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Hints upon Health—Clothing and Cold Catching. Cold and coughs, catarrhs and croup, stiff muscles and neuralgia jaws, aching teeth and rheumatic twinges, with frequent inflammations and occasional fevers, are among the calamities usually looked for in 'cold, frosty weather.'

Poetical.

TO A GIRL IN HER THIRTIETH YEAR. Her steps are dancing toward the bound Between the child and woman;

HERE'S TO THREE, OLD FRIEND.

Long years have passed, old friend, since we First met in life's young day;

Miscellaneous.

THE REDEEMED ONE, OR, A LIFE'S LESSON.

"Maama," spoke the boy, loud enough to be heard by the father distinctly, "is papa sick?"

Booth, the Actor.

A friend tells us an anecdote of Booth, the great tragedian, which we do not recollect having seen in print. It occurred in the merry days of his fame, before the sparkle of his black eye had been dimmed by that base of clogs, strong drink.

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Abstract of the Report of the Superintendent of Common Schools for 1856.

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How They Correct 'Em in Sing Sing Prison.

There are various modes of punishing disobedient and refractory convicts. The first of these, if not too serious, is forgiven upon promises of good behavior. For slight offences convicts are deprived of tobacco, or of dinner, or of slight little privileges usually granted them.

Spiritualism in Pennsylvania.

In the city of Carlisle, a few years since, Rev. Mr. Harvey, the Methodist minister, was in charge of the congregation in that place, because infected with the wild and visionary notions, so prevalent at that day, that there are actual communications with the spirits of the deceased now had, through the agency of various persons called mediums.

Truth as Preaching.

The following, relative to irregular attendance at school from the Margville Tribune, is true as preaching: