

# THE STAR OF THE NORTH.

H. W. Weaver, Proprietor.

Truth and Right—God and our Country.

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**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 flow of life,  
With a holy binding spell;  
Of the gentle word of kindness,  
That invites us—that it will.  
Still there's a world of beauty  
Lies hidden from the view—  
The sacred world within us,  
With its varied shape and hue,  
Who can read the happy spirit?  
Who can paint the pleasing scene?  
Are not thoughts that thus inherit  
Brighter than gems may seem?  
Have not hopes more verdant foliage  
Than the palm or forest tree?  
Do not thoughts more gently ripple  
Than a peaceful moon-lit sea?  
Though the storms of adversity  
On the outward world may frown,  
Still the inward world may glisten  
With a radiance all its own.  
The rock majestic towering,  
The cavern-dimmed shore,  
May be matched in mind's imagining  
Till time shall be no more;  
The ocean's vast expansion,  
With its fathomless abyss,  
And treasures deeply hidden,  
Are small compared with this.  
The mind's insatiate longing  
For endless motions rife,  
Knows no ending or a limit  
Through the active path of life;  
Even then its powers expanding  
When his world no more is seen,  
Proves the beautiful enduring  
Of the world that dwells within.

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 doctrine, drawn on 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.

Edward Coleman, a very busy and not very honest Roman Catholic intriguer, had been among the persons named. Search was made for his papers. It was found that he had just destroyed the greater part of them; but a few which had escaped contained some passages which, to minds strongly prepossessed, might seem to confirm the evidence of Oates. Those passages indeed, when candidly construed, appear to express little more than the hopes which the posture of affairs, the predictions of Charles, the still stronger predictions of James, and the relations existing between the French and English courts, might naturally excite in the mind of a Roman Catholic strongly attached to the interests of his Church. But the country was not then inclined to construe the letters of papists candidly; and it was argued, with some show of reason, that if papers which had been passed over as unimportant were filled with matter so suspicious, some great mystery of iniquity must have been contained in those documents which had been carefully committed to the flames.

A few days later it was known that Sir Edmund 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

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 big-headed 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 temper had eighteen years of misgovernment brought the most loyal Parliament that had ever met in England.

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 dates 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 rekindling 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 *Stratford and Land to 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 honor of those whom he had accused; for, by the 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 coadjutors and rivals. A wretch named Carnstar, who had earned a living in Scotland by going disguised to conventicles and then informing against the preachers, led the way. Bedloe, a noted swindler, followed; and soon, from all the brothels, gambling-houses, and sponging-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 coadjutor and five hundred pounds to murder the King. A

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 heretical tyrant. Oates, that he might not be eclipsed by his imitators, soon added a large supplement to his original narrative. He had the potent 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 juries parroted 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.

While innocent blood was shedding under the forms of justice, the new Parliament met; and such was the violence of the predominant party, that even men whose youth had been passed amid revolutions—men who remembered the attainder of Stafford, the attempt on the five members, the abolition of the House of Lords, the execution of the King—stood aghast at the aspect of public affairs. The impeachment of Danby was resumed. He pleaded the royal pardon; but the Commons treated the plea with contempt, and insisted that the trial should proceed. Danby, however, was not their chief object. They were convinced that the only effectual way of securing the liberties and religion of the nation was to exclude the Duke of York from the throne.

### Dreams and Apparitions.

From the experience of many observers, and my own, says Dr. Forbes Winslow, it seems evident that in all cases of incubus, 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 incubus the 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; and 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, 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.

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 as 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.

Wealth creates more wants than it supplies.

### 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 Kandalasch (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 Fins, 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 family 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 unfired 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, being rendered impossible by the perfect cleanliness of the copper vessels, which after every meal are scoured with sand till they shine like mirrors. Besides, after the food is sufficiently cooked it is immediately poured into wooden vessels of home manufacture.

### 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 cut. 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 Emery 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.

### 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 flanks and flirts,  
She has so much to carry,  
Man finds it hard with her to talk,  
And harder still to sit or walk,  
But hardest of all to marry.

For when a smitten wretch has seen,  
Among the lost in cruel pain,  
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 condescension—  
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 nobly, 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 under-  
mines health. Unthinking people will dis-  
miss 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 hours; lived in comparative health  
and died beyond the sixties.  
One of the most striking instances of this  
Professor Silliman, in his youth, kept  
the age of necessity, and delivered his  
mentally on his health, and the like.  
Another strong example of the  
truth that health and hard study are not in-  
compatible, 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 preser-  
vation of health a scientific study, and by  
systematic temperance, neither blind nor  
sporadic, 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 be-  
fore their time; not as is uniformly benevo-  
lently 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 lan-  
guage 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  
perpetrated by dyspeptic stomachs, reflect-  
ing men can readily conjecture. We take it  
upon ourselves to guard and guide the shep-  
herds. 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 eat-  
ing; it is sense 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 Breadal-  
bane, the Dukes of Argyll, Athol, Sunder-  
land and Buccleugh—own, perhaps, one  
fourth of Scotland. The estate of the Duke  
of Sutherland comprises about seventy thou-  
sand acres, or more than one thousand square  
miles.

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.

### Ancient and Modern Water Works and Tunnels.

We are liable to forget the great works of  
the past, in our admiration of the present age,  
hence it is a good thing sometimes to recall  
what the old engineers have accomplished,  
as a healthful stimulant to excite our modern  
engineers to greater efforts.  
The old Roman aqueducts, for supplying  
that city with water, in the days of its glory,  
when compared with the greatest of modern  
works of this kind, dwarf them into insignifi-  
cance. Rome had one aqueduct—Aqua Apia  
—ten miles long all underground; another—  
Aqua Vetus—forty-three miles and nearly all  
underground also; another—Aqua Marcia—  
fifty miles long, and the Anio Nevus fifty-  
nine miles long, with arches 109 feet high.  
There were also four other aqueducts ac-  
counting to nine altogether, for supplying  
Rome with water by gravitation, for there  
were no steam engines in those pumps it up  
from the adjacent river Tiber for city use, as  
is now done in Philadelphia, Chicago, Cleve-  
land and other of our cities.

The noblest work of modern engineering for  
supplying any city with water is undoubtedly  
the Croton Water Works of New York. Its  
artificial tunnels are carried over valleys,  
through hills, and over rivers a distance of  
forty miles. The work is stupendous to be  
sure, for it carries a condensed river from the  
mountains into the City, but compared to the  
old Roman water tunnels is not so much to  
boast of.

The city of Montreal has recently finished  
some great work of engineering for supplying  
itself with water in the same manner as the city  
of Philadelphia, by employing the water power  
of the river to pump itself up to an elevated  
reservoir. The water from the St. Lawrence  
immediately above the rapids, is connected by  
canal five miles long to a basin where two  
large wheels 36 feet in diameter work force  
pumps, which drive the water through iron  
pipes for about three miles to a double reser-  
voir situated on the mountain behind the  
city, at a height of 200 feet above the river  
level. These reservoirs contain 20,000,000  
gallons, and were cut out of the solid rock.—  
Thus from the elevation of 200 feet the wa-  
ter is conducted through the whole city.—  
Next to the Croton Water works those of Mon-  
treal, we understand are the greatest of the  
kind in our continent.

From present indications it is probable  
that the city of Montreal will be supplied with  
water, we tell them to go to Rome for en-  
couragement and example.  
Some great works of tunneling or boring  
through mountains, have, within a few years,  
been executed in Europe and in our own coun-  
try, for carrying railroads thro' them, and the  
tunnel now boring through the Green Moun-  
tains, three miles long, is considered to be  
the most expensive work of the kind ever  
attempted by our engineers; but we have  
only begun to execute works of this kind,  
and we require to be stimulated. The Alle-  
ghanies, the Rocky Mountains and other  
mountains have yet to be tunneled to make  
pathways through them for the "Iron shod."  
Look at what the old Romans did. They cut  
a tunnel as part of a drain for Lake Fucinus,  
and it was bored one mile through a moun-  
tain of hard concretion. It was in the form  
of an arch, nine feet wide and nineteen feet  
high. There was no gunpowder then to as-  
sist the miners in blasting; all the work of  
cutting was executed inch by inch by steady  
labor with the pick, wedge and chisel. Con-  
sidering the amount of labor required for this  
work, our engineers have much to imitate  
them.—*Scientific American.*

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, ear-  
nestly begging for money. Believing him  
an impostor, Mr. Wright handed back the  
paper, saying: "If you were a man of  
sense, you would not ask me for money, but  
for what you believe it or not, ev-  
ery 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 *Black-  
wood's Magazine* has the following sensible  
remarks upon the system of unnatural forc-  
ing many parents adopt in training their  
children in order to gratify their own pride  
with their preternatural displays of smart-  
ness:  
"How I have heard you, Eusebius, pity  
the poor children! I remember you looking  
at a group of them, and reflecting, 'For  
such is the kingdom of heaven,' and turn-  
ing 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 stu-  
pidity looks at—fatal, yet beyond his com-  
prehension. 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 sub-  
stance, 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 lan-  
guage among them which the world's lan-  
guage obliterates in the elders. It is of more  
importance that you should make your chil-  
dren 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 physiologi-  
cal laws which, from their simplicity as  
well as their importance, should be familiar  
to every person. These principles can hard-  
ly be too often urged upon the attention of  
the reading community; for it is a melan-  
choly fact that with all that has been writ-  
ten and said upon the subject of health,  
there is a widespread ignorance or indiffer-  
ence in relation to its preservation.

The process of breathing is very simple,  
though the machinery by which it is per-  
formed 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. Con-  
sumption, asthma, and kindred disorders,  
that count their victims by multitudes which  
no man can number, result in numerous  
instances from the want of proper  
breathing. It is a common error, that  
breathing is a matter of course, and that  
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. Further-  
more, you should often give the lungs an  
extra strengthening, by throwing back your  
arms and shoulders as far as possible, draw-  
ing in all the air you can, and then letting it  
out by the slowest process. This invigorates  
the whole system, and soon becomes a lux-  
ury which one will not dispense with. It is  
particularly necessary for persons of seden-  
tary 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.

There is a style particularly common with  
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 ob-  
ject 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 indispen-  
sable. A person should make it a matter of  
serious and solemn duty not to get into the  
habit of stooping. They can soon get ac-  
customed 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 over-  
come 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 ventila-  
tion of sleeping apartments. It is an amaz-  
ing fact that hundreds of families sleep with-  
out 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 un-  
healthy; 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-esti-  
mated. The whole subject of physiology is  
one of the greatest importance, and no man  
should be ignorant in relation to the struc-  
ture of his system and the proper use of its  
functions.—*Life Illustrated.*

CAV BE TRUE?—The New York Even-  
ing Post says there are at least two thousand  
gambling houses in that city, and probably  
a hundred fero banks.