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Beckley, Pensions, Back Pay, Horse Claims, etc. promptly collected. No charge for information, nor when money is not collected.

JOHN B. YOUNG,
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BEAVER, PA.
Office and residence on Third st. east of the Court House.

All law business entrusted to my care shall receive prompt attention. Also, persons having property for sale, and those wishing to buy town property, coal or farm lands, may save time and money by calling at my office. (de29-71-ly)

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FOR JOB PRINTING GO TO THE RADICAL OFFICE.

Railroads.

PITTSBURGH, FT. WAYNE AND CHICAGO RAILWAY.—On and after Dec. 23d, 1872, trains will leave stations as follows:

TRAINS GOING WEST.			
STATIONS.	EXPR'S.	MAIL.	EXPR'S.
Pittsburgh	1:45AM	7:10AM	9:10AM
Rochester	2:52	8:40	10:25
Alliance	3:15	11:45	1:30PM
Orville	6:51	1:45PM	3:07
Manfield	8:53	4:22	5:02
Forest	9:30	5:00	5:40
Crestline	9:40	6:10AM	6:00
Forest	11:05	7:55	7:55
Lima	12:08PM	9:05	9:15
Fort Wayne	2:40	11:00	11:00AM
Plymouth	4:45	3:35PM	3:55
Chicago	6:50	6:30	6:50

TRAINS GOING EAST.			
STATIONS.	MAIL.	EXPR'S.	EXPR'S.
Chicago	8:15AM	9:30AM	9:30PM
Plymouth	9:15	10:02PM	8:55
Fort Wayne	12:20PM	2:20	11:30
Lima	4:45	4:07	11:50AM
Forest	4:00	5:08	2:47
Crestline	5:35	6:20	4:05
Forest	11:30AM	6:50	4:15
Orville	11:40	7:15	4:25
Manfield	3:13	9:20	6:37
Alliance	4:30	11:00	8:25
Rochester	6:37	1:15AM	10:44
Pittsburgh	8:10	2:20	11:45PM

F. R. MYERS,
General Passenger and Ticket Agent.

CLEVELAND & PITTSBURGH R. R.

On and after Dec. 23d, 1872, trains will leave stations daily, (Sundays excepted) as follows:

GOING SOUTH—MAIN LINE.			
STATIONS.	EXPR'S.	MAIL.	EXPR'S.
Cleveland	8:30AM	1:55PM	4:00PM
Hudson	10:15	3:33	5:48
Alliance	11:10	4:18	6:35
Hayard	11:44	4:44	7:08
Hayard	11:40PM	6:00	8:25
Pittsburgh	3:40	8:20	

GOING NORTH—MAIN LINE.			
STATIONS.	EXPR'S.	MAIL.	EXPR'S.
Pittsburgh	8:30AM	1:55PM	4:00PM
Hayard	10:30	4:30	6:45
Alliance	11:25	5:10	7:20
Hudson	12:15PM	6:00	8:15
Cleveland	1:55	7:35	10:00

GOING EAST—RIVER DIVISION.			
STATIONS.	ACCOM.	MAIL.	EXPR'S.
Bellair	5:45AM	10:50AM	3:35PM
Steuensville	6:57	12:12PM	4:45
Wellsville	8:15	1:35	6:20
Rochester	9:30	2:35	7:35
Pittsburgh	10:40	3:40	8:20

GOING WEST—RIVER DIVISION.			
STATIONS.	ACCOM.	MAIL.	EXPR'S.
Pittsburgh	8:30AM	1:55PM	4:00PM
Rochester	7:40	2:30	5:30
Wellsville	8:50	3:20	7:00
Steuensville	9:50	4:25	8:05
Bellair	11:10	5:40	9:25

TUSCARAWAS BRANCH.
Leaves
N. Phila. 6:40 a. m. | Bayard, 9:45 am & 4:00 pm
Bayard, 12:10 & 5:00 p. m. | N. Phila. 3:00 & 7:30 pm
F. R. MYERS,
General Passenger and Ticket Agent.

PENNSYLVANIA R. R.

After December 22d, 1872, Trains will arrive and depart as follows:

WESTWARD.
Through Trains Leave Through Trains Arrive
Union Depot Union Depot
Pacific Exp's 2:59 a m Mail Train, 1:35 a m
Chicago Exp 7:45 a m East Line, 10:30 a m
Cincinnati Ex 12:20 p m Pittsburgh Ex, 3:00 a m
Philadelphia Ex 5:30 p m Southern Ex, 12:40 p m
Fast Line, 8:30 p m Pacific Exp's, 1:10 p m
Way Passenger, 9:50 p m

LOCAL.
6:40 a m Walls No. 1, Local, 6:30 a m
Wilmington Ac 7:05 a m Brinton Ac. No. 1, 7:30 a m
Walls No. 2, 10:20 a m Wilmington Ac, 8:20 a m
Walls No. 3, 11:45 a m No. 1, 8:10 a m
Wilmington Ac, 2:40 p m Johnstown Ac, 10:10 a m
Walls No. 4, 3:20 p m Walls No. 3, 1:45 p m
Johnstown Ac, 4:30 p m Walls No. 4, 3:20 p m
Brinton Accom, Wilmington Ac, 8:20 p m
modat'N No. 1, 4:50 p m No. 2, 4:45 p m
Brinton Ac. No. 1, 5:40 p m Walls Ac. No. 5, 6:30 p m
Walls No. 5, 6:15 p m Brinton Ac. No. 2, 6:50 p m
Brinton Ac. No. 3, 9:20 p m Brinton Ac. No. 3, 7:25 p m
Walls Ac. No. 6, 11:05 p m Brinton Ac. No. 4, 11:10 p m

Chicago Express, Cincinnati Express, Fast Line, and Brinton Ac. No. 8 leave daily, except Monday.
All other trains daily, except Sunday.

Pacific Express leaves Pittsburgh at 2:50 a m arriving at Harrisburg at 11:00 a m; Philadelphia 2:50 a m; Baltimore 3:00 p m; Washington 5:40 p m; New York 6:34 p m.
Chicago Express leaves Pittsburgh at 12:20 p m; arrives at Harrisburg 10:30 p m; Philadelphia 3:30 a m; New York 6:10 a m.
Cincinnati Express leaves Pittsburgh at 1:10 p m; arrives at Harrisburg 10:45 p m; Philadelphia 3:20 a m; New York 6:10 a m.
Philadelphia Express leaves Pittsburgh at 5:20 p m; arrives at Harrisburg 2:55 a m; Philadelphia 6:55 a m; New York 10:14 a m.

Fast Line leaves Pittsburgh at 8:50 p m; arrives at Harrisburg 5:45 a m; Philadelphia 8:00 a m; Baltimore 9:00 a m; Washington 11:30 a m; New York 12:24 p m.

The Church Trains leave Wall's Station every Sunday at 9:10 a m, reaching Pittsburgh at 12:30 p m, and arrive at Wall's Station at 1:50 p m. Leave Pittsburgh 9:20 p m arrive Brinton at 10:30 p m.

CITY TICKET OFFICE.—For the convenience of the citizens of Pittsburgh the Pennsylvania Railroad Company have opened a city ticket office at No. 78 Fifth Avenue corner of Smithfield street, where Through Tickets, Commutation Tickets and Local Tickets to principal stations can be purchased at any hour of the day or evening at the same rates as are charged at the depot.

For further information apply to
A. J. CASATI, D. M. BOYD, Jr.,
General Manager. Gen. Pass. Agent.

ALLEGHENY VALLEY RAILROAD

On and after Monday, July 15th, 1872, Three Through Trains daily, except Sunday, will leave and arrive at Pittsburgh, city time, for Franklin, Oil City, Buffalo and all points in the Oil Regions, and Western and Central New York.

Day Express	7:10 a m	8:35 p m
Night Express	10:40 a m	6:15 a m
Mail Train	10:50 a m	4:45 a m
Let. Hulton Ac.	6:40 a m	6:30 a m
Let. Soda Works Ac.	9:30 a m	8:05 a m
Parsons Ac.	11:40 a m	9:10 a m
Brady & Bond Ac.	5:00 p m	8:55 a m
2d Hulton Ac.	3:25 p m	10:50 a m
2d Soda Works Ac.	8:00 p m	5:45 p m
3d Hulton Ac.	8:50 p m	7:50 p m

A special Sunday train leaves Pittsburgh every Sunday at 7:10 a m, arriving at Parker at 11:35 a m. Returning leaves Parker at 4:40 p m, and arrives at Pittsburgh at 8:35 p m.
Church train to and from Soda Works (Sunday) leaves Pittsburgh at 9:50 a m, and leaves at 12:50 p m.

J. J. LAWRENCE, Gen'l. Supt.
J. H. BRAY, Ticket Agent.

PHYSICAL EDUCATION.

Delivered Before the Beaver Medical Society by one of its Members.

"Mens Sana in Corpori Sano."

A sound mind in a sound body is indeed a short but full description of "Ideal Man." He that is the fortunate possessor of these two valuable gifts of nature can truly be considered as perfect. But in order to insure the one we must first secure the other, and the proper manner to attain this desirable end shall be the subject for consideration.

We find that physical education is defined to be that science which furnishes the principles and rules for bodily education. For this purpose it borrows from physiology a knowledge of the functions, and from hygiene a knowledge of the effects of the various agents, external of the body, by which these functions are regularly and harmoniously carried on, so as to secure a full and proportioned development of the organs, increase of the strength, and preservation of the health of the body.

Physical education also looks to the means of preventing deviations from the normal conditions of the organs—health; whether these consist in weakness and infirmities of the body in general, or in deformities and disproportions of organs in particular.

The period during which physical education is most judiciously applicable, and during which it exerts not beneficially, its plastic powers is that of childhood, i. e., the time that intervenes between birth and adolescence. Some ancient philosophers even claim, that physical, as well as mental education, begins with uterine life, and indeed it does not require the authority of illustrious names to convince us that the embryo, is susceptible to very great change, both mentally and physically, if we remember that the whole universe individually and collectively, is continually undergoing changes. Perfect in its fullness is the constant aim of creative energy; dynamic force is but the ceaseless energy of nature to improve.

When I say that physical education begins at the time of birth, I do not say that it ends at the time of adolescence. In this case at least, theory and practice, is not conflicting, and what "Tacitus" says of education generally, that "learning begins at the cradle, and ends at the grave," is eminently true in this case. This is not at all a strained view of the subject. The case of the celebrated Venetian Ludovico Cornaro, is a striking example of this kind, not because it is the only one, but because it is better known than many thousand others. To quote his own words from his work "Disorsi della vita longa et sobria," in speaking of his own case, he says:

"Having completely spent the first installment of life in dissipation and intemperance of every kind, I effected a second lease of life at the age of sixty years, while at the brink of ruin, etc." How well he husbanded and improved his vital energies, the old age he attained is evidence. Having lived to the age of one hundred years he attributes, and correctly, the extraordinary results, to the strictly methodical and temperate life he led, during, as he called it, his second lease of life.

Claudius Tiberius is a similar case, whose art and science had to come to the rescue of failing nature. The fact that he was considered an idiot and imbecile in his youth, saved him from the hand of his nephew, Caligula, the assassin of his brothers, who aspired to the throne of ancient Rome.

And if his (Claudius), reign was not equal perhaps in statesmanship to that of some of his illustrious predecessors, it evinced at least, a most remarkable energy in its execution. Many more such cases might be cited; ancient history is full of them. The great creator Demosthenes had to overcome by physical training, what nature had neglected to bless him with. To improve his feminine voice and strengthen his weak lungs, he would repair to the sea shore, and deliver his celebrated speeches to the roaring waves of the Mediterranean. To cure

himself of the habit of stammering and stuttering, he held pebbles under his tongue while speaking. And the awkwardness of position while delivering his orations, he overcame before the looking glass.

Indeed the ancients were perhaps more thoroughly alive to the importance of physical culture than the modern law givers, and some of the old nations have brought physical education to a very high state of perfection; though it may be said that the primitive mode of warfare of the times, compelled it, it cannot be denied that such men as "Aristip," "Plato,"

"Aristotle" and "Diogenes" looked on physical training from an entire different stand point; of which the interest they took in the gymnasiums of old, is ample evidence. "Aristotle," "Plato" and "Aristhenes," all taught in the gymnasiums of Athens for many years. Athens had no less than five at the time of Plato. The three principle ones, and in which the above named three philosophers taught, were: The "Lyceum," (Lykeion) Akademie and Kynosarges.

Virtruo, in his admirable work on Ancient Architecture, describes them as a series of spacious buildings connected together by large halls, and surrounded by extensive walls. The separate buildings were each large enough to accommodate many thousand people, and so arranged that several branches could be taught and practiced without interfering with each other. The whole was divided in two main sections. The gymnasium proper, under which was meant the place where intellectual exercises were held, and where the philosophers and other literary characters taught; and the Palastrum, where corporal exercises were going on, which was again subdivided into two sections: one where the professional athletes practiced, and the other where persons of all classes and pursuits gathered either to practice themselves or to look on. The buildings were generally very elegantly furnished in the interior, the walls adorned with costly paintings representing prominent men, heroes, gods, and other allegoric works of art, while the exterior was decorated with statues, such as those of Theseus, Herakles or Hercules, but always with those of Hermes.

The gymnasiums were originally intended for gymnastic pursuits alone, introduced from Crete or Sparta to Greece, and from there to other countries. Aristotle, and the other philosophers, continued with the plan of exercises and intellectual training, which gradually afterwards supplanted gymnastics in a great measure, mainly because the professional athletes slowly sunk in the estimation of the better class of people, so that they finally were looked upon as a worthless class of men. Aeschylus, in his work "Veta & Fabulis," &c., calls them (the professional athletes) "a set of gluttons and bad men." He says: Among all the evils which poisoned Greece there is none more virulent than that which this the athletes spread, &c.

It appears from that time on, gymnastics gradually sunk in popular esteem, and finally almost fell into oblivion. Yet we find from time to time, undoubted traces of the results of imitations of the gymnasiums, and their respective exercises, as of old—for example we find what beyond doubt refers to athletic exercises, in Paul, Corinthians, chapter ix, verse 25 and other places. And so may perhaps the Tourney's of the middle ages be classed, if they are not more identical with the olympic plays which were originally more of a religious nature, and from which they particularly differed in that respect, and also in this, that any woman but a Priestess of Ceres, who attempted to be present at the exercises, was seized, thrown over on abyss of rocks and killed; while in the Tourney the presence of ladies was particularly invited to give lustre to the feast with their charming smiles, brilliant and costly toilets, and one time very chilled air.

In the female attire the style is again, after some years, changed to what is called "full dress," but which is often so curtailed as to leave so large a portion of the chest and shoulders bare that the inquisitive observer is sometime at a loss to know the precise line of division between the part which fashion claims for exposure and the other which modesty would conceal. He finds the boundary to be too changeable; wishes that more had been left to the imagination, and less to be condemned by good taste. In dressing the male less attention is paid to fashion, but still too much.

For some time after birth the infant leads comparatively a vegetative life, gratifying its nutritive wants and sleeping. Gradually as months pass the intervals between the sleeping and waking states become longer and longer, until the child follows the usual division of night and day. The hours chosen for sleep for the older child should not be later than noon, so that time will have elapsed for it to become weary enough to fall asleep when evening comes, and to rest well through the night. For the sake of both mother and child it is very desirable that the latter should obey early the laws of periodicity, in its sleeping and taking food at regular intervals.

From the very first day of its existence, the infant should not be allowed to remain at the breast longer than it is actually nursing, nor to be put to it again until a sufficient time has elapsed. In some instances the infant is a bad sleeper, and in failing to get her own supply of sleep the nurse, and too often the mother, will bring on sleep in the child by one of the too many patent and other medicines designed for that purpose. No language is sufficiently strong enough in condemnation of so criminal a practice, which lays at once the foundation to a long train of disorders, lasting often during the whole course of life. Many a death happens where no suspicion is entertained, sometimes even by the guilty, yet often innocent party, which was produced by the unnecessary use of such remedies as soothing and cough syrups, paragoric, laudanum and others to numerous to mention.

Scarcely less injurious is the exclusion of light; children should have the benefit of not only the best ventilation, but best lighted and most cheerful rooms in the house. Nor should they be interfered with in their harmless gambols either by tight dressing or otherwise.

During the spring and summer, children ought to be allowed to be out of doors as much as possible, if practicable on the grass or among plants. Pure fresh air and plenty of exercise in it, will supplant the best French rouge, even from the toilet table of a Queen, while the proper training will make out of an imbecile and idiot an illustrious and mighty Emperor.

So soon as the washing and dressing, *secundum artem*, is completed the busy nurse deems it a matter of grave and prime necessity to introduce something into its stomach, without waiting to ascertain if the mother cannot at once furnish a supply of milk. This ought by all means to be the first, and for months the only food given to the child. If the milk is not ready to be drawn at the moment, a period of twenty-four hours may be allowed to elapse without any suffering to the child. Certainly it ought to be saved from the inevitable sugar and water, gruel and molasses and worse stuff. With still more reason ought it to be protected from any purgative matter, gives under the plea of emptying the bowels of the meconium. The first milk of the mother meets all these wants admirably.

For some months after birth the infant ought to be bathed morning and evening, with due reference to the time of giving the breast. As a general rule every kind of bath should be given when the stomach is empty, or at least when the digestion is over. The best plan is to immerse the whole of the body of the child at once in warm water. Ordinary washing is often performed so badly that successive portions of the body are omitted, and evaporation is going on from the while from parts before they are dried, producing an unequal temperature of the body and causing colds and other disorders. After six months the tepid bath will replace the warm bath, and once a day will be sufficient to use it. Still the constitution of the individual may call for a modification in the temperature of the bath.

In the first four months we find the flowing pecticoat, which, were it not for the tight breast band, would answer the purpose for warmth very well, as far as the lower half of the body is concerned. But ere long we find the other extreme; a dress still sufficiently tight around the waist and shoulders, but too short, not reaching to the knees, exposing the lower part of the body, used to and tender from the warmth of the long dress, to the some time very chilled air.

thought how these lungs are to be supplied, and of the extent of exercise which they require. But the body of the little stranger is rolled up like a defunct ancient Egyptian in his mummy folds. First comes the belly band, rolled on as tight as possible as an alleged support for the navel, to prevent umbilical hernia, but with just as likely an effect of its causing inguinal hernia. Its still more injurious effect is by so compressing the abdomen as to prevent its expansion and the decent of the diaphragm, and consequently the dilatations of the chest lengthways. After the roller comes the long flowing pecticoat, with its broad upper band, covering the stomach and chest, and compressed by tight pinning so that the intercostal muscles are prevented from enlarging the cavity of the chest in a lateral direction, and thus in two directions is the capacity of the chest diminished, and the lungs, in a corresponding degree, are prevented from receiving their due quantity of air. Then to make bad worse, the little new comer is by the unreasonable affection of the mother subjected to partial suffocation by allowing it to sleep in her arms, under the bed clothes, which are drawn up to her chin, leaving scarcely an opening of the scantiest kind for the access of air to the infant's lungs.

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In the female attire the style is again, after some years, changed to what is called "full dress," but which is often so curtailed as to leave so large a portion of the chest and shoulders bare that the inquisitive observer is sometime at a loss to know the precise line of division between the part which fashion claims for exposure and the other which modesty would conceal. He finds the boundary to be too changeable; wishes that more had been left to the imagination, and less to be condemned by good taste. In dressing the male less attention is paid to fashion, but still too much.

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DEATH OF GOVERNOR GEARY.

HARRISBURG, February 8.—Ex Governor John W. Geary died suddenly this morning.