3Baily Celenraph Wednesday Afternoon，Yebruary 20， 1861. Artennow，Monst Vranor．－A Atated meet－
ing of the Mount Vernen Hook and Ladder Company，No．1，will le held in their hall this
（Wednesday）evening，the ．20th inst．，at $7 \frac{1}{2}$
o＇clock．The members will please be puinctaal． Notron to Marsiacsor Ovviosoonzmizs．－The
Marbhals of the various Civic Societies intend－ Markials of the various Civic societies intend
ing to take part in the procesion on the 22 d
inst．，are requested to meet at my office to morrow（TTuradday）afteraoon
Punctual attendance
 on Friday morning at in ine o＇clock，to complet
thair arangagemants for partcipating in the pa rade on that day．All the old soldidid from a
distance are requested to report themelyes at the time and place designated．
$\Delta$ meeting of the old gildiers of this city wil
also be held at the oficio of David Harris，Eqq．
in Chestant street，to－morrow afternoon In Chestant street，to morrow afternoon a
 thirty－four stars，encircled by the words＂Con－
aitutuion and Union，＂decorated with a rosette composed of the national colors＂red，white
and tlua．＂Our old printer friend Mr．Gaat， of Philadelphia，is here with a supply of these
beautiful badges and will no doubt find ready
 cepted an invitation to participata in the pa
rade here on Friday．Both companies will Friday morning．We have reliable ioforma two handred and fifty mea，Including officers
and musicians．The Greas expect to ton aboot sixity rank and file．
Goxxa xo WAstruaron－$-A$ harge number，of
the Republican members of the Legibiature in－ tend accompanying President Lincolol to Wash－
ington．The party will leave here at nine
 time in York and Baltimore．．．This is the pre
sent arrangement．We learn，bowerer，that an effort will be made to induce the President
to remain in Ballimore untilil Monday．Should he consent，we have no doubt he will be enter
talined with the generous hospitailtt which tilways characterized the people of that city．
 orders of Major Genoral Kimm，in another ool－
umn，that there will beno change in the origin－
al programme for the al programme for the Flag raising ceramonies
The parade will take place at the hour flirst de that the ceremonies at the Capitol may completed before the arrival of Mr．Lincoln．
The Presidential reception will take place the arrival of the train from Pbilladelphla， participating．At three o＇cookk the Preside
will beescorted to the State Capitol，and form ally introduced to the Governor and memberi of the Legislature，where several brief ad
dresees
wrll be belivered．Wo rofer rour read detail of the programme，order of parade，and
roote of procession．Some thirty－five military companios will be in attendance，（inoluding tite
National Guard 250 strong，in addition to the Old Soldiers，Knights Templar，Odd Fellows， Firemen，and other civle associations．Wo
may，therefore，confidently anticipate a gal
a Bew wow to yagrtarass．－In a notice of medioal journal sensibly y omarks that among none having less science for its foundation than an injurious effoct，it is well known that when eficial effect upon the human syatem．Amonget proper quantity of animal food，\＆variety diseases occur from undernatrition，and ther than the supply of animal food．The fleeh o animail is more readily y idgested and more
speedily appropristed than the flesh forming principies of planta；hence it is a necesalty for not to listen to the blandishments of sterie carrots and paranips，rried cauliffowers and ap．
ple possets．These thing ple possets．Thesse things may please the pal
ate，they may fill the stomach，but they cannot 8upply the material of muscles and briing．
There are some people amougat us who may neither work nor think．It may beimmaterial material of their existence．But for the mait and women who carry，on the great work of our
national and social life，it would be one of the don the food which instinct and reason point ply of the waste of their active lives．

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