

# The Western Democrat.

WM. J. YATES, EDITOR AND PROPRIETOR.  
Terms of Subscription—Three Dollars, in advance.

CHARLOTTE, N. C., TUESDAY, NOVEMBER 8, 1870.

NINETEENTH VOLUME—NUMBER 947.

## Western Democrat

PUBLISHED BY  
WILLIAM J. YATES, Editor and Proprietor.  
TERMS—Three Dollars per annum in advance.  
Advertisements will be inserted at reasonable rates, or in accordance with contract.  
Obituary notices of over five lines in length will be charged for at advertising rates.

### SMITH & HAMMOND

Are receiving their Fall Stock of Drugs, Medicines, &c., which they are offering at very low prices, wholesale and retail.  
Country Merchants and others visiting Charlotte will do well to call and get quotations.  
Aug 29, 1870.

### Wool Wanted.

We want to purchase a large amount of WOOL, for which we will pay the highest market price.  
McMURRAY, DAVIS & CO.  
September 5, 1870.

### Dr. W. H. Hoffman,

DENTIST.  
(Late of Lincoln, N. C.)  
Respectfully informs the citizens of Charlotte and the public generally, that he has permanently located in Charlotte. He is fully prepared to attend to all calls relating to his profession.  
A successful practice for more than 10 years in this section of country and in the Confederate army of Virginia, during the late war, warrants him in promising entire satisfaction to all parties who may desire his services.  
Office over Smith & Hammond's Drug Store. Office hours from 8 A. M. to 5 P. M.  
References: M. P. Pegram, Cashier 1st National Bank of Charlotte; Dr. Wm Sloan, Dr. J. H. McAden, and W. J. Yates, Editor Charlotte Democrat.  
Jan 31, 1870.

### DENTISTRY.

The old firm of ALEXANDER & BLAND is hereby received, at the former stand in Brown's building, opposite the Charlotte Hotel. Entire satisfaction is guaranteed, and teeth can be extracted without pain. The patronage of our old customers is respectfully solicited.  
June 6, 1870.

### Robert Gibbon, M. D.,

PHYSICIAN AND SURGEON.  
Office over Smith & Hammond's Drug Store  
Residence on College Street.  
Jan 24, 1870.

### J. P. McCombs, M. D.,

Offers his professional services to the citizens of Charlotte and surrounding country. All calls, both night and day, promptly attended to.  
Office in Brown's building, up stairs, opposite the Charlotte Hotel.  
Oct 26, 1868.

### Dr. JOHN H. McADEN,

Wholesale and Retail Druggist,  
CHALLENGE, N. C.  
Has on hand a large and well selected stock of PURE DRUGS, Chemicals, Patent Medicines, Family Medicines, Paints, Oils, Varnishes, Dry Stuffs, Fancy and Toilet Articles, which he is determined to sell at the very lowest prices.  
Jan 1, 1870.

### W. F. DAVIDSON,

ATTORNEY AT LAW,  
Charlotte, N. C.  
Office over B. KOOPMANN'S Store.  
Dec 13, 1869.

### DR. E. C. ALEXANDER,

Charlotte, N. C.  
Offers his services as Physician to the citizens of Charlotte and surrounding country.  
Office nearly opposite Charlotte Hotel.  
Dr. Alexander makes a good Cough Mixture, better than any Patent Medicine. Try it.  
Feb 7, 1870.

**JOHN T. BUTLER,**  
PRACTICAL  
Watch and Clock Maker,  
AND DEALER IN  
JEWELRY, FINE WATCHES, CLOCKS,  
Watch Materials, Spectacles, &c.  
Aug 19, 1867. CHARLOTTE, N. C.

**MANSION HOUSE,**  
Charlotte, N. C.  
This well-known House having been newly furnished and refitted in every department, is now open for the accommodation of the  
TRAVELLING PUBLIC.  
Omni-busses at the Depot on arrival of Trains.  
Jan 24, 1870. H. C. ECCLES.

**Stoves, Tin & Sheet Iron Ware.**  
Always on hand the best STOVES in the market. Spear's Chloride, Excelsior, Columbia and Live-Oak Cooking Stoves.  
Box and Parlor Stoves,  
Tin and Sheet-Iron Ware,  
Hollow Ware, Japanese Ware, and various  
Housekeeping Articles.  
All wares and work warranted as represented.  
Orders respectfully solicited.  
Feb 28, 1870. D. H. BYERLY.

H. C. ECCLES, T. H. GAITHER,  
of Iredell county, N. C.  
**ECCLES & GAITHER,**  
Auctioneers and Commission Merchants,  
Charlotte, N. C.  
For the sale and purchase of Cotton, Tobacco, Grain, Flour, Produce and Merchandise of all kinds, Mansion House Building, Charlotte, N. C.  
References: T. W. Dewey & Co., Bankers; M. P. Pegram, Cashier, First National Bank; W. J. Yates, Editor "Western Democrat," Charlotte, N. C.  
March 28, 1870.

**D. SNYDER & SON,**  
Gun and Lock Smiths,  
CHARLOTTE, N. C.  
Dealers, Manufacturers and Repairers of all kinds of Guns, Rifles, Pistols, Door Locks, Trunk Locks and Keys of all sizes.  
The best of Guns, Rifles, &c., constantly for sale or prepared to order at prices low down.  
Go to the new Jobbing Shop to get your Arms, Rifles or Sporting Goods, or have your old work made as good as new.  
Shop in Parks' Building near the Public Square.  
DAVID SNYDER,  
W. E. SNYDER.  
Aug 22, 1870.

**MANAGEMENT OF BROOMS.**—If brooms are wet in boiling suds once a week, they will become very tough, will not cut the carpet, last much longer, and always sweep like a new broom. A very dusty carpet may be cleaned by setting a pail of cold water out by the door, wet the broom in it, knock it to get off all the drops, sweep a yard or so, then wash the broom as before and sweep again, being careful to shake all the drops off the broom and not sweep far at a time. If done with care, it will sweep a carpet very nicely, and you will be surprised at the quantity of dirt in the water. The water may need changing once or twice, if the carpet is very dirty. Snow sprinkled over a carpet, and swept off before it has time to melt and dissolve, is also nice for renovating a soiled carpet.

**Administrators' Sale.**  
As Administrators of the late W. T. Alexander, we will sell at public auction, on the premises, commencing on Tuesday the 15th of November next and continuing until all is disposed of, all the personal property of said deceased, consisting of 5 Horses and Mules, 15 head of Cattle, among them several fine Milch Cows, crops of Cotton, Corn, Wheat, Oats, Roughness, 3 good road Wagons, 3 Cotton Gins, one in excellent order; 1 two-horse Carriage, 1 Buggy and Harness, 1 good Piano, Household and Kitchen Furniture, Farming Tools, &c.  
TERMS—Six months credit with note and security.  
R. H. FLOW,  
JOHN M. ALEXANDER,  
Administrators.

N. B.—All persons indebted to said Estate are hereby notified to pay up, and all having claims will present them within the time prescribed by law or this notice will be pleaded in bar of their recovery.  
JOHN M. ALEXANDER,  
R. H. FLOW,  
Administrators.  
Oct 24, 1870

**Vacant Lot for Sale.**  
I offer for sale, privately, one vacant LOT between Gov. Vance's property and the Rock Island Factory, fronting on 5th street. The property must be sold.  
Oct 24, 1870 if S. C. WOLFE, Attorney.

**J. S. Phillips & Trezevant,**  
MERCHANT TAILORS,  
No. 4 Granite Row, CHARLOTTE, N. C.

**Hats,**  
The finest and best assortment to be found in the market.

**Furnishing Goods.**  
Merino Shirts, Drawers, Linen Shirts, Collars of all kinds, Gloves of all kinds.  
Water Proof Clothing as cheap as the same class of goods can be found anywhere. Call and see.  
Oct 24, 1870.

**Plaster and Guano for Wheat.**  
100 BARRELS of Land Plaster and 100 sacks of pure Pacific Guano for sale by  
BURROUGHS & SPRINGS,  
Corner of College and Fourth Sts.  
STEELE CREEK, N. C., Oct. 18, 1870.

Messrs Burroughs & Springs—Gentlemen: I have used the "Soluble Pacific Guano" four years on Wheat, Oats and Cotton. I use nothing else and still receive good crops. My crop of cotton this year is entirely satisfactory. Yours truly,  
ALLEN H. BROWN.  
Oct 24, 1870.

**Cancers, Tumors and Ulcers.**  
R. H. KLINE, M. D., at the Philadelphia Cancer Institute, 383 Arch Street, Philadelphia, Pa., and E. H. GREEN, M. D., at Charlotte, N. C., are making most astonishing cures of  
CANCERS, TUMORS AND ULCERS  
By new principles—Cancer Antidotes—that remove the largest Cancers and Tumors without an operation with the knife, without Caustic, eating or burning medicines, and with but little pain.  
No other treatment should ever be used.  
For particulars send for a Circular, call upon or address either of the above.  
Oct 24, 1870

**GREGORY & WILLIAMSON.**  
NEW STOCK OF GROCERIES,  
Bryce's Building, CHARLOTTE, N. C.  
The attention of strictly CASH buyers is called to our large stock of Groceries and Provisions, such as Sugar, Coffee, Molasses and Teas, Salt, Lard, Fish of all sorts, Cotton Ties, Rope and Bagging, Pure Liquors and Wines for medicinal purposes. And everything usually kept in a wholesale and retail Grocery establishment.  
We offer special inducements to those who buy for Cash.  
GREGORY & WILLIAMSON,  
Oct 10, 1870. Bryce's Building, Trade Street.

**Shoes and Boots, Leather, &c.**  
**S. B. MEACHAM,**  
In the National Bank Building.  
Has received a very large stock of  
BOOTS, SHOES, LEATHER,  
'Shoe-Findings, Belting, &c.,  
To which he respectfully asks the attention of wholesale and retail buyers.  
The examination of this stock by country merchants is solicited, as it will be sold on as favorable terms as can be obtained anywhere.  
All the new styles of Ladies' and Gentlemen's Shoes and Boots will be found in GREAT VARIETY. Remember the place—Store in Bank Building, next door to Granite Row.  
Oct 10, 1870. Sm  
S. B. MEACHAM.

**New Fall and Winter Goods**  
AT BEATTIE'S FORD, N. C.  
We are now receiving and opening by far the largest stock of Goods ever brought to this section, and keep constantly on hand almost every article that can be called for in  
Dry Goods, Groceries, Hardware, &c., &c.  
Our Stock of CLOTHING, LADIES' and GENT'S HATS, BOOTS and SHOES is complete.  
We deal in nothing shoddy, and warrant all goods to be as represented. Having never been undersold in the past, we never intend to be in the future. The quality of our goods is the best, and our prices the cheapest.  
Call and examine for yourselves the largest, most varied and best selected stock of Goods you have ever seen in a Country Store.  
Oct 10, 1870 4w  
CULP, CONNOR & CO.,  
Beattie's Ford, N. C.

**R. M. MILLER & SONS,**  
Wholesale Grocers,  
GENERAL PRODUCE DEALERS  
AND  
Commission Merchants,  
College Street, CHARLOTTE, N. C.  
May 16, 1870.

**30 BUSHELS** of Prince Edward Island Oats, for Seed.  
25 Bushels Norway Oats, for Seed.  
75 Packages of New Mackerel, 1870—Cheap.  
50 Boxes Cheese, very fine—Factory & Goshen Good Rye and Corn Whiskey for medicinal purposes, Good Apple Brandy from Eastern North Carolina.  
Oct 13, 1870. E. M. HOLT & SON.

**Learn to Cook Well.**  
The health of the family depends upon it. We know that there are those who associate luxury, effeminacy, and all dependent ills, with every attempt of the kind recommended. But we do not believe that health is promoted by eating raw carrots or doughy bread—or that to secure long life, it is necessary to turn cannibal. Nor were men made to graze like cattle, or eat food like dogs.  
Nor is it necessary, in order to shun the errors of which we speak, to rush into the opposite extreme. Good cookery does not consist in producing the highest seasoned dishes, nor such as foster a morbid appetite; but in preparing every dish well, however simple or common it may be. There are, for instance, families who never eat any good bread from one century to another, and have no idea of what it consists. Nor are meats cooked any better within their precincts. Those little, simple, and healthy delicacies, which the good housekeeper knows intuitively how to produce are never seen here. Even a dish of potatoes cannot get themselves well boiled. A member of the family might as well fall among Hotentots, as far as any proper nursing is concerned. These things ought not to be, nor is there any just notion of her obligations, if the wife has any just notions of her obligations to herself and those about her.  
The science of bread-making, meat-broiling, stewing, roasting, and boiling, of vegetable cooking, and of preparing the multifarious small dishes of all sorts, which go to make pleasant the table, and all about, are hers—hers to understand and practice.

**Good and Cheap Groceries.**  
**B. M. PRESSON,**  
Next door below Bryce's Building.  
Keeps for sale a choice assortment of heavy Groceries, such as  
Bagging, Cotton Ties and Rope, Molasses, Sugar and Coffee, Salt, Lard, Bacon and Lard, Corn, Corn Meal and Flour, Shoes, Sheet and Shirting, Pure Liquors for medicinal purposes, And everything wanted in the Grocery line by purchasers.  
I will sell very low for cash, and for cash only. Produce of all sorts purchased at market rates. Give me a call and hear my prices.  
Oct 17, 1870. B. M. PRESSON.

**Nursery Stock.**  
**FRUIT TREES, VINES, &c.**  
The Proprietor of the Yackin Valley Nursery offers for sale a large lot of well grown Apple, Pear, Peach, Plum, Cherry and Apricot Trees. Also, Grape Vines, Strawberry and Raspberry plants of the most approved kinds. Send for Catalogue.  
A. E. CONRAD,  
Oct 17, 1870 3m Vienna, Forsyth co., N. C.

**Found Out.**  
"A fool," says the proverb, "will pass for a wise man if he will only hold his tongue." We remember, however to have met somewhere with a very amusing anecdote designed to show that this is not always the truth.  
A very intelligent lady, goes the story, had the misfortune to be joined to a husband so foolish that he could not open his mouth without betraying his stupidity. Having been invited on one occasion to dine in a company of very distinguished scholars, the wife, fearful of being mortified by some display of her husband's incapacity, charged him not to say a word during the whole evening, "and then," said she, "they won't know you're a fool!" The good man promised compliance, and stuck to his promise most faithfully; for being seated at table between two strangers, each of them courteously addressed some remarks to him, to which he vouchsafed no reply. After this had been repeated two or three times, one of them, annoyed at his apparent impoliteness, pronounced him "a fool." "Wife! Wife!" cried out the poor fellow. "I haven't said a word, and they've found me out!"  
Poor Grant seems to be somewhat in the same fix. The only virtue we ever heard attributed to him was that of reticence, and that he has certainly retained. Since he has been President he has not said a word and yet the people have very generally found him out.—*Norfolk Journal.*

**Good and Cheap Groceries.**  
**B. M. PRESSON,**  
Next door below Bryce's Building.  
Keeps for sale a choice assortment of heavy Groceries, such as  
Bagging, Cotton Ties and Rope, Molasses, Sugar and Coffee, Salt, Lard, Bacon and Lard, Corn, Corn Meal and Flour, Shoes, Sheet and Shirting, Pure Liquors for medicinal purposes, And everything wanted in the Grocery line by purchasers.  
I will sell very low for cash, and for cash only. Produce of all sorts purchased at market rates. Give me a call and hear my prices.  
Oct 17, 1870. B. M. PRESSON.

**Administrator's Sale.**  
By virtue of a Decree of the Court of Probate of Mecklenburg county, N. C., I shall sell at Public Auction at the Court House in Charlotte, on Saturday the 20th of November, 1870, Twenty-five Acres of LAND belonging to the late James A. Johnston, on the waters of MeAlpin's Creek, adjoining the Lands of Nicholas P. Tredwell and others, on a credit of six months. The Land will be sold subject to the Dover estate of said Johnston.  
ARTHUR GRIER,  
Administrator  
Oct 17, 1870 6wpd

**The Old Fish and Oyster Man.**  
**JOHN RIGLER,**  
Opposite the First National Bank,  
Has made arrangements for receiving every morning Fresh Oysters and Fish. He hopes his old customers and the public generally will give him a call at the house next to Cochran's Saloon.  
Oct 10, 1870. JOHN RIGLER.

**NEW MILLINERY GOODS.**  
**MRS. QUERY**  
Has just returned from the North with a large assortment of Millinery Goods. She invites the Ladies to call and see the latest styles and fashions.  
Oct 10, 1870.

**Office of County Commissioners,**  
MECKLENBURG COUNTY,  
October 3, 1870.  
It was ordered that sealed Proposals be received at the next meeting of the Board, on the first Monday in November, for some one to take charge of the Poor House as Steward, and also for a Physician for the Poor House. The Board reserves the right to accept any bid or reject all.  
T. L. VAIL,  
Ch'n Board of Commissioners

**BANKING HOUSE.**  
The undersigned has entered into a partnership to prosecute a Banking, Brokerage and Exchange business in the City of Charlotte under the name and style of  
THOS. R. TATE & THOS. W. DEWEY.  
The business will open this day (Oct. 6th) and carried on in the Banking House heretofore occupied by Thos. W. Dewey & Co.  
Oct 11, 1869. THOS. R. TATE, THOS. W. DEWEY.

**Saddles, Harness, &c.**  
**W. E. SHAW**  
Would respectfully inform the public that he is now carrying on the  
Saddle and Harness BUSINESS in all its various branches. He can be found in the basement under McLaughlin & Walter Brem's Hardware Store, at the sign of the BEE HIVE, where he will be pleased to see those wanting Saddles, Harness, Bridles, Collars, &c., &c.  
Repairing of all sorts in his line done at short notice. Trunks covered and repaired.  
The co-partnership of Shaw and Andrews was dissolved by mutual consent on the 18th of Oct. W. E. Shaw will attend to the settlement of the business.  
Oct 24, 1870. W. E. SHAW.

**R. P. WARING,**  
Attorney at Law,  
CHARLOTTE, N. C.  
Office up stairs in Brick Building opposite Dewey's Bank.  
Oct 10, 1870.

**Instruction for the Young.**  
*Dear Young Readers.*—Have you ever thought anything of the amount and kind of preparation necessary, after we have eaten one of our daily meals, to fit it for the nourishment of our bodies? You all know, I am sure, that the food we eat stops for a time at the stomach, and many suppose that there the whole of the process of digestion is performed. This is a great mistake, and I know of no better way to correct so common an error than to give you a proper idea of the stomach digestion.  
In speaking of our food, it is better to substitute the word aliment, for then you will easily understand the meaning of the term "alimentary canal." This, let me explain to you, is the channel by which aliments are conveyed through the body, and the useless parts removed. It commences at the mouth and runs continuously through the entire length of the body. The most important part of this canal is the stomach, and from the back part of the mouth is reached by a muscular tube called the oesophagus or gullet. The stomach is an expanded, pouch-like receptacle, situated in the upper region of the bowels, beneath the lower ribs of the left side, extending across the spinal column to the right and terminating in the first division of the intestines, called the duodenum. It is composed principally of muscular fibres, lined by a mucous membrane which pours out from millions of little tubes, the gastric juice or chemical fluid that acts upon certain parts of the food, and dissolves them. The movement of these muscular fibres is an important one, for they are so wisely arranged that by their contraction the solid aliment is moved about and brought everywhere in contact with the gastric fluid, and its superficial portion removed as fast as it is softened by digestion. At the right and smaller, called the pyloric extremity, they are arranged in a circular form, and constitute a gateway to the bowels, and in health retain the food within the stomach until it is liquefied and fitted for absorption and further digestion in the intestines. A similar arrangement exists at the larger extremity, called the cardia, and prevents the return of the food through the oesophagus. Since the peculiar action of the stomach depends upon its secretion, let us study its nature and learn something of the conditions most favorable to its action. The lining membrane of the stomach is that part from which this secretion is derived. Like the muscles, it must have rest to retain healthy action, therefore, the secretion of gastric juice is suspended during the intervals of digestion. No sooner, however, does the food pass the cardiac orifice and enter the cavity of the stomach, than a flow of blood takes place in its vessels, and its little tubes begin to pour out a clear, watery, acid fluid. This fluid exudes from its surface in a multitude of minute drops like the perspiration from the surface of the skin, and coming in contact with the food, begins at once to act upon its different parts. At the same time the muscular coat is stimulated to contraction and produces a kind of gentle kneading or steady churning of the food, by which it is moved slowly about and more readily penetrated by the gastric juice, in the same manner as the saliva, by means of mastication, moistens the food that it may be swallowed with greater ease. The effect of the gastric juice upon the food is to convert it into a pulpy mass of the consistence of cream, and it is then called chyme. If we examine this fluid more minutely, we will find that it is only the albuminous constituents of the food or such as contain nitrogen, that are dissolved, while the starchy and oily matters are not altered. This will not seem plain, unless you are told that the starchy and oleaginous substances are held together by a covering of albuminous matter, the solution of which, by the gastric juice, sets free their minute, yet unchanged particles. The peculiar action of the gastric juice is due to the presence of a substance called pepsine, together with a small quantity of lactic acid, for the pepsine will not act upon the food unless it be dissolved in an acid fluid. By it, all the different albuminous materials are converted into a new substance called albumose or peptone. It is further necessary in order to produce its effect, that the pepsine have a moderately warm temperature, neither too hot nor too cold. Its greatest activity is about 100° Fahrenheit, which is the medium temperature of the interior of the living stomach.

Now that I have given you some idea of the physiology of the stomach, let me give you a few hints of the conditions necessary for healthy digestion. Although the process of digestion is principally a chemical one, you must not consider the stomach a kind of retort that will not be injured by the introduction of improper substances. Remember that the gastric juice is the product of a living membrane, and not produced as are the various materials in the chemist's laboratory. Nature requires that the healthy action of the digestive process be provided for by careful attention to many particulars. The food should be of good quality, and properly cooked. We have seen that fatty substances are not digested in the stomach, and you will readily understand that a process of cooking, by which fats are allowed to be soaked through the food, will prevent the gastric juice from acting freely upon the albuminous particles, and overtax the mucous membrane by a longer continuance of its swollen and congested state than is natural. For this reason the best methods of cooking are the simplest, such as roasting, broiling, or boiling. The food should also be taken in moderate quantities. A large quantity of food taken at one time, exerts a paralyzing influence upon the stomach, and lessens the energy with which its fluids otherwise act upon the alimentary materials. This danger should be specially avoided when the appetite is voracious, for this desire is an unnatural one, and its gratification will pretty certainly lead to derangement of the digestive functions. Our meals should be taken with regularity. Our own observation teaches us that digestion, like sleep, is subjected to the influence of habit, and sooner or later every one must suffer who continually fails to obey a law which experience so plainly inculcates.

The results of all experiments convince us that any mental disturbance, such as anxiety, anger or vexation, not only takes away the appetite, but interferes with digestion. The old maxims, that a contented mind is the true elixir of life, and that to laugh, is to grow fat, forcibly asserts the necessity of contentment and cheerfulness as regulators of vital action, and in none are these mental conditions more needed for healthy activity, than in the one we have been considering. The practice now so common in fashionable life, of eating ice cream, and such cold dishes, however agreeable it may be at the time, are not in harmony with physiological principles.  
It has been ascertained by direct experiment, that lowering the temperature of the stomach, interferes with, and retards the process of digestion. Drinking cold water also exerts the same injurious effect. I hope I need not tell any of you, for your own sakes, that alcohol in any form, destroys the power of the gastric juice, by throwing down the pepsine in an insoluble state. In this way we are to account for the vomiting that so often follows drunkenness, for the food remaining so long in the stomach, in an undigested state, acts as an irritant, and nature expels it. This is not inconsistent with the fact that a small quantity of spirits taken after a hearty meal, aids digestion, for in such a case it stimulates the paralyzed organ to activity. There are other important facts I might add, but I have already made my letter longer than I intended when I began, and I will perhaps have more to say on the same subject in a future letter. Yours very cordially, "DOCTOR."

**Good Health.**  
Good health is so necessary for enjoyment of life, to sound thinking, to prudent and successful working, that every man's duty is to secure sound health. There are thousands of people who pass for healthy men who are far from being so. It is true that they need no physician, that they require no medicine, that they lose no time, but keep on regularly with their business. But they do not get out of their body half of the work of which it is capable, and they altogether fail of that enjoyment which the Creator has provided for perfectly healthy persons.  
A man may have neither drowsiness, fevers, nor any marked disease, nor even be ill, and yet he may lack tone, strength, buoyancy, and cheerfulness of spirits, and that courage which is apt to go with full health. He may drag himself through a business operation consuming hours, when half an hour only would be necessary if one was sharp and clear. With a dull eye one may hack and pound upon a log four times as long as would be needed with a sharp axe. Our faculties are tools. They must be well tempered, and be kept with a cutting edge.  
If a man suffers depression of spirits when he first wakes in the morning, and requires two or three hours before he gets warmed up to his work, he surely is not in good health. If one suffers from drowsiness after meals, if at evening all his powers are flagged, he is not in good condition. A real healthy man is bright and cheerful at waking in the morning, goes to his meals with good appetite, and thinks no more about his food after it is eaten than a mill does when the grain is in the hoppers, works and thinks with alacrity, directness, and efficiency, looking before him all the time with gentle hopefulness. The natural and healthful action of faculties and organs is pleasurable. A gentle pleasurableness is a sign of health. The absence of it marks either disease or an under-tone of the system, out of which diseases are easily developed.  
While physicians would classify in a scientific manner the ailments of men, it is enough for our purpose simply to refer to the most frequent causes which contribute to produce a low state of the human system.  
First, is over-eating and drinking. When boys are growing, and the body is building itself at a rapid rate, the appetite, though voracious, is natural and healthful. But after the age of twenty-five, growth is usually at an end; all that the system then needs is a resupply of material wasted day by day in labor.  
Those who are subject to hard material labor, and in the open air require and will bear more food than those who are sheltered, sedentary, and subject to very moderate exertion. If men eat more than they need, all the digestive apparatus is overworked; the various parts of the body are over-nutrited, the brain is dulled, the stomach is at length enough impaired to keep up a complaining state.  
The higher the civilized conditions of society, the more apt are men to suffer impaired vigor from over-feeding, because viands are multiplied, and made more tempting—because men have more leisure and eating becomes a luxury as well as a necessity—because people are less addicted to work, get less fresh air, and live less in sunlight. Every day we see men of good morals, of position in society, of estimable qualities, who are inferior or unhappy for no other reason than that they are not wise in eating.  
There is many an irritable man, fall-blinded, florid in face and quarrelsome, who would become peaceful and contented if half of his meat rations were knocked off.  
Another fountain of ill health is found in over-celebrated excitement and under-sleep. These causes lower the working power of society we should think one half third.—*Peoples Journal.*

**A Warning to Preachers.**  
A little girl, who was sitting wearily on a summer day while a very celebrated and equally pious bishop was holding forth, whispered to her mother, "O, come away, mamma—come away. I'm so tired."  
"Not yet, my dear; he will soon be done," said her mamma; "let us wait a little longer."  
The birds kept singing and the preacher preaching, till the little girl, all worn out, and longing for relief and freedom in the open air, pleaded, "Do come now, mamma."  
"Hush, dear," was the response, "he'll soon be done—just in a minute."  
This was more than little patience could stand; and while the tears were running down her cheeks, she said, as she looked hopefully at the expanding preacher:  
"Oh, no, mamma; he is just puffed for another blow."

**KIND HEARTED AND PRACTICAL.**—A Kansas lady on retiring to her room one night found it literally filled with martins, which had flown in during her absence. Instead of harshly turning them out into the cold the kind-hearted lady captured nearly all the little creatures and had them served up the next day in a pot pie.