



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

VOLUME I. PICTOU, N. S. WEDNESDAY MORNING, SEPTEMBER 16, 1835. NUMBER XVII.

## 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, 5s. 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.

### R. DAWSON

Has now received all his **SPRING SUPPLIES**, consisting of

**CLOTHS**, Cottons, Hardware and Cutlery, Saddlery, Leather, and Groceries, Cooking stoves, Mirrors—variety, and a few best Philadelphia plate Mill Saws.

ALSO,  
Prime fat Herring.

Catalogues of the above to be had at the Shop, July 29.

### QUEBEC FLOUR.

JUST received per schooner **PRODIGE**, Caldwell, Master, from Quebec, superfine and fine FLOUR (Phillip's Inspection,) for sale for Cash by  
**R. ROBERTSON.**

July 5, 1835.

## TO BE PUBLISHED

As soon as a sufficient number of Subscribers shall offer,

A NEW SELECTION OF

**CHURCH MUSIC,**  
to be called

## THE HARMONICON.

UNDER the impression that a work of the above sort, was much wanted in these colonies, the Subscriber issued a prospectus, in 1831. The work he then proposed publishing, was to contain about 350 pages, and to cost 7s. 6d. each copy, but finding the general opinion to be that the size was too large and expensive, he has now resolved to publish the **HARMONICON** in about 250 pages, and at the reduced price of 6s. each copy; and having imported a Count of Music Type, thus removing the difficulties which formerly stood in his way of getting it printed in the Province, he is now enabled to assure those friendly to the proposed work, that the printing will positively be commenced as soon as 200 Subscribers shall offer.

The Subscriber being desirous of making the **HARMONICON** as extensively useful as possible, requests all those who are interested in its appearance, to send him a list of the Tunes they would wish to appear in it, and state the collection from which the selection is made; and, as no agents will be appointed he farther requests the friendly offices of such individuals, in taking lists of subscriber's names in their respective places of abode, and forwarding these to him (post paid) with the least possible delay; and for every 12 subscribers, guaranteed by each Correspondent (if responsible) one copy will be given gratis.

A further allowance will be made to the trade, whose friendly co-operation is hereby respectfully solicited.

**JAMES DAWSON.**

Pictou, 12th Aug. 1835.

**15 BARRELS PORK** for sale by  
Subscriber. **JAMES DAWSON.**

August 1st.

From Chambers's Journal.

## THE LAWS OF BODILY EXERCISE,

BEING THE FIRST SEQUEL TO THE ARTICLE "USE AND HAVE."

IN the article entitled "Use and Have," it was shown that exercise produced an increased afflux of fluids, and consequently of strength, to the frame work of the body, as well as the organs of the mind, and a few such rules were laid down as the following—1. That each particular organ is only to be improved, or kept in a sound state, by the exercise of that organ; 2. That exercise will only be beneficial if the muscular action be accompanied by a certain nervous impulse which the mind communicates when it is pleased with the nature, object, and other circumstances of the exercise; 3. That the waste which exercise occasions must be repaired by proper supplies of food at proper intervals; 4. That exertion must never be greater than what the organs can easily bear, as, otherwise, they will be injured, instead of improved. It may now be proper to give a few general hints in the taking of exercise.

"The time at which exercise ought to be taken, is of some consequence in obtaining from it beneficial results. Those who are in perfect health may engage in it at almost any hour, except immediately after a full meal; but those who are not robust, ought to confine their hours of exercise within narrower limits. To a person in full vigour, a good walk in the country before breakfast may be highly beneficial and exhilarating; while to an invalid or delicate person, it will prove more detrimental than useful, and will induce a sense of weariness, which will spoil the pleasure of the whole day. Many are deceived by the current poetical praises of the freshness of morning, and hurt themselves in summer by seeking untimely promenades.

In order to be beneficial, exercise must be resorted to only when the system is sufficiently vigorous to be able to meet it. This is the case after a lapse of from two to five hours after a moderate meal, and, consequently, the forenoon is the best time. If exercise be delayed till some degree of exhaustion from the want of food has occurred, it speedily dissipates instead of increases the strength which remains, and impairs instead of promotes digestion. The result is quite natural; for exercise of every kind causes increased action and waste in the organ, and if there be not materials and vigour enough in the general system to keep up that action and supply the waste, nothing but increased debility can reasonably be expected.

For the same reason, exercise immediately before meals, unless of a very gentle description, is injurious, and an interval of rest ought always to intervene. Muscular action causes an afflux of blood and nervous energy to the surface and extremities, and if food be swallowed whenever the activity ceases, and before time has been allowed for a different distribution of the vital powers to take place, the stomach is taken at disadvantage, and from want of necessary action in its vessels and nerves, is unable to carry on digestion with success. This is very obviously the case where the exercise has been severe or protracted,

and the consequence is so well known, that it is an invariable rule in the management of horses, never to feed them immediately after work, but always to allow them an interval of rest proportioned to the previous labour. 'Eat not,' therefore, 'until you be fully reduced to that temper and moderate heat as when you began, and when the spirits are retired to their proper stations.' Even instinct would lead to this conduct, for appetite revives after repose.

Exercise ought to be equally avoided immediately after a heavy meal. In such circumstances the functions of the digestive organs are in their highest state of activity; and if the muscular system be then called into considerable action, the withdrawal of the vital stimuli of the blood and nervous influence from the stomach to the extremities, is sufficient almost to stop the digestive process. This is no supposition, but demonstrated fact; and, accordingly, there is a natural and marked aversion to active pursuits after a full meal. In a dog, which had hunted, for an hour or two directly after eating, digestion was found on dissection to have scarcely begun; while in another dog, fed at the same time, and left at home, digestion was nearly completed.

A mere stroll which requires no exertion, and does not fatigue, will not be injurious before or after eating; but exercise beyond this limit is hurtful at such times. All therefore, whose object it is to improve or preserve health, and whose occupations are in their own power, ought to arrange these, so as to observe faithfully this important law, for they will otherwise deprive themselves of most of the benefits resulting from exercise.

When we know that we shall be forced to exertion soon after eating, we ought to take a very moderate meal, to avoid setting the stomach and muscles at variance with each other, and exciting feverish disturbance. In travelling in a stage coach where no repose is allowed, this precaution is invaluable. If we eat heartily as appetite suggests, and then enter the coach, restlessness, flushing and fatigue, are inevitable; whereas by eating sparingly, the journey may be continued for two or three days and nights, with less weariness than is felt during one fourth of the time under full feeding. I observed this when travelling as an invalid on rather low diet, and was surprised to find myself less fatigued at the end of seventy two hours, than I had previously been when in health and living fully, with half the journey; and I have heard the same remark made by others, also from experience.

Different kinds of exercise suit different constitutions. The object of course is to employ all the muscles of the body, and to strengthen those especially which are too weak, and hence, exercise ought to be often varied, and always adapted to the peculiarities of individuals. Speaking generally, walking agrees well with every body, but as it exercises chiefly the lower limbs and the muscles of the loins, and affords little scope for the play of the arms and muscles of the chest, it is insufficient of itself to constitute adequate exercise; and hence the advantage of combining with it movements performed by the upper half of the body, as in rowing a boat, fencing, shuttlecock, and many other useful sports. Such exercises have the additional advantages of animating the mind, and