

THE STAR OF THE NORTH

H. W. Weaver, Proprietor.

Truth and Right—God and our Country.

[Two Dollars per Annum.

VOLUME 9.

BLOOMSBURG, COLUMBIA COUNTY, PA., WEDNESDAY, FEBRUARY 18, 1857.

NUMBER 5.

THE STAR OF THE NORTH

IS PUBLISHED EVERY WEDNESDAY MORNING BY H. W. WEAVER, OFFICE—Upstairs, in the new brick building, on the north side of Main Street, third square below Market.

TERMS.—Two Dollars per annum, if paid within six months from the time of subscribing; two dollars and fifty cents if not paid within the year. No subscription received for a less period than six months; no discontinuance permitted until all arrears are paid, unless at the option of the editor.

THE WORLD WITHIN.

Many tell us of the beauties Of the world wherein we dwell; Of the forest, rock and fountain, Of the crystal light and dell, Of the onward sweep of life, With a holy binding spell; Of the gentle word of kindness, That invites us—that it will.

was murdered by the party hostile to the court, in order to give color to the story of the plot. The most probable supposition seems, on the whole, to be that some hotheaded Roman Catholic, driven to phrensy by the lies of Oates and by the insults of the multitude, and not nicely distinguishing between the perjured accuser and the innocent magistrate, had taken revenge of which the history of persecuted sects furnishes but too many examples. If this were so, the assassin must have afterwards bitterly execrated his own wickedness and folly. The capital and the whole nation went mad with hatred and fear. The penal laws, which had begun to lose something of their edge, were sharpened anew. Every where justices were besieged in searching houses and seizing papers. All the jails were filled with papists. London had the aspect of a city in a state of siege. The train-bands were under arms all night. Preparations were made for barricading the great thoroughfares. Patrols marched up and down the streets. Cannon were planted round Whitehall. No citizen thought himself safe unless he carried under his coat a small ball loaded with lead to brain the popish assassin. The corpse of the murdered magistrate was exhibited during several days to the gaze of great multitudes, and was then committed to the grave with strange and terrible ceremonies, which indicated rather fear and the thirst of vengeance than sorrow or religious hopes. The houses insisted that a guard should be placed in the vault over which they sat, in order to secure them against a second gunpowder plot. All their proceedings were of a piece with this demand. Ever since the reign of Elizabeth the Oath of Supremacy had been exacted from members of the House of Commons. Some Roman Catholics, however, had contrived so to interpret that oath that they could take it without scruple. A more stringent test was now added, and the Roman Catholic lords were for the first time excluded from their seats in Parliament. The Duke of York was driven from the Privy Council. Strong resolutions were adopted against the Queen. The Commons threw one of the secretaries of state into prison for having countersigned commissions directed to gentlemen who were not good Protestants. They impeached the lord treasurer of high treason; nay, they so far forgot the doctrine which, while the memory of the civil war was still recent, they had loudly professed, that they even attempted to wrest the command of the militia out of the King's hands. To such a tempo had eighteen years of misgovernment brought the most loyal Parliament that had ever met in England.

third had stepped into an eating-house in Covent Garden, and there had heard a great Roman Catholic banker vow, in the hearing of all the guests and drawers, to kill the hotheaded tyrant. Oates, that he might not be eclipsed by his imitators, soon added a large supplement to his original narrative. He had the portentous impudence to affirm, among other things, that he had once stood behind a door which was ajar, and had there heard the Queen declare that she had resolved to give her consent to the assassination of her husband. The vulgar believed, and the highest magistrates pretended to believe, even such fictions as these. The chief judges of the realm were corrupt, cruel, and timid. The leaders of the country party encouraged the delusion. The most respectable among them, indeed, were themselves so far deluded as to believe the greater part of the evidence of the plot to be true. Such men as Shaftsbury and Buckingham doubtless perceived that the whole was a romance; but it was a romance which served their turn, and to their seared consciences the death of an innocent man gave no more uneasiness than the death of a partridge. The jurist parloak of the feelings then common throughout the nation, and were encouraged by the bench to indulge those feelings without restraint. The multitude applauded Oates and his confederates, hooted and pelted the witnesses who appeared on behalf of the accused, and shouted with joy when the verdict of guilty was pronounced. It was in vain that the sufferers appealed to the respectability of their past lives; for the public mind was possessed with the belief that the more conscientious a papist was, the more likely he must be to plot against a Protestant government. It was in vain that, just before the cart passed under their feet, they resolutely affirmed their innocence; for the general opinion was, that a good papist considered all lies which were serviceable to his Church as not only excusable, but meritorious.

LAPLAND AND ITS INHABITANTS. The number of the Russian-Lapps does not exceed 2,000; those of the Swedish Lapland were estimated in 1844 at 4,000, and those of Northern Norway 5,000—an aggregate of only 11,000 souls. Besides the Lapp population, there are to be found on the shores of the White Sea several villages of Russians, stretching along from Keret to the Bay of Kandalach (or Candalar.) Between the village of Kandalaschka and Kola, on the coast at the mouth of the Touloma, a distance of 213 wersts,—141 miles—there are seven post stations, the mails being carried from one to another by reindeer, four of which animals are kept at each station. This mode of transport, however, is only employed in winter; in summer everything being transported first a few miles by land to Lake Imandra, then the whole length of that fine body of water some sixty miles, thence across to the River Touloma, and down that stream to Kola. The navigation of the lake, by the way, is not always free from danger. The language of the Lapps is similar to that of the Finns, from which race they are originally an offshoot. The Lapps are generally of middle stature. They have large heads, short necks, small brown-red eyes, owing to the constant smoke in their huts, high cheek bones, thin beards and large hands. Those of Norway are distinguished from the Russian Lapps by the blackness, luxuriance and gloss of their hair; the more northern portion of the race are somewhat larger, more muscular and of a lighter complexion than the rest. Those of Sweden and Norway are to some extent more cultivated, enterprising and industrious than those of Russia, and make light of the greatest privations and hardships. The richest of the latter have not more than 800 reindeer, while the former possess from 2,000, to 3,000. In Sweden and Norway, whoever owns from 400 to 500 passes for a man in moderate circumstances; with 200 a small family with proper prudence can live without suffering from want but less than this number plunges a family into all the troubles of poverty.—Whoever has not more than 50, adds his hand to that of some rich man, and becomes his servant—almost his slave, and he is bound in the proper season to follow him to the hunting or fishing grounds. Fish, game and the flesh of the reindeer are the usual food of the Lapps. Bread they never eat, though of the rye meal which they procure in Kola or of the fishermen's barley for the products of their reindeer herds, they make a sort of flat orpan cake, mingling the meal with the pounded bark of trees. For this purpose the meal is first soaked in cold water, and the cakes baked upon a hot iron. They are eaten with butter or codfish oil, which is esteemed a great luxury. The mingling of the bark with the meal is not done merely for the sake of economy, the Lapps considering it an excellent anti-scorbutic.—They are very fond of salt, and eat nothing uncooked. Their cookery is all done in unglazed copper vessels, perhaps because in all Lapland there are no potters; more probably, however, it is a long-descended custom, since in all Northern Asia the use of copper was formerly universal, and the art of overlaying that metal could hardly be known by the rude inhabitants. Nevertheless cases of poisoning from the copper never occur, all being rendered impossible by the perfect cleanliness of the copper vessels, which after every meal are scoured with sand and they shine like mirrors. Besides, after the food is sufficiently cooked it is immediately poured into wooden vessels of home manufacture.

THE MISERIES OF HOOPS. Hoops make useful, pretty toys For active little girl's and boys; But hoops on woman, gentle, Are things to sneer at and to scoff, And like the whoop of a whooping cough, Naither useful nor ornamental. For while frail woman bones her skirts, And with a skeleton flaccid and flimsy, She has so much to carry, Her most hard part is her wretched loins, And harder still to sit or walk, But hardest of all to marry. For when a smitten wretch has seen, Among the lost in croonings, The one his heart holds dearer, Oh! what a chill to ardent passion, To feel that thro' this hollow fashion, He never can be nearer! That instead of timidly drawing near, And pouring into the thrilling ear, The flood of his soul's devotion, He must stand and bellow in thunder tones, Across a half acre of skirts and bones, As if halting a ship on the ocean! And if, by chance, the maid of his choice, Shall faintly hear her lover's voice,— And smiles her condolence,— Why he captures a mass of hoops and rings, Skeletons, bones, and other things, Too horrible to mention. Thus lovely woman hoops to folly, And drives poor man to melancholy, By her great frigid zones; Then let her hear a warning voice, Between her hoops and hopes make choice, And give the dogs her bones.

Hard Study versus Hard Eating. Students and dyspeptics, read this article from Hall's New York Journal of Health: Hard study hurts nobility, but hard eating does. It is a very common thing to attribute the premature disability or death of students and eminent men to too close application to their studies. It has now come to be a generally admitted truth, that hard study, as it is called, endangers life. It is a mischievous error that severe mental application undermines health. Unthinking people will dismiss this with the exclamation of "That's all stuff," or something equally conclusive. To those who search after truth, in the love of it, we wish to offer some suggestions. Many German scholars have studied for a lifetime, for sixteen hours out of the twenty-four, and a very large number, from twelve to fifteen years; lived in comparative health and died beyond the sixties. One of the most striking instances is Professor Sillman, who died at the age of ninety, and who kept the age of ninety as long as a good supply of food, delivered by the hand of a woman, mentally on his mind, and medium and the like. Another strong example of the truth that health and hard study are not incompatible, is found in the great Misourian, Thomas H. Benton, now past three score and ten, and in the enjoyment of vigorous health; a more severe student than he has been and is now, the American public does not know. Dr. Charles Caldwell, our honored preceptor, lived beyond the eighties, with high bodily health, remarkable physical vigor, and mental force scarcely abated; yet for a great part of his life, he studied fifteen hours out of the twenty-four, and at one time gave but four hours to sleep. John Quincy Adams, "the old man eloquent," is another equally strong example of our position. All these men, with the venerable Dr. Nutt, more than eighty years old, made the preservation of health a scientific study, and by systematic temperance, neither blind nor spasmodic, secured the prize for which they labored, and with it, years, usefulness, and honor. The inculcation of these important truths was precisely the object we had in view, in the projection of this journal, with the more immediate practical application to the energy of this country, whom we see daily disabled or dying scores of years before their time; not as is uniformly benevolently stated, from their "arduous labors;" but by a persistent and inexorable ignorance of the laws of life and health, and wicked neglect of them. We use this strong language purposely, for the ignorance of duty to their own souls; for upon both classes of duty the lights brightly shine, full bright enough for all practical purposes—lights of nature, of science, of experience, and of grace. How much of the hard intolerant theology of the times was concocted and perpetuated by dyspeptic stomachs, reflecting men can readily conjecture. We take upon ourselves to guard and guide the shepherds. We would like to say much more on this subject, but long articles are neither read nor copied, and by many a long cigar or a long quill would be preferred. For the present, therefore, we content ourselves with the enunciation of the gist of this article.—Students and professional men are not so much injured by hard study as by hard eating; it is not so much study for a lifetime, of itself incompatible with mental and bodily vigor to the full age of threescore years and ten.

WHO OWNS LAND IN GREAT BRITAIN.—In Great Britain about sixty thousand families own all the territory, which is occupied by over twenty-seven millions of inhabitants.—Five noblemen—the Marquis of Breadalbane, the Dukes of Argyle, Athol, Sutherland and Buccleugh—own, perhaps, one fourth of Scotland. The estate of the Duke of Sutherland comprises about seventy thousand acres, or more than one thousand square miles.

Can it be true?—The New York Evening Post says there are at least two thousand gambling houses in that city, and probably a hundred faro banks.

From Macaulay's History of England.

Titus Oates and Know-Nothingism in 1679 in England.

One Titus Oates, a clergyman of the Church of England, had, by his disorderly life and heterodox doctrines, drawn to him the censure of his spiritual superiors, had been compelled to quit his benefice, and had ever since led a vagrant life. He had once professed himself a Roman Catholic, and had passed some time on the Continent in English colleges of the order of Jesus. In those seminaries he had heard much wild talk about the best means of bringing England back to the true Church. From hints thus furnished he constructed a hideous romance, resembling rather the dream of a sick man than any transaction which ever took place in the real world. The pope, he said, had intrusted the government of England to the Jesuits. The Jesuits had, by commissions under the great seal of their society, appointed Catholic clergy, nobles, and gentlemen to all the highest offices in Church and State. The papists had burned down London once. They had tried to burn it down again. They were at that moment planning a scheme for setting fire to all the shipping in the Thames. They were to rise at the signal and massacre all their Protestant neighbors. A French army was at the same time to land in Ireland. All the leading statesmen and divines of England were to be murdered. Three or four schemes had been formed for assassinating the king. He was to be stabbed. He was to be poisoned in his medicine. He was to be shot with silver bullets. The public mind was so sore and excitable that these lies readily found credit with the vulgar; and two events which speedily took place led even some reflecting men to suspect that the tale, though evidently distorted and exaggerated, might have some foundation.

Yet it may seem strange that, even in that extremity, the King should have ventured to appeal to the people, for the people were more excited than their representatives. The Lower House, discontented as it was, contained a larger number of Cavaliers than were likely to find seats again. But it was thought that a dissolution would put a stop to the prosecution of the lord treasurer; a prosecution which might probably bring to light all the guilty mysteries of the French alliance, and might thus cause extreme personal annoyance and embarrassment to Charles. Accordingly, in January, 1679, the Parliament, which had been in existence ever since the beginning of the year 1661, was dissolved, and writs were issued for a general election.

During some weeks the contention over the whole country was fierce and obstinate beyond example. Unprecedented sums were expended. New tactics were employed. It was remarked by the pamphleteers of that time as something extraordinary, that horses were hired at a great charge for the conveyance of electors. The practice of splitting freeholds for the purpose of multiplying votes from this memorable struggle. Dissenting preachers, who had long hidden themselves in quiet nooks from persecution, now emerged from their retreats, and rode from village to village for the purpose of re-kindling the zeal of the scattered people of God. The tide ran strong against the government. Most of the new members came up to Westminster in a mood little differing from that of their predecessors who had seen Strafford and Land in the Tower.

Meanwhile the courts of justice, which ought to be, in the midst of political commotions, sure places of refuge for the innocent of every party, were disgraced by wilder passions and fouler corruptions than were to be found even on the hustings. The tale of Oates, though it had sufficed to convulse the whole realm, would not, unless confirmed by other evidence, suffice to destroy the harbor of those whom he had accused; for, by the old law of England, two witnesses are necessary to establish a charge of treason. But the success of the first impostor produced its natural consequences. In a few weeks he had been raised from penury and obscurity to opulence, to power which made him the dread of princes and nobles, and to notoriety such as has for low and bad minds all the attractions of glory. He was not long without confederates and rivals.—A wretch named Castairs, who had earned a living in Scotland by going disguised to convicts and then informing against the prisoners, led the way. Bedloe, a noted swindler, followed; and soon, from all the brothels, gambling-houses, and sponge-houses of London, false witnesses poured forth to swear away the lives of Roman Catholics. One came with a story about an army of thirty thousand men who were to muster in the disguise of pilgrims at Corunna, and to sail thence to Wales. Another had been promised coarization and five hundred pounds to murder the King. A

Dreams and Aspirations. From the experience of many observers, and my own, says Dr. Forbes Winslow, it seems evident that in all cases of incurable disease, a disturbance of the circulation is the predisposing cause, and the dreamer thus affected invariably seems to lose all power over the voluntary muscles, and this condition of the muscular system differs from others to be subsequently indicated. And, further, we make remark, that in true incurable intercostal muscles are implicated, hence the impotent efforts of the dreamer to resist attacks and so forth. One example will suffice to illustrate the latter statement:—

A gentleman of our acquaintance, of a robust, active temperament, and well formed head, dreamed that he saw a low, dirty looking boy open his bed room door, and in the most impudent manner stare him in the face, seemingly without heeding that he was wide awake; and from this circumstance he became alarmed, from a conviction that there was some adult associate at the outside of the bed-room; that he attempted, nevertheless, to speak to the intruder, but he could not; yet he saw, with a sense of indignation, the juvenile thief open different drawers, from one of which he extracted a gold watch, and diamond studs and rings, and with a handful of notes and a bag of sovereigns; and after packing them up, deliberately, the delinquent came up to his bedside, and with a most impudent leer, nodded his head, and said, "Good night, old chap." The wrath of the sleeper was so great that he tried hard to rise and seize the thief, but he could not; he was equally impotent in the attempt to throw something at him, or to make any noise to arouse his servants. But these efforts awoke him, lying upon his left side, and his arm pressed against the heart, while his lower extremities were cold.

We may, therefore, reasonably suppose, for the whole phenomena to the fact, that some of the muscles were deprived of a due supply of blood, and to an excessive supply of this fluid to the brain.

Wealth creates more wants than it supplies.

The Norwegian and Swedish Lapps make cheese of reindeer milk, and carefully save for use all the whey, &c. They milk their animals summer and winter, and freeze the milk which is set apart for cheese. The women consider this a great luxury. It is remarkable for its pleasant odor, and has a ready sale in Norway at a rather high price. The Russian Lapps have no idea of making cheese from their reindeer milk, although the manufacture, beyond a doubt, would be of great advantage to them. The milk is distinguished for its excellent flavor; in color and consistency it is like thick cream from the milk of cows, and is remarkably nourishing.

From the expression of many observers, and my own, says Dr. Forbes Winslow, it seems evident that in all cases of incurable disease, a disturbance of the circulation is the predisposing cause, and the dreamer thus affected invariably seems to lose all power over the voluntary muscles, and this condition of the muscular system differs from others to be subsequently indicated. And, further, we make remark, that in true incurable intercostal muscles are implicated, hence the impotent efforts of the dreamer to resist attacks and so forth. One example will suffice to illustrate the latter statement:—

A gentleman of our acquaintance, of a robust, active temperament, and well formed head, dreamed that he saw a low, dirty looking boy open his bed room door, and in the most impudent manner stare him in the face, seemingly without heeding that he was wide awake; and from this circumstance he became alarmed, from a conviction that there was some adult associate at the outside of the bed-room; that he attempted, nevertheless, to speak to the intruder, but he could not; yet he saw, with a sense of indignation, the juvenile thief open different drawers, from one of which he extracted a gold watch, and diamond studs and rings, and with a handful of notes and a bag of sovereigns; and after packing them up, deliberately, the delinquent came up to his bedside, and with a most impudent leer, nodded his head, and said, "Good night, old chap." The wrath of the sleeper was so great that he tried hard to rise and seize the thief, but he could not; he was equally impotent in the attempt to throw something at him, or to make any noise to arouse his servants. But these efforts awoke him, lying upon his left side, and his arm pressed against the heart, while his lower extremities were cold.

We may, therefore, reasonably suppose, for the whole phenomena to the fact, that some of the muscles were deprived of a due supply of blood, and to an excessive supply of this fluid to the brain.

Wealth creates more wants than it supplies.

Wealth creates more wants than it supplies.

Wealth creates more wants than it supplies.

Wealth creates more wants than it supplies.

A few days later it was known that Sir Edmundbury Godfrey, an eminent justice of the peace, who had taken the depositions of Oates against Coleman, had disappeared. Search was made, and Godfrey's corpse was found in a field near London. It was clearly that he had died by violence. It was equally clear that he had not been set upon by robbers. His fate is to this day a secret. Some think that he perished by his own hand; some, that he was slain by a private enemy. The most improbable supposition is, that he

A Clean Sell. A shrewd countryman was in New York the other day, gawky, uncouth, and innocent enough in appearance, but in reality with his eyes teeth out. Passing up Chatham street, through the Jew's quarter, he was continually encountered with importunities to buy. From almost every store one rushed out, in accordance with the annoying custom of that street, to seize upon and try to force him to buy. At last a dirty looking fellow caught him by the arm, and clamorously urged him to become a customer.

"Have you got any shirts?" inquired the countryman with a very innocent look.

"A splendid assortment, sir. Step in, sir. Every price, sir, and every style. The cheapest in the street, sir."

"Are they clean?"

"To be sure sir, step in, sir."

"Then," resumed the countryman with perfect gravity, "put one on for you need it."

The rage of the shop keeper may be imagined as the countryman, turning upon his heel, quietly pursued his way.

Eliza Emory warns all girls in the South and West to look out for her gay, deceiving runaway husband, David. Think he may be easily known; and to prove so, says "David has a scar on his nose where I scratched him."

A law in Kentucky allows any widow who has a child between six and eighteen years of age, to vote in the school district meetings.

It is a singular fact, that when the Indian swears he swears in English. There are no oaths in the Indian vernacular.

An old maid, speaking of marriage, says it is like any other disease—while there is life there is hope.

Hope is the light of the lamp, but Faith is the light of the sun.

Hope is the light of the lamp, but Faith is the light of the sun.

Hope is the light of the lamp, but Faith is the light of the sun.

Hope is the light of the lamp, but Faith is the light of the sun.

AN UNFORTUNATE MAN.—Sheriff Ansel Wright of Northampton, Mass., is something of a wag. A few days ago, a scrawny-looking stranger presented him with a paper, earnestly begging for money. Believing him an impostor, Mr. Wright handed back the paper, saying: "If I presume you wouldn't have asked me if you had known my situation; for whether you believe it or not, every bit of property I have in the world is in the hands of the Sheriff." The astonished and compassionate stare of the fellow's eyes at that moment was a sight to see.—Springfield Republican.

PRECOCIOUS CHILDREN.—A writer in Blackwood's Magazine has the following sensible remarks upon the system of unnatural forcing many parents adopt in training their children in order to gratify their own pride with their preternatural displays of smartness:—

How I have heard you, Eusebius, pity the poor children! I remember you looking at a group of them, and reflecting, 'For of such is the kingdom of heaven,' and turning away thoughtfully, and saying, 'Of such is the kingdom of trade!' A child of three years of age, with a book in its infant hands, is a fearful sight! It is too often the death warrant, such as the condemned stupidity looks at—fatal, yet beyond his comprehension. What should a child three years old—may, five or six years old—be taught? Strong meats for weak digestions make not bodily strength. Let there be nursery tales and nursery rhymes. I would say to every parent, especially to every mother, sing to your children; tell them pleasant stories; if in the country, be not too careful lest they get a little dirt upon their hands and clothes; each is very much akin to us all, and in children's out-of-door play soils them not inwardly. There is in it a kind of consanguinity between all creatures; by it we touch upon

the common sympathy of our first substance, and beget a kindness for our poor relations, the brutes. Let children have a free, open-air sport, and fear not though they make acquaintance with the pigs, the donkeys, and the chickens—they may form worse friendships with wiser-looking ones; encourage a familiarity with all that love to court them—dumb animals love children, and children love them. There is a language among them which the world's language obliterates in the elders. It is of more importance that you should make your children loving, than that you should make them wise, that is, book-wise. Above all things, make them loving; then will they be gentle and obedient; then, also, parents, if you become old and poor these will be better than friends that will never neglect you. Children brought up lovingly at your knees, will never shut their doors upon you, and point where they would have you go."

BREATHING.—There are certain physiological laws which, from their simplicity as well as their importance, should be familiar to every person. These principles can hardly be too often urged upon the attention of the reading community; for it is a melancholy fact that with all that has been written and said upon the subject of health, there is a widespread ignorance or indifference in relation to its preservation.

The process of breathing is very simple, though the machinery by which it is performed is complicated and wonderful. And herein, at least, all men are created equal; neither can man boast in this respect over the brutes beneath him, for all existence is sustained by the same process. Here the prince and the beggar—the man of colossal intellect and the meanest insect, are upon a common level.

Yet the art of breathing seems but ill understood, or if understood but poorly practiced. Certain it is that thousands of people of both sexes stop breathing altogether long before they have lived to old age, for the simple reason that they do not breathe properly while they have a chance. Consumption, asthma, and kindred disorders, that count their victims by multitudes which no man can number, result in numerous instances from a defective mode of breathing. From present indications, it is proposed that the art of breathing be taught as a common law; and when this stage of contraction is reached, a person had better make his will, and all other necessary arrangements for an untimely death.

It is just as easy to have a broad chest and fully developed lungs as it is to have them contracted; yet there is only one way given, "under heaven or among men," whereby this result may be attained, and that is to breathe properly. In the first place, if you would do this, you must keep erect, whether sitting or standing; and then you must breathe fully—that is, you must fill the lungs to their very bottom. Furthermore, you should often give the lungs an extra, strengthening, by throwing back your arms and shoulders as far as possible, drawing in all the air you can, and then letting it off by the slowest process. This invigorates the whole system, and soon becomes a luxury which one will not dispense with. It is particularly necessary for persons of sedentary habits, such as clerks, shoemakers, tailors, teachers, &c. These persons should never allow themselves to sit in a stooping posture; and as often as every half hour should get up and fill their lungs in the manner just described.

Young America, of sitting with the heels as high or higher than the head. What is more common than to see a man reading his newspaper, or smoking a cigar, with his feet perched upon a desk, or some object higher than his chair? The practice is at once vulgar and mischievous, and, long continued, can but result disastrously to the health.

The true position of the body is indispensable. A person should make it a matter of serious and solemn duty not to get into the habit of stooping. They can soon get accustomed to it, that it is as easy to stand erect as to bend. Those in the habit of stooping may find it quite a struggle to overcome it; but the reward will richly repay the labor. Not only should the stooping posture be avoided through the day, but also in bed. The position should be such during sleep that the lungs will imbibe the greatest possible quantity of air.

This leads us to remark upon the ventilation of sleeping apartments. It is an amazing fact that hundreds of families sleep without fresh air, carefully closing all the doors and windows that can admit any, as though it were an enemy against which they were to barricade their castles, instead of a friend without which they can not live. The air of a bedroom is thus breathed over and over again, till it becomes impure and unhealthy; and by this means the system is enervated, and disease is engendered.—Dwellings should be built with an eye to this important matter of ventilation; but even where they are not, a partial remedy exists, for a window can be raised, or a door opened, or both.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt.—Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions.—Life Illustrated.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt.—Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions.—Life Illustrated.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt.—Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions.—Life Illustrated.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt.—Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions.—Life Illustrated.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt.—Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions.—Life Illustrated.