

# 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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**From the St. Louis Morning Herald.**  
**THOU HAST TAUGHT ME TO LOVE.**

Thou hast taught me to love—ah! to wildly, Devotion is filling my soul; Thou hast taught me to love—ah! to wildly, Like billows of ocean I will roll.

Suppressed is the heart's warm emotion, When thy dark eyes beam coldly on me; Yet deeper and purer than ocean, Is the friendship I cherish for thee.

Is there a bliss? 'tis in loving divinely But one, and that one pure and true; Thy others may languish spinously, My friendship's unchanging for you.

Wouldst thou teach my fond heart to forget thee? That lesson but deepens my love; Thou hast taught me, in sadness to prize thee, As we were the angels above.

O never can my heart love another, Thy love's beam should brightly suppress The deep emotion I smother, When in coolness thine eyes on me rest.

This image, engrained in my keeping, Can ne'er be erased from my heart; 'Twill hallow the spot where I'm sleeping, When death our lone spirits shall part.

When twilight at eve is returning, I gaze on some bright beaming star; And wildly my bosom is yearning— I sigh for thee, loved one, afar.

My sad heart is secretly pining, For the light of thy dark beaming eye; Thy others upon me are shining, For thee, and these only, I sigh.

Though hast taught me to love, and forever Thy bright form in dreams I shall see; Death only that friendship can sever Which binds me forever to thee.

**The Sorrows of Lamartine.**

M. Alphonse de Lamartine has published his *History of Cesar*. Like his previous works, it is eminently characteristic—poetical, rhetorical, fanciful, dramatic and romantic.—That distinguished author has established a monthly magazine, the whole contents of which are to come from his own pen. It is entitled *Cours familier de Litterature*. In the first number of it he pours forth the griefs he has now to suffer in his old age. He speaks not of his political, but of his literary life; and after touching on the part he played in the world of literature, he uses the following affecting language:

"Behold how literature elevates the mind into action; see how it consoles the heart in distress. Here I wish to go as far along with you as plain speech can go. There are some things that can be said only once in life; but it is necessary that they should be said, otherwise you will never yourselves comprehend the all-powerfulness of literary sentiment on the life of the public man, and on the heart of the private man. Far from me be the timidities of words! I here open my heart to the innermost folds. The decorum of pusillanimous writers never uncovers these nudities of the heart in public; but a heart swollen with grief raises from more many breaths than these vain bandages, with a shamelessness of sincerity more chaste at bottom than the false modesty of convention. If the Laocoon writhing in marble under the redoubled folds of the serpent, were not naked, should we see his tortures? When the heart breaks should we not hear the vein? Under deceiving appearances my life is not calculated to inspire envy, I shall say more, it is at an end; I no longer live, I survive.

Of all these multiple men that lived in me, to a certain degree, man of sentiment, man of poetry, man of the tribune, no more remains of me but the man literary. The literary man himself is not happy. Years do not yet weigh me down, but they reckon me up. I bear more painfully the loads of my heart than the load of years. These years, like the ghosts of Macbeth, passing their hands over my shoulders, show me with the finger not crowns, but a sepulchre; and would to God I were already laid there! I have not within me a smile for either the past or the future. I grow old without posterity in my empty house, all surrounded with the tombs of those I have loved. I cannot take a step from my dwelling without striking my foot against one of those stumbling-stones of the tenderness of our hopes. There are so many bleeding fibres torn from my heart still living and buried before me, while this heart within me beats like a time-piece which one has forgotten to take down in abandoning a house, and which still sounds in vacancy the hours that no one counts.

Byron was accused of weeping upon paper; Lamartine may be charged with doing the same. But let the judgment of the world be what it may, the heart of genius will give utterance to its sorrows. It is a thing of impulse; its possessor cannot call it to his aid the cautious stoicism of the speculator or stock-jobber.

In Massachusetts, during the year 1854, there were registered 33,997 births and 855 marriages.

ULIAN KNAFF, said to be the last of "Washington's Life Guard," died at Newburg, N. Y., January 10th.

**LAW OF PENNSYLVANIA—SESSION OF 1856.**

An act for the greater certainty of title and the more secure enjoyment of real estate.

Whereas, public and private property and happiness require that titles to real estate should be certain and secure, and that the people should acquire, hold, and improve their homesteads and estates in the confidence that they will not be lost by secret and unknown claims, or by fraud and perjury; and also alienate them at their full value, without abatement for legal doubts and uncertainties.

SECTION 1. Be it enacted, &c., That no exception in any act of assembly respecting the limitation of actions in favor of persons non compos mentis, imprisoned felons, covert, or minors, shall extend so as to permit any person to maintain any action for the recovery of any lands or tenements after thirty years shall have elapsed since the right of entry thereto acquired by any person within the exceptions aforesaid: Provided, That all persons who now have rights unbarred, and who would be sooner barred by this section, shall not be thereby barred for five years from the date hereof.

SEC. 2. That no purchaser or mortgagee shall be affected with notice of the pendency of any ejectment or action, to recover real estate, or to compel a conveyance thereof, unless such action shall be indexed against the defendant, and any term tenant made a party thereto, in a book to be kept by the prothonotary and called the ejectment index, for which the plaintiff shall furnish the necessary information.

SEC. 3. That the lien of no judgment, recognizance, execution levied on real estate in the same or another county, or of writs of scire facias, to revive or have execution of judgments, shall commence or be continued as against any person or mortgages, unless the same be indexed in the county where the real estate is situated, in a book to be called the judgment index, and it shall be the duty of the prothonotary or clerk forthwith, to index the same according to priority of date, and the plaintiff shall furnish the proper information to enable him to perform said duty.

SEC. 4. That all declarations or creations of trusts, or confidences of any lands, tenements or hereditaments, and all grants and assignments thereof, shall be manifested by writing, signed by the party holding the title thereof, or by his last will in writing, or else to be void. Provided, That where any conveyance shall be made of any lands or tenements by which a trust or confidence shall, or may arise, or result by implication or construction of law, or be transferred or extinguished by act or operation of law, then, and in every such case, such trust or confidence shall not be of like force and effect as if this act had not been passed.

SEC. 5. That no action shall be brought whereby to charge any person upon any contract hereafter to be made for the sale of lands, tenements, or hereditaments, or any interest in or concerning them, unless the agreement upon which such action shall be brought, shall be in writing and be signed by the party to be charged therewith, or some other person thereunto by him lawfully authorized by writing.

SEC. 6. That no right of entry shall accrue, or action be maintained, for a specific performance of any contract for the sale of any real estate, or for damages of non-compliance with any such contract, or to enforce any equity of redemption after re-entry made for any condition broken, or to enforce any implied or resulting trust as to realty, but within five years after such contract was made, or such equity or trust accrued with the right of entry, unless such contract shall give a longer time for its performance, or there has been in part a substantial performance, or such contract, equity of redemption or trust shall have been acknowledged by writing to subvert by the party to be charged therewith within the said period: Provided, That as to any one affected with a trust by reason of his fraud, the said limitation shall begin to run only from the discovery thereof, or when by reasonable diligence the party defrauded might have discovered the same; but no bona fide purchaser from him shall be affected thereby, or deprived of the protection of the said limitation. And provided, That any person who would be sooner barred by this section shall not be thereby barred from two years from the date hereof.

SEC. 7. That any probate, by the register of the proper county, of any will devising real estate, shall be conclusive as to such realty unless within five years from the date of such probate those interested to controvert it, shall by caveat and action at law duly pursued, contest the validity of such will as to such realty. Provided, That all persons who would be sooner barred by this section taking immediate effect, shall not be thereby barred before two years from the date hereof.

SEC. 8. That nothing in any act of assembly contained, shall be taken or construed to repeal or impair the act of the twelfth of March, one thousand eight hundred, entitled, "An act declaring the power and authority given by any last will and testament to executors, to sell and convey real estates to be and remain in the survivors of them unless otherwise expressed in the will of the testator and for other purposes therein mentioned, and it shall be the duty of the Register of wills, in granting letters of administration with the will annexed, to take adequate security for the faithful accounting of the proceeds of any sales of real estate, the administrator may make under such will, and the sureties taken shall be liable therefor as well as for any personal effects to come into the

hands of the administrator, who shall settle his accounts thereof before the Register and Orphans' Court. Provided, That the parties interested may agree upon the amount of security to be taken.

SEC. 9. That whatsoever the real estate of several persons shall be subject to the lien of any judgment, to which they should by law or equity contribute, or to which one should have subrogation against another or others, it shall be lawful for any one having right to have contribution or subrogation in case of payment, upon suggestion of affidavit and proof of the facts necessary to establish such right, to obtain a rule on the plaintiff, to show cause why he should not levy upon and make sale of the real estate liable to execution for the payment of said judgment, in the proportion or in the succession in which the properties of the several owners shall in law or equity be liable to contribute towards the discharge of the incumbrance, otherwise upon the payment of such judgment, to assign the same for such uses as the court may direct, and the court shall have power to direct to what uses the said judgment shall be assigned, and when assigned, direct all executions thereupon so as to subserve the rights and equities of all parties whose real estate shall be liable thereto, and if the plaintiff shall refuse to accept his debt and make such assignment of his judgment, the executions thereupon, in the hands of the plaintiff, shall be so controlled and directed by the court as to subserve said rights and equities.

SEC. 10. That in all cases of partition of real estate, in any court wherein a valuation shall have been made of the whole or parts thereof, the same shall be allotted to such one or more of the parties in interest who shall, at the return of the rule to accept or refuse to take at the valuation, offer in writing the highest price therefor above the valuation returned, but if no higher offer be made for such real estate or any part thereof, it shall be allotted or ordered to be sold as provided by law.

SEC. 11. That this act shall not go into effect before the first of October next.

Approved April 22d, 1856.

**A Young Man's Character.**  
No young man, who has a just sense of his own value, will sport with his own character. A watchful regard to his character in early youth, will be of inconceivable value to him in all the remaining years of his life. When tempted to deviate from strict propriety of deportment he should ask himself, can I afford this? Can I endure hereafter to look upon this?

It is of amazing worth to a young man to have a pure mind; for this is the foundation of a pure character. The mind, in order to be kept pure, must be employed in topics of thought, which are themselves lovely, chaste and elevating. The mind has the power to select its own theme for meditation. If youth only knew how durable and how dismal is the injury produced by the indulgence of degraded thoughts; if they only realized how fatal are the moral depravities which a cherished habit of loose imagination produces on the soul, they would shun them as the bite of a serpent. The power of blocks to excite the imagination, is a fearful element of morals when employed in the service of vice.

The cultivation of an amiable, elevated and glowing heart, alive to all the beauties of nature, all the sublimities of truth, invigorates the intellect, gives to the will independence of base passions, and to the affections that power of adhesion to whatever is pure, and good, and grand, which is adapted to lead out the whole nature of man into those scenes of action and impression by which its energies may most appropriately be employed, and by which its high destination may be most effectually reached.

The opportunities for exciting these faculties in benevolent and self-denying efforts for the welfare of our fellow men are so many and great that it is really worth while to live. The heart, which is truly evangelically benevolent, may luxuriate an age like this. The promises of God are inexpressibly rich, the main tendencies of things so manifestly in accordance with them, the extent of moral influence is so great, and the effect of its employment so visible, that whoever aspires after benevolent action, and reaches forth for things that remain for us, to the true dignity of his nature, can find free scope for his intellect, and all inspiring themes for his heart.

**ADVICE FOR THE GIRLS.**—A young lady may think it interesting to be delicate and have white hands, and sit with them folded, and her person listlessly disposed during the greater part of the day; but she will soon find that she craves only poor and watery diet, because she does not exert herself enough to require heat-producing food, such as meat and butter; she will soon become cold-blooded; albumen or tubercle will be thrown out either in her lungs or bones; the white tissues, as we say, will predominate all over the body; there will be no surplus of blood or life-force, other obstructions of vital consequences to her existence will occur; her monthly periods will cease; her digestion will suffer, and so she will be inclined to think she is hopelessly diseased; she may begin to cough or to scrape her throat, the circulation is becoming too low to send the blood through the minute arteries and veins of her lungs, and tubercles will form; then she will become a subject for the consumption-curer and his lies. No, no my young friends neither medicine nor "inhaling" will cure you—Up! out with the birds! clothe warmly your body and protect your feet; see the glorious sunrise and hear the morning song of praise to the great SOURCE OF LIFE.—Scalpel.

**From the Harrisburg Union.**  
**HOW OUR FATHERS LIVED.**

We dropped into the Auditor General's office recently, and while there were shown by the gentlemanly clerks some curious papers relating to the early history of Pennsylvania. Among the rest was a bill for a dinner which the members of the "Honorable House of General Assembly" and "Select Council" enjoyed in Philadelphia in 1778, of which we made a copy which we present to our readers. The origin of the dinner we found in the minutes of the Council, which are well preserved in the Secretary's office. It is as follows:

On the 30th of November, 1778, the Council met and it was arranged that, on to-morrow, (1st of December,) the Honorable House of General Assembly should meet in the Council Chamber for the purpose of electing a President and Vice President, agreeably to the Constitution: that after the election is finished, the Council and Assembly should proceed to the Court House and there make a proclamation of the President and Vice President so chosen; and that after proclamation being made, the Council and Assembly dine together at the city tavern.

In pursuance of this arrangement, the Honorable House proceeded to the Council Chamber on the first day of December, 1778, and Joseph Reed was elected President, and George Bryan was elected Vice President. The two bodies then proceeded to the Court House where proclamation of the election was made, after which the members adjourned to the city tavern and partook of a dinner, of which the following bill of items is rendered:

The General Assembly  
of the State of Pennsylvania,  
To GIVROD DALLY, Dr.  
1st Dec. 1778.

|  |          |
|--|----------|
| To providing a dinner 270 Gen-<br>eral's   | £ 500 00 |
| 522 bottles Madeira wine at                | 45s.     |
| 116 large bowls punch at 60s.              | 348 00   |
| 9 " " " toddy at 30s.                      | 13 10    |
| 9 " " " angarine at 60s.                   | 18 00    |
| 24 bottles of port wine at 30s.            | 36 00    |
| 2 tubs of grog for artillery ser-<br>vants | 36 00    |
| 1 gal. spirits for Bell-ringers            | 6 00     |
| 96 wine glasses (broke) at 7s. 6d.         | 36 00    |
| 29 jugs " " " at 7s. 6d.                   | 10 17 6  |
| 9 glass desert plates " at 15s.            | 6 15     |
| 11 china plates " at 20s.                  | 11 00    |
| 3 " dishes " at 17s. 6d.                   | 10 2 6   |
| 5 decanters " at 20s.                      | 7 10     |
| 14lb spermaceti candles at 30s.            | 21 00    |
|  | £2295 15 |

It will be seen by the above bill that the men who controlled the government of our good old Commonwealth in the "times that tried men's souls," were not, strictly speaking, total abstinence men, and it is fair to presume that if the question of prohibition had been agitated in their day they would have given it a decided negative. That the "fun grew fast and furious" at the above mentioned dinner cannot be doubted. There is no other way accounting for the tremendous smash of crockery which is set down in the bill for which the Commonwealth had pay.

We append another bill, also on file in the Auditor General's Office, which, it would seem, was paid by some one in the employ of the State. In this bill the items are charged in dollars, and the amount seems truly enormous, but it must be remembered, that Continental currency was then very considerably below par:

EASTON, PA.,  
1781, March 17.

|                                     |       |
|-------------------------------------|-------|
| To nip of toddy                     | \$10  |
| cash                                | 8     |
| do do                               | 12    |
| 1 bowl of punch                     | 30    |
| do do                               | 30    |
| 1 grog                              | 30    |
| 1 bowl of punch                     | 49    |
| 1 grog                              | 30    |
| 1 bowl of punch                     | 32    |
| 1 grog                              | 30    |
| 12 meals of victuals                | 260   |
| Lodging                             | 40    |
| Received the contents of the above. | \$667 |

JACOB OPP.

**EXPULSION OF TAPEWORM BY PUMPKIN SEEDS.**  
By Dr. H. B. Sherman, of Boston, Mass. A child eighteen months of age, was presented for advice, having glandular disease of the neck, tumid abdomen, unhealthy countenance, and symptoms which led me to suspect the existence of Tape Worm. This impression was confirmed by seeing fragments of the worm which had been obtained from the fecal discharges. I accordingly prepared a pill of emulsion from 2 oz. of pumpkin seeds—thus, bruised the seeds thoroughly in a mortar; added cold water, and beat the seeds with it intimately, until by expression and straining they yielded the requisite amount of emulsion—which the child took on the 24th of January, 1855, followed three hours with castor oil. In two hours more, a tape worm was discharged, measuring full fifteen feet in length. At the time of this report, few weeks since, the child was in excellent health, with no signs of a return of the verminous disorder.

Miss W. applied to me in December last to be treated for tape worm. On the 30th of December, at 3 o'clock A. M., she took eight ounces of the pumpkin seed emulsion, and in three hours after she had three spoonfuls of castor oil. The medicine operated between 3 and 4 o'clock, P. M. The worm was voided in the first operation, and measured 18 1/2 feet in length.—Boston Medical and Surgical Journal.

**BLIGHTED LIVES.**  
BY IVY STARR.

Tread gently—speak softly—a soul is passing from its bondage, and your lightest tone is discord to the ear attuned to Heaven's sweetest harmony.

There are deep lines of anguish engraved around the pale lips, and dark shadows of earthly grief, settled on the brow of her who lies so calm and white, on the borders of the spirit land. Even the stern conflict of death, has failed to erase them, or soften their intensity.

She was a gambler's wife—a suicide's mother. She had given in the morning of life, her affections to one who valued not the charge; she had seen him going the downward path, had prayed for, and pleaded with him in vain; had suffered all that woman can suffer, and live, yet knew him to be lost forever.

And she bent over the cradle of her beautiful boy, and as she traced his father's likeness in his innocent face, she prayed that there the resemblance might end—that he might live to be a blessing to her and himself. But a father's counsel prevailed, the boy followed him to the wine saloon, and gaming table, and in the flush of manhood, with his own hand, unbound his fettered soul, and sent it forth to meet its doom. All this one of the truest, most devoted wives, the fondest, wisest mother, the most self-denying christian, was called upon to bear—her's was a blighted life.

The summer moon looks coldly down with a sad, reproachful light into a narrow cell, revealing a young man, almost a boy, who, with his face buried in his hands, is sitting there. As the cold spectral light falls over the stone floor, he groans aloud, for it seems like some ghastly shadow from the other world. Remorse for crime is gnawing at his heartstrings, and as he looks far back into the past, there is no bright spot for the eye to rest on, and he is satisfied. No mother loved him, through the helpless years of infancy; no father smiled with parental tenderness on the boy; homeless and friendless, he had been an outcast—his has been a blighted life!

Draw the curtain gently aside! Let the white moonbeams rest lovingly on that rigid face, on which is the ghastly shadow of death. The silver rays fall strangely pure, on that dead Magdalen's face, so dark and rigid, in its mute despair. Oh! those white lips could tell a fearful tale, if they might be loosed from the seal of death. A story that would turn your indignation against her, into the purest pity. But the shadow of the grave, rests now over her blighted life. On many a white tombstone, are their records traced; on many a meek sad face turning from the curious gaze; on desolate homes and more desolate hearts, has fallen the sentence of a blighted life.—Boston Olive Branch.

**How Coal was Made.**

Geology has proved that, at one period, there existed an enormously abundant land vegetation, the ruins or rubbish of which, carried into seas and there sunk to the bottom, and afterwards covered over by sand and mud beds, became the substance which we now recognize as coal. This was a natural transaction of vast consequence to us, seeing how much utility we find in coal, both for warming our dwellings and for various manufactures, as well as the production of steam, by which so great a mechanical power is generated. It may naturally excite surprise that the vegetable remains should have so completely changed their apparent character, and become black. But this can be explained by chemistry; and part of the marvel becomes clear to the simplest understanding when we recall the familiar fact of damp hay, thrown closely into a heap, gives out heat, and becomes of a dark color.

When a vegetable mass is excluded from the air, and subjected to great pressure, a bituminous fermentation is produced and the mineral coal—which is of various characters, according as the mass has been originally intermingled with sand, clay or other earthy impurities. On account of the change effected by mineralization, it is difficult to detect in coal the traces of a vegetable structure; but these can be made clear in all except the highly bituminous cooking coal, by cutting or polishing it down into thin, transparent slices, when the microscope shows the fibre and cells very plainly.

From distinct isolated specimens found in the sandstones amidst the coal beds, we discovered the nature of the plants of this era. They are almost all of a simple cellular structure, and such as exist with us in small forms (horse tails, club masses and ferns, but advanced to an enormous magnitude. The vegetables are all long since extinct. The vegetation generally is such as now grows in clusters of tropical islands; but it must have been the result of a high temperature obtained otherwise than that of the tropical regions now is, for the coal strata are now found in the temperate and even polar regions.

The conclusion, therefore, to which most geologists have arrived is, that the earth, originally an incandescent or highly heated mass, gradually cooled down, until, in the carboniferous period, it fostered a growth of terrestrial vegetation all over its surface, to which the existing jungles of the tropics are mere barrenness in comparison. The high and uniform temperature, combined with the greater proportion of carbonic acid gas in the atmosphere, could not only sustain a gigantic and prolific vegetation, but would also create dense vapors, showers and rain; and these again gigantic rivers, periodical inundations, and deluges. Thus, the conditions for extensive deposits of wood in estuaries would arise from this high temperature and every circumstance connected with the coal measures point to such conditions.

**Sleep, Dreams, Mental Decays.**

The following passages are from a brief review, in a London paper, of Sir Benjamin Brodie's Psychological Inquiries:

"Dreams are next discussed, as also the problem, 'What is sleep?' which our author declares insoluble. The sense of weariness appears confined to those functions over which the will has power; all involuntary actions are continued through our resting as well as our waking hours. Sleep accumulates the nervous force, which is gradually exhausted during the day. But these are words only; for who can define or explain the 'nervous force?' Darwin's axiom 'that the essential part of sleep is the suspension of volition,' still holds good, and is accepted as satisfactory. Talking and moving in sleep, though apparently phenomena irreconcilable with this theory, are not so in reality; for there are degrees of sleep, and these things only occur where the slumber is imperfect. It may be urged again, that the mere absence of volition would not produce that insensibility to sight and sound which is the characteristic of the sleeper, but few persons are aware how much the will is concerned in the perception of impressions in the senses. One who is absorbed in reading or writing will not hear words addressed to him in the ordinary tone, though their physical effect on the ear must be the same as usual.

Dreams are inexplicable; Lord Brougham suggested that they took place only in the momentary state of transition from sleep to waking. But facts contradict this theory, since persons will mutter to themselves, and utter inarticulate sounds, indicative of dreaming, at intervals of several minutes. The common puzzle is how dreams, apparently long, can pass in a moment of time, presents no difficulty to the psychologist. Life is not measured by hours and days, but by the number of new impressions received; and limit to these is in the world without us, not in the constitution or our minds. To a child, whose imagination is constantly excited by new objects, twelve months seem a longer period than to man. As we advance in life, time flies faster. The butterfly, living for a single season, may really enjoy a longer existence than the tortoise, whose years exceed a century. Even between the busy and the idle among human beings, there exists a similar difference, though less strongly marked.

It has been usually held that large heads are more powerful thinking machines than small ones; and as a general rule, experience justifies the conclusion. But Newton, Byron, and others, were exceptions to it, and it is quite certain that a large brain may be accompanied with the most dense stupidity.

Many remarks scattered through this little treatise are worthy the recollection of all ages and classes. "The failure of the mind in old age," says Sir Benjamin Brodie, "is often less the result of mature decay than of disease." Ambition has ceased to operate; contentment brings indolence; indolence decay of mental power, enfeebls and sometimes death. Men have been known to die, literally speaking, of disease induced by intellectual vacancy. On the other hand, the amount of possible mental labor is far less than many persons imagine. If professional men are enabled to work twelve or fifteen hours daily, it is because most of their business has become, from habit, a mere matter of routine. From four to six hours is probably, the utmost daily period for which real exertion of the mind can be carried on.

**Sick from eating Candy.** Alice D—, of Bloomingdale, Pa., writes: My child, a little girl of eight summers, has been a remarkable healthy child. Her pa, having promised her some candy, brought her some the other day. She ate two or three sticks of it, but soon became deathly sick and pale, and had she not vomited I am impressed with the belief she would have died. Could the candy have caused it?

Of course it did—it poisoned her. Thousands of children are sent to their graves every year from eating colored candies.—Many of them are flavored with the hydrated oxyd of Arnyle, known as Fusel oil, so poisonous that the odor itself causes headache and other bad symptoms. Their colors are often made by the most concentrated poisons. Only the white candies can be safely eaten.—Med. Reformer.

**OVERTAKING THE MIND.**—Mr. Nelson Robinson, the New York broker, who died suddenly a few days since, had often been warned by his medical attendant that the continued excitement of business was dangerous for him; but he could not be persuaded to abandon it. These (many) sudden deaths from apoplexy, among business men, forcibly admonish us all, that we must take more time for leisure, recreation and enjoyment, of some kind or other. Mind cannot stand the constant stretch of the street, and breaks down under it, and crushes the whole system with it. The brain is over-worked—and the physique under-worked. There is not enough physical to counterbalance the intense intellectual activity of the city. Play more, and work less.—Republican Banner.

"In our County Court," writes an Eastern friend, "one of our smart young lawyers was well come up with the other day. A witness, in a case of assault, was asked by the junior counsel, 'How far was you, sir, from the parties when the alleged assault took place?'"

"Four feet five inches and a half," was the answer promptly given.

"Ah!" fiercely demanded the lawyer, "how came you to be so very exact as all this?"

"Because, said the witness, very coolly, 'I expected that some confounded ass would likely or not ask me, and so I went and measured it.'"

**From the Medical Reformer.**  
**QUANTITY OF FOOD.**

By JOHN HODGE, M. D.

To the question which has been frequently put—what quantity of food is best adapted to the preservation of health—no satisfactory answer can be given, without a reference to the habits, occupation, and age of each individual; the degree of health he enjoys, as well as to the season of the year, and other circumstances. As a general rule, it will be found, that those who exercise much in the open air, or follow laborious occupations, will demand a larger amount of food than the indolent or the sedentary. Young persons, also, commonly require more than those advanced in years; and the inhabitants of cold, more than those of warm climates. We say this is a general rule; for very many exceptions are to be found in each of these particulars. Thus, we not unfrequently find that one individual requires more food to support his system than another of the same frame of body and trade, and who partakes of the same degree of exercise. In fact, one person will support his strength, or even become more robust upon the same quantity of food, which will occasion in another debility and emaciation.

If we refer to the brute creation, which are guided in this respect by an instinct which rarely errs, we find that one horse requires more food than another of similar age and size, and with the same degree of exercise; and if his accustomed quantity be diminished, he will become thin and spiritless. The same is true, also, in respect to other animals.

Every person arrived at the age of maturity, or even before, should be able to judge for himself, as to the quantity of food proper for each meal, as well as to the frequency with which it should be repeated during the day. Few appear, however, to be aware of the important fact, that the body is nourished, not in proportion to the amount, or even to the nutritious qualities of the food which is consumed, but to the quantity which the stomach actually digests. All beyond this disorers the stomach; and if the excess be frequently indulged in, the latter becomes finally incapable of converting into nutriment even a sufficiency for the support of the system. Most persons act as though the strength, vigor, and health of the body rise in proportion to the load of food they are capable of forcing daily into the stomach; and hence, overfeeding is the common error, at least in our own country. A slight deficiency of food is, however, far less injurious than too great an amount. The old maxim, "If health be your object, rise from the table before the appetite is sated," is founded in truth; and though the Epicure will sneer at it, yet were he wisely to adhere to it, he would save himself from many a gloomy hour of pain and suffering.

When the stomach is not laboring under disease, and the individual is otherwise in health, the natural appetite is one of the very best guides—the only one, indeed, as to the time for gaining, as well as to the quantity of food. Whenever such appetite exists, wholesome food may, and ought to be taken; we should cease from eating the moment it is satisfied.

The eccentric author, Erasmus, makes the following very judicious remarks in reference to the diet of children:—"Whatever regimen you prescribe for children, provided you only accustom them to plain and simple food, you may let them eat, run, and play as much as they please, and you may be sure they will never eat too much, or be troubled with indigestion. But if you starve them half the day and they find means to escape your observation, they will make themselves amends and eat till they are sick or even burst."

"Our appetite is only unreasonable, because we choose to regulate it by other laws than those of nature. Always laying down arbitrary rules, governing, prescribing, adding, retrenching, we never do anything without the scales in our hands, and this balance is formed according to the measure of our fancies and, not according to that of our stomachs."

The foregoing remarks will equally apply to the adult as to the child. It is important, however, that "the balance" of the stomach be not rendered untrue by the arts of cookery—in other words that an artificial appetite be not created by a variety of luxurious dishes—by sauces, condiments and wine.

It is surprising how often the stomach within a short space of time, may be artificially excited to a renewed desire for food. The man however who eats under such circumstances must not be surprised at his uncomfortable feelings and frequent ailments. He has scarcely more the right to expect health and long life than the individual who would attempt to nourish himself with poison.

**BAD EFFECTS OF SMOKING.**—I must here enter my strong and solemn protest against the pernicious abuse of immoderate smoking, now so general—morning, noon, midnight, eternal smoking. It is impossible but that this vile adoption of a vulgar, foreign sensuality, and incessant stimulation of brain and heart, must weaken nervous power, clog the secretions, impair the digestion, disturb the understanding, stint the growth of the young, and shorten the days of both young and old. Already are the national stamina enervated by this emulating habit; and in another generation the manly, moral, and physical attributes of the higher class of Englishmen, will be smoked and shriveled into the dimensions of the Spanish and Portuguese.—Montreal Med. Jour.