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| :--- | An Unom the Spprit of the Times.

Some years sinee I Southern States on business, and driving before ight sulky a celebrated old race horse purchase
in Kentucky. He was supposed to he period of life at which speed could be obtained but still full of fire and spirit. About êerenen oclock on a beautifut autum
morning, I reached Statesburg, South Carolina, a which place there is a very prettily arranged rac
course. Ascertaining that the friend I wished to see was absent at the course, witnessing a trial 0 I concluded to drive and see the sport. As I approached, I heard, shouts from the course (which
as usual was surrounded by a tall plank fence) as usual was surrounded by a tall plank fence
indicating that the horses had started, and pushing my old gray, I drove at once through the gate, and immediately across the track. As we entered
(horse, sulky, and small trunk attached to back o
sulky, and last your humble sulky, and last your humble servant, weighin
abont one hundred and forty pounds,) I hear shouts from all parts of the field, 'Get out of the
rrack!' 'Get out of the track!' My attention rack!' ' Get out of the track!! My attention
was at once called to the fact that the horses were approaching at a sparking pace. Pushing across,
I drew up short, and wheeled the nag around parallel with the track, and without paying any
attention to him, was all on the qui vive as to the race.
The he whole attention of the field was absorbed b them, when just as they reached the point at which
I was standing, I was most agreeably or disagree Mr. Spirit,) by my old racer taking the bit between his teeth, and following the nags as fast as he coul
put it down! Recollect my dear sir, that I ha put it down! Recollect my dear sir, that I ha
travelled orer twenty miles that morning, wit sulky and trunk attached, and that I was still enstantiing all, my old 'singed cat' performed some tall walking, I can asswre you !
without the formality of entering, produced som excitement on the field you may well suppose, an what wish the shouting and huzzaing, and all the
confusion of ideas consequent upon the sudden match into which I had been so unceremoniously excitement on the scene, and the generous pace
which the old fellow performed his work, calle up all the enthusiasm of $m y$ nature, and I toole him with all the skill I possessed. Let me say
sy the way, that the face of the country was per ectly flat, and the whole course, hoth with The half mile stretch had been passed ove \#hen I was pitched into the race. The next quar-
ter a few long strides on the part of old gray wa ter a few long strides on the part of old gray wa
soon reached, all three horses running neck an neck, but as we came up to the last quarter, $m$ blood all up, we soon made a gap, and with lou
huzzas, bets running high in our favour, we came This was glory enough for one day, you musis
admit, Mr. Spirit, for a modest youth who ha never 'seen the Elephant' any farther than his We were soon surrrounded by 'horse, foot, an in horse flesh, various amousts were offered fo my old nag- -with what success you may readily conjectur
value.
The judges unanimously decided that $I$ had wo the race ; but as I had not made an entry fo
purse, I most modestly declined to accept. But you may readily suppose, Mr. Spirit, I wa some in then diggings for the nonce, and smile plentifully showered upon (into) me! South Car plina hospitality was, as usuàl, in the ascenden
ol

## Truly yours,

Rement por Crasps.-A correspondent o the New York Sun, mentions a simple remed or cramps, which he says he has lested
many cases with invariable success. It con many cases with invariabie success. The fore
sisto in tying a handkerchief around arm, a lifle distance above the wrist and the
and placing a stick underneaih and twisting vill depart, if then the handkerchief hurrs le it be slackened and
cramp tightened again.

Anafirzeng the Atmosphere.- Prof. Wm
H. Ellet, is about to underiake at New York H. Elle, is about to undertake at New York an analy a is of the atmosphere, with a view
ascertain whether there is any thing in its con ascerrain wher may explain the prevalence of the
dition that
Core chale.
Wen. Taylor's celebrated war-horse, "OI Whitey has reani the 4th at Cumberland, and
sond. He spent the
received visits of erowds of curious persons.

Honey-Moon Conversation. A correspondent of the Delavarian, writing from
Brandywine Springs, gives the following report
of a newly married couple from Virginia. There is a depth of affection in it, which it is quite freshing to contemplate:
"William-dear William,
world of affection in her eyes.
"Speak, heavenly charmer," replied the new hus

## of his spouse.

## "Adored Eliaz a, ASweet flaterer -

Angelic creature
Dear-dear Willi
hink a short walk would pardon me-but do yo the divine
"gued."
"Fear not, deares
"Heavenly ema
Sious exis emanation-bright dream of my pre "Sweet William-"
Here they fell to violent kissing, which laste bout fifteen minu
exclaimed- William, dear William, why are you so sweet " By 部, wondes ever love me thus?"
"By yonder fearful-1 say tremendous orb-1
swear !" he exclamed, pointing to the setting sun "And as a memento of our wedding day, wil you yea
idol ?"
"
Yes, my only pet, my life, my love, I wil
bring you here every year-if my capital hold
"Oh ! bravest and best of your noble
ot of capital in this, our hour of bliss."
ot of capital in this, our hour of bliss."
How much longer they talked, the write
say, for he was called away at the writer moment to
welcome some friends from Maryland But he firmly of the opinion that none but married peopl know what real happiness is. While the above
happy couple were talking, he felt as if he was immersed in molasses, and ev
looked, felt and stielt sweeter.

## Pbremology proved True

## following police rep

City Pouce-June 4.-Fights are commo
nough in Philadelphia,--but the causes and sions for fighting have a charming variety. The following case is by no means a common one, may be thought worthy of commemoration. John Dikeman is a "practical phrenologist,"
and has an office we think in some part of the $A r$ and has an office we think in some part of the A
cade, or somewhere in that neighborhood. A drew Mead, a stout, middle aged country gentle man, seeing an announcement in the philisop of any
window that the character and capabilies of an man would be thoroughly sifited out for the mod-
erate sum of 25 cents, entered the sanctum, and erate sum of 25 cents, entered the sanctum, and
submitted his poll to philosopher Dikeman's scre submitted his poll to philosopher Dikeman's scru-
tiny. The latter, after stating his terms, payment in advance, and receiving the specified sum, pro" Y at once to business
Mr. Mead. have a very bad head, sir," said he t
A very villainous head, sir. Facial angle almost as low as that of a monkey, sir. Signifies you are very stupid, sir, and foolis
You havn't You havn't enough constructiveness to make a pig
yoke; nor enough wit to make a conundrum ; nor enough judgment to know the difference between
pea soup and cider royal. And what's all this back here, sir. These bumps signify that you will cheat, lie, and steal, worse than a Louisiana nig. ger. I would not trust you with a room full of scrap
iron or a yard full of mill stones. Such a scounirorf or a yard full of mill stones. Such a scoun-
drelly head I never did handle since I was a proressor. I suppose you came to be examined
know what pursuit you ought fo take to. My can did opinion is, that you ought to start immediately
for California, where there's no law-for if y for California, where there's no law-for if you
stay where there are judges, juries, state prisons gallows, aud these sort of things, there's no chance for you."
"Why, can't I do any good at
Mead, with much seeming anxiety. "Goad, with much seeming anxiety.
"-not the least"-answered the philos opher. "Stay-let me see. Combativeness large ; yes, you can fight ${ }^{p \prime}$
"So, then, F can flog an occasion, I guess," said Mr. Mead.

## Dikeman.

"Well, if that's all I can do, here goes," cri Andrew, and immediately applied his feelers to the professors's cranium, crowding on more bump
than Spurzheim ever found names for. Here was an affray odd enough in its origih, but quite' com
mon place in its termination Mead was arreste mon place in its termination. Mead was arreste
and bound over, and the professor was supplied with another proof of his science. "For," said he in his evidence, "I knew the man would strike me as soon as I saw his head; his bumps of com
bativeness were almost as big as ruta baga tur-

## Swimming: <br> Agreeable to racts from thise, we make a few e

 should be in the posciession litle of every, wan and woman, boy and girl. It will serve as a guide o the inexperienced, and teach them how tsave the lives of their friends and the Besides all the particular instructions given on
the art of swimming, the work contains much the art of swimming, the work contains moch
pHisiological advice, which will be found of mporiance to all who read
The author says
"The art of swimming appears to be as
natural to man, as it is useful, and, in some natural to man, as it is usefoll, and, in somed
cases, necessary for the preservation of his life. ases, necessary for the preservation of his life
"Cleanliness and exercise, both so neces ary to healh, are combined with a high de ree of enjoyment in the practice of, this ant.
" The imporanee of frequent ablutions can " The imporance of frequent ablutions can
searce be overiated. In fact, the Water Core searee co oerrated.
has become a popular remedy for most of the
diseases to which humanity is liable. But however excellem the various kinds of bathining
may be for curing diseases, there can be no nay be for curing diseazes, there can be no
doubr that in preventing them they are still
more efficacious. "Those who swim daily in summier, and
continue the use of ablutions, in some form continee the use of ablutions, in some form
in winter, are not liable to sudden colds, inflammatory diseases, and rarely, if ever infanmatory chronic complaints. Their bodie
suffer from
become indurated, their skin is healthy, an become indurated, their skin is healihy, and
all the functions of life are carried on with healthy vigor.
"They who able to swim, lose half hathe pleasure and mor than half the benefit which arises from frequen brings more muscleo into exercise than any othger; and the body being supported by an
equal pressure on every part, their sction harmonious- none being relaxed, and none
overstrained. This exercise gives vigor an form to the limbs, and to the general system It is probable that the ample exercise whic the muscles and lungs obtained in the frequen
bathing of the ancients, gave their chests tha
مind statues. All flat and narrow-chested chitidre should be taught to swim, as nothing is mor hikely to counteract a tendency to consumption o be found in the human species, are those the South Sea Islanders, who bathe at lea twice a-day, and are almost as mech at hom ces and diseases of civilization have not bee in roduced, it is very rare indeed to find amon:
them a case of sickness, of premature dealh, or decrepitude, excepting from extreme old age "A Amionig the Greeks and Romans, swimming ion, and ' he can neither read nor swim,' wis a reproach for the last degree of ignorance.Casar was a good swimmer ; Cato tanght his
son to cross dangerous gulfs ; the Empero son 10 cross dangerous gulis ; the Eraper
Augustus laught his nephew to swim. As th navies of Greece and Rome were manned
olldiers, and their batles were hand to han encounters, to be able to swim was of the ut-
motst necessity, mobt necessity, and rigidly required of every
soldier. "In more nelern times, Charflemagne wa
renowned for being an exper swimmer, an
Louis XI. of tien swam in the Seine, at the hea Louis XI. often swam in the Seine, at the hea
of his countiers-a better example than is ofte et by monarchs.
or savage, for swimming, is generally under
tood. The human form is ber lood. The human form is better adapted to cinan that of any animal nor absolutely aquai
c and infabitants of warm latiludes ex cel most amphibious animals in the water, figh
ing with the shark, diving with the alligator ing with the shark, diting witht the alligator
and remaining for a long period in profourd pths in searcla "The pearl- divers of Coylon will descen
the depih of 60 feet ; and although such diing is accompanied with a great pressure o
water and violent exertion, they do not seen water and violent exertion, they do not seen
10 suffer greatly from it, as they make 40 50 plunges arday, and ai
about a hundred oysters
"The swimming couriers of Peru cross th
continent, hundreds of miles, swiniming dow continent, hundreds of miles, swiniming dow
the rivers, their deespathes enclosed in a turba on their heads: They owim day and night,
aided only by a light log of wood aided only by a light $\log$ of wood.
 itary exereise, whole regiments being instruc-
ted to swim in line, fully equipped, 10 wheel in column, and even to
water.
" few years since the Viscount de Courivron exhibited some experiments of this same
character in the Seine at Paris. He went inor the water, accoutred as an infantry soldier reised swimming 30 fathoins from the boat, he
hin the water, and fired a mus el, at which signal one of his pupila a minas.
toin the Pont Royal, a bridge, inte the Seine,

from a height of 64 feet, and carried to M. Courtivron a tin box eontaining despatches. -
He read the papers., gave a signal, and was He read the papers, gave a signal, and was
joined by a chas of 64 pupits who, in the wa-
ier, equipped, executed a series of malitaty
" Dr. Franklin was an' excellent swimmer and his intructions for tearning to swiw, beimy
some of the beat ever given, are copied at fult leng'h in this work.
"Lord Byron w
Lord Byron was an excellent swinmer and prited himself much on his acquatic feats.
In mimitaion of Leander, he swam the Helle spont, a a tartow strait, which divitese Europe
nod $A$ sia, in an hour and ten minutes, and Asia, in an hour and ten minutes, with
arong tide against him. He swam the Tag strong tide against him. He swamy the Tagus
in three hours, and afteriwards swam four hours and Iwenty minutes withous a ress, al Venice.
" Dr. Bedall, an English gentleman, swa mir Cor a wager, between Liverpool and Ruancorn
in 1827, a distance of 24 miles, whith formed at the rate of six miles an hour--with
file the tide, probably!
"A French sailor was washed oretbordd
from a sloop at nine oclock, in Sept., 1820 , and picked up next morning, and this, be it no "How important is it, it a country hike ours, that every man shouid learn to swim ! Storm
strew our vast sea-coasts with wrecks ; steam boats are liable to aecidenis from collision, ex plosions, or fine, on our rivers and our lakes pleasure-boats frequenly upsel, and numerou
accidents occur fiom the sudden break ice in winter. The necessity of saving one's aaving the lives of others, may happen to any One, and to many these things must ofien o¿tor "At the butning of the steamboat Etie, on
Lake Erie; of the hundred or more persons lost; every one might have been saved, had they
been abte to swim. The castaing of the boy was indebted io a negro, who could swim, for
an oar which saved his life. In a hundred such melañcholy disasiers on our lakes, rivers, and the ocean, valuable fires might have been
saved by a litte pains in learning to swim." Nothing is so important in learning to swithe
as a confitience in one's powers, and in the as a confrence in one's powers, and in the
buoyaney of the liquid element ; and perhaps one acquires a cenfidence in himself by no
means sooner than by knowing what can be means sooner that by knowing what can be
done by others. I shall therefore give a few anditional examples of the skill in swimming
to be actuired by babit, begging my readers to to be actuired by habit, begging my readers to
remember, "Whatever man has done, man cank do," and that we do not rary, in any important degree, in physicas organization, from those
who have acquired this ant in its highest perwho hav
fection.
The
The Caribs are expert at all gymnsstric exthey were born in the water, and formed for
it. They swim like fish, and the women are as skillfut as the ment. When a canoe orer-
turns from carrying too much sait, whey nerer turns from carrying too much sail, they never
lose their baggage, and drownding is seldom or never heard of. On such occasions, the chilike so seen swimming around their mothers port themselves in the water mith infanta sup-
por the breast, while the men bale out the canoes. Fn 1679 a vessel was overset in a squall off
Mattinique, in which was one Carib, the rest being Europeans. All were loat but the Ca-
rib, who, after supporting the violence of the rib, who, after supporting the violence of the
tempest, as well as hunger and thirst, for 60 hours, reached the land in safery.
But some of the most beautiful descriprions
of bathing and swimming are given niéMr. Melof bathing and swimming are given nine Mr. Melville's narrative of his residence in Typee as
valley in the Marquesas, one of the finest groups valley in the Marquesas, one of the finest groups
of islands in the South Seas. I shall be pardoned for quoting, at some length, from his interesting pages. By the operation of the " is
boo"-a religious prohibition-the use of a boo"- a religioue prohibition-the use of ca
noes is not allowed to the females of Marquesas; "eonsequently, when a Marquesan lady roya-
ges by water, she puts in requistion the pod gee by warer, she puts i
dies of her own fair body
"We had approached witbin a mife and a of the islanders, who by this time had man aged to scramblo aboard of us, directed out at tention to a singular comimotion in the $\psi$ ater ahead of the vessel. At first 1 ims. gined it to
be produced by a shoal of fish, sporting on the surface, but our savage fri:ondo azsuted us that (young girls,) wh sheai of 'whinhenies, off from. the ohore this manner were coming
drew fiearer, and I watched the. As thing they drew iearer, and I watched the nsing and
sinking of their forms, and beheid the uplitied right arm, bearing above the water the girdle oflappo, and their long dark hair trailing be-
side them as they swam, 1 almost fancied they could be nothing else than so many mermaide," Through the Typee valley runs a clear ulation of floshs water, in which the whole pop-
ulaung bathe moraing and night. Deseribing hie first bath, our suthot says:-
" From the verdant surfaces of the large stones that lay scaule ed about, the natives were now
sidigig off, duving, and ducking in the water,
he young girls, springing buoyanily into the silding off, diving, and ducking in the water,
the young girls springing buoyantly into ote
air, with their long tronges about their shoul-

