

# The Middlebury Gazette

IN THE DARK AND TROUBLED NIGHT THAT IS UPON US, THERE IS NO STAR ABOVE THE HORIZON TO GIVE US A GLEAM OF LIGHT, EXCEPTING THE INTELLIGENT, PATRIOTIC WHIG PARTY OF THE UNITED STATES.—WEBSTER.

VOLUME XIII.

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## II. BELL,

EDITOR AND PROPRIETOR.

JOSEPH H. BARRETT,

ASSOCIATE EDITOR.

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## SONG.

BY CHARLES SWAIN.

So mournfully she gazed on him  
As if her heart would break;  
Her silence more upbraided him  
Than all his tongue might speak!

So mournfully she gazed on him,  
Yet answer made the tone—  
But tears that could not be repressed  
Fell slowly, one by one.

"I hoped," she said,—but what she hoped  
In hushed died away;  
"I thought," she said,—but what she thought  
Her tears might only say!

She could do nought but gaze on him,  
For answer she had none;  
But tears, that could not be repressed,  
Fell slowly, one by one.

Alas! that life should be so short—  
So short, and yet so sad;  
Alas! that we so late are taught  
To prize the time we had!

The silent sorrow of that hour  
Will haunt his daily track;  
And oil he'll wish, when lost the power,  
He'd call that weeper back.

## ALIENATION.

Alas! they had been friends in youth;  
And whispering tongues had passed;  
And constancy lives in redoubt above;  
And life is thorny; and youth is vain;  
And to be with one we love,  
Doth work like madness on the brain.

But never either found another  
To free the hollow heart from pain;  
They also faltered, the scars remaining,  
Like cliffs, which had been rent asunder;  
A dreary sea now flows between,  
But neither heat, nor frost, nor thunder,  
Shall wholly do away, I ween,  
The marks of that which once hath been.

Coterie.

eloquence.—One of our exchange papers gathers up the following "bursts of eloquence."  
"Your honor sits high upon the adorable seat of justice like the Asiatic rock of Gibraltar; while the eternal streams of justice, like the cadaverous clouds of the valley, flow meandering at your feet."  
This reminds us of the commencement of a speech of a lawyer in New Jersey—"Your honors do not sit there like marble statues to be wafted about by every idle breeze."

HIGHWALTS!—The following is an extract from the speech of a Mississippi militia officer—"Gentlemen, my mind naturally converts with pleasurable enigmas to the delightful tapestry of the Oregon Territory. 'Tis there that nature is more than herself, for the soft breezes from the Hege Islands wafts to the listening ear the varied symphonies of the jackdaws, sweet carolling to the melodious 'pipitry' of a thousand crocodiles."

Like the sentiment of the following scrap, though the author is unknown. Whoever he may be, if his practice accords with his precepts, we would like to shake hands with him:  
"A genial and happy disposition finds materials of enjoyment every where. In the city, or the country—in society, or in solitude—in the theatre, or the forest—in the hum of the multitude, or in the silence of the mountains, are alike materials of reflection and elements of pleasure. It is one mode of pleasure to listen to the music of 'Don Giovanni,' in a theatre glittering with light, and crowded with elegance and beauty; it is another to glide at sunset over the bosom of a lonely lake, where no sound disturbs the silence but the motion of the boat thro' the waters. A happy disposition derives pleasure from both, and is discontented temper from neither, but is always busy in detecting deficiencies, and feeding dissatisfaction with comparisons. The one gathers all the flowers, the other all the nettles, in his path. The one has the faculty of enjoying everything, and the other of enjoying nothing. The one realizes all the pleasure of the present good; the other converts it into pain, by pining after something better, which is only better because it is not present, and if it were present would not be enjoyed."

"Colored ladies," says an exchange, "may be compared to many roses; because they were born to blush unseen."  
"The greatest pleasure I know," says Charles Lamb, "is to do a good action by stealth, and to have it found out by accident."  
"Man," says Adam Smith, "is an animal that makes bargains. No other animal does this—no dog exchanges bones with another."

## AGRICULTURAL.

### SUCCESSFUL STEEP FOR SEEDS.

Much has been said and written on the subject of soaking seeds in different preparations, for the purpose of promoting their rapid vegetation and growth. As far as I have heard or read, these experiments have proved that most of these solutions or preparations are nearly or quite worthless. I will, however, state a few facts in relation to one solution that I have tried for the last three seasons.

In the winter of 1845, I found in the Philadelphia Saturday Courier, I think, the following recipe: "Soak garden seeds four hours in a solution of chloride of lime, in the proportion of 1-4 oz. chloride of lime to one gallon of water." The writer observes that seeds which were soaked thus came up some days sooner than those which were not soaked, and that the plants kept the lead through the season.

The experiment being easily tried, I made up my mind to give it a fair trial, and see what the result would be. On the 10th of May, 1845, having my ground ready, bedded and hills all prepared, so that as little time as possible should be consumed in planting, I put cucumber, melon, beet, summer savory and radish seeds, and corn, beans and peas in the solution, let them soak four hours, and planted immediately. Twenty-four hours after planting, I dug up some of the corn and peas, and found that their roots were from one to one and a half inch in length. In forty-eight hours the roots were three to four inches in length.—The precise day that they broke ground I now forget.

My cucumbers and melons came up quick and well, and for the first time in my life, my beets were up before any weeds started. In two or three of my neighbors' gardens, nine or ten days previous to mine, beans were just breaking the ground when mine were planted, yet mine passed them in a week, my corn came up about the same time, and my beans came up first. Now as to the moisture merely, seeds lying in the ground eight or ten days would imbibe as much as they would by being soaked four hours. I have not marked the exact time of my seeds vegetating since 1845. I know however, that my seeds do not fail me as they used to do, and that my neighbors frequently do.

This year I did not plant my garden till the 17th of May. Everything that I sowed came up quick, so that my plants were altogether ahead of the weeds, and my cucumbers and melons have kept out of the reach of the bugs, while my neighbors have planted two, three or four times. I have never seen any notice of this solution, except as above mentioned. Two or three of my neighbors have tried the experiment this year with the like good results.—*Albany Cultivator.*

SAW DUST.—Messrs. Editors.—Much has been said in the agricultural papers about the value of saw dust for manure. Two or three years ago a saw factory was put in operation in this vicinity. Most of the lumber used is birch, very light, and Mr. Clark, one of the most scientific and practical farmers and fruit growers in this vicinity, procured a large quantity of the saw dust and refuse pees, he bedded his horses, cattle, and hogs freely with it, and when it was saturated with urine, it was shoveled out with the manure in the compost heap. He told me a few days ago that it injured his crops more than fifty dollars; he said it appeared to burn and dry his vegetables all up, and where he put the compost around his fruit trees the soil would start up.

I have quite a lot of the saw dust and refuse pees in my barn yard. I should like very much to know how to manage it so as to have it beneficial and not injure my crops. If you or some of your correspondents could give any information in regard to it, it would be thankfully received by a subscriber.

One word in regard to manure. My farm was once covered with pine and chestnut timber. I can buy long manure for about two dollars per cord. Will it pay the way to buy sulphuric acid to dissolve bones, if not, how is it best to apply them?

Yours,  
A.  
Brattleboro, March 23, 1848.

EDITORIAL REMARKS.  
Saw dust applied to land in its fresh state will not have a good effect immediately, but on the contrary it has an injurious influence in the acid it contains. If allowed to lay in the heap till decomposed, and then mixed with ashes or lime to destroy the acid, it would become a good manure. Or if applied around trees in its fresh state, it would have a favorable effect as a covering for dry ground, retaining the moisture; and as it gradually decays, it would form a good manure for trees.

Common stable manure at \$2 per cord is probably cheaper than horse manure, diluted with sulphuric acid, excepting on very old lands, where the bone earth or phosphate of lime is exhausted, and bones are much needed to restore fertility. We think that bones may be dissolved in a solution of potash, and form a better manure than they will dissolved in acid; for the potash is a better manure than the acid, though a small quantity of sulphur may be useful; but that can doubtless be applied more economically in plaster than in sulphuric acid.

Boston Cultivator.

BOTS IN HORSES.—The N.Y. Spirit of the Times gives the following recipe for the cure of bots and cholic in horses: Take a pint and a half of castor oil, mixing in it as much fine table-salt as it will absorb; bleed the horse in the mouth, and when bleeding freely, pour the above down blood and all.

WHITEWASH FOR FRUIT TREES.—A. J. Downing & others, have given it as their opinion, that an injurious effect is produced on fruit trees by the sun's rays when they strike the body and limbs with direct force, while the sap is frozen, or when there are sudden changes from cold to sunshine. The writer has not had sufficient opportunity, from comparisons, to form a positive opinion in the case; but as it has been suggested that the application of whitewash to trees would have the effect to reflect the rays of the sun, and thus prevent the heat being communicated to the trunk and branches, it is proper to notice any experiments which have a bearing on the subject. In the January number of the Horticulturist, the editor states that he took two thermometers, which agreed perfectly, and to the bulb of one of them he applied a thick coating of white-wash and allowed it to become dry; the other was left as usual. The result is given as follows: "After being exposed for an hour to the full sunshine, the naked thermometer indicated 97 degrees—the thermometer with the white-washed bulb only 79 degrees—being a difference of 19 degrees."

## PREMIUMS

OFFERED BY THE ADDISON COUNTY AGRICULTURAL SOCIETY.

1848.

ON FARMS.

For Best managed Farm of 50 acres or upwards, \$10.00  
2d best, 6.00  
3d best, 4.00

FIELD CROPS.

Best crop of Winter Wheat, not less than 1 acre in one piece, 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop Spring Wheat, do. 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop Indian Corn, do. 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop Peas, do. 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop Buck Wheat, do. 5.00  
2d best, 4.00  
3d best, 3.00

Best crop Oats not less than 2 acres in one piece, 4.00  
2d best, 3.00  
3d best, 2.00  
Best crop Beans, not less than 1-4 acre, 3.00  
2d best, 2.00  
3d best, 1.00  
Best crop Potatoes not less than 1-2 acre, 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop English Turnips, 1-4 acre, 2.00  
2d best, 1.00  
3d best, .50  
Best crop sugar Beets, not less than 1-4 acre, 3.00  
2d best, 2.00  
3d best, 1.00  
Best crop Orange Carrots, do. 3.00  
2d best, 2.00  
3d best, 1.00  
Best crop White Carrots, 1-4 acre, 2.00  
2d best, 1.00  
3d best, .50  
Best crop Broom Corn, do. 5.00  
2d best, 4.00  
3d best, 3.00  
Best crop Flax not less than 1-2 acre, 2.00  
2d best, 1.00  
3d best, .50

BULLS.

Best Bull 2 years old and upward, 6.00  
2d best, 5.00  
3d best, 4.00  
4th best, 3.00  
5th best, 2.00  
Best Bull one year old, 4.00  
2d best, 3.00  
3d best, 2.00  
Best Bull Calf, 2.00  
2d best, 1.00

COWS AND HEIFERS.

Best Cow 3 years old and upward, which shall have been in Calf the past season, 5.00  
2d best, 4.00  
3d best, 3.00  
4th best, 2.00  
5th best, 1.00  
Best 2 year old heifer, 3.00  
2d best, 2.00  
3d best, 1.00  
Best yearling Heifer, 2.00  
2d best, 1.00  
3d best, .50  
Best heifer Calf, 1.00  
2d best, .50  
3d best, .25  
Best Milk Cow, to be determined by the quantity and quality of butter, made from her milk, 2 weeks in June, kept on grass only,—the animal and butter to be exhibited at the Fair, 4.00  
2d best, 3.00  
3d best, 2.00

OXEN AND STEERS.

Best pair working Oxen, 5.00  
2d best, 4.00  
3d best, 3.00  
4th best, 2.00  
5th best, 1.00  
Best pair 3 year old Steers, 3.00  
2d best, 2.00  
3d best, 1.00  
Best pair 2 year old Steers broken, 2.00  
2d best, 1.00  
3d best, .50

MATCHED HORSES AND STALLIONS.

Best pair of matched Horses, 4.00  
2d best, 3.00  
3d best, 2.00  
Best Stallion 4 years old and upward, 6.00  
2d best, 5.00  
3d best, 4.00

MARES AND COLTS.

Best breeding Mare which shall have been in foal the past season, 5.00  
2d best, 4.00  
3d best, 3.00  
Best Mare and gelding Colt 3 years old, 4.00  
2d best, 3.00  
3d best, 2.00  
Best Colt 1 yr old, 2.00  
2d best, 1.00  
3d best, .50  
Best suckling Colt, 2.00  
2d best, 1.00

SWINE.

Best Boar not less than 5 months old, 5.00  
2d best, 4.00  
3d best, 3.00  
Best breeding Sow not less than 12 months old, which has borne pigs, 5.00  
2d best, 4.00  
3d best, 3.00

SHEEP.

MERINO BUCKS & LAMBS.  
Best Merino Buck of one year and upward, 5.00  
2d best, 4.00  
3d best, 3.00  
Best pen of 5 Merino lambs dropped after the 15th of April, 6.00  
2d best, 5.00  
3d best, 4.00

SAXONY AND GRADE BUCKS AND LAMBS.

Best Saxony or Grade Buck, 1 yr old and upward, 6.00  
2d best, 5.00  
3d best, 4.00  
Best pen of five Saxony and Grade Lambs, dropped after the 15th of April, 6.00  
2d best, 5.00  
3d best, 4.00

MERINO EWES IN PENS OF 5.

Best pen of 5 Merino Ewes, 6.00  
2d best, 5.00  
3d best, 4.00

SAXONY AND GRADE EWES.

Best pen of 5 Saxony and Grade Ewes, 6.00  
2d best, 5.00  
3d best, 4.00

OF ANY VARIETY.

Best pen of 15 ewes of any variety, 5.00  
2d best, 4.00  
3d best, 3.00  
Best pen of 15 lambs of any variety, 5.00  
2d best, 4.00  
3d best, 3.00

MISCELLANEOUS.

Best specimen of Coconos, one bushel or more, unsorted, 3.00  
2d best, 2.00  
3d best, 1.00  
Best lot dunghill fowls, not less than 6, 5.00  
2d best, 4.00  
3d best, 3.00  
6 best water melons, 5.00  
6 best water melons, 5.00  
6 best water melons, 5.00  
Best bushel Potatoes, 5.00

best 30 ears seed Corn, 5.00  
best bushel Onions, 5.00  
best nursery of Fruit Trees not less than 1000, 5.00  
2d best, 3.00

MANUFACTURED GOODS.

Best piece of plain Cloth not less than 20 yards, 2.00  
2d best, 1.00  
3d best, .50  
Best piece of Cassimere, not less than 20 yards, 2.00  
2d best, 1.00  
3d best, .50  
Best Fur Hat, 1.00  
Best Wool do., 1.00

FARM IMPLEMENTS.

Best Plow, 3.00  
Harrow, 2.00  
Cultivator, 2.00  
Cheese Press, 2.00  
Churn, 1.00  
Bee Hive, 1.00  
Straw Cutter, 2.00  
Fanning Mill, 1.00  
Horse Rake, 1.00  
Drill Barrow, 1.00  
Farm Wagon, 3.00  
Horse Cart, 2.00  
Wheel Barrow, 1.00  
Ox Yoke, 1.00

Improved Horse power machine for threshing, &c., 5.00  
Improved Wind Mill, 1.00  
Specimen of window blinds, 1.00

BUTTER, CHEESE, HONEY, SUGAR.

Best 28 lbs. Butter, 3.00  
2d best, 2.00  
3d best, 1.00  
Best 100 lbs. Cheese, 2.00  
2d best, 1.00  
3d best, .50  
Best box Honey 10 lbs. or over, 1.00  
2d best, .50  
3d best, .25  
Best 20 lbs. Maple Sugar, 2.00  
2d best, 1.00

IRON AND LEATHER MANUFACTURES.

Best half doz. Hoes, 1.00  
do Hayforks, 1.00  
do Steel Manure Forks, 1.00  
do Seythes, 1.00  
do Axes, 1.00  
1-4 do Chairs, 1.00  
Best Hay Knife, 50  
Two-horse Harness, 1.00  
Saddles, 2.00  
6 sides Sole Leather, 2.00  
6 sides upper Leather, 2.00  
C Calf Skins, 2.00  
pair Calf Hides, 1.00  
pair Cow Hide Boots, 50  
pair Calf Skin Boots, 50

HOUSEHOLD MANUFACTURES.

Best 10 or more yards of manufactured full cloth, 2.00  
Best 10 or more yards of domestic Woolen for Ladies' dresses, 2.00  
Best 20 or more yards of Flannel, 2.00  
2d best, 1.00  
Best 10 yards domestic Wool Carpeting, 3.00  
2d best, 2.00  
3d best, 1.00  
Best 20 yards Linen Diaper, 2.00  
2d best, 1.00  
3d best, .50  
Best 20 yards Tow Cloth, 2.00  
2d best, 1.00  
3d best, .50  
Best pound of Linen Thread best 10 lb. sewing silk, variety of colors, 1.00  
Best cloth table-spread, 1.00  
Best pair Silk hose, 50  
" Cotton hose, 50  
" Woolen hose, 50  
" Knit Mittens, 50  
" silk Gloves, 50  
Best Straw Hat, 50  
" Bonnet, 50

FRUITS.

Best 5 sorts apples, not less than 10 each, 1.00  
2d best, .50  
3d best, .25  
Largest variety of superior apples 3 bushels of each, 5.00  
Best 20 varieties of table pears, not less than 10 each, 1.00  
2d best, .50  
3d best, .25  
Best 4 quarts of plums, 50  
Best 20 bunches grapes, 50  
Best seedling variety of apples, not less than 10, 50  
2d best, 50  
3d best, 50  
Best 10 peaches, 50  
10 quinces, 50  
Largest variety of plums, 50

CONDITIONS ON WHICH PREMIUMS WILL BE AWARDED.

Applicants for premiums on Field crops will be required to lodge a specification with the Secretary, or Assistant Secretary, detailing the manner of cultivating the crop, the expense thereof, and the number of days' work expended, and the condition of the land the year previous.

The quantity of land specified in the list of premiums must in all cases be in one piece, be measured, and the entire crop harvested and measured in the presence of the claimant, and competent disinterested witnesses, furnishing certificates of the same.

The above named specifications and certificates to be lodged with the Secretary, or Assistant Secretary, at least 10 days before the annual meeting in January. Specimens of the crops of wheat, corn, oats, peas, beans, and buckwheat, offered for premiums, of at least 4 quarts, must be left with the Secretary or Assistant Secretary, for the examination of the committee, and for exhibiting at the annual meeting. But no second premium will be awarded to the same individual for the same kind of crop.

STOCK.

Premiums will not be awarded on live stock unless the claimant shall have been the owner of the same, at least 3 months previous to the Fair.

All competitors for premiums on animals shall give notice to the Secretary or Assistant Secretary, of their intention of presenting them for premiums, in writing, at least two days before the Fair, or lodge a like notice with the manager in the town in which the applicant resides, ten days before the Fair, and it shall be the duty of such manager to forward said notice to the Secretary, or his assistant, at least two days previous to the Fair, that the necessary accommodations shall be provided for them.

Sheep offered for premiums must have been sheared after the 1st of June.

FARMING IMPLEMENTS.

Premiums will be awarded on any farming implement unless invented by the claimant and presenting a new and useful

improvement; or constructed by him, and possessing some very useful property which renders it decidedly preferable to others of the kind in common use; or patented implements, the right to make and vend in this County, being owned by the claimant.

Members presenting any farming implements for premiums will be required to furnish a written description of the particular improvement or distinguished property for which they claim a premium.

COMPETITORS ON BUTTER & CHEESE WILL BE REQUIRED TO FURNISH A FULL AND DETAILED STATEMENT OF THE NUMBER OF COWS KEPT BY THEM, THE NUMBER OF KEEPING, AND THE PROCESS OF MANUFACTURING, AND PRESERVING THE ARTICLES PRESENTED.

GENERAL RULES.

None of the regular premiums offered above shall be awarded to any person unless he shall have paid one dollar and signed the Constitution of the society at least two days previous to the Fair.

Unless the committee who are to judge in the case, shall be fully satisfied that the statement of the applicant for a premium is essentially correct, the premium will not be awarded. No animal or article which has drawn the first premium at a former fair shall be again presented for a premium in the same class. Nor shall any animal or article be entitled to two premiums at the same Fair. Nor shall any member be entitled to more than one premium on the same kind of crop, article, or stock in the same class.

To be entitled to a premium, the animal must be owned, the crop must be raised, and the article manufactured within the County since the last Fair.

No premium can be awarded where there is no competition, except in cases of great merit.

Discretionary premiums, or gratuities, may be awarded on stock or articles not enumerated for premiums, should there be any presented, deemed meritorious, and worthy of encouragement, and funds will be placed at the disposal of each of the awarding committees to the amount of five dollars, to be appropriated for discretionary premiums. All reports of viewing committees shall be made in writing, and signed by the members assenting thereto.

All awards for premiums claimed by any member must be drawn from the Treasury within three months from the day of award, or they shall remain, as contributed to the Society's fund.

E. W. BLAISDELL, JR., Sec'y.

Vergennes, March 20, 1848.

## MISCELLANY.

### THE FUGITIVE KING.

The condition of the late Royal Family of France is such as cannot fail to excite the sympathy of all who pity the unfortunate of any class. The guillotine was doubtless immediately before their eyes during the whole of their flight—but it does not appear that they were pursued—their absence, not their heads, was all that was cared for by the new government.—The King, however, in order to give his supposed pursuers, shaved off his whiskers, dressed in a sailor's clothing, and otherwise disguised himself. The first embarked in a fishing boat, as did Xarxes flying from Greece—were picked up by a British steamer, and landed at New Haven. The following is an affecting account of the first interview with the King and Queen of some of the scattered members of the Royal Family.

The Duke de Montpensier and the Duchess of Nemours and her two children, arrived at Gosport on Saturday morning, the 4th, from Jersey. They were accompanied by Gen. Lefebvre and one servant. The Duchess of Orleans, also, and her two children, arrived at Portsmouth on Saturday, the 4th, from Jersey.

The special train conveying the royal party arrived at twenty minutes past twelve o'clock at the Croydon station, where their Royal Highness the Duc de Nemours and the Duke and Duchess Augustus of Saxe Coburg, had been waiting since half past nine o'clock to receive their relatives. The Directors, shortly before the arrival of the special train, had, with great consideration, excluded all strangers from the platform. At the moment the train was brought to a stand-still, the Duke de Nemours rushed towards the window of the carriage in which his exiled parents were seated, and grasping his father's hand, covered it with kisses.—The Queen, who was sitting on the right of her royal husband, and was consequently farther from the platform, on discovering the Duke, gave utterance to a faint scream, and then fell back to her seat.

The door of the carriage having been opened, the King alighted and embraced his son with great fervency. The next moment he clasped in his arms the Princess Clementina, who was standing close to her brother. The Queen recovering herself in a few moments, stepped out of the carriage after the King, and successively embraced with intense fervor her royal children. The whole party were for some moments lost in grief, and apparently altogether unconscious of the presence of strangers. The first burst of emotion over, the royal party were conducted into the waiting-room, where they remained for some time in seclusion. After the lapse of about a quarter of an hour, the King sent for Mr. Greenfell and other directors, to whom he had made his acknowledgments, shaking hands with each. At half past twelve the King entered a hired Brougham with two horses, the Queen, with the Duke de Nemours and the Princess Clementina, taking seats in the same vehicle. As the King entered the carriage he was cheered by the persons assembled round the station. Several pressed forward and begged permission to shake hands with the exiled monarch, a favor he very readily allowed to all who sought it. One gentleman apologized for the liberty he had taken in grasping his Majesty's hand; on which the exiled King remarked, "Oh do not apologize, sir. I receive your hand as a token of your friendship—"

of the friendship, I ought to say, of the British people." The King then addressed similar observations to several persons, and appeared moved at the kindness of feeling exhibited towards him.

The remaining members of the party having entered two other carriages of the same description, also hired, they drove off in the direction of Clarendon, distant from Croydon about 14 miles. As the ex-monarch drove out of the station yard he was again cheered by the spectators.

Written for the Galaxy.

### THE PREVENTION OF SCROFULA.

No. v.

Active exercise in the open air is of the greatest consequence in establishing a good constitution, and in preventing especially, the scrofulous, the development of disease. The debilitating effect of sedentary habits, whether on the child or on the adult, is familiar to every one. It is common to see a young man go from the farm to college, or some indoor pursuit, and in a few years, or even a few months, fall a prey to consumption. And, on the other hand, how often do we see the failing constitution of a young person renewed, and his health re-established by leaving the still life he has been accustomed to and laboring upon the farm or at some other active employment. Although scrofulous diseases are extremely not wanting in the rural districts, they are undoubtedly less common there than in populous towns; and were the other particulars of regimen, diet, exposure, &c., better attended to, the distinction would undoubtedly be still greater. In our females who live by the sedentary employments of sewing, braiding, &c., consumption is more fatal than in any other class of the community. Bending over their tasks through the whole day and often through the greater part of the night, and breathing an impure and confined air, the seeds of death are too often quickly sown.

One can hardly be in the open air too much, but exercise may easily be too severe and fatiguing. It should not, to be beneficial, be carried to the extent of exhaustion; that is debilitating, and therefore always bad.

Perhaps no kind of exercise is better than riding horseback. Besides exercising gently all the muscles of the body, it promotes an exact posture and calibrates the mind,—two particulars of no mean importance. Physicians, and the greatest of modern physicians, used to regard horseback exercise as almost a specific in consumption, and (joining two good things together) was accustomed to direct the patient to put a jug of milk and nutrimentous rice and the butter came, and then drink the butter milk. It is of the utmost importance to children that they be much in the open air. For this they have a natural inclination, and that inclination should not be thwarted. Let them roll and tumble in the dirt, if they like it; let them dig, dig, dig, dig, dig, but it is a better thing to "cleanse their blood" than all the pills and potions that the doctor's sad dog-bags contain. I believe it is no vain fancy that the smell of the fresh earth is salutary. If an explanation of that is wanted, it is easy to be found. The earth everywhere is more or less impregnated with salt-petre. Now the vapor of this has long been known to be beneficial in scrofulous constitutions. It is to the exhalation of that article that a residence in the Mammoth Cave of Kentucky owes its efficacy in consumption.

The school hours of a child under twelve years old should not be over four hours a day. If he be shut up six, or eight hours he will learn less, and his health will be sure to suffer. The conclusion that a child has inherited scrofula, should influence the conduct of a professional man, and instead of giving him an "easy" trade or preparing him for one of the learned professions, as is too much the custom, he should follow some avowed pursuit, as that of the carpenter or farmer or blacksmith. The Medical is the only profession that a person of that constitution should be permitted to choose. The active, outdoor life of that class of men is well calculated to promote vigor of the physical system and to ward off scrofulous disease. It is a common opinion, and one, I think, not without foundation, that scrofulous children are more apt, than others to be seriously injured in crowded cities, and in the narrow streets of these cities where the sunlight never penetrates, are pale, weak and powerless to resist disease. They are, in fact, in the hands of fate, in like manner the children which are born and nurtured in crowded cities, and in the narrow streets of these cities where the sunlight never penetrates, are pale, weak and powerless to resist disease. They are, in fact, in the hands of fate, in like manner the children which are born and nurtured in crowded cities, and in the narrow streets of these cities