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JOB PRINTING,

OF ALL KINDS,
executed in the highest style of the Art, and on the most reasonable terms.

Valuable Property

FOR SALE.

The subscribers offer for sale, their residence in Stroudsburg. The lot has a front of 145 ft. on Main Street, with a depth of 250 feet.

The buildings consist of a convenient dwelling house, store house, barn and other out buildings.

There is an abundance of choice apples, pears, plums, grapes and small fruits, with excellent water.
May 16, '72.] A. M. & R. STOKES.

DR. J. LANTZ,

Surgeon and Mechanical Dentist,

Still has his office on Main Street, in the second story of Dr. S. Walton's brick building, nearly opposite the Stroudsburg House, and he flatters himself that by eighteen years constant practice, and the most exact and careful attention to all matters pertaining to his profession, that he is fully able to perform all operations in the dental line in the most careful, tasteful and skillful manner.

Special attention given to saving the Natural Teeth; also, to the insertion of Artificial Teeth on Rubber, Gold, Silver or Continuous Gums, and perfect fits in all cases insured.

Most persons know the great folly and danger of entrusting their souls to the inexperienced, or to those living at a distance.
April 13, 1871.—ly

DR. GEO. W. JACKSON

PHYSICIAN, SURGEON & ACCOUCHER.

In the old office of Dr. A. Reeves Jackson, residence in Wyckoff's building.

STROUDSBURG, PA.

August 8, 1872.—tf.

DR. H. J. PATTERSON,

OPERATING AND MECHANICAL DENTIST,

Having located in East Stroudsburg, Pa., announces that he is now prepared to insert artificial teeth in the most beautiful and life-like manner. Also, great attention given to filling and preserving the natural teeth. Teeth extracted without pain by use of Nitrous Oxide Gas. All other work incident to the profession done in the most skillful and approved style. All work attended to promptly and warranted. Charges reasonable. Patronage of the public solicited.

Office in A. W. Loder's new building, opposite Analomink House, East Stroudsburg, Pa.
July 11, 1872.—ly.

DR. N. L. PECK,

Surgeon Dentist,

Announces that having just returned from Dental College, he is fully prepared to make artificial teeth in the most beautiful and life-like manner, and to fill decayed teeth according to the most improved method.

Teeth extracted without pain, when desired, by the use of Nitrous Oxide Gas, which is entirely harmless. Repairing of all kinds neatly done. All work warranted. Charges reasonable.

Office in J. G. Keller's new Brick building, Main Street, Stroudsburg, Pa.
Aug 31—tf

DR. C. O. HOFFMAN, M. D.

Would respectfully announce to the public that he has removed his office from Oakland to Canadensis, Monroe County, Pa.

Trusting that many years of consecutive practice of Medicine and Surgery will be a sufficient guarantee for the public confidence.
February 25, 1870.—tf.

JAMES H. WALTON,

Attorney at Law,

Office in the building formerly occupied by L. M. Burson, and opposite the Stroudsburg Bank, Main street, Stroudsburg, Pa.
Jan 13—tf

LACKAWANNA HOUSE,

OPPOSITE THE DEPOT,

East Stroudsburg, Pa.

B. J. VAN COTT, Proprietor.

The BAR contains the choicest Liquors and the TABLE is supplied with the best market affords. Charges moderate. [May 3 1872—tf.

WATSON'S

Mount Vernon House,

117 and 119 North Second St.

ABOVE ARCH,

PHILADELPHIA.

May 30, 1872—ly.

KELLERSVILLE HOTEL.

The undersigned having purchased the above well known and popular Hotel Property, would respectfully inform the traveling public that he has refurnished and fitted up the Hotel in the best style. A handsome Bar, with choice Liquors and Segars, polite attendants and moderate charges.

CHARLES MANAL,

Proprietor.

Oct 19 1871. tf.]

BARTONSVILLE HOTEL.

This old established Hotel, having recently changed hands, and been thoroughly overhauled and repaired, will reopen for the reception of guests on Tuesday, May 27th.

The public will always find this house a desirable place of resort. Every department will be managed in the best possible manner. The table will be supplied with the best Market affords, and connoisseurs will always find none but the best wines and liquors at the bar.

Good stabling belonging to the Hotel, will be found at all times under the care of careful and obliging attendants.
May 23, 1872. ANTHONY H. ROEMER.

A Long and Healthy Life.

Doctor Barnard Van Oven, a medical writer of great talent, says:

"There can be no doubt that health is the natural condition of man, and that we ought to pass through life in a state of vigor, enjoying every day of our existence. It is imperiously our duty to study the best means of promoting so happy a condition. If we thank the Great Creator of all for the life He has bestowed on us, we should endeavor to retain His gift in the fullest perfection. It would be well for mankind if the principles of physiology, and the laws of hygiene as deduced therefrom, formed a part of every course of education; for then men, being acquainted with the great causes of disease and the best means of preserving health, would so conduct themselves as to secure the one and avoid the other."

It will, perhaps, seem incredible to many persons that health or length of days should be at all under our own control. Numbers of worthy people are so disposed to look upon everything that happens as a dispensation of Providence, that has to be submitted to whether or not, that they will hardly like to be told of laws which regulate health and life, and by obedience to which the one may be promoted and the other lengthened.—There is, however, no reason to doubt the fact; and every one may decide the question for himself, by living strictly in accordance with those laws, and making the satisfactory result.

Man lives and grows by the functions of digestion, respiration, circulation, and secretion. The food is converted into blood, and becomes vitalized, and in this state is propelled to every part of the system, to nourish and renew, and to remove such matters as, having performed their functions, have become effete, and would prove noxious if not removed.

In infancy and childhood, the nutritive or building up process is ceaseless and rapid; anything which tends to check it, such as deficient supply or bad quality of food, is not only to be carefully avoided, but is highly blamable. Children require to be plentifully fed with suitable food; if the appetite be cheated, there will be imperfect development, and disease, if not deformity, through all after life. When, however, all the organs are fully developed, and the body has attained maturity, a different relation of the action occurs. The blood vessels are only called upon to replace what the absorbents remove, and for a period the normal condition of the frame may be regarded as one approaching to a perfect equilibrium. During this state of maturity the body should neither increase nor decrease in size, form, or vigor, except inasmuch as the continued exercise of some parts, or the disuse of others, may occasion a greater or less degree of development. Hence it is that persons in middle life should be careful to control their appetite, and rigidly refrain from eating too much. Middle life is, however, the period when people are disposed to think that they ought to indulge in creature comforts, their position in life is generally taken by that time, and so a well spread table tempts them into the daily practice of taking more than they want, and ill-health is the inevitable consequence.

At the age of fifty there is usually an increase in the bulk of the body, by deposit of fat chiefly on the trunk; but at the same time the face shrinks, the eye lids become loose, the crow's feet appear, and here and there Time traces a furrow on the countenance, which henceforth he will plow deeper and deeper. The muscles, too, fall away, and the skin becomes dry and harsh. Except in rare cases, the hair turns gray and loses its gloss, crispness, and curl, or becomes thin and falls off. As age advances, so do these characteristics mark themselves more strongly; and the plasticity which once gave freedom and ease to all the movements of the body and limbs is lost in a continually increasing rigidity and consolidation.—The bulk diminishes, in consequence of the absorption of fat; the muscles become stringy and fibrous, and often weak; the voice falls into a piping treble; the eye sight needs artificial assistance, the hearing is blunted; in short, all the senses lose more or less of their delicacy with age.

There is something in this which makes a long life appear undesirable; yet we have many proofs in ancient and modern times that old age is not by any means incompatible with cheerfulness and a capacity for enjoyment.

Doctor Van Oven gives tables of 7,000 persons who lived ages from 100 to 185 years. A noteworthy instance of what simple and regular living will effect is afforded by Coraro, the Venetian, who had almost killed himself by excesses at the age of forty. He then became strict attentive to his diet and course of life, and lived sixty four years longer—to the age of 104.

"How few really die of old age! observes Doctor Van Oven. Parr's death at 152 was premature, induced by a foolish change from the simple diet and active habits of a peasant to the luxurious ease and exciting foods and drinks of a country gentleman. His body was examined by the great Harvey, who found all the organs in so sound a condition, that, but for intemperance and inactivity, he would, in all probability, have lived many years longer." An English gentleman named Hastings, who died in

1650, at the age of 100, rode to the death of a stage at ninety. Thos. Wood, a parish clerk, lived to 160, and "could read to the last without spectacles, and only kept his bed one day." J. Witten, a weaver, was "never sick, never used spectacles, hunted a year before his death, and died suddenly," at the age of 102.—Francis Athens "was porter at the Palace Gate, Salisbury; it was his duty to wind up a clock which was at the top of the palace; and he performed this duty until within a year of his death (at 102).—He was remarkably upright in his deportment, and walked well to the last."—Margaret M'Dorval, a Scottish woman, who died at 106, "married thirteen husbands, and survived them all."

Cardinal de Salis, who died in Spain, in 1785, at the age of 110, used to say, "By being old when I was young, I find myself young now I am old. I led a sober, studious, but not lazy or sedentary life; my diet was ever sparing, though delicate; my liquors the best wines of Xeres and La Mancha, of which I never exceeded a pint at a meal, except in cold weather, when I allowed myself a third more; I rode and walked every day, except in rainy weather, when I exercised for two hours. So far I took care for the body; and as to the mind, I endeavored to preserve it in due temper by a scrupulous obedience to the divine commands, and keeping (as the apostle directs) a conscience void of offense to God and man." J. Jacob, a native of Switzerland, "when 127 years old, was sent as a deputy to the National Assembly of France;" he died the following year.—Others might be mentioned, but we have only room to add that, within the past two centuries and a half, ten well certified cases of individuals in England and Wales living to ages ranging from 150 to 200 years, have occurred; and here, in modern times, we have repeated to length of days commonly believed to belong exclusively to the patriarchal ages.

Doctor Van Oven points out the good that may be accomplished by a proper regimen faithfully followed. This consists in certain general rules, which we give in his own words:

1. Do not take food except when the appetite demands it; that is, do not eat until the system but when the system has become exhausted.
2. Let the quantity of restorative nourishment be proportioned to the degree of exhaustion which previous labors have induced.
3. Select such food or foods, drink or drinks, as your own experience and the general usage of society point out as best suited to your habits, and easiest of digestion.
4. Let the food and drinks be varied and mixed, and when in health do not torment yourself by too close an attention to any dietetic rules.
5. Take vegetable infusions, as tea, coffee, and fermented liquors, in moderation; but avoid distilled spirits altogether, except under the guidance of the physician.
6. Avoid active exertion or study immediately after taking food.
7. Let prudence govern the passions.—To which may be added, that it is essential to the health and strength of all persons to have from six to eight hours of sound sleep. A steady observance of these simple laws will insure the highest health it is possible to attain.

CHILDREN.

Nothing is more charming than to see happy, healthy children, and to see them also neatly and tastefully dressed. But simplicity is the charm of youth; a fresh young face needs little adornments. Rich garments, jewelry, and extra number of ribbons, flounces, ruffles, and puffs add nothing to the beauty of childhood.—Mothers nowadays incline to dress their children like miniature men and women. In so doing they not only make a great mistake, but they wrong their children, particularly their little girls, who at ten are often seen decked out in as much finery as a fashionable woman of fifty.—In the first place, this style of dressing makes the young girl look old, and robs her of all that fresh simplicity which is so natural and pleasing. She appears artificial, constrained, and disagreeably self-conscious. Her thoughts are necessarily much upon her adornments, and she has not yet learned to conceal the fact.—What mother has the right thus to impair the beauty of her child? Then, again the health and comfort of the little girl are seriously interfered with by the care she is expected to give to her fine garments. She cannot run and jump and romp about as she longs to do, lest she tears them; she must sit herself cumbstively, lest she crush the trimmings; she must be constantly on her guard, lest she soil the delicate fabrics. At many fashionable summer resorts it is positively painful to notice how absurdly this system of ornamenting children is practiced. It is hoped that sensible mothers will not interfere with their children's rights in this respect. Give them simple clothing, for this does not prevent the garments being pretty and tasteful. But let young folks have a chance to be young. In America we all grow old too fast—not in years but in thought, in feeling, and in habits.

A Michigan man of sixty lately celebrated his wedding and dropped dead from heart disease a few minutes after the ceremony.

The Lightning Rod Swindle.

So many people have suffered from a crowd of swindlers who do business in lightning rods, that we give the following story, in order that you may judge the swindlers from the honest men.

A man of good address, in fact what may be termed a good talker, makes his appearance, driving a smart turn out, and engages the owner of a house (if a new one, so much the better,) in conversation, and expatiates on the advantages of having one's house or barn protected from lightning. He has a collection of newspaper slips containing accounts of buildings that have been struck by lightning, and in part or wholly destroyed.

If any of these have occurred within a comparatively short distance of the locality where the agent then is, so much the better. He so works upon the fears of the house owner, that the latter, if of a nervous temperament, fully expects to have his buildings destroyed by the electric fluid the next time a thunder shower comes that way. He, finally, asks to see the price list of the agent, and the latter exhibits it, and shows that for a comparatively small sum, lightning rods, with the necessary attachments, can be erected. A bargain is struck, and it is agreed that for a sum ranging from \$25 to \$50, the house will be made safe against electric fluid in whatever shape it may come. Before leaving, however, the agent looks over the buildings, and suggests one or two additions, without mentioning, however, that it will incur additional expense; or, if the purchaser is cautious enough to make an inquiry, is assured that the additional expense will be trifling, and is as nothing compared to the additional security that will be afforded. The agent drives away, and in a few days thereafter, two men arrive, fully provided with all the necessary implements and materials, and proceeds to erect the lightning rods and attachments. The work is done, and the men drive away. In a short time, a bill for the work done is sent in, and the house owner is astounded to find that he is called upon to pay, not \$25 or \$50, as he had supposed, but from \$125 to \$250. He calls at the office of the company, and demands an explanation. He is assured that the bill is a correct one—that the items are properly rendered, and that payment must be made. He instances the bargain originally made with the agent, and is told that is of no account, because of the additions afterward made. In a rage, the victim declares that he will never pay the bill, and is assured that he will be sued for it, and that he will merely have the expense of the suit, in addition to his bill, to pay.—If he still refuses payment, suit is brought, and by dint of swearing to each individual item on the part of the agent and employer, the victim is beaten, and compelled to pay, not alone the swindler bill, but the costs of the suit—no small amount. He has been swindled throughout the whole transaction, but he has no remedy. This is but a specimen of scores of well authenticated cases.

Business.

Take advantage of modern facilities, and accomplish as much in a single day as required months and years formerly. Use the means within your reach; there is something for everybody to do, and a place for every one who is willing to work. Don't depend on your own lungs alone; use the lungs of the press. Treat your customers as your friends, by serving them in the best manner, and never let them be deceived or disappointed. Find recreation in looking after your business, and your business will not be neglected in looking after recreation. Buy fair, and sell fair, take care of the profits, and be economical. Should misfortune overtake you, retrench, work harder, but never, fly the strack; comfort difficulties with unflinching perseverance; should you then fail, you will be honored; but shrink, and you will be despised. The tricky, deceitful and dishonest, are rarely prosperous, for where confidence is withdrawn, poverty is likely to follow. Rest satisfied with doing well, and leave others to talk as they will. Never speak boastingly of your business; keep your own counsel about the management of your affairs. Be charitable according to your means. To compete successfully with a neighbor, participate in the facilities to go ahead.

The Poor Man and his Home.

If ever household affection and love are graceful things, they are graceful in the poor. The ties that bind the wealthy and the proud to home may be forged on earth, but those which link the poor men to his humble hearth are of the truer metal and bear the stamp of Heaven. The man of high descent may love the halls and lauds of his inheritance as a part of himself, as trophies of his birth and power; his associations of pride and wealth and triumph; the poor man's attachment to the tenement he holds, which strangers have held before, and may to morrow occupy again, has a worthier root, stuck deep into a purer soil. His household gods are of flesh and blood, with no alloy of silver, gold, or precious stone. He has no property but in the affections of his own heart; and when they endear bare walls and floors, despite of rags and toil and scanty fare, that man has his love of home from God, and his rude hut becomes a solemn place.

Oh! if those who rule the destinies of nations would but remember this—if they would think how hard it is for the very poor to have engendered in their hearts that love of home from which all domestic virtues spring, when they live in dense and squalid masses where social decency is lost, or rather never found—if they would but turn aside from the wide thoroughfares and great houses, and strive to improve the wretched dwellings in by-ways where only Poverty may walk,—many low roofs would point more truly to the sky than the loftiest steeple that now rears proudly up from the midst of guilt, and crime and horrible disease, to mock them by its contrast. In hollow voices from workhouse, hospital, and jail, this truth has been preached from day to day, and has been proclaimed for years. It is no light matter—no outcry from the working vulgar—no mean question of the people's health and comforts that may be whistled down on Wednesday. In the love of home, the love of country has its rise; and who are the truer patriots, or better in time of need—those who venerate the land, owning its wood, and stream, and earth, and all that they produce? or those that love their country, boasting not a foot of ground in all its wide domain?—Charles Dickens.

The Ohio wool clip is 4,000,000 pounds greater than last year.

A Horse Story.

Mr. Catje a retired grocer of Williamsburg, says the New York Sun, purchased a sorrel horse about four months ago.—Every week-day and Sunday he drove the animal. Being of a sociable disposition he made frequent stopping places and returned home late. His horse was neglected and suffered in consequence of Mr. Catje's eccentricities. This neglect and ill treatment soon began to show on the horse. Large sores broke out over his body and he became emaciated. Finding that it would cost him too much trouble and money to recuperate the poor animal, he resolved to kill him. He placed a rope around the horse's neck and walked him to the dead horse's dock.—The animal was tied to a post. A number of laborers and boys stood around while the men of the horse boat prepared to kill the poor brute. Mr. Catje stood in the crowd. The blow, instead of knocking him insensible, merely stunned him. Before it could be repeated the horse, with a desperate jerk, broke loose from his fastening and darted at the crowd of people. Singling out Catje, he ran for him. Scarcely comprehending the situation, as he afterward said, he ran for his life up the wharf to the lumber yard. In and around the piles of lumber, up and down ran Catje, followed by the horse with mouth extended. Large flakes of froth covered his breast. The people on the pier stood in amazement, unable to render any assistance. Finally, after Catje had ran around the yard a number of times, and when nearly exhausted, he jumped for a pile of boards, to the top of which he clambered just as the horse, with a bound, struck his forehead on the boards and strove to clutch the terrified man. As Catje dropped on the boards exhausted, the horse, with a roar, fell to the ground dead. His eyes were protruding from their sockets, and his mouth wide open. Catje was removed to his home. He has torn down his stables, and intends to own no more horses.

Use of Fruits.

Instead of standing in fear of a generous consumption of ripe fruit one should regard it as decidedly conducive to health. The very diseases, says the Country Gentleman, commonly assumed to have their origin in the free use of all kinds of berries, apples, peaches, pears, cherries, and melons, have been quite as prevalent, if not equally destructive, in seasons of scarcity. There are so many erroneous notions entertained of the bad effect of fruit that it is quite time a counteracting impression should be promulgated, having its foundation in common sense and based on the common observation of the intelligent. No one ever lived longer or freer from the attacks of disease, by discarding the delicious fruits of our country. On the contrary, they are very essential to the preservation of health, and are therefore given to us at the time when the condition of the body, as stated upon by deteriorating causes not always comprehended, requires their grateful, renovating influences. Unripe fruit may cause illness, but fresh, ripe fruit is always healthful.

The Price of Glory.

Since the close of the war with France, Germany has received from that unfortunate country, in the shape of indemnity, four hundred and eighty million dollars. There is still remaining, six hundred and sixty million dollars before the Prussian army of occupation is finally withdrawn. The wonder is where France gets all the money, and what Germany is going to do with it after it is all paid over to her. It is estimated that the entire cost of the war to Germany was about two hundred and seventy five million dollars; so that the job of humiliating and impoverishing a troublesome neighbor has proved probably the most profitable financial performance in the annals of military history, ancient, mediæval or modern.

To Keep Cider.

Below we give two receipts, one of which will preserve the cider sweet, or in the condition it is in at the time the treatment is applied; the other is applicable only after the cider has fermented. According to No. 1, one fourth of an ounce per gallon of sulphate of lime should be added soon after the cider runs from the press. This can best be done by adding the sulphate of lime to a gallon or so of cider in a separate vessel, and after stirring well pour into the barrel. The cider will keep in the condition it was at the time the lime was added. This plan will work equally well if the cider be partially or wholly fermented when the lime is put in. It does not appear to be absolutely necessary to rack off the cider unless it is to be transported; in this case it should be racked in about ten days after application of the remedy.

The Housekeeper.

FRIED SQUASH.—Slice thin, dip in egg, then in flour, and fry in butter.

LAMP CHIMNEYS are most apt to crack after being washed. In my own experience, they are less apt to break if moistened with the breath and polished with a cloth or paper, and afterwards with a chamois-skin, which gives them a clear brilliancy.

CREAM CAKE—A cheap and excellent cream cake for every day is made in this way: Break two eggs into a cup, and fill the cup up with sour cream. Add one cup of sugar, one cup of flour (perhaps a very little more), salt, soda and nutmeg. This can be used also for a jelly cake.

TO SOFTEN PUTTY.—To remove old putty from broken windows, dip a small brush in nitric or muriatic acid (obtainable at any druggist's) and with it anoint or paint over the dry putty that adheres to the broken glass and frames of your windows; after an hour's interval the putty will become so soft as to be removed easily.

DRYING PUMPKINS.—Peel and cut as for stewing; then slice very thin (it can be done with a cabbage slicer); then spread on tins or other dryers, and put in the stove oven with a moderate heat. It will retain its natural flavor better than any other way. In preparing it for pies, soak it in water a few hours and stew in the same water.

RESERVED APPLES.—Weigh equal quantities of good brown sugar and of apples; peel, core and mince them small. Boil the sugar, allowing to every three pounds a pint of water; skim it well, and boil it pretty thick; then add to the apples the grated peel of one or two lemons, and two or three pieces of white ginger if you have it. Boil till the apples fall and look yellow. This preserve will keep for years.

RAIN WATER BARRELS.—Where it is desirable to catch rain water for washing, and there is no cistern for the purpose, kerosene barrels are very useful. You can buy them for seventy five cents apiece. Light a match and apply it to the oily inside of the barrel, and it will burn away the oil and give you a clean whole barrel. Of course none but an idiot would do this where the flames would endanger house, barn or other property.

PUMPKIN PIES.—Cut the pumpkins into small pieces; take out the seeds and inside, but do not pare it. It must be well grown and thoroughly ripened, and not watery. Put the piece in a saucepan, with only a few spoonfuls of water—not more than four; cover close and let it cook gently, so as not to scorch, until the water has all evaporated, and the pumpkin has cooked quite dry, and of a rich, dark orange color. While hot sift it through a coarse sieve. Season only as you are needing for the day. For one large pie—one egg, one tablespoonful of molasses, four tablespoonful of condensed milk, and enough of new milk to make it as thin as you wish—or if you have it—half milk and half cream, instead of condensed milk; sugar and spice to suit the taste. Bake till a clear rich brown, but do not blister or scorch.

Root up the Weeds.

Two boys, John and Will, were employed by a gentleman to keep the paths of his garden weeded. John contented himself with taking off the top of the weeds. He soon cried, "I have cleared my path;" and, having swept away the leaves, he went off to play.

Will was much longer at work, for he stopped to take all the weeds up by the roots, and he was well tired when he went home.

But the rain came down in the night and all the next day, and when the boys' master went a few days after to look at the two paths, John's wanted weeding as much as at first, while Willie's was clear and only needed a few turns of the roller to make it quite neat. So John was sent back to do his work properly, and very tired he would have been had not Will good maturedly helped him to finish his task.

Only thorough work is worth doing. Faults only half uncured will appear again and again, and we shall almost despair of curing them. Will you remember this?

Ohio will have 12,000,000 pounds of grapes this season.