

he will have entirely consumed, so far as this vital principle is concerned, twenty feet of atmospheric air. This however, is a mere illustration of the subject, for the circumstances supposed cannot occur, but it serves to show the importance of two things, viz: a large room and abundant ventilation. Unless attention be paid to ventilation, the air is much more rapidly contaminated than is generally supposed. Its extreme fluidity leads us to imagine that a body of it cannot for any considerable time, retain its place undisturbed. On the contrary, it is found that, where there are no causes of disturbance, air will remain for a long time stationary. Thus, the fixed air which forms in the vats of brewers being especially heavier than the atmosphere, will keep its place for an indefinite period. In the case of the sleeping apartment, our own senses inform us of the change which is produced by respiration, and the effluvia from our persons. After leaving our room if it remained closed, we find on returning to it that the air is close and offensive. A sleeping apartment should be of the largest size which can be commanded, and should be well aired through the day to prepare it for reception at night. Even at night the health is best promoted by having a door left partly open, and many persons find the addition of a current from the window, if at a reasonable distance, no disadvantage. The question is often asked, as to the expediency of keeping fire in the sleeping apartment, during severe weather. A fire kept burning through the night is decidedly prejudicial to a person in health; if his body be well covered he cannot suffer from breathing an atmosphere of low temperature: and he is a gainer by being better prepared to admit into the lungs, the cold air which he meets abroad. Besides, cold air being more condensed, furnishes more oxygen within the space, from which the blood gains in richness, and the skin in color. A fire kept through the day and extinguished at bed-time, subjects the room to the disadvantage of a decreasing temperature through the night, a source of discomfort and even of danger.

In regard to fires, it should be recollected, that they act on the atmosphere, not only by consuming its oxygen, but by diminishing its moisture. It is a familiar fact that the higher the temperature of the air, the greater the amount of moisture which it is capable of dissolving; hence the external atmosphere, warmed by the sun's rays, retains its due proportion of this principle. But when air is artificially heated, there being no supply from which moisture can be obtained, it becomes unnaturally dry, and from this cause is ill-fitted for maintaining in full vigor the vital processes. Many persons on entering a hot room, find themselves greatly annoyed by this circumstance, the membrane of the nose is deprived of its moisture, of evaporation, and the sensation is at once produced of difficult respiration; as if the usual passage were obstructed. To remedy this drying of the air by artificial heat, the plan has been adopted of placing a vessel of water near the fire, the evaporation of which may furnish moisture to take the place of that abstracted; and this expedient will be found to answer a very good purpose. Dry hot air is injurious to furniture, and still more so to books, warming the backs, and springing the leaves. We have known books removed spontaneously from their shelves in consequence of their vicinity to the hot draught of air from a fireplace.

SUNDAY.—The daily occurrences of a week of business absorb the mind so much that were it not for the regular return of the sabbath, a majority of human beings would nearly forget that any thing else was necessary in this world but money when it was needed, provisions when hungry, clothing to cover, and luxuries to feed our pampered appetites. But christianity has consulted the wants of man and the weakness of his nature, by the institution of one day in seven.

How happy must a virtuous man feel to escape from the trammels of a bad world, to one day of sober reflection, or pious indulgence, or of religious consolation! The mariner, who after a week of storms and gloom, happens to spend one day on the sunny shore of some verdant island that rises out of the main, cannot feel more grateful for his fortune than he, who having weathered the misgivings of the week, sits down in his own pew, in his own church, and joins in the service and praise of his great Maker.

FOR THE MIRROR.

PASLM 6th.

To thee my God, my voice I raise,
O! listen to my cries!
And let my humble songs of praise,
Ascend above the skies.

When morning dawns in the day,
A sacrifice I'll bring,
Unto thy throne,—and homage pay
To thee, my Lord and King.

In ways of wickedness and sin,
Thou canst not take delight;
Nor shall the foolish or profane,
Stand guiltless in thy sight.

A lying and deceitful tongue,
Thou also dost abhor,
Distress and anguish will ere long,
Be theirs for evermore.

But through thy mercies I will go,
Within thy house of prayer,
Will worship in thy courts below,
With love and holy fear.

In righteousness may I be led,
And guarded ev'ry hour;
And may thy Spirit on me shed,
Its sanctifying pow'r.

Let all who trust in thee rejoice,
With glad songs of praise,
And with united heart and voice,
Their hymns of honor raise.

For thou dost graciously defend,
Thy children from their foes,
And those who on thy word depend,
In safety shall repose.

The righteous shall be richly bless'd
Who humbly seek thy face:
Thou wilt bestow what they request,
And shield them by thy grace.

S. B.

The Weekly Mirror.

FRIDAY, MARCH 18, 1836.

*Provincial Secretary's Office,
Halifax, 14th March, 1836.*

His Excellency the Lieutenant-Governor has been pleased to make the following appointments, provisionally, viz:

Mr. John W. Homer, to be Acting Sub-Collector of the Customs for the Port of Barrington, vice Joseph Homer, superannua-

ated.—Mr. John Garby, 4th Clerk in the Customs Department at the Port of Halifax, to be 3d Clerk.—Mr. Samuel Story, extra Clerk to the Collector, to be 4th Clerk.—Mr. J. G. Boggs, to be Acting Land Waiter and Searcher for the Port of Halifax, vice Dean, absent with leave on account of ill-health.—Mr. Jacob Miller, to be Acting 3d Waiter, Searcher and Tide Surveyor, vice Foster, absent on leave on account of ill-health.—Mr. Wm. Hill, to be Acting Tide Surveyor, vice Holder, absent on leave on account of ill-health.

Communicated.—Mr. Crawford exhibited to the Union Engine Company last evening, a model of a Fire Engine, in perfect order, which is capable of discharging six gallons of water per minute, with a cylinder of 6½ inches in length, and 25-16 inches in diameter—length of stroke nearly 4 inches—the cylinder and air vessel being of glass, are calculated to shew the action of air and water. The ingenuity and workmanship displayed by Mr. C. in this *Miniature Engine*, does him the greatest credit, and shows him to be perfectly acquainted with the nature of Hydraulics—his exertions entitle him to the warmest thanks of all connected with the Fire Department.—*Gazette.*

☞ The Mail for England, by H. M. Packet *Delight*, will be closed on Saturday evening next, at 5 o'clock.

MARRIED.

On the 10th inst. by the Rev. Mr. McIntosh, Mr. James Findlay, Tailor, of Morayshire, Scotland, to Mrs. Margaret Ann Gray, of this Town.

On Sunday evening last, by the Rev. Wm. Jackson, Mr. William Patterson, to Miss Mary Dowling, both of this town.

DIED.

On Sunday evening, after a short but severe illness, Thomas Cumming, son of James Lessel, aged 9 years and 10 months; rejoicing at leaving this world, and in the hope of a better, his last request was that the scholars of his Sunday School might attend his Funeral. His winning and unobtrusive gentleness will be long remembered in the circle in which he was best known with fond regret.

On Wednesday last, Mr. David Hutton, aged 54 years.

At Lunenburg on the 19th February, Mr. Thomas Penny, aged 66 years—an old and respectable inhabitant of that place.

On the 14th January 1836, at the House of Robert Scarfe, Esq. in Liverpool G. B. aged 90 years, Mary Sutherland, relict, of the late Mr. William Sutherland, and a long time a resident in this town.

☞ Bills of Lading, Seamen's Articles, &c. for sale at this office.