

FOREIGN INTELLIGENCE.

FRANCE.

PARIS, Jan. 14.—In the Corps Legislatif today a bill for the reorganization of the army was finally passed by a vote of 199 to 60.

Marshal Niel seems not to have the slightest suspicion of the diemay which 10,000 more men a year and two years more of service have spread in every family throughout France.

"O brethren of all fathers, of all citizens, we hope that the deputies will ask, once for all, how it is that, whereas the Restoration contented itself with 220,000 men, the Government of 1830 with 400,000, the Republic and the Empire in its early period with 500,000, there are now exacted from us 1,200,000 soldiers, and nine years' service, instead of seven. Such a law is most grave; its presentation is the most important act of the Government since Sedan; and the deputies have not had a more serious responsibility imposed on them since June, 1866, when they were asked not to intervene in the great German question."

A correspondent communicates to the Temps some details about the numerical strength of the army, both on the peace and on the war footing, two years before the great Revolution. Under the old Monarchy it was the custom to prepare every year for the King a general and detailed account of the military condition of France. From the statement for 1787 it appears that the army on the peace footing in that year was 228,497 men.

These 'states' being made for peace time, or for war—the former at 228,497, the latter at 300,865 men—it will be seen that if the number of foreign troops be deducted, the contingent at the charge of the country in time of peace was 200,816 men, and in time of war 268,612.

As regards the department to which I belong (Finistère), I know that in 1792 15 days sufficed to put on foot 4,400 men, armed and equipped, who were thrown out along the coast and port of Brest, so as to keep at a distance the English fleet at the moment of attempting a landing. Three battalions, of 1,000 men each, left Finistère at the same time for San Domingo. Only six men out of one of them ever returned; but this did not prevent the department towards the close of 1792 sending to La Vendée and to the frontier more than 16,000 men."

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We read in the *Memoir Diplomatique* these pregnant sentences:—"The Cabinet of the Tuileries refuses to admit the pretension of the Italian Government to withdraw from its financial engagements towards the Holy See, under the pretext that the occupation of Rome by the French troops constituted a violation of the Convention of September. It has clearly shown that in refusing to pay the dividend on the Roman Rente transferred to its account, the Italian Government assumes an attitude absolutely contrary to equity. Should the Italian Cabinet persist in this line of conduct, it would not only ruin its credit abroad, but would create for itself political embarrassments of more than one sort."

The *Journal de Havre* affirms that the greatest activity prevails in the French maritime arsenals. There are at present thirty nine ships in course of being built, of which four are armor-plated frigates, four coastguard iron-plated vessels, an armored floating battery, a screw wooden frigate, six corvettes, screw and not plated, and a screw transport. The fleet really ready for sea comprises 343 steam vessels and 116 sailing ships. With the thirty nine in course of construction the whole will amount to 501 vessels.

We must confess that we do not see how by mere arguments France can shake the strength of the Italian position. France can, no doubt, constitute herself a judge in her own cause. She can weigh the Pope's tunc against the crown of the King of Italy, and throw her sword into the scale. She can cut the knot of the Pontifical debt by restoring to the Pope those provinces which she was mainly instrumental in taking from him. She has given, she may take away; she has built up, she may pull down. The only question is whether France—Imperial France, at least—can break up the Italian edifice without bringing its ruins upon her own head. What France has now initiated is a work of reaction. She knows where it begins; she cannot say where it will end.

PARIS, Jan. 12.—Gen. Failly, commander of the Expeditionary Corps, has asked the Emperor to permit the return of the French troops to Rome, as their quarters at Civita Vecchia and Verbo are overcrowded. The ominous request has created a general feeling of uneasiness and distrust here.

The twelve persons tried before the Corre-

ptional Police Court on a charge of exciting to hatred and contempt of the Government, and of forming part of a secret society, to which I alluded in a late letter, have been found guilty, and sentenced—Accolais to a year's imprisonment and 500f. fine; Naquet, Verliere, and Chouteau each to 15 months' of the same punishment, 500f. fine, and five years' deprivation of civic rights; Hayot and Godichet each to a year's imprisonment, 500f. fine, and five years' interdiction; Adel, Las, Gorand, Meil, Genouille, and Hermann each to three years' imprisonment and five years' interdiction; and all conjointly to the costs.—*Times' Cor.*

The *London Chronicle* observes that the remarkable change which the Emperor Napoleon's attitude on the Roman question has undergone during the last few weeks has not had to encounter any domestic opposition. The Empress, who in October joined with M. de Lavalet in urging a joint occupation of Rome, has now cast off her dread of Prussia and consequently again throws the whole weight of her influence into the anti-Italian scale. It is under her protection that an active Bourbonist propaganda has established itself at Paris, which has already begun to issue proclamations addressed to the Neapolitan people.

*La Liberte* says:—France and Austria have sent a joint note to Servia assuring that Government for its warlike policy and for the extraordinary military preparations which are being carried on in that country. Lord Stanley on the part of Great Britain has also addressed a similar communication to the Servian Government.

It is reported that Banker Jecker intends to bring a suit against the French Government for the recovery of \$13,000,000 due on Franco-Mexican bonds held by him.

ITALY.

PIEDMONT.—The only political scrap of news in Paris, writes the *Evening Standard's* correspondent, is that the King, Victor Emmanuel, has written an autograph letter to the Emperor to complain of M. Rouher's speech.

We are told of large naval preparations now in progress at Toulon, and a force of 20,000 men being ready to sail for Civita Vecchia, with a view to the immediate reconquest of Rome. Were even these reports to prove correct, we do not see in what manner such movements on the part of France could effect the present state of affairs. France has undertaken the championship of the Holy See, with the acquiescence, though certainly not with the consent, of all Europe. So long as she shows no intention to overstep the Papal boundaries, one cannot see whom, besides herself, she can possibly hurt by swelling the ranks of the Papal garrison. For what concerns Italy it little matters whether France is at Rome with an army, or merely with a drummer, a corporal, and half a picket of privates. Rattazzi himself would not willingly be guilty of an act of disrespect to the French flag. But beyond the limits of the Papal territory, what can France, in all her omnipotence, attempt against Italy? Can she make a *casus belli* out of the vote of 1861? Can she now force Italy, to rescind a resolution in which she has left unchallenged for above six years? Or will she seek an open quarrel on the ground of the non-payment of the Italian quota of the Pontifical Debt? On this ground, it is true, we hear that strong remonstrances have gone forth from the Court of the Tuileries to the cabinet of Florence. All this, however, is closely bound up with the general bearings of the Roman question. It was by the act of France, more than by that of Italy, that the Papal Government was in 1859-60 deprived of some of its provinces. Italy who came in for those provinces should certainly, in common justice, have taken the liabilities together with the assets of her new acquisition upon herself.—*Times.*

The discussions in the Italian Chamber have brought to light no more valuable admissions than those contained in the speech of the Deputy Fambri—"Gentlemen," says the honourable member, "it has been said that dirty linen should be washed in private. I am of a contrary opinion. We have too long pursued this system, and we have reaped no advantage from it save that of making our own house a receptacle of filth. Some stains may be cleaved at home, but there are others which can only be got rid of by exposing the clothes to running water, air, sun, and daylight!" Following up his theory, Signor Fambri launches into a merciless exposure of the elements composing the bands sent against Rome, and winds up the analysis as follows:—"Admitting 3,000 volunteers who served from conviction, and saved the honour of our arms, who made up the rest of those who passed the confines? Do you know where you may find a sure gauge of their morality? Go and search the registers of the Questura, and you will find that an enormous diminution of crime in all the provinces. When I ask did crime begin to manifest itself in its usual proportions in the country, it was after Mentana."

The orator concludes in these words: "In any event Garibaldisim has run its course. Let us bear no more of red shirts. Let the last existing one be sent to the *Via del Proconsolo* and hung up in the museum of Italian antiquities with the sword of Giovanni de' Bande Nere."

If such is the judgment of national sense in the Italian Chamber on the Garibaldian expedition we cannot be severely blamed for having all along held a similar opinion. We are justified, "out of the mouth of our enemies," in all our accusations, and may fairly congratulate ourselves on having returned to Victor Emmanuel and his Police Correctionelle the usual denizens of his gaols and galleys. It was not without reason that a friend of mine apostrophized a Garibaldian family who called on her with a letter from Ricciotti Garibaldi, to inquire for their brother, who was a prisoner at St. Onofrio, for being obliged to offer them pewter spoons with their coffee. "We are only just emerging from a state of seige," said the lady, "and my first thought, and the advance of the Garibaldian troops, was to send my silver to the bankers, and I trust you will understand and pardon my apparent discourtesy in consideration of the necessity of the case." *Chr. of Tablet.*

FLORENCE, Jan. 12.—The adjourned session of the National Parliament was resumed yesterday. Prime Minister Menabrea made a speech, in which he confined himself to the subject of the Internal and Domestic Affairs of the Kingdom. He exhorted the members to unite with the Government in resisting revolution, and upholding the national credit, the monarchy and the obligations as well as the liberties of the nation.

No reference whatever was made by the Minister to the Roman question, or to the relations of Italy with Foreign Powers.

FLORENCE, Jan. 15.—A large class of the Catholic population of Italy, which since the consolidation of the kingdom, under Victor Emmanuel, has steadily refused to recognize his government by voting, has resolved to abandon its policy of inaction, and will take an active part in the next parliamentary elections. The Marquis Gualtero has been appointed Minister of the Royal Household and General Superintendent of the civil list.

The *Patrie* to-day says the Governments of France and Prussia agreed to meet together on the Roman question, so far as to restore relations between the Kingdom of Italy and the States of the Church, crea-

ted by the September Convention between Italy and France.

The *Patrie* hopes Italy will not interpose any obstacle to the accomplishment of this purpose. The appearance of the pamphlet on the foreign relations and domestic affairs of France, which is being prepared by Prince Napoleon, is eagerly awaited by the public.

According to the *Presse*, it does not matter how the Italian Government may be constituted, for in a manner more or less veiled a policy contrary to maintenance of friendly relations between the two countries will be adopted; the Prussian alliance instead of the French alliance will be taken; and there will be war whenever M. Bismarck may wish to undertake it—neither Rattazzi nor even Garibaldi being disposed to let Italy rush alone on the sword of France.

The opinions of the *Presse* on Italian affairs attract attention, because they are believed to be inspired from Rome.

ROME.—Cardinal D'Andrea has at length returned to Rome. He arrived at Monte Cassino last week, and while there received, it is said, a letter from Mr. Odo Russell, strongly urging him not to obey the Pope's mandates, and telling him he would be arrested if he arrived in Rome. His Eminence probably took his old acquaintance's information as to the intentions of the Vatican at its proper value, and, neglecting the kind counsel of Mr. Russell, appeared at the Vatican the other day and requested an audience of the Pope. He was not arrested, although his demand was not granted, in consequence of the disrespectful manner in which it was made. His Eminence was desired to retire to a monastery, and there wait the decision of his Holiness.—*Chr. of Tablet.*

The Pope received the English and Irish recruits in a private audience last Wednesday. Mr. Stoor, their chaplain, was unfortunately prevented by a slight indisposition from accompanying them; but Mgr. Talbot presented them, and the Holy Father addressed them in a few most touching words, which were interpreted by M. De Charotte, who accompanied them. His Holiness particularly distinguished Mr. George Colthuridge, and spoke with great warmth and affection of his gallant brother.

Cardinal Andrea has accepted five points of retraction of justification, and has written a letter to the Pope. The matter is now at an end, and His Eminence has re-entered into all his dignities.

THE ROMAN QUESTION.—The *Liberte* learns from Rome that the Count de Sarriges has had a long conversation with Cardinal Antonelli, and explained to him that the good offices of France, in the opinion of the Emperor, would produce no efficacious result for the Holy See unless the latter should consent to immediately introduce into the Roman legislation and administration all the reforms already demanded by France in 1860. In that case only, the French Ambassador is reported to have said, "some hope may be entertained of an arrangement with the foreign Powers and with public opinion in Europe in the interest of a general and solemn guarantee of the temporal power." According to our correspondent Cardinal Antonelli replied that he could not speak to the Holy Father about reforms so vast a scale before the re-establishment of the frontiers of the Pontifical States in their full integrity.

LONDON, Jan. 16.—It is reported that Lord Bloomfield, British Minister to Austria, and Lord Clarendon have gone on a mission to Rome, to request the Pope to use his influence with the inhabitants of Ireland for the suppression of the Fenian agitation.

KINGDOM OF NAPLES.—PARIS, Jan. 13.—The *Moniteur* this morning contradicts vague rumours, which have been floating about of popular disturbances in Naples, and assures its readers that perfect tranquillity prevails in that city, and in the surrounding provinces.

A letter from Rome, says the *Union*, states that King Francis II, has received at the Farnese Palace a deputation of Neapolitans and Sicilians, who presented an address, to which the King replied in very dignified and significant language.

AUSTRIA.

The new constitution for Austria is being rapidly completed. The *Vienna Gazette* publishes the five fundamental and organic laws by which the constitution of the Empire is regulated on the new basis: The first of them contains the changes in the representation; the second establishes the general rights of citizens; the third specifies the composition of the High Court of the Empire summoned to decide in a case of disputed competence; the fourth regulates the exercise of the judicial power; and lastly, the fifth defines that of political and executive authority. The *Gazette* at the same time publishes the law on the mode of treating affairs common to all the countries of the Austrian monarchy.

VIZNA, Jan. 13.—Despatches from the south indicate that a more liberal policy is to be pursued by the Sublime Porte in the matter of the Eastern question. A decree has been issued guaranteeing not only equality of rights in Candia, but a suspension of the collection of taxes for a period of two years.

TREVISI, Jan. 16.—The remains of Archduke Maximilian were landed this morning with impressive ceremony. Public and private buildings were draped in mourning. The cortege was preceded by a body of cavalry, and consisted of the municipal Government, the clergy, the laic, loaded with flowers; the Archduke of the Empire; Admiral Tegethoff; the ambassadors of foreign nations; Austrian officials of high rank; foreign consuls; and the people generally. A division of infantry brought up the rear. A feeling of profound grief was everywhere shown by the vast multitude. Almost the entire population assembled to honour the memory of the Archduke. The solemnity was as popular, and was one of the most touching and impressive spectacles ever witnessed.

PRUSSIA.

It is said, writes the *Paris* correspondent of the *Globe*, that in imitation of the Italian Government, Count Bismarck is about to publish a collection of diplomatic documents dated before and after the battle of Sedan, showing that the French Emperor has been as wavering, inconsistent, and uncertain in his German policy as in that relative to Italy and Turkey. According to the *Presse*, these simultaneous publications of an identical character, inspired by a common thought, the same object and the same hostility. We believe that in this diplomatic coalition there is an undeniable symptom that a military coalition there is being prepared against France at Florence, at St. Petersburg, and Berlin.

It is stated that Prussia has joined France and Austria in their note to the Government of Servia concerning its hostile preparations.

RUSSIA.

St. Petersburg, Dec. 26.—The statement published in the *Ettoile Belge*, that a new Russian loan for 200 millions of roubles would shortly be issued, is declared to be unfounded.

The *Invalides Russes* of to-day, analysing the diplomatic correspondence which has been published relative to the Eastern question says—"Russia has so clearly expressed her views on the Eastern question that a speedy solution may shortly be expected."

REVIEW OF THE STATUS OF TWELVE YEARS AGO.—Regular (says the *Standard*) at the present moment a regular congress of Russian diplomatists at St. Petersburg. The Russian ambassadors at Constantinople, Paris and Vienna—General Ignatieff, Count von Bubberg, Count Stackelberg, and Count von Bork, are assembled under the Presidency of Prince Gortschakoff.

The *Paris* correspondent to the *London Post* says—"While France is proposing to have at her command a million and a half of armed men, and other European nations are increasing their military strength, Russia is again reviving the 'Eastern Question.' There is every reason to suppose that important communications are now taking place between the government of Russia, Prussia, England, France, Austria, and the Ottoman Porte, with regard to the political condition of Servia and Candia. His Excellency the Marquis de Montier and his Excellency Lord Lyons are both well acquainted with Eastern affairs, and in Paris no doubt an exchange of views is now taking place on the attitude of Russia. It is neither France nor England, but Russia, who who is bringing this old complication once more on the tapis. To protect Christian interests and rights in the East, without seeking to break up the Ottoman empire, is the traditional language of the St. Petersburg statesmen; meanwhile a Russian army is hovering about the line of the Pruth and Russian diplomacy is as bold and threatening at Constantinople as before the Cossack war. The Turkish Ambassador at Paris is frequently visiting the Foreign Office, and no doubt endeavouring to ascertain how far France will support Turkey. Probably a similar action is going on at London. There is something important in the wind. The Czar has lately summoned the leading statesmen of Russia to St. Petersburg, and Russian diplomacy has conspicuously published a heavy volume of despatches on Eastern affairs. The indications grow significant.

LONDON, Jan. 16.—The aggressive policy of the Russian Government in the Eastern question causes much alarm in Turkey. The *Northern Post*, of St. Petersburg, declares that Russia does not desire an extension of territory. Her only aim is to secure the safety of the Christian subjects of the Porte. The St. Petersburg *Gazette* asserts that both England and France have urged the Sultan to make extensive military and naval preparations in the Mediterranean.

UNITED STATES.

The *Herald* of Tuesday contains the following as a double-headed editorial, a mark of unusual prominence:—"The conflict between Congress and the President is coming to close quarters. In the House of Representatives yesterday, under the pressure of the previous question, a bill was passed providing that hereafter, instead of a majority, a concurrence of two-thirds of the members of the Supreme Court of the United States shall be necessary to declare the unconstitutionality of any law or Congress. As the Court is now constituted it is morally certain that under minority rule the existing reconstruction laws, if brought before the Court, would be quashed by a vote of perhaps five to three. It is also pretty well understood that upon several incidental cases the question of the constitutionality of these reconstruction laws will shortly come before the Court for its decision. This two-thirds rule, therefore, is interposed to save the radical policy from shipwreck, and from this decisive vote of the House the bill will doubtless become a law, the President's objections to the contrary notwithstanding. Congress has the power and the radicals, with a two-thirds vote in each House, will surely not stop in a matter where they have the authority of the constitution, when they do not hesitate to legislate outside the constitution to gain their ends. This Supreme Court bill therefore means that the Southern negro supremacy programme of Congress is to be pushed through at all hazards, and under the new consolidation reconstruction bill introduced in the House yesterday, with the understanding that it is to be passed to day, with the President held subject to the will of an overwhelming radical Congress, with the Supreme Court reduced to a nullity, and with General Grant pressed into their service, the radicals intend to fight out their battle. So much for the proceedings of yesterday in the House of Representatives. In the Senate there was a concurrent decision in the matter of Stanton's suspension as Secretary of War. By the decisive vote of thirty-five to six the Senate, in executive session, after a debate of five hours, declared that the reasons given by the President for Stanton's suspension are not sufficient, and that the Senate, therefore, do not concur in this suspension of Secretary Stanton. By this vote, according to the tenure of office law, he is reinstated in the War Department, and we await with some interest the next move in this matter. It depends upon Stanton; but he will probably not attempt to enforce his claim until covered by the shield of this bill relating to the Supreme Court. From these movements in Congress and others foreshadowed, and from all the signs of the times, we may we think, safely hazard the opinion that we are on the threshold of the most momentous events in the history of the United States.

RESTORATION OF SECRETARY STANTON.—It will be seen from yesterday's proceedings in Congress that the Senate, by a majority of 35 to 6, passed the resolution reported last week by Senator Howard, restoring Mr. Stanton to his position as Secretary of War. The precise words of the resolution as adopted are that the Senate do not concur in the suspension by the President. It will now, we suppose, be the part of Secretary Stanton to present himself at the War Department to President Johnson and General Grant as the legal occupant of the place, under the tenure of Office bill and the decision of the Senate. The further steps in this remarkable and unprecedented case will be watched with the deepest interest.

P. S.—Secretary Stanton upon being officially notified at a late hour last night of the action of the Senate, announced that he would resume his office immediately. Gen Grant was also formally notified of the passage of the resolution. The speculations from Washington are of a lively nature.—*N. Y. Times.*

The postmaster of Fond du Lac has received the following scholarly letter from a 'Prof.' in Michigan:—"Dear Sir if you please will you inform me how many if any Colledges there are in Fond du Lac? What is the number of the inhabitants how many union schools there are &c and much oblige. Yours Truly D. C. Goodyear Pro of mathematics, Albion, Mich."

Henry Ward Beecher, in a recent discourse, said that some men will not shave on Sunday, and yet they spend all the week in shaving their fellow men; and many folks think it very wicked to black their boots on Sunday morning, yet they do not hesitate to black their neighbor's reputation on week days.

CHARLESTON, Jan. 8.—Outrages by negroes on the line of the South Carolina R. R., are reported daily and the condition of affairs is growing worse. Yesterday, a gang of black union leaguers fired on a mail carrier 30 miles from this city. He escaped by the fleetness of his horse, and has arrived here.

The clerk of the Court of Washington, D. C., issued one thousand nice hundred and sixty marriage licenses in 1867, one thousand two hundred and fifty one to whites, six hundred and fifty-five to negroes. One license was returned with the endorsement, "She wouldn't have me."

We suppose the following sarcastic remark of the *Alta California* applies only to the Pacific slope:—"Two things are necessary for the candidate for a seat in the Senate of the United States—a rum mill and an organ."

A PARROT STORY.—You see, said the old dakey, dis parrot belonged to a baker in Richmond. Now each baker is allowed to bake a certain number of loaves of bread every day and no more, cause if they do they will be served out side bread to their customers. Well dis baker had baked more than his share one day, an' hid de surplus under de counter. The parrot was hanging in bis cage and seed it all. Bimby in comes de inspector, an' finds de bread all

right, an' is goin' out again satisfied when de parrot coked bis eyes at him and sings out, 'dere's more bread under de counter?' So de inspector grab it cording to law, and carries it off. Well den, de baker goes to de parrot werry mad, and takes it by de head, an' fatches him a twich or two, an' sings him in the gutter for dead, longside a pig just dead of de measles. Bimby de parrot began to crawl about his feathers sticking out an' his head lopped one side, an' den stops and looks at de pig werry pitiful, an' se, 'Did you say anything about de bread?'

WE SLEEP TOO LITTLE.—On this subject, Dr. J. O. Jackson, celebrated as a water-cure practitioner in Western New York, says:—

"As a habit and fashion with our people, we sleep too little. It is admitted, by all those who are competent to speak on the subject, that the people of the United States, from day to day, not only do not get sufficient sleep but they do not get sufficient rest. By the preponderance of this nervous over the vital temperament, they need all the recuperating benefits which sleep can offer during each night as it passes. A far better rule would be to get at least eight hours' sleep, and, including sleep, ten hours of recumbent rest."

Dr. Cornell, of Philadelphia, in the *Edueator*, gives the following opinion, corroborative of the above, as an explanation of the frequency of insanity. He says:—

"The most frequent and immediate cause of insanity, and one of the most important to guard against, is the want of sleep. Indeed, so rarely do we see a recent case of insanity that is not preceded by want of sleep, that it is regarded as almost a sure precursor of mental derangement. Notwithstanding strong hereditary predisposition, ill health, loss of kindred or property, insanity rarely results, unless the exciting causes are such as to produce loss of sleep. A mother loses her only child; a merchant his fortune; the politician, the scholar, the enthusiast, may have their minds powerfully excited and disturbed, yet, if they sleep well, they will not become insane. No advice is so good therefore, to those who have recovered from an attack, or to those who are in delicate health, as that of securing, by all means, sound, regular and refreshing sleep."

"And," says Dr. Spizer, "there is no fact more clearly established in the physiology of man than this; that the brain expends its energies and itself during the hours of wakefulness, and these are recuperated during sleep. If the recuperation does not equal the expenditure, the brain withers; this is insanity. Thus it is that in early English history persons who were condemned to death by being prevented from sleeping, always died raving maniacs. Thus it is, also, that those who strive to death become insane: the brain is not nourished, and they cannot sleep."

REMEDIES FOR DYPNOPIA.—Hill's *Journal of Health* says: "There are some general principles of cure applicable to all, and which will seldom fail of high advantage."

- 1. The entire body should be washed once a week with soap, hot water, and a stiff brush.
2. Wear a woollen shirt next the skin the year round, during the day time only.
3. By means of ripe fruits and berries, coarse bread and other coarse food, keep the bowels acting freely once in twenty-four hours.
4. Under all circumstances, keep the feet always clean, dry, and warm.
5. It is most indispensable to have the fullest plenty of sound regular, connected, and refreshing sleep in a clear, light, well aired chamber, with windows facing the sun.
6. Spend two or three hours of every forenoon, and one or two of every afternoon, rain or shine, in the open air in some form of interesting, exhilarating, and unwearied exercise; walking with a cheerful and entertaining companion is the very best.
7. Eat at regular times, and always slowly.
8. The food is best for each which is most relished, and is followed by the least discomfort. What has benefited or injured one is no rule for another. This eighth item if of universal application.
9. Take but a tepidul of any kind of drink at one meal, and let that be hot.
10. Confine yourself to coarse bread of corn, rye, or wheat—to ripe, fresh, perfect fruits, and berries in their natural state, and to fresh, lean meats, broiled or roasted, as meat is easier of digestion than vegetables. Milk, gravies, pastries, heavy hot bread farina, starches, and greasy food in general, aggravate dyspepsia by the constricting tendencies.
A PITTY AND AMUSING ANECDOTE.—The French dress up a satire in better style than any other people. We have a capital story in the last *Courier des Etas Unis* which happily illustrates the fact. In speaking of the woman Frigard, the murderer, lately tried at Melun, France, Mons. Villemont, her counsel, asks through the *Temps* if an advocate who defends a guilty person can set in good faith? He answered the question by relating the following anecdote.
A lawyer who had figured with some distinction in the National Assemblies of the Republic, recounted to us in the following terms his debate:—"I was young and unsuspecting, said he, when I pleaded my first case. It was that of a peasant charged with stealing a watch. The papers in the case, the insufficiency of the evidence, and above all, the air of the accused—which was that of a good man—had convinced me of the innocence of my client. I pleaded with all the warmth of soul which could be inspired by this strong faith and acquitted the peasant. Once free he cast his arms around me.
Oh Monsieur, said he, you spoke well. My children shall be taught to bless you. There is one more service which you must do for me.
What is it?
Dig up the watch for me.
Dig up the watch for you?
Certainly. You understand that they still keep their eyes on me, whilst you in your promises, can dig it up with your little case and return it to me.
Miserable wretch! Then you are guilty?
What! didn't you know it? If I hadn't been guilty I should have dispensed with a lawyer, and been my own advocate?"

DRINKING IMPURE WATER.—Set a pitcher of food water in a room, uninhabited, and in a few hours it will have absorbed from the room nearly all the respired and perspired gases of the room, the air of which will have become purer, but the water utterly filthy. This depends on the fact that the water has the faculty of condensing and thereby absorbing all the gases whi h it does without increasing its own bulk. The colder the water is, the greater its capacity to contain these gases.

An ordinary temperature, a pint of water will contain a pint of carbonic acid gas, and several pints of ammonia. This capacity is nearly doubled by reducing the temperature to that of ice. Hence water, kept in the room awhile, is always unfit for use, and should be often renewed, whether it has been warm or not. And for the same reason, the water in a pump shaft should all be pumped out in the morning before any is used. That which has stood in the pitcher over night is not fit for coffee water in the morning. Impure water is more injurious to the health than impure air, and every person should provide the means of obtaining, fresh, pure water, for all domestic use.

"Do you know, madam, that you cannot make a purse out of a sow's ear?" Oh, sir, please lan me. I have intentions of a sweekon? When you use that odious specimen of vulgarity again clothe it in refined phreology. Just say it is impossible to fabricate a pecuniary receptacle from the auricular organ of the soft sex of the genus swine. Upon the 19th of May, 1790, a memorable 'dark day,' a young lady wrote to Dr Byles as follows:—"Dear doctor, how do you account for this darkness?" He replied:—"Dear madam, I am as much in the dark as you are."