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WALKING OR SLEEPING WITH

low the action of respiration or breathing to be carried on through the mouth. The nassal passages are clearly the medium through which respiration was, by our Creator, designed to be carried on. "God breathed into man's nostrils the breath of life," pre-

vious to his becoming a living creature.

The difference in the exhaustion of strength by a long walk with the mouth firmly and resolutely closed, and respiration carried on through the nostrils instead of through the mouth, can not be conceived as possible by those who have never tried the experiment. Indeed this mischievous and really unnatural habit of carrying on the work of inspiration and expiration through the mouth, instead of through the nasal passages, is the true origin of almost all diseases of the throat and

lungs, bronchitis, congestion, asthma, and even consumption itself.

That excessive perspiration to which some individuals are so liable in their sleep, and which is so weakening to the body, is solely the effect of such people sleeping with their mouths unclosed. And the same exhaustive results arise to the animal system from walk. results arise to the animal system from walking with the mouth open, instead of—when not engaged in conversation—preserving the lips in a state of firm but quiet compression. Children should never be allowed to sleep, stand, or walk with their mouths open; for besides the vacant appearance it gives to the countenance, it sometimes causes coughs, colds, and sore throats.—Hall's Journal of

HORACE MANN ON TOBACCO. At the Ohio State Teachers' Association, held at Columbus in December last, a committee, of which Hon. Horace Mann was mittee, of which Hon. Horace Mann was chairman was appointed to recommend some action with the view of suppressing the practice of profane swearing and the habits of using liquor and tobacco in the schools and colleges.

Let more cover be on the lower limbs than on the body. Have an extra covering within easy reach in case of a sudden and great change of weather during the night.

Never stand still a moment out of doors, especially at street-corners.

contains many spicy paragraphs. We extract a few specimens in relation to one attribute of this trinity of evil:

this trinity of evil:

"Tobacco users bequeath weakened brains, irritable nerves, and other forms of physicial degeneracy, to their children. The factitious pleasures of the parent inflict real pains upon his offspring. The indulgences of the one must be atoned for by the sufferings of one must be atoned for by the sufferings of the other—the innocent expiating the of-fences of the guilty. Nor, in regard to these personal and hereditary injuries to the mind, would the committee stand merely upon the principle laid down by the physi-cian, who, when asked if tobacco injured the brain, replied promptly in the negative; 'for,' said he, 'people who have brains never

the most important actions of his had, socceeds to thrust, and keeps thrusting it at is nose! after which he shakes his head, or all three, Another point must not his waistcoat, or his nose itself, or all three, in the style of a man who has satisfied the

MA singular and interesting incident con-nected with the loss of the steamer comes ing England, this young lady had become impressed with a presentment that she should never accomplish the voyage she was about to undertake. Concealing her misgivings from her friends in England, she indited a

MY DEAR BROTHER .- I have to-day en-

gaged passage in the Hungarian, to sail in a ous voyage, I hope to relieve you from the labour of decyphering this miserable specimen of penmanship by reading it to you myself, as it will go out in packet with me.

But, my dear strange feelings about this full the packet with the label to the lab But, my dear strange feelings about this passage. I don't know why, but I have had whisperings from some strange and unknown source that I should never see my dear friends in the United States again. You will say this is a foolish whim of mine, and I hope it is nothing more. If I ever meet you again, we will have a good laugh over my folly, but I don't feel much like laughing now. These strange, mysterious forebodings haunt me.

"I see a hand you cannot see,

That backers me away" feel in the see than a half to three quarters of a pound per head per day is rarely fed to advantage, unless they are very large sheep. The English farmers usually allow a pound of oil-cake per head per day to sheep weighing 100 to 140 lbs. This is high feeding. We believe it is better to give only a little at first and increase the quantity after a while, especially in cold weather. It must be borne in mind, that a certain quantity of food is necessary to keep the sheep in its natural condition—to keep it from losing weight; and that it is the excess of food

"I see a hand you cannot see, That beckons me away."

sign to our friends here, I would wait for

RULES FOR WINTER. Never go to bed with cold or damp feet resolutely closed, that by compelling the air to pass circuitously through the nose and head, it may become warmed before it reaches the lungs, and thus prevent those shocks and sudden chills which frequently end in pleurisy, pneumonia, and other serious forms of disease. In going into a colder air, keep the mouth MEMORIAL OF MEMBERS OF THE CON GREGATION OF ST. STEPHEN'S CHURCE TO THE LURD BISHOP OF TORONTO.

To the Honourable and Right Reverend John Strachon, D.D., L.L.D., Lord Bishon of MAY IT PLEASE YOUR LORDSHIP,-We, the undersigned members of St. Stephen's congregation, have lately read with deep concern and anxiety the correspondence between our esteemed pastor and the patron

As to the quantity of grain it will pay feed sheep, we think more than a half

of the church.

If there be within your Lordship's diocese a faithful and earnest minister of the Gospel, one ready on all occasions to perform the solemn and important duties of his office, it is he whose conscientious exposition of the Word of Life being now called in question and attacked, leads us to address your Lord-Never stand still a moment out of doors, especially at street-corners, after having walked even a short distance.

Never ride near the open window of a vehicle for a single half-minute, especially if it have been preceded by a walk; valuable lives have thus been lost, or good health pernanently destroyed.

Never wear India-rubber in cold, dry

weather.

If compelled to face a bitter cold wind, throw a silk handkerchief over the face; its agency is wonderful in modifying the cold.

Those who are easily chilled on going out of doors, should have some cotton batten attached to the vest or other garment, so as to protect the space between the shoulder-blades behind, the lungs being attached to the body at that rount is a little there is worth five. dent position which a minister in your Lord-ship's diocease has occupied, nor that a lay-man dared to usurp the Episcopal office and to use such language as is contained in this

cows will lie down on a warm fermenting dung hill; sheep never, if they can find a firm, dry spot.

Another point must not be forgotten.—
Sheep are timid animals. No one should have anything to do with them who is not a gentle-man. A dog is an especial nuisance.

It is a great mistake to suppose that sheep will thrive without water. When the celebrated Rothamstead experiments were in arc.

mitted to be the judge.

I then enquired fof h
were his wish to leave St
him that he might contihe chose; or, if purposing
consult his own conveni gress, it was found that the sheep having clover hay drank large quantities of water and a famous sheep breeder who came to see them expressed the idea that they drank more than was good for them. To test the question, the quantity of water was restricted to what he thought the proper amount; but on weighing the sheep at the end of the week as usual it was found, if we recolled right that every sheep had lost weight—at least the scales indicated that they had not done as well as usual and for the future they were allowed all they would drink.

Regularity in feeding; quiet, warm, dry, twell ventilated, dean quarters; notes to e as to any rea ndulged the hor etter spirit might a satisfactory as spring up and prevail, a rangement be brought a ance at St Stephen's. To this Mr McCollur for his continu

stances of the case, I am not surprised that the Rev. Mr McCollum has adopted and is determined to follow this course. But, while

making peace and restoring things to their former position, had failed, I sext sought to protect Mr McCollum from less and inconnience, by providing for him other and

uitable employment.

In this I have been successful. Admission has been found, which will await his acceptance at the proper time. I do not press for his decision at present, because many things may occur before the month of April to make

In regard to the future disposition of St. Stephen's Church, it will become my duty to take such measures as shall effectually

lic duty, according to the laws of Missouri.
According to all other laws but those of Missouri, and Missouri's kindred States, the slave was acting in the direct exercise of the

slave was acting in the direct exercise of the inalienable prerogative of manhood; according to the laws of Missouri he was committing murder. After the act had been consummated he completed his escape to Canada.—
Thither he was tracked by the agents of the Slave State, and a requisition has been made that he be delivered up, under our Extradition Treaty with the United States, as a murderer.

ing weight; and that it is the excess of food over this point alone that enables the animal to put on fat. This is an argument in favour of high feeding; but we must not run to extremes. It is easy to feed so high that every pound of fat shall cost us double what we get for it. We seldom err, however, in this direction.

It is much more common to feed too little grain than too much. It would be well for most farmers to make a rule never to sell corn or oats off the farm. This has been John Johnston's rule, and it is one secret of his success.—Genesee Farmer.

ST. STEPHEN'S CHURCH.

THE REV. ME. W'COLLUM SUSTAINED

his decision at present, because many things may decur before the month of April to make some at the unant things directly in favour of the slave, but it appears that human laws are as directly in favour of get in favour of the slave, but it appears that human laws are as directly in favour of the slave, but it appears that human laws are as directly in favour of the slave, but it appears that the undered. All human sympathies are tumultuously in favour of the slave, but it appears that human laws are as directly in favour of get being burnt alive. Chief Justice Robinson and Mr. Justice Burns have ruled, against the distingtive slaves, for that by the law of Missouri a slave is property, and that a man who that the man must have are as directly in favour of the slave, but it appears that human laws are as directly in favour of the slave, but it appears that human laws are as directly in favour of the slave, but it appears that human laws are as directly in favour of get.

A Canadian Mr.

A Canadian Swindlen.

A Canadian, applies to the statute law of Canada, applies to this case, and that the man must be given that the will be events will be overruled for his social and the contraction of kindness and good feel too little grain than too much. It would be well for make of the favour of the slave, but it appears that human laws are as directly in favour of the slave, but it appears that human laws are a In regard to the future disposition of St. Stephen's Church, it will become my duty to take such measures as shall effectually prevent the recurrence of the proceedings we deplore; and this, I believe, the last section of the Temporalities Act will enable me to accomplish.

So far as the case has gone, and so far as they have to do with it, we very much fear that the majority of the Court will be thought by lawyers to have put the only possible construction upon the Extradition there was no sale for it. Letters also from Law as it stands. The Judges are, by the terms of the case before them, shut out from the case has gone, and so far as Bankers informed the gentleman that the money was good for nothing here, but he would send it to New York for redemption. The money was sent and advices received there was no sale for it. Letters also from Suspension Bridge state that a bushel basket terms of the case has gone, and so far as the case has gone, Having thus expressed my opinion of Mr Denison's conduct in this matter, I cannot in justice to that gentleman allow it to be supposed that I am insensible of the service he has rendered the Church by the erection of St Stephen's at his own sole cost. Whatever else may be consurable in his conduct, that is a work in itself good; and mingled though it may be, as all our actions are, with human infimity, we cannot regard it other wise than as pleasing to God and calculated to promote His glory and the spiritual welfare of His people. A cloud has indeed for any more than the notes of the Bank of Clifton are being used in Eric, Pa., for the redemption of the bills of the Bank of Commerce of that ever else may be consurable in his conduct, that is a work in itself good; and mingled though it may be, as all our actions are, with have been equally ready to surrender him. This is just how the case appears to the Judges. They decide no more than that a fugitive who has, in resisting his lawful apprehension, killed an American citizen, and then taken refuge in Canada, must be given up. This cannot be honestly gainsaid. The Canadian statute provides that "a person charged with committing within any of St Stephen's at his own sole cost. Whatever else may be consurable in his conduct, that is a work in itself good; and mingled though it may be, as all our actions are, with have been equally ready to surrender him. This is just how the case appears to the Judges. They decide no more than that a fugitive who has, in resisting his lawful apprehension, killed an American citizen, and the head of the public to touch no Canada. In this vicinity people are cannot be honestly gainsaid. The Canadian statute provides that "a person charged with committing within any of the Spirit will be produced and matured within its walls from one generation to another long after we have been gathered to our fathers.

I conclude the case before them, shut out from the that so under the notes of the Bank of Clifton are bing used in Eric, Pa., for t

were in the fine the fine plane of the second plane of the plane of the second plane of the plan

"Spull taking," says a writer, "is an odd of succession. If we came suddenly upon it is a foreign country, it would make us split our fattened rapidly. Sheep must have DET takes with laughter. A grave gentleman takes a little casket out of his pocket, puts his finger and thumb in, brings out a piach of a sort of powder and then, with the most serious air possible, as if he were doing one

courts of law and our expensive litigation, which never can by any possibility have the result of procuring savor of a burnt sacrifice provided by the English nation. As a tropic of Transatlantic excitement this slave case may have its interest, but on this side of the Atlantic we are too profoundly convinced of the unpractical character of the contest to be very anxious about it. What, however, it does show its necessity for a diplomatic explanation of this Extradition Treaty. The next thing we shall be told will be that it requires the surrender of all fugitive slaves, for that by the law of Mis-

ENGLISH OPINION ON THE EX- sel and of anxious Judges may fail to discov. papers, which was cured by eight ounces of TRADITION CASE. er any technical objection which may vitiate of chloroform. The subject was Lord Stamand of anxious Judges may fall to discover any technical objection which may vitiate the proceedings, yet time will be afforded for the intervention of diplomacy, within the province of which a difficulty of this character specially falls. It is not because we have the above prescription. The filly lay prostrated under the effects of the medicine for nearly four hours, when the effects of the mealady powerful portion passed off, and the malady went with it. She promised soon to entirely recover. Whether the dose was given by inhalation, or swallowed, is not stated.

No. 21.

CATTERPILLER'S EGGS.—"An ounce of prevention is worth a pound of cure," and if you would apply it in the case of these pests of the apple tree, as soon as the leaves fall, look carefully and you will find the eggs of the catterpiller in bands or rings upon the smaller limbs. Scrape them off, and at one blow you destroy hundreds of future depredators. On small trees this can be readily done and should never be neglected.

LICE ON CATTLE .- A COTTESPOR the Country Gentleman writes: "I often see inquiries for remedies for lousy cattle. I have tried many, but the cheapest, most easily applied, most effectual, and according to my experience the safest, is a little calo-mal sprinkled on the back. An ounce will exterminate the lice on twenty head of cattle

CROTCHETY CONUNDRUMS .- What carpenter's tool represents a soothsayer? An auger (augur). What word signifying wrong denotes also a young lady. A miss. What plaything may be deemed above any other? A top. What is that, though always stationary, is ever in motion? A clock. What is that, although only four inshes broad and three inches deep, yet contains a solid foot? A shoe. When is a bounct not a bonnet? When it becomes a lady.

CESSION OF LAND AT THE FALLS.-It is stated that the Government of Canada has given to the town of Clifton a free deed of

At the senside residence of Queen Victothe pleasure grounds is appropriated to the young Prince and Princesses, who have each a flower and a vegetable garden, greenhouses, hot-houses, and forcing frames, nurseries, tool houses, and even a carpenter's shop. Here the royal children pass hours of their time Each is supplied with a set of tools marked with the name of the owner? and here they work with the enthusiasm of which the royal children are not au fait.