# The ding Schaul. 

A REPOSITORY OF REFINED LITERATURE, AND JOURNAL OF EDUCATION.

| LOVE, DRINK AND DEBT. <br> Son of mine! the world before you Spreads a thousand secret snares Round the feet of every mortal Who through life's long highway fares Three especial, let me warn you, Are by every traveler met; Three to try your might of virtue- <br> They are love, and drink and debt. <br> Love, my boy, there's no escaping, <br> 'Tis the common fate of man; Father had it; I have had it; <br> But for love, you had not been. Take your chances, but be cautious; <br> Know a squab is not a dove; Be the upright man of honorAll deceit doth murder love. <br> As for drink, avoid it wholly; <br> Like the adder, it will sting; Crush the earliest temptation, <br> Handle not the dangerous thing. See the wrecks of men around usOnce as fair and pure as youMark the warning! Shun the pathway And the hell they're trotting through. <br> Yes, though love be pare and gentle, And from drink you may be free, With a yearning heart I warn you 'Gainst the worst of all the three. Many a demon in his journey <br> Bunyan's Christian Pilgrim met; They were lambs, e'en old Appollyon, <br> To the awful demon debt! <br> With quaking heart and face abashed, The wretched debtor goes; <br> He starts at shadows, lest they be <br> The shades of men he owes. <br> Down silent streets he furtive steals, <br> The race of men to shun; <br> He shivers at the postman's ring, <br> And fears the dreadful dun. <br> Beware of debt! Once in, you'll be A slave forevermore; <br> If credit tempt you, thunder "No!" And show it to the door. <br> Cold water and a crust of bread ${ }^{*}$ May be the best you'll get; Accept them like a man, and swear"I'll never run in debt." |
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Bodily exercise is one of the most important means provided by nature for the maintenance of health, and in cise, we must show what is to be exercised, why exercise is necessary, and the various modes in which it may be
taken. The human body may be regarded as a wonderful machine, the various
parts of which are so wonderfully adapted to each other, that if one be disturbed all must suffer. The bones and muscles are the parts of the human
frame on which motion depends. There are four hundred muscles in the body; each one has certain functions to perform, which cannot be disturbed without danger to the whole.
the tendons in keeping the bones in their places, and put them in motion Whether we walk or run, sit or stoop,
bend the arm or head, or chew our food, we may be said to open and shut a number of hinges, or ball and socket joints. And it is a wise provision of more the muscles are exercised, the stronger do they become; hence it is that laborers and artisans are stronge and more muscnlar than those persons
whose lives are passed in easy occupawhose lives are passed in ead
tions or professional duties.
A good state of health depends in a great measure on the proper exercise of all the muscles. But on looking at the
greater portion of our industrial popu-lation,-artisans and workers in fac tories generally-we find them, in nu merous instances, standing or sitting in forced or unnatural positions, using
only a few of their muscles, while the others remain, comparatively speaking, unused or inactive. Sawyers, filers,
tailors, and many others, may be easily recognized as they walk the streets, by the awkward movement and bearing
impressed upon them by long habit. impressed upon them by long habit.
The stooping position especially tells most fatally upon the health ; weavers, shoemakers, and cotton-spinners have generally a sallow and sickly appear


THE CITY OF ROME.
Rome was founded in 753 B. C., an is consequently 2,630 years old. The Roman story about the founding of this city, runs as follows: A wicked king called Amulius ruled in Alba
Longa, a city on the river Tiber. He had robbed his elder brother of the kingdom, and put his sons to death, whose father was the god Mars. Amalius ordered them to be thrown into the river Tiber; but they floated down
the stream till they stuck near the place the stream till they stuck near the place
where Rome was afterwards built They were fed first by a she-wolf, an afterwards were found and brought up
by a shepherd. When they had grown ap they were made known to their grandfather, whom they restored to his throne, after slaying the wicked Amuius. Then the youths, whose names
were Romulus and Remus, determined to build a city on the Tiber. They quarrelled whose eity it should be, an
Remus was killed in the quarrel. Romulus built the city, and called it Rome after his own name, and was
first king and made his city great in war. He was taken was worshippe by the Romans as a god.
LIVING FOR IDEAS AND PRIN CIPLES.

The English tongue is supplied with a great many expressive words. But the verb "to live," perhaps, conveys more varied ideas and changing scenes
than all the others put together. I than all the others put together. It
brings to our minds thoughts of joy and sorn, of call up scenes of beauty and of crime.
Man not only lives, but he lives for something. He may devote the who period, called life, to the gratificatio of animal desires and to the accomplish a good a good life, occupying the time in developing his mind and beautifying his whole nature. Man is not permitted, like the brute, to wander into every or any path that may, appear to him,
but his actions are controlled by laws founded on principles of truth? The field in which we labor is in deed a great one. And notwithstanding the prodigious amount of labor that has already been done, the field itself eternity, it cannot be made smaller. Sir Isaac Newton, when drawing near the close of a good and useful life, compared himself to a child which had amused itself by gathering pebbles on
ures of the Great Deep beyond, were entirely unknown.
There are treasures of knowledge wrapped up in every tree and rock and hill and river, all nature is full of system and adjustment. Then it is the aty of every one to concentrate all his truth. Not to be "like dumb driven attle, but a hero in the strife." Everyone has duties to perform, and he who
makes these duties the rules of his life, makes these duties the rules of his life,
neither tnrning to the right nor left, shall be he of whom it is said, "Well done thou good and faithful servant."
He who lives for ideas and principles is more deserving of honor than he who dies for them. When anyone dies for what he esteems right, he is quickly
 there is no temptation. But he, who day after day combats his evil nature difficulties, and ever rising in the trength of his manhood and integrity deed!
Not a martyr who is consumed by he fire or torn to death by raveno beasts, but a martyr who day after day puts under his feet the enticing follies of the world. Such a one is truly devoted to the cause of truth.
Then let us make the path of life seadily pursuing pur way rad mather seadily pursuing our way and gather
ing the flowers of truth which spring up around, weave them into garland of manhood and strength.-Centra Collegian.

## CHAUCER.

Chaucer has been called "The Father onglish Poetry." He was the flrs great English poet. Little is know of his early life, and absolutely noth ng of his family.
uch as "The Court Flower and the Leaf," are very flowery ndeed. Chaucer is best known by his Canterbury Tales." He represen
these taies as having been told by company of twenty-nine pilgrims, wh assembled for the purpose of going to the tomb of Thomas a-Becket at Can terbury. These tales are full of pathos, sight into the habits and customs of hat time. It is worthy of remark that ongue a poems in the English The poets of that time common people wrote either in the Latin or Norman French. Chaucer invented the ten syl-
used by every poet of note from Spencer
to Dr. Johnson. As the English language has changed very much since the time of Chaucer, it is difficult to read
his poetry without much and careful his poetry without much and careful
study; but for those who study it in study; but for those who study it in He possesses a very pure style and an elegant diction. Spencer says of him
that, "He is the well of English undethat, "He is the well of English unde-
filed." Chaucer sleeps with England's filed." Chaucer sleeps with England
mighty and illustrious dead in Westminster Abbey.

## HOW TO GET A PRACTICE; OF

 RT OF RIPHYSIC

It can easily be pictured with what agerness medical aspirants will read this article. The greatest desideratum with them is to know how to advance themselves in the profession; and their successful establishment in it is the ne
plus ultra of their ambition. In their plus ultra of their ambition. In their estimation the discovery of the philosopher's stone, or the quadrature of the
circle, sinks into utter insignificance when placed in comparison with the art of rising in physic. It has been who wishes to get into practice, to star with a new theory. Attempting to vould insure a good deal of notice nd prove highly beneficial to him. Were he to attempt to prove the un wholsomeness of some favorite and
common article of diet- the more startling and extraordinary the opinion th better-he would "obtain an enviable
degree of notoriety. He must be singular and eocentri in his manners-it is a matter of indifference whether he be brutal, or polished and courtier like-singularity fills the general run of mankind with wonder, and from wonder to admiraician should never affect ignorance the cause of a complaint; he should place it in the pancreas, or pinal gland he moment.
He must also be always ready with n answer to every question a lady put to him, the chance is that she will b satisfied with it; he must not care
whether there be, or be not, a possible solution of it.
A lady once asked her apothecar from what substance castor oil wa as he unembarrassed, said that it wasisfied and no doubt considered he medical informant a quick and sensible gentleman.
A physician should never omit to practice of refusing the fees of clergy men, it is astonishing how the curgy solidum quickens the faculties. It has always been found, says a nonymous writer, of great use to physician to belong to some particular
sect of religion. He is sure to obtain he patronage of those who belong to it The "thee" and "thou" of Dr.
Fothergill, of London, was supposed to Fothergill,of London, was supposed to It is a very fortunate circumstanc or a physician to be possessed of wife with the powers of speech said to have been possessed by Alexander the veat; if she calls at a house to make must enlarge on her husband's numerous engagements and superior abilities. In the instruction to the patient, the physician should be particular in giv-

## diet.

A physician has brought himself into notice and large practice, by alway owl, and upon an attempt being made to persuade the patient that the left leg

Surely quite indignant and exclaim, "Surely so sensible a physician must The remedy Stramonium, according the teachings of the Homœopathic ucing hip joint disease in the left hip." Perhaps the virtue of the left leg of he fowl can be explained upon the ame principle that " this peculiar powor Stramonium" is accounted for. It is a great point gained if you can visit the opera frequently; and be sure to instruct the messengers, when the
performance is over, to vociferate loudly for your carriage. This is an effectly for your of making yourself known as a prominent physician and a man of ashion. Be regular in your attendvant to call you out occasionally during When first starting in practice it will be of service if you can persuade your
arriage friends to call frequently at our house.
Don Quevedro is of the opinion that he best way to run into practice is to
un into debt, because your creditors vill employ you to get paid. There is ome danger should it not succeed. It must be observed that dancing and dressing well are not such slight accomplishments to introduce a young agined, because it makes him acceptable o the ladies and beau monde; a fashionable gesture, and gentle manner of eeling the pulse is half the business; aay, that and very little more may, in ime, go a great way towards a hospital And last but not least cultivate the acquaintance of old ladies. They most acquaintance o old ladies. ney most
are subject to ailings; and never neg-
lect to make light of the least comlect to make light of the least comation of being both careful and skillful; whereas otherwise your care and
skill may be suspected as well as your kill may be suspected as well as your
ffectation. All this is not given as an ffectation. All this is not given as an
xample for imitation, but as a curious xample for imitation, but as a curious
record of the state of the profession of to-day; a state proven by the often-
times successful practices, not less deestable than the foregoing, indulged in y the quack. We feel assured that no man with properly constituted mind
would have recourse to such illegitiate means of advancing following sentiment of Pope:
"But if the purchase cost so dear a price,
As shooting folly or exalting vice; Then teach me, Heaven, to scorn the guilty
bays,
Drive from my breast that wretched lust of praise,
Unblemished let me live, or die unknown;
Oh, grant an honest fame, or grant me none., HARD WORK.
"What is yoursecret?" asked a lady He replied: "I have no secret, madam but hard "The difference between one man and enother is not so much in talent as in " Nothing" says Reynolds, "is de-
nied well directed labor, and nothing is to be attained without, it." "Excellence in any department," says Johnson, lifetime, but it is not to be purchased at a less price." "There is but one
method," said Sidney Smith, "and that is hard lebor; and a man who will not pay that price for distinction had better at once dedicate himself to the pursuit "Step by step," reads the French
roverb, "one goes proverb, "one goes very far." "Noth-
ing," says Mirabeau, "is impossible to a man who can and will. This is the
only law of success." "Have you
ever entered a cottare ever entered a cottage, or traveled in a
coach, ever talked with a peasant in the field, or loitered with a mechanicat the
loom," asked Sir Edward Bulwer Lytton, "and found that each of these men had a talent you have not, knew something you did not?" The most useless
creature that yawned at a club, oridled creature that yawned at a club, or idled
in rage under the suns of Calabria, has no excuse for want of intellect. What
men want is not talent, but purpose; in other words, not the power to achieve, in other words, not the po
but the will to labor.

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 death of Pius Ninth, and the election of his successor, Leo Thirteenth, is a
large auditorium or ampitheatre-the chief hall of the Vatican at Romeby Pope Sixtus V, Its walls were
painted by Michael Angelo, who laborpainted by Michael Angelo, wh
ed twenty months on them.


Secretary of the Interior Schurz was before the House Committee on
Indian Affairs last week, and one of his suggestions was that an appropria tion of a quarter of a million be made,
to be expended in " pacifying the Sioux and other hostile tribes." This looks queer for a "reform" Administration, stealing business. If that money wa to he expended in remunerating western frontier men for loss sustained at
the hands of "the Sioux and other hostile tribes," the "pacification" would be greater and go further, and might
raise the opinion of the Government in the minds of the citizens whom it
 ever welcome. From our table it is transferred to the family circle and ent with a slight degree of pride in such a creditable periodical Gomains such a creditable periodical. Gen'J.
C. McBride, the editor and proprietor, has demonstrated that he knows well
how to conduct such a publication, and he how to conduct such a publication, and h the work of making the Farmer one o
the best, (if not the best), agricultura and family periodicals in the United States. Many of his friends have of
late been considering the fitness of Mc for congress, and the propriety of send ing him there to represent Nebraska in the lower house next year, but he ha
intimated that he would rather have them all subscribe for the Farmer than offer him as a sacrifice at Washington Send him your autograph accompanied
by $\$ 2,00$ and get the Farmer one year

## If there is a man in the United

 person is "Mark Twain." He used to be a humorist ; now he's superanuated such a strong hold upon him that every time he says "Bou!" he expects people to laugh. "Mark" made a good repu"Innocents Abroad" man" "out of his It," and he should have been content to have stopped there,-but he wasn't We read that just as he was about to bo introduced to an audience, recently, byThomas Bailey Aldrich, the poet, this Thomas Bailey Aldrich, the poet, this
funny (?) man stepped forward, checked
gentlemen, my friend, Mr. Aldrich was
going to tell you who I was, but I
would rather not-he knows me too
well." Now, what there was "funny"
about that, nobody can see, but we pre-
sume the audience snickered, as audi-
ences would be expected to do at a mon-
key show when the baboon grabs the
gorrilla's tail and swings to and fro,
chattering horribly. "Mark" should
quit the field, and by keeping still for
the rest of his days he may preserve
the fair reputation he once won.
A BAD NOTION AND worsE
PRACTICE.
road to prosperity John, "the flower
of the family," who was going to be
the pride of the house, is earning nine
or ten dollars a week measuring off
calico and cotton.
There is a moral to this story, and
lest any fail to find it we'll drag it out.
John never should have been sent to
college; that spoiled him. He should
have been tanght a trade, and should
have been taught to depend on himself
for everything at the outset as a basis
for his career. Then if he was am-
bitious to become great he would have
had the opportunity of doing so or at
least trying, and if he failed he would
have no oneto blame but himself. And
supposing he did fail he would have
the knowledge and very likely the
courage to admit it, that earning an
honest living as a mechanic even if it
necesitated roughned hands and poor
clothes is a thousand fold better than
half starving as a fifth-rate lawyer
getting a case once a year, and owing
the tailor for the fine clothes on his
back.
Bnt where's the use in talking about


\section*{ROCK SPRING <br> COAL <br> price reduced. <br> | Price per Ton, - $\quad \$ 8.50$ Price per Half Ton, $-\$ 4.50$ Price per Quarter Ton, $\$ 2.50$ |
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## There in ine sutand nor by whid the progress of a nation may be so accurate- ly determined as that furnished by its public schools. In this respect Nebraspublic schools. In this respect Nebras- ka may fearlessly challenge comparison with any of the Western States. educational interests. In none more rapid progress been made in the

 more rapid progress been made in thefficiency of the schools, or the num ings. The schools are the pride of th
people and the glory of the State an ample means have been provided
place them on a firm and endurin basis. A vast landed estate, consistin
of two sections- 1280 acres-in ever ownship or one-eighteenth part of th entire area has been donated to the
State by the General Government, an set apart as a permanent endowment f
the public schools. estimated, will amount to more th
$4,500,000$ acres. The lowest price $4,500,000$ acres. The lowest price
which they can be sold is fixed by la

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 per acre. The principal thus accruing school fund. The income derived from this source is already considerableand will soon, it is hoped, be sufficien to maintain the public schools, and
render taxation for school purpo-
ses comparatively light. In addition render taxation for school purpo-
ses comparatively light. In addition
to the common schools, there is a well
endowed State University, with an
able faculty, in successfull operation,
a credit and an honor to the state. It
is located at Lincoln, the State Capitol,
and was opened for students in Sep-
tember, 1871. A State Normal
School located at Peru. A Dear and
Dumb Institute at Omaha, and an
Asylum for the Blind at Nebraska
City. To all these institutions stu-
dents are admitted free of charge, and
the blessings of a good education are
offered to all the children of the state
without discrimmination on account of
sex, race or color. The organization
of the sohool system is similar to that
of Ohio, and is characterized by an
efficiency scarcely excelled by older
states. The formation of school dis-
tricts and the building of school houses,
keep pace with the settlements placing
the means of obtaining an education,
upon which rests our free institutions,
within the reach of every child in the
state.

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