, inhalation af-fords extraordinary relief to the suffering attending this fearful scourge, which annually destroys ninety-first housand persons in the Ualled States alone; and a correct calculation shows that of the present population of the earth, eighty millious are destined to fill the Consumptive's grave. 
 Howarde for white as wenty-five cents per ton will be made for any distance.
 For any distance.

 By order of the Managers,
 F FRALEY.

 March 21, '57
 12-)
 PHILAD'A & READING RAILROAD.

OFFICE of the Philada. & R. R. Co., The rates of Freight and Toils of Ocal (ransported by his Company, will be as follows, from 10th March 1857,

 OFFICE of the Philadga. & R. R. Co., Pailaddpike, March 18, 1867.
 Instrumentation of the set stage, Institution at a stage, Institution at the stage, Inst

EXTENSIVE MARBLE YAI Mahantongo Street, Pottsville HE subscriber is prepared, at his old stand, to farnish all kinds of materials in his line, a stand, to itermine all kinds of materials in the new for building purposes—plain and ornsmoutal. He in-vites particular attention to the Tomb Stones and Monu-ments of his manufacture. They can be had in every variety of style, and will compare favorably, in beauty and finish, with any obtained elsewhere, and are offered at cheaper rates. JUHN 7. LANG. June 6, 57

IS TAILL ILLUIGHT ITTE Is, no doubt, the most wonderful discovery of this age of progress, for it will restore, permanently, gray hair to its original color, cover the head of the bald with a most inx curiant growth. remove at once all dandruff and itch-ing, cure all scrotala, and other cutaneous eruptions, such as scald head. etc. It will cure, as if by matc, nerrous or periodical headache; make the hair soft, glos-sy, and wary, and preserve the color perfectly, and the hair from falling, to attreme old age. The following is from a distinguished member of the medical profession: 87. Pauz, January 1, 1865. To Coal Operators and Schnylkill Coun-ty Merchants. MOKING TOBACCO, by Steam power-OODs a day, at Hamburg, Smoking Tobac-po and Segar Manufactory, on hand and ready for sale.

200 barrels sweet sceled Smoking average 200 barrels sweet scelet Smoking average 200,000 Half Spanish Segars. 200,000 Elizes, brantal Segars. 200,000 Elizes, brantal Segars. 200,000 Esest and Extra Segars. 200,000 Esest and Extra Segars. 200,000 Half Spanish Segars. 200,000 H

Bept. 5, '57 **MAUCH CHUNK** Wire Bops Manufactory, **Brishor Hasserd**, Manufacturer of Wire Rope, for inclined planes, shafta, slopes, ac., would inform the public that he is now pre-pared to make

AUPL ACT WARE INTERNATIONAL AND SIZES OF FLAT AND ROUND ROPE. At the shortest notice, of superior quality, and on the most liberal terms at his Wire Rope Factory, Mauch Chunkk, Carboa Co., Pa.

Mauch Chunks, Carbon Co., Pa. Reference can be made to Messra. K. A. Douglas, N. D. Cortright and A. ti. Broadhead, at Mauch Chunk; tr N. Patterson, Summit IIIII, to Sharpe, Leisenring & Oo. Til-more, Luzerne county, Pa., and in fact, nearly all the op-erators in the Region who have been using his ropes. August 8, 57

ST. CLAIR CAR MANUFACTORY.

St. Clair, Schuylkill Co., Pa. WHIS ESTABLISHMENT is now

dot if your, discore, thanks for the benefit it no. had depaired long are of ever effect. thanks for the benefit it no. had depaired long are of ever effect. thanks for the benefit it no. had depaired long are of ever effect. The Don't Real Rate Advertiser. Devery SI School Street, More As 1185. The main the Ballong the street of the street of the full of Plasts When. The Childed Plasts When. The childer Plasts When. The childer Plasts When. The childer Plasts When. The childer Plasts When. The publick of the out of the child Plast When. The publick of the child Plast Plast of the child Plast Plast of the child Plast Plast of the child Plast of the child Plast Plast of the child Plast Plast of the child Plast of the child Plast of th

on & All order a will receive prompt attention. A Repairing doue at the abort on tolice. July 18. '57 20-19 ABRIGHT & BURKHARD. BACHER Standard Harness Hanufactory.

HEREWITH invite your especial

HEREWITH invite your especial attention to my very extensive stock of Ready Made Suddivry, Harnest, Collars. Ca. embraring the largest variety of stylers and qualities ever offered for sale in this county, and at prices that will compare favorably with those of any other house in the trade. Having been, for some years past, in the habit of purchasing my Raw Material esclusively for Guth. I find myself now in the possession. of advantages from this cause not onlyyed by the trade generally, and feel that I can, with confidence, solicit the trade of all classes of dealers: and my arrangements for the coming sea-son's trade are based upon even a larger amount of busi-ness than I have shikerto done: you can therefore rely upon finding at my establishment everything that is re-quired in my line.

Orders by mail are respectfully solicited, and the goods ent warranted to give satisfaction, both as to price and naity. Hy LEPEVER WOMELDDURF, Opposite Episocinal Church, Centrestreet, Poltsville, larch 7, 1857 SOLOMON HOOVER. March 7. 1857

"I give to my slaves their freedom, to which

"I agree with gentlemen in the necessity of arming the State for internal defence. I will units with them in any effort to restore confidence to the public mind, and to conduce to the sense of the safety of our wives and our children. Yet, sir, I must ask upon whom is to fall the burden of this defence? Not upon the lordly masters of their hundred slaves, who will never turn out ex-cept to retire with their families when danger threatens. No, Sir; it is to fall upon the less wealthy class of our citizens, chiefly upon the non-slaveholder. I have known pairols tarned out

part of it." Peytom Randorph. On the 20th of October, 1774, while Congress was in session in Philadelphis, Peyton Randolph,

trines slavery has introduced into our polity, and they completely ignore these humanizing serti-ments which it was once an honor for a public man to profess and carry out. Should they be elected to the Supreme Bench, the judicial deci-sions of Pennsylvania will, in due season quite reach the fow level ou which the Democratic pol-ticians now stand. From such a debasement every Pennsylvanian should pray for a deliver-ance. Let the old doctrine of State rights and of alarcer's independence upon focal law forever pre-President, the following resolution, among others, 

add more personal ones. They might appeal to the poople to beware of making Governor of the Commonwealth a gentleman who has been all his life not only an office holder, but an office holder the toniowing provision :--"No person hold to service or labor in another, shall, in consequence of any law or regulation therein, he discharged from such service or labor, but shall be delivered up on claim of the party whom such service or labor may be due." To the studious attention of these vandals who contend that the above provision requires the ren-dition of fuglive slaces, we respectfully commend the following resolution, which, it will be observed, was unanizaciefy adopted :--"On motion of Mr. Bandolph, the word ferri-fude was struck out, and 'service' unanimously insertief, the former being thought to express of free persons."-Madison Papers, col. III., p. 16 these Patriots lived at the present day and uttered such sentiments, they would be banlshed

every five or ten minutes, and yet they do not "I give to my slaves their freedom, to which my conscience tells no they are justly entilled.— It has a long time been a matter of the deepest regret to me that the circumstance under which I isherited them, and the obstacles thrown in the way by the laws of the land, have prevented my cinancipating them in my life-time, which it is my full intention to do in case I can accomplish it." The mass M. Randolph. It and it would tend to build up that intenso ma-tionality of feeling which is the distance in the distance in the mouse of the state from that share-ing patients of the state from the state from the state in patients of the state from the state from the state in patient of the state from the state from the state in patient of the state from the state from the state in patient of the state from the state from the state in patient of the state from the state from the state in patient of the state from the state from the state in patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state is patient of the state from the state from the state from the state is patient of the state from the state from the state from the state from the state f And it would tend to build up that intenso is-tionality of feeling which is the distant alike of an every five or ten minites, and yet they do not take cold oftener than others you will scarcely find a consumptive is a thousand of them. It is wonderful how afraid consumptive people are of cold air, the very thing that would cure them; the only obstacle to a cure being that they do not get enough of it, especially if it is sold, when it is known that the colder the purer it minat be; it is known that the colder the purer is must be; yet, if people cannot go to a hotser climate, they will make an artificial one, and imprison them-selves a whole winter in a warm foom, with a warm tomperature not varying ten degrees in siz months; all such people die, and yet we follow in their footsteps. If I were seriously ill of cen-sumption I would live out of doors day and night except it was raining or mid-winter; then I would sleep in an unplastered leg-henses. My consump-tive friends, you want air, not. physic; you want pure sir, not medicated air; you want nutrition, such as plenty of moast and bread will give, and they alone; y bysic has no nutriment; garping they alone; i bysic has no nutriment; gasping for air capnot cure you; monkey capers is a gymnasium canot cure you. If you want to get well, go in for beef and out-door air, and do not be deluded into the grave by advertiseagainst the action of the local Legislature-a re-cently assumed ground; totally at variance with "Squatter Sovereignty" as lately professed by the Northern Democracy, directly in antagonism to ments and unreliable certifiers."-G. C. Scott. -----the resolve of the Democratic State Convention of Pennsylvania in 1849, and inconsistent with every previous act, vote, speech and profession of Mr. Buchanan himself, and every Northern and South-BODILY, CARRIAGE .--- Instead of giving all son of rales about unring out the toes, and straight-ening up the body, and holding the shoulders back, all of which are impracticable to many because soon forgotten, from a feeling of awkward-ness and discomfort which procures a willing

sanctity is a blotch on the face of piety.

govern the empire.

our hostility.

-You may intrust the government of the

empire to the man who fears to undertake to

. —If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all

-"I'm glad that this coffee don't owe me anything," said Brown, a boarder, at break-fast.--"Why?" said Smith.--"Because I don't

-It won't do for a man to bump his head against an iron post, even with a brick in his hat, unless he conscientiously believes that his head is the hardest.

-A knavish attorney asked a very worthy

gentleman what was honesty. "What is that to you ?" said he ; "meddle with those things

-A tree of large circumference sprang

from a root as delicate as a hair; a tower of nine stories arose out of a handful of earth;

a journey of a thousand lis began by a step.

- The same fears glory as more as ignomy. Glory is something low. When a man has it, he is filled with fear; when he has lost it, he

-The sage relishes what is without savor. He avenges the injuries he receives by bene-fits. He begins by easy things when he med-itates difficult things; by small things when

-If poison should be swallowed acciden-

-Eove is like a river; if the current be obstructed, it will seek some other channel. It is not unfrequently the case that the kisses

and attentions bestowed on the child of six years are intended for the sister of sixteen.

-To know, and to think that we know not,

is the highest pitch of merit. Not to know, and to think that we know, is the common malady of men. If you are afflicted at this

-"Pa, what is the interest of a kiss?"

asked a sweet sixteen of her sire. "Well, really, I don't know. Why do you ask?"----"Because John borrowed a kiss of me last

night, and said he'd pay it back with interest, after we were married."

-Mr. Henry String, of North Carolina, advertised, last month, that a gay young fel-low had ran off with his two daughters.-This is the most reprehensible instance of two Strings to one beau that we ever Beard

-The saint seeks not to do great things; for that reason he can accomplish great things.

He who thinks many things easy is sure to encounter numerous difficulties. Hence it

happens that the saint who esteems every-thing difficult encounters no difficulty to the end of his life.

-A young lady exclaimed to a printer,

the other day, the distinction between print-ing and publishing, and at the conclusion of her remarks, by way of illustration, she said :

"You may print a kiss upon my check, but

-The fountain of content must spring up in the mind; and he who has so little knowl-

edge of human nature, as to seek happiness by changing anything but his own disposi-tion, will waste his life in fruitless efforts, and

multiply the griefs which he purposes to re-

.-What has brought you here ?" said a

lone woman, who was quite "frustrated," the other morning; hy an early call from a bach-

elor neighbor who lived opposite, and whom

she regarded with peculiar favor.-"I came to borrow matches."-"Matches! that's a

likely story ! Why don't you make a match

you must not publish it."

malady you will not be infected with it.

tally, take two table-spoonfuls of ground mus-tard, mixed in warm water. It will operate

believe it would ever settle."

that concern you most."

is filled with fear.

he meditates great.

of.

move.

taught from the beginning to write and sew in a position requiring the lower portion of the body and the shoulders to touch the back of the chair

THE WORTHLESSNESS OF GOLD .- It is stated by

The WORTHLESSNESS OF GOLD.—It is stated by many of, the survivors of the Central American's passengere, that there was seldom so large an amount of money owned by passengers as was in the case with those who came by the Central America. Many were persons of large means, and there were but vory few whose immediate whath did not amount to hundreds, while num-bers rechoned their gold by the tifournuds of dol-ling. The greater portion of the passengers were returned miners, some coming hitler to invest the capital they had realized in hopes to live a life of greater ease as the result of their industry, and others to get their families and once more go to the land of gold. But as the storm continued to rage, less and less of gold was thought of, and where, on Saturday, it became evident that they were likely at any moment to be buried benesh the wares, wealthy men divested themselves of their fleasure bolis and seattered the gold upon the cabin floors, telling these to take it who would, lest its weight.—A few ounces or peande-carry

est its weight - a few ounces or pends - carry hem to their desth. Full purses, containing in iome instances \$2,000, were lying untouched on

fas. Carpet bags were opened by men and the

offas. Carpet begs were opened by men and the hining metal was poured out on the floor with the prodigality of death's "despair. One of the parsengers," who has fortunately been rescued, opened a bag and dashed about the cabin \$20,000 in gold dust, and told him who wanted to gratify his greed for gold to take it. But it was passed by unlouched as the veriest dross. A few hours before he would have struck down the man who would be able to take a regin of the

would have attempted to take a grain of that which he now spurped from him.-Brehange.

SHOCKING TRAGEDY .- A most shocking tragedy occurred at Gloucester, Mass., Sunday afternoon. After dinger a Mrs. Davis, her two sisters, and a

-----

all the time.

as an instantaneous emetic.

<sup>7</sup> Indir bundred larses, who will ramits who darger the seliter with their families who darger the seliter of the Seminoratio State Coherention of Arrest is to fail upon the boar the seminoration of the ners and disconfort which procures a willing i omission; all that is nockstary to scenre it is to held up the head and move on I letting, the toes and shoulders take care of themselves. Walk with the chin but slightly above a horizontal line, or with your eyes directed to things a little higher than your head. In this way you walk properly, pleasurably, and without any fear or cestraint or awkwardness. If any one wishes to be alded in fecuring this habitmal carriage of body, acceutom yourself to carry the hands behind you, one hand grasping the opposite wrist. Englishmen are ad-mired the world over for their full chests, and bread shoulders, and sturdy frames, and manaly broad shoulders, and sturdy frames, and manly broad shoulders, and stardy frames, and many bearing. This position of the body is a favorite with thom, in the simple promende in garden or gallery, in attending ladies along a crowded street, or in public worship. Many persons spend a large periion of their waking existence in the sitting position. A sin-gle rule well attended to in this connection, would a strength of the sitting position of their be of incalculable value to multitudes --use chairs with the old fashioned straight backs, inclining backward, and it with the lower portion of the body close against the back of the chair at the set; any one who tries it will observe in a moment a grateful support of the whole spine. And we see no reason why children should not be

