Mountain Messenger.

A Family Paper Devoted to Politics, Agriculture, Commerce, Literture and General News.

BY ROBT. M. DICKEY. JEFFERSON, N. C., THURSDAY, FEBRUARY 6, 1873. VOL. II.—NO. 17.

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FOR THE FIRESIDE

A FRAGMENT FOR THE YOUNG.

Are there any among you, my young friends, who desire to preserve health and cheerfulness through life, and at length reach a good old age? If so, listen to what I am about to tell you.

A considerable time ago I read in one of the newspapers of the day, that a man had died near London at advanced age of 110 years, that he had never been ill, and that he had maintained through life a cheerful, happy temperament. I wrote immediately to London, begging to know if, in the old man's treatment of himself, there had been any peculiarity rendered his life so lengthened and so happy, and the answer I recived was as follows:—

"He was uniformily kind and obliging every one; he quareled with no one he eat and drank, merely that he might not suffer from hunger or thirst, and never beyond what necessity required. From his earliest youth he never allowed himself to be unimployed. These are the only means he used."

I took a note of this in a little book where I generally write all that I am anxious to remember, and very soon afterwards I observed in an other paper that a woman died near Stockholm at 115 years of age, that she never was ill and was of a contented, happy disposition. I immediatly wrote to Stockholm to know what means this old woman had used for preservin her health, and now read the answer:—

"She was a great lover of cleanliness and in the dayly habbit of washing her face, feet, and hands in cold water and as often as opportunity offered, she bathed in the same; she never ate or drank any delicacies or sweetmeat; seldom coffee, seldom tea, and never wine."

Of this likewise I took a note in my little book.

Some time after this I read that near St. Petersburg a man died who had enjoyed good health till he was 120 years old. Again I took my pen and wrote to St. Petersburg, and here is the answer:—

"He was an early riser, and never slept over seven hours at a time; he never was idle; he worked and employed himself chiefly in the open air, and parteularly in his garden. Whether he walked or sat in his chair, he never permited himself to set away, or in a dent posture, but always perfectly straight. The luxurious effeminate habbit of citizens he held in great contempt."

After having read all this in my little book, I said to myself "You will be a foolish man indeed not to profit by the example and experience of these old people."

I then wrote out all that I had been able to discover about these happy old people upon a large card, which I suspended over my writing-desk, so that I might have it always before my eyes to remind me what I ought to do, and from what I should refrein. Every morning and evening I read over the contents of my card and changed myself to conform to its rules.

And, my dear young readers, I can assure you, on the word of an honest man, that I am much happier, and in better health than I used to be. Formerly, I had headache nearly every day and now I suffer scarcely once in three or four months. Before I began these rules, I hardly dared venture out in rain or snow without catching cold. In former times, a walk of half an hour's legth fatigued ane exhausted me; now I walk miles without weariness.

Imagine, then, the happiness I experience; for there are few feelings so cheering to the spirit as those of constant good health and vigor. But alas! there is something in which I cannot imitate these happy old people—and that is, that I have not been accustomed to all these from my youth.

Oh that I were young again that I might imitate them in all things, that I might be happy and long-lived as they were!

[illegible] you are the fortunate ones who are able to adopt in perfection this kind of life! What then prevents you liveing henceforward as healthy and happily as the old woman of Sockholm, or as long and as usefully as the old men of London and St. Petersburg?—*Translated from the German.*

A WORD OF ADVICE.

Parents, put your boys to work, or keep them at school. One of the best qualities of a business man is industry. By all means have your sons engaged in some occupation. Any occupation is better than to have them loafing on the corners, swearing, or smoking on the streets. It is bad enough to see men in our city, pomenade the streets from day to day, engaged in no occupation unless it is something that is carried on in the dens of iniquity, have no trade to acquire an honest livelhood, no profession to prduce an honorable support, unless gambling is a profession termed honorable. This is a sad state of affairs, yea when you are permtting your sons to go when and where they please, return home at late hours of night not knowing what they have been doing: are you not aware they are cultivating bad habbits that will lead them to something worse than loafers? yes lead them to ruin—you little know what excees they are guilty of when they are from under your eye. Don't then, we, say permit your sons to be lounging on the street, but rather teach them to be industrious, cultivate in them a love for good books, for education, and teach them labor is honorable.

A blacksmith cannot only shoe a horse but he can make a horse shoe.

THE poorest education that teaches self-control is better than the best that neglects it.

FARM ITEMS.

The Ramie Plants.

There can be no doubt that the cultivation of the ramie plant will assume great importance in this country as soon as agriculturists are supplied with the necessary machinery for economically preparing their crops for the market, which is probably only a question of time and that whoever succeeds in devising the means best calculated to serve the required purpose will not only realize a great fortune, but will also confer an inestimable benefit on the country.

To Cook Poultry and Meat.

A writer says: All kinds of poultry and meat can be cooked quicker by adding to the water in which they are boiled, a little vinegar or a piece of lemon. By the use of an acid there will be a considerable saving of fuel, as well as shortning of time. It is beneficial on old meats, quite tender and easy of digestion. Tainted meats and fowls will lose their bad taste and odor if cooked in this way and if not used too freely, no taste of it will be acquired.

Old farmers are prophesying large crops this year, becuse of the loosening up of the soil in dry weather, but "guess work is as good as any when it hits right

AN OPTICAL CURIOSITY

Here is a simple little experiment, by which we can prove the existance of a blind spot in our eyes. Shut your left ly at the cross just below, holding the paper ten or twelve inches from the eye.

X C

Now move the paper slowly toward the eye, which must be kept fixed on the cross. At a certain distance the other figure—the letter C—will suddenly disappear; but, if you bring the paper nearer, it will com again into view. You may not succeed in the experiment on the first trial, but with a little patience you can hardly fail and the suddeness with which the black spot vanishes and reappears is very striking. Now examination has show that when it disappears its image falls exactly on the spot where the optic nerve enters the eye, thus proving the spot to be blind.—*From The Science of Health.*

A MORE or less worthy Scotch wife was remostrated with by her minister for her habbit of beatinf her husband. She explained that her husband's conduct was not what it ought be. The minister recommending kindness and forgiveness enjoind her no more to use her fists and nails, but "to heap coals of fire upon his head" "Weel, minister," replied the now enlightened wife, "since you say sae. I'll try the coals, but I may tell yh that twa or three kettles o, boiling water hae wrocht nae improvemnt."

The following letter, verbatim et iteratim, was received by an undertaker, recently, from an afflicted widower: "Sur—my wiaf is ded and wonts to be burie tomorrow, At woner klok. U nose wair to dig the hole—bi the side of my too other wiafs—Let it be deep!

YOUNG lady— And so Adam was very happy. Now can you tell me what sorrow came over him?"

Scholar—'Please, Miss, he got a wife

WHY is a dentist more comprehensive than a doctor? Because a doctor's work fills only six feet of ground, while a dentist's fills an acre.

IF you court a young lady, and you are won and she is won, you will both be one.

Prospectuses

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