

# THE BEE.

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

VOLUME I.

PICTOU, N. S. WEDNESDAY MORNING, MAY 27. 1835.

NUMBER I.

## THE BEE

IS PUBLISHED EVERY WEDNESDAY MORNING, And delivered in Town at the low price of 12s. 6d. per annum, if paid in advance, but 15s. if paid at the end of the year;—payments made within three months after receiving the first Paper considered in advance; whenever Papers have to be transmitted through the Post Office, 2s. 6d. additional will be charged for postage.

### ADVERTISING.

For the first insertion of half a square, and under, 3s. 6d., each continuation 1s.; for a square and under, 5s., each continuation 1s.—All above a square, charged in proportion to the last mentioned rate.

For Advertising by the Year, if not exceeding a square, 35s. to Subscribers, 45s. to Non-Subscribers,—if more space than a square be occupied, the surplus will be charged in proportion.

## PROSPECTUS.

It has been customary to issue a Prospectus, with almost every new Periodical; setting forth the plan, price, and quality, of the intended Work: On the present occasion we do not intend to say much on either of these heads; the Name, and Motto, to those by whom they are understood, will be a sufficient indication of the principles by which we propose to be guided.

Like the honey Bee, we shall be diligent in making such Selections as will amuse and instruct our readers, for which we will have ample scope, having some thousands of Volumes of reading at our command, comprising many of the most popular Literary Periodicals of the day.

We carry arms, but not for the purpose of offensive operations, and, they shall only be used in self defence, when that course becomes unavoidably necessary.—We shall cultivate peace and friendship with our Contemporaries, and shall be careful to exclude every thing from our Pages which may have a tendency to create personal, or party animosities.

While our Parliament is not in Session, we propose, that, at least one half of the Paper shall be devoted to useful and entertaining Literary Matter, either selected or original, and the other half, to News and Advertisements; and, should our advertising department increase, so as to render this arrangement inconvenient, we shall increase the size of the Paper, without increasing the price. We invite writers of talent to contribute occasionally, useful and entertaining Articles to our Miscellany, and their favours shall be duly acknowledged.

In selecting the News of the day, we shall be careful to take such only, as appears to record the true state of things, without regard to the distinctions, by which the leading Factions in the political World are known and designated.

Intending Subscribers will please forward their names before the first day of May next, that we may know how many to issue, and our friends generally, will please recollect, that all Letters and Communications connected with the above Paper, must be addressed, (post paid) to Mr. JAMES DAWSON, Bookseller, Pictou. (JANUARY 23rd, 1835)

### A COMMON SCHOOL WANTED,

FOR six months from October 20th, either at the lawful wages of £40 per annum, for thirty scholars and upwards to any number whatever, with boarding, lodging and washing at £30 pounds per annum in produce—or, at the more usual rate of £2 per scholar, half in produce. For particulars and references address (post paid) W. M. teacher, West River, Lower Settlement, Pictou; where his school, for this his second year there, numbers fifty scholars engaged by bond, besides others, and forty together in attendance. Officers are invited, up to July 20th at latest, the best of which he hereby binds and obliges himself to accept them, (however low, if at all sufficient,) though at the lower of the above said two rates, if not re-engaging where he is at the higher rate. No objection to a town school at the higher rate, nor to a Latin class if not less than eight pupils with additional charge. West River, May 1835.

## USE AND HAVE.

EACH human being possesses about four hundred muscles, designed to serve him in performing the various acts of motion and exertion by which he is both literally and metaphorically to make his way in the world, and, besides these, he has a less number of mental faculties, operating through the medium of organisation, and by which he is enabled to experience various sentiments, conduct various intellectual operations, and direct and controul the motions of his body. It is by no means very generally known, that each of these bodily and mental powers is capable of being increased in a very considerable degree by judicious use, while they will flag and diminish from inaction, and be injured in another way by exercise amounting to excess. Thus, though individuals have been constituted, each with a different amount of bodily and mental strength, it is placed within the power of those who have little, by exerting it properly, to make themselves equal to those who have originally had more, but have not used it so well.

An explanation of the process by which exercises increase bodily power, is the only means we possess of impressing this invaluable truth. When any living part is called into activity, the processes of waste and renovation which are constantly going on in every part of the body, proceed with greater rapidity, and in due proportion to each other. To meet this condition, the vessels and nerves become excited to higher action, and the supply of arterial or nutritive blood and of nervous energy becomes greater. When the active exercise ceases, the excitement thus given to the vital functions subsides, and the vessels and nerves return at length to their original state. If the exercise be resumed frequently, and at moderate intervals, *the increased action of the bloodvessels and nerves becomes more permanent, and does not sink to the same low degree as formerly; NUTRITION RATHER EXCEEDS WASTE*—in other words what they take in exceeds what they give out—and the part gains consequently, in size, vigour, and activity. On the other hand, if exercise be refrained from, the vital functions decay from the want of their requisite stimulus; little blood is sent to the part, which in time becomes weakened, diminishes in size, and at last shrivels and alters so much in appearance, as not to be recognisable. Thus, if an artery—the large artery which supplies the arm with blood, for example—be tied, and the flow of the blood obstructed, a change of structure immediately begins, and goes on progressively, till, at the end of a few weeks, what was formerly a hollow elastic tube, presents the appearance of a stiff cord. If, again, excessive exertion be indulged in, the vital powers of the part are exhausted; waste exceeds nutrition, and a loss of native energy, if not some general effect of a fatal kind, is the consequence.

These laws equally affect the bones, which might be supposed less liable to change from any such causes. If the bones be duly exercised in their business of administering to motion, the vessels which pervade them are fed more actively with blood, and they increase in dimensions, strength, and solidity. If they are not exercised, the stimulus required for the supply of blood to them becomes insufficient; imperfect nutrition takes place; and the consequences are, debility, softness, and unfitness for their office. It is ascertained that bones may be so much softened by inaction, as to become susceptible of being cut by a knife. In a less degree, the same cause will produce distortion and bad health.

It is of the utmost importance to observe, that the exercise of any particular limb does little besides improving the strength of that limb, and that, in order to increase our general strength, the whole frame must be brought into exercise. The blacksmith, by wielding his hammer, increases the muscular volume and strength of his right arm only, or if the rest of his body derive any advantage from his exercise, it is through the general movement which the wielding of a hammer occasions. One whose profession consists in dancing or leaping, for the same reason, chiefly improves the muscles of his legs. The right hands of the most of people, by being more frequently employed than the left, become sensibly larger, as well as stronger. A still more striking illustration of the principle is to be found in a personal peculiarity which has been remarked in the inhabitants of Paris. Owing to the uneven nature of the pavement of that city, the people are obliged to walk in a tripping manner on the front of their feet; a movement which calls the muscles of the calves of the legs into stronger exertion. It is accordingly remarked, that a large proportion of the people are distinguished by an uncommon bulk in this part of their persons, than in other cities.

In order, then, to maintain in a sound state the energies which nature has given us, and, still more particularly, to increase their amount, we *MUST EXERCISE THEM*. If we desire to have a strong limb, we must exercise that limb; if we desire that the whole of our frame should be sound and strong, we must exercise the whole of our frame. Health and strength, when we possess them, are to be preserved and improved in no other way; for these are fundamental laws of our being. There are also rules, however, for the application of these laws.

1. In order that exercise may be truly advantageous, the parts must be in a state of sufficient health to endure the exertion. A system weakened by disease or long inaction must be exercised very sparingly, and brought on to greater efforts very gradually, otherwise the usual effects of over-exercise will follow. In no case must exercise be carried beyond what the parts are capable of bearing with ease; otherwise, as already mentioned, a loss of energy, instead of a gain, will be the consequence.

2. Exercise, to be efficacious even in a healthy subject, must be excited, sustained, and directed by that nervous stimulus which gives the muscles the principal part of their strength, and contributes so much to the nutrition of parts in a state of activity. To explain this, it must be mentioned that to produce motion requires the co-operation of the muscular fibre with two sets of nerves, one of which conveys the command of the brain to the muscle, and causes its contraction, while the other conveys back to the brain the peculiar sense of the state of the muscle, by which we judge of the fitness of the degree of contraction which has been produced to accomplish the end desired, and which is obviously an indispensable piece of information to the mind in regulating the movements of the body. The nervous stimulus thus created, will enable a muscle in the living frame to bear a weight of a hundred pounds, while, if detached, it would be torn asunder by one of ten. It is what causes men in danger, or in the pursuit of some eagerly desired object, to perform such extraordinary feats of strength and activity. In order, then, to obtain the advantage of this powerful agent, *we must be interested in what we are doing*. A sport that calls up the mental energy, a walk towards a place which we are anxious to reach, or even all