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BY W. A. LEE AND HUGH WILSON. ABBEVILLE, SOUTH CAROLINA, FRIDAY MORNING, MARCH 30, 1860. VOLUME VII.---NO. 48.

POULLAIN, JENNINGS & CO.,

GROCERS,

AND

COTTON FACTORS,

AUGUSTA, GA.,

CONTINUE the sale of Cotton and other produce in their *New Fireproof Warehouse,*

Corner Jackson & Reynolds Sts.

☞ Cash advances made when desird.

ANTOINE POULLAIN,
THOMAS J. JENNINGS,
ISAIAH PURSE.

Sept. 8, 1859-19-tf.

G. M. CALHOUN,

WAREHOUSE

AND

GENERAL COMMISSION MERCHANT,

Reynold's St., between Jackson and McIntosh

Augusta, Ga.;

will attend strictly to the sale of

COTTON, BACON, GRAIN,

And all other produce consigned to him. Personal attention giving to the filling of all orders for Bagging, Rope and Family Supplies. Liberal Cash advances made on produce in Store.

June 24, 1859, 8 tf

THE

MARSHALL HOUSE.

ABBEVILLE C. H., S. C.

THE UNDERSIGNED would respectfully inform the public that he has taken the large and commodious HOTEL, known as the

"MARSHALL HOUSE,"

situated on the North-East corner of the Public Square.

Having had many years experience as a Hotel Keeper, he flatters himself that he will be able to please those who may favor him with their patronage.

His table will always be provided with the best the market affords.

Every effort will be made to render his House a home for the weary traveller.

JOHNSON RAMEY.

Dec. 16, 1857 33 tf

VALUABLE

HOUSE & LOT

FOR SALE.

THE residence of Mrs. Harrison, situated in one of the most eligible locations in Abbeville Village, is offered for sale on reasonable terms.

The House contains ten rooms, with all necessary out-buildings, in a state of thorough repair.

The Lot embraces five acres; a large and handsomely improved Flower Yard, Orchard, Vineyard, &c.

There is also a second building site on the premises.

☞ For further particulars apply to

JAS. M. PERRIN, Esq.

March 3, 1860, 45, tf

HOWARD ASSOCIATION.

PHILADELPHIA.

A Benevolent institution established by special endowment, for the relief of the sick and distressed, afflicted with Virulent and Epidemic Diseases.

MEDICAL Advice given gratis by the Acting Surgeon to all who apply by letter with a description of their condition, (age, occupation, habits of life, &c.,) and in cases of extreme poverty, Medicine furnished free of charge

Valuable Reports on the New Remedies employed in the Dispensary, sent to the afflicted in sealed letter envelopes, free of charge. Two or three Stamps for postage will be acceptible.

Address, DR. J. SKILLIN HOUGHTON, Acting Surgeon, Howard Association, No. 2 South Ninth Street, Philadelpeia, Pa.

By order of the Directors.

EZRA D. HEARTWELL, President
GEO. FAIRCHILD, Secretary. [Jan. 20,12m

TO SELL

OR RENT.

THE STORE HOUSE and LOT at Hodges Depot, recently occupied by ROBERTS & ADAMS. The House is conveniently situated, containing Grocery and Dry Goods rooms, neatly finished, a counting room, and a very commodious room upstairs.

To persons wishing to engage in mercantile life, we say this is one of the best country stands in the State. Thirty Thousand Dollars worth of goods may be sold here annually, into good hands.

J. N. COCHRAN.

Jan. 5, 1860 37, 3m.

J. L. CLARK,

REPAIRER OF

WATHCHES, CLOCKS AND JEWELRY,

HODGES' DEPOT, S. C.,

IS prepared with all necessary tools and materials to do anything in his line of business at the lowest rates. All work warranted to do well for twelve months, if not send it back and it will be done free of charge. Give me atrial and satisfy yourselves. Terms cash.

June 17, 1859,7-12m.

VERELL & JACKSON,

HOUSE PAINTERS, GRAINERS, MARBLERS

AND PAPER HANGERS,

NINETY SIX, S. C.

W. F. VERELL. CALEB JACKSON.

Jan. 27, 1860, 12m

THE INDEPENDENT PRESS.

BY LEE & WILSON.

ABBEVILLE S. C.

Two Dollars, in Advance, or Two Dollars and Fifty Cents at the Expiration of the Year.

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CANDIDATES.

The friends of Capt. G. M. MATTISON respectfully announce him as a candidate for Tax Collector at the next election.

The friends of JAMES A. McCORD respectfully announce him as a Candidate for Tax Collector at the next election.

The friends of Dr. J. F. McCOMB respectfully announce him as a Candidate for Tax Collector at the next election

☞ We are authorized to announce S. A. HODGES as a Candidate for Tax Collector, at the ensuing election.

☞ The friends of Capt. W. S. HARRIS respectfully announce him as a Candidate fo the office of *Tax Collector* of Abbeville Distri at the next election.

☞ The *numerous friends* of WESLEY A. BLACK Esq, respectfully announce him as a Candidate for Tax Collector at the next election.

The friends of HENRY S. CASON respectully announce him as a Candidate for Tax Collector, at the ensuing election.

☞ The friends of JOHN A. HUNTER respectfully announce him a candidate for the office of Ordinary, at the next election.

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THE ONLY ARTICLE

UNRIVALLED IN MARKET

WITH IMMENSE

HOME AND EUROPEAN

DEMAND.

THE reason why, is that by Nature's own process it restores the natural color permanently after the hair becomes gray; supplies the natural fluids, and thus makes it grow on bald heads, removes all dandruff, itching, and heat from the scalp, quiets and tones up the nerves, and thus cures all nervous headache, and may by relied upon to cure all diseases of the scalp and hair; it will stop and keep it from falling off; *makes it soft, glossa, healthy and beautiful,* and if used by the young two or three times a week, it will never fall or become gray then reader, read the following and judge for yourselves:

NEW YORK, Jan. 8 1858.

Messrs. O. J. Wood & Co—Gentlemen: Having heard a good deal about Prof. Wood's Hair Restorative, and my hair being quite gray, I made up my mind to lay aside the prejudices which I, in common with a great many persons had against all manner of patent medicines, and a short time ago I commenced using your article, to test it for myself.

The result has been so very satisfactory that I am very glad I did so, and in justice to you, as well as for the encouragement of others who may be as gray as I was but who having my prejudice without my reasons for setting it aside, are unwilling to give your Restorative a trial till they have further proof, and the best proof being ocular demonstration, I write you this letter, which you may show to any such, and also direct them to me for further proof, who am in and out of the N. Y. Wire Railing Establishment every day.

My hair is now its natural color and much improved in appearance every way being glossier and thicker and much more healthy looking. I am, Yours Respectfully,

HENRY JENKINS.

Cor. Columbia and Carroll Sts., Brooklyn

LIVINGSTON, Ala., Feb. 14, 1858.

PROF. WOOD—Dear Sir.: Your Hair Restorative has done much good in this part of the country. My hair has been slightly diminishing for several years, caused, I suppose, from a slight burn when I was quite an infant, I have been using your Hair Restorative for six weeks and I find that I have a fine head o hair now growing, after having used all other remedies known to no effect. I think it the most valuable remedy now extant, and advise all who are afflicted that way to use your remedy.

You can publish this if you think proper.

Yours, &c.,

S. W. MIDDLETON.

PHILADELPHIA, Sept. 9, 1857.

PROF. WOOD—Dear Sir: Your Hair Restorative is proving itslf beneficial to me. The front, and also the back part of my head almost lost its covering—was in fact BALD. I have used but 2 half pint bottles of your Restorative, and now the top of my head is well studded with a promising crop of young hair and the front is also receiving its benefit. I have tried other preparations without any benefit whatever. I think from my own personal recommendation, I can induce many others to try it. Yours, respectfully,

D. R. THOMAS, M. D.
No. 464 Vine Street.

The Restorative is put up in bottles of three sizes, viz: large, medium, and small; the small holds ½ a pint, and retails for one dollar per bottle: the medium holds at least twenty per cent more in proportion than the small, retails for two dollars per bottle; the large holds a quart 40 per cent, more in proportion, and retails for $3 a bottle.

O. J. WOOD & CO. Proprietors, 444 Broadway, New York, and 114 Market St., St. Louis Mo.

And sold by all good Druggists and Fancy Goods Dealers.

SOUTHERN DRUG HOUSE.

SPEARS & HIGHT,

STILL occupy their old stand, opposite the Planters' Hotel, No. 316, where they constantly keep on hand one of the Largest Stocks in the Southern Country, comprising every article in the Drug and Fancy Goods Trade. All of which they will sell at New York Prices.—Price before you buy. [Jan. 20, 1860, 20-tf

DR. JAMES F. MABRY

WOULD inform the public that he has returned to the village, and will continue the practice of medicine. He may be found at he MARSHALL HOUSE, unless professionally engaged.

March 1, 1860-44 tf

THE WINDS OF MARCH ARE HUMMING.

BY FITZ-GREENE HALLECK.

The winds of March are humming
Their parting song, their parting song,
And summer skies are coming,
And days grow long and days grow long
I watch, but not in gladness,
Our garden tree, our garden tree;
It buds, in summers sadness,
Too soon for me, too soon for me.
My second winter's over,
Alas! and I, alas! and I
Have no accepted lover:
Don't ask me why, don't ask me wny,

'Tis not asleep or idle
That love has been, that love has been;
For many a happy bridal
The year has seen, the year has seen;
I've done a bridemaid's duty,
At three or four, at three or four;
My best bouquet had beauty,
Its donor more, its donor more,
My second winter's over,
Alas! and I, alas! and I
Have no accepted lover:
Don't ask me why, don't ask me why.

His flowers my bosom shaded
One sunny day, one sunny day;
The next, they fled and faded,
Beau and bouquet, beau and bouquet.
In vain, at ball and parties,
I've thrown my net I've threwn my net;
This waltzing, watching heart is
Unchosen yet, unchosen yet.
My second winter's over,
Alas! and I, alas! and I
Have no accepted lover:
Don't ask me why, don't ask me why.

They tell me there's no hurry
For Hymen's ring, for Hymen's ring;
And I'm to young to marry:
"Tis no such thing, tis no such thing.
The next spring tides will dash on
My eighteenth year, my eighteenth year;
It puts me in a passion,
Oh dear, oh dear! oh dear, oh dear!
My second winter's over,
Alas! and I, alas! and I
Have no accepted lover:
Don't ask me why, don't ask me why.

A COQUETTE'S KISS.

"Love is the mistress of us all."

"How smooth the surface of the river is this evening! Surely the current is gentle enough to tempt even the timid Mary to venture a sail," said I, half ironically.—"Come, here is a boat, let us cross over and spend an hour with the Misses H——."

"But it may be dark before we return and then"— she hesitated.

"Then we will return by the bridge," said I. "It is a delightful evening, and the last too that I shall spend in your pleasant village for the present, so let us enjoy it."

She made no reply, but placing her hand in mine permitted me to seat her in the boat. A few strokes of the oar and we gained the centre of the river. The dwelling of the Misses H. was situated some distance below, and yielding ourselves to the current we floated slowly down.

Report had assigned to Mary W. the unenviable reputation of a heartless coquette. The village gossips would recount her almost numberless conquests, especially among the students of the neighboring college. Many a fascinated undergraduate had thought more of her than his studies, and received for his trouble a coquette's smiles and a tutor's frowns. Mary was indeed beautiful and full of that graceful lightheartedness, which more even than beauty bewitches us, but one which is so often, alas! found united with heartless coquetry. At first I was led to believe that what seemed the general opinion was true. But I soon thought otherwise. I could not but believe that a form so lovely enshrined a heart—a heart, too, susceptible of the purest and holiest passion that mortals know. My classmates, however, only smiled and shook their heads at what they called my infatuation. But I had noticed her actions for some time closely, and in a measure unobserved. The more I saw the more was I convinced that Mary had yet to love, and that when she did, it would be with a fervor of which few are capable.—Meantime our slight acquaintance gradually became intimacy, and it was said by the village gossips that I would soon be added to the catalogue of her victims. Thus the time passed by until the period of my departure had arrived, and on leaving my room on the last evening of my stay, I determined to know if she was the heartless being so generally considered, or if she was capable of loving and of being loved.

For once her usual vivacity had deserted her, and our walk on this evening was unlike the many which preceded it, almost a silent one.

'We return by the bridge do we?' she inquired, as we left the Misses H.

'If you prefer it. The distance is considerable, however; perhaps it will be too fatiguing.

'Oh, no; I like a long walk sometimes.'

A few vain attempts at conversation and we again walked on in silence. We had nearly reached our home when she hesitatingly inquired—

'May I ask you a question?'

'Yes, two, if you wish,' I replied,—somewhat piqued at her previous reserve.

'Who is Ellen C.'

'A cousin of mine, and a pretty one too.'

'You correspond with her?'

'Yes, and hope to see her soon.'

"She is a lovely creature, such an one
As poets love to dream of, poets paint."

We had now reached the grounds enclosing her father's residence. Instead of taking the path direct to the house,—we had, unobserved by me, taken one leading to a small arbor, where we had frequently spent an hour in idle converse or in reading some favorite author. 'I am fatigued; let us rest a while,' said Mary as we reached it. We We entered. I observed on the seat a volume of Tasso's Jerusalem which I had given her. I took it up. Her gloves were lying between the leaves opening to a particular passage—a favorite of mine. Apparently without noticing it, I referred to the pages which I had been reading during the day, and then spoke of some new publications which I had received, offering to send them to her for perusal during my absence in vacation.

'But will you call again before you leave?'

'I think not. My uncle's carriage will arrive in the morning, and we shall leave as soon as the commencement is over.'

'But you can call for a moment at least.'

'Do you wish it.'

She looked up reproachfully. A tear stood trembling in her eye. My arm encircled her waist and gently drew her to me. Our lips met; the first long kiss of love was given, and her head sunk upon my bosom. We breathed no vow, but that moment has been to me the holiest one in memory.

* * * * * *

I hear my wife's step approaching the library. 'You are just in time, Mary. Read this ——. Have I sketched it correctly?'

'Yes—but—'

'But what?'

'You should not have written anything about—'

'About what?'

'About that kiss!'

"Well, not again.'

'You promise?'

'Yes, but that promise must be sealed or it will not be valid,' and gentle reader my story is ended.

EDUCATING THE HEART.

The following remarks from a late number of the London Quarterly Review, with reference to educating the *heart* before the *head* is too full, commend themselves to all who have the managament of children:

It is the vice of the age to substitute learning for wisdom—to educate the head, and to forget that there is more important education necessary for the heart. The reason is cultivated at an age when nature does not furnish the elements necessary to a successful cultivation of it; and the child is solicited to reflection when he is only sensible of sensatiion and emotion. In infancy the attention and the memory are only excited strongly by things which impress the senses and move the heart, and a father will instill more solid and available instruction in an hour spent in the fields, where wisdom and goodness are exemplified, seen and felt, than in a month spent in study, where they are expounded in stereotype aphorisms.

No physician doubts that precocious children, in fifty cases for one, are much worse for the discipline they have undergone. The mind seems to have been strained, and the foundations for insansty are laid. When the studies of muturer years are stuffed into the child's head, people do not reflect on the anatomical fact that the brain of an infant is not the brain of a man. The first eight or ten years of life should be devoted mainly to the education of the heart—to the formationof principles rather than to the acquirement of what is usually called knowledge.

Nature herself points out such a course; for the emotions are then liveliest and most easily moulded, being as yet unalloyed by passion. It is from this source that the mass of men are hereafter to draw their sum of happiness or misery. The actions of the immense majority are, under all circumstances, determined much more by feeling than reflection; in truth, life presents an iufinity of occasions where it is essential to happiness that we should *think* profoundly.

'I'm afraid,' said a lady to her husband, 'that I'm going to have a stiff neck.'—'Not at all improbable, my dear,' replied the spouse; 'I've seen strong symptoms of it ever since we were first married.'

A person asked a Grecian philosopher what he thought was the proper time to dine. 'Sir,' said the ancient, 'the proper time of dinner with the opulent is when he can.'

A shrewd observer once said that, in walking the streets of a slippery morning, one might see where the good-natured people lived, by the ashes thrown on the ice before the doors.

PERSONAL TRAITS OF WASHINGTON.

A volume of recollections and private memoirs of Washington, by his adopted son, with a memoir of the author, by his daughter-is just out, There is much in it that will be read with great interest.

During the interval between 1759 and 1774, the time which Washington could spare from his building and agricultural improvements, was devoted in a great measure to the pleasures of the chase. He appears to have had no taste for shooting or fishing; but fox hunting was a sport in entire accordance with his athletic habits and his fondness for equestrian exercses. His kennel was situated near the family vault, in which his remains were at first deposited. It was a rude structure, but afforded comfortable quarters for the hounds. The pack was very numerous and select. Every morning and evening Washington visited and inspected the the kennels, in the same manner as he did his stables. He took pride in the discipline of his hounds. If in running one of them lost the scent, another was at hand immediately to recover it, and thus when in full cry, in sporting phrase, you might cover the pack with a blanket. He kept a register of his horses and hounds, in which might be found the names, ages, and marks of each, and with these companions of the chase, he was as punctual in his attentions as to any other business of his life. At the commencement of the season, Mount Vernon became crowded with guests from the neighborhood from Maryland and elsewhere. Their visits were prolonged not only for days but for weeks, and they were entertained with the exuberant hospitality of the Old Dominion. Washington was always superbly mounted, and in the genuine costume of the chase. He wore a blue coat, scarlet waistcoat, buckskin breeches, top boots and velvet cap. With his long thonged whip in hand he took the field at daybreak. Will, Lee, his huntsman, and a brave array of friends and neighbors, followed in the train, but none rode more gallantly in the chase, or with more cheery voice awoke the echoes of the woodland, than the hoast of Mount Vernon.

After the close of the Revolution, the hunting establishment, which had gone down during the late war, was renewed by the arrival of a pack of French hounds, sent by Lafayette. These dogs were of great strength, and fierce courage. They would have been able to encounter the wolf or bear, or even to grapple with the lion in his native sands, as well as to pull down the stag in the Amrican forest. It was necessary to keep them in close confinement, as from their ferocious disposition they would not hesitate to devour a stranger, who might pass their kennel after nightfall, should the gates be unclosed. The huntsman always presided at their meals, and it was only by the vigorous use of the ash that any degree of law and order could be prnserved among these savage animals. If the weather permitted, there was a hunt three times a week. Breakfast was served on those mornings by candle-light. Washington, as usual, took nothing but a Indian cake and a bowl of milk. Before sunrise, the whole cavalcade would often have left the house and unkenneled the fox. Washington was one of the most accomplished cavaliers. He rode with case, elegance and power. He took no account of any vicious propensities of his horse. The only quality which he demanded of a horse was that he should go along, and ridiculed the idea that he could be unseated, provided that the animal kept on his legs. Indeed, with his sinewy frame and iron muscles, he had such a tenacious gripe with his knees, that the horse might as easily throw off his saddle as such a rider. His favorite animal for the chase was a horse called Cleskin, of a dark iron gray color approaching to blue. This was a fine but fiery steed, of great, endurace in a long run. The huntsman, Will, better known in Revolutionary lore as Billy, rode a horse called Chinkling, a wonderful leaper and very much like its rider; low but sturdy, and of great bone and muscle. The only duty of Will, was to keep with the bounds. Gallantly did he perform his task. Mounted on Chinkling, throwing himself almost full length on the animal, with a French horn at his back, and his spur in flank, this bold rider would rush at full speed through brake and tangled wood, in a style at which modern huntsmen would stand aghast. There were roads cut through the woods in various directions, by which timid hunters and even ladies could enjoy the exhilarating cry without risk of life or limb, but Washington rode gaily up to his dogs nor spared his impetuous steed, as the distended nostril of Blueskin would show. He was always in at the heath, and yielded to no man the honor of the brush. After the chase, the party would return to the mansion where, at the well spread board and with the flowing glass, the incidents of the field were discussed, while Washington, never deviating from his orderly habits for the sake of convivial pleasures, would, after a few glasses of Madeira, retire supperless to bed at nine o'clock.

CHIMNEY CORNER COWARDS.

Oh, these clear, cold, bracing winter days, when all things seem possible! when the step is quick and vigorous, and the blood leaps through the veins, and every muscle seems strained to its utmost tenison! Then I face the biting wind with a glad defiance. Then I laugh at the luxurious dame in lace sleeves, who sits, feet on the fender, scorching her nose, while little tricklets of cold water seem to course down her indolent, shivering back. This luxurious dame, who with all her laces and diamonds, does not own one warm, sensible out-door garment for such a day as this—and, what is worse has no desire to do so; this fair weather pedestrain—this dry goods doll—this butterfly, who spreads her gauzy wings only when the sunshine is warmest with a very sorry caterpillar she will be by and by! (N. B.—Mr. Fern says I have put the cart before the horse, and that it is the caterpillar thatturns into the butteafly. Pshaw! these biographers are always hunting up *facts.* I hate facts.)

Hurrah for the biting days of winter! Now see those lazy men, who wear their hats all day in hot counting rooms, creeping into omnibnsses, *via* their dinner, scowling at every fresh comer who does them the favor to introduce a breath of fresh air to qualify the damp, musty straw in which their lazy feet are buried; who, with all their knowledge, don't know that a good brisk walk home is a better sauce for their food than Soyer in his most inspired moments, ever invented. May dyspepsia be their merited portion! As for me, I deplore that snow-balling is forbidden my sex! As for me I would like to challenge that sepulchral procession of school-girls to a race from Union Park to the Battle, As for me, I only wondre any omnibus driver is insane enough for a moment to halt, in the unwarrented hope of *takidy me in* a passenger! As for me, let doctors hang their heads, and shoe-makers hold up theirs. If perfer paying the butcher's bill to the druggists, is it an affair of Mrs. Grundy's? for paradoxical as it may appear after what I have said, I don't live on air; no, I despise a woman who is too mincing to own to a good appetite. *Very* substantial luncheon's prepare the way for those delicate dinners, you may depend. I've seen em? Oystors disappear down those lovely throats in manner alarming to cooks.

How she gnawed it
How she clawed it
When she *found herself alone.*

And ye she forgoes the brisk, stirring winter walk after it, which alone would save her good looks—and this is the only argument between you and me that is likely to move—but grows leaden eyed and puffy over some wretched book, with a disgust ing lap-dog in he rapron. If there *is* anything I hate, it is a woman with a lap-dog. I always want to drown it and put a baby in its place—only that I know the baby would have the worst of it, for your lap-dog woman can by no possibility make a decent mother. Perhaps you think the cold weather has made me savage. Not at all. I was never in a more beatific frame of mind. At the same time, I have a great contempt for that man or woman who shrivels up like a dried leaf this glorious winter weather; who having meat, drink and clothes enough, has yet not spirit or blood enough to air his or her gratitude, Miserable, cowering wretches! Imagine *them* coming over in the Mayflower?—FANNY FERN.

TAKING COLD.—A 'cold' is not necessarily the result of low or high temperature. A person may go directly from a hot bath into a cold one, or into snow even, and not take cold. He may remain out in the coldest atmosphere until chilled through and not take cold. On the contrary, he may take cold by pouring a couple of table spoonfuls of water upon some part of his dress, or by standing in a door, or before a stove, or sittiug near a window or other opening where one part of ths body is colder than another. Let it be kept in mind that uniformity to temperature over the whole body is the first thing to be looked after. It is the unequal heat upon different parts of the body that produces colds, by disturbing the uniform circulation of the blood, which in turn induces congestion of some part. If you must keep a partially wet garment on, it would perhape be as well to wet the whole uniformly.

The feet are a great source of colds on account of the variable temperature they are subjected to. Keep these always dry and avoid draught of air, hot or cold, wet spots on the garments, and other direct causes of unequal temperature, and keep the system braced up by plenty of sleep, and the eschewing of debilitating food and drinks, and you will be proof against a cold and its results.

An original way of answering questions at a time: 'Here, Bid[illegible] what's the time o'night, and where's the pertaty pudding?' 'It's eight sir.'

PHTHISIS AS AFFECTED BY COMPLEXION.—The Edinburg Medical Journal publishes some curious observations made by Dr. Beddoe on the supposed proclivity to phthisis in persons of xanthous complexion. The number of cases noted was five hundred, two hundred and forty of whom are natives of Scotland, two hundred and seventeen were English, and forty-three were Irish. Persons having gray hair were not noted. These observations not only disprove the old notion of the special liability of xanthous persons, but go far toward proving consumption to be more rife among dark-eyed, dar-hakired people. Dark eyes were more frequently met with among the phthisical than was any other color. Red hair rose slightly above, and fair hair slightly below the average. Brown hair counted little more than three-fourths of its proportionate number. Dark brown, on the other hand, rose almost as high above the average and black still higher, showing an excess in the proportion of more than three to two. The frequency of black hair among the non-phthisical Irish does not tell much on the average, as Ireland furnished only forty-three cases out of the five hundred—less than nine per cent. That consumption may be very frequent among persons of fine skin and delicate complexion, Dr. B. does not deny; in fact, he believes that a very fair complexion, especially when conjoined with black hair, is very often associated with proclivity to tubercular disease. It is also conceivable that the progress of the disease may be in general more rapid in fair than in dark subjects.

SLEEP.—There is no fact more clearly established in the physiology of man than this, that the brain expands its energies and itself during the house of wakefulness, and that these are recuperated during sleep; if the recuperating does not equal the expenditure, the brain withers—this is insanity. Thus it is that in early English history, persons who were coudemned to death by being prevented from sleeping always died raving maniacs; thus it is, also, that those who are starved to death become insane; the brain in not nourished, and they cannot sleep. The practical inferences are these:—First. Those who think most, who do most brainwork, require most sleep. Second. That time saved from necessary sleep is infallibly destructive to mind, body, and estate. Third. Give yourself, your children, your servants—give all that are under you the fullest amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the moment they awake; and, within a fortnight, nature, with almost the regularity of the sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and sufficient rule—and as to the question how much sleep any one requires, each must be a rule for himself—great Nature will never fail to write it out to the observer under the regulations just given.—*Dr. Spicer.*

REMEDY FOR HEADACHE.—A correspondent writes as follows:

'My remedy for the headache is to take one-forth to one-thitd of a teacupful of green tea, steep it well and drink it, and if the pain in the head is not relieved within ten minutes, repeat the does. This remedy has never failed to cure in my case: and the only unpleasant effect of the tea, when several does are taken, is, to render one rather wakeful at night.'

'Does my son William, that's in the army, get plenty to eat?' asked an old lady of a recruiting sergeant the other day. He sees plenty,' was the laconic reply. 'Bless his heart, then, I know he'll have it if he can see it; he always would at home.'

An auctioneer on one occasion when speaking to a horse dealer about the surrounding country which was very lovel, and some of which he had to dispose of, remarked, 'The country is exceedingly beautiful, and I do so admire a *rich flat.*'—So do I, sir,' said the grinning jockey.

An Irish clergyman once broke off the thread of his discourse, and thus addressed the congregation:—'My dear brethren, let me tell you that I am now just half through my sermon, but as I perceive your impatience, I will say that the remaining half is not more than a quarter as long as that you have heard.'

A Frenchman, having heard the word 'press' made use of—to imply, persuade press that gentleman to take some refreshments, press him to stay, etc—thought he would show his talents by using (what he imagined) a synonymous term; and he, therefore made no scruple to cry out in company, 'Pray, squeeze that lady to sing!

GRAHAM CUSTARD.—Mix a pint of cream with one of milk, five beaten eggs, a tablespoonful of flour, and three of sugar. Add nutmeg to the taste, and bake the custard in cups or pie-plates in a quick oven.