STANZAS. BY M. L. DOUD.

Arise ye and depart, for thid is not your rest! Bible. In the lone watches of the silent night, When all is stillness in the darkened room, A soothing whisper from the world of light.

Steals to my heart and cheers me mid the gloom That "still, small voice" speaks to my aching breast
"Arise ye and depart, for this is not your rest!"

Oh, to the spirit worn by ceaseless pain,
How blest the promise of that "Berree Land,
Where sickness racks no more the heart and brain, But streams are pure, and shies are ever bland. Who would not leave a life by sin oppressed And gladly seek that world of cloudless rest!

True, life is sweet and many spells are thrown-Yet, every evening marks some vision flown
To which the morning gave a joyous birth. These disappointments say to every breast-"Arise, ye, and depart! for this is not your rest!"

Then, oh, my soul, why wish to linger here? Why longer strive to prop this house of clay?
Plume, plume thy wings for that unfading sphere Whose glory far outshines the brightest day! Let not thy thought with worldly cares be pressed for here on earth thou shall not be at rest! Pleasant Valley, Iowa.

The Laws of Bealth.

From the American Phrenological Journal. RESPIRATION.

To man, no commodity, no article of value at all compares with AIR; nor is any function of our being as important as breath ing. Even food, so imperiously demanded by the animal economy, is only a noble, while inspiration is the sovereign king among all our physical functions, because it supplies. a material more necessary to the life process than any other. That element is oxygen, and its offices are to thin and purify the blood, and, aided by food, to heat up the system. These two palpable facts should teach us its absolute importance and relative value, that for it nature has made such ample provision, and that we so soon die without it. What pains nature has taken to diffuse air wherever man can go, so that he may always and everywhere find a full supply. Only with the utmost effort can it be excluded. Nor but a lew minutes can man survive its loss. Though for some time can the lower animals do without it, and slow, mert persons longer than active ones, because its consumption is less rapic, and exhaustion less speedy, yet the first minute of suspended respiration sinks the lifepower, while from five to eight minutes proves! latal even to the lowest in the human scale.

Than this fact what could as effectually teach us the importance of its full and perpetual supply. If the want of it so soon proved futal, shall not its sparse supply be proportionally enfeebling and destructive of the life-power! If to be wholly without air in a few minutes causes death, of course to only half breathe, from day to day, is to be only half alive, whereas to breathe abundant-IV IS to supply ourselves with a corresponding abundance of life-power. Oh, who of us and prizes this instrumentality of life, or partakes of it as bounteously as nature re-

in these three aspects would we consider this subject. First in that of its office. What does it no? It supplies oxygen .-Breath, when inspired, contains over 20 per cen. oxygen; when expired, only 12 per cen... having lost one third of its element. And what does oxygen do? It thins the biooo-this grand supporter of the life-elements. As we suspend breathing, the heart beats slower and still slower, till it soon stops altogether, because the blood becomes so thick as completely to stagnate and death soon supervenes. Death by drowning is caused solely by this stagnation. The obvious interence is, that imperfect or partial circulation, | just now miserable. causing hot head and cold hands and feet, is to be obviated by more copious breathing, for the will so thin the blood that it will flow more freely to the extremities and skin. Nor is anything more certain than that such preathe too little.

Second. And in what consists paloitation of the heart but in this same want of breath, and consequent thickening of the blood, so that it dams up about the heart? Nor is any cure for this complaint as effectual as the coplous breathing of fresh air. Excess of food n another cause, yet only relative to the breatning. Food thickens, breath thins the blood, so that henotic natients, require to eat less, as well as breathe more. In these two mings consist the principal cures for this complain. Ye who suffer from a throbbing, laboring heart, remember and practice this cure knock about out of doors-Walk in tresh air all you can endure. Take deep and frequent inspirations of this blood thinning element, and put yourself on a short allowance of simple food, and you will rapidly con-

Thire To remove waste matter from the system is another office of breath. Every inspiration both loads the blood with oxygen, which sends it frothing and bounding through the system, and also unloads it of morbid mane. The life-process is one of perpetual and rapid waste. This leaves used-up or spent matter throughout the body, which unless removed, clogs, irritates, and engenders disease. The system must be kept up to a temperature far above surrounding objects. This is done by the spontaneous combustion of the oxygen received from the lungs, and ine carbon elaborated by the stomach. Now ii combustion causes smoke and ashes, of which carbonic acid gas forms no small part, and this is a deadly poison. All know how latal the burning of charcoal in a tight room is to life. Why? Because it evolves this same carbonic acid gas, which, when taken into the lungs, so soon causes death. Now E is obviously no worse to inhale a given amount of this gas into the system, than to let the same amount, manufactured in the syslem, remain there; for it is the presence of gas which darkens and thickens the blood, and is constitutionally hostile to life. Anxious tem as fast as it is manufactured, the lifepower pack it on to the blood, which carries it to the lungs, and casts it out at every breath. Of course if we breathe but little, we cast out but little, leaving a vast surplus to clog and disorder all the functions of life. that the life-power is becoming slowly but

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Devoted to the Brienston of the Area of Erecdom and the Spread of Dealthy Reform.

COBB, STURROCK & CO.,

"THE AGITATION OF THOUGHT IS THE BEGINNING OF WISDOM."

PUBLISHERS & PROPRIETORS.

WELLSBOROUGH, TIOGA COUNTY, PA., THURSDAY MORNING, DECEMBER 27, 1855. VOL. 2.

NO. 23.

a lingering death, actually in progress, wher- dishes, and with spoons till washed; then how ever and as long as these veins appear, is the certain consequence. Yet this slow decease in all small rooms, therefore, the air should is easily avoided by copious breathing. be changed every few minutes, according to Mothers, turn your blue-veined children into the size and occupants, and the oftener the the open air, seeing to it, however that they better. play briskly, till their veins assume a natural

appearance.
This principle expounds the true way of with breath, and evacuate it through the lungs. We may promptly open the pores and expel it through the skin, yet only a part of disease can pass thaough that channel. The natural outlet of this poisonous gas is not through the skin, but the lungs. Do all we can through skin, a balance remains, which refuses to leave the system unless, expelled through the lungs. We talk about Allopathic, Homeopathic, Thompsonian, Hyto be developed, and that is, curing by breath. | for fresh air-that great renovator of life-Copious respiration is as potent a means of expelling disease as of supporting life. I will cure a patient of disease taster and more effectually by water and air than any or all the modes of doctoring. Water is the best remedial agent now in vogue, but air is far better-is the very best in nature. For dvs. pensia it has no equal. Nothing as effectually carries off superabundant food, or provokes stomachic or intestinal action. A large proportion of all we eat is carbon, and this must be burned up by heating us. Nothing but the oxygen inhaled in breath can consume it. Dyspepsia consists in taking more food into the system by eating than we burn out by breathing, and whatever miserable dyspeptic will simply restore proportion between his enting and breathing, will thereby cure himself. Hence, those who vacate counting room or study, and live for a time much out of doors generally recover.

But its magic power is over nervous patients. Take a nervous woman, and secure the copious inspiration of fresh air, and in one month she can be completely regenerated, and put in a way permanently to recover. Nor is anything more promotive of nervous disease than close confinement in hot, illventilated rooms. Oh, ye sad, sighing, forlorn, dissatisfied, peevish, tretful and miserable victims of this distressing complaint, behold your salvation in fresh air, freely inhaled, Why suffer from so torturing a complaint when your cure is all around you, and pressing on all sides for access to you. And all ve who have any touch of the horrors, or even of ennui, or any kind of disconsolate, heavy, or bad feeling, break out of doors and plunge into this nerve soothing element, and almost intoxicate yourselves with it, and in a be again satisfied with yourself and circumstances, and become as happy as you were

These remarks show the absolute importwill expel disease, or restore health, this will, And those who are partially ailing-not down sick, but under the weather, here is your soyreign panancea. Partake and recover. To those suffering from colds it is most efficacious. This fact has been previously stated, and this article shows why it is so.

To puny children these principles apply more effectually than to adults, because of their greater need of breath. Words are powerless to tell the value of fresh air to pining infants and sickly children. Oh, how many mothers have buried choice flowers of humanity, one after another, by too close confinement. Give almost any child air enough, and it will live, be its diseases what they may. And how many mothers have bereaved themselves by curtailing the respiration of their children! Nor is anything better for children than hallooing. Hence their incessant and loud talking, and frolicsome screaming. Do, parents, indulge them in that for which nature has given them so great a predisposition, These boisterous lung exercises not only enhance the life-power of to-day, but expand the lungs to inhale still more to-morrow. Ho! invalids, come to this fountain of health, and quaff Heaven's life giving breezes till you are cured thereby, and ye who are healthy keep so by copious breathing.

But, to develop neither the office nor importance of breath is as much the object of this article as the modes of promoting it .-All must know, for they feel the absolute necessity of brenth, and also that it enhances the life-power the more the greater its abundance. Hence the necessity, not merely of breathing, but of breathing fresh air, and also of breathing abundantly.

Breathing pure air involves two pointsbeing much out of doors-and no human being should be content unless several hours daily are spent in the open air-as well as abundant ventilation. The vitality of air once breathed is nearly exhausted. Hence, for several persons to remain in a close, this gas which does the mischief. It is this small room for hours, and perhaps heated at that, pains having been taken to stop all its cracks-thus breathing over and over again to eject this poisonous enemy from the sys- the same fetid air, loaded with carbonic poison-is most ruinous to life-power, and will never be allowed by those who prize life and know its conditions.

And then how filthy! For the dog to reeat his own vomit is most disgusting !- Then how much more so to eat that of another! Since this gas darkens the blood, of course Yet to breathe over and over again the cast dark or blue veins show that this gas is not off breath of others, is hardly less inherently carried off as fast as it is manufactured, or | filthy than to eat what they have cast off. that the life-power is becoming slowly but And as poisonous as disgusting. And diseffectually poisoned and killed. Beware there- gusting because poisonous. This disgust is fore we who have blue veins, and ye mothers nature's way of preventing it.—She has ren. would be exported, and I should be transporwhose children have them. Remember that dered us naturally average to eating on their ted."

much more so to re-breathe their spent breath!

Than this need of abundant breathing material, what can as effectually expose the folly of small rooms and houses, or demonstrate carrying off morbid matter, or disease from the utility of large ones. How many times the system. Instead of taking physic to must readers have felt half stilled on going evacuate it by the bowels, we should doctor into small, hot, and occupied rooms? At first they felt that they could hardly live a minute in them, but soon became reconciled to them. Nature revolts at them, and her. remonstrance should be heeded. Deliver me from small rooms; or if I must occupy them, I must keep a window up, or door open, or both. And in the house I am building, my main living rooms take 80 yards of carpet, and my sleeping rooms over forty, besides being a third higher than usual. I construct dropathic, Graham, and other methods of them thus because, obliged to spend much of curing disease, yet the best of all remains my life in them, I mean to provide as amply as for the "staff of life."

Warm rooms are also correspondingly injurious; for heat both rarefies the air, so that a given bulk contains but little comparatively of oxygen.

Above all things, we should avoid the use of tight drum stoves, or those that heat apartments above with fires made below. Money would not tempt me to sit by one, unless I could open window or door, or both. But furnaces, into the air chamber of which fresh air is admitted, furnish artificial heat in its least objectionable form. Fires should be put off till late in the fall, and laid aside early in the spring, and be used but little except in severe cold weather. O when will men learn to keep warm by exercise, instead of fire.

Especially should young and old sleep in large and well-aired apartments. Here certainly can we keep ourselves warm by clothng, and enjoy all the advantages of fresh air. I care not if windows and doors are both open-and this is my own usual manner of sleeping, both summer and winter-the more the better. Nor should any one sleep in

rooms where there are fires. But the thought we pen this article to develop is the true mode of breathing. Most persons breathe with only the upper part of the lungs. Having small lunge at best, they do not breathe with half the lungs they do possess. This is partly owing to their posture. Most persons stoop forward too much to inflate half their lungs; for it is obvious this position cramps and doubles up the lunus. especially their lower portion, besides preventing the free expansion of the ribs. This is rendered obvious by the philosophy of breathing. It is performed by means of flat muscle, called the diaphragm or midriff, short time you will dispel all mental vapors, stretched across below the heart and lungs, which, by contracting, draws down the organs in the abdomen, while muscles between the ribs, called the intercostal, draw them up, thus producing a vacuum into which the air ance of ventilating sick rooms. Keep the rushes, and from which it is expelled by the patients warm by clothes, and then throw relaxing of these muscles, which lets the viscera rise to their place and the ribs fall to

> theirs. By noticing the way we breathe, it will be seen that the chest heaves and the abdomen swells as we inhale air, but shrinks as we expel it. It is thus obvious that the bending posture prevents the bewels from giving way before the diaphragm, and thus lessen the vacuum, and of course, amount of air inhaled. Hence, no one should hend the small of the back outwardly, but always inwardly, so as to throw the abdominal organs forward in order to give them room to retire before the contracting diaphragm. Very few people know how to sit. Rarely ever should the back of the chair be touched, and when so. keep the spine straight. Hence ottomons are far preferable to chairs, and all should learn to sit independently of the chair back-that is, to sit straight upon themselves-bending only at the hip joint.

> Throwing the shoulders forward is also most pernicious to health, by preventing the rising of the ribs which inflates the lungs, Bend your shouldars forward, and try to draw in a long breath, and then bend them back and do the same, and you will perceive the difference to be about one-half. And then, both the warping posture, and throwing the shoulders forward, is so insignificant in appearance, so small and mean in its natural language, as though the subject would double up and slink away out of sight, as if he had done some low lived thing; while to throw out the chest and abdomen, gives a noble commanding, attractive posture.

An Inventory.

Among the bankrupt petitions recently granted by the Supreme Court of Rhode Island, was the following petition of Nathan L. Miller, of Providence, whose inventory attached to his petition as correct and true.

comprised these items: 9 hens and 1 rooster, valued at **\$**5 00 I pig, 1 cat, and 1 dog, I bureau and 1 Family Bible, 5 00 4 00 2 small babies and 1 wood saw. 0 75

SMEAR a piece of flannel with common whiteing, mixed to the consistency of common paste, in warm water. Rub the surface to be cleaned quite briskly, and wash off with pure cold water. Grease-spots will in this way be almost instantly removed, as well as other filth, and the paint will retain its brilliancy and beauty unimpaired

A LADY, walking with her husband on the beach, inquired the difference between exportation and transportation. "Why, my dear, if you were on board of yonder vessel you

A THRILLING SCENE.

The Journal of Commerce relates the following thrilling account of an adventure

frozen fields of the North: At one time it became necessary to send a fatigue party with provisions; to assist the However, finding himself without money, a main party under Dr. Kane, in an attempted situation by no means uncommon among passage across Smith's Sound. This party authors, he resolved to try the non-paying was under the command of Mr. Brooks, first debtor once more. What was his amazeofficer of the expedition. He was accompanied by Mr. Wilson and other volunteers .--During their travel they found the ice completely impenetrable, and a snow drift at last swept wildly over the floes and in the midst of a heavy gale from the north, the thermometer, to their dismay sank to fifty-seven degrees below zero. Human nature could not support the terrible cold. Four of the party, including Mr. Brooks and Mr. Wilson, were prostrated with frozen feet, and with great difficulty three of their companions, after encountering great suffering, reached the ship and announced the condition of their evening his heart was open and he conclucamrades. Their chances of being rescued extremely small. They were in the midst his wife hated dogs, but he trusted to his of a wilderness of snow, incapable of motion, protected only by a canvass tent, and with no land-marks by which their position could be known. Even to drag these maimed men would have been under ordinary circumstances a work of difficulty, but to the slender party left at the ship, it seemed to be impossible. Dr. Kane, with the boldness and courage which justified the warm attachment felt towards him by all under his command, in less than one hour organized a recruiting party, leaving on board only those who were necessary to receive the sick, and started off in the teeth of a terrific gale, steering by compass, to rescue the sufferers. After nineteen hours' constant travel, during which two of the party fainted, and others required to be kept from sleep by force, they struck the trail of the lost party, and finally, staggering under their burdens, one by one reached the tent, which was almost hidden by the snow. The scene as Dr. Kane entered the tent, was affecting beyond description. The party burst out into tears. A blubber fire was immediately built, permican cooked, and the party are for the first time after leaving the vessel. Ice was also melted, they having been to this time without drink. Worn out as they were, but four hours were allowed for the halt. The maimed of the frozen party were sewed up in Buffalo robes, placed on sledges, and dragged along by their companions. Dr. Kane walking in advance, picking the track. Cold of the utmost severity again overtook them. Bousall and Morton and even the Esquimaux boy!--Hence, sunk upon the snow with sleep. It was only by force that they were aroused and made to proceed, as the cold seemed to have destroyed all conception of danger .-A large bear, met on their way, was fortunately scared off by Dr. Kane, by the simple waving of his hand. They reached the ship after a walk of sixty-two hours, still dragging their companions behind them, but

ceived the returning party. Two of the number died of their injuries and two others underwent amputation, who are now restored to perfect health. The condition of those who dragged the sick, was most lamentable. Their memory for a time was entirely gone, and the ship, in the midst of muttering delirium, resembled an hospital. The surgeon and one remaining attendant, were in sole charge of the ship. In this state of semi-madness the sick remained for two or three days, but afterwards they entirely recovered, and the party under Dr. Kane started three weeks afterwards and resumed their labors in the field.

insensible. Dr. Hayes, the intelligent sur-

geon of the ship, from whom we obtained

the particulars of this fearful adventure, re-

Intrepidity like this has never been surpassed. It is spoken of with emotion, even now, by the stoutest hearts in the expedition.

DISCONCERTING AN ORATOR.—It is an astonishing thing how little a matter will sometimes disconcert a man who is accustomed to speak in public, and to have his thoughts about him, and ready at command on almost all occasions.

"I was once opening a speech from the stump," said a distinguished western political orator to us recently, "and was just beginning to warm with my subject, when a remarkably clear and deliberate voice spoke out behind me, saying:

"Guess he wouldn't talk quite so hisalutin' if he knew that his trowsers was bu'st clean out behind !"

"From that moment I couldn't "get on." The people in front began to laugh, and there was a loud roar in my rear, and I dared not reverse my position for fear of having a new audience of my condition. I made, or rather invented an excuse for delay, and sat down. The malicious scoundrel!" continued the orator; "it was only a mean trick after all. There was nothing under heaven the matter with my unmentionables!"

Sammy went to see his grandfather, a pious old gentleman, who was wont to discourse much to young Samuel upon divine things. The lad, while taking a ride one day in his grandfather's carriage, after sitting for a moment in silence, inquired: "Is God every Holiness, I replied, au' be that he stepped got to say, he's having a splendid ride." The now disthressing me that I didn't take the grandfather lifted his spectacles, looked at punch cowld!!! Sammy, touched up the horse and said not a

savage?

OLD DOG TRAY.

M. CHARLES R-, a poor author living the outskirts of Paris, had owing to him of the coming night. which occured to Dr. Kane's party, in the a debt of five hundred and twenty francs, it been due, so often had he applied in vain. ment and delight, when a note for five hundred france and a twenty franc piece were promptly placed in his hand, Regarding it as an absolute god-send, he resolved to change the gold piece and to testify his gratitude to Heaven by giving it in alms on his way home. Placing his note in his pocketbook, he fulfilled his benevolent desire, and no beggar applied in vain during his long walk. As he drew near home, a wretched little dog came to him and besought his attention to its starving condition. At any other time he might have rudely driven it away; but this ded to take the poor brute with him. True good fortune to soften her heart as it had and carried him off to prison. And he hung

> It was quite dark when he reached home, and he entered the house with the dog close to his heels.

> "What is that?" cried the lady preparing to drive the intruder out the door.

> "Only a poor little dog I have made bold our good fortune.

As he related the story, the good lady beame mollified, and the little dog was almost forgotten.

"See, here is the money safe in my pocket book," concluded the husband, putting his hand into his pocket to furnish proof of the other man went forth to his labor on the his story.

gone! And despair seized the poor author's Rage again rose in the good wife, and the

log was an admirable scapegoat. Seizing a "Get out of my house!" she cried. "But

for attending to you, that stupid man would not have lost his money !"

But the dog would not move, and cowered the heart to save him; so lifting him in his

member of the author's family than the now at never dream said Betsey, "but I some-fat and sleek dog, which ever occupies the times talk half the night, and tell everything warniest corner on the hearth

SIGNS AND WONDERS .- When will signs ! and wonders cease? Not till the destroying angel shall clip the wing of time, and she pumps me after I've gone to bed, and I the heavens shall be rolled together as a sine pumps me and the shall be rolled together as a snewer her questions as honestly as if my scroll. Not a day passes but we see good and bad signs, as the following will show:

office with a friendly greeting. "Here's king." two dollars to pay for my paper."

ries home a jug of "red eye" that costs him by the heat of the weather, had fallen asleep It is a good sign to see a man doing an

act of charity to his fellows. It is a bad sign to hear him boasting of it.

in a man's face.

in his nose.

It is a good sign to see an honest man wearing old clothes.

It is a bad sign to see them filling holes in his windows.

It is a good sign to see a man wipe the perspiration from his face. It is a bad sign to see a man wipe his

chops when he comes out of a sulcon. It is a good sign to see a woman dressed with taste and neatness.

It is a bad sign to see her husband sucd for her feathers and foolery, gems and jew-

It is a good sign for a man or woman to

advertise in the papers. It is a bad sign to see the sheriff advertise for them.

PAT'S DREAM .- Two sons of the green and glorious Isle met a day or two since, and thus colloquised:

"Good morning, Pat." "Good morning, Dennis."

Dennis-How is it wid ye, Pat ? ye seems in a quanthary. Pat-Bedad, but its all right ye are with out knowing it, for I'm in that same. It's a

Dennis-A drame? Patrick, was it a good or a. bad wan !

provoking drame I've had.

Pat-Bad luck, but it was a little of both. dramed I was wid the Pope, who was as great a gentleman as any bye in the district; in' he axed me would I drink? Thinks I would a duck swim? an' seein the lunishown in' the sugar on the sideboard, I tould him I didn't care if I took a wee dhrap of punch. Cowld or hot? asked the Pope. Hat yer where?" "Yes, my child." "Is he in the down to the kitchen for hot water, but before carriage? "Certainly, he is." "Then all I've he got back I woke right straight up, and its

A down-east militia captain, receiving a Is a body see a body carrying off cabbage, his company, understood it as a compliment nor is there any fruit whose value as an arshould a body whale a body while a body's to those under his command, and marched ticle of nutriment, is as great, and so little them all to the lady's house.

They Shall not Blush for their Father.

Two men.had entered into an engagement to rob. one of their neighbors. Everything was planned. They were to enter the house at midnight, break open his chests and drawers, and carry off all the silver and gold they could find.

"He is rich and we are poor, said they to each other, by the way of encouragement in the evil they were about to perform. "He will never miss a little gold, while is possession will make us happy. Besides what right has one man to all this world's goods."

Thus they talked together. One of these men had a wife and children, but the other had none in the world to care for himself .--The man who had children went home and joined his family after agreeing upon a place of meeting with the other at the darkest hour

"Dear father," said one of the children, which he never expected to get, so long had climbing upon his knee, "I am so glad you have come home."

The presence of the child troubled the man, and he tried to push him away; but his arms clung tightly about his neck, and he laid his face against his cheek, and said in a sweet and gentle voice-

" I love you father! Involuntarily the man drew the innocent and loving one to his bosom and kissed him.

There were two elder children in the man's dwelling, a boy and a girl. They were poor and these children worked daily to keep up the supply of bread, made deficient more through idleness in the father than from lack of employment. These children came home soon after their fathers return, and blought

him their earnings for the day.
"Oh, father," said the boy, "such a dreadful thing has happened! Henry Lee's father was arrested to-day for robbing; they took him out of our shop when Henry was there, his head for shame of his own father! Only think of that."

"Ashamed of his father," thought he .-'And will my children hang their heads also, in shame? No, no, that shall never be !

At the hour of midnight, the man who had no children to throw around him a sphere to bring home with me. But listen wife, to of better influence, was sitting at the place of rendezvous waiting for him whose children had saved him, but he waited long in vain. Then he said:

"It will do the deed myself and take the reward,"

And he did according to his word. When next day, he learned that his accomplice had But no pocket book was there! It was been taken in an act of robbery and was already in prison.

"Thank heaven for virtuous children said he with fervor. "They have saved me .-Never will I do an act that will cause them to blush for their father."

HOW JED MISSED IT.

Some folks are in the habit of talking in their sleep, and Miss Betsey Wilson was of closer to the feet of his friend, who had now the number. This peculiarity she accidentally revealed to Jediah Jenkins, in a careless, arms, when, lo! there tightly grasped in his conversational way. Jediah had just finishmouth, was the missing pocket-book, which ed the recital of a matrimonal dream, in the obscurity had prevented their seeing be- which the young ludy and himself figured as fore. It had fallen through a rent in the hero and heroine, he having invented the master's pocket, and the grateful creature had same, for the sake of saying at the conclupicked it up and kept it safe until discov- sion, that it was "too good to be true," and thus, by speaking in parables assuring the There is at this day no more honored damsel of what he dared not speak plainly.

I know, in my sleep.

"You don't say so." nd bad signs, as the following will show:

It is a good sign to have a man enter your she would find it out. It's a wful prove-

It is a bad sign to hear a man say he is house, and entering the parlor unannounced, too poor to take a paper—ten to one he carfound that Miss Betsey, probably overcome on the sofa.

Now, Jed, as the reader has surmised. had long felt an overweening partiality for the young lady, and yearned to know if it It is a good sign to see the color of health was returned; but though possessed of suffi-It is a bad sign to see it all concentrated concentrated concentrated beauty breach," he could not muster spunk enough to inquire into the state of her heart. But now he bethought himself of her confessed somnambulous inquacity, and felt that the time to ascertain his fate had come. Approaching the sofa softly, he whispered-

"My dearest Betsey, tell me; oh! tell me the object of your fondest affections."

The fair sleeper gave a faint sigh, and responded: "I love-let me think-(here you might have heard the beating of Jed's heart through a brick wall,) I love heaven, my country, and baked beans; but if I have one passion above all others, it is for roast onions !"

The indignant lover did'nt wake her, but sloped at once, a "sadder, if not a wiser man." At last uccounts, Jed was "shinning up" to another young lady.

NUTRIMENT IN THE APPLE.-With US (says the editor of the Albany Journal) the value of the apple as an article of food, is far underrated. Besides containing sugar, mucilage and other nutriment matter, apples contain vegatable acids, aromatic qualities, &c., which act powerfully in the capacity of refrigerants, tonics and antiseptics; and when freely used at the season of mellow ripeness. they prevent debility, indigestion, and avert without doubt many of the "ills that flesh is heir to." The operators of Cornwall, Eug. land, consider ripe apples nearly as nourishing as bread and far more so than potatoes. In the year 1801 - which was a year of much scarcity-apples, instead of being converted into cider, were sold to the poor; and the laborers asserted that they could "stand their work" on baked apples, without meat, whereas a potato diet required meat or some other substantial nutriment. The French and Germans use apples extensively, as do the inhabifrequently make a dinner of sliced apples and bread. There is no fruit cooked in as many note from a lady, requesting the pleasure of different ways in our country as the apple, appreciated.