

# Albany Register.

U. S. Official Paper for Oregon.

FRIDAY, AUGUST 7, 1874.

Two suicides and attempt at the third, in San Francisco, last week.

Germany protests against French aid to Carlists.

The steamship Idaho has been temporarily withdrawn from plying between Portland and Frisco.

Bismarck's son killed Zarskowan, an infantry officer at Dusseldorf, in a duel, recently.

The Spanish Government proposes to send 12,000 more troops to Cuba.

Local Option was everywhere defeated in Kentucky, and the Democrats elect the clerk of the Court of Appeals.

There is one good thing about those white gauze veils; a woman who powders looks as respectable behind one of them as a woman who doesn't.

If you want to find out a man's real disposition, take him when he is wet and hungry. If he is amiable then, dry him and fill him up, and you have an angel.

Mrs. Tilton alleges that Miss Susan B. Anthony made her life miserable. We have before heard it intimated that Susan was unbearable.

It is rumored that the Spanish Republicans have gained another brilliant victory under General Moriones, in Navarre, scooping some 1,500 Carlist prisoners.

Beecher is reported to be in high spirits, weighing more than he has for years. Well, well, some people have remarkably elastic consciences, which enables them to grow fat under the most adverse circumstances.

On the 4th a reservoir broke at Trenton, N. J., flooding an area of one mile in length and three hundred yards in width. Many houses swept away, but no lives lost.

Chief Cockrill is taking vigorous measures to abate the hoodlum nuisance of that city. This hoodlum business is engaging the attention of our best citizens in places other than Frisco.

It is now said that Theodore Tilton's handwriting so closely resembles Beecher's that it requires an expert to tell tother from which. Put this and that together.

A boat containing Herod Wells, wife and three children, and a Miss Smith, was upset in the bay at Seattle, W. T., on the 4th inst. All were rescued but Mrs. Wells and her youngest child, both of whom were drowned.

The mills on the Palouse, W. T., have been running on half time of late, on account of low water. In some localities grain has been damaged to some extent by the excessive hets, and will not turn out as well as last year.

Bret Hart's last story, "John Oakhurst," was written in a single night, and the N. Y. Times paid him \$500 for it. Good wages, that.

VELLY GOOD.—A new McPherson has got an office.—Notary Public for Douglas county.

Via Woodbull, who says she held to her heaving bosom for the space of three successive months, the much-Beechered Theodore Tilton, now threatens to come to the front and give "some truths not now known, and some facts which are not now understood." Well, let her throw herself in sight at once; we shall not put a straw in her way; let her show up.

Prohibition of the sale of intoxicating beverages has been more thoroughly tried, perhaps, in Massachusetts than in any other State of the Union. The S. F. Chronicle's Boston correspondent, after a careful and elaborate review of the entire subject, pronounces prohibition in Massachusetts a failure.

On the 31st ult., in Chicago, occurred one of those gigantic "corners" which every now and then agitate the commercial circles of the large cities. The corner was in oats and corn. Corn was run up to 85c a bushel, and oats to \$1. The speculation in corn was manipulated by a combination that controlled 7,500,000 bushels. The combination was successful, and an immense amount of grain changed hands. The whole thing was confined to speculators, and the markets of the surrounding cities were not affected.

General Sherman is occasionally given to indulge in a fine sardonic vein. The General recently said: "The Indian Bureau has fed the Indians all winter, and the ponies are fat. So the savage warrior is in fine trim for the acquisition of fresh scalps and plunder. Next fall they will all be taken back and fed." This is one side of the picture, says the Chronicle, strongly painted. It would take an experienced Indian Agent, who has made a fortune by swindling the Government and its red-skinned wards with even-handed impartiality, to do justice to the other.

The Mormons are at work on the Indians again, having baptized fifteen or twenty lodges of Shoshones and Snakes recently. Leishman and young Brigham, at a meeting a few days ago, called the Indians "the battle-axe of the Lord and of Zion," and declared that the Order of Enoch must take and train and instruct them. It is believed that the Mormons intend making use of the Indians as heretofore, in case of any trouble with the Federal authorities, in assassinations and murders. It possible the Indians should be removed far enough to be entirely out of the control and influence of the Mormons.

A correspondent in Utah charges that the comet or the d—l has given that part of the country a succession of the most terrific thunder storms ever witnessed there. For ten days storm succeeded storm, upon a scale of grandeur only approached by heavy artillery of modern invention.

On the morning of the 5th, the steamboat Pat Rogers, near Aurora on the Ohio, was burned with her cargo of cotton. Six persons were lost. Boat was valued at \$60,000; insured for \$35,000.

Moulton has returned to New York, and says he will testify if both parties desire it; the matter has gone so far all the facts ought to come out. How kind and considerate is Moulton.

## Ex-Presidents as Life-Senators.

A proposition is now being discussed to make ex-Presidents ineligible to re-election, but to make them Senators at large of the United States for life. The proposition is certainly foreign to the character of our political system, but nevertheless has some features that may commend it to popular favor. An argument in favor of the proposition is that a life-term Senator would be above all party prejudice and control, and beyond the reach, too, of Executive influence. His official life would be free from all trammel and control, so long as he committed no misdemeanor in office. His political future would not extend beyond his office of Senator. He would be above political revolutions and changes, and could not be deprived of office by the people or President. Under such conditions, if he possess the ability and instincts of a statesman, there would be absolutely nothing in the way of his reaching the topmost round in the ladder of fame as a statesman. The creation of the office of life Senator would open a future to ex-Presidents, who now, to all intents and purposes, when they leave the White House, are politically dead. Raised by the conditions of his office above the strife of parties, he might become of greater service to his country than ever before. The number of life Senators would necessarily be limited, there probably never being more than three or four at one time. The proposition certainly has many features to commend it, while its agitation will doubtless bring out all the objectionable ones.

A synopsis of Mrs. Tilton's testimony is published. She avers that Tilton cared little for his family; that he often left her entirely alone without coal, or food, or help, and was constantly telling her of his wrong doings with other women. When Beecher began visiting the house he became insanely jealous, and in the winter of 1869 began accusing her of criminal intercourse with Beecher. She tried to give Tilton full accounts of her conversations with Beecher, but he declared she lied and was concealing something, and was continually trying to make her confess, saying he had seen her setting on Beecher's lap. His treatment of her was harsh and often violent. The letters used by Tilton were written by him and copied by her when sick and out of her head. Her confession to Miss Anthony was not that she had committed adultery with Beecher, but that her husband accused her of it. She says Tilton alone is responsible for the disruption of the family.

Physicians declare that VanEten, the California bond forger, recently arrested in New Jersey, and who was found in a dying condition in his cell on the 1st inst., a two-ounce vial of laudanum by his bedside, was not poisoned but died of congestion of the lungs.

FACT.—When your pocket-book is empty, not a stamp in it, and everybody knows it, you can put all your friends in it and it won't bulge out worth a continental.

A LITTLE boy was asked about the story of Joseph, and if he knew what wrong his brethren dove in disposing of him when he replied, "I suppose they sold him too cheap."

## HEALTHY READING.

The present is generally the duller portion of the year for newsgatherers. Harvest times, generally so prolific in items, has hardly commenced, and the world at large seems to be idly whiling away the "heated term" (sometimes called "dog days"), getting ready for the great carnival of items which always follows these few weeks of rest and quiet. Beyond the Tilton-Beecher scandal, which already begins to pall the appetite of the most prurient, there is really nothing to induce startling capitals and huge headlines. In view of these facts, we have concluded that a few reasonable health items might not come amiss, and may be productive of much good. With this introduction we give the following facts, culled from various sources:

Not one growing child in ten can be confined in school more than three hours a day without suffering more or less debility or endangering life.

Most of the school-houses in our cities, and not a few in the country, are pest-houses, very much in the sense that tenement houses are.

The most prevalent complaint among ladies at the present day is headache; and careful investigation will prove that this trouble has rather increased than diminished since the present style of wearing hair came in vogue—involving, as it does, the loading of the head with such a quantity of foreign material.

The dyspeptic person should avoid hard water as he would hard drugs, for all the hard waters on earth are only drugs in solution.

Those who would have perfect digestion should not drink anything at meals. Drinking should always be done before, after, or between meals.

Milk is especially pernicious in all complicated and obscure cases of indigestion to which the phrase "nervous debility" is usually applied.

One of the great and increasing evils of imperfect mastication is decaying of teeth. It is a law of all vital organisms that every structure or part must do its own work or die.

Corsets are the degenerators of one sex as much as tobacco and liquor are the enemies of the other.

Ladies suffering from nervous debility in summer should beware of over-exercising. The fault with too many invalids is that they overdo when trying to recruit, and thus seriously retard their improvement.

Domestic animals that are permitted to live normally never have decayed teeth.

Women healthily and happily employed are not usually in ill-health. Hannah Moore wrote eleven books after the age of 60. Sarah J. Hale is now 85, and is still editing.

The influence of imagination on the vital functions has always been recognized, and it was this recognition that enabled the ancient physician to be so successful with charms, amulets and incantations.

Parasols, except in the middle of the day, during the "heated term," are pernicious things, as are the veils with which so many fashionable ladies shade their faces.

The most prevalent error in private houses is insufficient ventilation of bed-rooms. Young children and infants, though born with fair organizations, are often rendered

puny and scrofulous by sleeping in unventilated rooms.

The sugar insect, which is the cause of that tormenting skin affection known as the "grocers itch," is found in nearly all the brown sugars of commerce. More than 100,000 have been found in a single pound of "merchantable" sugar.

Water-drinking between meals should be according to thirst. It is a mistake to load a weak stomach with cold water on the theory that it is a tonic. As a habit, it is well to take a tumbler, or a part of one, of pure, soft water after dressing in the morning.

The prevalent custom on the part of most women, of wearing the hair twisted into a mass on the top or back of the head, and the more modern and still more pernicious custom of loading the head with false hair, or substances resembling it, is a source of headache, and indirectly a cause of dyspepsia.

It is impossible for any child whose mother has diminished her breathing capacity by lacing to have sound and vigorous organization. If girls will persist in rining their vital organs as they grow up to womanhood, and if women will continue this destructive habit, the race must inevitably deteriorate.

Erectness is one of the most obvious laws of vital machinery. Yet almost everyone is crooked. "Blessed are the upright," physically as well as morally.

The only method which has ever proved effectual for preventing or curing consumption is to keep the lungs expanded as much as possible. For this purpose breathing tubes, spirometers, blow-guns, lifting-machines, and other gymnastic contrivances have been found useful.

All kinds of food which are only semi-solid, or composed of solid particles diffused in water, as puddings, stews, mushes, gruels, soups, etc., should always be taken with dry bread, hard crackers, green apples, or something similar, and eaten very slowly.

A deleterious practice, common in our large cities especially, is the excessive use of ice-cream and soda-water.

Everybody has fine teeth in the East. Women there at ninety have perfect teeth, and seldom one under fifty loses a single incisor or cuspid, or even a molar.

Tobacco using directly fearfully lessens the breathing capacity. This is one reason why tobacco users require more sleep than others, other circumstances being equal.

Tobacco using in young persons has the same effect in diminishing the breathing capacity that tight-lacing (which is so alarmingly on the increase again) has. Examples are indeed sadly frequent on the thoroughfares of our great cities of young ladies who have destroyed more than half of their breathing capacity by this disgraceful habit of tight-lacing. Their wan, expressionless faces, harsh, contracted features, with bilious discolorations of the skin, proclaim in language that cannot be mistaken, deficient respiration. And the counterpart of these appearances and indications may be seen in numerous young men who promenade the streets behind lighted cigars.

For bathing purposes, as for drinking and cooking, there is no great difference between pure and hard water.