

LEWISBURG CHRONICLE & WEST BRANCH FARMER.

Every lumberman as much expects to 'pick up' in flesh and health the first few days of his arrival on the ground, as he expects to go, and also as much expects to sicken as soon as he returns to town. I have seen a great many men in my day, but I never saw as fine specimens of perfect health and extreme robustness as in these sons of the forest on their return. In the name of physiological law, I ask what it means, and how it is, that these men, thus exposed to such extremes of both wet and cold combined, should never take the slightest cold, whereas persons surrounded with all the protectives and comforts imaginable, should so often take it, and be so often crippled by it? What physiological principles are here involved? Here are results which demand analysis—effects, by ascertaining the causes of which, we can incalculably promote our own and families' health—that greater earthly good.

Another class of exactly accordant facts occurs in public land surveyors. Lucius Lyon, for ten years surveyor-general of Michigan, Ohio, and Indiana, and from six to nine months of those years engaged in active service, with a corps of men under him, in a recent dinner conversation at Detroit, his head-quarters, made these sweeping declarations: that neither he nor any of his men, in all that time, ever had a cold, or were unable, for one hour, to perform those vigorous exertions required by surveying; and yet, he added, with great emphasis, 'I never knew one of these men to remain in town three days without contracting a cold, and being more or less disabled—and this is equally true with myself. What the cause is I cannot say, but such are the facts.' These surveyors undergo even greater hardships and exposures than New England lumbermen; for, instead of having a log shanty to go to, they sleep in tents, and often on or in the snow, and that too when every rag of clothes on them is wringing wet. They must run straight lines, and hence are often obliged to cross marshes and streams, and wade up to their arms in mud and water, or snow-water, and never think of changing garments, for they have no change; but down with a big tree, cut a couple of logs for the back of their fire, and roll one top of the other, then the smaller ones and top for the fire proper; cook their supper, tramp down the snow, pitch their tent, eat, retire, their tent open to the thorough passage of winter blasts, and yet no colds! In the name of all physiological law, how can we account for this sleeping in wet clothes, in cold weather, and on the snow, only a tent over their heads, and a fire at their feet, outside, near its entrance and yet never take cold? whereas we think even getting our feet damp insures a cold. What is it in their regimen which counteracts this cold-taking tendency? for that counteracting power must be immense.

One contra class of facts aids us in marking a correct summary of these striking results, namely, that persons who protect themselves the most, take the most colds. Thus, did you ever see a family of children where the mother took the utmost care not to let them go out, except in the pleasantest weather, and all muffled up at that, their rooms particularly warm and comfortable, and the greatest possible parade made over them, but were frequently taking cold? Here is the greatest care and the most colds: there the greatest exposure and fewest ills. Who takes cold in the parts constantly exposed? Exposure hardens and fortifies the system, as the inside of the hand or the sole of the foot become hardened by use. Petting the system makes it delicate. The bare arm will blister in a hot sun in an hour; expose it like the hand, continually, and it will resist the influence of the sun in like manner. It is equally true relative to exposure to wet and cold.

Most undoubtedly, good health is the great healer of the system—of course in conjunction with food—and thereby he comes its great protector against colds. And in this way, nothing but breath and food can, by any possibility, warm the system. Neither clothes nor fire can ever do it; for the former can not generate heat, but only retard its escape, and the latter can not possibly be kept at a temperature as high as that of the body without well-nigh suffocating us, and acts only on the principle of clothes, namely, that of retarding the escape of heat; for generating it within us it never can, nor even heat up the surface of the body, because the latter is always warmer than the warmest rooms.

But fresh air contains that oxygen which, combining with the carbon supplied by food, becomes the fuel of the system, which is more and still more abundant the colder the weather, because then the air is the more condensed, that is, contains the more of this oxygen for this bulk. It is the cold air inhaled by these lumbermen and surveyors which protects them against colds, even when wet. But that air is just as good on our farms as in the woods, and in the winter about as full of oxygen in city and country. Of course, then, city people can keep themselves from colds by just inhaling it abundantly. This implies vigorous exercise, which they rarely take in sufficient quantities; yet their great error is too warm rooms. And this is probably the greatest error of civilized life, especially when taken in conjunction with excessive eating. In fact, this error

does not consist absolutely in over-eating or under-breathing, but in the relative excess of food as compared with breathing. They might eat all they now do, and double on that, with impunity, if they breathed as much relatively. Or they might breathe as little as now if they ate little in comparison; but eating so much, together with breathing so little—is this the grand breeding of colds, and they of nearly all the forms of disease and causes of premature death in civilized life?

In one other way does over-eating contribute to colds—by withdrawing the vital energies from the skin to the stomach, in order to enable the latter to discharge its load; yet this is another branch of our subject.

The influence of cold air on the skin direct, is also most bracing and beneficial, whereas that of warm air is most enervating; but this, too, is another phase of the great principle we would now prove and rive, namely, that *fresh air is the great protector against colds*, and thereby against all forms of disease and premature death.

We close by this obvious inference, that all should sleep in well ventilated rooms. Of course, not only should no fires ever be permitted in sleeping apartments, but they should be thoroughly ventilated during the day, and also at night. Sleep with your windows open. Nor, if well covered, will sleeping in a draft hurt even the delicate, provided they become inured to it gradually. To keep your children from taking colds, hoist their windows at night, and also by day. Delicate as I am, I never retire without opening one or more windows, however cold the weather, and prefer to sleep in a current. This will be strange doctrine to many, but besides being based on correct physiological principles, it will bear the test of experiment, which we hope our readers will give it, and the more so the more delicate they are.—*American Parental Jour.*

Cornstalks.

If short of long provider for your cattle, have your cornstalks cut into inch or half-inch lengths, and steam them, and a bushel will be a good feed for a cow or an ox without hay. We have seen them prepared in a very simple way—a neighbor of ours had an oblong tight box made, which had a top to it; he filled this box with cut stalks, poured over them a pot of boiling water, shut down the lid, put a weight upon it, and thus cooked them with the steam. By the time the water became milk warm the stalks were sufficiently warm to be fed to the cattle. In the portion allotted for his milch cows he had bran or mill feed mixed, and in this way he managed to keep his stock always in thriving condition, with very little use of hay or fodder.—*American Farmer.*

PREPARATIONS FOR THE KOSUTH RECEPTION.—The City Councils of Philadelphia are rapidly perfecting their arrangements for the reception of Kosuth, who will positively arrive on Wednesday next. A large staging is being erected in the Square, from which Kosuth will address the citizens. The exterior of the Hall of Independence has been decorated with evergreen, which has been formed into a five pointed star on each window, and gracefully festooned along the front of the building. On Saturday, a large painting was placed in front of the Hotel of R. B. Jones, No. 77 Dock street, representing Kosuth under the protecting wing of Turkey, while Russia and Austria are attempting to secure him. What the picture lacks in beauty it makes up in force, and it will arrest the attention of all. In front of the "Head Quarters," Library street, a miserable dab of a painting has been placed, intended to represent the landing of Kosuth at Castle Garden, New York. Conspicuous upon the picture, is the motto, "Nothing is difficult to him who will." In the course of to-day, we expect to see other elegant specimens of art erected.—Philad. Daily News, Monday last.

A New Disease.—The Paris correspondent of the St. Louis Republican, says that a terrible and singular disease has just broken out in Galicia, which defies all the efforts of the medical faculty to explain or cure. It is an epidemic, and has received the name of the *sleeping fever*. The victim is suddenly seized without any warning, with an irresistible desire to sleep; and this sleep lasting without interruption, four, five, and sometimes eight days, during which time, the sleeper gives no sign of suffering. When he finally awakes, fever commences—lasts from sixteen to twenty hours, and ends in death. Two or three eminent French physicians have just left for Poland, in order to study this new disease.

We are pleased to see that Kosuth declines being dragged about from one theatre and place of amusement to another, to be played off as a card by managers and others, for their own pecuniary benefit. His refusal to sit for his portrait to speculating daguerreotypists, who were among the first to beset him on his arrival in this country, evinces on his part a higher self respect than is usually shown by most distinguished personages.—Arthur's Gazette.

The New York Tribune states that a responsible Loan Committee will be organized in that city forthwith, "and the subscriptions to a Hungarian National Loan in sums of \$100 and over, will be publicly called for; while contributions, in larger or smaller amounts, in accordance with the plan outlined in Gov. Kosuth's speech, will find persons here duly authorized by Gov. K. to receive them."

Kosuth in Philadelphia.—The New York Tribune understands, that in Philadelphia he will accept no entertainments, but will make a single address to the People in one of the largest halls of the city.

THE CHRONICLE.

H. C. HICKOK, Editor. | O. N. WORDEN, Printer.

At \$1.00 cash in advance, \$1.75 for three months, \$2 paid within the year, and \$2.50 at the end of the year.

Agents in Philadelphia—V. B. Palmer and E. W. Carr.

Lewisburg, Pa.

Wednesday Morning, December 23, '51

ADVERTIZE!—Exenors, Administrators, Public Officers, City and County, Merchants, Manufacturers, Mechanics, Bankers, Mortgagors, who wish to procure or dispose of anything—should despatch to us to have the same through the "*Lewisburg Chronicle*." This paper has a good and increasing circulation in a country containing a great number of active and solvent producers, consumers, and dealers, as any other in the State.

NOTE: The first of January, we agree with Maj. Freas, of the Germania Tele., is

the most appropriate time to commence a subscription to a newspaper—and we ex-

pect a large accession of names at that

time to our subscription list. Indeed, we

think that every Reader, who is not now a Subcriber, should promptly send in his

or her name.

NOTE: The Editor has been sort o' lucky, and sort o' not lucky, lately. On returning from Court, Saturday evening, he was greeted with a "donation" of a fine, fat goose, from our enterprising up-street neighbor, Mr. D. S. K. But, Court called him off to New Berlin, again, Monday morning, and, in consequence, he can "do the honors" to the bird by proxy, only. This is worse than not being able to talk Dutch to an Aaronsburg editor, isn't it?

NOTE: The Lecture appointed for last evening was postponed for one week, by reason of the failure of the Sexton (from sickness) to open the house. The Lecture may be expected on Tuesday evening next in the house of the Baptist church. Rev. E. W. Dickinson, lecturer. Subject—Books: Their Uses.

We hope to see a growing interest in these efforts to combine instruction with amusement, and that gentlemen who make these gratuitous efforts will have large and growing audiences to hear them.

NOTE: The cut of the brick Cabinet Warehouse recently erected in town, will receive general attention. We love to see such unmistakable evidences of prosperity among the mechanics of our Borough. They indicate Worth and Thrift. And who knows but some day—"after Christmas" perhaps, or in some "good time coming" far hence—there may be found a printer in Lewisburg able to have a house of his own, and who shall be prospered almost as well as other mechanics—who knows? Let us live and hope, for such events have happened in other places.

NOTE: The Union County Courts were organized last week under the newly elected Judges—Messrs. Wilson, Wittenmyer, and Marshall. Judge Wilson presides with his accustomed courtesy and impartiality, and (we are assured by gentlemen who were his friends and others who were his opponents in the late contest) with increased efficiency and decision in the despatch of business. Judges Wittenmyer and Marshall are both gentlemen of established character, whose capacity and thorough knowledge of the affairs of the county well qualify them for the posts they occupy. There is a heavy Trial List, and last week was chiefly occupied with some interesting criminal cases, to the exclusion of miscellaneous business. Up to yesterday, many causes had been disposed of, and by holding night sessions, refusing to yield the Court Room for extraneous purposes, and "keeping Christmas" by keeping to their work, the Court have performed and will perform its duty satisfactorily to the people.

French Republic, abolished!—The telegraphic account, in another column, proves that Napoleon II., like Napoleon I., has used the charmed word Republic to make himself a Monarch. He has skillfully employed the powers conferred upon him by blind admiration of the name, to entrench himself, behind the bayonets of his troops, on a throne. The regular election for President was to have taken place in May next, under the Constitution.

Whether the Election ordered for this month will be held valid, and its choice acquiesced in, remains to be seen. Granting universal suffrage as Napoleon does, will obtain for him (when the votes of those thus admitted are added to the votes of the Royalists at heart) without doubt, a majority of the votes. Elected President for ten years by a violent and unconstitutional act, he will need to take but a step or two more to restore Monarchy in its most burdensome form. Should it happen, however, that there is enough virtue and intelligence in the people to elect some true Republican to the office, a sort of Republic may yet exist in France. We confess our fears rather than our hopes prevail in this matter. The senseless choice of the present Presidential plotting despot, and the tame submission of an excitable people to unblushing usurpations, are poor indications of any well-informed or reliable Public Sentiment and Virtue, without which a Republic is but a mockery of pure Liberty.

BEARS.—Mr. John Koser, an old hunter, of Buffalo township, took four bears from a cave in the Buffalo mountain, a few weeks ago.

To-day (Wednesday) is Bank day in Northumberland—Thursday being Christmas-day.

Colds, Wet Feet, &c.

There is no subject more often introduced at the present season, than that of *colds*—the bad cold of the careful mother, "the prevailing influenza" of the more fastidious, and "this infernal horse-duster" that's about, of Mr. Plain. Commencing on our first page, will be found a chapter on the topic, written in quite a positive manner, and suggesting several interesting thoughts, "founded on facts."

The arguments in favor of temperance in eating, and of inhaling pure, cold air, as much as possible, can not be and are not controverted by any school in medicine or any close observer.

But the apparent proposition that wet clothing, and more especially wet feet, are not injurious to the system, is so contrary to common opinion and common sense, that we must suggest several qualifications to the statement of the writer of the article quoted. It may be true of the particular classes referred to, but is not true of all men, women, and children, in other stations of life. As a general thing, wet, damp, cold feet, are an unfailing index or a source of decaying health, and often cause speedy death. The exceptions are in the case of those who from *infancy* are subjected, with bare feet, to cold and wet, and to those who survive these rigors, and never favor their feet, such exposures may seem comparatively of no injury. So also the hardy man who by moderate but continuous labor excites his blood to a heat which sends to every extremity of the system the genial glow of health, does not while in that condition expose himself to colds, (unless over-heated and over-exposed) and can endure changes of temperature and long continued exposures to dangerous influences, which to persons unfitted by laborious exercise for such trials, would be injurious if not fatal. It is a universal rule, that the harder and more robust a people are, the better they can sustain the fury of the elements: yet their being able to sustain, year after year, what destroys others, is no proof that it may not be injurious even to them.

Persons also of ordinary strength and health, may be exposed to wet and storm, and while in motion not suffer from it, but who, when still, and when the system becomes cool, would suffer from the very influences which before were not at all hurtful. The observation of many will confirm this assertion by numerous instances in proof.

Warm springs never freeze, nor does water in rapid motion: and so likewise warm blood—blood in healthy, regular circulation to every extremity of the system—will always stay the cold. Stagnant or languid waters are conquered by frost, and the indolent blood of persons who take too much food and too little regular exercise, invites disease and death instead of resisting them.

"Keep the head cool, and the feet warm," is the voice of all physicians and the civilized world. And the untutored savage, however he may expose his head and body, takes pains always to sleep with his feet to the fire, and feels safe from danger on the score of health. So the lumberman and the surveyor, however much they may have invigorated the system and enlivened the healthy flow of their blood by exercise, still seek to have their feet dry and warm when they are not in motion, and find that when they thus are protected, the whole system works well.

The proportion of persons so circumstanced that wet feet are not injurious to them, is very small indeed; and it is only where the feet are hardened and fitted by exercise, that it is ever safe to permit them to become or remain wet. To the great proportion of the male population, the women and children of our land, it is a matter of first importance that the feet be kept warm and dry; and especially that they never permit themselves to sit down, motionless, with feet in such a condition. As we before stated, while the blood is in active motion from exercise of any kind which effects that object, there is little danger; but without that, there is immense loss of health and life created. No article of dress, therefore, is so important—to men, women and children—as perfectly water-proof shoes or boots: and with warm feet, lungs inhaling pure air, and the blood manufacturing from a stomach not overloaded with gross food, constant exercise and a clear conscience will guarantee to every healthy constitution a long life and a happy one.

Peck & Bliss, Philad., have published a 25 cts. History of Kosuth and the Hungarian War, embracing also a History of Hungary in general, and of other officers distinguished in the late contest. It is apparently a candid compilation, and increases our admiration of Kosuth and the Magyars. The rivalries and hatreds of many of the Generals, however, and the national and sectional antipathies of the Magyars and other tribes who should make common cause in a contest with the gigantic nations which surround them, serve rather to dampen our hopes of Hungary's independence. The fate of Poland, torn and convulsed and consumed by internal broils and degradation of races, seems more likely to be the fate of Hungary, unless, some more mighty foreign power intervenes by force.

English papers say, the Submarine Telegraph is working well, but the rates appear to be high. Messages both from London and Liverpool have been transmitted on the same day to Paris, Havre, Vienna, Trieste, Hamburg and Ostend, and in one instance a communication was forwarded to Cracow, to be dispatched thence by mail to Odessa.

The rates are, for a message of 20 words:

francs	continued
From Paris to Calais,	7
From Paris to Dover,	19
From Paris to London,	26
From Paris to Birmingham,	32
From Paris to Brighton, Cheltenham, Croydon, Gloucester, New Market, Newbury, Oxford, Portsmouth, Southampton, etc.	33
From Paris to Chester, Liverpool, Manchester, Newcastle, Nottingham, Sheffield, York.	31

The advices from London on Friday, do not materially vary the prospects, but new elements were constantly arising.

Five thousand troops had been fired upon

from the Boulevards, houses, &c., and

after a brisk contest the troops came off

victorious. Strasburg and Rheim are re-

ported to have risen, but the report has not

been confirmed. Gen. Castelland had sent

aid from Lyons to assist the President in

carrying out his plans. Some other Gen-

eral had also sent aid from other portions

of France. One hundred French refugees

had left England for Paris.

The Sunbury Gazette recommends to

the democracy of Pennsylvania, the name

of Major Gen. Wm. H. Rose, for Canal

Commissioner, as a practical man, and

one who is every way qualified to discharge

the duties of said office. "We have been

acquainted with the General for a number

of years, and we confidently believe that

our public works, under his care and su-