

For the JOURNAL.
ELSIE BELL.
(Auk.—Nette Moore.)
Oh! I met you, Elsie Bell,
'Neath the Autumn's magic spell
And the hills and plains were glowing
Russet brown
And you charmed me with your eyes
Softer than the drooping skies
When October let her azure curtains
Down.
The you answered to the name
Of sweet "Dolly," yet you came
To my heart as but the gentle Elsie Bell,
And my love for you was born
Like roses of the morn
Where the purple shadows leave the
dusky dell.
Ah! my darling Elsie Bell
Are you dreaming at the well
Or within the shimmering groves of gold
and green?
Shall we meet, ah! nevermore
By the rippling river's shore
When the Autumn wraps the world in
misty shroud?
Will you listen, Elsie Bell,
To another voice as well,
And forget me in this love-enchanted
time,
When the days were like a dream
And the brooklet's winding stream
Sang but of joy in every murmuring
chime.
But around us mists have blown,
And our love was colder grown
Ere we parted at the cottage window
pane,
And you said a low farewell,
As I kissed you Elsie Bell,
While my lingering love re-echoed this
refrain.
"May you never, never pine
For this little love of mine,
All unworthy of your tender heart, so
true,
And the far apart we dwell
Yet your future, Elsie Bell,
Shall be bright as heaven's stars upon
the blue."
—Mrs. Mary E. Finch.

For the JOURNAL.
Tobacco.
R. V. Pierce, M. D., who is coun-
selor-in-chief of the Board of Physi-
cians and Surgeons, at the World's
Dispensary, says, "The recovery of
the sick is often delayed—sometimes
entirely prevented—by the habitual
use of tobacco. In acute diseases,
the appetite for tobacco is usually
destroyed by the force of the disease,
and its use, of necessity, dis-
continued; but in chronic ailments,
the appetite remains unchanged, and
the patient continues his indulgence
greatly to the aggravation of the
malady. The use of tobacco is a
pernicious habit in whatever form
it is introduced into the system. Its
active principle—Nicotine—which is
an energetic poison, exerts its spe-
cific effect on the nervous system,
tending to stimulate it to an unna-
tural degree of activity, the final
result of which is weakness, or even
paralysis. Tobacco, when its use
becomes habitual and excessive,
gives rise to the most unpleasant
and dangerous pathological condi-
tions. Oppressive torpor, weakness,
or loss of intellect, softening of the
brain, paralysis, nervous debility,
dyspepsia, functional derangement
of the heart, diseases of the liver
and kidneys, are not uncommon
consequences of the excessive em-
ployment of this plant. A sense of
faintness, nausea, giddiness, dryness
of the throat, trembling, feelings of
fear, disquietude, apprehensiveness,
and general nervous prostration
must frequently warn persons ad-
dicted to this habit, that they are
sapping the very foundation of
health. Under the continued opera-
tion of a poison, inducing such
symptoms as these, what chance is
there for remedies to accomplish
their specific action? With the sys-
tem already thoroughly charged
with an influence antagonistic to
their own, and which is sure to neu-
tralize their effect, what good can
medicine do?" And both he and
Dr. King say that "a patient under
treatment should give up the use of
tobacco, or his physician should as-
sume no responsibility in his case,
further than to do the best he can
for him." How can man, noble man,
indulge in the filthy, expensive, in-
jurious, disgusting habit of using
tobacco? And why will he not re-
frain from setting such an example
for boys, say, for his own boys!

Our California Correspondence.
CERES, Oct. 15th, 1880.
EDITOR JOURNAL: All hail for the
news from Ohio and Indiana! The
Republicans here are feeling good
over it.
We have harvested the largest
wheat crop this State ever had, and
this county probably the most of any
county in the State. I rode
over miles and miles of wheat fields
that four years ago was sheep pas-
ture. This county is an immense
wheat field, the valley part of it, and
the yield above the most sanguine
expectations before harvest com-
menced. Threshing not all done
yet. What do you think of it? Threshing
from last half of June till
1st of November, no rains to stop
proceedings; grain is out, a large
amount of it; 820 feet by 70 at this
station. Turlock, Modesto & Salida,
all in this county, about same each,
average, and a large warehouse three
miles south of us, have shipped
from this station 437 cars of wheat,
average over 13 tons each, since July
16th commencement of shipping for
this season, 5681 tons; most of it
has gone to store at Stockton.
The Democracy hold this county
yet, but the Republicans are active
and meetings are held often and
have been reducing the majorities
year by year against us.
CHRIS LEE.

Kissing is somewhat like seven-up.
If he begs, and she thinks she can
make points in the game, she will
give him one.

A War Romance.
The following, from a late number
of the Chicago Times, was handed
us recently for publication. The
man spoken of is supposed to be the
well-known blind man of Butler
county.—(Ed. JOURNAL.)
"An interesting story was related
at the pension office to-day of a sol-
dier who was once supposed to be
buried, but who was resurrected
with the hope of a pension. During
the late war Mr. James Hutchinson,
brother of Messrs. Alexander and
John Hutchinson, farmers residing
just outside of this city, on the
Seventh street road, and of Mrs.
Elizabeth Bond, of No. 2,037 Ninth
street, northwest, enlisted and served
in an Ohio regiment until near
the close of the war. During a
skirmish in the far west Mr. James
Hutchinson was made prisoner, just
at a time when he had lost the sight
of both eyes from the explosion of a
gun. Months afterward his friends
made inquiries for him, and learned
that he was dead, and as a corrobor-
ation of the fact the dead body of a
soldier, confined and properly boxed,
was forwarded to this city. Believ-
ing it to be the remains of their
brother, but without examining the
corpse, it was buried, and the rela-
tives have since mourned his loss.
On Saturday, however, a sensation
was created among the supposed
dead man's relatives by his arrival
in this city, alive and well. He vis-
ited his relatives, accompanied by
his daughter, and very naturally
there was a great surprise and re-
joicing. He informed them that,
after being made prisoner, he was
nursed tenderly by a lady, and later
married her daughter and moved to
Nebraska, where they still reside
and are engaged in farming. He
made several attempts to find his
friends, but failed, and lately, deter-
mined to visit Washington to secure
a large pension, under the arrange-
ment of pension act, intending to care
for his relatives also. This he did,
with the success stated, and is now
stopping with his brother, Alexan-
der, on the Seventh street road. Mr.
Hutchinson is still blind, but is in
excellent health, and receives great
assistance from his daughter, who
accompanies him.

Work and Live.
Man was put into the world to
work and cannot find true happiness
in remaining idle. So long as a man
has vitality to spare upon work it
must be used or it will become a
source of grievous, harassing dis-
content. The man will not know
what to do with himself; and when
he has reached such a point as that,
he is unconsciously digging a grave
for himself and fashioning his own
coffin. Life needs a steady channel
to run in—regular habits of work
and sleep. It needs a steady, stimu-
lating aim—a tendency toward
something. An aimless life cannot
be happy or for a long period health-
ful. Even if a man has achieved
wealth sufficient for his needs, he
frequently makes an error in retir-
ing from business. A greater shock
hardly befall a man who has been
active than that which he experiences
when, having relinquished his
pursuits he finds unused time and
unused vitality hanging upon his
idle hands and mind. The current
of his life is thus thrown into eddies
or settled into a sluggish pool and
begins to die. When the fund
of vitality sinks so low that he can
follow no labor without such a draft
upon his forces that sleep cannot
restore them, then it will be soon
enough to stop work.

What are Boys Good For?
The urchin who answered: "They
are good to make men of," made an
admirable reply. But the sort of
men we are to have in a few years,
depends upon the sort of boys we
have now. A man is not a grown-up
boy. The present crop of boys con-
tains some hopeful specimens, who
give promise of noble and useful
manhood. But it also shows a
large percentage of boys who must
be reconstructed, before they can
develop into a manhood that can
fill any honorable or useful position
in society. Boys who shirk or shun
useful work or improving study, and
spend their time in idle dissipation
or vicious activities, can never
become useful men. Boys who, being
obliged to do something for their
support, assiduously seek easy
work, are not hopeful prophecies of
manhood.
A Galveston man met a gentleman
from northern Texas, and asked how
a certain mutual friend was coming
on. "He is doing very well," was
the reply. "What business is he
at?" "He has got the softest thing
in the world of it. He bought a lot
of Mexican donkeys at San Antonio
for \$3 a piece, and having taken
them up to his ranch, he clears \$27
a head on them." "Do they bring
such high prices?" "No, but he lets
the railroad trains run over them,
and the company has to pay him \$30
a piece for them."

Miss Jones was about to marry a
military officer, much to her moth-
er's displeasure. "Why, my dear
child," said the latter, "don't you
know war may be declared at any
moment, and take him away from
you?" "Very well," was the an-
swer, "a widow of seventeen—what
could be more poetic?"

Cooked Food.
It takes a long time for any con-
servative person to fall into any new
method, which is apt to find favor
with the majority in any progressive
community. Notwithstanding what
has been said of the advantages of a
cooked diet, in part, for poultry,
many men still hesitate to adopt the
plan.
The results of feeding swine with
cooked corn and meal, instead of
the uncooked article, are well known
to every farmer. The gain is fully
twenty per cent., which much more
than covers the extra cost attended
upon the course. The argument
may be brought against the method
that cooked food is not the natural
diet of the "feathered world." We
are not aware that our primitive
man knew very much of the many
choice viands with which we are
to-day familiar; but this does not
lessen our appetite for them in the
least. When we look at it tastes are
almost universally acquired. There
can be no objection to change of
food, provided the kind substituted
fills the requirements of life giving
qualities.
We seldom boil corn for our
poultry, as we prefer to give that
raw as the evening meal; but for
those who choose, even this can be
cooked to advantage. If too much
work to shell the corn, boil it on
the cob, and let the fowls have the
sport of rolling the ears about as they
pick their living.
The fowls will soon tire of a cooked
diet entirely, but it is very easy
to substitute grain occasionally.
Make the cooked food varied, by
giving a quantity of potatoes one
day, and cabbage or onions for
another, and so on through the
week; cracker crumbs from the
waste of the grocers' barrels and
boxes are capital to mix with the
meal occasionally; buy them at a
low price. Then let them pick the
bones left from the table, afterward
burning and crushing them for
material in making shells. Be careful
of rye bran—it is too much inclined
to swelling, and rapid fermentation
in the crop producing death in a
short time.
If you are too busy to attend to
systematic feeding, your good wife
will do it willingly, or the children
will plead for the chance, after a
little instruction. Don't forget that
the poultry branch of the farm will
pay the best percentage of profit,
in proportion to the outlay, of any. If
you are still conservative on this
point, try it faithfully one year.—
American Poultry Yard.

Dreams.
Dreams are caused by the most
trivial things. Whispering in a
sleeper's ear will often produce a
dream. In changing our position,
as we constantly do in sleep, we
touch the bed-clothes, etc., perhaps
the nose gets tickled, or the sole of
the foot, and dreams, painful or
pleasant, are the consequence. These
seem slight causes, but it must be
remembered that the mind is ready
to fly into the realm of fancy at the
slightest intimation.—People have
often dreamed of spending the sever-
est winters in Siberia, and of
joining the expeditions to the North
Pole, simply because the bed-clothes
have been thrown off during sleep.
It is said that a moderate heat ap-
plied to the soles of the feet, will
generate dreams of volcanoes, burn-
ing coals etc. A strong light held
before the sleeper's eyes is pretty
sure to cause him to dream of fire.
To some sleepers the sound of a flute
fills the air with music, or they
dream of a delightful concert. A
loud noise will produce terrific
thunder and crashings unutterable,
and at the same time awake the
sleeper. The nervous system of the
sleeper will affect the causes of
dreams materially, and there are
variations in nervous temperament
almost as numerous as the total of
the human family.

Bearing Each Others' Burdens.
Life teems with unnecessary pain.
For every living soul there is work
to do, effort to make, sorrow to
alleviate. No day in the short time
allotted to us here should pass with-
out some attempt, however feeble,
to lessen the load of suffering pressing
so unequally on the lives of those
around us. All can do some little,
and if each soul that has suffered
would take a share in removing or
lessening the burden of another, life
would be other than it is. An old
writer beautifully says: "All can
give a smile." How few value a
smile as they should, yet who does
not know the brightness which
some faces bring wherever they ap-
pear? The smile of kindly recog-
nition, the acknowledgement of ex-
isting suffering, the free conveyance
of endurance, all are ennobled by a
glance, and none can tell how often
the effort to be cheerful has helped
weaker sufferers to endure.
Twenty ladies took a vote on the
question, "Has a young lady the
right to take a gentleman with whom
she takes an evening drive?" There
were nineteen affirmative votes. The
negative vote was cast by a woman
with a glass eye and was counted
none.
An Oregon preacher had one of
his horses stolen, and he went to his
study and prayed that a quickened
conscience might oblige the thief to
return it. That very night the thief
returned and—stole the other.

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Wives.
Three men of wealth meeting, not
long since, in New York, the con-
versation turned upon their wives.
Instead of finding fault with women
in general, and their wives in par-
ticular, each one obeyed the wise
man's advice, and "gave honor unto
his wife."
"I tell you what it is," said one of
the men, "they may say what they
please about the usefulness of mod-
ern women, but my wife has done
her share in securing our success
in life."
"Everybody knows that her fam-
ily was aristocratic and exclusive,
and all that, and when I married
her she had never done a day's work
in her life; but when W. & Co. failed,
and I had to commence at the
foot of the hill again, she discharged
her servants and chose but a neat
little cottage, and did her own
housekeeping until we were better
off."
"And my wife," said a second,
"was an only daughter, caressed and
petted to death; and everybody
said, 'Well, if he will marry a doll
like that, he'll make the greatest
mistake of his life'; but when I came
home the first year of marriage, sick
with the fever, she nursed me back
to health, and I never knew her to
murmur because I thought we
couldn't afford any better style or
more luxuries."
"Well, gentlemen," chimed in a
third, "I married a smart, healthy,
pretty girl, but she was a regular
blue-stocking. She adored Tenny-
son, doted on Byron, read Emerson,
and named the first baby Ralph
Waldo Emerson, and the second,
Maud; but I tell you what 'tis, and
the speaker's eyes grew suspiciously
moist, "when we laid little Maud in
her last bed at Auburn my poor
wife had no remembrance of neglect
or stinted motherly care, and the
little dresses that still lie in the
locked drawer were all made by her
own hands."—*Journal of Commerce.*

Save the Brain.
Do not overtax the brain. No man
should do more work of muscle or
of brain in a day than he can per-
fectly recover from the fatigue of in
a good night's rest. Up to that
point, exercise is good; beyond are
waste of life, exhaustion and decay.
When hunger calls for food, and
fatigue demands rest, we are in the
natural order, and keep the balance
of life. When we take stimulants
to spur our jaded nerves or excite
an appetite, we are wasting life.
A man should live so as to keep
himself at his best, and with a true
enjoyment. To eat more food than
is needful is worse policy than tossing
money into the sea. It is a waste
of labor and a waste of life.
"What earthly use is it," exclaim-
ed a languid Washington swell the
other morning, "our trying to be
awistocratic, monarchial, and that
sort of thing, when a Senator of the
United States eats peanuts while
wilding in a sweet car? We're not-
ing but a howid republic, after all."

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