

ceptible of injury from sudden changes of temperature. But the effect of the vapour bath properly administered is very different. When not too warm or too long continued, it increases instead of exhausting the strength, and, by exciting the vital action of the skin, gives rise to a power of re-action which enables it to resist cold better than before. This I have heard many patients remark; and the fact is well exemplified in Russia and the north of Europe, where, in the depth of winter it is not uncommon for the natives to rush out of a vapour bath and roll themselves in the snow, and be refreshed by doing so: whereas, were they to attempt such a practice after severe perspiration from exercise, they would inevitably suffer. It is the previous stimulus given to the skin by the vapour bath which is the real safeguard against the coldness of the snow.

Common experience affords another illustration of the same principle. If, in a cold winter day, we chance to sit for some time imperfectly warmed, and feel in consequence a sensation of chillness over the body, we are much more likely to catch cold on going out than if we had been sitting in a room comfortably warm. In the latter case, the cutaneous circulation and nervous action go on vigorously; heat is freely generated, and the vital action of the skin is in its full force. The change to a lower temperature, if accompanied with exercise to keep up this vitality, is then felt to be bracing and stimulating rather than disagreeable. But it is widely different when the surface is already chilled before going out. The vitality of the skin being diminished, re-action cannot follow additional exposure; the circulation leaves the surface, and becomes still more internal; and, if weakness exists in the throat or chest, cold is the almost certain result. Many suffer from ignorance of this principle.

If the bath cannot be had at all places, soap and water may be obtained every where, and leave no apology for neglecting the skin; or, as already mentioned, if the constitution be delicate, water and vinegar, or water and salt, used daily, form an excellent and safe means of cleansing and gently stimulating the skin; to the invalid, they are highly beneficial, when the nature of the indisposition does not render them improper. A rough and rather coarse towel is a very useful auxiliary in such ablutions. Few of those who have steadiness enough to keep up the action of the skin by the above means, and to avoid strong exciting causes, will ever suffer from colds, sore throats, or similar complaints; while, as a means of restoring health, they are often incalculably serviceable. If one-tenth of the persevering attention and labour bestowed to so much purpose in rubbing down and currying the skins of horses, were bestowed by the human race in keeping themselves in good condition, and a little attention were paid to diet and clothing,—colds, nervous diseases, and stomach complaints would cease to form so large an item in the catalogue of human miseries. Man studies the nature of other animals, and adapts his conduct to their constitution; himself alone

he continues ignorant of, and neglects.—He considers himself as a being of a superior order, and not subject to the laws of organization which regulate the functions of the inferior animals; but this conclusion is the result of ignorance and pride, and not a just inference from the premises on which it is ostensibly founded.

[We insert the foregoing important article, partly on account of its bearing on temperance; it being a well known fact, that dust begrimed and unwashed artisans have a sort of feverish irritation constantly in their system, which craves after the excitement of intoxicating drinks.—Canada Temperance Advocate.

ENGLAND

**BIGOTRY**—On Saturday last an inquest was held on the body of a man named John Drake, who died in Whitecross street prison, London, where he had been incarcerated for debt. The unfortunate man being a Catholic, refused to attend the Protestant chapel attached to the prison, and was in consequence deprived of the rations of meat which the other prisoners were allowed. So much for English toleration.

The Congregation of the Propaganda Fide, in Rome, has intimated, through the Right Rev. Dr. Wiseman, that it is the intention of the Sovereign Pontiff, Gregory XVI., to appoint the Rev. Wm. Riddell, of Newcastle-upon-Tyne to be Bishop of Corfu.

**EDUCATION AND CRIME**.—During the year 1840 the total number of persons convicted of felony in England was 19,927; of these 4,105 were transported out of which number only 390 had received such an education as enabled them to read and understand the Bible; the remaining 3,715 being more or less, and the great majority wholly uneducated. In the county of Salop during the year 1840, there have been 44 persons transported, not one of whom had received education sufficient to enable him to read the Bible; and the chaplain's report stated that of 222 prisoners in the gaol during the last quarter 59 of these were so deplorably ignorant that they did not know the name of the Saviour: 91 only had been confirmed; 18 only were communicants of the church of England; the remainder were either Dissenters or of no religious persuasion whatever. A considerable portion could not read, but many of them had been taught to read and even write, and do the first four rules of arithmetic while in prison. In Worcestershire the total number of prisoners committed from the year 1830 to 1841, both inclusive, amounts to 1,954. Out of this number of 1,954 not less than 771 prisoners could neither read nor write. This is about two fifths of the whole. And taking the last six years the number of prisoners, who could read and write well, were but twenty three! to counterbalance the 771 who were in a state of complete & deplorable ignorance.—London Post

**TYPES vs. TROOPS**.—Uncertainty in estimating present things and men, holds more or less in all times; for in all times, even in those which seem most trivial and open to research, human society rests on inscrutably deep foundations, which he is,

Of all others, the most mistaken who fancies he has explored to the bottom. Series of causes are as issues, or superficies of innumerable lines, extending in breadth as well as in length, and with a complexity which will foil and utterly bewilder the most assiduous computation. In fact, the wisest of us must, for the most part, judge like the simplest; estimate importance by mere magnitude. In this way it is, that conquerors and political revolutionists come to figure as so mighty in their influences; whereas truly, there is no class of persons creating such an uproar in the world, who in the long run produce so very slight an impression on its affairs.—When Tamerlane had finished building his Pyramid of seventy thousand human skulls and was seen standing at the gates of Damascus glittering in steel with his battle axe on his shoulder 'til his fierce hoofs filed out new carnage, the pale onlooker might have fancied that Nature was in her death throes; for havoc and despair had taken possession of the earth, and the sun of manhood seemed setting in seas of blood. Yet, it might be on that very gala day of Tamerlane, a little boy was playing ninepins on the streets of Mentz, whose history was more important to man than twenty Tamerlanes. The Tartar Khan, with his shaggy demons of the wilderness, passed away like a whirlwind, to be forgotten forever, and that German artisan has wrought a benefit which is yet immeasurably expanding itself, and will continue to expand itself through all countries and through times. What are the conquests and expeditions of the whole corporation of Captains compared with these moveable types of Johannes Faust.

CARLYLE.

**CHINA**.—Although the last arrival from England brought us no further accounts of the operations of the English forces against Canton, yet do the English papers we received by the steamer Caledonia, contain several indications of the intentions of the new Administration towards the Celestial Empire. And these would seem to us, to portend a determination, on the part of the present members of the British Government, to carry out fully the views of their predecessors, and probably to give them a still further extension. We see that volunteers from the Royal Artillery, to serve in China, are called for; and it is added that a great number had come forward—that a new description of projectile weapon had been tested at the arsenal at Woolwich, and being highly effective, a quantity had been ordered for service in China. It should also be recollected that, recently, in this place to the House of Lords, the Duke of Wellington declared that the conduct of the Chinese fully justified the hostilities commenced against them; and that on another occasion, the same eminent personage said, that "England could not carry on a little war." We infer, therefore, that a speedy termination of hostilities is certainly not expected, while it is not unlikely that higher objects and larger armaments are now in contemplation, than were at first thought of. The Duke of Wellington, whose influence will now be paramount in the British Cabinet, gained his first laurels in British India; and though his later services were more calculated to engross the attention of Europe, the perseverance, talent and success which marked his early career on the more distant field, have, as they became known and appreci-

ated, contributed, not a little, to place him on the high pinnacle of fame where he now stands. Like all British Indian officers, he is likely to entertain ideas of continued British aggrandizement in that quarter of the globe, and the most perfect contempt of the means of resistance in the power of the natives. These considerations should also, perhaps, have their weight in considering the future policy which will be adopted by England towards China.

LATEST NEWS.

**Arrival of the Acadia**.—News from London, in advance of the Mail. By the arrival of a gentleman in Kingston, who came passenger by the Acadia, which arrived at Boston on the 6th inst., we are enabled to place the following extract of a private letter before our readers.—Whig.

LONDON, NOVEMBER 17, 1841.

"The Cholera has travelled from Bristol to London, and is making great ravage. Mr. Goulbourn has become its victim, and serious apprehensions are entertained for the life of Lord Wararcliffe, from an attack of that awful disease. The Styx is not so much damaged as was imagined, and might have been repaired at Cork. The fact is that Sir Charles Bagot got *sunked*. By his return to London he has seriously offended Lord Stanley, which led to the latter, who is of a very irascible nature, hrowing up his Seals of Office. Lord John Russell is talked of as his successor—coalition ministry. It is now very uncertain whether Charles Bagot will proceed to Canada as Governor General, as that depends of course on the approval of the Colonial Secretary, who may be appointed."

The Queen is reported in some papers to the great joy of the nation no doubt, to have given birth to a Prince of Wales

From the British Colonist Extra, of Dec. 13. BIRTH OF HIS ROYAL HIGHNESS THE PRINCE OF WALES.

The Acadia has arrived at Boston, having sailed from Liverpool on the 19th November.

The Queen has been safely delivered of a Prince of Wales, on the 9th November.

Sir Charles Bagot sailed from Portsmouth, for Canada, on the 12th November, with a fair wind so that His Excellency may be daily looked for.

The information given above is derived from the Liverpool European, published on the day the Acadia sailed.

There is no confirmation in the report of the Cholera raging in London, or of the death of Mr Goulbourn, or of the illness of Lord Wararcliffe. The whole appears to be a *malicious hoax*, practised by some knave on the Editor of the Kingston Whig.

Letters and Remittances received during the week.

ALEXANDRIA—Rev John McDonald, 7s 6d, Col Chisholm, 5s, Valentine Chisholm, Captain Angus McDonald, and Old Donald McKinnon, each 7s 6d

BYTOWN.—Rev Mr D'Esantels, & Louis Tasse, each 7s 6d, Mr Aumont, 15s

CAMDEN EAST—Rev C Bourke, for John Doudon, Gananoque; Mr Coen Camden East; Lawrence Raile and Tim Murphy, Sydenham; each 7s 6d

HAMILTON.—Patrick Burns, 2 subscriptions, 30s, J McKenny, James Mullen, each 7s 6d

PERRY—Michael McCabe and Patrick Ward, each 7s 6d

NEW HARDWARE STORE

THE Subscriber begs leave to inform his friends and the public generally, that he has re-opened the Store lately occupied by Mr. J. Layton, in Stinson's Block, and is now receiving an extensive assortment of Birmingham, Sheffield and American Steel and Heavy HARDWARE, which he will sell at the very Lowest Prices.

H. W. IRELAND. Hamilton, Oct. 4, 1841.