



"JUSTUM, ET TENACEM PROPOSITI VIRUM, NON CIVIUM ARDOR PRAVA JUBENTIIUM, NON VULTUS INSTANTIS TYRANNI MENTE QUATIT SOLIDA."

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TO BE SOLD,

AT PUBLIC SALE,

At the house of George McLeod, Esq. Merigo-mish, on Thursday the 29th day of December, ensuing, at 12 o'clock, noon, that

EXCELLENT FARM,

situated on the second division of lands, Back Settlement, Knoydart, Gulf Shore, owned by the late Archibald McGillevray (John Vamey's son), deceased, containing upwards of 100 Acres, nearly square. The superior quality of the soil, the extensive improvements, and the good buildings attached, merit the attention of intending purchasers.

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Gulf Shore, 25th September, 1836. cb-w

INDIA RUBBER GOODS, consisting of - Gentlemen's CAPS, Ladies' and Gentlemen's BOOTS & SHOES, Ladies' APRONS, &c., for sale by ROSS & PRIMROSE.

October, 1836.

From Chambers's Educational Course.

PRESERVATION OF HEALTH.

HEALTH, the greatest of all earthly blessings, depends on the body being kept in such a condition as to allow the whole of the organs to exercise their functions in the way intended by nature. Disease, on the contrary, arises either from an injury to the structure of the organs, or from a derangement in their functions. Death, occurring before old age, if not occasioned by original deficiency, is invariably the result of accidental injury and derangement.

It is not, of course, within the power of individuals to remedy original weakness or deficiency; neither can they make sure of avoiding the numerous diseases which extend by contagion and infection. It is possible, however, by knowledge and care, to do much for the preservation of health and prolongation of life in ordinary circumstances.

In the first place, to prevent injuries to the structure of our bodies, a knowledge of the laws of nature is of great service. We ought not only to know, what is known to very young children, that fire burns, that hot water scalds, that a fall from a considerable height will severely hurt us, and that edge-tools will cut the fibre and give us much pain, but we ought to become extensively and systematically acquainted with the laws under which the material world is conducted, so that, while they are in general acting, as designed by a benevolent Providence, for our advantage, we may so act in regard to them, as to prevent their operating occasionally, as they are apt to do, to our injury or destruction. A knowledge of the laws of gravitation and of the chemical laws is peculiarly requisite.

In the second place, to prevent the dangers arising from the derangement of the functions of our bodies, a knowledge of the laws of these functions is necessary. Four things, above all others, are required for keeping the organic structure of the body in a healthy performance of its functions. These are air, food, exercise, and cleanliness; and all must be administered under proper regulations and fitting circumstances.

Air is only in a proper state for supporting the organic functions when it has a fifth of oxygen in its composition - that is, in its usual state, as found in the atmosphere. In a room which does not communicate freely with the open air, we soon reduce the quantity of oxygen: every breath we draw in such circumstances is detrimental to health. Hence, all sitting and sleeping apartments should be large and high in the ceiling, or else should have a constant communication with the open air. Churches, also, schools, factories, and other places where multitudes assemble, should be well ventilated. The air, however, is nowhere so wholesome as out of doors; and there, accordingly, every human being should spend a portion of every day.

Wholesome food is the second requisite for health. Of the numerous alimentary articles, some are not easily digested, as pastry, dried and pickled animal food, oily dishes, and fruits, especially those which consist of the kernels of nuts, as filberts, almonds and castanas. These, being likely to derange the stomach and occasion pain, ought to be avoided, or only indulged in very sparingly. Of the beverages commonly

in use, all those which contain alcohol in large proportions, as wine, brandy, gin, and whisky, are, especially in large quantities, hurtful to the digestive powers. When a judicious selection of articles of meat and drink has been made, it is still to be remembered that a certain quantity is all that nature demands. If, under the influence of a false appetite, we eat or drink more than is required for sustenance, we overload and embarrass the stomach, and prepare for ourselves many serious evils.

While we thus take care to supply the blood with what it requires for the support of the system, we must also adopt the necessary measures for enabling the same fluid to perform the functions assigned to it.

For this purpose moderate exercise is necessary. The direct object, let us observe, of supply, is to allow of waste. As fast as the body is taking in new substance, it is giving off something equivalent; and thus a perpetual freshening flow is kept up. Now, in a state of inactivity, this flow is too languid. A certain animation of mind, and a certain exertion of the muscular system, are necessary for keeping it up; for the muscles, when exerted under the influence of a willing and prightly mind, take in fresh substance from the blood, which thus becomes appetised for new nutriment. The general design of this part of the animal economy is obvious. We were designed to labour - to make our bread by the sweat of our brow. We have therefore been provided with organs calculated to perform labour. When these organs are used in the way ordained by nature, namely, in a moderate exercise, her intention is fulfilled, and health is the consequence. When, from indolence, affluence, or bad habits, we do not exercise our bodily frames, infirmity and ill health necessarily ensue. It is chiefly in the upper ranks of society, and more particularly among the female sex, that the consequences of the neglect of exercise are observable; but much injury is experienced from the same cause, by individuals who are kept, during too large a portion of the day, at sedentary employments. When, in addition to imperfect exercise, there is a want of pure air, the evil consequences to health are proportionally increased. On the other hand, the mind and body ought not to be exercised above their strength, for by such means either may be so injured that death will ensue.

The fourth requisite for health is cleanliness. Bathing, entire or partial, and frequent and regular changes of apparel, are necessary for the preservation of the skin in a fit state to perform its excretory functions. The cleanness of our apartments is equally necessary for the purity of the air we breathe. Among other duties involved in personal cleanliness, attention to the teeth is pressing necessary, these ought to be brushed and washed with pure water every day - for, otherwise, animalcules generated in the refuse of our food raise a crust upon them (said to be of the same kind with the corals described in another part of this Work*), and, by causing them to decay, produce the violent pain of toothache, and finally deprive us altogether of those valuable organs. It is of great importance to form habits of cleanliness in early life. When thus formed, they soon cease to appear troublesome, and are scarcely ever neglected.

* Introduction to the Sciences, p. 71