



ALBERT CARRINGTON.....EDITOR.

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HOME MAILS.

We do not like to complain, but the numerous and just complaints of our subscribers at not receiving their papers regularly compel us to state that there is great neglect and carelessness in some of our post offices. Mail service in Utah is at best too limited, and when to that you add bad management in some post offices a portion of the public are sadly wronged in regard to their mail matter. With great care mistakes will sometimes happen, but in some cases we can but think that not even ordinary care is used,

Now will not each post-master carefully overhaul the sacks delivered to him, take out ALL that belongs to his office, and forward the remainder in as good order as received? And in addition to this, should a package or letter pass a less careful office, please take it out also, and be sure and return it by the first return mail. This is easy to do, and is merely performing your SWORN duty, the accomplishment of which will greatly accommodate the people.

We trust this brief calling attention to this matter will remedy the evil, but, in case it does not, if any one will give us reliable information of carelessness in the discharge of duty by any post-master or mail carrier, we will endeavor to have it remedied.

HEALTH IS HAPPINESS—TRY TO PRESERVE IT.

The subject of individual health in particular and the public health in general is now demanding a considerable share of attention, and though we have no desire to usurp the duties of those who make it a business to practically attend to such matters, a few general hints publicly thrown out may not be without service.

At this season of the year we find our population increased by an influx of immigrants, who experience a great change in their habits and diet, and who are unacclimated. Coming, in most instances, from humid climates, where their habits and diet were uniform, they find themselves, more or less debilitated after a tedious sea and land journey, breathing the dry, clear atmosphere of our mountain home, engaged in a variety of employments that are strange and new to them, and, in many instances, with opportunities for a freer use of fruit than they have ever enjoyed before. At the first glance these may not seem to materially affect their health, but all sudden dietetic changes have a tendency to act injuriously upon the internal organs and affect the vital organs, inducing various diseases, the most prominent of which presents itself in the shape of diarrhoea in its several forms.

The change from the heat of the days when the sun shines out strongly to the cool frosty nights which we now have is very different from what is experienced in more humid climates, yet among new comers but little attention is paid to it, and not sufficient by the people generally; and the result shows itself in colds affecting the head, chest and intestines, producing chills, purgings, pains in the head and back, and often inducing fevers which sometimes terminate fatally. With most new

comers there is for some time a constant internal fever which they do not understand, and which simply makes itself manifest by a craving desire for something to quench a continual thirst. This is caused by the clear, dry atmosphere of the mountains. To indulge this appetite is to feed the disease and strengthen the colds which may have seized on the system. The old Scotchman's aphorism is capital, as far as it goes;—"Keep the head cool," said he, "the bowels regular and the feet warm, and a fig for the doctor."

Those who have been accustomed to sedentary occupations, when they begin to work at some stirring and out-door employment induce a large amount of extraordinary perspiration, which rapidly dries up before a rising breeze, and as suddenly closes the pores, obstructing the natural perspiration. This sudden cooling should be avoided; but when injurious effects arise from it, the body should be thoroughly washed and well rubbed and the bowels kept mildly opened. To go out in the cool morning air in the same clothing that would be worn in the heat of the day, or to saunter around at night without some extra protection from the cold, is unwise and attended with injurious results. The practice of wearing woolen clothing next the skin, tends to ward off the evils thus arising, because it readily absorbs the unnatural perspiration, promotes by gentle friction a healthy condition of the skin and maintains a more regular uniformity of warmth. The practice of regularly washing the body and thoroughly drying it also tends to strengthen the body and gives a greater immunity from colds.

Unquestionably the kind and quantity of food eaten and the regularity or irregularity in taking it have a very decided influence upon the general health. The constant and very free use of fine flour, without a proper amount of vegetables, produces a costiveness that breeds incipient inflammation in the bowels, and is often unnoticed till some serious disease makes itself manifest; or, when this is not the case, the stomach, being overtasked, takes its revenge by injuring the nervous system and causing shooting pains through the chest or gripings in the intestines. A more general use of rough food, such as corn meal and unbolted flour, with a fair proportion of vegetables would keep the system in more regular order, ward off dyspepsia and its kindred ailments, and be conducive to a better condition of health.

The first season after settling this valley the health of the settlers was remarkably good. The atmosphere was as dry and arid then as now, the air was impregnated with as large an amount of alkaline particles and saleratus dust as at present; and the people had made a much more tedious journey than the immigrants now have to undergo, under very trying and disadvantageous circumstances. But food was not over-plenty, and rather coarse in quality. The people were rationed, used their flour to a great extent with the bran mixed, eat generally rougher food than they do now, and enjoyed excellent health.

We do not say that the observance of these simple matters will give immunity from disease, but they will, undoubtedly, be conducive to health; and, if the immigrants newly arrived will act upon them, much of the sickness with which they are at times afflicted will be avoided.

HOME ITEMS.

POLICE REPORT.—Joe German, the soldier who insulted Mrs. Chandler, a few days ago, in the 10th Ward, was arrested by the military, and turned over to the civil authorities. Dr. Clinton heard the case and fined the offender \$100, and gave him 24 hours in the calaboose.

Dr. Tiernan was arrested on a warrant, issued

by Alderman Clinton, charging him with practicing medicine and surgery without a licence. Two attorneys appeared on the part of the defence, and plead to the jurisdiction of the court on the grounds 1st, that the City Charter did not authorize the council to pass any such ordinance as the one requiring physicians and surgeons to take out a licence, and 2d, that if the Legislative Assembly had given any such power in the granting of the City Charter, they had no right to, and 3d that the defendant had diplomas from the best medical colleges in the United States, and therefore he was not bound to pay any attention to the regulations of this or any other municipality. The Court assessed a fine of \$50, whereupon the defendant took an appeal and gave bonds in the penal sum of \$500 for his appearance at the next regular term of the Probate Court.

Manning Hume, father of the boy sent to the Penitentiary at the last term of the Probate Court, recently returned from the States, went down to his brother's the other day and assaulted and battered him. Manning was arrested and fined \$10, on Thursday last.

On Thursday evening William Gorman and Robert McGinnis were arrested while engaged in a street fight, brought before Alderman Clinton and fined \$15 each.

Frank F. Fox was arrested on Thursday on a charge of stealing gold dust to the amount of \$351.50 from a soldier in Camp Douglas, by the name of Theodore Gerlich. An examination was commenced the same evening, and concluded on Friday morning. The chief witness was a boy named David Hulet, whose father resides in the 11th Ward. By the testimony elicited it appeared that young Hulet has been sent to Camp Douglas to learn to be a tailor, and is under the tuition of Gerlich. Justice Clinton held Fox to bail in the penal sum of \$1,500, for his appearance at the December term of the Probate Court.

Charles Black was arrested on Saturday night, on a charge of fighting in the street. He was fined \$10.

Two soldiers were arrested on the same evening, one of whom was turned over to the Provost Marshal, the other gave bonds for his appearance on Tuesday at 10 a.m.

ST. GEORGE.—By letter from St. George, we learn that a severe frost visited that region on the night of the 3d, and killed both cotton and corn on the low lands. The health of the people is said to be good.

How Is It?—We are daily hearing complaints of the treatment the people meet with at the grist mills in the northern counties. It is stated that the citizens for whose benefit and accommodation the mills were fairly supposed to be built, and on whom the proprietors until recently had to depend for support, can not now get wheat enough ground to keep them in bread half the time.

This is said to be in the counties of Weber, Box Elder and Cache. We lately heard of one man who came all the way from Bear Lake Valley to have a few bushels of wheat ground, which was denied him in every place north of Davis county line on account of contracts which must be filled for the mines, and hence he must come either to Davis or Salt Lake counties with his grist. In fact farmers and others are almost daily coming to this city from our northern settlements, and going to President B. Young's mill in City Creek canyon, because the millers north are too much engaged in grinding for the Bannack and Boise mines to wait upon the permanent residents.

Provided there is good ground for the complaints named, can not our millers north so manage as to fill their contracts, accommodate strangers, and at the same time grind enough to keep their brethren supplied with flour?

A LARGE BEET.—David Moffatt, a resident of the 3d Ward, informs us that he has raised a fine lot of red beets this year, and among them was one which weighed 23 pounds. We should like to see that variety extensively cultivated, if it be as good as it is large.

PROF. J. W. P. STANNARD opens a school on Monday next, Oct. 31, in the vestry of the 13th Ward Assembly Rooms.

SABBATH MEETING.—It having become too cool to hold meetings in the Bowery, the Saints assembled in the Tabernacle on Sunday last.

In the morning Elder John L. Smith, who has just returned from a four years' mission to Switzerland, addressed the congregation for a short time, but did not give as full an account of his travels on the Continent of Europe, as we think the audience were expecting. He was followed by Elders George Q. Cannon and Wilford Woodruff, who gave much valuable instruction on the general practical duties of Saints. Elder Cannon reviewed the continuous and unceasing stream of opposition that had been brought to bear upon the Church and kingdom of God since its organization in this generation.

In the afternoon the sacrament was administered as usual, and Elder Jacob Gates delivered a short discourse on the power of the gospel, in the possession of a righteous people.

President H. C. Kimball then spoke to the Saints on the duties of Apostles and Elders in the Church of Jesus Christ of Latter-day Saints. Alluded to the progress the people were making in the knowledge of God. He traced the travels of the first Elders who went forth to promulgate the gospel, and compared their hardships

with the easy, pleasant times the Elders now have when they go forth to the nations.

THAT COW AND CALF.—Br. E. L. Sloan is very anxious to get track of a black heifer with bald face, and branded CC on the left horn, and a young roan calf, that broke away from his place about 10 days ago. He will give five dollars for bringing them to him, 20th Ward, or for word being left at this office where they will be found.

ELDER JOHN L. SMITH arrived on the 20th inst., from a four year's mission to Europe. Like those who have previously arrived, he appears to appreciate the blessings of a return to home and friends in the mountains, and enjoys excellent health. He crossed the plains in Capt. Hyde's train, which will arrive to-day. Capt. Snow is expected to arrive on Friday, 28th.

JORDAN MILLS.—The Jordan Mills are in full blast again, and as the waters of Jordan are used to turn the machinery, there is always plenty of water there. See advertisement.

EASTERN ITEMS.

Democratic and Republican ratification meetings have recently been held in New York, and other populous cities. Ex-Post Master Blair was very patriotic at the Republican meeting in New York, especially in his remarks on McClellan, Wood, Vallandigham and others. He compliments President Lincoln, and asserts that he retired from the dignified position of Post Master General at the instance of his own father.

The New York Sun of the 5th inst., speaks of a great rush of business at the Naturalization Bureau. By the act of Congress of July 17, 1862, it is provided that any alien who shall have obtained his majority, in the United States service, and been honorably discharged shall be entitled to citizenship without having previously made a declaration of intention. Crowds of this class, as well as others, are said to be preparing for the Presidential election.

The new postal money order system was to come into operation on the 17th. Dr. C. F. McDonald was to be the head of that department. One hundred and forty-seven post offices in various parts of the Union will be authorized to transact business in this department. The manner of doing business is the same as that which has been for many years practiced in England.

The Denver Mountaineer has the following in regard to the loss of life by the late Indian depredations:

"From the best information we can gather, near one hundred persons have been killed by the Indians along the Platte and Arkansas rivers, since the outbreak about three months ago."

The Mountaineer is jubilant over the expected arrival of a thousand wagons, said to be en-route from Missouri with provisions and a general supply of the necessities of life.

The same paper has the following:

"Judges Knapp and Broccus, of New Mexico, have been removed, and Judges Usher and Hubbell, appointed in their stead."

WESTERN NEWS.

Mr. and Mrs. Charles Kean were to make their debut in California at the Opera House in San Francisco, last Saturday evening. They were to appear as Cardinal Wolsey and Queen Catherine in the tragedy of "Henry VIII."

The following from an exchange shows, in part, why eggs are so scarce in our own market.

A wagon from Salt Lake, having over four hundred dozen eggs, arrived at Austin, Lander county, October 3d. Bad market to send eggs now.

FOREIGN NEWS.

After such a long drouth for news, consequent upon the stoppage of the mails through the late Indian difficulties on the plains, it is a treat to be again put in direct communication with the old world.

The steamship Asia from Liverpool which arrived at Cape Race on the 28th ult. brought the news that Captain