



A. K. RHEEM, Proprietor, Wm. M. Porter, Editor. A PAPER FOR THE FAMILY CIRCLE. VOL. LXI. CARLISLE, PA., FRIDAY, JUNE 28, 1861. NO. 31.

TERMS OF PUBLICATION.

The Carlisle Herald is published weekly on a large sheet containing twenty columns, and is furnished to subscribers at \$1.00 per annum in advance...

ADVERTISEMENTS.

Advertisements will be charged \$1.00 per square of twelve lines for three insertions, and 50 cents for each subsequent insertion.

JOB PRINTING.

The Carlisle Herald Job Printing Office is located at the corner of Second and Third streets, and is equipped with the latest machinery for printing all kinds of books, pamphlets, and documents.

General and Local Information.

U. S. GOVERNMENT.

President—ABRAHAM LINCOLN. Secretary of State—WM. H. Seward. Secretary of the Treasury—SALMON P. CHASE.

STATE GOVERNMENT.

Governor—ANDREW G. CURTIS. Secretary of State—J. B. WOODRUFF. Treasurer—HENRY D. MOORE.

COUNTY OFFICERS.

President Judge—Hon. James H. Graham. Associate Judge—Hon. Samuel C. Conklin. Sheriff—John W. D. Gillen.

BOROUGH OFFICERS.

Chief Burgess—John Noble. Assistant Burgess—Adrian Senneker. Town Council—J. B. Woodruff, Wm. D. Dale, J. R. Lewis.

CHURCHES.

First Presbyterian Church, Northwest angle of Centre square. Rev. J. B. Woodruff, Pastor. Second Presbyterian Church, corner of South Hanover and Front streets.

DICKINSON COLLEGE.

Rev. H. M. Johnson, D. D., President and Professor of Moral Science. James W. Marshall, A. M., Professor of Latin Language and Literature.

BOARD OF SCHOOL DIRECTORS.

Andrew Blair, President. H. Saxton, P. Quigley, E. Cornman, C. P. Hummerich, J. Hamilton, Secretary.

CORPORATIONS.

Carlisle Deposit Bank—President, H. M. Henderson. Cashier, W. M. Bostem. Asst. Cashier, J. P. Hader.

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Business Cards.

J. W. BOULK, Attorney at Law. Office with J. T. Smith, Esq., in O'Neil Row, in front of First Presbyterian Church.

A. J. CARD, DR. JNO. K. SMITH, DENTIST. I respectfully announce to his old friends and acquaintances that he has returned from his health tour.

J. J. BENDER, M. D. (HOMOEOPATHIST). PHYSICIAN, SURGEON & ACCOUCHER. Office on South Hanover Street, formerly occupied by Dr. Smith.

DR. S. B. KIEFFER Office in North Hanover Street, two doors from Arnold & Sons' Office.

DR. GEORGE S. SEAR, DENTIST. Office at his residence, opposite Market Hall, West Main Street, Carlisle, Penn. Nov. 11, 1857.

DR. J. C. NEFF respectfully informs the ladies and gentlemen of Carlisle and vicinity that he has resumed the practice of Dentistry.

DR. I. C. LOOMIS, DENTIST. Office at his residence, opposite Market Hall, West Main Street, Carlisle, Penn. Nov. 11, 1857.

W. S. HAVERSTICK, Druggist, and Apothecary. Physician's prescriptions carefully compounded.

W. M. BIDDLE, Attorney at Law. Office on North Hanover Street, with Dr. B. Sharpe's Office.

REMOVAL. A. L. SPONSLER has removed his office to his new house, opposite the Court House, March 28, 1858.

REMOVAL.—The Hat and Cap store of J. B. Woodruff, formerly on North Hanover Street, has been removed to its new location.

LAW OFFICE.—CHARLES E. MARSHALL, Attorney at Law, Office in the building just opposite the Market House.

JOHN HAYS, ATTORNEY AT LAW. Office on Main Street, opposite the Market Hall.

LAW OFFICE.—LEMMUEL TODD has resumed the practice of the Law, Office in the building just opposite the Market House.

C. P. HUMRICH, Attorney at Law. Office on North Hanover Street, a few doors from the Court House.

LAW NOTICE.—REMOVAL.—W. L. PENROSK has removed his office in rear of the Court House, where he will promptly attend to all business entrusted to him.

H. NEWSHAM, ATTORNEY AT LAW. Office with Wm. H. Miller, Esq., South Hanover Street, opposite the Volunteer Office.

W. C. RHEEM, ATTORNEY AT LAW AND GENERAL AGENT. Office on North Hanover Street, opposite the Court House.

WILL give special attention to collections through out the State, make investments, buy and sell real estate, and attend to all business entrusted to him.

STATE UNION HOTEL, 606 & 608 Market St., above sixth, PHILADELPHIA.

UNITED STATES HOTEL, S. E. Cor. 11th & Market Sts., PHILADELPHIA.

H. W. KANAGA, PROPRIETOR. Jan. 1859.

N. HANTCH, MERCHANT TAILOR. WEST MAIN STREET, Opposite the Rail Road Office.

Full and Winter Styles of Cloths, Customers and Vestings made to order. Carlisle, May 2, 1860.

BENJ. S. JANNEY, JR. & CO. WHOLESALE GROCERS. PRODUCE COMMISSION MERCHANTS. No. 608, Market Street, PHILADELPHIA.

S. T. LOUIS HOTEL, PHILADELPHIA. In the immediate neighborhood of the Banking House on Market, Third and Chestnut Streets, the Banks, Post Office, Merchants' Exchange, &c.

AMERICAN AND EUROPEAN PLAN. BOARD PER DAY, \$1.50. Dinner between 1 and 8 o'clock, 50 cts. Single Room, 50 cts. upwards.

Hotel Hotel, HARRISBURG, PA. The management of this well known Hotel having been placed in the hands of Messrs. COYLE & HARRIS, the present proprietors.

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ORIGINE POTRY.

For the Health. TO THE SUNNER RIFLES. To burgers of Carlisle, attend and dance and deigh...

Our country's banner, where its traitor's foot are force and spoor. While we stand on the field, have you to bear.

Their Captain is a Christian; half good men for the night! Speed holy cause, strike Christian, chief strike home with all thy might.

For us and for old Carlisle make many a mark, and soon! War's anarchy shall attest a Swamp Fox rivaled by a Kuhn.

Attention! and John B. Alexander reads aloud. To aid their leader, or, if need be, take the first command.

Let us stand stout, we know them well; willing as the wind. Right promptly and right soldierly, to lead or to obey.

Though all communications, forbidden with the foe. The law and penalty of that they surely ought to know.

Therefore, first suggest John A. Linn, we'll send to them by you. Whose import terrible as death, as tempered steel is true.

At this point there was such a rush of names, that our machine became clogged, and upon giving it a vigorous turn, we broke several cogs, and otherwise irreparably injured it.

As soon as possible it shall be repaired, when we, W. C. R., will grind out the rest of the material.

PHYSICAL CULTURE.

From the Massachusetts Visitor. BY G. B. WINDSHIP, M. D.

From the manner in which great truths have been recognized at one time, and neglected at another, in the world's history, it would almost seem as if they had their revolutions like the sun, and were destined to shed light and warmth upon mankind, and at another to be borne so far from us in their orbits as to shed but a wintry radiance.

The essential factor in education, that a proper culture must include strict care for the body, with a judicious mental training, was better appreciated and understood in ancient Athens in the time of Plato, than in our own time, in that famous Athens city, sometimes called the "Modern Athens."

The present movement in behalf of physical culture would seem to encourage the belief that a revival of some of those great convictions in regard to education, which prevailed in ancient Greece, is now about to dawn. In its full sense, education is a leading forth of the faculties of the mind through the healthy developments of the body.

The body is the trunk alone, but with the neck, head and limbs, and of whatever of us is material; it is the application of means for physical improvement, the avoidance of habits that infallibly involve physical degeneracy; the development of the bodily power; the conversion of disease into soundness; the weakness into strength; the awkwardness into grace; the disproportion into correspondence.

In short, the elaboration and finishing of the edifice in which mind resides; that temple of clay—the house we live in.

Improvement of one's physical state can never be achieved upon the body, and so long as there is an atom of life and strength, never too late. Let no one despair of success in the attempt.

Dr. Warren, in his little work on Health, tells us of a member of the legal profession who practiced gymnastics for the first time, and with the happiest results, when nearly seventy years old.

The Italian, whose friends on Health and Long Life have given him a world-wide reputation, began at forty to repair the ravages which many years of dissipation had made upon a constitution naturally infirm; and, in spite of the predictions of all his physicians and friends, he succeeded not only in restoring the health he had lost, but in gaining a health he had never before experienced.

He was eighty when he published his treatise; lived to see it through four editions; and died tranquilly in his bed after he had completed his one hundred year.

In this connection it is worth while to observe how much may be accomplished by the legal correcting a single bad habit. The gentleman to whom Dr. Warren alludes, was much benefited by gymnastics. On the other hand, Cornaro, as he himself states, found a panacea of all his ills; in a careful avoidance of intemperance in eating and drinking. It is indeed of little consequence what drink we pur sue, if by it we can reach the goal, *tu, cito, et jucunde.*

Sometimes it may be inconvenient to take the best path; let us, then, do the next best thing. At an early age I was told by many, that to practice a heroic degree of self-denial, and to rise from the table hungry, was the way to secure health. For many years I tried to do this, but succeeded very imperfectly. I at length resolved to do the next best thing, and, not as sure that it was not the best thing of all, it was merely this—to put no extra restraint upon my appetite, to practice no very rigorous self-denial, but to eat and drink as comfortably as I could, and then, by my entire and careful management, to take care that I should make myself need every particle I allowed.

Some after I began to carry out this principle, I experienced a sensation of indigestion, and the many ills to which it gives rise. Having found, also, that this principle would result in the long run, I still retain it as one of the cardinal pillars of my method of training.

What is my method? It will perhaps inquire. As the doing the right thing, in the right way, at the right time. It is the obtaining a sufficiency without going to excess. It is the using my own discretion about everything, without blindly following another's precept or another's example; or even trying my self out to rules of my own devising. It is the carrying out of what may seem to be the best under the circumstances.

But though it may be difficult for me to describe briefly and clearly what my method is, it is no argument against its efficacy.

What other method would have insured for me an appreciable gain in strength, day by day, month by month, year by year, with an almost entire exemption from illness, from any but the most trivial disorders? Let the following facts speak for themselves.

I was nearly seventeen years of age before I seriously undertook to improve my physical condition. I was then but a feeble, thin, and a hundred pounds lighter than I was at the present time.

I was now twenty-six years of age, and I was seven inches in height, and one hundred and forty-eight pounds in weight. My strength is now such that I can lift a hundred and fifty pounds with ease, and my health is as excellent as any man's, and my blood is as pure as any man's.

What has produced this astonishing change in my physical condition during the last nine years? I will attempt to give you a few of the proximate causes that have led to this result.

1st. I have breathed an abundance of pure fresh air almost constantly.

2d. I have exposed myself sufficiently to the sun.

3d. I have eaten an abundance of whole food.

4th. I have drunk less than a quart of spirituous liquors and less than a gallon of fermented.

5th. I have used less than an ounce of tobacco.

6th. I have taken nearly every day, about a half-hour's gymnastic exercises in the open air.

7th. I have conformed to the customs of society only so far as they were not at variance with health.

8th. Regarding procrastination as the thief of only time, but also of health, I have shunned it as especially dangerous in all matters pertaining to physical well-being.

9th. I have poisoned myself as little as possible by food contaminated with lead, copper, brass or bell-metal.

10th. I have developed my body harmoniously.

11th. I have allowed myself at least ten hours' rest in almost every twenty-four hours.

12th. I have paid a due regard to bathing, and to carrying a good thing to excess.

13th. I have been particular that every portion of my dress should be as loose and easy as the freest action of my muscles and limbs would demand.

During these nine years, while endeavoring to promote my physical welfare, I have made the following discoveries:

1st. That whatever increased my strength improved my health.

2d. That one means of improving my health was to increase my strength.

3d. That the stronger I became, the healthier I became.

4th. That it was easier for me to increase the strength of my body as it was that of the magnet.

5th. That by developing my body harmoniously, I could preclude the possibility of hernia, or any other serious injury, which otherwise might result from a violent action of my muscular system.

6th. That the "duration" of gymnastic exercises should be a half hour daily of all four ones in two days.

7th. That I never sleep unless you retire early or sleep with your windows closed, or have something to attend to which will not permit you to sleep.

8th. If you retire late, to sleep with your windows open, lie until you feel like rising, and then retire to bed.

9th. Gradually wear less clothing about your neck until you wear less than you are used to at any time allow your neck to be entirely exposed without being liable to take cold.

10th. Be careful that your dress is at all times loose and easy in every particular.

11th. Conform to the customs of society no further than your health will admit.

12th. That it was better, while exercising to perform twenty different acts at once, than to perform twenty times the same act.

13th. That lifting, if properly practiced, was the surest and quickest method of producing harmonious development, while it was also the most strengthening of all exercises, and consequently the most healthful.

14th. That it was possible for me to take, in fifteen or twenty minutes, all the gymnastic exercises that I should need in twenty four hours.

15th. That I could gain more strength by forty minutes' gymnastic exercises, once in two days, than by twenty minutes of the same daily.

16th. That, as my strength increased, my exercise should be more intense, but less protracted.

17th. That increase of muscular power was attended with increase of the digestive power, and that this increase of the digestive power, was to increase the muscular power.

18th. That many articles of food had formerly proved injurious to me, no longer proved so, because I was really unwholesome, but because I was unable to digest them.

19th. That a person may become possessed of great physical strength, without having inherited it.

20th. That, by increasing my strength, a predisposition to certain diseases may be removed, and diseases already present removed or mitigated.

21st. That increase of strength can be long continued, on a diet exclusively vegetable.

22nd. That increasing the strength, made exertion take less "wear" on the skin, and more from the lungs and the other mucous membranes.

23rd. That the more I exercised, the more I was able to do, and the more I was able to do, the more I was able to exercise.

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water is externally applied.)

6th. Allow yourself not less than eight hours' rest, as a daily average. [I allow myself not less than ten.]

7th. Never, while in good health, let the temperature of your apartment, when heated artificially, get above 70° by Fahrenheit. [I prefer for myself a temperature of about 60°.]

8th. Keep the atmosphere of your apartment, you occupy sufficiently pure, by occasionally opening windows, and sufficiently moist, when it is being artificially warmed, by the constant vaporization of water.

9th. Never forget the combustion of any inflammable substance is invariably productive of poisonous gases.

10th. Never use food of any kind, if you can conveniently avoid it, that you have reason to believe was prepared in copper, brass, or bell-metal utensils, no matter how scientifically such utensils may have been "protected."

11th. Never use water internally or externally that has come in contact with lead or any other poisonous substance, if you can have of that which has only come in contact with gutta serena, or glass.

12th. If you must use water that has come in contact with a poisonous substance, neglect no expedient for rendering such water as nearly free from it as possible.

13th. Most use that kind of food which you most prefer, if your experience is not against it, without regard to what Liebig has said of its chemical constituents, or Beaumont's of its digestibility.

14th. Never "rise from the table hungry," if you are not an invalid, but completely satisfy your appetite. The digestive power, like the muscular, will be weakened, if not vigorously exercised.

15th. Avoid excessive exercise of either mind or body, lest you create a necessity for narcotics and stimulants.

16th. Avoid too little exercise for the same reason.

17th. Increase your strength as one means of improving your health.

18th. Practice lifting as the most strengthening of all exercises, and consequently the most healthful, but practice it with the utmost caution until you have ceased to have any weak point.

19th. Use dumb-bells as a means of exercise, to be ranked next to lifting in importance, and let them be always as heavy as you can conveniently handle, but use them with great caution, and never for longer than ten or fifteen minutes in the course of a whole day.

20th. Develop the body harmoniously, in order that you may preclude the possibility of hernia, or any other serious injury, which otherwise might result from a violent action of your muscular system.

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