

by increasing the nervous stimulus, making exertion easy, pleasant, and invigorating.

Pedestrian excursions, in pursuit of mineralogical or botanical specimens, or in search of scenery, combine in their results all the advantages which well-conducted exercise is capable of yielding, and are much resorted to in the German seminaries, for the purpose of developing the mental and bodily powers. On the Continent generally, more attention is paid to physical health in the education of the young than with us; and in many institutions a regular system of useful manual occupation is substituted for mere play, and with decided advantage. For not only is the physical organization thereby strengthened and developed, but the mental energy and dignity of character are increased, and the mind becomes better fitted for independent action.

In summer, walking excursions to the Highlands of Scotland are common among the youth of our cities, and when proportioned in extent to the constitution and previous habits of the individual, nothing can be more advantageous and delightful. But not a season passes in which health is not sacrificed and life lost by young men imprudently exceeding their natural powers, and undertaking journeys for which they are totally unfitted. It is no unusual thing for youths, still weak from rapid growth, and accustomed to the desk, to set out in high spirits at the rate of twenty-five or thirty miles a-day, on a walking excursion, and (in consequence of carrying exercise, for days in succession, to the third degree, or that in which *exceeds nutrition*) to come home so much debilitated that they never recover. Young soldiers, whose growth is scarcely finished, are well known to die in great numbers, when exposed to long and heavy marches, particularly when food is at the same time scanty. Even a single day of excessive fatigue will sometimes suffice to interrupt growth and produce permanent bad health; and I know one instance of a strong young man, who brought on a severe illness and permanent debility, by a sudden return to hard exercise for a single day, although for some years he had been accustomed to every species of muscular exertion in running, leaping, and swimming.

Riding is a most salubrious exercise, and where the lungs are weak, possesses a great advantage over walking, as it does not hurry the breathing. It calls into more equal play all the muscles of the body, and, at the same time engages the mind in the management of the animal, and exhilarates by the free contact of the air and more rapid change of scene. Even at a walking pace, a gentle but universal and constant action of the muscles is required to preserve the seat, and adopt the rider's position to the movements of the horse; and this kind of muscular action is extremely favourable to the proper and equal circulation of the blood through the extreme vessels, and to the prevention of its undue accumulation in the central organs. The gentleness of the action admits of its being kept up without accelerating respiration, and enables a delicate person to reap the combined advantages of the open air and proper exercise, for a much longer period than would otherwise be possible.

From the tendency of riding to equalise the circulation, stimulate the skin, and promote the action of the bowels, it is also excellently adapted as an exercise for dyspeptic and nervous invalids.

Dancing is a cheerful and useful exercise, but has the disadvantage of being used within doors, in confined air, often in dusty rooms, and at most unseasonable hours. Practiced in the open air, and in the day time, as is common in France, dancing is certainly an invigorating pastime; but in heated rooms, and at late hours, it is the reverse, and often does more harm than good. * * * * *

Reading aloud and recitation are more useful and invigorating muscular exercises than is generally imagined, at least when managed with due regard to the natural powers of the individual, so as to avoid

effort and fatigue. Both require the varied activity of most of the muscles of the trunk to a degree of which few are conscious, till their attention is turned to it. In forming and undulating the voice, not only the chest but also the diaphragm and abdominal muscles are in constant action, and communicate to the stomach and bowels a healthy and agreeable stimulus; and, consequently, where the voice is raised and elocution rapid, as in many kinds of public speaking, the muscular effort comes to be even more fatiguing than the mental, especially to those who are unaccustomed to it; and hence the copious perspiration and bodily exhaustion of popular orators and preachers. When care is taken, however, not to carry reading aloud or reciting so far at one time as to excite the least sensation of soreness or fatigue in the chest, and if it is duly repeated, it is extremely useful in developing and giving tone to the organs of respiration, and to the general system. To the invigorating effects of this kind of exercise, the celebrated and lamented Cuvier was in the habit of ascribing his own exemption from consumption, to which, at the time of his appointment to a professorship, it was believed he would otherwise have fallen a sacrifice. The exercise of lecturing gradually strengthened his lungs and improved his health so much that he was never afterwards threatened with any serious pulmonary disease. But of course this happy result followed only because the exertion of lecturing was not too great for the then existing condition of his lungs. Had the delicacy of which he complained been further advanced, the fatigue of lecturing would only have accelerated his fate, and this must never be lost sight of in practically applying the rules of exercise.

It appears then, from the foregoing remarks, that the most perfect of all exercises are those sports which combine free play of all the muscles of the body, mental excitement, and the unrestrained use of the voice; and to such sports, accordingly, are the young so instructively addicted, that nothing but the strictest vigilance and fear of punishment can deter them from engaging in them the moment the restraint of school is at an end. Many parents, absorbed in their own pursuits, forgetful of their own former experience, and ignorant that such are the benevolent dictates of nature, abhor these wholesome outpourings of the juvenile voice, and lay restrictions upon their children, which, by preventing the full development of the lungs and muscles, inflict permanent injury upon them in the very point where in this climate parents are most anxious to protect them. In accordance with this, we find that what are called wild romping boys or girls, or those who break through all such restrictions, often turn out the strongest and healthiest; while those who submit generally become more delicate as they grow older. * * *

FOREIGN.

Advices have been received from Calcutta to the 17th of March, by His Majesty's ship *Caracca*, arrived at Portsmouth, having on board the Governor-General of India and suite. His Lordship sailed from the seat of his government on the 19th. Sir Charles Metcalfe has assumed the functions of Governor-General. The *Forbes* steamer had at length arrived at Calcutta, after a very tedious voyage from Suez, which place she left on the 29th of November. She reached Madras the 18th of February, and Kedgee on the 22th. She was detained about ten days at each depot for coals and her sailing averaged about five miles an hour only. Some disturbance had taken place at Nuggur, in Guzerat, in consequence of the Ministers, on the death of the Rajah, proceeding to burn the wives of the deceased

* The portion of this article within inverted commas is a series of extracts from Dr. Combe's *Principles of Physiology*.

besides several slaves and domestic servants, who claimed the protection of the British Resident, which was of course granted but unfortunately the force at his disposal was too small to prevent the accomplishment of the Minister's commands. The suttee took place at midnight on the 9th of February, in front of the troops, and presented, it is stated, a scene of unparalleled atrocity. The poor women were dragged to the pile one after the other, and their shrieks for pity and protection were distinctly heard by the troops, but the immense body of armed natives which were collected, prevented any attempt at a rescue. An open rupture had consequently arisen between the British Resident and the Rajah, and the whole Province was in commotion.

The following is an extract of a letter from Cape Coast Castle, dated April 7:—

"I am happy to be able to communicate the gratifying intelligence of the complete success of the expedition fitted out here in January last by the Governor, and led by him in person against the neighbouring chief, or king, as he calls himself, of Apollonia, whose recent atrocities and acts of spoliation had rendered him a terror and pest throughout the whole of this country, both to natives and Europeans. On the 11th January, Mr. Maclean set out on this bold and rather perilous enterprise. His forces consisted of less than 100 disciplined native soldiers from the castle, reinforced by armed auxiliaries to the number of about 400. The Apollonians opposed his approach, and unfortunately in the first encounter his force gave way and he was obliged to retreat, which he did with safety to a secure position. Encouraged by the opportune arrival off Apollonia of his Majesty's ship *Britannia*, Lieutenant Quain, who offered him every assistance and support, he again advanced in the face of a most determined opposition, and after a hard struggle, with a severe loss on the part of the Apollonians, he was completely successful, driving them before him in all directions until he reached the town, when he took possession of the fort and received the submission of the tyrant chief. A negotiation was then opened, and the King consented to conclude a treaty, by which he agreed to renounce human sacrifices, to restore to liberty, with full compensation for the loss of their property, about 37 persons whom he had seized and plundered, five others having been sacrificed previous to Mr. Maclean's arrival. He further agreed to lodge in the castle at Cape Coast, 300 ounces of gold as a pledge for his good behaviour and the due observance of the treaty for 15 years, and to pay the expenses, of the expedition which amounted to about 300 ounces more."

ATTEMPT TO ASSASSINATE THE KING OF THE FRENCH.

Abridged from the French Papers.

After passing along the Boulevard to the farthest point at which the National Guard and the troops were drawn up, his majesty, accompanied by the Duke of Orleans, the Duke de Nemours, the Prince de Joinville, and a numerous and brilliant staff, was returning along the same line to the Place Vendome, where the troops were to file off before him. At twelve, at the moment when he reached the Boulevard du Temple, a little before the Theatres des Funambules, a tremendous explosion, resembling irregular platoon firing, was heard. At first it was supposed to be a discharge of fireworks, but the falling and cries of the victims soon revealed the reality, and excessive confusion ensued—an infernal machine had just poured forth a shower of balls upon the cortege that surrounded the King! Marshal Mortier, Duke de Treviso, fell and expired without uttering a word. Several other officers and some of the National Guards, were