The Democrat.

MONTROSE, PA., JUNE 6, 1877.

Mome Rending.

HEALTH AND MARRIAGE.

The Sanitarium takes strong ground that marriage, at the proper time, is favorable to health and long life. By the statistics of M. Bertelon and others, in a discussion of the subject before the French Academy of Medicine in 1871, from 25 to 30 years of age married men die at the rate of 6; the unmarried 10; and widowers at 20 per 1,000 annually. From 80 to 40, 714, 13 and 1714 per 1,000 and the same favorable conditions to the married continue at greater ages. But married men, aged from 18 to 20 die as fast as men from

65 to 70. Among women marriage is not quite so favorable as among men. From 30 to 35, wives die at the rate of 9 and spinsters 11 per 1,000. Under 25 the mortality of wives is a little greater than among single women. After 40 years of age, the longevity of married women is much greater than that of the unmarried.

The probabilities of life in this connection are—a man at 25 who marries has an expectation of 49 years' married life; it he does not marry, his expectation at that age is only 35. A woman who marries at 25 may expect to live until she is 65; if she remains single, to 56 years of age. Widowers and widows are nearly as badly off as those who do not marry.

THE EFFECTS OF TIGHT LACING.

The worst mechanical errors in clothing are those which affect the chest and body. The tight band round the waist and the tightlylaced corset still play too important a part and interfere with the free and healthy movements of young girls and women. The effect of the pressure is equally injurious to the organs of digestion, respiration and circulation. The liver and stomach compressed, the digestive functions are impeded, and a distaste for solid food, with symptoms of pain and flatulency after eating, are the common proofs of the injury that is being inflicted The great breathing muscle, the diaphragm which separates the chest from the abdomen and which by its decent, in contraction, causes the chest to fill with air, is impeded its motion, and is, therefore, unable to sustain a free respiration. The large veins from the lower part of the body which pour their blood into the right side of the heart are compressed, and in the worst instances the heart itself and the lungs themselves are actually subjected to restraint. By these means the organs of the circulation, not less than the organs of respiration and digestion, and disturbed, to the detriment of the whole of the body, which depends on thees organs for its nervous power, its muscluar force and its nutrition in every part. To the symptoms of indigestion are added breathlessness on slight exertion or excitement, coldness of the extremities, weakness of muscles, constipation, headache, and other evils not less severe. The effect of mechanical pressure of the kind described are not confined to the mere periods of time at which the pressure is applied. They extend to after life, and when long continued produce an imperfect build of the chest and of the trunk of the body which is never lost. Women thus deformed, when it is their turn to become mothers, pay a penalty of suffering which would have been spared them if their bodies had developed into the healty and beautiful form devised by the hand of nature.—Diseases of Modern Life, by Dr. Rishardson.

HOW TO GET RICH.

The great mass of men are ever trying to get rich and in the attempt to do so, have misery, pain, disgrace, wrong, ignominy, discomfort, and all the outrages of mankind been perpetrated. A grasping, eager desire to make and accumulate money has estranged neighbors, friends, brothers, and sons, and caused bitter hate and strife, where peace and love did and should exist. In the inordinate desire to amass money ninetenths of all the trouble of life originates. It is the duty of every one to try by all bonest means to make a living, and as the time may arrive, in the life of all, when sickness or misfortune, or disability from any cause may over take us, it is always desirable to be careful and prudent, and try to lay up a little means to prevent suffering and want when mistortune overtakes us. But the idea is erroneous that i is the main object of life to hoard up money. The man that has spent a life in amassing a colossal fortune at the expense of the feelings. the interest and prosperity of others, does not enjoy a more happy and quiet life or a more penceful death than the beggar. Money may command influence, and help to puff a poor mortal up, and cause him to be vain and ostentallous, but it can never buy a passport to Heaven, or compensate for a life spent in tramping upon the rights and feelings of others. If there was more of a desire to live and enjoy life, and do equal justice to all, less averice more honesty, more consideration for and interest in neighbors and friends, and less grasping after money, there would be less miscry, more happiness, and longer and happier

The miser toils for riches, the hero for fame, the scholar that his name may be known to coming ages. How much higher and nobler the aim of the christian who is living for eternity, toiling for a crown of everlasting life!

As the deepest hate may spring from the most violent love, so the greatest ingratitude may arise from the largest benefits. It is said that Cicero was slain by one whom his oratory had defended when accused of his father's mur-

ENGLISH DINING ETIQUETTE.

English etiquette demands the observance of two rules in connection with dinners, which it is the worst possible taste to violate in any country, many delinquents to the contrary notwithstanding. They are that all dinner invitations shall be answered at once-no waiting to see if a pleasanter enjoyment presents itself and that the guest shall be punctual to the hour specified. That the success of the party depends largely upon these is self-evident. The next important matter lies with the host and hostess, to settle beforehand the correct precedence, and if there is none, to consider which couple best suit each other. There are several methods of arranging the order in which the guests are to go down; one is for the host, before dinner is announced, to introduce each gentleman to the lady whom he is to take to dinner; but this has its inconvenience, and the wiser plan is thought to be for the hostess to dispatch the guest herself, when the host has given his arm to the lady he takes down Once arrived in the dining-room, the host should tell each couple as the appear where they are to sit. An experienced hostess always takes special care not to seat husbands and wives opposite each other. One thing should never be forgotten. Every gentleman must place the lady he escorts on his right hand. He should always, when desired to take her to dinner, offer her his right arm. Ladies and gentleman enter the room singly, not arm-in-arm, and the ladies retain their gloves until they are seated, putting them on again before leaving the dining

ABOUT BABLES.

Different countries have different methods of dealing with their young. The Greenland baby is dressed in furs and carried in a sort of pocket in the back of his mother's cloak. When she is very busy and does not want to be bothered with him she digs a hole in the snow and covers him all up but his face, and leaves him there until she is ready to take care of him again. The Hindoo baby hangs in a basket from the roof, and is taught to smoke long before he learns to walk. Among the Western Indians the poor little tots are tied fast to a board, and have their heads flattened by means of another board fastened down over their foreheads. In Lima the little fellow lies all day in a hammock swung from a tree top, like the baby in the nursery song. In Persia he is dressed in the most costly silks and jewels, and his head is never uncovered, day or night, while in Yucatan a pair of sandals and a straw hat are thought to be all the clothing he needs. While in Detroit they fix the baby in a nice little carriage and knock the underpinnings from below the harmless pedestrian as the mother calmly propels the vehicle and gazes in the shop windows at the latest spring bonnet.

MARRIED LIFE.

Good counsel from a wife and mother: "I try to make myself and all around me agreable It will not do to leave a man to himself till he comes to you, to take no pains to attract him, or to appear before him with a long face. It is not so difficult as you think, dear child, to behave to a husband so that he shall remain forever in some measure a lover. I am an old woman; but yeu can still do what you like; a word from you at the right time will not fail of its effect; what need have you to play the sufferering virtue."

"'The tear of a loving girl' says an old book, is like a dewdrop on a rose; but that on the cheek of a wife is a drop of 'poison to her husband.' Try to appear cheerful and contented, and your husband will be so, and when you have made happy, you will become so, not in appearance, but in reality. The skill required is not so great. Nothing flatters a man so much as the happiness of his wife; he is always proud of himself as the source of it. As soon as you are cheerful you will be lively and alert, and every moment will afford you an opportunity to let fall an agreeable word."

TREACHERY.

Injury may wound, and be forgiven; insult may sting, and be forgotten; but treachery bewilders and chills us; and we know, even while we struggle to pardon, that for it there is no oblivion. A brightness and a melody has gone from our lives, when once we feel we have been betrayed; an asp has sprung from amid the flowers of our paradise, and we can never more tread there as fearlessly and gladly as before. Trust, that blessed portion of youth and inexperience, hath been driven from its stronghold in our hearts, and a few moments have sufficed to change us forever.

Love may exist without jealousy, although this is rare; but lealousy may exist without love, and this is common, for jealousy can feed on that which is sweet, and is sustained by pride as often as by affection.

A tolerant spirit acquires the love of high and low. Tale-bearing is a carrion fly that buzzes at everyone's windows, and dirties

An cunce of love is worth a ton of power, violence, or might, for the government of either the individual or the world at large.

The friend who hides from us our faults is of less service to us than the enemy that upbraids

A moral in the style of Seneca: It is better to do the idlest thing in the world than to sit idle for half an hour.

Some things are wanting to poverty but all things are wanting to avarice.

A prudent bousekeeper will settle her own bills with trades people.

Beware of him who hates the laugh of a child.

MAY.

To ALL, PARTICULARLY INVALIDS, spring is a trying season. Indications of sickness should at once be attended to. Fatal disease may be caused by allowing the bowels to become constipated and the system to remain in a disordered condition, until the disorder has time to developed itself. An ounce of prevention is worth a pound of cure, is an old and truthful saying. Therefore, we advise all who are troubled with the complaints now very prevalent—headache, indigestion, disordered liver, want of appetite, nauses, or feverish skin, to take, without delay, Schenck's Mandrake Pills. We know of no remedy so harmless and decisive in its action. It at once strikes at the root of the disease and produces a healthy tone to the system. People never need suffer from any disease arising from a disordered condition of the liver if they would take this excellent medicine when they feel the first indications of the malady. Families leaving home for the summer months should take three or four boxes of these pills with them. They have an almost instantaneous effect. They will relieve the patient of headache in one or two hours, and will rapidly cleanse the liver of surrounding bile, and will effectually prevent a billious attack. They are sold by all druggists.

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52 Court St., BINGHAMTON,

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OF MENS' AND BOYS' READY MADE CLOTHING

Being a branch store of a New York wholesale house, I can undersell any clothing house in Binghamton or vicinity. Also a full line of Gents' furnishing goods. Call and examine my stock and prices before going

All wool cassimere pants to order for \$5 00____ JOHN SCHIFF,

52 Court Street, April 18, 1877.

Binghamton, N. Y.

TEGETINE.

MEDICINE: I WISH NO OTHER.

PROVIDENCE, April 7, 1876. MR. H. R. STEVENS-Dear Sir: When I was about years of age a humor broke out on me, which my mother tried to cure by glving me herb teas and all other such remedies as she knew of, but it continued to grow worse, until finally she consulted a physician and he said I had the sait rheum, and doctored me tor that complaint. He relieved me some, but said I could not be permanently cured as the disease originated in the blood. I remained a great sufferer for reveral years, until I heard of and consulted a physician, whosaid I had the scrofula humor and if I would allow him to doctor me he would cure me. I did so, and he formenced heal no up my sores and succeeded in affect. menced heal ng up my sores and succeeded in effect-ing an external care, but in a short time the disease aping an external care, but in a short time the disease appeared again in a worse form than ever, as concerous humor upon my lungs, throat and head. I suffered the most terrible pain, and there seemed to be no remedy, and my friends thought I must soon die, when my uttention was called, while reading a newspaper, to a VEGETINE testial of Mrs. Waterhouse, No. 364 Athens St. eet, South Bosto, and I, formerly residing in South Boston an I being personally acquainted with her and knowing her former feeble health, I concluded to try the Vegetine. After I had taken a few bottles it seemed to force the sores out of my system. I had running sores in my ears which for a time were very painful sores in my cars which for a time were very painful but I contined to take the Vegetine until I had taken about 25 bottles, my health improving all the time from the commencement of the first bottle, and the sores to heal. I commenced taking the Vegetins in 1872, and continued its constant use for six months.—

At the present time my health is better than it ever has since I was a child. The Vegetine is what helped me, and I most condicious recommend its collections. and I most cordially recommend it to all sufferers, especially my triends. I had been a sufferer for over 80 years, and until I used the Vegetire, I found no remedy; now I use it as my smily medicine, and wish no other.

Mrs. B. C. COOPER.

No. 1 Joy Street, Providence, R. I.

VEGETINE.

The range of disorders which yield to the influence of this medicine, and the number of defined diseases which it never fails to cure, are greater than any other single medicine has hitherto been even recommended for by any other than the proprietors of some quack nostrum. These diseases are acrofula and all cruptive diseases and tumors, rheumatism, gout, Neuralgia, and spinal complaints and all inflammatory symptoms; Ulcers, all syphilitic diseases, kidney and bladder diseases, dropsy, the whole train of painful disorders which so generally afflict American women, and which carry annually thousands of them to premature graves;

carry annually thousands of them to premature graves; dyspepsia, that universal curse of American manhood, heartburn, piles, consumption, nervousness, inability to sleep, and impure blood.

This is a formidable list of human ailments for any single medicine to successfully attack, and it is not probable that any other article before the public has the power to cure the quarter of them except Vegetine. It lays he ax at the root of the tree of diseases by first climinating every impurity from the blood promoting climinating every impurity from the blocd, promoting the secretions, opening the porce—the great escape valves of the system—invigorating the liver to its full and natural action, cleaning the stomach and strengthening digestion. This much accomplished, the speeny and the perminent cure of not only the diseases we have enumerated, but likewise the whole train of chronic and constitutional disorders, is certain to follow.—This is precisely what Vegetine does, and it does it so quickly, and so easily, that it is an accomplished fact almost before the patient is aware of it himself.

BEST REMEDY IN THE LAND. LITTLE EALLS, N. Y, Sept. 23d, 1876.

MR. H. R. STEVENS—Dear Sir: I desire to state to you that I was afflicted with a breaking out of blockes and pimples on my face and need for severs! years. I have tried maly remedies, but none cured the humor on my face and neck. After using three or four bottles of your Vegetine the humor was entirely cured. I do certainly believe it is the best medicine for all impurities of the blood that there is in the land, and should highly recommend it to the afflicted public. Having been reorganized under the firm, name, and highly recommend it to the afflicted public.
Truly yours, P. PERRINE, Architect.
Mr. Perrine is a well-known architect and builder at
Little Falls, N. Y., having lived there and in the vicinity for the last 33 years.

VEGETINE. Prepared by H. R. STEVENS, Boston

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P. O. Andress, New Milford, Pa.
E. A. ALDRICH.
July 19, 876tf July 19, 876tf

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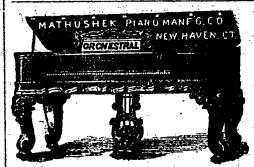
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