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WHITTIER.

It is altogether appropriate and delightful that the anniversary of the birth of John Greenleaf Whittier should be commemorated by suitable exercises in his schools. Reading yesterday, December 17th, was the real "Whittier day," for having first seen the light of morning on that day eighty-six years ago, near the town of Haverhill, Massachusetts, that is the time to set out to season on the festivals, and as Friday is the last day of all the school days for exercises of this kind, today was designated and, as will be seen by our local columns, has been fittingly observed.

The beloved Quaker poet had a great big human soul, an honest and a kindly personality, and a sweet and humble voice. His eyes was not the most clearly, nor his lines always the most grand. But in the very humbleness of his voice lay its chief charm, and behind that the sincerity and purity of the man appealed to every heart. At his death, rather more than a year ago, no man was more truly mourned, not only his neighbors but the state and nation whose his birth had honored, mourned, and the English-speaking race the world over felt that they had lost a friend. His personal character and his life through all its vicissitudes were the soul of gentleness. Humanity in its purer phases was a legacy which came with his birth and followed him through all of his stormy years. The life of the "Good Gray Poet"—from first to last—is a remarkable story of the power which humbly and gentle souls, pursued under the firm direction of justice, may wield over the passions of mankind. He lived and labored in the very midst of the stormiest period in the history of this country. Though a man of peace in his purest relations, he did not falter from the call which, as he believed, common justice was making upon the nation. He stood with the nerve of a veteran warrior the terrible issue of slavery, when the very pillars of the nation trembled at the thought of the contest. When Clay and Webster were pattering with the issue, the gentle poet came to the front and buckled on his armor. The man who then called him a mixing sky lady strewing flowers of devotion on his grave, and pronouncing eulogies upon his memory as the bravest of the brave.

THE ILLS OF OVER-EATING.

It doesn't require the particular quality of information commonly supposed to attend the possession of a sheepskin diploma to tell us that the great majority of the minor evils and ailments to which the human system is subject come from excessive and unwise eating—the overloading, overworking, and general abuse of the stomach. It is very singular, too, that whereas thousands upon thousands of the best and most philanthropic of their race fill pulpits, pose and platform with inventive and exhaustive against the demon of drink, there are but very few to cry the task of controlling the giant of gluttony. We have seen the statement somewhere in reputable print that tobacco, and his mate at it, has killed more people than excessive drink, ten to one. We may disbelieve this, if we choose, because unlike to prove it are not forthcoming. But in doing so let us bear in mind two salient features: (1) that every victim of drink is charged up primarily and especially to his deep-per—evidence of necessary and valuable by the abstinence campaign must not be left wanting and (2) that the evil results of over-eating seem to most observers to be perfectly natural, hence are not traced carefully to their source are recorded, and that the human origin of indigestion, which is the fault, is rarely if ever the, is necessarily regarded as something secondary or at least as almost not entitled to special and separate study.

The difficulty with most well-meaning and honest reformers in the line of temperance is that they only see one side of the spotlighted shield. If they fill against drink, they are too much inclined to ignore the equally indemonstrable hindrance in the pathway of the cause, frequently giving in their own persons evidence of back-sliding by, in the front of temperance eating. If they change from open warfare to fencing, they are apt to lean far too much toward the side evil, in mildly remonstrating and even advising the use of liquor—as all of this perhaps allowing their example to be accompanied by an example that seems not to be shunned by many who attempt to follow it.

The News would advise this temperance zeal in all things. The drink of West intemperate against indulgence drink and their excessive use, as well as against hot and fiery liquids. And if any of our moderate-drink people, middle-aged and young, older temperance, early teachers, doctors and "moderators" in general in physical labor, we believe that the temperance work done—assuming of course that they are moderate in liquor—far less harm and not much, if at the wrong kind, or at the wrong time. Nearly all the most renowned drinkers worldwide confined themselves with a slight regard—a very considerable among them both. After that they so hard and fast and furious work. Our yearly mind per day—a mind work that may fully justify the cells of science and poets, and only then if there are sufficient opportunities for bodily exercise—it is many of the intensely scientific and studious in particular, but as much as any element—ought to be added to everybody's life. A "mile" to the average, if there is leisure,—a place to walk or something very light—enough to go to and fro.

Try it a month, we suggest. If you do not want to be Methodists, Baptists, Presbyterians, Catholics, Mormons, Methodists, Baptists, Presbyterians, Catholics, Mormons, Methodists, Baptists, Presbyterians, Catholics, Mormons,