### TERMS OF THE "AMERICAN."

PROPRIATORS. H. B. MASSER, JOSEPH EISELY. H. B. MASSER, Editor.

Office in Centre Alley, in the rear of H. Mas Store. THE "AMERICAN" is published every Satur-

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paid half yearly in advance. No paper discontin-ued till ALL arrearages are paid. No subscriptions received for a less period than all gostras. All communications or letters on business relating to the office, to insure attention, wust be POST PAID.

#### W. H. THOMPSON. Fashionable BOOT AND SHOE MAKER,

MARKER STREET, SUBBURY,

THANKFUL for past favore, begs leave to in-I form his friends and the public generally, that he has just returned from the city with new and fashionable lasts, and a full essortment of Light-colored, Bronze, Black Kid, and all other kinds of Morocco for Gentlemen, Ladies and Children's wear; and he assures all who may favor him with their custom, that they may rely upon having their work done in the most substantial and fashionable

menner, and at very low prices. He she has a full assortment of low priced work. He also have full assortment of low priced work, selected by himself, which he will sell lower than ever off-red in this place, vis: Men's Shoes, as low as \$1,00 Extra Stout Boots, " 2.00 Good Lace Boots for Women. 1.00 Women's Slips, 50

Children's Shoes, Sole Leather, Moroceo, &c., for sale low. August 22d, 1846,-ap18tf

# Boot & Shoe ESTABLISHMENT.

DANCEL DRUCKEMILLER. At his Uld Establishment, in Market Street, Sunbury,

(OPPOSITE THE RED LION HOTEL,) ETURNS his thanks for past favors, and re-R spectfully informs his friends and the public generally, that he continues to manufacture to order, in the neatest and latest style,

CHEAP BOOTS AND SHOES. warranted of the best material, and made by the most experienced workmen. He sles keeps on hand a general assortment of fashionable Boots for gentlemen, together with a large stock of fashionable gentle men's, boys', ladies' and children's Shoes, all of which have been made under his own immediate inspection, and are of the best material and workmanship, which he will sell low for cash.

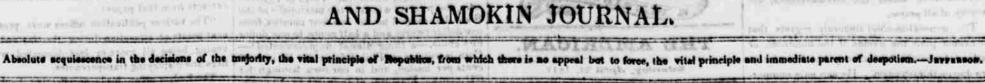
In addition to the above, he has just received from Philad-lphis a large and extensive supply of Boots, Shoes, &c. of all descriptions, which he also offers for cash, cheaper than ever before offered in this place. He respectfully invites his old custo-mers, and others, to call and examine for them-

Repairing done with neatness and despatch. Sunbury, August 15th, 1846 .--

IP HR ID MILLUNA PIANOS.

THE SUBSCRIBER has been appointed agent, for the sale of CONRAD MEYER'S CEL-EBRATED PREMIUM ROSE WOOD PI-ANOS, at this place. These Pisnos have a plain, massive and beautiful exterior finish, and, for depth and aweetness of tone, and elegance of workmanship, are not surpassed by any in the United States. The following is a recommendation from Cast Diara, a celebrated performer, and himself a manufacturer :

A CARD. HATTN the excel-



#### By Masser & Elsely.

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1845.

1946.

#### Sumbury, Northumberland Co. Pa. Saturday, April 24, 1847.

eighty years.

ieliable fame.

Army during the war of 1812, now resides at

Newport, Kentucky, at the advanced age of

His more distinguished brother was born in

Kentucky two years before its admission into

the Union, and is now therefore about 57 years

of age. Having a stort vigorous frame, he

was early distinguished for fests of manly char-

acter, and many amusing anecdotes are told of

his achievments in the sports of boyhood. The

same forsight, firmness and decision which

have since so attracted public admiration, are

said to have characterized his whole course

through all the shifting circumstances of life.

Soon after the affair of the Cherapeak and Leo-

card previous to the war of 1812, he being then

18 years of age, he received from Mr. Jeffer-

son (in 1805) the appointment of Lieut. in the

reer which has now been crowned with imper-

His strict observance of duty and distinguish

ed merit as a disciplinarian soon commended

him for promotion, and at the opening of the

war of 1812 we find him captain in his regiment

Having been entrusted with the command of

Ft. Harrison on the Wabash with a garrison of

50 mer, he greatly distinguished himself in that

year by his successful defence of it against a

formidable attack by a large party of Indians,

and was rewarded by the President with the

brevet rank of Major. His well known skill in

Indian warfare, acquired in his britliant career

in the N. W. Territory, secured for him the

command of the first Brigade of the Army of

sion that he won the bloody Battle of Lake O.

kee-Chocee during the Florida campaign of

1838; and for which achievement he was bre-

veted Brigadier General. After 4 or 5 years

arduous service in the Swamps and Hammocks

of Florida he was assigned to the command of

-where the order to Texas and the Rio Grande

the first department of the Army at Fort Jessup

SUNBURY AMERICAN.

Great emergencies, it is said produce great men. If they do not produce them, they at lor, who was a Quarter Master General in the least bring them to light. So it has been in the unhappy war between us and a sister repubic. A man of eimple and unostentatious habits,-who, thoogh possessing great wealth, chose to follow the profession of arms, and was estisfied with common routine of military life, never thrusting himself into notice, but simply doing his duty in a quiet way-is by the force of circumstances brought before the people, and is found to posses the highest military talents, and every other quality which men are accustomed to admire. How many of our most gifted public servants

impatient of delay, have endeavored to control destiny itself, and create the events upon which their advancement depends! How many bright spirits have thus been shrouded in darkness, before they have reached even a mid day career! Gen. Taylor, fortunate in his philosophy or 7th Infaniry, and commenced that military cahis temperament, permitted events to take their course-tranquil in retirement, and calm when forgotten. But all at once he developes the qualities of a general. In the most critical sitnations his judgment forsces what his valor wine. No matter what may be the difficulties around him, he meets and overcomes them all. In strategy as well as hand to hand, he evinces superior skill, and when the nation almost gives him up for lost, again he sends back to it the intelligence that he has conquered.

In no pages of history do we find on record four such hard fought battles, fought at such fearful odds as these, which have placed such laurels on the brow of Gen. Taylor, the brave troops under his command. The country is estonished to find it possesses such a man !- Journal the South, and it was at the head of that Diviof Commerce.

In the course of conversation this morning with an esteemed friend who has enjoyed rate opportunities for extensive intercourse with public men abroad as well as at frome, it was said that Gen. Taylor's conduct of the campaign in Mexico had attracted the higest admiration in Europe. His gallantry and address, and the discipline, order and courage of his

found him. army manifested on the Rio Grande and the By his matriage with a lady of Maryland. taking of Monterey, it was further said were Gen. Taylor has one on and two daughtersthe frequent theme of eulogy in France and one of whom is martied to Col. Davis of the England during the last few weeks of his late Mississippi regiment who was severely woundvisit to Paris and London. The British mind ed at Buena Vista. But to pursue his military especially appears to have derived new impres- career further in the midst of the glowing ennver his brilliant

il Beatth-Hluts on Consumption. BY DR. S. S. FITCH.

Vol. 1 -- No. 81-- Whole No. 348

The larger the lungs, the more perfect their developement, the less they are liable to pulmonary consumption. That the more they are exercised, the larger they will become; that as Thomas Stock, a respectable farmer living at we take active or laborions exercise, our inngs | East Hanningfield, a small village a few miles will be continually enlarging ; that on the contrary, indolence, want of exercise, &c., will render the longs smaller, until by absence of air, the air cells will then plose no and collabse their walls, as a bird folds up its plumage. By this we also learn that pure air, and even cold air, because more dense, is the best friend of the lungs, and should be resolted to with the greatest confidence, both to prevent and to care their diseases.

It is found in the history of the American In dians-at one time numbering many millions of people, and inhabiting from the most extreme point north, to Patagonia south, embracing all varieties of climate and location, resting in the frigid, temperate and torrid zones; occupying every variety of situation, on the seaboard, on the borders of the lakes, on the tops of the highest lands, and in the most secluded valleys; on the wide spread and open prairies, and in the most arid deserts; the countries of the greatest humidity, and where it rarely ever rains, as in Pern ; yet in all these countries, and everywhere, such a thing as pulmonary constamption has never been observed, whilst those people remained in their navage state. Bring them into our settlements, civilize them, educate them, and let them adopt our habits, and they become as liable to consumption as we corselves.

By what prenlistity is the Indian distinguished from the civilized American? Int, the American Indian is remarkable for the perlect symmetry of his figure. "Straight as an Indian," is an old proverb, whose truth is instantly recogn zed by all who have ever seen the wild Indian, his chest is perfect symmetry, his shoulders and shoulder blades are laid flat against the chest and the whole weight of his arms, shoulders, and shoulder blades, is thrown behind the chest; thus alwave expanding, instead of contracting it ; the naked chest and the whole person is often exposed to the open air; they are much out of doore; indeed, rarely in doors; breathe the pure air, never stdop in gait or walk and putsue no avocations that contract the chest; or prevent its free expansion; often wash in pure cold water ; exercise the lungs freely by athletic exercises, running, racing,

#### PRICES OF ADVERTISING.

do do \$5; one square, \$6 50.

35; one square, 35 50. Advertisements left without directions as to the length of time they are to be published, will be continued until ordered out, and charged accord ingly. CySitteen lines or less make & equare.

## The Horse Murderer.

At the Essex adjourned Quarter Session, Ed. ward Bently, known as a knackerman or sellar of dead horses, was indicted for killing, by means of suffication, a gelding, the property of Mr. from Chelmsford-Since the prisoner's commitment it has been satisfactorily ascertained that he has been sopplying himself with carcases by carrying on the strocious system for a comsiderable time. He was in the habit of boying dead horses for the London markets, and in no less timn twenty-lour instanten has he been known to be the first to call upon owners and eventually to buy dead cattle, which up to their death had been in a fine and healthy condition. Many of them were of a valuable description ; and the mode he adopted to destroy them was to choke up their notrils with hay bands, and firmly tie up their jaws with ropes. The poor things would fall to the ground from exhaustion, and on their expiring he would remove the hay and rope, and then call upon the owner to

buy them. Several witnesses proved the following facts: -On the night of the 4th instant, about twelve o'clock, as a laborer named Maron was returning to his master's farm, he heard a groaning noise, and shortly afterwards by the light of the moon, saw a horse lying on the ground in a shed, and a man, whom he belleved to be the prisoner, kneeling by the side of it. Mason went up and asked what he wanted there ; he made no answer, but ran off. He followed to the gate and the laborar being unable to seize him, struck him over the head with a stick. A light was then procured, and it was found that the horse was dead, but gnite worm. There wera four wisps of hey and a halter lying near the head, and Mason believing that the beast had been strangled, it having been seen to be quite well about 4 o'clock in the afternoon of the same day, called up his master, Mr. Stock. The latter was of opinon that the horse had been destroyed, and hearing from his servant that the prisoner, who bought dead horses in the neighborhood of East Hanninfield, was the person seen by the side of the animal, he suspected the trath of the matter and caused instruction to be given to the police to apprehed him. One of the constabulary force stationed at Woodham Ferrie, went to the abode of the prisoner; at the village of Runwell, at 4 o'clock on the following morning. He was found in bed. The im to the farm and then identified him to being the man ho saw kneeling west the horse. On being searched a piece of cord stained with blood and a know were found in his pockets. One of his tyes was blackened, as if from the blow of the stick. A witness, employed at a neighboring firm deposed to the halter found by the side of the dead beast being the prisoner's. About three weeks ago his master sold the prisoner a dead horse, and the halter in question was the very same the prisoner used to remove it. The evidence of the veterinary autgeon who examined the body of the gelding in the course of the 5th inst; showed that the entire viscers was in a healthy state, with the exception of the right lobe of the lungs, which was congested with blood from the rupture of some vessel which might be caused by suffocation. A decided opinion was given an to the death of the horse being caused by suffacation. The police produced the wisps and the halter, and it was explained to the Bench and Jory how they could be used in destroying cattlo. The Jury found the prisoner guilty, and the Court sentenced him to be transported DESPERATE JEALOUSY .- A young nan by the name of Felix Allard, a worker in porcelain; was sealed recently with his wife at a table in the Cafe de la Paix. The table was b tweed them, and upon it the two cups of coffee that be carried proudly erect and straight, the top of had been served. With for one look and man low voice, Allard repreached his wife for per tain indiscretions of conduct. The scene draw constiguition, are remarkable for their perfectly | the attention of the frequenters of the place, and etect, straight welk. Next to this, it is of vast finding himself observed, Allard grew more he should make a practice of taking long rently, and talked even affectionately. After a few minutes, he requested of her a kiss of reinto the cold air instead of chrinking from it, for such a public place, and the wife at first evaded compliance. He persisted, however, and and leaned actors the table, and Allard, sudded of her nose ! Her mudden shriek made all percons in the establishment tush to bur side, but at first the two faces covered with blood were the only explanation. Allard sat for a moment or two, convulsively holding something between his teeth, and when the crime was understoad! and some one present suggested the possibility of replacing sundered flesh, it was found that the ferorious brute had swallowed it ! He made no attempt to escape, and was handed of ver to the police, and now a waits his trial.

From the Public Ledger. Yankas Chronology. 1812. This year old Johnny tried his hand, To throw us in confusion : But his ball practice failed to shake Our well-built Constitution. And after that we flourished long. An unmolested nation ; Until the late turmoil began Concerning Annexation.

> Yankee doodle, doodle, doo ! Texas lies so handy. That Jonathan would have it joined To Yankee doodie dandy.

And now our men in Mexico, Go on through thin and thick, sire ; And Palo Alto taught the for.

Just bow to "cut their stick," sire. No mercenary troops have we, Who battle but to win gold; Their blood is coin in Honor's mint, As thine was, gellant RINGGOLD !

(Laurels twine with express now, O'er the here bending ; Tears of sorrow, shouts of praise, To his memory blending.)

And when the flag of Victory, Flew o'er the field so gory, Columbia wrote another Page,

In her bright book of glory. And though our men have never feared, A double force to face, sirs ; To face their colors once they had, A very pretty CHASE, sirs.

Yankee doodle, doodle, doo ! Yankee girls are steady :

Though not Rough the lady's hand, The lady's wit was READY.

And when before the Castle walls Of Vera Cruz we got, sirs, What e'er Columbia owed the foe, She paid them "Scort and lot," sire ! Then bless the Rough and Ready hands

Such bearts will never fail her ; And well they'll baste the Mexicans ; The work's cut out by TAYLOR. Rough and Ready ! keep it up! The words come in quite handy ; And fill the trump of Fame as well

#### The Hero of Rooms Vista. ington in 1826. leaving four sons of whom fold ! A AKETCH OF HIS LIFE. Zack' is the third, and we believe one or two daughters. The eldest son Gen. James Tay-

lent Pisno Fortes manfactured by Mr. Meyer, and exhibited at the last exhibition of the Franklin Institute, I feel it due to the true merit of the maker to declare that these instruments are quite equal and in some respects even superior, to all the Piano Fortes, I saw at the capitals of Europe, and during a sojourn of two years at Paris.

These Pianos will be sold at the manufacturer's lowest Philadelphia prices, if not something lower Persons ate requested to call and examine for themselves, at the residence of the subscriber. Sunbary, May 17, 1845. H. B. MASSER.

Counterfelters' DEATH BLOW

The pulic will please observe that no Brandreth Pills are genuitie, unless the box has three labels upon it. (the top, the side and the bottom) each containing a fac-simile signature of my hand writing, thus-B. Basspasts, M. D.-These la. hel- are engraved on steel, beautifully designed, and done at an expense of over \$5,000.-Therefore it will be seen that the only thing necessary to procare the medicine in its purity, is to observe these tabels.

Remember the top, the side, and the boftom The following respective persons are duly authori sed, and hold

CERTIFICATES OF AGENCY For the sale of Brandreth's Vegetable Universa Pills.

Northumberland county : Milton-Mackey & Chamberlin, Sunbury-H. B. Masser, M'Ewensville-beland & Meixell. Northumberland-Wm. Forsyth. Georgetown-J. & J. Walls. Union County: New Berlin-Bogar & Win.

ter. Selinsgrove-George Gundrum. Middleburg-Issac Smith. Beavertown-David Hubler. Adamsburg-Wm. J. May. Mifflinsburg-Mensch. & Ray. Hartleton-Daniel Long. Freeburg-G. & P. C. Moyer, Lewisburg-Walls & Green, Columbta county : Danville-E. B. Reynolds & Co. Berwick-Shuman & Rittenhouse. Cattawing-C. G. Brobts. Bloomsburg-John R. Moyer. Jessey Town-Levi Bisel. Washington Limestone-Ballist & McNinch. Robt. McCay.

Observe that each Agent has an Engraved Certificate of Agency, containing a representation of Dr BRANDRETH'S Manufactory at Sing Sing, and apon which will also be seen eract copies of the new labels now used upon the Brandreth Pill

Philedelphia, office No. 8, North 8th street. B. BRANDRETH, M. D. June \$4th 1843.

George J. Weaver, ROPE MARRE & SHIP CHANDLER. No. 13 North Water Street, Philadelphia.

No. 13 North Water Street, Philadelphia. AS constantly on hand, a general assort-ment of Cordage, Seine Twines, &c., viz: Tar'd Ropes, Fishing Ropes, White Ropes, Manil la Ropes, Tow Lings for Canal Boats. Also, a complete assortment of Seine Twines, &c., such as Hump Shad and Herring Twine, Best Patent Gill Net Twine, Cetton Shud and Herring Twine, Shne Threads, &c. &c. Also, Bed Cords, Plough Lines, Halters, Traces, Cotton and Linen Carpet Chains, &c., all of which he will dispose of on reasonable terms.

Philadelphia, November 13, 1842.-1y. ULASSES .- The first quality Sugar House

Molasses, only 121 cents per quart ; also, a fina article of yallow Molasses for baking, onty 125 cents per quart-for sale at the store of fune 13, 1848. HENRY MASSER.

As Yankee Doodle Dandy. A. B.

Two ELEPHANTS DROWNED - The elephants attached to the Menagerie of Messrs. Raymond & Waring, well known to those who visited the exhibitions during the past winter, were unfortunately drowned in the Deleware river, on the 15th inst., a short distance below the city. The exhibitions of the menagerie having been closed in this city for the season, a tour to the various towns in New Jersey, on the route to New York,

was projected, and most of the animals and para phernal a of the establishment had been removed to Camden, in anticipation of an opening there. Before daylight yesterday morning, the elephants known as Virginius and Pizarro, were taken down to the Wa'nut street ferry, where the steamboat Wm. Wrav was waiting to carry them across. The cautions animals, concious of their mmense weight, had no sooner placed their fore feet upon the slip, then doubting its solidity, they drew back, and all the coaxing of their keeper could not induce them to venture to mass slong it to the boat. Finding it impossible to over-

come their obstinacy, the keeper drove the animals down to the railway wharf, where, being fond of the water, they were easily induced to enter, and, guided by the keeper, who followed them in a boat, they commenced the task of the keeper might manage them the more readily they were fastened together by a chain, about ten feet long. On getting out fairly into the channel, the tide was so strong as to carry them rapidly down the stream, in spite of the efforts of the keeper to guide them towards the Jersey shore. On arriving opposite the Powder wharf, the animals appeared to be overcome either by the chilliness of the water, or their struggles against the rapidity of the current, and the keeper observed that Virginius appeared to be sinking. He immediately endeavored to detach the chain but before he could succeed, Virginius sank, and dragged Pisarro down with him. It is curtamary to swim these animals scross streams of water in their travels about the country, they taking great delight in it, and but for the force of the current, they would doubtless have succeed. ed in gaining the other bank of the tiver in afe-

They were supposed to be hearly thirty years of age, and valued at about thirty thousand dol-The owners, Messra. Raymond & Waring lars. have three other elephants, one being at New Orleans, with a branch of the collection, and the ther two at Cincinnatti, with a second menagerie, which has wintered in that city. They will be replaced in a few days and the exhibitions at Camden and Burlington will take place, notwithstanding this severe loss.

The bodies have since been towed asbore seat Gloucester Point - Philadelphia Ledger.

festations, which our friend regards as among the few promising effects of this most unpromising war. An eminent American, who now occupies a conspicuous position among our public sgents abroad, and who is not pledged to any political party at home, mentioned to him that the name of no contemporary was now more respected among the public men within the circle of his intercouse than that of the Hero of the Rio Grande. He remarked, moreover, that he was gratified in being able to add from a long and intimate acquaintance with Gen. Taylor in years past, that the personal and private qualities of the man who had thus attracted to himself all attention, were quite as admirable as the prowess in the field-that he is in short not less a civilian than a soldier. And such, we may add, is the uniform testimony of all who know him.

If any proof of this were needed, we might refer to this remarkable voluminous correspondence with the Government as being conclusive. It would be difficult to find in the whole anhals of military history any similar correspondence at all comparable to it in the various attributes that go to declare a sound and cultivated mind,-practical wisdom, clear forsight, swimming to the opposite shore. In order that and manly vigor, The public mind is spt to infer when a man greatly distinguishes himself n a given course of action, that he is more especially fitted for that then anything else. This is doubtless sometimes the case. But it is not so with Gen. Taylor, as he has himself demonstrated to his friends, the army, his country, and the world. Though the greater part of his life has been spent in the public service, he has not neglected, as some suppose, to cultivate those milder virtues which give a charm to personal intercoutse and lend attraction and grabe to ntivate life.

He comes from an ancient Virginia family which emigrated from England, with other friends of liberty, and settled on the esstern part of Virginia, near two centuries #go-a family which has since been greatly distinguished in its various branches, and which includes within its connections such names as James Madison, John Taylor of Carolina, Gen: Hunt, | citizena - Portland Bulletin. &c. &c. Gen. Taylor's Father was one of the most during of those enterprising pioneers, who settled "the dark and bloody ground" which defines the Indian word Kentucky, and many sulphurie acid, it would be converted into Ersom snecdotes are told of his prowes in desperate encounters with the savages.

He became also a man of aminence in civil life, and was a member of the Electoral Colleges which voted for Jefferson, Madison, Monroe and Clay. He died on his estate pear Loz. | hands."

chievments in Mexico, would be idle, and the receipt of the southern mail as we write com pels us to defer a notice of the higher qualities which commend him to the confidence and res-

MEN OF INFLUENCE .-. Some men think they ate of great consequence in the world and that zation; results chiefly from the loss of symmegreat merit should be attached to themselves, try, and from effeminary, induced by too much when in fact they would be mere t phers, were chothing, too luxurious living, dissipation, too it not for the position in which they are placed. |intle exercise, and debilitating discases and oc-A lid, a screw, a hail may be of essential service ; but saide from the places they occupy. what are they worth ! Put a co.nition man in office, and his situation will make his influence felt; but there is no merit in himself. We have known men of feeble intellects, by the force of circumstances, placed in important situatious and who have actually had the filling of cettain offices of trust ; but it was not merit, or talents, of guoduets that elevated them ; it was luck, of it may be wealth that placed them in so important situations. But as they had the power, their fellow-titizens were obliged to actusements. show them that respect which they did not deserve, and vield to them; when it would result

to their injury to ppose their unjust and wicked course. Nothing is more humiliating than to reflect that money and powerful triends have elevated a scoundiel, or a weak minded man to a post of honor or influence. You cannot respect him, leel ashamed of his transactions and his daily course, though you are obliged to submit to his and discretion. The people who are so blinddesigning fellow-ot one whose intellect is be-

Adams. What a contrast with some of the in a full chest of air. office holders of the present day! But enough. A word should be sufficient to free American

Da. Bran, Professor of Chemestry, says that if Westminister Bridge, which is built of magnesia lime-stone, were covered with water and salts.

Farbraics V. of Denmark, in his last moments one, and that there is not a drop of blood on my

the chase, frequently fancing and shouting, &r, most vehemently nearly every day. same bolds true in regard to animals.

Animals in their wild state never have the pect of his constrymen .- Newark Advertiser, | consumption : whilst the same animals domesticated have it-as the monkey, the rabbit, the horse, &c. Consumption is the child of civilicunstints.

> If there is an appellation that would apply to us as a nation, it is round shouldered. The has bit of contracting the chest by stooping, is formed by multitudes at school, by sitting at low tables of no tables ; by sitting all in a heap, ci ther in school, by not holding themselves erect. either sitting or standing ; and it is a matter of habit to a great degree, with tailors, shoemakers, machinists, clerks, students, seamstresses, all whose occupation causes them to stoop at their work, or at rest, or at their pleasure, or

Practice will soon make sitting of standing for 15 years. perfectly erect, vastly more agreeable and less lationing than a stooping posture. To persons predistosed to consumption, these hints as re-

gards writing or teading, desks are of the greatest importance. In walking, the chest should it printing tathet backwards than forwards no matter how dignified his office may be. You The North American Indians, who never had meanness, his folly and his lack of judgment importance to the consumptive, to breathe well; calm, and presently changed his humor appaed by party zeal, as to give their consent and breath, sucking in all the air he can, and hold. their votes to the elevation of a cunning, attful, it in the chest as long as possible. On going conciliation. The request was extraordinary low par, ste unworthy to enjoy the privileges draw a long breath of pure cold air. Do this a and blessings of iteemen. Not so did our fa- | hundred lines a day, if you have any symptoms | she at length yielded. They both rose partig thete. Look at the men who tomp sed our na- | of weak lungs, as it will cure you; should you tional councils in the days of Washington and have a slight cold, be in the habit of drawing ly seizing his wife's head in both his hands, but

Luxutious feather or down beds should be voided; as they greatly tend to effeminate the eystem, and reduce the strength. For this reason, beds should be elistic, but rather firm and hard straw beds, hair mattrasses, these on a feather bed are well; a most excellent mattrass is made by combing out the husks or shucks that cover the ears of Indian corn. 1 first met these beds in Italy ; they are delight-

exclaimed, "It is a great consolation to me in ful. Cold sleeping rooms are in general best, my last hour, that J never wilfully offended any especially for persons in hes in; they should never be much besten for any person, but all should be comfortably warm in bed.

Dr. Rospars recommends the ladies, who generally take far too fittle exercise, to retain the skipping sope for use at home, instead of perma-nently throwing it aside on entering their 'teens.