No. 211 Market Street, (2d story, Morrow's Building,) WILMINGTON, DELAWARE. A Full Line of Fall and Winter Cloths. Cassimeres and Vestings. A neat Fit guaranteed. 43 \$3-Patronage solicite Sept 21, 1872-1y

DURING THE HEATED TERM

THE MAJORITY OF PERSONS SUFFER FROM General Physical Prostration and Debility, Loss of Appetite. Distaste for Food, Want of Energy, Languor, Paleness, Emaciation, &c.

FOR THE COMPLETE RELIEF OF ALL SUCH CASES WE WOULD CALL ESPECIAL ATTENTION TO THE FOLLOWING PREPARATIONS: Phospho-Ferrated Elixir of Calisaya Bark. (Iron, Phosphorus und Calisaya.)

AND BITTER WINE OF IRON, MADE BY E. BRINGHURST & CO. MADE BY E. BRINGHURST 2 CO.

These elegant Preparations are palatable and grateful to the taste, acceptable to the stomach and uniform in strength, possessing decided tonic and anti-periodic properties. They improve the appetite, assist digestion, create a relish for food, increase the strength and relieve the enhants on and fatigue arising from excessive mental or physical labor, and are particularly valuable as a Restorer, Invigorator and Appetizer in all forms of general debility attended with nervous prostration and improverientment of the blood, and especially suited for the use of convalencents, delicate fenales and children.

PREPARED BY E. BRINGHURST & CO., Factors of Fine Pharmaceutical Specialties, Cor. Sixth and Market Streets. WILMINGTON, DEL.

TOTHE

Readers of The Cecil Whig,

You are invited to call at 300 Startet Street, Winnington, Del, and camino our large assortment of Household Goods, which we are selling at Very Low Prices. Each of our Departments is complete, and every housekeeper can get just what they want, at the one Store. So, when you visit Wilmington, Le sure to

ADAMS & BROTHER'S,

506 MARKET ST. 506

Dry Goods,

TRIMMINGS. NOTIONS.

HOSIERY, GLOVES, &C.

CARPETS, NEW AND BEAUTIFUL STYLES IN

Brussels, Ingrain, Stair, Entry, Rag and Hemps.

WINDOW SHADES,

Floor, Table and Stair Oil Cloth, RUGS, STAIR RODS.

CROCKERY, GLASS AND TIN-WARE

BOOTS & SHOES.

And a Thousand and One Articles too numerous to mention. Yours truly,

ADAMS & BROTHER,

WILMINGTON, DEL. MISCELLANEOUS.

CLOTHING.

FRESH STOCK Spring & Summer Clothing

For Men's and Boys' Wear. ALSO, A FULL ASSORTMENT OF

Gents' Furnishing Goods, HATS, CAPS, &c.

JUST RECEIVED FROM THE CITY, AT THE

TEMPLE OF FASHION. opposite the Bee Hive, and adjoining Stanton & Moore'
Tobacco Store, in the Hollow,

MAIN STREET, ELKTON,

where you can buy 20 per cent, cheaper than anywhere else. 47 Call and see me.



Whig Building,

ELKTON, Maryland. NEW LINE

For Elkton and Sassafras River.

E-25-2 On and after Monday, April 21st, 1973, the

Steamer "C. P. SMITH," Captain J. H. BROWN,

PASSAGE. - - 81.25.

Meetings of County Commissioners. Tite regular meetings of the County Commissioners will be held on the second TUESDAY of every

Persons having claims against the County, will please flet be same in the Commissioners' Office, with a legal voucher; as no account will be silowed not propelly chargeable to the same.

Collectors and others having a counts to be stated or actived will apply to the Clerk curing the recess of the Board.

By Order: We will please to be compared to the clerk curing the recess of the board.

VOL. XXXII---NO. 42.

ELKTON, MARYLAND, SATURDAY, MAY 24, 1873.



PURELY VEGETABLE

LIVER MEDICINE has proved to be the GREAT UNFAILING SPECIFIC r Liver Conflaint and its painful offspring, DYSPEP IA, CONSTIPATION, Januaire, Bibous attacks, SICK EADACHE, Cole, Depression of Spirits, SOCK SIOM CII, Heart Burn, CHILLS AND FEVER, 4c., 4c.

THE PREPARED,

Liquid form of SIMMONS' LIVER REGULATOR ontaining all its wonderful and valuable propertie ONE DOLLAR Bottles.

Buy no Powders or PREPARED SIMMONS' LIVER REGULATOR, unless in our engraved wrapper, with Trademark, Stamp and Signature untroken. None other is grunine. J. H. ZEILIN & CO., MACON, GA., and PHILADELPHIA. Sold by all Druggists.

RATES OF POSTAGE.

By the terms of recent legilation th Franking Privilege was abolished, and after June 30th next, the payment of postage will be exacted from subscribers to all exchanges at the office of delivery .age charges will be as follows:

LETTERS. To all parts of the United States, three cents per half ounce.

PAPERS, MAGAZINES, ETC. Pamphlets, occasional publications, tran sient newspapers, magazines, hand-bills, posters, unsealed circulars, prospectuses, book manuscripts, proof-sheets, corrected proof-sheets, maps, prints, engravings, blanks, flexible patterns, sample cards, phonographic paper, letter envelops, postal onvelopes and wrappers, cards, plain and ornamental paper, photographic representations of different types, seeds, cuttings, bulbs, roots and scions, can be transmitted through the mails at the rate of one cent for each two ounces or fraction thereof.

Books, two cents for each two ounces or fraction thereof. Samples of merchandise, metals, ores and mineralogical specimens can pass through the mails in packages not exceeding twelve ounces, at the rate of two cents for each two ounces or fraction thereof; to be left open at the ends for examination, and to contain no writing other than the adress.

All liquids, poisons, glass, explosive materials, obscene books, and all other matter liable to injure the mails or those having charge thereof, shall be excluded

and sent to regular subscribers" by publishers or news-dealers, when the following rates are charged, payable quarterly in advance, either at the mailing or delivery

Six times a week Tri-weeklies
Semi-weeklies
Weeklies
Semi-monthly, not over 4 ozs.
Monthlies, not over 4 ozs.
Quarterlies, not over 4 ozs. 15 cents 3 cents

Newspapers and circulars dropped into the office for local delivery must be prepaid at the rate of one cent for two ounces, and an additional rate for every additional two ounces or fraction thereof; and periodicals weighing more than two ounces are subject to two cents, prepaid at all letter-carrier

The postage on regular papers, &c., must be paid in advance, either at the place of delivery, to the carrier, or at the office, otherwise they will be chargeable at tran-

sient rates. Book manuscript passing between authors and publishers requires prepayment at the rate of one cent for each two ounces or

fraction thereof. Manuscript intended for publication in newspapers, magazines, pamphlets, &c., is subject to letter rates of postage.

GENERAL RULES. Full prepayment by stamps required on all transcient printed matter, foreign and

domestic. All letters not prepaid by stamps, all such as are received in the office with stamps cut from stamped envelopes, or with such postage stamps as were in use prior to 1861, or with revenue stamps on

them, are treated "as unmailable," and sent to the Dead-Letter Office. Letters which have not been delivered can be forwarded, without additional

charge, upon a written request. Letters once delivered from a post office

Department postage after June 30, 1873, will be prepaid by special stamps, prepared and furnished by the Post Office Depart-

It will, nevertheless, become important for correspondents of the several departments and bureaus to fully prepay their postage after the 30th of June next. Of course the local officers and agents of the department will be instructed to this ef-

There is no exception to the rule that every organic being naturally increases at so high a rate, that, if not destroyed the earth would soon be covered by the progeny of a single pair. Even slow breeding man has doubled in twenty-five years, and at this rate in less than a thousand years, there would literally not be standing room for his progeny. Linnaus has calculated that if an annual plant produced only two seeds-and there is no plant so unproductive as this-and their saedlings next years produced two, and so on, that in twenty years there would be a million plants. The elephant is reckoned the slowest breeder of all known animals, and I have taken some pains to estimate its probable minimum rate of natural increase; it will be safe to assume that it begins breeding when thirty years old, and

A SONG TO BRING SLEEP.

Two little eyes,
Blue as the azure deep of the skies,
Now as reguish, now wondrous wise,
Solemn and funny, all in a twink,
Changing and changing with every wink. Two little lips,
Red as the flaming coral tips,
Sweet as the rose the wild been sips,
Singing and prattling all day long,
And kissing and coaxing with witchery

Two little hands,
Busy as bird and busy as bee,
Gathering "funny things" for me;
Weaving webs, and "building a house
Just the size for a wee, wee mouse."

Two little feet,
Trot-foot and light foot—oh! what a pair!
Now here, now these, now everywhere;
Running of errands, dancing in glee, Skipping and jumping merrily!

Two little eyes—closed! Two little lips—shut! Two little hands—clasped! Two little feet—still! God give my darling pleasant dreams.

CUMULATIVE EXERCISE.

Exercise. In ordinary lifting one generally stoops strength of an individual, as shown by the No. 178 Broadway, New York. or bends forward and raises the object to heavier weights raised from day to day, is be moved by contracting the flexor (bend- due to a strengthening of the weak musing or flexing) muscles of the arms; and, cles, organs and tissues, an approximation county newspapers, and also postage upon indeed, this is characteristic, not only of to symmetry of development, an actual, lifting but of almost all ordinary Exercise, tangible increase of working, every-day No changes, however, have been made in whether gymnastic or other. In doing strength and endurance, the basis of men. America," by John D. Baldwin, the Lonthe rate of postage, and consequently post- this the following objections are to be tal and physical health.

noted: First, the body is not in a natural, Rowing men, club-swingers, pedestrians, or the best position to withstand a strain. and other experts in special gymnastics, The spinal column, instead of being erect, who have thoroughly investigated the sysin which condition the spinal muscles have tem, concur in this view. throws a strain, proportionate to the evils which netoriously follow the ordinary weight to be moved, on the attachments of methods of mere strength culture. It has effort is made, is a common cause of her- to result in weakness of the vital organs, nia or rupture, and of displacements, etc. consequent disease and premature death as Third, the bending of the body and the though the conditions had been reversed, attempt at muscular exertion in such posi- and, by want of Exercise, the muscular tion, frequently cause hemorrhage or burst- function were destroyed, and so apoplexy, ing of blood-vessel, because the flow of blood through the large vessels is impeded disease of the vital organs invited. by the pressure of contorted trunk or

limbs. Lastly, it is to be observed that, as that, in addition to its direct effects upon Exercise is valuable according to the the muscular system, it exerts a profound amount of muscular tissue employed by it, influence upon the nutrition, functional ordinary lifting (or Exercise) is defective, activity and health of every organ of the inasmuch as it uses only a few muscles of body. That, in short, it is a perfect sys-

limited regions of the body.

There have been three distinct phases of apparatus for yoke or shoulder-lifting, by which immense weights were raised. Except for the training of athletes and as a part of the old gymnastic system, this has

cal difference between the repeated con-

manual labor, and the contraction of the

great bulk of muscle systematically aroused

Ordinary forms of muscular Exercise in-

minish its efficiency-so that, while the

heart may be throbbing violently and labor-

ing to supply the limited number of mus-

cles, generally used, with the necessary

amount of blood for the action, the com-

to send the blood back to the heart by the

this demand; nor is the contraction of a

from the arterial circulation. Hence,

The gradual arousing of the latent museu

increased, or is absolutely diminished.

increased in volume.

such beneficial results:-

the breathing deeper and fuller :-

more accuracy than before:-

Why ordinary Exercise leaves a man

by Cumulative Exercise.

died out. Second: The "Lifting Cure" phase, the special exponents of which proposed the immediate extinction of the Medical Profession, and promised a speedy abolition of all ills, physical, moral, social and political, by the use of their particular apparatus in accordance with their particular code of instructions, which like the Eleusinian mysteries, secured enternal bliss only to

the initiate. Of its present status we shall speak more in detail, under the title Cumulative Exercise, a title adopted as being free from the capillary congestion, which may be offercharlatanism of the term " Lifting Cure," and as describing a distinguishing charac-

teristic of the system. In Windship's researches he was struck by the number of muscles, not only of the extremities, but of the trunk, which were brought into action in sustaining a weight suspended from the hands, with the trunk in a perfectly upright position. This taching the hands to it with the knees bent, when, by straightening the knees, graded manner, the heaviest weight one is the weight was gradually taken, through only the muscles of the lower extremities and of the arms and shoulders were brought into play, as in ordinary lifting, but the

muscles of the whole body were vigorously and equally used in preserving the upright Subsequent experiment taught the value of the law that by Exercise the muscles "respond more rapidly to volition." And this led to dividing the Exercise into a series of cumulative efforts. Beginning the day's Exercise with a comparatively moderate exertion, after a brief interval of rest, this is followed by an increase in a given proportion; again an interval of rest folcannot be remailed without prepayment of lowed by an additional increase; a longer interval and, finally, the supreme effort. The preliminary efforts, made by muscles, which, from daily use in walking, etc., "respond rapidly to volition,"-in other words, which contract readily—these efforts he can write, or paint, or practice with tervo to arouse less used and, consequently more slowly acting muscles, until all the

available muscular strength is systematically aroused and safely exerted. Thus is fulfilled Dr. Parke's requiremuscles, and not single groups, should be

brought into play: That periods of Exercise should be alternated with intervals of rest:

accurately determined. development. The muscles of the loins, is the "great builder up of the body and obsidian. Metallurgy, in the proper sense cannot remember. House work is the abdomen, small of the back, -the supple- scavenger of its waste"-which " is the of the term does not appear to have been natural physical occupation of all women. mental respiratory, and all the spinal must Life,"-by its influence on the circulation introduced amongst them, for their copper To women alone it should be confided. cles are developed as thoroughly as the of this wondrous fluid, furnishes a health tools were beaten into form, and contained | The domestic labor market should be shut biceps flexor of the arm or the vastus fem- agent whose value is, as yet, only imper- in some cases blotches of silver just as it to men; and a single instance of righteous

ories of the thigh. This symmetrical development is of such by those who have given it the most study. the shore of Lake Superior, where they tion of the farmers. It is not only women's vital importance that, at the risk of being tedious, a few words must be added to what has already been said. Gymnasts generally, by making a specialty of some particular Exercise,—dumb bells, trapers produced by Cumulative Exercise are, first, general; second, special. The shore of Lake Superior, where they worked it in open cuttings from the surright, but it is their duty, to shold exclusive possession of the kitchen and the dining-room. It gives them a great power. Upon the administration of the kitchen langs a world of weal or woo. An innumeration of the kitchen langs a w or clubs, usually-develop certain regions of buoyancy, freshness, and invigoration areas. In Chiapa, Tabasco, Oaxaca, Yucinordinately, whilst the rest of the body immediately following the Exercise. Cold atan, Honduras, Tehuantepec and Guate-

cte.," such an inharmonious development lation is not an acceleration or quickening cities are thickly overgrown with trees; of the body, that they "are perilously of it in the usual way, by making the and it is know that other cities lie buried weak in the sides, between the shoulders heart beat and throb hurriedly and tumult- in the forest districts, which have been as and at the back of the head,"-but, usually usually usually. But the circulation is equalized yet but little explored. More is known in the loins and small of the back; and -that is, the blood is drawn from parts or respecting the Mexican area from its havathletes, with arms like blacksmiths, and organs which have too much, and is dis- ing been the centre of Aztec civilization the Sportsman on mercurial cintment as a chests like the Torso of the Vatican, wrench tributed to those which are suffering for at the time of the conquest; and though preventive against rust in gun barrels, I themselves across the kidneys in efforts want of it. And this blood, "which is the some doubt has been thrown upon the ac- thought I would write and tell you my that a school-boy might make with impun- life," carries in its current the "great counts of the city of Mexico given by the own experience on this point. I have used ity. For Cumulative Exercise one is no inciter of vital changes," ozygen, whose stronger than his weakest part, whether presence is the indispensable condition of ly high state of civilization, although innever found anything to equal it, and I

that be his biceps or his liver; he can lift, life." The contracting muscles absorb ferior to that of Central America, existed believe I have tried everything else, even in a natural position, calling uniformly on this oxygen in a siz-fold greater propor- in the valley of Mexico at that time. - that nanscating remedy kerosene oil. For the whole system, on the measure of that tion than when at rest. And this gives a Their city had considerable architectural external application, when hunting in wet weakest part. In ordinary Exercise, he may stimulus and fillip to the animal life simi- pretensions, and their temple was a rect- and damp weather, I rub the gun with a do much more than this; by position, fav- lar to that caused by the inhalation of angular terraced pyramid, ascended by a piece of chamois skin, or a bit of any kind oring and protecting the weak he may oxygenated air. By it the vital processes slight of steps on the outside, like the pyr. of cloth, thoroughly saturated with the make the most of his strong points, and so are quickened, buoyancy takes the place amids of the mound builders; but they ointment, and no matter how bad the day, increase the disparity, the strong growing of depression, the lungs play more freely, did not possess the phonetic alaphabet of I do not find a trace of rust at night. stronger by use, and the weak growing and the breathing is deeper and fuller; the the Central Americans, and their records This should be done daily as it soon rube weaker by disuse; and the "peril" grow- muscles are made tense and elastic; the eye consisted of picture writings. ing in the same proportion,-for, sooner or is brighter, the brain clearer, the whole The third sub division of this central put fresh ointment upon the skin or cloth later, comes a time when the right position system tingles and vibrates with a keener, area is found in New Mexico and Arizona at every application, for after it has once

Remarkable Structures of the Ancient Americans.

In a review of the work on "Ancient

don Athenaum says: Not many, perhaps, of those who habitually speak of the "Old and New Worlds" as a geographical expression, fully realizo up in America another culture, equal, at time of the conquest they possessed the art the spinal muscles, mainly in "the small been shown that the inordinate develop- one time, in art, power an extent, and al- of writing in hieroglyphics. Their temof the back." Hence, strained or sprain- ment of superficial muscles-the product though, in so far as our existing evidence ples were not high truncated pyramids, and ed backs; frequently, life-long injuries. tion of the knobby masses of indurated enables us to judge, unconnected, yet their great edifices were not erected upon Second, the muscles on the front of the flesh which it is the delight of the average greatly resembling in system that on which body, particularly those of the abdomen, gymnast to exhibit in season and out of our own civilization has been established; are relaxed, affording imperfect support to season-is, to the eye of the physiologist, and were it not that these two cultures Titicaca had the peculiarity of being narthe abdominal organs. This imperfect a monstrous deformity, indicative, not of unfortunately came in contact during the support, coupled with the downward pres- valuable strength, but of a perversion of climax of Spanish ecclesiastical bigotry structures of Europe. Their tools were of sure of the diaphragm when the lifting nutrition, a want of equilibrium as certain and intolerance, the so-called new world might have boasted of an ancient history although from was unknown in the times of corresponding to our own. So completely, the Incas, it may have been employed in however, has the law of the survival of the earlier times, as that ore is abundant the strongest asserted itself under the in- in Peru, and some of the existing langufluence of the monkish exponents of Christianity-so effectually did they suc- In their knowledge of astronomy, they paralysis, fatty degeneration, and other ceed in snuffing out all trace of art and culture amongst the people whom they tral Americans. It is claimed for Cumulativo Exercise conquered-that writers may now be found who, in the face of the evidence affored by ruined cities, palaces, acqueducts and paved roads, deny the claim of the American continent to any ancient civilization higher than what might have been derived tem of physical training, in that it devel-

ous areas situated near the point of junctractions of a few muscles, as in walking tion of the two continents. or in any ordinary Exercise, or even in crease the rate of the heart's action, but dipression of these muscles is not sufficient deeper veins in sufficient quantity to meet few muscles sufficiently potent in relieving ing resistance to the free flow of blood while the pulse is made more rapid and often irregular, its volume is either not were generally square or rect-angular, and tels of some of the doors of the more were ascended by winding stair-cases on modern structures of Yucatan. the outside. This district is also remark. In Peru. Mr. James Wilson found at lar strength by overcoming gradually inable for lines of entrenchment, from five various points on the coast near Quito, creased seeights or resistances, reduces the to thirty feet high, but rising in some cases ancient pottery and other manufactured weight was thrown upon the body by at- rate of the heart's action, but increases its to sixty and ninety feet; they were gener- articles finely wrought, and some of them efficiency, -so that after raising in this ally square or rect-angular, and were as- of gold, beneath a marine deposite of six cended by winding staircases on the out- feet, having trees growing on the surface able to, the heart will be found beating side. This district is also remarkable for which were older than the Spanish invasion; the arms, by the trunk. In this way not more slowly and regularly, and the pulse lines of entrenchment, from five to thirty which proves that this land must have feet high, inclosing usually from one to submerged beneath the ocean and again This, then, explains why the so-called thirty acres, but extending at times to 100, elevated to its former position since these "Lifting Cure," or Health-Lift, produces 200, and even 400 acres. They frequently relics were deposited. consist of combinations of square and cir-It explains why ordinary Exercise excular figures, the accuracy and perfection nausts .- Cumulative Exercise invigorates:of which prove, as Messrs. Squier and Why ordinary Exercise makes one pant Davis have remarked, that the builders for breath-Cumulative Exercise makes

possessed some standard of measurement, and had means of determining angles .-Why ordinary Exercise sets the heart There are no less than 10,000 of these beating like a trip-hammer, the temples mounds and 15,000 inclosures in Ohio throbbing and the chest laboring-Cumulative Exercise makes the same heart work as regularly and efficiently as a steamshaky " and unfit for anything requiring elicacy and steadiness of "nerve"-Cumulative Exercise tones alike muscle and nerve, so that after one's heaviest weight And-more valuable than all-Why or- mains of which approach more closely in and the virtuous; standing like a galleydinary Exercise if often unsafe and injur- character to those of Central America than slave, for whom no stool is furnished ious-Cumulative Exercise rarely, if ever. is; ordinary Exercise generally "costs whole, the mound builders appear to have a week? House work is easier than runments of a perfect Exercise, viz: that all more than it comes to "-Cumulative Exer- been inferior in culture to their Central ning sewing machines, or making dresses. cise is the most economical of brain and American and Peruvian neighbors. They It is easier than teaching; and, while ennerve power; ordinary Exercise may do were an agricultural people; yet they made gaged in its lighter forms, a young lady good, if a man is strong enough to stand use of spun cloth, their pottery was in it—Cumulative Exercise can be graded to some cases almost equal to that of Peru, teachers do, judging by what they them-That the amount of Exercise taken be the most delicate person. In short, Cumu- and there are grounds for supposing that selves say, and by the spasmodic demand lative Exercise, by its influence on the they had a knowledge of astronomy .- of scattered brained theorists, who want As a mere gymnastic system this posses. Blood, which is "flowing flesh,"-which is Their tools and other relics were composed them 'examined' every year or so to see es the merit of securing a symmetrical "the most potent of all remedies,"-which of copper, silver, porphyry, greenstone and how much they have forgotten that they

dimensioners office, with a legal of the common result is the formulation of the pair.

Some of the pair.

S

cannot be assumed or is neglected, and the very strength, then, of the strong, is disastrous to the weak spot, and irreparable action excited in parts or organs of the their residence in large communal buildinjury may so be done. Almost every one body which are unhealthy or weakened. ings, each of which contains an entire I place the chamois skin over the end of knows some instance of this, some giant The more thoroughly circulated blood and town or village of small rooms ranged in my wiper and push it up and down the freely to represent the otheric Greeks as About eighteen years ago Dr. Windship who was the boast of the neighborhood in the increased amount of oxygen absorbed three or four stories above each other, barrel a few times, then put the gun in the began a scientific study of Muscular Exer- his youth—could shoulder a barrel of flour, by the muscular tissue arouse and stimu- forming a huge rectangular structure not case and leave it until I want to use it championship of Greece in a well matched cise, with the view of supplementing the fell an ox with his fist, or do some other late the vital changes by which the atoms altogether unlike some of the great edificagain. I have a fine Damascus gun which defective systems of physical training then wonderful feat—a cripple now, or prematic the vital changes by which the atoms altogether unlike some of the great edification in vogue. As a result of his study and turely death, from the exertion of that placed. And as the body is thus rebuilt, as the palace of Palenque or the Casa del 1861, and it is as smooth inside to day as probably grew out of that old fashioned experiment originated what has lately been unsymmetrical strength which had been, under healthier conditions, unhealthy and Gobernado at Uxmal, but yet differing it was on the day of purchase, which I widely known as the "Lifting Cure" or literally and figuratively, at once his weakened structures are the seat of unus- from them both in character and purpose. attribute entirely to the proper use of merual activity, until they regain a healthy, These buildings were in use at the time of curial ointment. I have not fired my gun "Health-Lift," terms which are unfortunate, in conveying an erroneous, if not Being no stronger, for the System of normal standard—until, in short, Disease the conquest, and any still inhabited in since last September, but examined it this unfavorable, idea of the character of the Cumulative Exercise, than his weakest and Weakness are supplanted by Healthy some places. The Pueblos are vastly su- morning and found it as smooth inside as part, it follows that any increase of the and Strength.—The Health-Lift Company, perior in culture to the wild tribes of Indistantly at war.

The Peruvian ruins consist in cities, palterraces, as in Central America; but the doors in the older buildings around Lake row at the top, like some of the prehistoric bronze: but it has been conjectured that, ages, if not all, have names for the metal.

appeared to have been inferior to the Cen-

The antiquity of the mound builders is established by the growth of forest surmounting their remains. In the deebris covering the ancient copper mines of Lake Superior, trees showing 395 rings of annudistinct eras of subsidence since the river began to flow. The ancient works, mounds Commencing with the northernmost of and inclosures are found on all these ter these divisions, commonly known as the races, except the fourth or lowest; showing region of the mound builders, we find in that this last terrace, which probably the neighborhood of the lakes, at the marks the longest period of any, was northern apex of the triangular region formed since the works were erected .above mentioned, in Michigan, Iowa, Mis- Some of the mounds have also been desouri, and particularly in Wisconsin, a stroyed by streams that have since receded tract of country characterized by the pres- more than half a mile, and which, at presence of large mounds designed in the form | ent, could not reach them under any cir of animals, birds, serpents, or men, in cumstances. The antiquity of the latest huge relievos. Next to this we have a relics of the mound builders is further district of which the State of Ohio may be confirmed by the state of decay in which regarded as the nucleus, but which occupi- all the skeletons of these people are found. ed the whole valley of the Ohio and its Although the soil is not unfavorable to tributaries, extending into Western Vir- their preservation, only one or two skulls ginia, Indiana, Michigan, Illinois and Mis- have been found in condition to be restored. souri. The special characteristics of this In Central America, similar evidence of area consist of pyramidal mounds, usually great antiquity is afforded by the growth from six to thirty feet high, but rising in of timber, and by the fact that everything some cases to sixty and ninety feet; they perishable has disappeared, except the lin-

THE SERVANT "GAL" QUESTION.

Miss Margaret Buchanan, in her " queens

of the kitchen," discourses on the servant question in the following manner: "House work is admirably calculated to preserve a robust woman, and to strengthen alone. Lower down in the valley of the one who is weak. An hour in the laundry Mississippi and along the fertile plains is better than a vial of iron. For woman bordering the Gulf of Mexico, and to not obliged to support herself, house work westward over the Rio Grande, the inclos- is a duty. What one of the five thousand ures are smaller and less numerous, and girl clerks in the stores of Chicago would the mounds, though of the same character not rather make beds, wait on table and and more plentiful, are lower, and consist help a cook than stand behind a public of truncated pyramidal platforms. Broad board nine hours a day, without mental terraces, elevated passages, aguadas or occupation, without physical relief, standartificial ponds, and the use of sun-dried ing until the weary limbs are ready to totbricks, are peculiar to this region, the re- ter; standing to be stared at by the vile the ruins to the northward. Taken as a standing nine hours a day for eight dollars fectly understood and appreciated, even is found in the matrix in the pure state on monopoly be thus supplied to the observa-

WHOLE NO. 1,661

MERCURIAL OINTMENT FOR GUNS. A correspondent from Cleveland, O., writes to the American Sportsman.

After reading "J. II. D.'s" article in

off by handling. It is not necessary to origin of base ball is in much doubt and ans on the north, with whom they are con- kerosene, mutton tallow, olive oil and all other remedies as long as mercurial ointment can be obtained. This is also the aces, fortresses, aqueducts, one of which cheapest of all. Fifty cents worth is one is 450 miles long, and great paved roads, half cheaper than any other remedy at the admirably constructed throughout the same cost, and I conscienciously recomwhole length of the empire, which latter mend it to all sportsmen. If they give it were originated during the earlier civiliza- a fair trial I am satisfied they will never work was admirably done; but it is every- from the fact that all fine instruments the idea of a daul world of civilization and sometimes ornamented, was generally plain mercurial ointment, which prevents them least work to do, as it is bent forward Allusion has already been made to the progress; yet it is certain that side by side and massive in style. They had no inwith that of Egypt and Assyria, there grew scriptions, though it is thought that at the struments, why not good for guns, and I tried it with the above results.

If you think this article worth publish. ing, for the interest of brother sports, you can do so: if not consign it to the waste OTTER.

SHEEP IN COLORADO. Within the last two years a great impewool growers to Southern Colorado, in twenty-five dollars per month and found: some extra men receive extra compensa-

Great enterprise has been displayed in importing the best blooded bucks from the States and from Canada, for grading puroses. The first cross of the Mexican and Merino is a great improvement; two or three crosses and you have an excellent grade sheep. Many persons think wool growing the profitable branch of the stock business. In my opinion that great scope of country in Southern Colorado, between the great divide on the north and the Arkansas river on the south, and from the mountains on the west, extending to a line fifty miles eastward, is peculiarly adapted to wool growers. But you will find a diversity of opinion as to preference of locality. It is hard to answer the common inquiry as to what the profits of the business are, as much depends upon individual care and management, as in any other business, but I am safe in saying 100 per cent per annum net profits is realized by some wool

growers. The Atchison, Topeka & Santa Fee railroads runs through this fine country, and the Company have three million acres of cheap land adapted to the raising of sheep equal to any region on the globe.

An Extinct Race of Minera

Hon, S. W. Hill, of Marshall, Michigan, has been engaged during the past Summer in making a thorough exploration of Isle Royal, Lake Superior, for minerals and was now and then, to force open the vesicles of successfull beyond all anticipation. We his lungs, and enlarge the flabby cells of are indebted to Mr. H. for a beautiful geo. his muscular tissue. Let dignity be laid logical map of Isle Royal, which, if not the aside for the time-true dignity will suffer first, is the most full and accurate ever published. He writes us that many works throughout the country are loud in their of a race now extinct have been found far praise of a work, which under the guise exceeding in extent and importance anything of the kind in any other part of the to bring about muscular development in world.

The remains of a considerable number | There is one feature connected with the ancient copper mines have been lately dis- game-more especially professional, which covered on Isle Royal, in Thunder Bay, on all should repudiate, viz. gambling and the northern border of the lake, which exhibit undoubted evidence of having been worked by a race of men long since extinct and of whom we possess no knowledge save that left bohind by such traces as are

being brought to view.
Shafts of considerable depth, filled and ages, have been opened, and in personand, to a depth of sixty feet, tools of a wonderful workmanship have been discovered, together with charcoal remains, which marked the spot where skilled artisans formed from copper tools whose temper and durability would astonish the ingeni-ous makers of the present day. Hammers the pit, and granite hammers of such sizes as to require the strength of no ordinary man to wield successfully. The Iron Age, in alluding to these discoveries on Isle attended with betting? Not at all. Pub-

t mangs a world of weal or woe. An innumerable train of diseases is concealed in the side-board. Not bodily diseases merely, but hypochondria and hysterics, and their blue and stunted offspring. A ladle is the mightiest sceptre on earth. Had Josephine been a good cook, the most note rious seconds!

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A WORD ABOUT BASE BALL.

BY BALL AND BAT.

"Now spring has clad the grove in green And strew'd the lea wi' flowers."

The sportive energy pent up within us. which during the winter has spent itself in projecting harmless parlor eroquet, or less harmless, billiard balls, socks a wider sphero for the display of its active powers. Outdoor sports are in order: croquet for the ladies, base ball for the men and boys. Of the latter game we would say a few words. While cricket belongs to England, we Americans have adopted base ball as our national same, and already it is reckoued along with the eagle, the flag, Brother Jonathan's hat, carpet sack, &c., as a part of the public property. Unfortunately the obscurity. We suppose, however, that it has grown up with the spirit of modern institutions. No ancient oracle foretold it. Homer makes no mention of it as being a mania among the Gods or Olympus; and it would be construing the text rather too competing at the Olympic games for the game our fathers played, town ball, which, if not founded on strict "regulation" rules, afford no lack of fun and healthy

exercise. To trace the development of that primitive game into the present perthat gave rise to our national constitution -a work for the pen of the historian. The philosopher, indeed, might find food for reflection, in such a record, because he would discover penetrating every mesh of it, that genuine pluck, and "push" spirit, which characterizes all our Yankee institutions, as constructed with the more staid tion and restored by the Incas. Their use anything else. I was first led to use it and conservative ones of England. The Atlantic B. B. C., of Brooklyn (still in where seen that their masonry, although shipped from Europe are annointed with existence, and bearing an active part in our annual championship contests) is probably one of the oldest organizations of this kind in the United States. Its history dates back some twenty or thirty years. It was early an "institution," and membership in it is like membership in the Seveneth N. Y. or Fifth Maryland military regiments, was esteemed dignite speciale. To one versed in base ball matters, the first rules adopted by that club are a curiosity, so marked is the difference between them, us has been given to wool growing in and the general regulations for the game Colorado, and the last few months have brought quite an accession of California of excitement that swept over the land in 1866 when the Athletic and Atlantic clubs, their opinion, that section of the Territory representing the rival cities of Philadel being superior for the purpose to the even phia and New York, stepped into the arena acknowledged excellence of the Golden to contend like two untried giants in a Slope. A great many sheep are brought in from the States, and when free from the scab they do well. But the tendency now a world; the gold fever, "oil on the brain," is to buy up Mexican or partially graded Mexican sheep, and grade them up with the Grecian bend, Dolly Varden, &c., are notable instances. This new game eclipsed the Merino. For a time the Cotswold, all former innovations in the rapidity with Leicester and South Down had quite a run with some breeders, but I believe the prof. Sir Charles Lyell counted 800 rings in the erence for the Merino is now becoming wind sent to regular subscribers" by pubmaking charge thereof, shall be excluded therefrom.

REGULAR PUDLICATIONS.
Newspapers sent by mail must be premaid by stamps, unless "regularly issued and the action of cone "lifted" the healthier he was.
This is does, in common with all Exermore one "lifted" the healthier he was.
This led to the construction and use of

This led to the construction and use of

The strength is Health" period, in which both Windship and his earlier followers inculcated the doctrine that the more one "lifted" the healthier he was.
This led to the construction and use of

The strength is Health" period, in common with all Exermounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the soil. In the valley of the Mississippi, four one "lifted" the healthier he was.
This led to the construction and use of the mounds at Marietta. It is evident also, in common with all Exermounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the soil. In the valley of the Mississippi, four one of the found in the Algonquins, whom the Pigram which all Exermounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the soil. In the valley of the Mississippi, four one of the Merino is now becoming and the Algonquins, whom the Pigram hound altern principle of our life laid bar?

The "Strength is Health" period, in mounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the soil. In the valley of the Mississippi, four one of the mounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the soil. In the valley of the Mississippi, four one of the mounds at Marietta. It is evident also, in both cases, that several generations of trees have preceded those now standing in the than his multiplication table. All joined teen hundred to three thousand, and some- in the sport. Quack medicine venders times even five thousand, are herded together in charge of a single shepherd ._ side of eighty, who before were bent dou-Herders receive generally from twenty to ble with age, rheumatism, &c., could now send a ball to "left," run their bases, and turn a double somersault on the home stretch. The physician forgot to bleed his patients, the lawyer his clients, even the minister did not deem a "fly catch" as detracting from the dignity of the cloth. The unparalleled success of the Red Stockings a few years later, was like the brilliancy that attends the flashing meteor, suddenly bursting into the darkness of night. The late achievements of the Balimore's, Boston's, &c., which prove that the game is now well nigh perfect, are too

> sidered in itself, the game is beautiful.-Founded on strict rules, it combines the rigidity of mathematical precision with such diversities as enthrall the reason, and delight the imagination. What sight more pleasing than a green field on which eigheen players, dressed in becoming suits, with skill and grace are contesting a well fought game. How intently the spectators watch-how they applaud when some extraordinary "stop" or "catch" attests the proficiency which faithful practice will produce. Even a well played game by a "scrub" nine is not lacking in points of interest. Base ball playing generally is to be commended, because it is a healthy exercise for the body. There are many in our cities and towns-not idlers, but hard workers-who need such exercise as it affords. The scholar, the merchant, the lawyer, the man cramped up in some room fetid with life destroying air, needs a game no ill effects, as a consequence. Educators of play, is in reality a work, well calculated even proportion with intellectual growth. betting. It is a shame that so neble a game should be prostituted to such dishonest practices. Hence the question has been raised, whether base ball playing should to encouraged or not. Now all must admit the morality of the game itself-the only question is, whether it, like many other choked with the accumulated debris of good things, should be abandoned, because ages, have been opened, and in penetrating woful consequences may follow. Now we are not an adherent of that easy-going philosophy, which would overlook such gambling and betting as necessary adjuncts of ball playing. We believe that gambling and betting must be frowned and forced down by an enlightened public opinion and and chisels seem to have been the principal implements for working the mine which, together with fire, reduced the ore to a condition which rendered its removal in quences may attend it? Should the violin be given up, because it has furnished music at places and entertainments of a question-

fresh in the memory to need recalling. A

word as to the merits of the game. Con-

lie morality must be elevated to a higher standard. THE FARMERS MUTUAL OF YORK, PA., is acknowledged to be one of the safest Mutual Fire Insurance Companies in operation. Its Agents do a large business i this county. Risks on farm property taken

able character? Should we discontinue to

Agent at Elkton.