

Protective Association, were watching them from the other side, and upon whom the cowboys fired, ordering them to leave.

Ephraim Mansfield left for St. George for the purpose of swearing out a warrant of arrest, obtaining which he left for the scene of action, and a posse under Deputy De Frieze left St. George at about 10 o'clock on Sunday night, March 9th.

They came up on the south side of the river and reached the ground before daylight. As soon as they could see they hunted for their game, but found the camp removed and the bird flown. Following upon their trail they found their horses in a corner of the foot hills south of Virgin City, the cow-boys not being able to take them further on account of being so closely pressed. The posse secured the horses and camp equipage, left the trail and came into Virgin City to refresh themselves, having been out all night, with but little food or rest. A number of the Stock Protective Association, with boys from Virgin City, Duncan's Retreat and Grafton, followed the trail, one of the game, Wm. Bliss, being captured previous to the arrival of the posse.

#### THE COWBOYS CORRALLED BUT ESCAPE.

They soon came up with the outlaws and corralled them in some willows on a farm owned by Wm. Wright, situated between Virgin City and Duncan's Retreat. All hands guarded on Monday night. At about 11 o'clock at night Moses W. Gibson and John Martinale saw them in the willows and fired, when they immediately concealed themselves.

A portion of the guard left, leaving a portion of the line broken, through which Swet and Stapley escaped, leaving the guard in ignorance of the fact until near noon of Tuesday. The rest of the day was spent in tracking. On Wednesday morning Sheriff Hardy arrived and his under direction tracking was continued all day without any definite result. Thursday morning the St. George posse left for home, taking with them the prisoner Bliss, with the captured horses and camp equipage. A number of men from the up river settlements and some of the Stock Protective Association started for the old haunts of Swet in the mountains north, found tracks up the hill but not any on top. Intelligence was received that tracks were seen in the vicinity of Toquerville and later that Swet and Stapley had stolen a pair of Ashton Nebeker's horses and had been seen in Kanarra, the express from Toquerville on his return bringing the word. The men from the mountains were recalled by express.

Sheriff Hardy and Richard Parker started from Virgin for the scene, others going later, the Sheriff telegraphing to the settlements in Iron Co., having previously sent word for them to be on the look out and offering \$100.00 reward for their capture, either dead or alive.

#### ANOTHER SLIP.

A posse under Geo. Williams left Kanarra in pursuit of Swet, and Stapley came up with them, running them upon a steep mountain, compelling them to leave the stolen horses. A posse from Cedar also came up and the men were corralled. The officers called upon them to surrender, a shot from a Winchester rifle was the reply. They again escaped during the night and on Friday were again tracked with little difficulty by Leo Wood, an Indian from Cedar, he being able to see tracks undiscernable to the whites. They, however, eluded the efforts of the posse all day and they were tracked to the vicinity of Kelsey's ranch, near the rim of the basin, evidently striking back to their old runs. Sheriff Hardy now discharged the Iron Co. posse and expressed to Toquerville to have the towns well guarded. On Saturday night, Sunday and Sunday night, a strong guard was posted in Virgin City, the citizens being thoroughly aroused, deeming their property unsafe so long as the cowboys were not taken.

#### STAPLEY AND SWET CAUGHT.

The wives of Swet and Bliss were removed from the house in which they were staying and guards posted within and without, and between 11 and 12 o'clock Sunday night the 10th inst. Thos. Malone, on guard in the vicinity of the house, saw two hatless persons making their way across a grass lot stealthily toward the house.

They crossed the fence into the street, where he requested the first in sight, to give the countersign. This proved to be Stapley, who asked what it was, when Malone told him to throw up his hands, which he did, requesting food. Another guard being called by Malone they disarmed and captured their man. As soon as the capture was made, a gun was fired by Malone for assistance, as Swet was at large. All the guards going upon this sign being given. Swet had during this time disappeared from the scene, and from the tracks and his own statement afterwards given, went around a field to the west of Virgin City, returned upon the south side, left his gun under a cottonwood tree, came through the corals on the south line of the city, and finding no horses, he came across-lots into the vicinity of the house of the constable, John Hilton, who upon that instant stepped out, and upon seeing him, called upon him to throw up his hands, which he did and was captured.

Kelley, a deputy sheriff, was in Virgin City, and the boys handed their prisoners over to him, and went as far as the Silver Reef as guards for the prisoners when other guards went with

the deputy and lodged the desperadoes in the county jail at St. George.

Since the capture of these men peace again smiles upon us. Great praise is due to the Stock Protective Association, and also the citizens of Virgin City, Duncan's Retreat and Grafton, to Sheriff Hardy and all engaged, for their promptness, perseverance and untiring energy displayed in the guarding of towns, cutting off the food supplies, and also in the pursuit and capture of these outlaws, ridding the country of a source of continual anxiety, showing by example that such men cannot tamper with the rights of citizens in this section.

Yours truly,  
GEORGE ISOM.

#### SAN JUAN STAKE CONFERENCE.

Conference was held at Bluff City March 22nd and 23 A. D. 1884. Convened on the 22nd at 10 o'clock a. m. Present on the Stand President Platt, D. Lyman, Bishop Nielson and council. The wards, Quorums and various societies were reported in good condition.

We held five regular meetings and a priesthood meeting. The subjects treated on were co-operation, reclaiming the desert land, unity, preparing for the great events that are about to transpire and building up Zion.

The weather was fine and we had a general good time.

CHARLES E. WATSON,  
Stake Clerk.

[For the DESERET NEWS.]

#### "COLDS."

"If you stuff a cold you will have to starve a fever."

This saying, which is as true as trite, has been changed to "stuff a cold and starve a fever," which change entirely changes the meaning, and consequently, is untrue. Probably no other saying has caused more unnecessary suffering than this in its abbreviated form. The symptoms which are grouped under the term "cold," are only one set of symptoms by which indigestion manifests itself. And as indigestion comes more frequently from stuffing and stifling rooms than from any or all other causes, the continuation of the stuffing process means only a continuation of the "cold." A discontinuance of the stuffing process and the keeping out of the "stuffing" room, are the two most essential steps in the right direction to get rid of the "cold." And when it becomes universally known, as it will be known, that the disease now erroneously called a "cold" never comes from drafts of air or from cold or from moisture, there will not be that dread of pure, cool air, even though it comes as a draft, that there now is, and the people will not mistreat themselves as they now do.

The common mode of treating a cold now is to confine the patient in a close, hot room, exclude all fresh, pure, cool air, make him breathe the same air over and over again—which is a great deal more injurious than drinking the water in which the patient has taken his bath—continue the stuffing and stifling process, heap on the clothing and bedding, thereby preventing the poisonous emanations from the skin from being carried off, and try to make the skin reabsorb them, and what is the result? It is stated when we hear a person say, as we frequently do, "I cannot understand it, I have caught one cold on top of another all winter, and I have been as careful as I knew how to be." Now, this care was the cause of the cold in the first place, and of the continued catching of cold afterwards. And no wonder the patient cannot understand it, because he is looking in the wrong direction for the cause and the cure, in fact he has just reversed the whole process. As "colds" come from indigestion it follows that what will cure the indigestion will prevent the symptoms of indigestion known commonly as a "cold."

Indigestion comes from a variety of causes. One very common cause, and one that is entirely unrecognized by the people is the lack of pure air while the digestive process is going on, and without it perfect digestion is quite impossible. The air is taken into the lungs and is there mixed with the food, and it is more necessary that the air should contain oxygen and be free from impurities than that the food should be free from any injurious substance. It follows that a person shall breathe only pure air for a time long enough, immediately after each meal, to enable the digestive process to get well along, or better still, till quite through. Eating too much and too often are two prolific causes of indigestion. There should be time enough between meals for the stomach to get completely empty and rested. Two meals in the 24 hours are as many as the stomach can do justice to. Heat is a very common cause of indigestion; this we see in summer time. The same effect can be produced in winter by living in too warm rooms, wearing too warm clothing, or sleeping in a too warm bed, mental disturbance, over fatigue, either mental or physical, will produce indigestion, and any cause that will cause indigestion will cause a "cold," and no other cause will. A "cold" can always be cured in a few hours by abstinence from food, by out door exercise, the avoidance of bad air, heat, stimulants and medicines of all kinds. And the same mode of living will prevent anyone from ever having a "cold." Many will theoretically admit this, but few

will practically carry it out. Too many are like the patient who, when informed by his medical adviser, that he would lose his eyes if he did not stop brandy drinking said, "good by eyes." As the suffering caused by "colds" exceeds that caused by all other diseases combined, one would naturally think that when an easy way was shown whereby all could avoid "catching cold," or could easily get rid of a "cold" that there is no one that would not gladly adopt it, but such is not the case, and for several obvious reasons.

The plan is too simple. It comes in contact with preceived notions, both the cause and the cure. It makes us deny ourselves the gratification of certain artificial appetites, and we will not do this to get into heaven or to keep out of purgatory, much less will we to prevent a little temporary suffering here.

Many people cannot for a moment entertain the idea that they are doing anything to get well without they are dosing themselves with medicine, and the actual fact is that when then to so get well, it is as a rule, in spite of the medicine, but this will be considered heresy, and I

A. HERETIC.

## VARIOUS QUACKS

Who—Each with his own Pet Scheme  
—Cultivate the Field of Human Nature.

There have always been quacks:—legal quacks, theological quacks, scientific quacks and medical quacks. Some of them are bland, oily fellows who argue and smile the world into believing in their favorite bit of humbug. Others are pompous and pretentious parasites. But they make it pay. Men seem to love to be swindled, stipulating only that it shall be neatly done.

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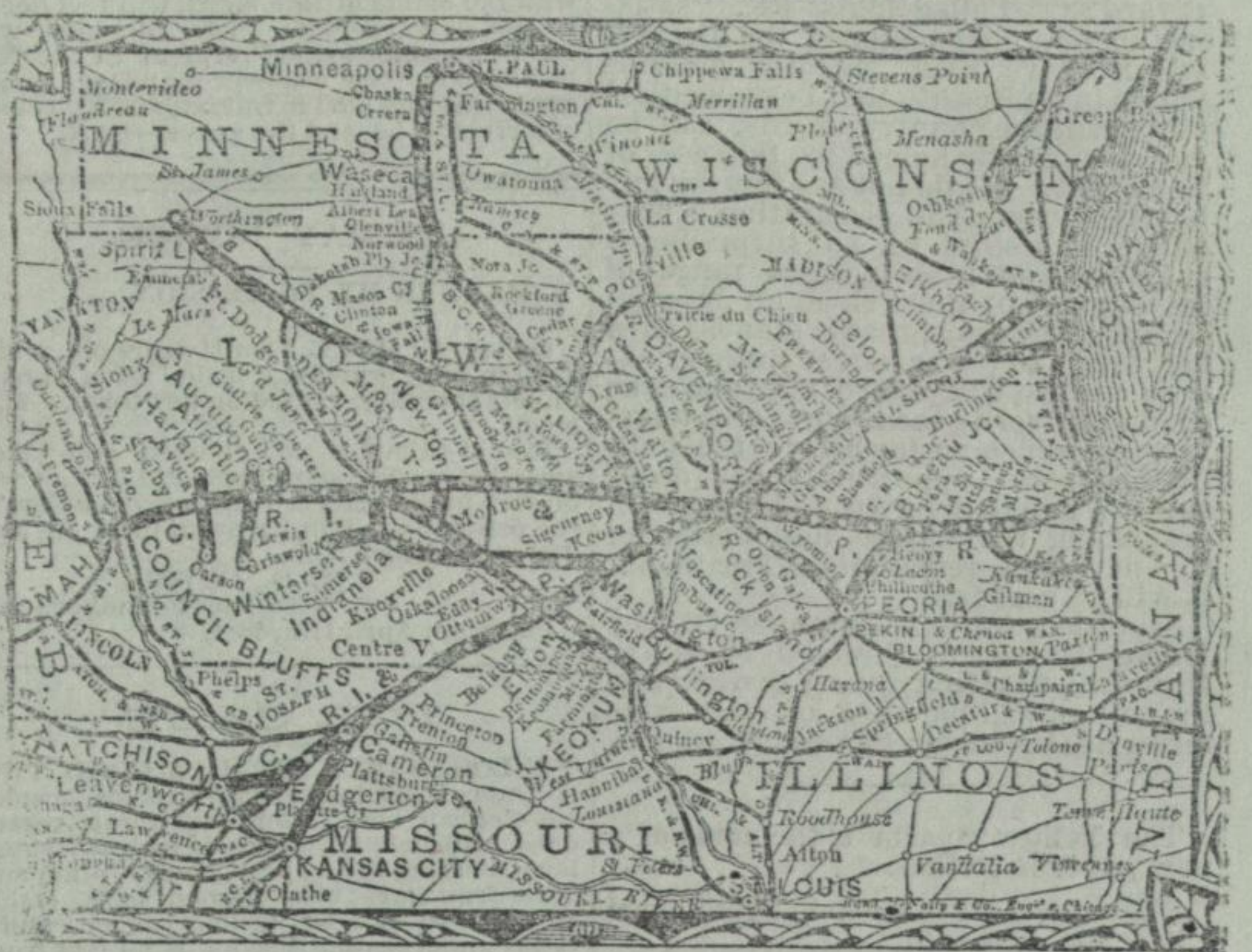
SALT LAKE CITY, February 7th, 1884.

TO James Campbell, John F. Kinney, Jr., Eli B. Kelsey, Jr., James Dine, J. F. Webb, Thomas Morris, Patrick Lynch, Elizabeth L. Kinney, their and each of their Executors, Administrators, Heirs or Assigns, you are hereby notified that I have expended One Hundred and Twenty Dollars (\$120.00) in labor and improvements upon the Dial Lode, situated in Main Bingham Canon, West Mountain Mining District, Salt Lake County, Territory of Utah, located on February 3rd, 1872, and commencing at the Southwesterly end of the North Star Lode (patented) and running on its course Twelve Hundred, (1200) Feet. A more particular description of said Dial Lode may be had by reference to Book F, of Claims and Locations, page 447, in the District Record Books of said Mining District, as will appear by my certificate filed for record January 27th, 1884, in the office of the Recorder of said West Mountain Mining District and recorded in Book N of Notices, pages 387-8. Records of said District, in order to hold said premises under the provisions of Section 224, Revised Statutes of the United States, and the amendments thereto, being the amount required to hold the same for the year ending 1883; and if within ninety (90) days after the notice of this publication you fail or refuse to contribute your proportion of such expenditure, as if co-owner, your interest in said claim will become the property of the subscriber, under said section 224, and the amendments thereto.

W43m CHARLES F. BLANDIN,



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In my neighborhood that have been saved by your Bitters.  
And many more are using them with great benefit.  
"They almost  
"Do miracles?"  
(6) —Mrs. E. D. Slack.

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