

SEE Notice Below!

- ***Save The Date – Old Home Day, Saturday, August 13th***
- ***Household Hazardous Waste Collection***
- ***Redistricting of New Hampton***
- ***Historical Corner – “The Benefits and Advantages of Flannel”***

THE “NEW HAMPTON CONNECTION”

E-mail notices will be sent from this office with dates, locations and times of Town Meetings, special meetings, special events, and other important town events or information. We hope you will find these notices helpful. These e-mails will not provide notice of regular scheduled meetings, deadlines, holiday hours, general information, etc. For such scheduled information, please check the town web site www.new-hampton.nh.us or call the Town Office at 744-3559. All public meeting notices are posted at the Town Office and Public Works Department. All town newspaper notices are placed in the Laconia Daily Sun.

Please talk with other New Hampton residents who may not have been contacted to see if they are interested in receiving these e-mails. I also would encourage you to get the “word out” about important information to those who may not have e-mail.

If at some future time you change your e-mail address or you wish to be removed from the list please send an e-mail to nirvine@new-hampton.nh.us.

BOARD OF SELECTMEN: Michael A. Drake, Eric Shaw, and Bruce Harvey

Neil G. Irvine
Town Administrator
Town of New Hampton
6 Pinnacle Hill Road
Tel. 744-3559

July 15, 2022

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New Hampton’s 123rd Old Home Day
will be Saturday, August 13th

Opening ceremonies begin at 10:30 am.



Hamburgers and hot dogs will be available for purchase from the New Hampton Firefighter's Association, and there will be free "bean-hole beans" and other food items that our local residents bring to share. *Gerry Grimo and East Bay Jazz* will play before and during lunch.

There will be a chili cook-off with judging.

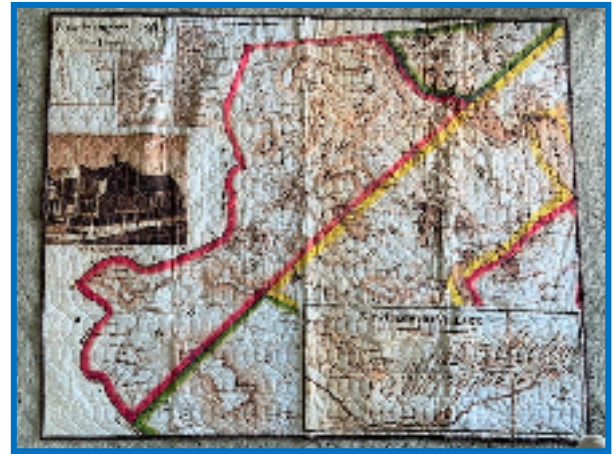


The New Hampton Garden Club will have a plant sale and several themed baskets to raffle.

The Historical Society will host a table and will sell raffle tickets to win a beautiful quilt depicting New Hampton in 1860, made by New Hampton resident, Stacey Nawoj. Their museum (just down the hill) will also be open.



There will be Fire & Police equipment, and Fish & Game is bringing their fish stocking truck.



Sue Hunt & Friends will play Saturday night for square dancing and local musicians are always welcome to join in.



On Sunday morning a worship service will be held at the historic Dana Meeting House at 10:00 am.

Household Hazardous Waste Collection

Below are the dates & locations closest to New Hampton

Saturday, July 30th (8:30 AM - Noon)

MEREDITH - DPW Garage (17 Jenness Hill Road)

Saturday, August 6th (8:30 AM – Noon)

BRISTOL - Newfound Regional High School *** Access is from River Road ***

[Click here](#) for the flyer with guidelines for disposal, additional information, and some additional locations.

For more detailed information [click here](#) to be rerouted to Lakes Region Planning Commission's website on Household Hazardous Waste.

Annual household hazardous waste collection events are organized by the Lakes Region Planning Commission, with financial support from participating communities and the NH Dept of Environmental Services.

Redistricting of New Hampton

The new US House Districts were required as part of the 10-year redistricting mandated by Federal law to reflect population changes.

With the recently enacted New Hampshire redistricting, the changes affected New Hampton as follows:

Congressional District No. 2
Executive Council District 1
NH State Senate District 2
NH State Representative District 1
Belknap County Commission District 2

There was a stalemate between the State House and Senate of what the map should look like, and ultimately the matter went to the NH Supreme Court who approved a redistricting, drawn by a “special master” appointed by the court, that moved New Hampton from the 1st to 2nd District.

The History Corner: "The Benefits and Advantages of Flannel"

In 1839, New Hampton resident John Langdon Sanborn sent an essay to his older brother, Thomas Jefferson Sanborn, the new postmaster in a town he named "Sanbornton" in Clinton County, Territory of Iowa. While Sanbornton, Iowa no longer exists, John's exposition of "the benefits and advantages of flannel" does! In the essay, written in August of 1838, John laid out how flannel was the perfect fabric for warm, damp climates – not just winter! As you read through John's technical description of how the body functions (no doubt freshly learned in his science class at New Hampton School) keep in mind this was composed 184 years ago. John graduated from the New Hampton Theological Seminary and went on to serve as a Baptist minister for congregations in Virginia, Maine and then Stratford, NH. Thomas and John's family was prominent in the early history of both Sanbornton and New Hampton, and a letter from their older brother, Caleb, written home from Ohio in 1813, featured in an earlier History Corner.



New Hampton Aug 18, 1838

Dear Brother

As it is now vacation I have concluded to write you a good long letter, one that will take you an hour to read at least, as I shall write on various subjects. I shall divide it off into sections.

The benefit and advantages of flannel in warm damp climates

In speaking of the benefits of flannel I shall be under the necessity of averting to the structure and office of the skin.

The skin is composed of three layers of membrane, viz. the epidermis or cuticle, the mucous coat, & the dermis or true skin. This constitutes the chief thickness of the skin and is the seat of many important functions. The most important of these functions are perspiration/absorption, a regulator of animal heat and the seat of sensation and touch.

In order to give you as definite an idea as possible of these I shall dwell on these functions. 1st of Perspiration. You are already aware that the body is in a state of constant decay and renovation, and while the stomach takes in new materials, the skin is one of the principal organs by which the old and useless particles are thrown off in the form of vapor and carried off by the atmosphere invisible to the naked eye. The skin then is constantly throwing out a large amount of useless matter, and when by any cause this perspiration is checked or stopped, this must either remain in the system or be carried off by other organs. When it remains it becomes an active poison and is a powerful cause of disease, and when

thrown upon the other excreting organs they have more than their appropriate labor to perform: and are consequently enflamed. And if it is thrown upon the bowels, relaxation is the result; if upon the lungs, a cold is the consequence.

I have said that the particles thrown off by the skin are carried off in the form of vapor by the atmosphere. Then when the air is damp you see at once that these particles would not be so readily taken up by it and in that case would remain on the surface, and form a white scurf which you have undoubtedly noticed. This stops the pores, and prevents the skin from perspiring, and consequently produces disease, and this is the reason why damp climates are more unhealthy than other climates.

2. Of absorption

This is the opposite of the function just treated of. By its operation, substances coming in contact with the skin are taken up and carried into the system. Vaccination is a familiar example of absorption.

When the perspiration is brought to the surface of the skin and confined there by injudicious clothing or any other cause, it is again taken up by the absorbent vessels and acts on the system as a poison, of greater or less power, according to its quantity and degree of concentration, thereby producing fever and other disorders, for it has been proved by observation that concentrated animal effluvia form a very active poison. Marsh miasmata¹ is also taken into the system by the absorbents and produce disease. Many of the contagious diseases are supposed to be taken [in] by absorption.

It is a general law that every organ acts with increased energy when excited by its own stimulus, and the application of this law to the functions of the skin we have already noticed & may help to establish the principle which I wish to establish (viz. the benefit of flannel). The skin exhales most in a warm climate because the atmosphere dissolves and carries off the secretion as fast as it is produced – and the same condition is unfavorable to absorption because there is nothing in which they can act.

In a moist atmosphere on the other hand the absorbents meet with their appropriate stimulus and act powerfully, while exhalation is greatly retarded because the atmosphere can no longer carry off the perspiration so freely; then we again see why damp climates are more unhealthy than dry ones...

The advantages of flannel may now be stated. From its presenting a rough and uneven, though soft surface to the skin, every movement of the body gives consequent friction a gentle stimulus to the intravenous vessels and nerves which assists their actions and maintains their functions in health. And being at the same time of a loose and porous [?] texture it is capable of absorbing the cutaneous exhalations to much larger extent than any other material now in use. Thus it keeps the pores open and allows the perspiration to escape and at the same time takes up what is not carried by the atmosphere. Et al -----

Jan. 6th 1839

Believing as I [do] that I never have time to finish this, I shall send you what I have written and you may have it for what it is worth.

Yours truly –
J. Langdon Sanborn

¹ “Miasma from marshes or boggy spots; the infectious vapors which arise from certain marshes and marshy soils, and produce intermittent and remittent fevers.” <https://www.wordnik.com/words/marsh-miasma>

Dear Brother

Newington 10/11/55

As it is now vacation I have concluded to write you a good long letter, one that will take you not less than an hour at least. I shall write on various subjects I shall divide it off into sections.

The benefits and advantages of human warm damp climate

In speaking of the benefits of climate I shall be under the necessity of alluding to the structure and office of the skin.

The skin is composed of three layers of membrane viz the epidermis or which the common name is the skin or true skin. This constitutes the chief thickness of the skin and is the seat of many important functions. The most important of these functions are perspiration, absorption, a regulator of animal heat and the seat of excitation and touch.

In order to give you as definite an idea as possible of this I shall dwell on each function. 1st of Perspiration. You are already aware that the skin is a seat of a constant duty and relaxation and will the stomach tube in man move all the skin is one of the means to remove the oil and sweat particles are driven off. The process of burning off these skin particles is called evaporation and perspiration because the particles are thrown off in the form of vapour and

able to be inhaled again. The skin then is constantly getting rid of a large amount of water and when by any cause the perspiration is checked or stopped then the most vital organs remain in the system or be carried off to other organs. When it remains it becomes an active poison and as a general cause of disease and when thrown upon the other excreting organs they have more than their appropriate share to perform and are consequently inflamed and if it is thrown upon the lungs relaxation is the result of upon the lungs is called is the consequence.

I have said that the particles thrown off by the skin are carried off in the form of water by the atmosphere. Now when the air is damp you see at once that these particles would not be so readily taken up by it and air that was would remain on the surface and form a visible guard which you have undoubtedly noticed. This stops the food and prevents the skin from performing and consequently the produces disease and this is the reason why steam climates are much unhealthier than other climates.

2nd of absorption. This is the opposite of the function just mentioned of the operations substances coming in contact with the skin are taken up and carried into the system. Respiration is a familiar example of absorption.

Now the perspiration is brought to the skin surface of the skin and carried there by capillary vessels all over the body. It is again taken up by the absorbent vessels and into the system as a portion of gentle or left lower according to its quantity and degree of condensation. Thus by perspiring fever and other disorders, for it has been proved by observation and that undisturbed animal effluvia form a very active poison. Malaria miasmata is also taken into the system by the absorbent and produces disease. Many of the dangerous diseases are supposed to be taken by a description.

It is a general law that every organ will with increased energy when excited by its own stimulus and the application of this law to the functions of the skin we have already noticed it may help to what I call the principle which I wish to establish viz the benefit of climate. The skin is able most in a warm dry climate because the perspiration is carried off the more readily and carries off the heat and the same perspiration is impossible to absorbation because there is nothing in which they can rest.

In a moist atmosphere on the other hand the absorbent must work with a more active stimulus and it is found that while respiration is suspended man is longer getting his perspiration so freely, then we again see why damp climates are more unhealthy than dry ones.

The next I have already taken of the skin will be profitable for purpose and therefore I shall not have occasion to allude to the other important functions of the skin.

The advantage of climate may be derived from the prevention a rough and moving crust of surface to the skin, every movement of the body gives by its irregular motion a gentle stimulus to the cutaneous vessels and nerves which will be felt, various and minutely all functions in health and being at the same time of a loose and porous texture it is capable of absorbing the cutaneous exhalations to much larger extent than any other material now in use. Thus it keeps the pores open and allows the perspiration to escape and at the same time takes up what is not carried by the atmosphere. It is

Jan 6th 1857, Believing as I that I never have time to finish this I shall send you what I have written and you may have it for what it is worth.
Yours truly
J. H. Babson
J. Longdon Babson

For more information on the history of the town, please visit the newly updated New Hampton Historical Society website at <https://www.newhamptonhistory.org/> If you would like a complete image of the essay, contact me at kbicknell@newhampton.org

Kent Bicknell
Historian, NHHS
Curator of Special Collections
The Gordon-Nash Library at New Hampton School
July 5th, 2022

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