

THE STAR OF THE NORTH.

R. W. Weaver Proprietor.

Truth and Right—God and our Country.

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THE STAR OF THE NORTH

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The study of Physiology

Dr. JOHN, speaking of the importance of a general knowledge of physiology and the laws of life and health, in the last number of the *Medical Reformer* uses the following pertinent and forcible language:

These subjects are of deep importance; and paramount to all else that is earthly, should claim the earnest attention, not of the "professional" man alone, but of every son and daughter of Adam. Wealth may be acquired, yet without health how miserably is it enjoyed! Time and money may be employed in acquiring a knowledge of the principles, the structure and the arrangement of everything around and about us—the earth beneath us, the atmosphere surrounding us, and the heavens above us, yet neglecting to acquaint ourselves with a knowledge of the mechanism and arrangement of ourselves—of the wonderful principles and beautiful laws which tend to keep our bodies in tune through

"Life's little span,"
of what avail is all our other knowledge? But such alas! is too much the course of the world. While some attention is paid to the mind, the poor body is forgotten. The mental receives training and culture, but the physical is neglected; and who is not able to see that the development of the physical has not been in proportion to the mental!

Ah the beautiful outward temples in which the immortal mind is dwelling were given to be kept in order. But how sorrowfully has this been neglected! And who is able to compute the sickening amount of suffering and anguish that has resulted therefrom! The walls have trembled and crumbled before their time; the chest with its vital organs, has been compressed, and the respiration of pure air and the circulation of the life sustaining fluid have been impeded; the spinal column, the main pillar of the structure, has been assailed, and as the certain consequence, we see, on every hand, deformity, languor, and debility, where should be symmetry, beauty, health. Then kind reader!

Know thyself, for it is wealth
Far above the price of gold and pearls
And precious stones. For what is money?
What coffers filled if thou knowest not
Thine own being's laws, thou still art poor.
Come know thyself, for it is knowledge,
All other knowledge thou may'st acquire,
Yet lack thou this, thou still art ignorant.

Medical Action.

Many medicinal plants collected in cold climates contain only a small portion of the active principles, upon which the virtue of the plant depends, while the same plant grows under the influence of a tropical sun, contains a large amount of the active principles. Now physicians cannot tell by the mere appearance of the dried plant, or parts of the plant, from what section it was derived, and hence do not know how much medicine he is positively giving. This accounts for the very contradictory statements which we see in medical books relative to the value and inconstancy of the action of plants. Again, there are other plants which require to be grown in a cold latitude where the seasons are short; for in southern latitudes the heat and drought of summer dissipates the active principles, unless the plants be gathered at a particular time. Now the concentration of the active properties avoids this uncertainty, and the physician is enabled to prescribe knowingly.

A DOSE THAT WAS NOT TAKEN.—"My dear madam," said an allopathic doctor to one of his patients. "I am truly gratified to see you yet in life." At my last visit yesterday, you know I told you that you had but six hours to live." "Yes doctor, you did, but I did not take that dose of calomel you left me." The doctor changed topics. It was natural wasn't it?

REASONS FOR NOT SHAVING.—1st. It is distressing the beneficence of the Deity. 2d.—It is revolting to humanity. 3d.—It is the cause of much personal suffering. 4th.—It is the cause of much hereditary disease in the teeth and neck.

DIEING.—Never run after vagaries in diet. Never weigh your food, or think to build up a constitution on one kind of food or diet. What you find by experience disagrees with your leave off. Do not dig your graves with your teeth.

The supposed heaviest woman in the world is a native of Ohio, is 36 years of age, and weighs 511 pounds.—A fully developed fetus was taken from the body of a woman at Utica, N. Y. who died sometime since at the age of 77. She had carried it 46 years!

The discussion between Dr. CURTIS and TRALL, upon the "modus operandi of medicine," is continued with spirit and energy.

ORIGINAL POETRY.

For the "Star of the North."

THOUGHTS OF HOME.

Though in distant lands I wander—
Though "neath sunny skies I roam—
Though loving hearts surround me,
I think of home, sweet home!
Though flowers bloom in other lands—soft
zephyrs blow as free,
The flowers and winds of home, sweet home,
are far more dear to me.

I wandered in the moonlight,
On many a lovely shore,
And thought I would be happy,
And think of home no more.
But thoughts of home, far distant west; of
friends I left behind,
And memories of by-gone days fit swiftly
thro' my mind.

Sometimes loved friends seem with me,
And in each well known face,
The looks of kindest welcome
And friendship true I trace.
I wake to find in sorrow, though 'real it did
seem,
The vision that so pleasant, was nothing
but a dream.

Ah! is this joy but seeming?
Are all those pleasures o'er?
I long to be returning
To my childhood's home once more.
I long to rove where once I played in child-
ish sport and glee:
Let others sing of fairer lands, but home,
sweet home, for me.
Buck Horn, Pa. LILLIAN.

From the Ledger.

Labor and Capital.

The whole prosperity of the country hangs on the cordial co-operation of labor and capital. The capitalist is dependent on the laborer, and the laborer on the capitalist. Of what use is a mill, without persons to attend it, or a manufactory, without mechanics?—

On the other hand, what can a mechanic accomplish without instruments, or what would become of the laborer, should he grind his corn with a pestle and mortar, to be independent of the mill owner? Everything which produces antagonism between the laborer and the capitalist injures both.

In point of fact, all capital is but labor in a solidified form. And money is society's certificate for labor performed. If you want a day's work done, you pay a dollar; if the laborer requires skill, you give two dollars. If by mental exertion a machine be constructed, saving much labor, you gladly pay the inventor five dollars a day. Thus wealth is the accumulation of past labor, either of body or mind.

All quarrels, therefore, between capital and labor, are in fact disputes between the past and the present, like a father quarrelling with his son, or a son striking his father. Nay, worse, like to-day quarrelling with to-morrow, for the laborer of to-day will be the capital of to-morrow. And yet the two continually quarrel, and with very just cause.

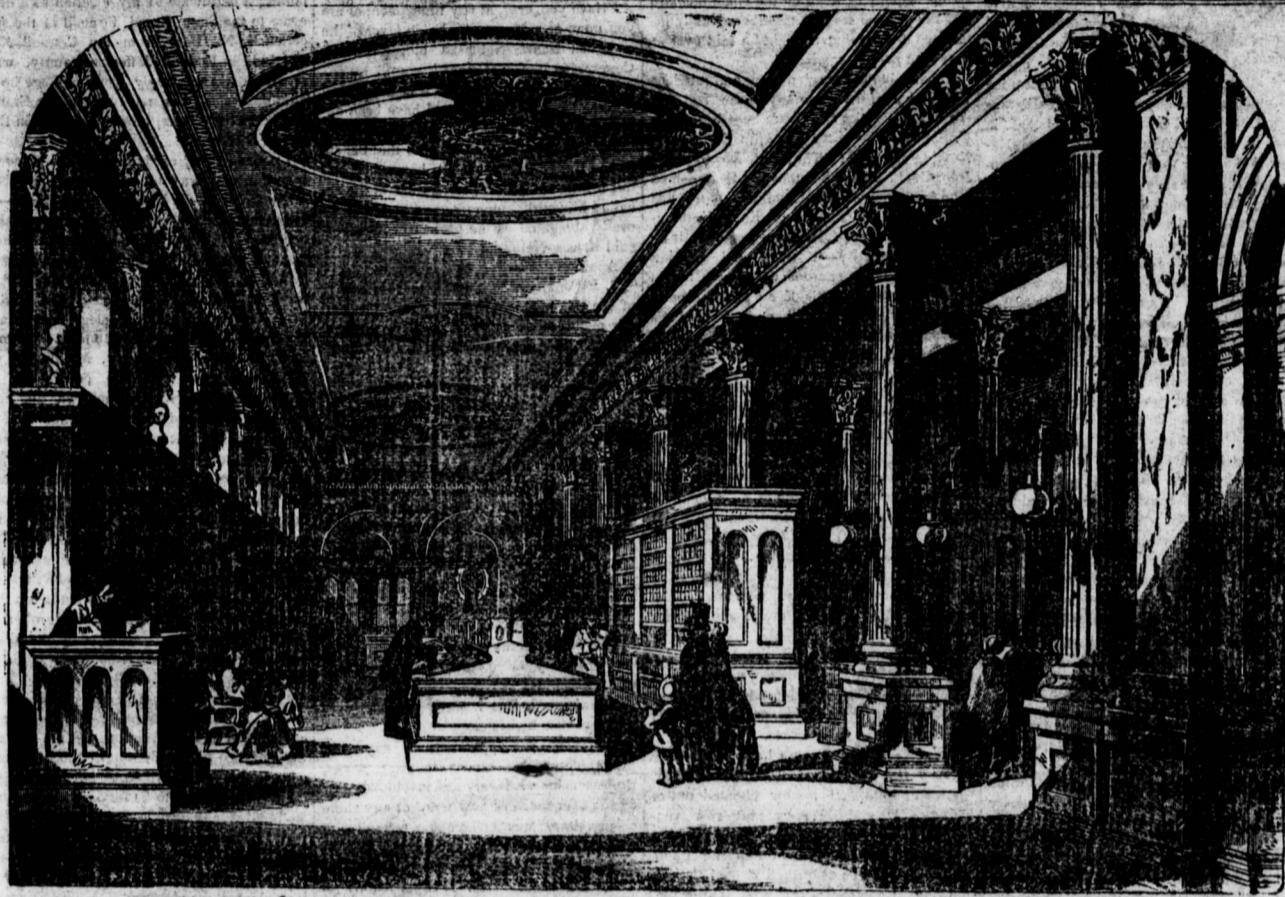
For money is, after all, but the certificate of labor, by which its products are exchanged, and like many other certificates, often obtained and transferred to forged and fraud. Hence some contrive to obtain the largest show of the vouchers, where there has been the least of honest labor performed by head, heart or hand.

Or if the capitalists misuse his money, he injures not himself alone, but the laborer also. Most of the present mercantile distress has been caused by the mis-application of capital. Twelve months ago, the circulation of money had increased the circulation of money and the extension of credit a thousand fold; for by the aid of banks, discounts, and promissory notes, the gold was beaten out very thin, and made to cover over a large surface, until its value was becoming almost like the gold and silver paper money which the Chinese burn before the images of their ancestors. Every one thought himself rich, and men seldom know how to use suddenly acquired wealth. All kinds of false investments were made.—Costly hotels, marble blocks, and lofty brown stone residences, gilded drawing rooms and silken curtains, with all the richest luxuries imported from Europe, proclaimed this to the eye. It was said that this employment was given to labor. Very true. Foreign artists of all kinds were engaged to paint, to plaster, and to gild. But here lay the error. All this capital was invested in forms incapable of being united with future industry. There it lies in huge, beautiful blocks of marble or brown stone.

If the \$50,000 or \$100,000 it took to build one of these palaces had been invested in a cotton factory, it would have given permanent and profitable employment to one or two hundred persons, and would probably have yielded the owner an income, instead of costing him one to keep up the establishment. If a wealthy man were to feed and clothe a hundred people through the winter, he would be thought a Prince of generosity. But if Dives, instead of erecting a costly house and furnishing it from Europe, will but invest his money so that it may be productive from union with labor, he will do mankind a thousand times more good.

So, if the Queen of England, or the Emperor of France tax the people, and pay high salaries to incapables, to give balls for the encouragement of laces, satins, and embroidered superfluities, it is easy to see the bankruptcy and ruin that must sooner or later ensue, and that the laborer will become a dependent, and the poor poorer, by the prodigality that seems to fatten them.

The French say, "He who has a good son-in-law has gained a son, he who has a bad one, has lost a daughter."



APPLETON'S BOOK-STORE, NO. 346 AND 348 BROADWAY, NEW YORK.

Above we present an interior view of the new and superb bookstore, Nos. 346 and 348 Broadway, N. Y., opened not long since by this well-known publishing house. The shops in New York are both causes and effects of its prosperity; and when luxury and good taste are associated with industry and bare necessity's worth, as in the case of the marble palace of the Stewarts, and in the new accommodations of the Appletons, it is a gain to all parties. The purchaser will buy his book as cheaply or (with the extension of the business) cheaper than ever, and will have his property beside in the convenience and elegance about him. This is true enough of every fine shop; but most of all of a bookstore which is converted at once from a mere warehouse into a costly free public library.—The book shelves of the Appletons we consider an unhappy continuation of the old library that preceded them. Certainly nowhere will be found greater facilities for the knowledge of all the most important departments of literature in the new, and especially by the more valuable works of the day. The den in which an English publisher hides himself, or the order room from which his

publications are sold, offers no such advantages to the purchaser. You will find no such brilliant establishments for books among the famous houses for wares of all other kinds in Oxford Street, Regent Street, or the Boulevard. The building now occupied by the Appletons was originally built for the purposes of the Society Library, at the cost of about \$90,000, in 1835, and was held for that purpose till the last year, when it was purchased with the lot for a sum exceeding one hundred thousand dollars. The alterations to adapt it to its present uses, a work of no little judgement have been carried on after the architectural plans of W. E. Worthen, Esq., and consist chiefly of the addition of a new basement and an attic story, with the remodelling of the great central body of the building by new floors.—These alterations, involving a large expenditure, have been accompanied by other changes and additions, tending to the convenience and security of the premises. The whole building is heated by steam pipes, supplied from a boiler in a vault under Catherine Lane; this boiler also affords power for the supply of water to the upper stories,

for the convenience of the occupants and the security of the building. In order not to obstruct the entrance or sidewalk on Broadway, a separate building has been constructed on Catherine Lane as a hoistway for goods, to which steam power may be applied. There are other entrances on Leonard Street, which form the northern boundary of the building, for the receipt and delivery of goods in the book establishment. The second story is divided into seven rooms suited to mercantile purposes. The third and fourth stories, comprising 14 rooms, are well adapted for engravers, architects, engineers, et cetera. The upper story is designed exclusively for artists, having a north light in each of the eight rooms. The Messrs Appleton occupy the entire first floor and basement, each 60 feet by 107, with the front vaults and under cellars. Artistic effect has been studied in the interior decorations of the first floor—the ceiling is supported by fourteen Corinthian columns in imitation of Sienna marble. The ceiling and walls are painted in fresco, from designs executed by Nowland and Kearney. The book cases and shelving are of plain oak, in length 270 feet.

The basement comprising the wholesale department, is fitted up with alcoves containing more than 500 linear feet of shelving, and a capacity of 10,000 cubic feet. The warehouse of the books in sheets, and the materials, are kept by the Messrs. Appletons in various portions of the city—an arrangement the wisdom of which the recent deplorable loss of the Messrs. Harper makes manifest. Messrs. Appleton's own publications, of which the choice library edition of the Spectator may be taken as an index, represent a fair proportion of the best authors, both old and new, while their imported stock covers the whole range of the most available literary literature, "nature's great stereotypes," the Bacon, Swift, Milton, Macaulay, and their fellows. Of editions de luxe their selves and counters are full—books which in every style and on every subject combine intrinsic worth with elegance. It will repay our readers to examine for themselves this splendid establishment. We comment it as a specimen of the extensive operations in this department of national enterprise now so common in our large cities, and as betokening evidences of great enterprise and sagacious outlay of means.

HINTS ABOUT BED-ROOMS.

Their small size and their lowness render them very insalubrious; and the case is rendered worse by close windows, and thick hangings, with which the beds are often so carefully surrounded as to prevent the possibility of the air being renewed. The consequence is we are breathing vitiated air during the greater part of the night, that is during more than a third part of our lives; and thus the period of repose which is necessary for the renovation of our mental and bodily vigor, becomes a source of disease. Sleep, under such circumstances is very often disturbed, and always much less refreshing than when enjoyed in a well ventilated apartment; it often happens, indeed, that such repose, instead of being followed by renovated strength and activity, is succeeded by a degree of heaviness and languor, which is not overcome till the person has been some time in a purer air. Nor is this the only evil arising from sleeping in ill-ventilated apartments. When it is known that the blood undergoes most important changes in its circulation through the lungs, by means of the air which we breathe, and that the vital changes can only be effected by the respiration of pure air, it will be easily seen how the healthy functions of the lungs must be impeded by inhaling for many successive hours the vitiated air of our bed-rooms, and how the health must be effectually destroyed by respiring impure air, as by living on unwholesome or insubstantial food.

In the case of children and young persons predisposed to consumption, it is of still more urgent consequence that they should breathe pure air by night as well as by day, by securing a continuous renewal of air in their nurseries, bed-rooms and schools, etc. Let a mother, who has been made anxious by the sickly looks of her children, go from pure air into their bed-rooms in the morning before a door or window has been opened, and remark the state of the atmosphere—the close, oppressive, and often fetid odor of the room—and she may cease to wonder at the pale, sickly aspect of her children. Let her pay a similar visit some morning after means have been taken by the chimney ventilator or otherwise, to secure a full supply and continual renewal of the air in the bed rooms, during the night, and she will be able to account for the more healthy appearance of her children, which is sure to be the consequence of supplying them with pure air to breathe.

The French say, "He who has a good son-in-law has gained a son, he who has a bad one, has lost a daughter."

THE SUNDAY LIQUOR LAW.
An Act to prevent the sale of intoxicating liquors on the first day of the week, commonly called Sunday.

SEC. 1. Be it enacted, &c., That from and after the first day of April next, it shall not be lawful for any person or persons to sell, trade or barter, in any spirituous or malt liquors, wine or cider, on the first day of the week, commonly called Sunday, or for the keeper or keepers of any hotel, inn, tavern, ale-house, beer-house or other public house, knowingly to allow or permit any spirituous or malt liquors wine or cider, to be drunk on or within the premises of house occupied or kept by such keeper or keepers, his, her or their agents or servants, on the said first day of the week.

SEC. 2. That any person or persons violating the provisions of the foregoing section, shall for each and every offence, forfeit and pay the sum of fifty-five dollars, one half of which shall be paid to the prosecutor, and the other half to the guardians of the poor of the city or county in which such act is brought, or in counties having no guardians of the poor, then to the overseers of the poor of the township, ward, or borough, in which the offence was committed, to be recovered as debts of like amount are now by law recoverable in any action of debt brought in the name of the Commonwealth of Pennsylvania, as well as for the use of the guardians of the poor, (or for the overseers of the poor of the township, ward, or borough, as the case may be,) as for the person suing: Provided, That when any prosecutor is himself a witness on any trial under the provisions of this section, then the whole penalty or forfeiture shall be paid to the guardians or overseers as aforesaid.

SEC. 3. That in addition to the civil penalties imposed by the last preceding section of this act, every person who shall violate the provisions of that section, shall be taken and deemed to have committed a misdemeanor, and shall, on conviction thereof, in any criminal court in this Commonwealth, be fined in any sum not less than ten dollars or more than one hundred dollars, and shall be imprisoned in the county jail for a period not less than ten days nor more than sixty days, at the discretion of the court; and upon being twice convicted, as aforesaid, he shall forfeit any license he may have for selling the aforesaid liquors.

The average life of a needle-woman is ten years, and two-thirds die of consumption.

The Tariff in Congress.

In the House the Tariff presented a great fight. For weeks and weeks past it was known that persons were lobbying for taking off the duty on railroad iron, and to admit wool duty free. The New England Railroad interest had made a bargain with the railroad men, and the tariff reduction men of the South naturally supported anything to reduce the present tariff. The attempt was first made to pass Mr. Houston's tariff, but the New England men wanted to do better than that; they wanted to pass their own bill, and hence they rather resisted Mr. Robbins in stating off the consideration of the bill, by substituting the Civil and Diplomatic bill. Meanwhile, the Senate, by a combination of interests, passed the railroad iron bill, giving a credit of three years to the importers of that article. Everybody understood that this bill practically lays away the duty on railroad iron, and admits it, in fact, duty free.

This round about legislation opened the eyes of a portion of the Pennsylvania Delegation. They saw that they had the choice of two evils—the choice between the Tariff matured by the Committee of Ways and Means, and the miserable *ex parte* humbug, matured by the New England manufacturers and the Railroad Companies of the South and West, Whigs, Democrats, Free-Soilers and Abolitionists conjointly. The Senate bill took away the duty on railroad iron entirely, and threatened to ruin with one fell blow an important branch of the industry of Pennsylvania, while at the same time, it isolated Pennsylvania—made her the scapegoat of the South and the North, and out her off from that assistance from her Northern sister States which a common misfortune would secure to her.

Mr. Houston's Tariff strikes, in a less degree at the interests of Pennsylvania; and it does not make her alone the sufferer: The cotton manufacturers of New England will feel the blow as much as the iron masters of Pennsylvania; and the sugar growers of the South also get a small bit of discomfort from the bill. So, if the state of the country hereafter point out the errors of the present legislation, Pennsylvania will not be alone in her struggle to get rid of it.

The Democratic members from Pennsylvania, had to make a choice between two evils, and seven of them selected the less.—They acted wisely. If they had voted down the Tariff of Mr. Houston, the railroad men in Congress, together with the woolen man-

Manufacturers of New England.

ufacturers of New England, and the five per centum on all railroad duties which, according to the letter read by Mr. Broadhead in the Senate, was to be paid to the lobby force, would have carried the railroad iron duty free. In this emergency Messrs. Witt, Florence, McNair, Wright, Straub, Bridges, and Jones threw themselves in the breach and voted for the Tariff of Mr. Houston.—They acted with foresight and discretion, and deserve the thanks, not only of their constituents, but of the whole State. It is due to Mr. Robbins to state that though he voted against Mr. Letcher's amendment, he voted subsequently for it on every stage till the amendment (the Tariff) was put in, and the bill passed.

"There's not a hearth however rude,
But hath some little flower
To brighten up its solitude,
And scent the evening hour;
There's not a heart, however cast
By grief and sorrow down,
But hath some memory of the past
To love, and call its own."

"The true Reformer, like the pioneer,
Who hews the western forest, must throw
By All thought of ease, or resting till he die."

Nothing sets so wide a mark between a vulgar and a noble soul, as the respect and reverential love of woman kind. A man who is always sneering at woman is generally a coarse profligate or a coarser bigot.

Forty-five persons died within the United States during the year '54 who had attained the age of 100 years and upwards, eighteen of whom were males, and twenty-seven females.

Medicine will never remedy base habits.—It is utterly futile to think of living in gluttony, intemperance, and every excess, and keeping bodily health by medicines.

A case of delirium tremens occurred in a lad 4 years of age in Iowa recently. Drinking from his father's bottle was the cause.

Geo. S. Sub

From the *Abingdon Democrat*.
Chapter From the History of Know-Nothingism.

1. In the reign of George, whose surname was Washington, and who was also called the father of his country, and who was Chief Governor of the United States.
2. There arose in this country a party called the Federalists, whose chief priest was one John, surnamed Adams, and whose chief priest was Alexander, surnamed Hamilton.
3. Now John and Alexander were in distrust of the people, so that they wanted a strong government like unto that which reigned over England, a country lying to the eastward and beyond the sea.
4. And it came to pass that George having given up his rule of the people, John was elected chief ruler and governor thereof.
5. Now John being chief ruler, and not obeying the commandment which says "oppress not the stranger, for remember that ye yourselves were once strangers in the wilderness of America."
6. He made proclamation throughout the land, that he would drive thereout every stranger in the land who thought aught against his reign.
7. And the people's wrath waxed hot against John for his tyranny and oppression and they arose in their might and buried him from his high seat in the synagogue.
8. And the people cast their eyes round about on the South country, and in that part it is called Virginia, their eyes fell upon one Thomas whose surname was Jefferson, a man of the people and who walked in the feet thereof.
9. Now they took Thomas, and made him chief ruler instead of John whom they had cast out.
10. Now the reign of Thomas was a long and prosperous one, and the people wild with one voice "well done thou good and faithful servant."
11. Now the Federalists being sore vexed at their defeat, cast about in their minds to devise ways to get themselves the highest seat in the synagogue again.
12. And seeing that the people were bitter against the name of Federalist, they changed their name and henceforth for a while called themselves "Republicans."
13. And seeing that the people being deceived by this change of name, it came to pass in process of time that they elected one John Quincy, son of John, to be their ruler.
14. Then there was great rejoicing among the Federalists throughout the land, because they had got into power, and because they had the dealing out of the bread and the daves.
15. But the scales soon fell from the people's eyes, and they said with a loud voice "Verily, verily, these be but wolves in sheep's clothing."
16. And they cast John Quincy from power, as they had done his father before him and they took Andrew, surnamed Jackson, a man valiant in fight, and terrible in his resolves, and made him chief ruler.
17. Now the Federalists seeing that their deception was discovered, bethought themselves to change their name from Republican, and henceforth for a while called themselves "Whigs."
18. But the Federalists seeing that the people were not again so easily deceived, they bethought themselves of another change of name, and many of them called themselves "Conservatives," and drew many unsuspecting and honest people after them.
19. And the people being again deceived by false names, it came to pass that they elected William Henry to be their chief ruler.
20. And the Whigs seeing that they were in power, called back to their tents the conservatives whom they had sent out to blind the people.
21. And the people seeing they were again deceived, and seeing the conservatives return to the camp of the Whigs, exclaiming with a loud voice "Verily the dog will return to his vomit, and the sow to her wallow."
22. And it came to pass that the people again rose in their might, and elected James Knox, whose surname was Polk, to be their ruler.
23. And the Whigs being again thwarted in their deceptions, they sought out what manner of way they might get into power, and changing their name of "Whig" to that of "No Party," they persuaded the people to elect as their ruler one Zachary, a man bold in battle.
24. But the people caught them again in their devices, and their wrath grew hot at the many abominations of the "No Party."
25. And the No Party bethought themselves of getting the strangers in the land to join them in battle, so that they might break down the strong army of the people.
26. So they sent out their standard bearer, one Winfield, a man valiant in war, who spoke much and loud throughout the land of the "rich Irish brogue" and the "west German accent."
27. But the people could be no more deceived, so they elected one Franklin, whose surname was Pierce, to be their ruler.
28. And the No Party-Whigs being sore vexed at the obstinacy of the strangers, and determined to break up the power of the people by cunning and craftiness, they again changed their names and henceforth called themselves "Know-Nothings."
29. But the people rose up as one man and for the many sons of this Know-Nothing No Party Whig Republican Federalist, they cut off their political heads, and buried them so deep that no man knoweth the place even unto this day.