

Physical Education may be considered as a process for training the different parts of our corporeal system to their highest state of attainable perfection, while moral and intellectual education amends the condition of the brain and gives vigor to thought and mental action. We all know and recognise the truth of the old adage *mens sana in corpore sano* as to how much the state of the body influences that of the mind; but notwithstanding this, Physical Education has not until recently taken that place which its value as a science fairly entitles it to. Still, field exercises such as football, quoits, cricket, &c., have to a certain extent conducted towards this, but it is only of late years that systematic training in the shape of gymnastic exercises, based upon correct anatomical knowledge and high physiology, have been established. We have been in England much indebted to Kingsley and the author of 'Tom Brown's School Days,' or what is called the 'muscular christianity' school, for popularly influencing public opinion as to the importance of Physical Education to the welfare of the human body. Health is the vital principle of bliss, and exercise of health. The salutary effect of a well applied system of gymnastics in developing muscular power and generally improving health it is scarcely possible to overrate. While everyone may derive advantage from these exercises, systematically and judiciously arranged, it is of course with the young and the pliant that the greatest changes can be wrought. At the same time it is unnecessary to state that as a mere amusement or exhibition of strength it may be carried to excess and attended by serious consequences, but that the success of them will depend on the way they are conducted; and without wishing to make anyone a gymnast, scientific principles can apply special gymnastic practices to meet special defects in physical development and remedy many local debilities, giving stamina and expanding powers. For some years past gymnasia have been attached to all garrisons at home and abroad, and in reporting on the result of four years' experience in a late 'Army Sanitary Report,' it is stated that 'after a course of such regulated exercise the men came out with much increased physical proportions, able to go through feats of strength and agility; and such training may be considered highly conducive to strength, health and activity, when conducted with system and care.' It is also stated 'that on trained soldiers the effect of gymnastic exercises is to increase largely the girth of the chest and of the arms and legs, and in some cases also, even in grown men, the height increases. The result of four weeks' training on three companies of the Scotch Fusilier Guards is convincing as to the utility of a well organized and systematic round of physical exercises, the average increase being:

Chest.....	1.125 inch,
Fore Arm.....	0.25 "
Upper Arm.....	0.375 "

While in the case of twelve sergeants, all about the age of 28, who were under training for five months with the object of passing out as instructors, the amount of development in three cases picked out haphazard was:

Height.....	1/2 inch.	1/2 inch.	1/2 inch.
Fore Arm.....	1 "	1 "	1 1/4 "
Upper Arm.....	1 "	1 1/4 "	1 1/2 "
Girth of Chest.....	3 "	5 "	3 "

These figures show in a graphic manner the latent capacity that exists for physical development, and also the power of practice and system to draw forth that capacity and place it at the disposal of its possessor. The uniform rate of expansion of chest shows more strongly than any argument can do the value of the science, while the development of muscle in the upper and fore arm indicate the vast gain in nervous power and that firmness and consistency which toll of the highest form of physical existence. These exercises tell in regard to men, but in a modified form they are equally applicable to the fairer portion of humanity, whose beauty of form and grace of motion give charming influence and fascinating power. We place these facts before our readers as a valuable opportunity now offers under proper training for carrying them out.

**Tuesday, Feb. 11, 1868.**  
**Municipal Council.**  
The Council met at half-past 7 o'clock. His Worship the Mayor in the chair. Present: Councillors Lewis, Gibbs, McKay and Altham. Minutes of last meeting read and adopted. Communications from N. L. Neustadt, Secretary of the Spring Ridge Water Works Company, giving notice of excavations on Johnson and Langley streets were read and on motion received and ordered to be placed on file and the Street Committee requested to attend to the matter.  
A communication from L. Lowenberg, proposing to pay one half the expense of repairing the staircase on the corner of Government and Humboldt Streets, if the Council would appropriate the balance, the whole cost not to exceed \$22.  
Councillor Gibbs moved that the communication be received and the proposal accepted, and the work be done under the supervision of the Street Committee. Councillor Altham seconded.  
The Mayor refused to put the motion as being out of order. A long discussion ensued, which resulted in no action being taken by the Council in the matter.  
Councillor Lewis called the attention of the Council to the new-laid drain at the corner of Government and Fort streets, stating that the recent rains had washed away many of the stones from the gutter, and that it required immediate attention.  
On motion the Clerk was instructed to notify Willis Bond that he must repair the same immediately.  
A communication from Mr. Raymer, asking permission to lay a plank crossing. Permission granted, subject to the supervision of the Street Committee.  
A communication from Willis Bond, asking permission to lay a drain from Tronoe Alley to Yates street. Permission was given, subject to the supervision of the Street Committee.  
Councillor Lewis moved that the money collected on account of the fire insurance rates be paid over to the fire companies. Seconded by Councillor McKay and carried.  
Councillor Lewis, pursuant to notice, moved that the Finance Committee be authorized to get the blank forms recently provided for the Council bond, for the preservation of the counterfoils. The Mayor refused to entertain the motion on the ground that he had ruled the motion relating to the appropriation of money for stairs out of order. Another discussion followed, resulting in no action being taken on the motion.  
His Worship called the attention of the Street Committee to the bad state of the sidewalks through the city. The Council adjourned to meet on Tuesday next.  
**THE PRIZE AWARDS OF THE MECHANIC'S INSTITUTE FOR LITERARY PRODUCTIONS ON "BEACON HILL SCENERY AND ORIGINAL CONUNDRUM HAVE BROUGHT FORWARD A CONSIDERABLE NUMBER OF COMMUNICATIONS, BEARING THE SUPERSCRIPTION OF ORIGINAL CONUNDRUM, WHICH HAVE ALREADY BEEN PLACED IN THE BOX, SHOWING THAT EARLY INTEREST FELT IN THE MATTER. DOUBTLESS SHOALS OF CONTRIBUTORS OF ORIGINAL CONUNDRUM WILL COME IN BEFORE THE TIME CLOSES, AND A VERY AMUSING EVENING, BRIMFUL OF FUN, MAY BE ANTICIPATED ON THE NIGHT OF OPENING, FOR WE HAVE STILL IN OUR MIDST NUMBERS WHOSE WIT AND HUMOR WILL MAKE THEM VERY APT CONTRIBUTORS. WITH REGARD TO THE CONTEST FOR THE LITERARY PRODUCTION ON BEACON HILL SCENERY, WE HEAR OF SOME WHO ARE PREPARED, AND OTHERS WHO ARE PREPARING. SHOULD CIRCUMSTANCES FAVOR DOUBTLESS THE INSTITUTE WILL ENGAGE SOME LARGE ROOM ON THE NIGHT OF EXHIBITION.**  
**HORSE-BREAKING ON THE RAREE SYSTEM.**  
We hear that Mr. Bartholomew is going to give two lectures and exhibitions of the Raree system. He is well posted in this business and has had great experience in the particular system. In order to suit the convenience of business men he has appointed Saturday next for his first lecture, and will illustrate the principle on an unbroken mare lent for the occasion by a gentleman of this town. Mr. Bartholomew has placed his fee at a very low rate, and his agent, Mr. Anderson, will call for the names of subscribers in the course of to-day. Before incurring the expense and risk attendant on such exhibitions Bartholomew wants a certain guarantee, and we believe he will get it.

**GRAPPLING FOR A MISSING MAN.**—Persons were engaged yesterday with grapples in James Bay, near the bridge, for the body of the lunatic William Black, who has been missing for several days and is believed to have drowned himself. On Saturday night, about half-past ten o'clock, cries were heard proceeding from James Bay bridge, and a man's voice was heard distinctly twice inquiring some other person not to throw him over the bridge. The efforts yesterday met with no success.  
On Tuesday news was received from Portland that the Columbia river was still frozen 10 miles below St. Helen's, but that the Willamette river and slough were open. In a short time we shall probably hear of the ice being entirely gone as far as Portland.  
Vast fields of floating ice have passed New Westminster the last few days, bound out. From this circumstance it is believed that the river above will soon be open. Snow has fallen for several days at the 'Capital.'  
**ACCIDENT.**—Two of Mr. S. Handy's children, a boy and girl, were amusing themselves on the ice opposite the mill yesterday, when both fell through and were drowned. The bodies were not recovered.—*British Columbian.*  
The steamer Isabel started yesterday to tow the Russian bark Mouschikoff to Nanaimo, where the bark will load with coal for Alaska.  
**CORRESPONDENCE WITH THE COLONIAL OFFICE, WITH REFERENCE TO THE MEMORIALS ON THE SUBJECT OF THE CAPITAL AND SEAT OF GOVERNMENT OF BRITISH COLUMBIA.**  
DONALD FRASER, ESQ., TO THE SECRETARY OF THE COLONIES.  
London, August 9th, 1867.  
MY LORD DUKE.—In conjunction with other gentlemen interested in British Columbia, I had the honor to transmit to your Grace, on the 27th ultimo, a memorial on the subject of the site of the Capital of that Colony.  
It was then suggested that if your Grace should desire further information on the subject matter of the memorial or on the affairs of the Colony generally, some of the memorialists would wait upon your Grace for the purpose of furnishing that information.  
As some of these memorialists are about to leave London, and as we have not received any intimation from the Colonial Office on the subject of the memorial, I beg respectfully to call your Grace's attention to the matter.  
The other gentlemen who moved in this matter having left it very much in my hands, I would state that the memorialists, although ready to meet your Grace if required, do not wish to force a formal deputation upon you, knowing how much your Grace's time is occupied at present.  
It has therefore been suggested that I should offer to your Grace such information as my experience, gained by long residence in and varied relations with the Colony, may enable me to supply; and I beg to state that I shall be happy to adapt this suggestion should your Grace wish to see me.  
I beg leave to avail of this opportunity to enclose for your Grace's information, two notes written to me by Captain Richards, the hydrographer, on the question of the most suitable position for the capital.  
Captain Richards' testimony in favor of Victoria, confirms the truth of the statements made in the memorial on this head, and justifies the prayer of the memorialists to have the seat of Government and capital placed there.  
Captain Richards' private character and professional position guarantee any opinion he gives; but in this case the value of his opinion is enhanced by the fact that his knowledge of the locality was gained by long personal experience, while on the survey of the North-West Coast for several years, during which period he visited Fraser River and all parts adjacent.  
In further corroboration of the accuracy of our statements as to the unsuitability of New Westminster, I beg leave to bring to your Grace's knowledge the fact that in June last, Her Majesty's ship "Malacca" when bringing Governor Seymour from New Westminster to Victoria, struck and took the ground upon the sand heads off the mouth of Fraser River, and remained there in a dangerous situation a whole night, although the ship had the benefit of Captain Cooper, the Harbor-master's presence on board to navigate her.  
It is added by a gentleman in the Colony writing from the spot, and whose letter I received yesterday, that "the Enterprise, one of the Hudson's Bay Company's steamers assisted the Malacca off the following day. Fortunately it was calm. Had there been any wind the officers say the ship would have bumped herself to pieces. She may have to go to San Francisco to be docked. The same vessel received injuries in the same place, on the sand heads, in January last, on her passage to New Westminster, when she stuck twice."

On have to be added an accident which befel Her Majesty's ship Tribune on the same dangerous sand heads on a voyage from New Westminster, by which she was so seriously injured that she had to be broken up on her return to England.  
These facts demonstrate the unsuitability of the site of New Westminster for either a commercial or political capital, since even large and full handed steam vessels can neither approach nor leave that place without incurring the risks of the gravest casualties and of probable destruction; and since sailing vessels cannot be expected to incur such risks, as no insurance would cover such palpable and notorious hazards.  
I am, &c., &c.,  
Signed, DONALD FRASER.  
COPIES OF CAPTAIN RICHARDS' NOTES, THE ORIGINALS OF WHICH WERE LEFT AT THE COLONIAL OFFICE.  
(First Note)  
I have read your paper (the second memorial). I have always been of opinion that Victoria was far better suited as the seat of Government than New Westminster.  
If the capital had been on the Fraser it should have been at Hope, or even as low down as Langley would have been better than New Westminster.  
The latter was a crocheted of Colonel Moody's, on some, to me, unintelligible grounds of military defence.  
Esquimalt, two miles from Victoria, must always be the headquarters of the navy. It is the key of the whole Territory. If it become occupied by an enemy your entrance to British Columbia is lost.  
I never could understand building the wooden hovels dignified by the name of capital fifteen miles within the entrance of an intricate river where only the smallest war ships can enter.  
I can understand if British Columbia ever becomes peopled, that it might be desirable to have the capital in the interior connectable by railway from Canada, but many years must elapse. In the mean time by taking away the prestige from Victoria you will benefit no one but the few possessors of land in the immediate neighborhood of the hotels, and will keep the country back for a generation.  
While Victoria was the capital and a Free Port the country could not retrograde. If only as a bonded warehouse for California, it would have kept its head up and would have kept up New Westminster's head also, till in the course of events it was established and dependent on no extraneous aid.  
As it is they will both sink, which in my opinion is to be deplored. Unless we were going to give up Canada, I should look upon the loss of Vancouver Island as a dire calamity for us.  
I am, &c., &c.,  
GEO. HENRY RICHARDS.  
[The second note was written in answer to Mr. Fraser's enquiry if the first note was to be considered a private communication, or if it might be produced in the discussion on the capital site question.]  
(Second Note)  
ADMIRALTY, 1st August, 1867.  
I have not the slightest objection to any one knowing the opinion I entertain in regard to whether the seat of Government should be in British Columbia or Vancouver Island.  
If I am asked by the authorities I shall tell them exactly what I think on the subject.  
Yours faithfully,  
GEO. HENRY RICHARDS.  
To DONALD FRASER, ESQ.  
OFFICIAL ANSWER TO MR. FRASER'S LETTER.  
DOWNING STREET, August 13, 1867.  
SIR.—I am directed by the Duke of Buckingham and Chandos to acknowledge your letter of the 9th instant, and to state that his Grace has not failed duly to consider the previous letter of the 26th ultimo, signed by yourself and some other gentlemen, relative to the seat of Government for the Colony of British Columbia. I am desired to acquaint you that the Duke of Buckingham and Chandos is quite sensible of the importance of the subject, but that it is impossible for him to adopt any conclusion on it until he shall have received a report on the question from the Governor.  
Under these circumstances, it would not be worth while to give a deputation the trouble of calling on the subject. I am to request you to be good enough to make known the contents of this letter to the other gentlemen who took part in your communication.  
I am, &c., &c.,  
(Signed) J. FRED. ELLIOT.  
MR. FRASER'S REPLY TO THE FOREGOING ANSWER.  
ST. JAMES SQUARE, }  
August 16th, 1867.  
MY LORD DUKE.—I beg to acknowledge the receipt of Mr. Elliot's letter of the 13th, the contents of which I have communicated to the other gentlemen who addressed your Grace on the 25th ultimo, as well as to Sir Edmund Head and the gentlemen who joined in the memorial of that date.

I have also informed Mr. Graves, the Member for Liverpool, and the other gentlemen who intended to join a deputation, that their services will not be required.  
Mr. Elliot remarks that it is impossible for your Grace to adopt any conclusion on the subject until a report on the question shall have been received from the Governor.  
This resolution is both reasonable and proper, and my only object in adhering to it is to state that neither myself nor any of the gentlemen moving in the matter desired or expected that your Grace should decide the question until full information had been received from Governor Seymour.  
I am, &c., &c.,  
(Signed) DONALD FRASER.  
LETTER FROM MR. SPROAT TO THE SECRETARY OF STATE FOR THE COLONIES.  
LONDON, September 7, 1867.  
MY LORD DUKE.—On behalf of the memorialists who have addressed your Grace on the subject of the selection of a capital for British Columbia—for whom Mr. D. Fraser, of 33 St. James Square, and I act as Honorary Secretaries—I am asked to refer to a paragraph in Mr. Fraser's letter to your Grace, dated the 9th August, as that gentleman is at present absent from London.  
In the paragraph referred to, it is stated that Her Majesty's ship Malacca remained for one night aground. I beg to mention that an account of the accident, published in the colony, received since Mr. Fraser's letter was written, varies from the statement in his letter to this extent, viz. that the Malacca passed "right at anchor," instead of aground, as appears from the enclosed slip from a Victoria newspaper.  
However the ship may have passed the night—whether aground where she stranded, or at anchor in deep water—the inference which was drawn from the accident was just and correct. Either position of the ship would justify the same inference, viz. that the approach to Fraser River is dangerous to such vessels. But, nevertheless, it is considered proper as a candour to acquaint your Grace with this discrepancy of detail, slight though it be.  
When the Admiral on the station reports to the Admiralty the exact fact will of course be known.  
COPY OF THE SLIP FROM THE WEEKLY BRITISH COLONIST AND CHRONICLE, JUNE, 1867, ENCLOSED IN MR. SPROAT'S LETTER.  
"THE MALACCA ON THE SAND HEADS." On leaving Fraser River, early on Tuesday, H. M. S. Malacca, with Governor Seymour on board, took the ground on the Sand Heads and remained hard and fast until 3 1/2 o'clock the same afternoon, when the steamer Enterprise, on her way to New Westminster, discovered the Malacca's condition and went to her assistance. The Enterprise took the Malacca's anchors and dropped them in mid channel—at high tide—which occurred about 8 o'clock. The big ship was heaved into deep water and anchored for the night, and in the morning came on to Esquimalt. We are glad to learn that the Malacca has sustained no injury; but it is painful to think what might have been the consequences had she remained on the Sands yesterday, when a high wind prevailed. The Westminster papers attribute the accident to the absence of the black buoy, and call for frequent supervision of the buoys; but if the channel through the Sand Heads were fenced with buoys, they would furnish no safeguard against accidents of the kind. The sands are continually changing, and buoys that would mark the channel to-day would serve but to mislead the mariner ten days subsequently. Fraser River is no place for large vessels.  
[It was suggested to the Colonial Office that an opportunity might, with advantage, be afforded to the memorialists to peruse, and if necessary to comment upon the Governor's report. The suggestion was not adopted, being "contrary to practice." On this point Mr. Sproat wrote in the above letter as follows:—]  
I am aware of the practice alluded to in Mr. Elliot's letter to ordinary cases; but the choosing of a site for the capital of British Columbia has been so very publicly discussed in the Colony and in England, and excites so earnest an interest in persons in this country connected with the Colony, and is besides so fraught with such grave consequences, that the gentleman who have been moving in the matter—many of whom are thoroughly conversant with the subject—deem it important that the Secretary of State should be made aware of the anxiety and of their readiness to furnish information with respect to the question.  
They specially mention this, remembering that your Grace's predecessor in office, the Duke of Newcastle, informed several of the present memorialists who composed a deputation which waited upon the Secretary of the Colonies in reference to questions connected with the Union of Vancouver Island and British Columbia, that they came too late; and that if persons in England really interested in the Colony were themselves apathetic or dilatory, the Colonial Office could not be blamed for acting on the information that was before them, even though such information might be imperfect and partial.  
I am, &c., &c.,  
(Signed) G. M. SPROAT, Honorary Secretary to the Memorialists on the question of a Capital for British Columbia.  
The above letter was acknowledged on the 2nd October by Sir Frederick Rogers.

The Weekly British Colonist  
AND CHRONICLE.  
Tuesday, February 18 1868.  
Confederate  
To the exclusion of leading article we of our space to the question. We regard Confederation as one of our most important affairs, affecting as being of every real ability of the Colony therefore, that the thoroughly ventilated of citizens, for or against should receive respect order that the public time arrives for their decision—whether they their present views whether they will gain boon of liberty while Confederation places Considering the importance of the question, we do not but we devote to sensible worded communication.  
BENEFIT IN AID OF AN INSTITUTE.—The ex upon the building of the the summer, to render and spacious for the instruction of the children of the itinerant habits of the brought to the notice of the beginning of December committee, consisting of Messrs. Wilson and MacLaren, who range for a concert on by which the public may comfortable resort for ment. The committee G. T. Wilson, musician who associated with that so peculiar to men profession, that it gave the committee and in Professionals and amateurs other in offering their the former were Mr. Wilson and Carpenter, Mrs. Parker, the Cariboo Glee Club, the and several ballad singers, unanimously appointed seated admirably in at parties at a few rehe provided for the purpose. Adder, with usual lib saloon—the largest in disposal of the committee was held on the eve. The saloon was seated many were found standing. Pres. of the short and laudatory address presided at the piano the concert was va piano solo, corset a duet, vocal duets, c. minstrels were a perfect their local concertum ment, the magistracy, Rock drain, were wit and force. The with "God save the Queen" the committee banded in aid of the Institute.  
THE PROOF! THE orable(?) scalliwag of the ventilation we gilities, resorts to the gument and renewal Colonist once advo United States and de every ten men in the same boat. He fails the proof, when we ally—when we brought traitorous practices the believe, insure his exp lative Council at it, stantiated those char mouth (or rather pape Traitor. If he can medium of the Colon article, on which he If he has not a f band we gladly place posit. Strong in the innocence, we afford every opportunity with his charge. Will he signed out  
ARRIVAL FROM HAN BARK MICHALOS, S. I. arrived yesterday signed to Love Broad sugar, molasses and Robert Cowan, from Honolulu after a passage to sail two days. This port! We are for a file of papers to The Russian ship Z Cronstadt, with the Hoes, had put in at H