

Durham

AND GREY



Chronicle

COUNTY ADVERTISER.

(\$1.50 per Annum.)

MAINTIEN LE DROIT.

DURHAM, COUNTY OF GREY, ONTARIO, MAY 26th, 1870.

White & Johnson, Publishers & Proprietors.
WHOLE NO. 173.]

[VOLUME 4, NO. 17.]

James Brown,
ISSUER OF MARRIAGE LICENSES,
Durham, Ont.

J. F. Halsted, M. D.,
PHYSICIAN, SURGEON, &c., HAN-
OVER, ONTARIO.

Medical Advice Gratis.
W. PRITCHARD, A. M. M. D.,
formerly Surgeon U. S. Army, &c.,
residence one door South of Jas. Brown's
store, Lower Town, Durham. The doctor
will give advice, FREE OF CHARGE,
each day from 10 a. m. till 2 p. m.
All orders left at E. H. Taylor & Shaw's,
Drug Store, promptly attended to.
Drops, Stereoscopic Matter on hand,
&c. Bring along your children and have
them vaccinated.

R. T. Porter, M. D.,
PHYSICIAN, SURGEON, &c., GRAD-
UATE OF VICTORIA COLLEGE, TORONTO.
Office in Greig's Building, Durham,
County of Grey. All calls, day or night,
promptly attended to.

William Barrett
BARRISTER, ATTORNEY-AT-LAW,
Solicitor in Chancery, &c., &c.,
Office—Over Dalgluigh's store, Upper Town,
Durham, Ont.

THOMAS DIXON,
BARRISTER, ATTORNEY-AT-LAW,
Solicitor in Chancery, &c., &c.,
Office—Next door to the Telegraph
Office, Durham. 164-17.

Samuel E. Legate,
LAND AGENT, VALUER, &c., &c.,
Money to Lend from one to ten
percent, on easy terms of interest. Farms
for sale.
Durham, 10th June, 1868. 71-17.

John Moddie, Licensed
Auctioneer for the County of Grey,
Land, &c., Valuer, Books and Accounts
made up and collected. \$50,000 to
be advanced. All orders at
lead on good farm and property at
5 per cent. Office—14 Garfield St.,
Durham.

C. McDougall,
HOUSE, SIGN AND ORNAMENTAL
PAINTER, Durham, Ont. Painting,
Gilding, and Paper Hanging, done in the
most approved style of the art.

William Buchanan,
FROM GLASGOW
Book Binder, Sullivan Post
Office. Charges mod-
erate. All orders at
the Chronicle's Office,
promptly attended to. 1-17.

Durham
Wagon & Carriage Shop.
H. I. STOREY IS NOW PREPARED
to furnish Carriages, Catters, Wag-
ons and Sleighs, manufactured from the
best material, at the cheapest possible rates.
All work warranted. Shop, opposite Mr.
Carson's store, Lower Town, Durham.

Kerr, Brown & McKenzie,
IMPORTERS OF DRY GOODS AND
Groceries, and General Wholesale
Merchants, Hamilton, Ont.

HUGH ROSE,
General Blacksmith, opposite
Wiley's Boot and Shoe
Store, Lower Town, Durham.
Good workmanship, punctuality and moder-
ate charges are the rules at this Smithy.

IF YOU WANT FURNITURE
GO TO
SHAWELL'S
Cabinet-maker and Chair
Factory,
OPPOSITE ORANGE HALL
BURHAM.
SIGN OF THE BIG CHAIR.

WHERE FURNITURE OF EVERY
description can be had as cheap,
in the County. All work warranted.
Ware-room, One Door North of the sign
of the big chair.

MRS. WOOD & MRS. E. PENNICK
MILLINERS & DRESSMAKERS,
Durham, Ont.

BEG TO ANNOUNCE THAT THEY
are prepared to do Millinery and
Dress-making, and would kindly solicit the
patronage of Durham and vicinity. Mrs.
Penick is well acquainted with above
branches, and also Straw-work. Fluting
done in good style.
Residence next to R. McKenzie's
large brick store, Lower Village.

George Isaacs,
SADDLER, HAR-
NESS and Trunk
Maker, opposite the
Crown Land Office,
Durham, Ont.
Whips, Spurs, &c.,
always on hand.
Jobbing done on the shortest notice.

HOTEL CARDS.
HALF-WAY HOUSE,
RICHARDVILLE, JAMES BELL,
Proprietor. Having leased the
above premises, lately occupied by Mr. J.
Hart, I am prepared to offer first class ac-
commodation to travellers and the public
generally. Good Wines, Liquors and Ci-
gars always on hand. Superior Stabling
and an attentive Hostler. Stages call daily.

CORNISH'S HOTEL,
RICHARDVILLE. This House has re-
cently been refitted and furnished in
first class style, with a view to the comfort
and accommodation of the travelling public.
Wines, Liquors and Cigars of the choicest
quality always on hand. Good Stabling
and an attentive Hostler. Stages call daily.
Charges moderate.

Argyle Hotel,
HUGH MACLAY, PROPRIETOR.
The subscriber is
Licensed Auctioneer for the County of
Grey.

DURHAM HOTEL, Durham,
JAMES ELLIOTT, Proprietor.
The subscriber thankful for past favors
wishes to inform his old friends and the
public generally, that he has again com-
menced business in the above Hotel and
hopes by strict attention to the comfort of
his guests to merit a fair share of public
patronage.
A good Livery in connection.

SIMPLE AND ELEGANT!

THE LOCKMAN
FAMILY SUTTEE
Sewing Machine
MANUFACTURED BY
WILSON, BOWMAN & CO.,
HAMILTON ONT.

Is the most complete Sewing Machine made.
The price of the Machine, on drawers is
stand, walnut top, mouldings and beautiful

\$32 00.

IT IS UNDENIABLE,
THAT THE Lockman Machine is not
only the LATEST but also the
BEST of its kind, before the
public.

IT IS UNDENIABLE,
THAT THE Lockman Machine, although
not much exceeding in price the
finest and cheapest machine man-
ufactured anywhere, is yet
INCORPARABLY superior
to any cheap machine yet
brought out.

IT IS UNDENIABLE,
THAT THE Lockman Machine has
achieved an IMMENSE POPU-
LARITY in the short time it has
been before the people.

IT IS UNDENIABLE,
THAT THE Lockman Machine already
occupies a position only accorded
to others after years of toilsome
effort.

It surpasses all others yet attempted in
the most essential particulars. It is simpler,
and consequently much more easily man-
aged; it is more durable, and consequently
will last much longer; it is more elegantly
finished, and consequently makes a more
agreeable appearance; it runs easier, and
consequently does not fatigue the operator;
it does more work and of a better quality
in an equal space of time, and is conse-
quently more economical; it does better
work, and a greater variety of it, and con-
sequently possesses a greater adaptability;
it is a greater wife-saver, labor-saver, money-
saver, time-saver, board-saver, and conse-
quently appeals more completely to the
philanthropic instincts of humanity; it has
stood the test of actual use, and has achiev-
ed a great popularity. Purchasers should
not select a machine until they have ex-
amined the LOCKMAN, if they would save
a large amount of future annoyance and
trouble.

Call and Inspect.
Agent for Durham and vicinity,
F. H. Edwards.
Durham, March 16th, 1870.

DENTISTRY.
J. A. S. BELL, Surgeon-Dentist,
Office—One door North of
Elliott's Hotel, Upper Village, Durham.

A CHOICE LOT OF
FRESH MEAT
ALWAYS ON HAND,
AT THE
"Durham Meat Market,"
CHARLES LIMIN.



Homey Girls.
How did that homey woman contrive
to get married? Is not frequently re-
marked of some good domestic creature
whom her husband regards as the apple
of his eye, and in whose plain face he
sees something better than beauty—
Pretty girls who are vain of their charms
are rather prone to make observations
of this kind; and conscious of the fact
that flowers of loveliness are often left
to pine on the stem, while weeds of
homeliness go off readily, is no doubt in
many cases at the bottom of the sneer-
ing question. The truth is, that most
men prefer homeliness and amiability to
beauty and caprice. Handsome women
are sometimes very hard to please. They
are apt to overvalue themselves, and in
waiting for an immense bid occasionally
overstand the market. The plain sisters,
on the contrary, aware of their personal
deficiencies, generally lay themselves out
to produce an agreeable impression, and
in most instances succeed. They don't
aspire to compare paragon with prin-
cess, but are willing to take any thing
respectable and worthy of love that
Providence may throw in their way.
The rock ahead of your haughty Junos
and coquetish Hebes—is fastidiousness.
They reject, and reject, until nobody
cares to woo them. Men don't like to
be snubbed nor to be trifled with—a
lesson that thousands of pretty women
learn too late. Mrs. Hannah Moore, a
very excellent and pious person, who
knew whereof she wrote, recommends
every unmarried sister to close with the
offer of the first good sensible Christian
lover who falls in her way. But ladies
whose mirrors, aided by the glamor of
vanity, assure them they were born for
coquetry pay no heed to this sort of ad-
vice.

CHILDREN'S ETIQUETTE.—Always
yes, Yes, sir, No, sir; Yes, papa, No,
papa; Thank you; Good night; Good
morning. Use no slang terms. Clean
faced, clean clothes, clean shoes, and
clean finger nails, indicate good breed-
ing. Never leave your clothes about
the room. Have a place for everything
and everything in its proper place. Rap
before entering a room, and never leave
it with your back to the company. Al-
ways offer your seat to a lady or old
gentleman. Never put your feet on
cushions, chairs or tables. Never over-
look anyone when reading or writing.
Never talk or whisper at meetings or
public places, and especially in a pri-
vate room, where anyone is singing or
playing the piano. Be careful to in-
jure no one's feelings by unkind re-
marks. Never tell tales, make faces,
call names, ridicule the lame, mimic the
unfortunate, nor be cruel to insects, birds
or animals.

THE POISONED TONGUE.—It is the
custom in Africa for hunters, when they
have killed a poisonous snake to cut off
its head, and bury it deep in the ground.
A naked boy stepping on one of the un-
buried fangs, would be fatally wounded.
The poison would spread, in a very
short time, all through the system.—
The venom lasts a long time, and is as
deadly after the snake is dead as it was
before. Our cruel Indians used to dip
the points of their arrows in this poi-
son,—so if they made the least wound
their victims would be sure to die. The
snake's poison is in his teeth; but there
is something quite as dangerous and
much more common in communities
which has its poison in the tongue. In-
deed, your chances of escape from a
serpent are much greater. The worst
snakes usually glide away in fear at the
approach of man, unless disturbed or
attacked. But this creature, whose poi-
son lurks in his tongue, attacks without
provocation and follows up his victim
with unending perseverance. I will tell
you the name, so you will always be
able to shun him. He is called a
Slanderer. He poisons worse than a
serpent. Often his venom strikes to
the life of a whole family or neighbor-
hood, destroying all peace and confi-
dence. I have known his evil tongue
work mischief in the heart of a happy
school circle, destroying the sweetest
friendships and causing life-long bitter-
ness. Oh! beware of this poisoned
tongue. The evil speaker is most abhor-
rent in the sight of our heavenly
Father. They who do such things have
no inheritance in the "many mansions,"
where all is joy and love and blessed-
ness.—Presbyterian.

Walking Erectly.
The New York Journal of Commerce
make the following suggestions on the
subject:—Walking erectly not only
adds to the manliness of appearance,
but develops the chest, and promotes
the general health in a high degree, be-
cause the lungs, being relieved of the
pressure made by heaving the head
downward and bending the chest in,
admit the air freely and fully down to
the very bottom.

Walking Erectly.
If an effort of the mind is made to
throw the shoulders back, a feeling of
tiredness and awkwardness is soon expe-
rienced, but is forgotten. The use of
braces to hold up the body is necessarily
pernicious; for there can be no brace
which does not press upon some part of
the person more than is natural, hence
circumference of that part. But were
there none of these objections, the brace
would adapt itself to the bodily posi-
tion, like a hat or a shoe, or a new gar-
ment, and would cease to be a brace.
To seek to maintain an erect posi-
tion, or to recover it when lost, in a
manner which is at once natural, easy
and efficient, it is only necessary to
walk, habitually, with the eyes fixed on
an object ahead, a little higher than
your own, the cave of a house, the top
of a man's hat, or simply to keep your
chin a little above a horizontal line, or
it will answer to either of these things
behind you; if with these things done,
the necessary, easy and legitimate
effect is to relieve the chest from pres-
sure, the air gets through more easily,
develops it more fully, causing a more
perfect purification of the blood, impart-
ing higher health, more color to the
cheek, and compelling a throwing out of
tears. To derive the highest benefit
from walking, hold up the head, keep
the mouth closed, and move briskly.

Walking Erectly.
A paragraph is going the rounds
about a girl in Chester, Vermont, dying
from tight lacing. An editor comment-
ing on the fact, says:—These corsets
should be done away with; and if the
girls can't live without being squeezed,
we suppose me could be found who
these girls dying off in that manner.—
Office hours almost any time.

Walking Erectly.
An excellent old deacon, who having
won a fine turkey at a charity raffle,
didn't like to tell his severe orthodox
wife how he came by it, quietly remark-
ed, as he handed her the fowl, that the
"Slakers" gave it to him.

Knew his Business.
A well-known clergyman was crossing
Lake Erie, some years ago, upon one of
the lake steamers, and seeing a small
lad at the wheel, steering the vessel, he
addressed him as follows:—"My son, you
appear to be a small boy to steer so large
a boat." "Yes, sir," was the reply; "but
you see I can do it though." "Do you
think you understand your business, my
son?" "Yes, sir, I think I do." "Can you
box the compass?" "Yes, sir." "Let me
hear you box it." The boy did as he
was requested, when the minister said,
"Well, really, you can do it! Can you
box it backwards?" "Yes, sir." "Let me
hear you." The boy again did as re-
quested, when the minister remarked,
"I declare, my son, you do understand
your business." The boy then took his
turn at question-asking, beginning—
"Pray, sir, what might be your business?"
"I am a minister of the Gospel." "Do
you understand your business?" "I
think I do, my son." "Can you say the
Lord's prayer?" "Yes." "Say it."—
The clergyman did so, repeating the
words in a very fervent manner, as
though trying to make an impression on
the lad. "Well, really," said the boy,
upon its conclusion, "You do know it,
don't you? Now say it backwards."—
"Oh! I can't do such a thing as that. Of
course." "You can't do it, eh?" re-
turned the boy. "Well, then, you see I
understand my business a great deal
better than you do yours." The clergy-
man acknowledged himself beaten, and
retired.

**The Benefits of taking a News-
paper.**
It might seem a needless work to say
anything in favor of individuals or fam-
ilies taking a newspaper, as the advan-
tages of doing so are generally under-
stood; yet it is a well known fact that
many do not take them, they being a
class who lie in the rear in an age of
progress. They are never found amongst
the enterprising or intelligent, for such
persons are far too much alive to their
own interests to neglect such an excel-
lent means of promoting them; nor are
they to be found amongst the public
spirited, as these are sure to study the
newspaper that they may observe the
signs of the times, and be able to devise
measures calculated to advance the wel-
fare of the community. In short, all
who aim at keeping abreast of the times
are sure to patronize some newspaper,
or perhaps more than one, and pay for
them, too. Those persons who do not take a
paper—namely those who do not take a
paper—sometimes found excusing
themselves for the neglect in some such
ways as the following:—"They can't
afford to pay for them;" "they have not
time to read them;" "it is of no use—
they can do without them;" and sundry
other excuses hardly worth mentioning,
especially "there are none of the papers
published around here any good." It
may seem self-interest on our part to say
that those who use these excuses are
standing in their own light, yet it is not-
ing but truth. We will not enter into
a detail of the benefits to be derived
from the regular perusal of a newspaper;
but, for the sake of the class referred to,
we will mention a few, that they may
form some idea of what they lose by
their neglect. First, in their being
obliged to gather what little news they
ever hear at second hands—often errone-
ously—and at a great loss of time.—
Second, they fail to obtain anything like
an accurate account of the state of the
crop and markets, and hence often buy
or sell at a heavy loss. Third, they lose
the opportunity of acquiring much use-
ful information in the arts, sciences and
politics; they miss what would give
them amusement in leisure hours, and
which is as bad, addison know what store
to go to get even articles of common
use. Thus, in the name of economy,
squander their time and money, and
what is perhaps worse, they go to the
polls on election days—when the
best interests of the locality they re-
side in, or, it may be, those of their
country are at stake—not half qualified
to discharge the duties they owe it. To
there is another matter which they ought
to look at. Supposing they have families,
who are at school, the newspaper is al-
ways an object of interest, often of
amusement to them, and in this way
serves to stimulate their mental energies,
and powerfully assists the teacher in
further education. The head of a fam-
ily who neglects the aid which the news-
paper furnishes him in the education of
his children is "peny wise and pound
foolish." And, further than this, it de-
serves to be mentioned that, should a
family be grown up, they are all the
better and happier for finding the broad
sheet at hand, as it furnishes them with
many an interesting and profitable sub-
ject of conversation. Altogether, we
may add that a properly conducted news-
paper is a real boon to all classes, and
those persons set the part of wisdom
who liberally patronize it.—Independent.

HEALTH HINTS.
The pain occasioned by corns may be
greatly alleviated by the following pre-
paration:—Into a one-ounce phial ask a
druggist to put two drachms of muriatic
acid and six drachms of rose-water.—
With this mixture wet the corns night
and morning for three days. Soak the
feet every evening in warm water with-
out soap. Put one-third of the acid in
the water, and with a little picking the
corn will be dissolved.

HEALTH HINTS.
A family living over a foul cellar is
more liable to be poisoned and afflicted
with illness than a family living in a
polluted atmosphere, but without cell-
ar or basement filled with fermenting
roots and fruits. There is far more
sickness in the country among husband-
men than there ought to be.

HEALTH HINTS.
Water is the most important prop-
erty, after air, in securing good health.—
Eighty out of every hundred parts of
the vital fluid that circulates in the
animal economy of our bodies, and seventy-
five out of every one hundred of the
weight of every human body, are com-
posed of water alone. It is the best
solvent, and in this respect bears a very
important relation to the human body.
How necessary, then, that it should be
free from all that can prove harmful to
the health and welfare of the body.

HEALTH HINTS.
Boil an egg until pretty hard; take
out the yolk, and rub it with pure gly-
cerine to make a salve of the proper
consistency. We have found this to be
an eminent of superior efficacy for sore
nipples, chapped lips, and similar irrita-
ble conditions of the skin. It is a stan-
dard in our practice, will keep free
from rancidity in all weather, and de-
serves notice by the profession.

HEALTH HINTS.
BLEEDING OF THE NOSE.—Bleeding
from the nose is always regarded as an
unwelcome event, yet, in the opinion of
Dr. Hall, it is always beneficial, pre-
venting headache or more serious ill-
ness, and sometimes arresting apoplexy
and sudden death; therefore it should
not be immediately arrested. When
the nose threatens to bleed excessively
it can sometimes be arrested by putting
the feet in hot water, or by applying a
mustard plaster between the shoulders.

HEALTH HINTS.
TIGHT-FITTING.—Tight-fit-
ting clothes are a serious evil but a far
greater one is their unequal distribution
about the person. One part over-clothes
and another not half clad is a com-
mon condition, especially among women
and children. Women are governed by
fashion and children are governed by
women, and it is the great resource of
fashion to produce new effects by piling
on the textures, now here, now there,
and leaving other parts exposed. If
the declared purpose were to induce dis-
ease, no surer or more effectual way
could be found to do it than this. Its
healthy equilibrium is destroyed, the
thinly dressed parts lose their blood to
the more vascular; and internal de-
rangement gives rise to various chronic
bodily ailments.

HEALTH HINTS.
EGGS.—The white of an egg has
proved of late the most efficacious reme-
dy for burns. 7 or 8 applications of
this substance soothes pain and effectually
exclude the burned part from the
air. This simple remedy seems prefer-
able to collodion or even cotton. Ex-
traordinary stories are told of the healing
properties of new oil which is easily
made from the yolk of hens eggs. The
eggs are first boiled hard, and the yolks
are then removed, crushed and placed
over a fire, where they are carefully
stirred until the whole substance is just
on the point of catching fire, when the
oil separates and may be poured off.—
One yolk will yield nearly two teaspoon-
fuls of oil. It is in general use among
the ecologists of south Russia, as a
means of curing cuts, bruises and scorch-
ings.

HEALTH HINTS.
TOO WELL-BORN FOR A TRADE!—
Many young men have fathers that are
rich, and the consequence is, that these
young men have no ambition, and no
particular prospect in life. They scorn
a particular prospect in life. They scorn
a trade, is very well-born for a gal-
lery, if your boy is fitted to work in
loam, let him work in the soil. If
he is fitted to do a higher order of work,
let him do that; not, however, because
it is more honorable, for anything is
honorable in this world—and in this
country—that you serve honorably.

HEALTH HINTS.
A paragraph is going the rounds
about a girl in Chester, Vermont, dying
from tight lacing. An editor comment-
ing on the fact, says:—These corsets
should be done away with; and if the
girls can't live without being squeezed,
we suppose me could be found who
these girls dying off in that manner.—
Office hours almost any time.

HEALTH HINTS.
An excellent old deacon, who having
won a fine turkey at a charity raffle,
didn't like to tell his severe orthodox
wife how he came by it, quietly remark-
ed, as he handed her the fowl, that the
"Slakers" gave it to him.

Hints on Cooking.
GERMAN MUSTARD.—Wm. Leger,
Iowa, sends the following as his method
of preparing mustard:—"To half a
pound of ground mustard add two oun-
ces of sugar, and moisten with boiling
vinegar; stir for half an hour with a
wooden spoon, and set it aside, well cov-
ered, for an hour. Finally, add as
much vinegar as may be necessary to
thin it. Keep it well covered in a stone
or glass jar."

Hints on Cooking.
An Excellent Rice Pudding.—Add
two quarts of milk, one cup each of rice
and sugar, a teaspoonful of salt. Wash
the rice and add it to the milk cold, and
bake. The secret of having it nice con-
sists in its being taken out of the oven
before the milk has all dried away. It
should be creamy in consistency and
when cool it is better than a pudding
made of eggs, as there is no watery
wheny. Essence of lemons or raisins is
an improvement.

Hints on Cooking.
Cream Pie.—Half cup of flour and
one pint of milk boiled together; add
the yolks of 2 eggs; half cup of sugar
(white or coffee) and lemon to flavor the
milk, and flour for boiling. Let all
boil a few minutes. Make the crust
and bake it and then put in the above
mixture. Beat the white of two eggs
to a stiff froth, add enough white sugar
to sweeten, and put this over the pie
and bake to a light brown. This is
enough for two pies.

Hints on Cooking.
Tea Stains on Table Linen.—Japan
tea stains table-cloths more and indeli-
bly than other black teas, and for a
long time it seemed impossible to take
the stains out, but I find a weak solu-
tion of chloride of lime remove them.—
The solution must not be strong, and
must be carefully strained; the cloth
must not remain in the lime-water but a
short time, and then must be thorough-
ly rinsed. The preparation sold as Ja-
velle would answer the same purpose.

Hints on Cooking.
Bread Making.—An exchange says
that a great economy in the manufac-
ture of bread is secured by the follow-
ing process:—Gluten to the amount of
10 or 12 per cent, is extracted by boil-
ing water, from bran, and the bread
kneaded with this infusion, whereby from
twenty or thirty per cent. more bread
is obtained. The bread, of course, is
not so white as that of first quality, but
is much more nutritious.

Hints on Cooking.
Mulligatawny Soup.—Cut into small
square pieces some very tender lean
mutton; toss it in butter, together with
sufficient minced onion; put both into
rich stock, with a small quantity of rice,
and sufficient curry-powder mixed smooth
and sufficient lemon-juice, or white
wine; simmer gently till the rice is
quite done; then serve altogether in a
tureen. A little preserved tomato
strained is a great improvement.

Hints on Cooking.
Walking Erectly.
The New York Journal of Commerce
make the following suggestions on the
subject:—Walking erectly not only
adds to the manliness of appearance,
but develops the chest, and promotes
the general health in a high degree, be-
cause the lungs, being relieved of the
pressure made by heaving the head
downward and bending the chest in,
admit the air freely and fully down to
the very bottom.

Hints on Cooking.
Walking Erectly.
If an effort of the mind is made to
throw the shoulders back, a feeling of
tiredness and awkwardness is soon expe-
rienced, but is forgotten. The use of
braces to hold up the body is necessarily
pernicious; for there can be no brace
which does not press upon some part of
the person more than is natural, hence
circumference of that part. But were
there none of these objections, the brace
would adapt itself to the bodily posi-
tion, like a hat or a shoe, or a new gar-
ment, and would cease to be a brace.
To seek to maintain an erect posi-
tion, or to recover it when lost, in a
manner which is at once natural, easy
and efficient, it is only necessary to
walk, habitually, with the eyes fixed on
an object ahead, a little higher than
your own, the cave of a house, the top
of a man's hat, or simply to keep your
chin a little above a horizontal line, or
it will answer to either of these things
behind you; if with these things done,
the necessary, easy and legitimate
effect is to relieve the chest from pres-
sure, the air gets through more easily,
develops it more fully, causing a more
perfect purification of the blood, impart-
ing higher health, more color to the
cheek, and compelling a throwing out of
tears. To derive the highest benefit
from walking, hold up the head, keep
the mouth closed, and move briskly.

Hints on Cooking.
Walking Erectly.
A paragraph is going the rounds
about a girl in Chester, Vermont, dying
from tight lacing. An editor comment-
ing on the fact, says:—These corsets
should be done away with; and if the
girls can't live without being squeezed,
we suppose me could be found who
these girls dying off in that manner.—
Office hours almost any time.

Hints on Cooking.
Walking Erectly.
An excellent old deacon, who having
won a fine turkey at a charity raffle,
didn't like to tell his severe orthodox
wife how he came by it, quietly remark-
ed, as he handed her the fowl, that the
"Slakers" gave it to him.

Marriage and Divorce.
It is getting quite common for mar-
ried people to meet their affinities, get
divorced and remarry. One would sup-
pose that happiness, according to their
estimate, would then be secured. It is
not, however. There is a sort of legal
outlawry about the proceeding. There
is no mutual respect where there are
such antecedents. Such can never be
true marriages, unless actual crime has
caused the separation, and, even then,
how infinitely better to have endured to
the end.

Marriage and Divorce.
"But my husband was drunkard."
"Was he a drunkard when you married
him?" "No." "Then what determined
him to that course? Did you bear with
him kindly and gently? Did you
patiently try to save him?" "Yes."
"Then the curse was inherited. Can
you not bear with him as you would
with a bad or deformed child? You
may not be accountable to Heaven for
his course, but you certainly are for
your own."

Marriage and Divorce.
There is so much heroism in the
world—men who go home to careless,
reckless wives and ill-kept homes, and
utter no word of reproach there, and
carry no complaint to the world; wo-
men who screen their husbands' faults
before their children, and bear a bur-
den of neglect and care with saint-
like fortitude. They ask no divorce.—
They love on, and hope on, to the end,
and when God sets his seal on their fore-
heads we shall know what heroism their
silent lives contained.

Marriage and Divorce.
How to Sit.
We find the following uncredited
among theselected matter in an exchange,
and do not know to whom to credit it.
But it is important, and we give it a
place in the CHRONICLE:
"All consumptive people, and all af-
flicted with spinal deformities, sit habit-
ually crooked, in one or more curves of
the body. There was a time in all these
when the body had its natural erectness,
when there was not the first departure
on the road to death. The make of our
chairs, especially that great barbarism
the unwieldy and disease-engendering
rocking chairs, favors these diseases and
undoubtedly, in some instances, leads to
bodily habits from which originate the
ailments just named, to say nothing of
piles, fistula, and the like. The pain-
ful or sore feeling which many are
troubled with incessantly for years at
the extremity of the back-bone is the
result of sitting in such a position that
it rests upon the seat of the chair at a
point several inches forward of the chair
back.

Marriage and Divorce.
A very common position in sitting,
especially among men, is with the
shoulders against the chair back, with a
space of several inches between the
chair back and the lower portion of the
spine, giving the body the shape of a
half hoop; it is the instantaneous, in-
stinctive, and almost universal position
assumed by any consumptive on sitting
down, unless counteracted by an effort
of the will; hence parents should regard
such a position in their children with
apprehension, and should rectify it at
once."

Marriage and Divorce.
"This a very good world that we live in,
To lend and to spend and to give in;
But to beg or to borrow, or get a man's
own,
'Tis the very worst world that ever was
known."

Marriage and Divorce.
An Irishman, recommending a cow,
said she would give good milk year after
year without having calves, because it
ran in the breed, as she came from a
cow that never had a calf.

Marriage and Divorce.
True.—Boys, good morals do not
have their head quarters in taverns and
saloons; nor do they lounge about shops
or stores. I always have a poor opin-
ion of a young man tilted in a chair on
a hotel stool, or camping his legs in a
bar-room. Such places beget a swag-
gering air, and a swaggering man is nei-
ther manly nor admirable, and is repelling
to a good woman as vice is to virtue.—
The atmosphere of places where men
meet to smoke and drink, eat peanuts,
spin yarns, crack jokes, and tell stories
—and you know what kind of stories
some of them tell—is no more appro-
priate for you than your sister.

Marriage and Divorce.
Years, says Anthony Trollope, are
wanted to make a friendship, but days
suffice for men and women to get mar-
ried!

Marriage and Divorce.
Gratitude is the music of the heart,
when its chords are swept by the breeze
of kindness.

Marriage and Divorce.
Almost any young lady has public
spirit enough to be willing to have her
father's house used for a court-house.

Marriage and Divorce.
A Quaker once hearing a person tell
how much he felt for another who was
in distress and needed assistance, dryly
asked him: "Friend, hast thou felt in
thy pocket for him?"

Moderate Drinking.
Rev. Wm. Goodell thus declares in
reference to the various shades of drink-
ing:—"Which is most destructive of
health and life, drunkenness or moder-
ate drinking? But what are the facts?
A man may get as drunk as some do
once a month, vomit out the poison,
sleep off the effects and be sober all the
rest of the month, drinking nothing till
the fit comes on again. Such a man
may do more business, do it better,
preserve better health and live longer than
the 'moderate' drinker, who never gets
drunk, never vomits out the poison—
keeps it within him, adding a little to it
daily till it undermines his constitution,
so that he readily falls a prey to all
manner of diseases without vitality
enough to recover from them. He dies
a 'moderate' drinker, never suspected
of intemperance, yet much less ranked among
the drunkards, yet losing his life in con-
sequence of his 'moderate' drinking.—
Scientific and experienced physicians
entertain these views, and are of opin-
ion that more than half of those who die
in consequence of drinking alcoholic
liquors die before they become confirmed
and downright drunkards."

Moderate Drinking.
How to Begin the Day.
Rise with the lark, but not for one.
Be very careful to attire yourself neat-
ly; ourselves, like