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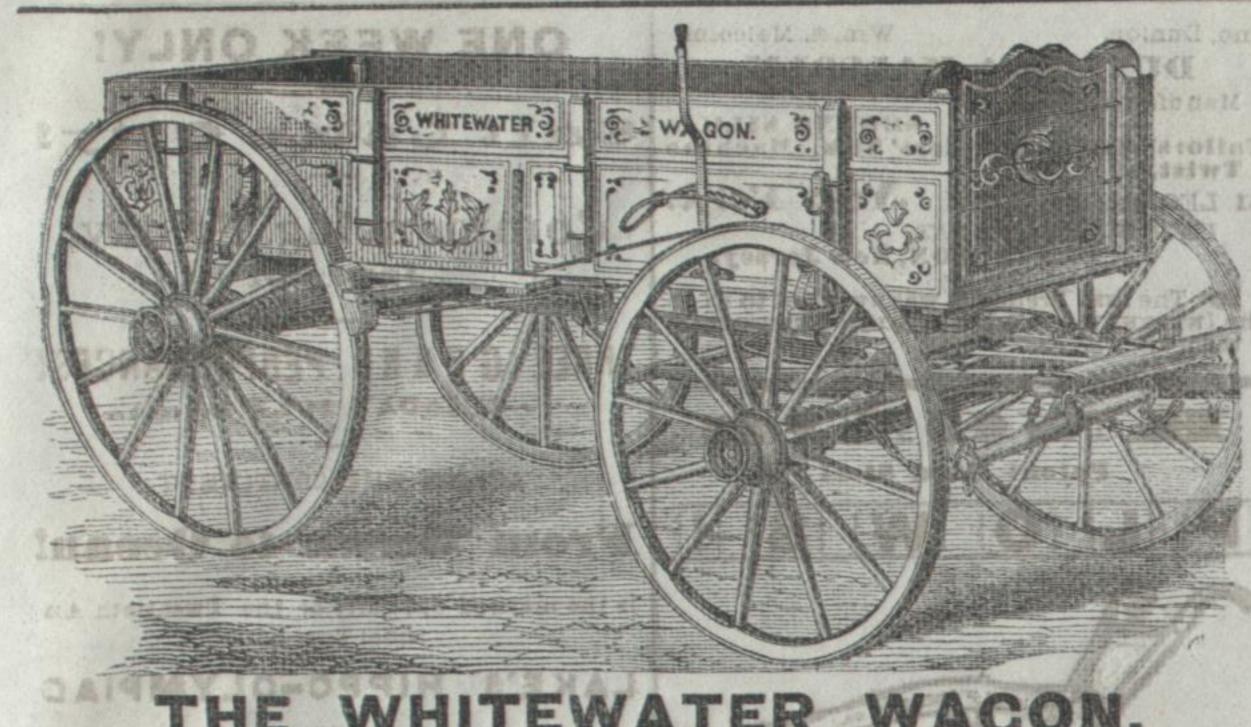
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NOTICE.

TO WHOM IT MAY CONCERN. That cash entry, No. 2429, for the Townsite of Cedar City, Iron County, Utah, made April 15, 1871, embracing the following described lands, to wit: The E half of the S W quarter, and the W half of the S E quarter of Sec. Il, and the E half of the N W quarter, and the W half of the N E quarter of Sec. 14, Township 36, South Range 11 West, containing 320 acres, has been made in trust for the inhabitants, and is now ready to be disposed of in lots to any person or persons entitled thereto.

All persons claiming to be the owner or possessor of any portion of said entry will take due notice and make application as provided in the Statutes of Utah.

HOMER DUNCAN, Mayor. Cedar City, April 17, 1871.

NOTICE :

TO WHOM IT MAY CONCERN. That cash entry, No. 2440, for the Townsite of St. George City, Utah, made April 10th, 1871, embracing the S E 1/4 and S W 1/4 of N E 1/4 and E 1/2 of N W 1/4 of Sec. 24, and the S W 1/4 of S E 1/4 and S E 1/4 of S W 1/4 of Sec 13, and the N E 1/4 of Sec. 25, Township 42, 8 Range 16 W, and the N 1/4 of 8 W 1/4 and N E 1/4 of N W 1/4 of Sec. 30 and the S W 1/4 of Sec. 19, and the N 1/2 of N W 14 of Sec. 29, and the S 1/2 of S W 1/4 of Sec. 20, and the N E 1/4 of S W 1/4 of Sec. 20, Township 42, S Range 15 W, containing 1,285.26 acres, has been made in trust for the inhabitants, and is now ready to be disposed of in Lots to any person or persons entitled thereto.

All persons claiming to be owners or possessors of any portion of said entry will take due notice and make application, as provided in the Statutes of Utah.

JOSEPH W. YOUNG, w123m

St. George City, Utah, April 12, 1871.

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Something About Fresh Air-What We Breathe.

We have all heard of the Black Hole at Calcutta. It was a room 18 feet square. In this room 147 persons were confined. It had but one window, and that a small one. Dr. Donglison in his "Elementary Hygiene," says: "In less than an hour, many of the prisoners were attacked with extreme difficulty of breathing, several were delirious, and the place was filled with incoherent ravings, in which the cry for water was predominant. This was handed to them by sentinels, but without the effect of allaying their thirst. In less than four hours many were suffocated, or died in violent delirum. In five minutes, the survivors, except those at the grate, were frantic and outrageous. At length, most of them became insensible. Eleven hours after they were imprisoned, twenty-three only of the one hundred and forty-six came out alive; and they were in a highly putrid fever."

There are many "black holes" like this used for sleeping rooms, says the London Co-operator; the difference between them and the one at Calcutta is -that they are not crammed quite so full of human beings. In a word, then, we may say a sleeping apartment should be large, lofty and airy. It is poor economy for health to have large and spacious parlors and small, ill-ventilated bed-rooms. Fashion, however is a reigning deity in this respect, and will, no doubt, continue to bear sway, notwithstanding our protest against her dominion.

You will scarcely drink after another person from the same glass, yet you will breathe, over and over, the same air, charged with all the filth and poison of a hundred human bodies around you. You cannot bear to touch a dead body, because it is so poisonous and polluting, but you can take right into your lungs, and consequently into your body, your system, those poisonous particles and noxous exhalations which the bodies around you have refused, and which have been cast into the atmosphere by the lungs, because the health of their bodies requires them to be thrown off. If the "timorously nice creatures who can scarcely set a foot upon the ground," who are so delicate that they run distracted at the crawling of a worm, flying of a bat, or squeaking of a mouse, could see what they breathe at the midnight carousal, the very polite ball, and the bright theatre, they would never be caught in such company again. Nay, if they could see what they breathe in their own dwelling, after the doors and windows had been closed a little while, they would soon keep open houses. More sickness is caused by vitiated air than can be named. It is one of the most prominent causes of scrofula, which is but another name for one half the diseases that attack the human body. It vitiates and destroys the whole fountain of life-the blood.

In the sick room it often augments the disease, or renders it incurable. If the physician comes in and opens the window, or a door stands ajar for a moment, the good nurse or the tender mother or the kind wife or the loving sister, will fly up and close it as though the life of the sick were at stake. All this is well-meant kindness, but really ciuel.

If you would have health, breathe fresh air, throw open your windows every morning, and often during the day; leave off your mufflers from the chin. For twenty years I was accustomed to never going out without a handerchief tied closely around the mouth, and for nearly that period have left it off. I have had fewer colds, and suffered far less, from changes of climate, than previously. Let air into your bedrooms; you cannot have too much of it, provided it does not blow directly upon you.

Many students are injured by vitiated air in their studies. These are small, and when the doors and windows are closed, the atmosphere soon becomes loaded with noxious vapors. The man is intent upon his subject; he scarcely knows whether he breathes or not, much less does he think of what he breathes. Many, also, are seriously injured by the manner of heating their studies. All closed stoves should be avoided. The good old-fashioned, open, large chimney, with a fire-place sufficiently capacious to receive the wood with but little chopping, is much preferable to the stove and grates, and the whole paraphernalia of modern fuel-saving inventions, which have racked the brains and tortured the intellect of many laymen, and some clergymen.-Ex.