TERMS OF THE "AMERICAN" H. B. MASSER, POPLIMENS AND JOSEPH EISELY.

H. B. MASSER, Editor. Office in Centre Alley, in the rear of H. Masser's Store.]

THE "AMERICAN" is published every Saturay at TWO DOLLARS per annum to be
sid half yearly in advance. No paper discontinged till att arrearages are paid.

No subscriptions received for a less period than

IX XONTERS. All communications or letters on usiness relating to the office, to insure attention, just be POST PAID.

CHEAT WATCHES ! JEWELRY

"Philadelphia Watch and Jewelry Store,"
io. 96 North SECOND street, corner of Quarry. GOLD Lever Watches, full jewelled, 18 carat cases, \$45 00 Silver Lever Watches, full

jewelled, Silver Lever Watches, se-Watchen, jewelled, finest

quality, uperior Quartier Watches, instion Quartier Watches, not warranted, old Spectacles, udies' Gold Pencils, 16 carsts, 2 00 Gold Finger Rings 37j ets to \$8; Watch Glass, plain, 124 cts; patent, 183; Lunet, 25. Oer articles in proportion. All goods warranted be what they are sold for. O. CONRAD. On hand, some Gold and Silver Levers, Lepines

## Boot & Shoe STABLISHMENT

d Quartiers, lower than the above prices. Philadelphia, Dec. 5, 1846.— 1y

DANIEL DRUCKEMILLER. his Old Establishment, in Market Street,

Sunbury, (OPPOSITE THE RED LION HOTEL,) ETURNS his thanks for post favors, and reerally, that he continues to manufacture to orin the neatest and latest style.
CHEAP BOOTS AND SHOES,

ranted of the best material, and made by the a experienced workmen. He also keeps on a general assortment of fashionable Boots for l men, together with a large stock of fashiongentlemen's, boys', ladies' and children's Shoes, which have been made under his own immeinspection, and are of the best material and (monship, which he will sell low for cash, to the above, he has just received Philadelphia a large and extensive supply of s, Shoes, &c. of all descriptions, which he also s for cash, cheaper than ever before off-red in place. He respectfully invites his old custo-

pairing done with pratness and despatch. mbury, August 15th, 1846 .-

I M P O R T A N T OUSEKEEPERS YOU may be sure of obt-ining, at all times, pure and highly flavored TEAS.

the single pound or larger quartity, at the .in Tea Company's Warchouse, with Second street, between Market and Ches

PHILADELPHIA.

retofore it has been very difficult, indeed, alde always to obtain good Green and Teas. But now you have only to visit the Tea Company's Store, to obtain as delicious agrant Tea as you could wish for. All tastes ere be suited, with the advantage of getting a irticle at a low price. ie 27th, 1846.

PER SONE EL COM IANOS.

E SUBSCRIBER has been appointed egent. or the sale of CONRAD MEYER'S CEL-TED PREMIUM ROSE WOOD PI-S, at this place. These Pianos have a plain, re and beautiful exterior finish, and, for depth weetness of tone, and elegance of workmanare not surpassed by any in the United States. following is a recommendation from Cant i, a celebrated performer, and himself a man-

A CARD.

VING had the pleasure of trying the excelisto Fortes manfactured by Mr. Meyer, and ted at the last exhibition of the Franklin In-. I feel it due to the true merit of the maker lare that these instruments are quite equal-Portes, I saw at the capitals of Europe, and a sojourn of two years at Paris.

Pianos will be sold at the manufacturer's Philadelphia prices, if not something lower. s are requested to call and examine for iver, at the residence of the subscriber, sury, May 17, 1845. H. B. MASSER.

Counterfeiters'

EATH BLOW. pullic will please observe that no Brandreth s are genuine, unless the box has three laon it, (the top, the side and the bottom) ontaining a fac-simile signature of my handthus-B. BRANDRETH, M. D .- These Is. engraved on steel, beautifully designed, ne at an expense of over \$2,000,-Therefore seen that the only thing necessary to pro-

ember the top, the side, and the bottom llowing respective persons are duly authori-ERTIFICATES OF AGENCY

e medicine in its purity, is to observe these

Pille.
humberland county: Milton-Mackey & erlin. Sunbury-H. B. Masser. M'Ewensreland & Meixell. Northumberland-Wm. Georgetown-J. & J. Wella. n County: New Berlin—Bogar & Win-selinggrove—George Gundrum. Middle-sac Smith. Beavertown—David Hubler. urg - Wm. J. May, Mifflinsburg - Mensch Hartleton - Daniel Long, Preeburg -C. Moyer. Lewisburg—Walls & Green,
nbis county: Danville—E. B. Reynolds
Berwick—Shumen & Rittenhouse. Cal-C. G. Brotes. Bloomsburg-John R Jessey Town-Levi Bisel. Washington Cay. Limestone-Balliet & McNingh. cCay. Limestone Ballet are that each Agent has an Engraved Corve that each Agent has an Engraved Corve that each Agent has an Engraved Corve of Agency, containing a representation of NDRETH'S Manufactory at Sing Sing, n which will also be seen exact copies of labels now used upon the Brandreth Pill

B. BRANDEBTH, M. D. 24th 1843. mail the temperated that gen

## SUNBURY AMERICAN

AND SHAMOKIN JOURNAL.

Absolute acquiescence in the decisions of the majority, the vital principle of Republics, from which there is no appeal but to force, the vital principle and immediate parent of despotism .- Javraneous. A SECURITY OF THE PERSON OF TH

Sunbury, Northumberland Co. Pa. Saturday, July 24, 1847.

By Masser & Eisely.

ON THE NUTRITIVE QUALITIES OF THE BREAD NOW IN USE.

BY PROPERSOR JOHNSON, I propose to show, in an intelligible manner,

that whole meal flour is really more nourishing. as well as more wholesome, than fine white flour as food for man.

The solid parts of the human body consists, principally, of three several portions : the fat, the musule, and the bone. These three substances are liable to constant waste in the living body, and therefore must be constantly renewed from the food we consume containing there 3 substances almost ready formed. The plant is the brickmaker. The animal voluntarily introduces these bricks into his stomach and then involuntarily-through the operation of the mysterious machinery within-picks out these bricks, transports them to the different parts of the body, and builds them into their appropriate places. As the miller at his mill throws into the hopper the unground grain, and forthwith by the involuntary movements of the machinery. receives in his several sacks the fine flour, the seconds, the middlings, the pollard, and the bran eo in human body, by a still more refined separation, the fat is extracted and deposited here. the muscular matter there, and the bony material in a third locality, where it can not only be stored up, but where its presence is actually at the moment necessary.

Again, the fluid parts of the body contain the same substances in a liquid from, on their way to or from the several parts of the body in which they are required. They include also a portion of ealt or saline matter which is dissolved in them, as we dissolve common salt in our soup, or Epsom salts in the pleasant draughts with which our doctors delight to vex us. The saline matter is obtained from the food.

Now, it is self-evident that food must be the most nourishing which supplies all these ingredients of the body most abundantly on the whole or in proportions most suited to the actual wants of the individual animal to which it is given.

How stands the question, then, in regard to his point between the brown bread and the white-the fice flour, and the whole meal of wheat ?

The grain of wheat consists of two parts with which the miller is familiar -- the inner grain and the skin that covers it. The inner gives the pure white flour; the skin, when separated, forms the bran. The miller cannot entirely peel off the skin from his grain, and thus some of it is unavoidably ground up with his flour. By sifting, he separates it more or less completely; his seconds, middlings, &c., owing their color to the proportion of brown bran that has passed through the sieve slong with flour. The whole meal, as it is called, of which the so-named brown household bread is made, consists of the entire grain ground up together -used as it comes from the the mill-stones unsifted, and therefore containing all the bran.

The first white flour, therefore, may be said to contain no bran, while the whole mest contains all that grew naturally upon the grain.

What is the composition of these two portions of the seed ! How much do they respectively contain of the several constituents of the animal body! How much of each is contained also in the whole grain!

1. The fat. Of this ingredient a thousand

nde of the		
Whole grain	contain	26 lbe
Fine Flour,	windless to a	20 "
Deam		60 4

So that the bran is much richer in fat than the in terior portion of the grain, and the whole grain ground together (whole meal) richer than the finer part of the flour in the proportion of nearly one half.

2. The muscular matter. I have had no opportunity as yet of ascertaining the relative proportions of this ingredient in the bran and fine flour of the same sample of grain. Numerous experiments, however, have been made in my labaratory, to determine these proportions in the fine flour and whole seed of several varieties of grain. The general result of these is, that the grain uniformly contains a larger quantity, weight for weight, than the fine flour extracted from it does. The particular result in the case of wheat and Indian corn were as follows :- A thousand pounds of the whole grain and of the fine flour contained of muscular mat-

ter respectively,-Whole grain. Fine Flour. 256 lbs. Wheat 130 lbs. Indian Corn 140 110

Of the material out of which the animal mus cle is to be formed, the whole meal or grain o wheat contains one-fifth more than the finest flour does. For maintaining muscular atrength, therefore, it must be more valuable in an equal

3. Bone material and Saline matter. () these mineral constituents, as they may be cal led, of the enimal body, a thousand pounds of bran, whole meal and fine flour contain respec-

179 .

our food, necessary to all living animals but question. It is a kind of Christian duty in eveespecially to the young who are growing, and to the mother who in giving milk—the whole meal is three times more nourishing than the fine flour.

Our case is now made out. Weight for weight, the whole grain or meal is more rich in all these three essential elements of a nutritive food, than the fine flour of wheat. By those whose only desire is to sustain their health and strength by the food they eat, ought not the whole meal to be preferred ! To children who are rapidly growing, the browner the bread they eat, the more abundant the supply of the materials from which their increasing bones and muscles are to be produced. To the milk-giving mother, the same food, and for a similar reason, is the most appropriate.

A glance at their mutual relations in regard to the three substances, presented in one view. will show this more clearly. A thousand pounds of each contain of the three several ingredients the following proportions:

Whole meal Fine Flour. Muscular matter, 156 lbs. 130 lbs. Bone material, 170 Fat. 20 Total in each, 454 210

Taking the three ingredients, therefore, together, the whole meal is one-half more valuable for fulfilling all the purposes of nutrition than the fine flour-and especially is it so in regard to the feeding of the young, the pregnant, and those who undergo much bodily fatigue.

It will not be denied that it is for a wise purpose that the Derty has so intimately associated, in the grain, the several substances which are necessary for the complete nutrition of animal bodies. The above considerations show how unwise we are in attempting to undo this natural collocation of materials. To please the eve and the palate, we sift out a less generally nutritive food, -and, to make up for what we have removed, experience teaches us to have recourse o animal food of various descriptions.

It is interesting to remark, even in apparently trivial things, how all nature is full of compensating processes. We give our servants household bread, while we live on the finest of the wheat ourselves. The mistress eats that which pleases the eye more, the maid what sustains and nourishes the body better.

perienced in medicine usually recommend it to our attention. Experience in the laws of digestion brings us back to the simple admix found in the natural seed. It is not an accidental thing that the proportions in which the ingredients of a truly sustaining food take their places in the seeds on which we live, should be best fitted at once to promote the health of the sedentary scholar, and to reinvigorate the strength of the active man when exhausted by bodily labor.

Some may say that the preceding observations are merely theoretical; and may demand the support of actual trial, before they will concede that the selection of the most nourishing and wholesome diet is hereafter to be regulated by the results of chemical analysis. The demand is reasonable in itself, and the so-called deductions of theory are entitled only to the rank of probable conjectures, till they have been tested by exact and repeated trials.

But such in this case have been made; and our theoretical considerations come in only to confirm the results of previous experiments-to explain why these results should have been obtained, and to extend and enforce the practical lessons which the results themselves appear

Thus, from the experiments of Majendie and others, it was known that animals which in a few weeks died if fed only upon fine flour, lived long upon whole meal bread. The reason appears from our analytical investigations. The whole meal contains in large quantity the three forms of matter by which the several parts of the body are sustained, or successively renewed .-We may feed man long upon bread and water only, but unless we wish to kill him also, we must have the apparent cruelty to restrict him to the coarser kinds of breads. The charity which supplies him with fine white loaves instead, would in effect kill him by a lingering

Again, the pork-grower, who buys bran from the miller, wonders at the remarkable feeding and fattening effect which this apparently woody and useless material has upon his animals .-is encouraged, and extended to other creatures, when the researches of the laboratory explain to him what the food itself contains, and what his growing animal requires.

Economy as well as comfort follow from an exect acquaintance with the wants of our bodies in their several conditions, and with the composition of the various articles of diet which are boatman, and a pair of common soldier shoes, at our command. In the present condition of not much polished.

So that in regard to this important part of the country, this economy has become a vital ry one to practise it as far as his means and his knowledge enable him.

Perhaps the whole amount of the economy which would follow the use of whole meal instead of fine flour, may not strike every one who reads the above observations. The saving arise

First the amount of husks separated by the miller from the wheat which he grinds, and which is not sold for human use, varies very much. I think we do not over-estimate it when we consider it as forming one-eighth of the whole. On this supposition, eight pounds of wheat yield seven of flour consumed by man, and one of pollard and bran which are given to animals-chiefly to poultry and pigs. If the whole meal be used, however, eight pounds of flour will be obtained, or eight people will be fed by the same weight of grain which only fed se-

Again we have seen that the whole meal more nutritious-so that the conteer flour will go farther than an equal weight of fine. The numbers at which we arrived, from the results of anlysis, show that, taking all the three sustaining elements of the food into consideration, the course is one-half more nutritive than the fine. Leaving a wide margin for the influence of circumstances, let us suppose it only oneeighth more nutritive, and we shall have now nine people pourished equally by the same weight of grain, which, when eaten as fine flour, would support only seven. The wheat of the country in other words, would in this form go one fourth further than at present.

GENERAL TAYLOR'S PERSONAL APPEARANCE. -One of the returned volunteers, who fought under General Taylor at Buena Vista, has furnished one of our exchanges with the following graphic and minute sketch of the general making-up of the old hero. It is so well done that a pertrait might be painted from reading it :-

"The hero of Buena Vista, around whose

military brow so many chaplets of fame have been thrown, presents in his personal appearance many of those striking stamps of nature, which mark the gentleman and the officer. Of an average medium height-being about five feet and nine inches; he inclines to a heaviness of frame, and general well-developed muscular outline, with some tendency to corpulency; of pursue the retreating Santa Anna. In an insquare build, he now inclines to stoop; and stant the Major was mounted, and his men fol-But the whole meal is more wholesome, as from the great equestrian exercise the nature of inferior extremities are somewhat bowed. His expansive chest shows him capable of undergoing that vast fatigue through which he has passed amid the hammocks and savannaha of Florida, and the still more recent fields of Mexico. His face is expressive of great determination; vet, still so softened by the kindlier feelings of the soul, as to render the perfect stranger propossessed in his behalf. His head is large well developed in the anterior regions, and covered with a moderate quantity of hair, now tinged by the coloring pencil of time, which he wears parted on one side, and brushed down. His eyebrows are heavy, and extend over the optic orbit : the eye grey, full of fire, and expressive when his mental powers are called into play, yet reposing as if in pleasant quiet, when in ordinary. His nose is straight, neither partaking of the true Grecian or Roman order; his lips thin, the upper firm, and the lower slightly pro jecting. The outline of his face is oval, the skin wrinkled, and deeply embrowned by the many tropical suns to which he has been exposed. His manners are frank and social; and no one ever left his company, without feeling that he had been mingling with a gentleman of the true olden times. He at times appears in deep mediation, and is then not always accessible. In his military discipline he is firm, and expects all orders emanating from his : flice to be rigidly enforced and observed,--treating his men not as helots or slaves, but exercising only that command which is necessary for the good of the whole. To the younger officers under him, he is peculiarly lenient, often treating their little faults more with a father's forgiveness, than with the judgment of a ruler. In his toilet he does not imitate the Beau Brummels and band box dandies of the present fashionable spoch, but apparels his person in unison with his age, and has no great predilection for the uniform. In this, however, he is by no means peculiar, for a majority of our regular military gentleman seldom appear in their externals on duty; and the stations to which General Tayfor has been assigned have been in the warm and sunny South, rendering the heavy blue cloth undress coat disagreable to the physical The surprise ceases, however, and the practice feelings. I have generally seen him in a pair of grey trowsers, a dark vest, and either a brown or speckled frock cost, reaching lower than usual. He wears a long black silk neckerchief, the knot not looking as if he had been torturing himself to arrange it before a full length mirror; he sometimes wears a white hat, resembling in shape those used by our flat-

Vol. 7--No. 44--Whole No. 356

Gen, Santa Anna's Betate.

The N. O National gives the following description of the country residence of this distinguished Mexican chieflain, on the road from Vera Cruz to the capitol, about twelve miles beyond Cerro Gordo:

"As this distinguished functionary owns prety much the whole country between Vers Cruz and Jalapa, he finds it convenient to have two other residences; but the bacienda pear Cerro Gordo was his favorite retreat .- Here it was he lived in dignity, previous to the disastrous battle that last him his presidential office and his popularity among his people. It was a bold dragoon Major who, first of our army, entered the princely abode; he gazed with satonishment at the surrounding splendor, and had not proceeded far to examine, before the name of el General Santa Anna met his sight, and informed him where he was. The residence was characterized by a species of oriental plendor; fourteen large rooms crowded upon each other, filled with costly ottomans, from the walls of whichwere suspended rare works of art. Every thing had been precipitately abandoned; upon a centre table in one of the principal saloons lay an unsealed note, in the writing of the Dicstor. It stated that "he left every thing to the mercy of a generous enemy." The Major peered about as if he had got into

an Arabian enchantment; he examined attentively the pictures, and coveted a saddle with costly trappings and stirrups of gold inlaid with silver; he peeped into a little recess, and his heart throbbed-there was a couch for a princess. Upon the adjoining tables were scattered costly perfumes, and on the floor, as they hed abandoned two pretty Spanish feet, was a pair of elegantly wrought, yet tiny slippers .-The Major was a gallant man and an honorable one-dragoon as he was, he could forego the saidle and the stirrups, gold though they were -but he wanted a trophy, and he placed the alippers in his preket with a thrill at their feel that would have done honor to a powerful galvanic battery. Yet his heart smote him, and he placed the treasures back and walked into the more exposed parts of the house. He went into the neighboring pounds and viewed the splendid cattle and horses that were luxuriating at ease; when, presently, there dashed by an aid of Gen. Scott ordering the dragoons to lowed with a yell of delight. A few hours elap-What a change! the fine cattle had been driven off, the saddle still remained, but the gold and silver was gone. The pictures were destroyed and hung in fragments from their frames; the splendid cushions had been cut asunder, and the mirrors broken into a thousand fragments. So nded an incident in the drama of this Mexican

RELATIVE NUTRITIVE AND DIGESTIVE QUALI-TIES OF FOOD,-The nutritive and digestive qualities of the food we est are matters which concern the health of every individual. Various experiments and analyses have been made by competent persons to determine these points, and the result of them appears to be as follows: -Wheat is the most nutritious of all substances, except oil, containing ninety-five parts of nutriment to five of waste matter. Dry peas. nuts and barley are nearly as nutritious as wheat. Garden vegetables stand lowest on the list, inasmuch as they contain, when tresh, a large portion of water. The quantity of waste matter is more than eight tenths of the whole. Only one fortieth of a cucumber is capable of being converted into nutriment. The nutritious part of the different meats varies from one fifth to one eighth of the whole.

Veal is the most putritious; mutton next; then chicken; then beef, last pork. Fruits vary between two and three tenths of nutritious matter, and their order is as follows, the nutritious being placed first : Plumbs, grapes, apricots; cherries, peaches, gooseberries, apples, strawberries, melons. Milk contains less than one tenth of nutritious matter, as it is mainly e imposed of water. Of all the articles of food, boiled rice is di

gested in the shortest time-an hour. As it also contains eight-tenths of nutritious matter, it is a valuable substance of diet. Tripe and pig's feet (strange to tell ) are digested almost as rapidly. Apples, if sweet and ripe, are next in order. Vension is digested almost as soon as apples. Roasted potatoes are digested in half the time required by the same regetables boiled, which occupy three hours and a half-more than beef or motton. Bread occupies three hours and a quarter. Stewed cysters and boiled eggs are digested in three hours and a half-an hour more than is required by the same articles raw. Turkey and goose are converted in two hours and a half-an hour and a half econer than chicken. Rossted veal, pork and selted beef, occupy five hours and a half-the longest

An English paper recently remarked of the United States: 'It is a country we cannot un-derstand . it fights one country and feeds and

the the Temperary Wellet Art, in Red

of all articles of food.

PRICES OF ADVERTISING.

Every subsequent insertion. . Yearly Advertisements: one column, \$25; half column, \$18, three squares, \$12; two squares, \$9; one square, \$5. Half-yearly: one column, \$18;

half column, \$12 ; three squares, \$8 ; two squares, \$5; one square, \$3 50.
Advertisements lest without directions as to the length of time they are to be published, will be continued until ordered out, and charged accord

ingly. C. Bixteen lines or less make a square.

LATE FROM MEXICO.

Gen. Scott et Puebla, awaiting Reinforcement -No Quorum of the Mexican Congress-Mr. Triet with General Scott-Every Avenue to the Capital Fortified-Obstinate Resistance to Gen. Pillow's Advance-His Loss Severe-American Prisoners at Liberty in

the Capital-Improbable Rumore. By the arrival of the Steamer Alabams, the Picavune has direct advices from the City Mexico to the morning of the 29th ult, and Puebla to the 30th. Gen. Scott still remained at Puebla, awaiting the reinforcements on the road, under Generals Cadwalader and Pillow. The nows from the Capital was indefinite. Gen, Scott states that he had informed the Mexican Government that Mr. Trist was with him and authorized to enter into negotiations of peace. Santa Anna had vainly endeavored to procure a quorum of the members of Congress to consider General Scott's communication.

It is supposed that General Scott will have to march into Mexico to secure peace. The censorship of the press prevents the knowledge of what measures of defence are contemplated. Santa Anna was to leave in three days from the 30th.

It is stated that every avenue to the city is fortified, but the success of the Americans was not doubted. Gen. Pillow, it is said, had been compelled to contest the road with Guerrilla parties until beyond Cerro Gordo. They took advantage of every defile to arrest his progress. His loss is said to have been severe.

The Government of Puebla has been entrusted to Col. Belton, of the 3d artillery.

General Alvarez was at Alixco on the 11th f June, with 300 cavalry.

The American Star of Puebla says there is three month's provisions for the troops in the city, and that the fields around supply the necessary forage.

A Mexican had been detected by his countrymen while on the way from the capital to Puebla, with drawings of the different fortifications around the capital. He was tried and sentenced to die, but escaped.

The Mexicans used every means to induce our men to desert and then used them shamefully. A party of eight Americans, connected with the army, left Puebla for a hacienda on the road to Mexico, to purchase mules, encountered a party of lancers, and could not escape and were forced to fight them. All the Americans were wounded and it is supposed one killed. Five are believed to have been taken pri-

A letter from Mexico to the American Star. says the American prisoners were at liberty. and no one troubles them. The writer sees Major Gaines daily.

The decree ordering the Americans away had not been extended to them. It is believed that they are re-incarcerated at Santiago. Majors Gaines and Borland may be at liberty, but doubtful as to the rest.

The Prefect of Puebla recently decamped o Alixco, with all the city funds.

Perry's expedition to Tobasco was entirely uccessful.

A rumor was current at Vera Cruz on the morning of the 1st, that General Scott had entered the Capital, and that General Pillow had been captured by the guerrillas. The former is false, and no faith is placed in the latter.

CUCUMBERS .- A writer in Blackwood, allyding to this vegetable, says that it was regarded as a great luxury by Sult. Mahmond II, who cultivated it with his own hands in the Seraglio Gardens, "flaving one day perceived that some of his cucumbers were missing, he sent for his head gardener, and informed him that should such a circumstance occur again he would order his head to be out off. The next day three more encumbers had been stolen, upon which the gardener, to save his own head, azcured the pages of his highness of having committed the theft. These unhappy youths were immediately sent for, and having all declared themselves innocent, the enraged Sultan, in order to discover the culprit, commanded them me after another to be disembowelled. Nothing was found in the stomach or entrails of the first six victime, but the autopsy of the seventh proved him to have been the guilty one."

A HOME THRUST .- The late Rev. Dr. of a certain town in Maine, an eccentric but honest minister, was once preaching on the practical virtues, and having a short time previously bought a load of wood of one of the officers of the church, and finding it fall short in measure, took this occasion to speak thus plainly on the subject : "Any man that will sell seven feet of wood for a cord, is no Christian, whether he sits in the gallery, below, or in the descon's seat!"

GOOD CHARACTER - A servant girl received the following written character from a person who meant to compliment her very highly: "This is to Certify that Isable Wier serve with us during the last balf year, and found her in every respect Credidable and free of Nething that was noy way rong."