

UPON EACH OTEER WE MUST LEAN
Upon each other we must lean,
Each help each other on,
For, atter all, succeesi is ${ }^{\text {eier }}$
For, anter all, successis is e'er
A triumph mutually won.
Here werre placed to work for good,
To do the best we can,
To thlustrate by brofterhood
The uefullesess of man.
Who tands alone and dares despise,
Th' assistance of bis race
Th' assistance of his race,
Who gainstall manly sympathy
And friendship turns his face.
Who ays, "Im indenendent,
Can do my work alone,
My triumpli Falone can win
It slall be all $m y$ own."
Who thus may speak suank surely find,
Some day how hard and cold Bome day how hardand coldWhin his heart will be the faith
No mind, howerer great its pow
No mind, however great its pow
To buld up and to plant, Can work euccessi without the aid, The aid of brother man. He's but a boaster who dare say
"I build my own success, $\because$ "I build my own success, And ask no aid trom any on
To bring me happiness."
Upon each other we must lean, And do our best, and we shall find Our triumph won at last:
WEIGHT OF THE HUMAN BODT.
There are few people but like to be weighed occasionally; some do it regularly at certain hours, before and after meala, or taking a bath, etc.: Yet there are, few things so changeabie as
the weight of the body; indeed, it is rarely the the weight of the body; indeed, it is rarely the
same for a few minutes together ; and if a man were to sit $g$ on one of the plates for a whole dav, the oflier plate would be constanily oscillating within certain limits. The state of the weather and time of the year influence our
weight. In summeri we grow fatter than we are in winter. sucb is the general rule ; yet most people believet that hot weather makes us leaner. $1 t$ is true we eat leas and perspire more; these are certioily two cruses of loss, but
on the other hand, we expend less to keep np on the other band, we expend less to keep np
the temperature of the body, and morecyer we drink moro, and our , beverages possess the curious property of incressing our lat. Beer, and even pure cold water, are great tattening agente: Cattle reared tor slaughter get a greant
deal to drink, which increases their buik considerably, the tissues are gorced with liquid, and so the weight increases, but the system is weakened. In winter, the orgauism bas to be provided with hieat ; we eat 'more, but also ex: body ; then aloo we drink less, so that, on the whole, the loss is greater than the gain, and we grow lean. In short, we fatten when uinder ordinary circumstances, we burn more of the food. we have taken, and we therefore, in
breathing exhale ;carbonic acid in proportion We begin to emit less of the latter in April, its amount diminishes considerably in July, August and Septemiber; and attains ita minimum about the sutumnal equinox. It then goes on in-
creasing from October, and we begin to lose the substance glined during the summer. From December to March we remain nearly stationary To conclude, as we consume less in summer than in wintef, all other circum. stancea remaing, we same, we are heavier in
bot weathar than we are in winter
$\therefore$ -
REMEDY FOR TROUBLE.
Work in your true remedy. It misfortane
hits yout hard, you hit something else hard hits yot bard, you hit something else hard
pitch into something with a will.There's nothing like good, sold, exhaustive
work to cure trouble. I4 you have met with work to cure trouble. . U you have met with losses, you don't want to lie awake and think
about them. You want diep -cilm, sound But you can't unless you work:' If you say you doo't feel like work; and go loafing all day to tell Tom, Dick and Harry the story of your
woes, you'llie awake, and keep your wile woes, you'll lie awake, and keep your: wile
awake by your toosing, spoill your temper and your breakfast neext morning, and begin to morrow féling ten times worse than you do to-day. There are some great troubles that only time can; heal, and perhaps some that ed ty the great panacea., work. Try it; you Who are afflicted. It its. not à patent medicine It Las proved ite effciency since Adam and Eve Left behind, them, with weeping, their beautiful
Elen. It is an effcient remedy. Alt Elen. It is an efflcient remedy. All good
pigsicians in regular standing prescribe it in cises of mental and moral sickness, Ii operates kindly ns mell, leaving no disagreeable sequela, and we ureare you that we haye taken a $/$ large quantity of it: with mois beneficial results, it will cure more complaints nearer to being a "cure all" than any drug o compound of drugs in the market, and it will not sicken you if you do not take it sugar coat

## bOYS IN COAL MINES

Potusiture Correspondence Prualadelptia TimesSeveral miles from this place, near a little min
ing town of St. Clair, is the Hickory Collier ing town of St. Clair, is the -Hickory Colliery,
oae of the olaest mines in the old Schuylkill region. The entrance to the mine is from the top of the precipitous hill, which, covered with the black reftuse of scores of years, , besras the
semblance of a mountain of cosl dust. From semblance of a mountain of cosl dust. From
the doora :and open windows of the colliery buildinga a great cloud of black dust is ever sireaming, wetting on everything ill not an 0 'ject mi the neighborhood but is blsck as the black diamond itself. The interior of the buildings is, clond of hazy blacknest; and
appear in the dust, seem like so many evil oaling in dark storm-clouds.
The buildinge at one tim of the men who worked in thom to the comfort are going to rack and ruin. The rickety wood en stairs, leading oyer depths that make the
head swim to look into them, are so shaky and unsafe that it is only with the greatest care that one Who is unaccustomed can make his way ore them. The doorways are open and bare, and there is nothing to prevent the wind from Whistling through the old rookery
With these sombre suround
Wonder that tho men are silent and lowering In these works 300 men are employed; and
when I went trough the buidings andtrough when I went through the buldings and through
the mine 1 saw all: Amnng all these the ming l taw all: Amng all these 300 , al
hough I was. with them for hours, $I$ did not ear a laugh or even ee a smile. uad his routine to go through; and be wen hrough it just as a steam engine or a clockiind when quiting-time came each one wen back to his home in the regular groove, , just as
he steam gues cut of the boiler when its worl is done, and then dropped oft into sleep, his only pleasure t have seen tar more cheeriul bocies of men in prisons. It may be their blact and dreary surroundings; it may be thei
knowledge of constant and terrible danger ; i may be the strain of great phy itical laborsnow not what it is, but something there is about these mines that weare the life and sou at of the men, learing only the weary black ned shell.
rom not twenty feet square black slellstove, red hot, tries vainly to warmi the cold ai that comes in through the open windows, forty of the room is an inclined plane. And a strean of coul pours constantly in from some unseen place above, crosses the room, and pours out gain into some unseen place below. Rough board seats stretch across the room, five or six ows of them, very low and very dirty, and on the coal as it rung down the inclune plane. I is a puinful sight to see the men going silently and gloomily about their work, but it is a thousand times worse to gee these boys. They
work here, in this litle black hole, all day and very day, trying to keep cool in sunumer, try ng to keep warm in winter, picking away
mong the black coals, bending over till thei ittle epines are curred nerer oving a wor Il the livelong day.
ime, without being seen the boys for a lon acks were turned toward the entrance doo and the coal makes such a racket that the They were mumfled up in old coats and old hayls and old scarfe, and ragged mittens to keep their hands from freezing; and as they sat and picked and picked,gattcring lattle heaps of blackened slate by their sides, they looked
more like so many dwarfs than like a party of more like so many dwarfs than like a party of
fresh young boye. The air was cold enougb and the work was lively enough to paint any bog's cheeks In rosy colors; butint thero was a
ced cheek in the room it was well bidden un der the coating of black duat that covered ey rything. These liitle fellows go to work in ing and work till it is too dark to work any onger. For this they get from $\% 1$ to $\$ 3$ a week One result of sheir work is the clean, free coal,
that burns away to ashes in the grate ; anothe that burns away to ashes in the grate; ;anotyer
result I found in a litle miners' graveyard, be side a pretty little cluirch, where more than ev ery other stone bears the name of some little The under fifteen years.
The boys are of all sizes and ages, from little loons up to youths of fifteen and sixteen. After they reach this age they go to work in the mine, for there they can make the most mones.
Not three boys in all this roomful could read or Not three boya in all, this roomful could read os
write. Bhut in from everthing faut is pleasan write. Shut in from everything that is pleasan
with no chance to learn, with no knowledge what is going on about them, with'nothing to do but wort, work, grinding their little live amay in this dusty room, they are no more
than the wire screens that sep a than the wire screens that geparate the grea
lumps of coal trom the small. Tiey lumps of cosi rom the small. They have no
games ; when their day's work is done they are too tired for that. They know nothing but the difterence between slate and coal.
The smallest of the boys do not get more than $\$ 1$ a week;', nad from this the pay goes up
to $\$ 2$ and $\$ 3$. Some of them live several miles from the colliery, and are carried to the mines overy morning in the cars and back again ever night, the company charging them 10 cents for each, trip and deducting the fares from thei
wagee at the end ot the month aager the boys have got to the mine, they find that some accident has stopped the work, then they have noththg to do for the day and get no pay. In this way, 1 am told, it is no unusual thing for a boy to find, at the end of the month
that his indebteduess to the company for road fares is some dollars more than tha com pany's indebtedness to him' for lavor: so tha he has worked all the month for a few dollara less than nothing.
The coefficient of conduction for heat of ed with much care ty, Lang, who, in his studie has endeavored to exclude the influence o radiation, and has made some interesting and valuable measurements by means of the ther considered by him, in these experiments, are when dry, and that various classes of stone such, as marble, sandstone, granitt, \&c., have pproximately, the same coefflcients of conducorse conductors than the natural stones.

Water, though well warmed, would quen evertheless; the fire that warmed it. Thus mescribed.

It is hot good for








 Late Pator Calary Bap. Charch, Sicramento, cal.
VEGETINE is sola by all Draggitt W."

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## Fruriniture:

## Rain girts



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W. W. smith a son.

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