

DEMOCRAT AND SENTINEL.

Select Poetry.

The Gambler's Wife.

BY DR. COATES.

Dark is the night! How dark! No light! No fire!

Cold, on the hearth, the last faint sparks expire!

Shivering she watches by the cradle side,

For him who pledged her LOVE—LAST YEAR

A BRIBE!

"Hark! 'Tis his step! No!—'Tis past!—'Tis gone!"

Tick!—Tick!—How weakly the time crawls on!

Why should he leave me thus?—He once was kind!

And I believed 'twould last!—How mad!

How blind!"

"Rest thee, my babe!—Rest on!—'Tis hunger's cry!

Sleep!—For there is no food!—The fount is dry!

Famine and cold their wearying work have done.

My heart must break!—And thou?"—The clock strikes one.

"Hush! 'tis the dice-box!—Yes! he's there! he's there!

For this!—for he leaves me to despair!

Leaves love! leaves truth! his wife! his child! for what?

The wanton's smile—the villain—and the sot!

"Yet I'll not curse him. Not 'tis all in vain!

'Tis long to wait, but sure he'll come again!

And I could starve and bless him but for you,

My child!—his child! Oh fiend!" The clock strikes two.

"Hark! How the sign-board creaks! The blast howls by,

Moan! moan! A dirge swells through the cloudy sky;

Ha! 'tis his knock! he comes!—he comes once more!"

'Tis but the lattice flaps! Thy hope is o'er!

"Can he desert me thus? He knows I stay,

Night after night, in loneliness to pray

For his return—and yet he sees no tear!

No! no! It cannot be! He will be here!

"Nestle more closely, dear one, to my heart—

Thou'rt cold!—Thou'rt freezing!—but we will not part,

Husband!—I die!—Father!—It is not he!

Oh, God! protect my child!" The clock strikes three.

They're gone, they're gone! the glimmering spark hath fled;

The wife and child are numbered with the dead;

On the cold earth, outstretched in solemn rest,

The bale lay frozen on its mother's breast;

The gambler came at last—but all was o'er—

Dread silence reign'd around—the clock struck four.

How to Cure a Cold.

The moment a man is satisfied that he has taken cold, let him do three things:

First, eat nothing; second, go to bed, cover up warm in a warm room; third, drink as much cold water as he can, or as he wants, or as much hot herb tea as he can; and in three cases out of four he will be almost well in thirty-six hours.

If he does nothing for his cold for forty-eight hours after the cough commences, there is nothing that he can swallow, that will by any possibility, arrest the cold, for, with such a start, it will run its course of a fortnight in spite of all that can be done, and what is swallowed in the meantime in the way of food, is a hindrance, and not a good.

"Feed a cold and starve a fever," is a mischievous fallacy. A cold always brings a fever; the cold never begins to get well until the fever subsides; but every mouthful swallowed is that much to feed the fever; and but for the fact that as soon as a cold is fairly started, nature in a kind of desperation steps in and takes away the appetite, the commonest cold would be followed by very serious results, and in frail people would be always fatal.

These things being so, the very fact of waiting forty-eight hours gives time for the cold to fix itself in the system; for a cold does not usually cause cough until a day or two has passed, and then waiting two days longer gives it the fullest chance to do its work before anything at all is done.

Intelligent druggists know that all medicines sold for coughs, colds, consumption, and tickling in the throat, contain opium in some form or other. They repress the cough but do not eradicate it; hence the first purchase paves the way for a second or third; meanwhile, as it is the essential nature of opium to close up, to constrict, to denude the sensibilities, the bowls do not feel the pressure of their contents calling for a discharge, and constipation is induced and becomes the immediate cause of three-fourths of all ordinary ailments, such as headache, neuralgia, dispepsia, and piles.

Warmth and abstinence are safe and certain cures when applied early. Warmth keeps the pores of the skin open, and revives it of the surplus which oppresses it; while abstinence cuts off the supply of material for phlegm, which otherwise has to be coughed up.—*Half's Journal*.

At Chattanooga, Tenn., the other day, General Steedman punished a merchant who disregarded the challenge of a negro soldier, by confiscating his store and its contents, and placing a negro guard over it, remarking that "if Mr. Crutchfield will not respect the negro soldier, he shall respect the authority that made the negro a soldier, and puts him on his guard as such."

HANGING OUT A SIGN.—The wearing of a moustache by civilians, now so common and absurd, is nevertheless, useful "as affording a ready means of distinguishing between a man and an ass."

E BENSBURG MARKET. Corroded Weekly.

PRICES.

Flour per bbl—Extra Family,	\$13.50
" Extra,	25
Beef, per lb.	50
Potatoes, per bushel,	62
Apples,	40
Butter, per lb.	75
Cabbage, per doz.	2.25
Wheat, per bushel,	1.50
Rye,	1.25
Buckwheat,	1.25
Corn,	1.25
Oats,	.75
Apples, " dried,	1.50
Peaches,	3.00
Beans,	2.50
Clover seed,	8.00

PENNSYLVANIA RAIL ROAD SCHEDULE.

LEAVE WESTWARD.

STATIONS.	Baltim. Express.	Phila. Express.	East Line.	Mail Train.
A. M.	A. M.	P. M.	P. M.	
Altoona,	6.50	9.15	9.10	7.55
Kittanning,				8.10
Garrison,	7.25	9.50	9.42	8.30
Cresson,	7.34			8.38
Lilly's				8.46
Portage,				8.55
Wilmore,	8.02			9.05
Summerhill,				9.41
South Fork,				9.23
Mineral Point,	8.22			9.23
Conemaugh,	8.40	11.00	10.40	9.40
Johnstown,	8.48		10.47	9.47

LEAVE EASTWARD.

STATIONS.	Through Express.	East Line.	Mail Train.	Through Express.
P. M.	A. M.	A. M.	A. M.	
Johnstown,		6.02	4.68	
Conemaugh,	7.39	12.50	6.07	4.13
Mineral Point,				4.27
South Fork,				4.38
Summerhill,		6.40	4.47	
Wilmore,			4.47	
Lilly's,			4.55	
Cresson,		7.08	5.66	
Gallitzin,	8.47	1.59	7.17	5.25
Kittanning,				5.46
Altoona,	9.20	2.35	7.50	6.00

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On and after Monday, October, 31, 1864, trains on this road will run as follows:

Leave EBENSBURG—

At 6.00 A. M., connecting with the Baltimore and Ohio, West and Through Express East.

At 4.10 P. M., connecting with the Mail Train West and Through Express East.

At 12.30 P. M., or on departure of Third Accommodation West.

At 4.40 P. M., or on departure of Express East and Mail West.

ENOCH LEWIS, Gen. Supt.

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ISAAC CRAWFORD.

Ebensburg, April, 17, 1864. t.

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