

BY M. L. DOUD.

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

Oh, to the spirit worn by ceaseless pain, How blest the promise of "BETTER LAND, Where sickness reels no more the heart and brain, But streams are pure, and skies are ever bland...

True, life is sweet and many spells are thrown Around the soul, to bind it here to earth, Yet, every evening marks some vision flown To which the morning gave a joyous birth...

Then, oh, my soul, why wilt thou linger here? Why longer strive to prop this house of clay? Plume, plume thy wings for that ascending sphere Whose glory far outshines the brightest day...

The Laws of Health.

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 breathing. 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.

These two palpable facts should teach us its absolute importance and relative value, that for its 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.

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, ill-ventilated rooms.

These remarks show the absolute importance of ventilating sick rooms. Keep the patients warm by clothes, and then throw windows up and doors open, and if anything will expel disease, or restore health, this will. And those who are partially ailing—not down sick, but under the weather, here is your sovereign panacea.

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.

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 breath, and also that it enhances the life-power the more the greater its abundance.

THE AGITATOR.

Devoted to the Extension of the Area of Freedom and the Spread of Healthy Reform.

COBB, STURROCK & CO.,

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

PUBLISHERS & PROPRIETORS.

VOL. 2.

WELLSBOROUGH, TIOGA COUNTY, PA., THURSDAY MORNING, DECEMBER 27, 1856.

NO. 23.

a lingering death, actually in progress, wherever and as long as these veins appear, is the certain consequence. Yet this slow disease is easily avoided by copious breathing.

This principle expounds the true way of carrying off morbid matter, or disease from the system. Instead of taking physic to evacuate it by the bowels, we should doctor with breath, and evacuate it through the lungs.

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

Especially should young and old sleep in large and well-aired apartments. Here certainly can we keep ourselves warm by clothing, and enjoy all the advantages of fresh air.

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.

Throwing the shoulders forward is also most pernicious to health, by preventing the rising of the ribs which inflates the lungs. Bend your shoulders 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.

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 comprised these items:

9 hens and 1 rooster, valued at \$5 00
1 pig, 1 cat, and 1 dog, 5 00
1 bureau and 1 Family Bible, 4 00
2 small babies and 1 wood saw, 0 75

Shear 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.

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 would be exported, and I should be transported."

And with spoons till washed; then how much more so to re-breathe their spent breath! In all small rooms, therefore, the air should be changed every few minutes, according to the size and occupants, and the oftener the better.

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

Especially should young and old sleep in large and well-aired apartments. Here certainly can we keep ourselves warm by clothing, and enjoy all the advantages of fresh air.

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.

Throwing the shoulders forward is also most pernicious to health, by preventing the rising of the ribs which inflates the lungs. Bend your shoulders 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.

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 comprised these items:

9 hens and 1 rooster, valued at \$5 00
1 pig, 1 cat, and 1 dog, 5 00
1 bureau and 1 Family Bible, 4 00
2 small babies and 1 wood saw, 0 75

Shear 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.

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 would be exported, and I should be transported."

A THRILLING SCENE.

The Journal of Commerce relates the following thrilling account of an adventure which occurred to Dr. Kane's party, in the frozen fields of the North:

At one time it became necessary to send a fatigue party with provisions; to assist the main party under Dr. Kane, in an attempted passage across Smith's Sound. This party was under the command of Mr. Brooks, first officer of the expedition.

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

"Get out of my house!" she cried. "But for attending to you, that stupid man would not have lost his money!"

It is a good sign to see a man enter your office with a friendly greeting. "Here's two dollars to pay for my paper."

It is a bad sign to see a man doing an act of charity to his fellows.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

OLD DOG TRAY.

M. CHARLES R—, a poor author living the outskirts of Paris, had owing to him a debt of five hundred and twenty francs, which he never expected to get, so long had it been due, so often had he applied in vain.

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

"Get out of my house!" she cried. "But for attending to you, that stupid man would not have lost his money!"

It is a good sign to see a man enter your office with a friendly greeting. "Here's two dollars to pay for my paper."

It is a bad sign to see a man doing an act of charity to his fellows.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

It is a bad sign to see a man wipe his chops when he comes out of a saloon.

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 chest 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 his 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 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.

"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, and carried him off to prison. And he hung 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 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:

"I will do the deed myself and take the reward." And he did according to his word. When the other man went forth to his labor on the next day, he learned that his accomplice had 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."

"You don't say so."

"Yes; I can never have a secret from mother. If she wants to know any thing she pumps me after I've gone to bed, and I answer her questions as honestly as if my life depended on it. That was the reason I wouldn't go to ride the other night; I knew she would find it out. It's awful provoking."

Some days after this, Jed called at the house, and entering the parlor unannounced, found that Miss Betsey, probably overcome by the heat of the weather, had fallen asleep 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 was returned; but though possessed of sufficient courage to mount "the imminent deadly breach," he could not muster pluck enough to inquire into the state of her heart.

But now he bethought himself of her confessed somnambulous iniquity, 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 didn't wake her, but sloped at once, a "sadder, if not a wiser man." At last accosted, 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 vegetable 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, England, 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 inhabitants of all European nations. The laborers depend upon them as an article of food, and frequently make a dinner of sliced apples and bread. There is no fruit cooked in as many different ways in our country as the apple, nor is there any fruit whose value as an article of nutriment, is as great, and so little appreciated.

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? I ye seems in a quabber."