## The temorrat.

MONTROSE, PA, JUNE 6, $187 \%$.

HEALTH AND MARRIAGE marriage, at the proper time, to fuvarabie to heallh and long life, BY the atatiatice of $M$. ubject before the french Academy of Medictne in 1871, from 25 to 30 yeare of age mar10: and widowers at 20 per 1,000 simually. From 80 to $40,71 / 2,13$ and 171 per 1,000 and continui at greater sges. But maried men aged from 18 to 20 die as fast as men from 65 to 70.
Among women marriage is not quite so fuvorable as among men. From 30 to 35 .
wives die at the rate of 9 and spinters 11 per 1,000 . Under 25 the mortality of wives is a liule greater than among single women. after 40 years of aze, the longevity of married women is much greater than that of the un
married The pro
re-a man at as who marries has an ection tation of 49 years'' married life; 11 he does not mary, 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
66 years of age.... Widowers and widows are 56 years of age. . . 10 ewers and widows are
nearly as badly of as those who do not marry. TBE EFFECTS OF TIGET LACING. The worts mechanical errors in clothing are those whicl affect the chest and body. The tight band round the waist and the tightly-
laced corset still play too important a part, and interfere with the free and bealthy move ments of young girls and women. .The effect of che pressure is equaliy injurious to the organs of diestion, respiration and circula-
tion. The liver and stomach compressed, the digeative fanctions are impeded, and a distaste lor solid food, with symptoms of pain and antulency after enting, are the common proofs of the lnjury that is reing inflicted The great breathing muscle the diaphragm
whiche scparates the chest from the abdomen side which by its decent, in contraction, cause the chest to fill with air, is impeded its motion, and is, therefore, noable to sustave a fre respiralion. The large veins from the lowe part of the body which pour their blood nito in the worst instances the heart itself and the langs thembelves are actually subjected to restraint. By these means the organis of the circulation, not lesse than the organs of respira ment of the whole of the body, which depend on thoes organs for its nervous power, it muscluar force and its nutrition in every part. T. the symptoms of indigestion are adde ment, coltness of the extremities, weakness nuscles constjpation, headache, and other evils not less severe. The effect of mechianica pressure of the kind described are not confine ure is applied. They extend to after lite press when long continued produce an imperfec build of the chest and of the trunk of the body which is never lost." Women thus deformed penalty of suffering to become mothers, pay spared thein if their bodies bad developed into the heality and beautiful form dersed by the
band of nature.- Ineeases of Holdern Liféebg or Fishardeon.

## HOW TO GET RICB

The great mass of men are ever trying to get rich and in the attempt to do so, have misery ell the patrages of maukind been perpetrated. grasping, eager desire to make and accumuiate money has estranged neighbors, friends, brothers, and Bons, and caused bitter hate and strin the inordinate desire to amass money pine tenths of all the trouble of lite originates. It the duty of every one to try by all bones means to make a living, and as the time may arnive, in the life iffil. When sickness or $m$ ma take us it sa almays desirable to be carefuil an prudent, and try to lay up a little means to prevent suffering and want when mistortun overtakes us But the idea is erroneous that The man that lias spent a $a$ lite in amassing colossal fortune at the expense of the feelinge, the interest and prosperity of others, loes not enjoy a mora teppy and quiet life or a more peaceful death than the beggar, Money may
comenand infuence, and help to puift a puor command infuence. and help io ponf cause him to io vain and ostentallous, but it can never buy a passport to Heaven, or comensate for a life spent in trampiog uyon the rights and feelings oo andercy He and do equal justice to all, less
 grasping atter money, there would be less miscry, more happiness, and longer and happler
lives

The miser tolls for riches, the hero for fame, the scholar that ha name may be known to contog ages, How much higher and noble ulv, toiling tor a crown of everlasting life!

As the deepest hate may spring from the most violent love, so the greatest Ingraitude may arise from the largest benelits. It is aaid bad defended when accused of his father's mur

ENGEISH vINING ETIQUETTE.
English etiquette demands the observance of Wo rules in connection with dinners, whlch
s the worst posible taste to violate in auy country, many delinguents to the contrary notwithstanding. They are that all dinner in Itations shall be answercd at once-no wait gig to see if a, pleasanter enjoyment presen to
itself and that the guest shall be panctual to the hour specified That the success of the party depends largely apon these is sell-evi dent. This dert limportant matter lios. wit correct precedence, and if there is none, to con are several methode of arranging the order in
are which the gaestis are to go down; one is tor th host, before dinner is announced, to introduc
oach gentleman to the lady whom he is to tak ouch gentleman to the lady whom he is to tak
to dinner; but this bas its inconvenience, an the wiser plan is thought to be for the hostea to dispatch the guegt herself, when the host has given his arm to the lady he takes dow Once arrived in the dining-room,the host ghonla tell each couple as the appear where the
are to sit. An experienced hostess always take special care nol to seat husbunds and wives opposite each other. One thing shoald never be lorgotten. Every gentleman must place the lady he escorts on his right hand. He should
always, when desired to take her to dinner, ofte her his rigut arm. Ladies and zentleman enter the room singly. not arm-in-arm, and the ladie retain their gloves until they are soated,putting
them on again beifore leaving the dining rom.

ABOUT BABIES.
Different countries have different methods of dealing wilt their young. The Greenan
baby is dressed in furs and carried in a sort or pocket in the back of his mother's cloak When she 18 yery busy and does not want to be Gothered with him she digs a hole in the snow and covers him all up but his face, and leaves
him there unt11 she is ready to take care o him there untu she is ready tho take care of
him again. The Hindoo baby hanga in a basket from the roof, and is taught to smoke long before he learns to walk. Among the Western Indians the pioor little tots are tied fast to of another board fastened down . over their foreheads. In Lima the littie 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 costij silks and jowels, and in Yucatan a pair of saindals and a straw hat are thought to be all the clothing he needs. While in Detroit they Ax the baby in a nice
litle carriage and knock the underpininings litlle carriage and knock the underpininings rom below the harmless pedestrian as 28 hother calmly propela the veicice and gazes in Married life.

Good counsel from a wite and mother: a ry to make myselt and all around me agreable Comes to you, to take no pains to attract him, or to appear before him with a long tace. It is
ont so difficult as you think, dear child; to benot so cifficult as you think, dear child; to be-
have to a husband so that he siall remain torver in some measare a lover. 1 am an old oman; but yeu can still do what you like; a doffect; what need lave ynu to play the suffer "ring virtue."
"The tear of a loving girl' says an old book, cheek of a dewifop on a a rose; but that on trop of poison to her husband.' Try to appear cheerfil and contented, and your husband will be bo, and when you
have made happr, sou will become so, not in dppearance, but in reality. The skill required is not so great. Nothing flatters a man. bo nuch as the happiesess of his wife ; he is al ways proud of himself as the source of it, As,
soon as you are cheerful you will be lively and non as you are cheerful you will be lively and portunty to let fall an agreeable word."

## treachery

Injury may wound, and be forgiven ; insul may sting, and be forgoten ; but treachery bewilders and chills as; and we know, eve no oblivion. $A$ brightness and a a mador ha gine trom. our lives, when once we feel we bave been betrayed; an asp has spring from ever more tread there as feariessly and gladly as before. Trust, that blessed portion of youth
and inexperience, lath been driven from it and inexperience, hath been driven from it
stronglold in our hearts, and a few moiment have suffced to clange us torever.
Love mayy exist without jealousy, althongh thin is rare; but iealousy may exist without
oove, and this is common, for fealousy can feed on that which is sweet; and is sustained by pride as ofien as by affection.
A tolerant sprit acquires the love of hagh and low. Tale-bearing is a carrion fly tha
buzzes at everyone's window, and dirtie evergiting.
An cunce of hove is worth a ton of power the individzal or the world at large.
The friend who hides from us our faults is less fervice to up than the enemy that upbraid
A moral in the style of Seneca: It is better to do the idest thing in the world than to fit die for hal! an bour.
Some things are wanting to poverty but all chinge are wanting to avarice.

Alls wruth trades people.
Beware of him who hater the laugh of a
child.


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