To many persons the idea of submersion in warm water, on a summer's day, would be preposterous; but if it be rationally considered, it will be found, that the warm bath may be taken with equal or perhaps great-er benefit in the summer, than in the winter. During hot weather, the secretions in the skin are much increased in quantity, and consequently a greater necessity exists that it should be kept perfectly free from obstructions. Another prevailing error reobstructions. Another prevailing error respecting the warm bath is that it tends tore-lax and enervate the body. lax and enervate the body; for experience has sufficiently proved the fallacy of the opinion, and many physicians have prescrib-ed its use to patients labouring under de-bility from disease, none of whom experi-enced such effects, but have all felt invigor-ated and many restored to health and enced such effects, but have all felt invigorated and many restored to health and strength. Many persons are deterred from using the warm bath, especially in winter, from the fear of catching cold; but the fear is groundless, for it has been found, that the warm bath, by incaseing the circulation.

We hast week copied into our columns, from the Derival Aderselfor a relation to the steamer alization, and the beautiful frame decand for a human terretain and makes and children bying on the decand and the beautiful frame of the decand for a human terretain and makes and children bying on the decand for a human terretain and makes and children bying on the decand for a human terretain and makes and children bying on the decand for a human terretain and makes and children bying on the decand for a human terretain and the sand for the decand for a human terretain and the sand for the decand for a human terretain and the sand for the decand for a human terretain and the sand for the decand for the sand for the sand for the decand for the sand for the sand for the decand for the sand for the decand for the sand fo

precarious state. His Lordship is old, and this attack was a pretty distinct intimation that his days of sojourn on this planet are drawing to a close. He has, therefore, resigned, and the Queen's cousin, the Duke of Cambridge, has been appointed to succeed him. Lord Hardinge has always maintained the character of a worthy man. maintained the character of a worthy man, and at the head of the Horse Guards he maintained the character of a worthy man, and at the head of the Horse Guards has not sacrificed this character, albeit has never lost sight of his own interest, and carefully looked after the interest of all connected with him. As we have no great soldier—as the curse of mediocrity attaches to all our men of war—perhaps the appointsoldier—as the curse of mediocrity attaches to all our men of war—perhaps the appointment of the Duke of Cambridge to the head of the army is as unexceptionable as possible under the circumstances. He is popular with the soldiery in the mass, which is greatly in his favour, although his career in the Crimea was not such as to induce a belief that he will occupy a very distinguished niche in the temple of fame.

and many restored to health and strength. Many persons are deterred from using the warm bath, especially in winter, from the foar of catching cold; but the fear is groundless, for it has been found, that the warm bath, by increasing the circulation on the surface of the body, renders it more capable of withstanding the effects of cold than it otherwise would have been.—Popular Errors Explained.

One morning a party came into the public rooms at Buxton, somewhat later than usual, and wanted some tongue. They were told, that Lord Byron had eaten it all. "I am very angry with his lordship," said a lady, loud enough for him to hear the observation. 'I am very sorry for it, metobervation. 'I am very sorry for it, and the first as a miner, the other as an hotel hadd, houd enough for him to hear the observation. 'I am very sorry for it, metobervation. 'I am very sorry for it, meto The notorious or celebrated John From

tain and St. John's.

The Lieut. Governor having visited the Labrador coast, which is now attached to the Government of Newfoundland, had returned to the capital of the Island. His Excellency's absence seems to have created a question, as to who should exercise the functions of Administrator, it appearing that unless the Governor be away beyond the limits of his Government, there is no provision in the Royal Instructions for an Administration.

I thank you cordially for your kind congra-tulations and good wishes on occasion of the honour recently conferred upon me by the

Queen. In the discharge of my public duties I have ever been stimulated by the conviction, that there was no more certain course by which I could merit the approbation of our most Gracious Sovereign than by zealously and impartially directing my best energies to promote the prosperity and happiness of the people. I assure you, I shall continue to take a deep interest in the progress of your city and in the welfare of all classes of its inhabitants.

(Signed)
D. Dalt, Lieut. Governor. Gvt. House 1st August, 1856.

To Correspondents.

As many communications relating to the Mayorality, have been received since 5 o'clock last evening, as would fill a page of our paper, we decline publishing any of them, for in the first place it would keep our paper back far beyond the time of publication, to the aunoyance of our country subscribers, and in the second place it would tend to revive party spirit and animosity. As we have communications on both sides, neither pany would be benefited by their publication.

The Rev. DAVID Roy, of New Glasgow, N. S. will preach in the Temperance Hall, in this City, on Sabbath next, the 3d August, at 11 A. M. and at half-past 6 o'clock, P. M.

II WE. SANDERSON, Req. of Georgetown, has been appointed Collector of Assessment on Land and Real Estate in Georgetown and Common, under the provisions of the Act for the encourage-ment of Education, &c.

Passengers,
In the Lady LoMarchant on the 1st instant—Mrs.
Narroway, 2 Misses Candall; Rev. D. Roy, Messrs.
Donald Grant, H. K. Adams, Robert Bald, Goo.
M'Kenzie, S. J M. Honer, L. R. Russell, James,
Tucket; Woodsworth, A. M'Millan and 3 in the

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