

The ankle joint has *five* motions—flexion, extension, two lateral, and circular. The toes have *two* motions, with embarrassed lateral and circular at their connection with the foot.

Thus we have all the locomotive actions of the body. The muscles are so distributed, as to perform all the motions above specified. Muscular exercise, to be most useful, must be so adapted as to facilitate all these motions, with the least possible expense of vital power.

Unequal distribution of muscular exercise is but a little better than that which we usually get; while, if it is judiciously divided among all the muscles, the beneficial results are prompt and striking.

Our ordinary occupations call forth the above motions every day, but in a very slight manner; over and above these, health requires that they must be done vigorously—that *every muscle* of the entire system, must be daily aroused to its *full normal* action; by this means, nutrition will keep pace with digestion, digestion with eating, and circulation with the extent and distribution of the exercise.

S.

Phy. Med. Recorder.

THE UNFETTERED CANADIAN.

TORONTO, JULY, 1849.

THE constitution of the Canadian Eclectic Medical Reform Society, which we had prepared for this number, as adopted by the Kingston Convention, is crowded out, and therefore cannot appear till our next; unless it may be deemed necessary to publish a few copies in form suitable for signature.

The Petition against Medical Monopoly adopted by the Kingston Convention, appears on the last leaf of this number, so as to be easily removed with the knife, and used as a heading for signatures, when required.—We have likewise published a few hundreded copies of the petition in a detached form, and hence any one disposed to aid in circulating the petition,

can readily obtain a heading.—On the back of these forms we have published an address to the Anti-monopolists of Canada, urging upon them the necessity of active exertion, in obtaining signatures to the petition, and subscribers for the Canadian.

In our next we will publish the details of a very interesting trial, which resulted in the acquittal of the defendent who was prosecuted for practising medicine without license on the complaint of a stripling M. D., urged on, it may be, by some of his older brethren, who knew, however, the danger of attempting to enforce their iniquitous principles of monopoly—the jury, (honor to them), saw fit to step aside from common practice, in order to shame the abettors of the prosecution, by pronouncing the defendent *not the least* guilty! which was received by the assembly with enthusiastic applause, in which, even the judge, joined heartily. Poor Stripling, we pity him, in view of the lasting injury he has inflicted upon himself, by this vile prosection.

We understand that Dr. Wolfe has left Prince Albert, and probably, will not attempt further to maintain his novel and incongruous positions by arguments; and if he is determined not to yield the question openly and manfully—we must admit, that silence will *sound* for him the best possible retreat. We regret however that he wound himself with so short a eord. As it is now our turn, we challenge the Medical Profession of Canada, to sustain the doctrine of their monopoly, in the discussion of Dr. Wolfe's question, or any other they choose to frame, or propose.

J. L. WILKIE, JAMES MUIR, JUN., and AMOS J. MANSFIELD, are General Agents for the Canadian, we hope our friends will assist them in obtaining subscribers and funds for the Journal.

Lying.—Never chase a lie. Let it alone, it will run itself to death. I can work out a good character much faster than any one can lie me out of it.