

the plasterer's preference was the result more of general ignorance on all subjects than of any correct knowledge either of the character of the respective candidates, or of the issues involved in the canvass. The allusion to his want of education was more than the intoxicated little man could stand. To the astonishment of the witnesses he ripped out an oath and said: "Well, I don't care if I am ignorant; I know my rights, anyhow; you fought for our liberties and won 'em, and — me, if I don't intend to exercise 'em!" whereupon he delivered a number of dry blows upon the chest of the august chieftain. The bystanders made a rush to tear him in pieces, but Washington, placing his hand on the small man's shoulder, drew him close to him and said, "He shall not be harmed; I have wounded him in the tenderest part of his nature; he is not to blame for his ignorance, and it is but natural that he should resent an allusion to it." So the plasterer went scot-free.—*Ex.*

What of Denver?

Recent grave developments in our city, with some tragical events, which it is unnecessary to detail, have enforced upon the public a serious consideration of the social condition of Denver. The open vices, to which even untimely deaths may be almost directly traced, still exist and flourish, and there is no reason why, at any day, we may not be called upon to record other fatal events, coupled with other terrible results, which we, in common with all other good citizens, can only regard with horror.

In Chicago, New York and almost all of the eastern cities the people are resolved on having social order, and of keeping crime in the back-ground at least. This must be done, they say, to avoid that social anarchy which, otherwise, must throttle society. And if we, of Denver, cannot secure a better organization of society by regular and legitimate means, there will be no previous warning of the means that will end it as an alternative. That which will happen will be like lightning out of a clear sky. Right or wrong, the evil will be grappled with, and in some way abolished.

With all other rightly-disposed citizens, we deprecate any infringement of law, however good may be the object in view. There is, and always must be, great risk in such cases that injustice will be done, and that the innocent will suffer with the guilty. Consequently, we believe in preventing such a terrible emergency, if prevented it can possibly be, but it is clear, even to the eye of a layman, either that the law as it stands is defective, and so ought to be amended, or that the law being good, is not properly enforced.

In view of the threatening condition of the social atmosphere of Denver, and the evils that are certain to accumulate, if there be not direct and decisive action, we conceive it to be the duty of all honest citizens to unite, as they have done in Chicago and New York, and thus secure a purification of the social atmosphere and a rigid and impartial execution of the law.—*Denver Tribune.*

Out Door Exercise.

An eminent physician, renowned alike for his wit and professional wisdom, has said: "Physic should only be given to dying men; nine-tenths of the sick men only need a rush of blood to the boots." This advice applies emphatically to professional men—headworkers; for the men who happen to possess heads, and, having them use them, are entirely too prone to forget that they have bodies also. Oblivious of the fact that continuous employment without enjoyment is sure to result eventually in John's becoming a dull and stupid fellow mentally, and a broken down fellow physically, our clergymen, doctors, lawyers, and editors, as a rule, work at their several callings on the high-pressure principle, and save during the conventional fortnight's holiday in summer, give their unfortunate brains no rest, and their equally unfortunate bodies no chance for recreation. The advisability of "a rush of blood to the boots" in the intervals of work, of taking a ten-mile walk or a six-mile pull, is just the last thing that is likely to occur to these misguided men; and yet vigorous and frequent bodily exercise in the open air is precisely what they most need. During all hard mental work the blood rises to the brain, and until the strain put upon that organ ceases there it remains, stimulating and assisting; but if the

strain is unduly protracted, when at last it is relaxed, the movement of the blood has become disarranged, and instead of turning to its proper place in the body it remains in the cerebral blood vessels, clogging and impeding instead of helping the workings of the organ through which the mind works. It is when in this state that the head worker requires "a rush of blood to the boots" to relieve the pressure on the brain, and in no way can this inverse apoplexy be brought about more healthfully or speedily than by vigorous out-door exercise. Of course exercise in doors is beneficial, but it lacks the essential element of pure air, and without this the twirling of Indian clubs is a glittering snare, and the swinging of dumb-bells a hollow delusion. We are well assured that we do not over-rate the necessity for working the body in conjunction with, or rather as a balance to, the working of the brain; scarcely a week passes without fresh evidences of the reckless misuse among American professional men of mental energy and nerve force; of wilful perversion of the strength of the body to the support of the brain. A clergyman is compelled to give up his church, a doctor, or a lawyer his practice, or an editor his paper, by reason of what is styled overwork, but what is in reality too much of one kind of work. Still worse, too often preliminary warnings are allowed to pass unheeded; for Nature is forbearing, and does not immediately visit her severest penalties upon those who break her laws; signs are given that the body is breaking before the body finally breaks, and prostrating and permanently enfeebling illness, or death, swift and sure, as from a bullet, puts an end forever to the labors of a life. And people think it is a "mysterious visitation." Not at all; it is simply the result of too much work with the brain; too little work with the body. So long as the American nature and organization continues to be what it is at present, we fear that there will be no change for the better. The change must come with time. As each succeeding year cools the ardor and dampens the enthusiasm and makes a man sterner of purpose and calmer in his judgments, thoughts, and actions, so in a nation's growth similar results attend the coming and passing away of each generation. The waste of vigor so common among Americans, can hardly be regarded as the fault of individuals; it is the fault of circumstances. The nation is young, and the unnecessary energy of our people is like the energy of children who know not how to husband their strength or properly use their powers. With the wisdom that time should bring, the folly of this course will perhaps be recognized, and its pursuit abandoned. Pity it is that so many years must first pass away. For though our nation was "born in a day," and sprang into life fully armed and of full stature, nevertheless, like all bodies prematurely developed, it requires time to grow up to itself, and fullness of wisdom can only come with fullness of years.—*Philadelphia Press.*

CONFERENCE AT OGDEN.—Elder W. Woodruff writes from Ogden, Dec. 15th, as follows:

"I have attended a very interesting Conference at Ogden, during the past two days. This Stake of Zion is organized into 17 Branches, 15 of which were represented at this Conference. I was much pleased with their representation of the various Branches of the Church and of their Sabbath and day schools. The Tabernacle here was nearly full yesterday and crowded to overflowing to-day. The Spirit of the Lord was with the Elders in their reports and testimony. Elders L. Farr and S. W. Richards and myself occupied the time this afternoon, and during the whole Conference there was much of the Spirit of the Lord poured out upon the people. The subjects touched upon were the Atonement, Gospel of Christ, paying Tithing, building of the Temple, sustaining our publications, Baptism for the Dead, Co-operation, keeping of Church and family Records, Sabbath Schools, the education of our children, the Unity of the Saints, and the general improvement and building up of Zion. I consider them all subjects of importance to the Latter Day Saints.

"The people are making rapid improvements in the City of Ogden. The Court House, City Hall, their new School House, and several private dwellings are a credit to Ogden, and to President F. D. Richards, who has labored earnestly for the welfare of this Stake."

The trade unions of Sheffield are about to start a newspaper, to be called the *Radical*.



Are indorsed and prescribed by more leading Physicians than any other tonic or stimulant now in use. They are A SURE PREVENTIVE for Fever and Ague, Intermittents, Biliousness, and all disorders arising from miasmatic causes. They are highly recommended as an anti-dyspeptic, and in cases of indigestion are invaluable as an Appetizer and Recuperant, and in cases of General Debility they have never in a single instance failed in producing the most happy results. They are particularly BENEFICIAL TO FEMALES, strengthening the body, invigorating the mind and giving tone and elasticity to the whole system. The HOME BITTERS are compounded with the greatest care, and no Tonic Stimulant has ever been offered to the public SO PLEASANT TO THE TASTE, and at the same time combining so many remedial agents, indorsed by the medical fraternity as the best known to the Pharmacopoeia. It costs little to give them a fair trial, and

Every Family should have a Bottle.

We ask every one to read the following Certificates from many of the most eminent physicians in the country:

ST. LOUIS, July, 1870.—JAMES A. JACKSON & CO., Gentlemen—As you have communicated to the medical profession the recipe of the "Home Bitters," it can not therefore be considered as a secret or patent medicine, no patent having been taken for it. We have examined the formula for making the "Home Bitters," and unhesitatingly say the combination is one of rare excellence, all the articles used in its composition are the best of the class to which they belong, being highly Tonic, Stimulant, Splanchnic, Carminative and aperient. The mode of preparing them is strictly in accordance with the rules of pharmacy. Having used them, seen its effect in our private practice, we take pleasure in recommending them to all persons desirous of taking Bitters, as being the best Tonic and Stimulant now offered to the public.

L. CH. BOESLIN, M.D., F. G. PORTER, M.D.,
DR. H. H. HAZARD, M.D., C. G. GERRICK, M.D.,
DR. J. C. WALKER, M.D., C. A. WALKER, M.D.,
J. C. WHITEHILL, M.D., E. A. CLARK, M.D.,
Dr. C. V. F. LUDWIG, S. G. MOSES, M.D.,
W. A. WILCOX, M.D., HUBERT PRINCE,
U. S. MARINE HOSPITAL, ST. LOUIS, Mo., Oct. 5, 1870.—JAS. A. JACKSON & Co.: I have examined the formula for making the "Home Stomach Bitters," and used them in the Hospital for the last four months. I consider them the most valuable tonic and stimulant now in use.

ST. LOUIS, July 6, 1870.—JAS. A. JACKSON & CO.: Having examined the formula from which your celebrated "Stomach Bitters" are prepared, and having witnessed the method of combining the different ingredients, we can safely recommend them as the best tonic with which we are acquainted. From the great care with which they are compounded, and from the choice materials which enter into them, we have no doubt that they will prove, as they deserve to be, the most popular tonic and stimulant in use. Respectfully yours,

T. J. YASTINE, M.D., T. G. COMSTOCK, M.D.,
We cheerfully concur with every word contained in the above testimonial.

JOHN CONKELMAN, M.D., JOHN HARTMAN, M.D.,
CHAS. YASTINE, M.D., JOHN T. TEMPLE, M.D.,
G. S. WALKER, M.D., E. C. FRANKLIN, M.D.,
CINCINNATI, Oct. 19th, 1870.—Messrs. W. B. KENNEDY & Co., Agents "Home Bitters": Gentlemen—Agreeable to your request, I have examined the formula of the "Home Stomach Bitters," and find the remedy it contains such as are in general use by the Medical profession. They are very scientifically and pleasantly combined, and as stimulating tonics will be found especially adapted as corroborants to the treatment of low or debilitated stages of the system, whether arising from impaired digestion, or from malarious diseases.

Dr. J. L. VATTIERS, L. A. JAMES, M.D.,
J. S. WALKER, M.D., C. T. SIMPSON, M.D.,
W. F. TALLFERRIE, M.D., S. P. BONNER, M.D.,
J. H. QUINN, M.D., C. S. MUSCROFT, M.D.,
J. H. BUCKLE, M.D., G. W. BIGLER, M.D.,
W. R. WOODWARD, M.D., G. A. DOHERTY, M.D.,
CHICAGO, Sept. 30, 1870.—J. L. SMITH, Esq.: We have examined the formula of the "Celebrated Stomach Bitters," and find it to be composed of articles that are considered the best tonics used by the Medical profession, and one of the best bitters we know of now in use. Very respectfully,

L. S. HAHN, M.D., B. McVIGAN, M.D.,
J. B. WALKER, M.D., G. A. MARINER,
NORMAN S. BARNES, M.D.

For Sale by all Druggists and Grocers.

Jas. A. Jackson & Co., Proprietors
Laboratory 105 & 107 N. 2d Street.
ST. LOUIS, MO.

PERSONAL.—TICKNOR & CO., the celebrated Clothiers, and once the introduction of a plan of ordering clothing by letter, to which they call your special attention. They will, on application, send you their improved and accurate rules for self-measurement. Illustrated circular and price list, with a full line of samples from their immense stock of Cloths, Cassimeres, &c., &c., thus enabling parties in any part of the country to order clothing direct from their house, with the certainty of receiving garments of the very latest style and most perfect fit attainable.

Goods ordered will be sent by express to be paid for on delivery, with the understanding that if not satisfactory, they can be returned at Ticknor's expense.

As is well known throughout the South and West, they have for 17 years EXCELLED in all departments of their business, which is a guarantee as to the character of the goods they will send out.

Your orders are solicited, and when in St. Louis, you are invited to call at the extensive establishment of Ticknor & Co., manufacturers and retailers of men and boys clothing and Furnishing Goods, 311 and 603 North Fourth Street, St. Louis, Mo. Boys clothing a specialty.

Z. C. M. I.
WHOLESALE DRY GOODS

DEPARTMENT,
UP STAIRS, EMPORIUM BUILDINGS.
A full first-class Stock of
STAPLE DRY GOODS
NOTIONS, BOOTS AND SHOES,
AT LOW PRICES!!
Wholesale Buyers and Co-operative Dealers, please inspect.

Retail Dep't,
EMPORIUM BUILDINGS.
THE FINEST DISPLAY

Assortment of Goods
We cut in any lengths, at a small advance on wholesale.
This is the Department for Families.

GROCERY AND HARDWARE

DEPARTMENT,
Constitution Buildings.
Purchasers can here find
An IMMENSE STOCK

And in each branch a Great Variety.
IMPLEMENTS, TOOLS and
MACHINERY,
All on the premises.
Miners' Supplies a Specialty.

CLOTHING

DEPARTMENT,
HOME-MADE
AND
IMPORTED!!

Manufactured from
HOME-MADE, FRENCH,
GERMAN, ENGLISH and
AMERICAN
FABRICS
Fine Cassimeres, Cloths and
Trimnings

In hand, for Gentlemen ordering their own
First-class Fitters and Workmen to
fill all orders promptly.

DRUG DEP'T.

FANCY AND STAPLE
DRUGS.
Patent Medicines,
Perfumery,
Liquors in great variety
English Ale and Porter, Averill's Paint,
White Lead, Oil, Colors, Glass, etc.
Prescriptions from Physicians will have
special attention.
H. B. CLAWSON, Supr.