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BY P. C. SULLIVAN.

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Catching Cold.

[From the Technologist.]

One of the confessed evils of improper arrangements for ventilation is the danger of catching cold. We are told that our room is close and illy ventilated; up goes a window, in comes a draft, and we catch cold. We are told that we should not allow such a draft through our apartment; down goes the window, and we are stifled. Dame Nature, like a kind parent, opens the ratan to refractory children. He who sets his foot in a trap, must complain if the trap spring and catch his foot. Put a bird into a room where there is a closed window, and it will fly a hundred times against the glass, unable to learn that it cannot go through where it can see through. Just so it is with human beings about taking cold. They will catch cold a hundred times, and then go for the one hundred and first time and do the same thing. They can not learn to avoid danger if they do not see it stare them bluntly in the face. Human beings will, of course, reason; but reasoning is a habit, and they never form the habit of reasoning to prevent colds. It is the simplest thing in the world; just as simple as taking a drink of water. It is simply the act of preserving. Preserve an even temperature. He who does this will never suffer from colds. The artists, or professors, who endeavor to preserve fruits in this natural state, strike first for the temperature at which they can not sour, then for evenness at that point. The same must be done to preserve health. Find the normal condition, that of pleasantness and comfort, then preserve an equable temperature, and there will be no danger. It will be said that it cannot be done. It is granted; but still, theoretically, the two points mentioned must first of all be fixed: first, what a proper condition of the system is; and second, resolve to maintain it. Of course, there will be variation. There must be exercise, and sometimes violent exercise. There will be excitement; passion more or less vehement. All persons will be violent at times. The thing wanted is to accept the fact, and act accordingly. Keep as near the normal condition as possible; but when necessity compels a rising above or falling below the proper point, use discretion to recover. Freeze an apple, and thaw it out gradually at a low temperature, and it can not be detected as having been frozen; while, if it be thawed rapidly at a high temperature, it becomes a pulpy mass, because the sudden change breaks down the structural cells. Freeze your ear on a cold day; pack it in snow till it thaws, and it will be nearly as well as the other. No one could tell that it had been frozen. But thaw it quickly in a warm room, and the twinges of pain will be most exquisite, while in the end it will appear as if it had been boiled. The truth is, there will be extremes. Somebody will get behind and have to run for the train, or, in a fit of anxiety, hasten for an omnibus, a street car or a ferry-boat, when another goes in three or five minutes, making haste useless. People will get caught in rain-storms, and be soaked with pure water distilled by nature's evaporator; some worshipping Charlies will get upset in the snow with their beloved Maggies; some snow-white ducks will sport in the briny surf until nature warns with a chill to desist; from one and all of these sources, and from many others, colds will come. That is a fact; it will take place. Everybody's children are wayward sometimes, and Dame Nature's with the rest; and, thanks be to

Heaven, the old lady knows just when and where to apply the ratan. It is all no use to counsel people to beware, to be careful, to avoid danger. Mothers and doctors have done this very thing for five thousand years, and the business of warning is larger now than it ever was before. Doctors make more money today from people taking cold than they did fifty years ago, while marble-workers and grave-diggers reap more from this source than from any other. Is it a fact, therefore, that it is useless to give advice? It is true, advice, like medicine, is easier to give than take, and, like most things that cost nothing, turns out to be worth nothing. It must cost something to be really of any value. Still the all-important fact remains, that there is a right way to return from all the excesses above enumerated. And to return, to recover equilibrium after violent exercise or exposure, is the most important part of health-keeping. A little of that uncommon thing, common sense, is the only requisite.

The human frame was intended for activity—to run fast and to run slowly; but it must be managed. A locomotive can be run very fast, but if stopped instantaneously, when going at a high rate of speed, it is jointed as badly as if it had had inflammatory rheumatism for seven years. A skillful engineer, however, tones down his speed gradually; and in this lies the whole secret of not taking cold. It is exposure or carelessness after exercise that brings on colds. After walking, or running, or dancing, or any exercise that quickens the circulation, a little current of air from a window, a crevice, from an open door for a few minutes, just to cause a chill, is sure to produce a cold. Merely stopping on the street in a current of air—or at a corner, where the wind breaks or makes an angle—is certain to do the job. Any sudden subsidence of active forces of the body in a temperature that chills, will produce cold. The little common sense that is needed, and for the lack of the exercise of which so much money is paid to doctors, is to preserve an equable temperature, or, having exercised freely, recover the proper state gradually and without a chill. This is attained in a most simple and easy manner. After exercise, always seek rest in a sheltered place, where you will be warm never being hasty to remove hat, gloves or cape. Let perspiration subside before disrobing; if in-doors, and if out-doors, always keep gently moving until the usual condition is attained. Let the aim be evenness of temperature, and in all cases of free exercise, tone down gradually. Never be afraid to exercise freely, but be very careful to manage the force judiciously that is developed. It is well always to keep cool, but it is better—since all must grow warm sometimes—never to cool off too quickly. The mother, who spoils her child by indulgence, often says, "keep your temper, my child." Dame Nature says to her self-indulging brood, "Keep your temper, my children."

Nature's maxim contains the secret of long life and enduring happiness. Obey your parents, is the law of physics, as well as of morals. The counsel of maternity—a counsel as old as the creation, hoary with an age of sixty centuries, given by fond mothers to burly sons and gushing daughters before Moses was hid in the bullrushes, or Balaam's ass preached the gospel; a counsel fragrant with all holy association as it passes down the ages from lip to lip; a counsel stamped by the hand of Him who made all things upon all things He has made is, My beloved children, keep cool.

Minister Motley Peremptorily Recalled from England.

WASHINGTON, D. C., Nov. 15.—On Friday last, the President directed Secretary Fish to send a cable dispatch to London peremptorily recalling Minister Motley as Minister to England. Moran, Secretary of Legation, is to act as Charge d'Affaires until a new Minister is appointed. The President gives as a reason for immediate action, the necessity for an instant decision on the fishery controversy with Canada, and other differences with the British Government, which he does not feel inclined to trust to the management of Motley.

An Iowa man tried to kiss a neighbor's wife, but before he got through the lady hit him on the head with a rolling pin, and put him out of doors. The husband took a revolver and went to him for satisfaction, but concluded to settle it by taking the villain's note for \$10, which he traded off for a corn plough. The man who holds the note can't collect, the giver claiming that he did not get value received.

Political Reform.

It is apparent to all men that a radical reform in the running machinery of the Government is needed and demanded—the patronage of the Presidential office, and the connection of Congressmen with the same, is a source of great corruption and extravagance, and inflicts upon the Government a serious detriment to its interests. The Federal City has become infested with Indian rings, and a thousand other forms of leeching the public Treasury. The franking privilege must be abolished, the civil service reform effected, and the tariff policy so shaped and executed as not to favor one branch of industry at the expense of another, nor to enrich speculators, under cover of the protective system. These practical measures of reform are needed—the people perceive the existence of that necessity—and as soon as the paramount and superior issues of national credit and national security are fairly out of the way, the people will rise in their might, and will demand the passage and the enforcement of the reforms we have spoken of.

The above is from the Toledo Blade. We are glad to see a disposition in many of our best journalists of the present day to proclaim the truth, no matter whom it affects. This laying off of blind partisan prejudice by leading men, is an omen of strength and better days. The Blade is right when it says, "It is apparent to all men that a radical reform in the running machinery of Government is needed and demanded." and it should have added to its list of reforms, the abolition of all life offices in the Government; the right of all who exercise the elective franchise to vote directly for President and Vice President; the establishment, by fundamental law, of the supremacy of the general Government over that of an individual State; and the permanent settlement of the proper qualification of a voter in the Government, based upon the unalterable and natural line of race. All these reforms, as well as those mentioned by the Blade, it is apparent, must be made and effected, and that speedily or the experiment to establish Republicanism here will prove a signal failure. And when the people shall stop to post themselves as to what their servants are doing; and as to the condition of their Governmental affairs; and shall learn to disregard appeals to their prejudices, made by ignorant, silly, corrupt and wicked demagogues, who care for nothing, save their own aggrandizement and self-promotion; they will rise in their might, assert and exercise their sovereign power, and demand and enforce the reform of which we speak.

The Blade then adds: The point we wish to make is, that the Republican party, being in power, can prolong its days by adopting and carrying out these economic reforms. They are in exact consistency with its principles and record in the past. They legitimately belong to, and grow out of, its long cherished ideas. That policy will be the legitimate outgrowth of what it has already accomplished. And we may add, that neglect to accomplish these desirable and necessary economic reforms, will be a proof of incapacity or recreancy sufficient to warrant the American people in dismissing it from power.

The next point we wish to impress is, that if the Republican party do not inscribe these reforms on its banner, the Democratic party will, and with them that party will march to victory. And we are compelled by truth to say, that the influence gained by certain selfish, managing, and unprogressive Republicans over the appointments of the Executive, seem to be making the march of that party to power by this method a very easy one. At their bidding, valuable public officers, scarcely warm in their chairs, are sent back to private life, whose only offense has been a close attention to business, and an integrity and independence of character which rendered the approach of corruptionists to influence their action impossible.

And that is all true. The points taken by the Blade are well taken; and we desire further to impress upon our party that we must, at the very next Session of Congress, demand the repeal of the law which reaches into Africa for

material out of which to make citizens and voters, and also inscribe upon our banners the reforms we have herein named; or the Democratic, or some other political party, will march to certain victory. We have fought the dangerous Radicalism of our party, and advocated the proper reforms since the time when Lee surrendered to Grant, and now, if the old ship which has performed such noble service, and which saved the Government in her death struggle with treason, must go down, we will go down with her, holding erect her tattered banner, but with the sweet consolation that we have done our duty, by a fearless proclamation of approaching danger, both on the stump and as a journalist.

Russia Coming to the Front.

There is nothing extraordinary in the circumstance of Russia's demanding a revision of the treaty signed at Paris in 1856. It would be unjust to regard her doing so as anything in the shape of a wanton attempt to increase the disturbance in Europe, or to extend the theatre of war. There is nothing but fair play and propriety in her demand. It is preposterous to suppose that a great power like Russia would submit to the humiliation imposed on it by that treaty a single day longer than was absolutely necessary. According to its provisions, the Czar could not establish any naval or military arsenal on the shores of the Black Sea, nor erect any fortifications there, nor maintain a greater naval force than ten small steamships on the waters of the Euxine. All this was meddling with his undoubted rights as a sovereign, and had no other justification than the superior strength of the parties insisting upon it. Neither France nor England could expect that this condition of affairs would last for ever, and, consequently, they must have foreseen an endeavor to do away with it. They must also have known well that they could not take upon themselves the responsibility of resisting that endeavor whenever it was made. In fact, the treaty of 1856 was only a temporary expedient to prop up the throne of the Sultan, and in the nature of things it could not last very long. Russia would be wanting in self respect, the national pride of her people wounded, if she did not avail herself of the first opportunity to break through the bonds imposed upon her. Nor is she open to the charge of perfidy by attempting to escape from engagements once solemnly ratified. The conditions of the treaty were in themselves unjust, and they were accepted only under the coercion of fleets and armies, which Russia at the time could not cope with. Then, her mode of procedure is equitable. She asks the consent of the contracting parties to her abrogation of the humiliating document, and if they, or either of them, persist in the injustice, she will consider herself at liberty to break by force that which force constructed. While we acknowledge Russia's inherent right to resist the pretensions of any power to dictate to her what ships she shall and shall not have in the Black Sea, or what sort of naval or military establishments she shall erect on her own territory, we are far from approving of any attack on the independence of Turkey. If the people of that country are discontented with the rule of the Sultan, they have an undoubted right to throw it off; if they would prefer the rule of the Czar, they have a right to transfer their allegiance. But until we see some good proof that they desire to make such a change—and none has yet been given to the world—we must regard any violation of Turkish territory on the part of Russia as an immoral usurpation. The Sultan has not been insensible to his danger, and he is aware of the folly of depending either on England or France to preserve the integrity of his dominions. Great attention has been paid during the past fourteen years to the development and improvement of the defensive power of the country. The Turkish army is now six hundred thousand strong, is well armed, and in a tolerable state of efficiency. The navy is excellent, and comprises some of the best iron plated frigates afloat; so that a repetition of the Sinope affair is hardly within the limits of possibility. The sum of the situation is, that Turkey is far from being an insignificant power to deal with, and that if Russia ventures upon aggression, she will find more serious obstacles in the way than she imagines.—Chronicle.

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WINES, LIQUORS, PORTER, ALE Bitters, Cigars, Candies, Oysters and Sardines will be served to gentlemen on the outside of the counter, by a gentleman who has an eye to "bit" on the inside. So come along, boys; make no delay, and we will soon hear what you have to say. W. F. CLINGMAN. 32

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EXPENSES. PRIMARY, per Term \$4.00 COMMON ENGLISH, per Term 5.00 HIGHER ENGLISH, per Term 5.00 Latin or French Language, Two Dollars Extra. These figures will be greatly reduced by the application of the Endowment Fund. All Students entering the School will share equally the benefit of this Fund. Students will not be admitted for a less period than a Half Term. Charges will be made from the time of Entering. No deduction made for Absence, except in case of protracted Sickness. N. LEE, Chairman Ex. Com. W. M. HOWE, Sec. of Board.

WOOL WANTED. THE BELLEDALE MILL COMPANY will give the highest market price for wool, delivered at their factory in Polk Co. Their Store is also open, with a general assortment of Dry Goods, Groceries, Hardware, &c. 2-1f

NOTICE. THOSE INDEBTED TO THE FIRM OF W. C. BROWN & Co. are requested to come forward and settle their notes and accounts, as the business of the late firm will be settled without further delay. W. C. BROWN & Co. Dallas, Ogn., August 24, 1870. 26-1f

JENNINGS LODGE No. 9 F. & A. M., Dallas, holds its regular communications on the Saturday preceding the Full Moon in each month, unless the moon falls on Saturday—then on that day, at one o'clock. Also, on the second Friday in each month at 7 o'clock, P. M., for the purpose of improvement of the Craft in Masonry, and for such other work as the Master may from time to time order. All Brethren in good standing are invited attend By order of the W. M.