

their greatest natural developement — With the advance of the more vigorous and aspiring efforts of intellect, athletic games and employment of a more manly and corresponding character should be freely indulged in, having in view the increased physical strength and more mature judgment. These exercises should take place daily, and as much as possible in the open air, and walking at different periods of the day should constitute one of their most important features. And, finally, when the delightful impulses of youth give place to the cold, cautious and calculating ideas of the experienced, this bodily exercise should be daily continued, and with hours set apart for it should be also allotted hours for intellectual and other recreations, which shall unbend the mind from the cares and vicissitudes of business and household duties, and give it a corresponding vivaciousness and healthy exercise with the body.

Scientific American.

The above remarks should be read, and the truths therein contained, applied by the inhabitants of the British provinces also, ere the robust constitutions, and otherwise healthy appearances everywhere to be met with throughout the length and breadth of these comparatively healthy colonies, give way, through bad physical education, to paleness, dyspepsia (becoming very prevalent), and consumption.

Densely populated cities and towns, where the most danger from epidemics and ill treatment of children are to be apprehended, and where the same facilities for healthy out-door exercise do not exist, do not, it is true, multiply so fast with us as in the neighbouring republic: but still the evils arising from "the unnatural restraints in dress which foolish fashion has imposed" in slder countries, is every day becoming more manifest among us. We are a highly imitative people, — endeavouring to imitate the manners and customs of the mother country, from whom we, generally speaking, came, and from where we are every year receiving fresh accessions, however limited, to our population; and no small amount of our customs, etc., are imported from the Union, where "restraints in dress which foolish fashion has imposed," preventing the expansion of the chest, along with other

evils are very prevalent. We see an increasing tendency among us to an unreasonable curtailment, as we think, of the operations of the youthful mind and the physical development of the system. There is a strong tendency among youth generally, to cultivate their own physical systems, which they should be encouraged to do, by the adoption of innocent and healthy amusements, and at the same time means should be used to give the mind a moral tendency. In too many instances our dwelling houses, in place of being nurseries of moral and physical health, are nothing less than prisons, where children are kept, not round the good old-fashioned fire-place, where the obnoxious effluvia and steam from the cookery, so injurious to health, escaped through the chimney: but round *close* and *cooking stoves*, where all the matter that escapes from these utensils spreads throughout the house, and is alternately inhaled and exhaled by the inmates, and which contributes, no doubt, in no small degree, to lay the foundation of disease and premature death.

FRENCH FORCES IN THE CRIMEA.

THE French War Department has given details of the supplies of men and material that were sent to the Black Sea during the war with Russia.

The soldiers sent numbered 309,268. Of this number 70,000 were killed, or died in the hospitals, etc.; 93,000 were wounded and survived. Horses, 43,974, of which only 9000 returned to France. The great-guns were 644, besides 603 furnished by the navy, and 500 for the light artillery, — in all, France sent 4,800 wheel vehicles for cannon. Of shells and cannon balls, 2,000,000; of gunpowder, 10,000,000 pounds; and 66,000,000 ball cartridges. 100 batteries; 50 miles of trench; 10 miles of defensive works; and 5 miles of subterranean galleries in the solid rock were constructed.

The food sent from France was also immense: — 30,000,000 pounds of biscuit; 96,000,000 of flour; 14,000,000 pounds salt beef and lard; 7,000,000 of preserved beef; 4,500,000 pounds of coffee; 8,000,000 pounds rice; 6,000,000 pounds sugar; 2,500,000 gals. of wine; 10,000,000 head live cattle; 1,000,000 pounds Challet's preserved vegetables. There were sent 85,000 tons of hay; 90,000 tons of oats and barley; 20,000