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LOUDON:
FRIDAY, JULY 1, 1853.

THE LOUDON FREE PRESS, For 1853.

Having assumed the onerous and responsible duties of public journalists, we feel the just desire to increase the circulation of our paper, as it will not only increase our capabilities of doing good, but at the same time give us reasonable remuneration for our labors. To accomplish this desirable end, we have determined to send out this Prospectus with a *request* that all who feel an interest in the increased circulation of our paper will send us the largest number of subscribers they possibly can. Yet, we cannot make this request without tendering appropriate acknowledgements to several friends whose exertions in procuring us subscribers have not been unnoticed by us.

We deem it unnecessary to occupy a lengthy exposition of the leading features of the Free Press. Its political complexion is uncompromisingly Whig—but we are truly glad that the evil times of unrelenting political warfare has for a time at least ceased, and those so long and so recently in antagonistic array, are drawing together in friendship and in purpose, to mingle united effort and united wisdom to advance the interests and the *true glory of the land.* We look to the promotion of the interests of Agriculture, of Manufactories and of Commerce, as being by far more important to the improvement of the country, than any political issue upon which the American people are extensively divided. These great interests shall have our warmest support. Our leading aim shall be to *arouse public sentiment* to the importance of industrial progress—of enriching our fields, of beautifying our homes—of starting up the busy hum of industry and enterprise.

As to the merits of the Free Press it is for the public to judge—we can only claim that we have earnestly endeavored to publish a paper worthy of public patronage. It is filled with readable matter—containing the latest Foreign and Domestic News—full and impartial quotations of the Produce Markets of Loudon, Augusta, Savannah, Macon, Charleston, and Nashville, with occasional quotations from other important points—together with the prices and number of Hogs sold in Cincinnati each week during Packing season—also the prices of Pork at numerous other points, so as to give our Traders a broad and correct basis of judgement in regard to this important article of trade. In a word, our paper is for the business men of East Tennessee.

We are anxious to increase our circulation, and have determined to offer the Free Press at greatly reduced prices to Clubs—money to accompany the names, as follows—

Single copy, 1 annum,		$2 00
Three Copies,	"	5 00
Eight Copies,	"	12 00
Twelve Copies,	"	15 00
Twenty Copies,	"	20 00

J. W. & S. B. O'BRIEN, *Publishers.*
Loudon, Tenn., Jan. 15, 1853.

The Prospects of the Crops in England. The London Mark Lane Express states that under the combined influence of heat and moisture, the various crops have improved in appearance, and the reports from the agricultural districts are already of a more cheerful character; at the same time, the estimates of the probable result of the harvest are not by any means sanguine. The extreme shortness of the breadth of land under wheat renders it very improbable that the produce of that grain can, under almost any circumstances, prove large, and the period to which the sowing of spring corn was unavoidably delayed, is certainly against an early or productive year. Still, with an auspicious summer, the result might be better than anticipated, and merchants having profited by past experience are not likely to be tempted into speculative investments on the chance of a possible deficiency after harvest. Should the foreign supplies fall off however, and the consumption of bread continue as great as it has hitherto been, the value of wheat would probably improve even if nothing should occur from now to harvest to give rise to apprehensions as to the crops.

Man and Woman.—Man is the creature of interest and ambition. His nature leads him forth into the struggle and bustle of the world. Love is but the embellishment of his early life or a song piped in the intervals of the acts.—He seeks for fame, for a place in the world's thought, and dominion over his fellow-men.—But a woman's whole life is a history of the affections. The heart is her world; it is there her ambition strives for empire; it is there her avarice seeks for hidden treasures. She sends forth her sympathies on adventure; she embarks her whole soul in the traffic of affection; and if shipwrecked, the case is hopeless—for it is bankruptcy of the heart.

'Friend Jones, prepare yourself to hear bad news.,

'My gracious!—speak—what is it?'

'Your wife is dead!'

'Oh, dear, how you frightened me; tho't the neighbors pigs had broke into my garden and destroyed my inyuns.

SENATOR EVERETT ON THE CELTIC EXODUS.

The distinguished Senator from Massachusetts delivered an address before the New-York Historical Society last week, on the discovery and settlement of America, which is a comprehensive sketch of that important movement.—The New-York *Evening Mirror*, speaking of the oration, says:

"No historical document of greater interest and value, or more inspiring to Republican pride, has ever fallen from American tongue or pen. It is succinct and complete. The discovery of the New World; its colonization; the new political spirit generated in its colonies; its freedom (speaking of our own race) springing from that spirit; its mighty expansion of territory under the pressure of national growth and marvellous emigration; its overshadowing of Old Rome in splendor and power; its indeptedness to the Celtic race; its gigantic influence among the nations, even in its youth; and its promise in the future are rapidly, boldly and beautifully traced. Of Mr. Everett's many noble utterances none is grander than this.

"If the address had less merit of its own to win the admiration and approval of Americans; and all who had an interest in the record and destiny of the New World, the name and fame of its author would bear it far. But it needs no advantitious aids. Mr. Everett has sounded the well of truth for his reflections and glimpses of prophecy betray the genius of philosophy and inspiration. In Great Britain, where his career as Minister made him admired and respected, the address will be widely read and pondered. For the vassal world of Europe, it points to our almost boundless public domain, a land of promise for the human race.

"The Historical Society and our city owe two large debts of gratitude—one for the Farewell Discourse on History, by Daniel Webster, and the other for the address of Edward Everett.—Both are master pieces. Webster is gone from among us; only his mighty memory remains.—But Everett still lives—not an unworthy successor of America's greatest statesman and orator. Everett—in the ripeness of his years; a scholar, a jurist, an orator, and a statesman, if equalled by any, surpassed by none. A star in the Senate, we lift not the horoscope to scan his future; it will be ample for his fame, if his future be as radiant as his past."

We regret that our limited space will not permit us to lay this masterly production in *extenso* before our readers, and as we have room for an extract only, we shall confine ourselves to his notice of the present emigration, which will doubtless have so great an influence on the destiny of Ireland, Germany, and the United States:

"The races that invaded Europe came to lay waste and to subjugate; the hosts that cross the Atlantic are peaceful immigrants. The former burst upon the Roman empire, and by oft-repeated strokes beat it to the ground. The immigrants to America from all countries come to cast in their lot with the native citizens, and to share with us this great inheritance of civil and relegious liberty. The former were ferocious barbarians—half-cladin skins—speaking strange tongues,—worshiping strange gods with bloody rites;—the latter are the children of the countries from which the great European settlers of this continent proceeded, and belong with us to the great common family of Christendom.—The former destroyed the culture of the ancient world, and it was only after a thousand years that a better civilization grew up from its ruins. The millions who have established themselves in America within sixty years, are from the moment of their arrival, gradually absorbed into the mass of the population, conforming to the laws, moulding themselves to the manners of the country, and contributing their share to its prosperity and strength.

"It is a curious coincidence, that as the first mighty wave of the hostile immigration, that burst upon Europe before the time of our Savior, consisted of tribes belonging to the great Celtic race—the remains of which, identified by their original dialect, are still found in Brittany, in Wales, in the highlands of Scotland, and especially Ireland—so by far the greater portion of the new and friendly immigration to the United States consists of persons belonging to the same fervid, imaginative and too often oppressed race. I have heard in the villages of Wales and the highlands of Scotland the gospel preached in substantially the same language in which Brennus uttered his haughty summous to Rome, and in which the mystic songs of the Druids were chanted in the depths of the primeval forests of France and England, in the time of Julius Cæsar. It is still spoken by thousands of Scotch, Welsh and Irish immigrants, in all parts of the United States.

This great Celtic race is one of the most remarkable that has appeared in history.—Whether it belongs to that extensive Indo-European family of nations, which, in ages before the dawn of history, took up a line of march in two columns from lower India, and moving westward both by a northern and a southern route, finally diffused itself over Western Asia, Northern Africa, and the greater part of Europe; or whether, as others suppose, the Celtic race belongs to a still older stock, and was itself driven down upon the South and into the West of Europe by the overwhelming force of the Indo-Europeans, are questions which we have no time at present to discuss. However, it may be decided, it would seem that for the first time, as far as we are acquainted with the fortunes of this interesting race, they have found themselves in a really prosperous condition in this country. Driven from the soil to which their fathers have clung for two thousand years, they have at length and for the first time in their entire history, found a real home in a land of strangers. Having been told, in the frightful language of political economy, that at the daily table which nature spreads for the human family, there is never laid for them in Ireland, they have crossed the ocean to find occupation, shelter, and bread on a foreign soil.

"This 'Celtic Exodus,' as it has been aptly termed, is to all parties immediately connected with it one of the most important events of the day. To the emigrants themselves it may be regarded as a passing from death to life. It will benefit Ireland by reducing a surplus population, and restoring a sounder and juster relation of capital and labor. It will benefit the laboring classes in England, where wages have been kept down to the starvation point by the struggle between the native population and the inhabitants of the sister Island. This benefit will extend from England to ourselves, and will lessen the pressure of that competition which our labor is obliged to sustain, with the ill paid labor of Europe. While the constant influx into America of stout and efficient hands supplies the greatest want in a new country, which is that of labor,—gives value to land, and facilitates the execution of every species of private enterprise and public work.

"I am not insensible to the temporary inconveniences which are to be offset against these advantages on both sides of the water. Much suffering attends the emigrant there, on his passage, and after his arrival. It is possible that the value of our native labor may have been depressed by too sudden and extensive a supply from abroad; and it is certain, that our asylums and alms houses are crowded with foreign inmates, and that the resources of public and private benevolence have been heavily drawn upon. These are considerable evils, but they have perhaps been exaggerated.

"It must be remembered, in the first place, that the immigration daily pouring in from Europe is by no means a pauper immigration.—On the contrary it is already regarded with apprehension abroad, as occasioning a great abstraction of capital. It is attended no doubt with an influx of foreign pauperism. In reference to this, I believe your system of public relief is better here in New-York than ours in Massachusetts, in which, however, we are making important changes. It is said that, owing to some defect in our system or its administration, we support more than our share of needy foreigners. They are sent in upon us from other States. New-York, as the greatest sea port, must be exposed to a similar burden.—However the evil arises, it may no doubt be mitigated by judicious legislation; and in the mean time Massachusetts and New-York might do a much worse thing, with a portation of their surplus means, than feed the hungry, clothe the naked, give a home to the stranger, and kindle the spark of reason in the mind of the poor foreign lunatic; even though that lunatic may have been, (as I am ashamed for the credit of humanity to say has happened,) set on shore in the night from a coasting vessel, and found in the morning in the fields half dead with cold, and hunger, and fright.

"But you say 'they are foreigners.' Well, do we owe no duties to foreigners? What was the founder of Virginia, when a poor Indian girl threw herself between him and the war club of her father? What were the friendly savage—if we must call him so, met them with the salution of 'welcome Englishmen?' 'They are foreigners;'—and suppose they are. Was not the country all but ready a year or two ago to plunge into a conflict with the military despotism of the east of Europe, in order to redress the wrongs of the oppressed races who feed their flocks on the slopes of the Carpathians, and pasture their herds upon the tributaries of the Danube, and do we talk of the hardship of relieving destitute foreigners, whom the hand of God had guided across the ocean and conduct to our doors?

"I am not indifferent to the increase of the public burdens; but the time has been when I have felt a little proud of the vast sums paid in the United States for the relief of poor emigrants from Europe. It is an annual sum, I have no doubt, equal to the interest on the foreign debt of the States which have repudiated their obligations. When I was in London a few years ago, I received a letter from one of the interior counties of England, telling me that they had in their House of Correction an American seaman (or a person who was both pauper and rogue. They were desirous of being rid of him, and kindly offered to place him at my disposal. Although he did not bid fair to be a very valuable acquisition, I wrote back that he might be sent to London, where he could be shiped by the American Consul to the United States. I ventured to add the suggestion, that if her Majesty's Minister, at Washington were applied to in a similar way by the overseers of the poor and wardens of the prisons in the United States, he would be pretty busily occupied. But I really felt pleased, at a time when my own little State of Massachusetts was assisting from ten to twelve thousand destitute British subjects annually, to be able to relieve the British Empire of the only American pauper quartered upon it."

Note.—In an instructive article relative to German emigration in *Otto Hubner's Jahrbuch fur Volkswirthschaft und Statistik*, the numbers who emigrated from Gemany from 1846 to 1851 inclusive, are estimated to have amounted to an annual average of 96, 676 and the amount of capital abstracted by them from the country to an average of 19,370, 333 rix dollars (about fifteen millions Spanish dollars) per annum.

A noted chap once went into the sanctum of an editor, and indulged in a tirade against a citizen, with whom he was on "bad terms." "I wish" said he, "that you would write a very severe article against B———, and put in your paper." "Very well," was the reply, and after some conversation the visitor went away. The next morning he came cursing into the office in a violent state of excitement. "What did you put into your paper? I have had my nose pulled, and been kicked twice." "I wrote a severe article as you desired," camly returned the editor, "*and signed your name to it.*"

From the Charleston Courier.

CUMBERLAND GAP R. R. CONVENTION.

The Convention proposed to be held at Cumberland, on the 11th of June, for the purpose of taking into consideration the construction of a Railroad, to commence at some point on the Ohio River, and to terminate at Charleston, S. C., and other points, assembled at the time appointed.

There were large delegations from Tennessee and Kentucky, and a good number of strong and influential men from North Carolina and Virginia, and 2000 persons present. For the purpose of organization, Hon. Fayette McMullen, of Virginia, was called to the Chair, and on motion of Hon. Adison White, of Kentucky, a Committee of three from each State represented, were appointed to report permanent officers for the Convention. The committee consisted of Hon. A. White, Wm. Garrard and Silas Woodson, of Ky., Samuel V. Fulkerson, N. A. Preston, and V. Woodward, of Va.; Col. W. Houston, W. R. Evans, and L. S. Garrett, of Tenn.; N. W. Woodfin, John E. Patton, and W. D. Rankin, of N. C., who reported, after deliberation, the gentlemen below as officers of the Convention: For President, James W. Patton, N. C. For Vice Presidents, Col. D. Garrard, of Ky., Col. D. Sharpe, of Va., Hugh Graham, of Tenn., and James M. Smith, of N. C. For Secretaries, Jas. M. Edney, of N. C., Lewis A. Garrett, of Tenn., Geo. H. McKinney, of Ky., and J. D. Sharpe, Jr., Virginia, who were unanimously elected.

On motion of Hon. F. McMullen, the rules of the House of Representatives of the United States, were adopted, to govern the Convention in its deliberations.

On motion of Hon. A. White, it was,

Resolved, That a Committee of five from each State, be appointed to report suitable business to be acted on by the Convention, and that the several Delegates from each State retire, agree among themselves, and report the names of the Committee.

The several Delegates met, and reported as follows:

From Kentucky, Hon. D. White, Silas Woodson, Hon. A. White, Jas. Culton, and Robert M. Sivis.

From Virginia, Col. F M. Garnett, Walter Preston, Saml. V. Fulkerson, Elkany Filanery, and Charles Couk.

From North-Carolina, N. W. Woodfin, W. D. Rankin, A. B. Chunn, B. J. Smith, and Z. B. Vance.

From Tennessee, W. R. Evans, H. P. Shannon, Dr. S. B. Cunningham, A. Bettis, and Dr. A. B. Hampton.

The Committee having retired, J. M. Edney, made a few remarks and sang 'Hail Columbia.' After which the Convention was entertained for three hours, by stirring addresses in favor of speedy action, union and concentration of efforts, in the accomplisment and completion of the proposed Railroad, from Col. D. Sharpe, Hon. F. McMullen, and S. V. Fulkerson of Virginia; W. Garrard of Kentucky, Jas. M. Edney of North Carolina; Col. S. J. Johnson, and Hu. Graham, of Tennessee. At the conclusion of the response from the several States of Tennessee, Kentucky and Virginia, three hearty cheers were given, and for the "Old North State," (which was sung as well as represented) four cheers were given, and one additional one for "*Buncombe.*"

The utmost enthusiasm and good feeling prevailed in the whole audience. The Convention took a short recess, when the committee of Twenty, after mature deliberation, appeared, and through their Chairman, Hon. D. White, reported the Resolutions that follow:

1*st. Resolved*, That the interests of the Road proposed, East and South of the Cumberland Gap, will be most effectually secured by the best line of railroad to Louisville, having at the same time a due regard to a proper connection with Cincinnati.

2*d. Resolved*, That in the selection of a route to Louisville from Cumberland Gap, regard should be had to the distance, cost, character of grade, amount of tonnage to be exported, and amount of new Road to be made.

3*d. Resolved*, That in the opinion of this Convention, the route through Knox, Clay, Estell, Madison, Fayette, and Stirling, connecting with the Lexington and Summerville Road at Lexington, combines most of the foregoing considerations.

4*th. Resolved*, That we most cordially approve of the construction of a Railroad from Cumberland Gap, via the Gap in Clinch Mountain, near Bean's Station, to the line of the East Tennessee and Virginia Railroad, and from such point in the line of said East Tennessee and Virginia Railroad, as will constitute the most direct and elligible route to the North and South Carolina markets.

5*th. Resolved*, That feeling as we do, a most lively interest in the construction and completion of such continuous line of Railways designated, we do pledge ourselves to use our utmost exertions to accomplish that end, and that we will heartily co-operate with the states of Kentucky, Virginia, Tennessee, Ohio, North and South Carolina, to effect that important object.

6*th Resolved*, That we requst the citizens of the various counties, through which the contemplated line of Railway above designated, may pass, to take steps at as early an hour as practicable, to have an instrumental survey of said routes, and earnestly request the aid of the citizens in said counties to effect that object.

7*th Resolved*, That the Legislature of Virginia be requested to grant to the East Tennessee and Kentucky Railroad, all the priviliges and immunities conferred upon Railroads through their territory.

Upon reading of the resolutions, various amendments were offered, one by Mr. Sawyer, of Kentucky, to connect at Lexington and thence to Louisville and Cincinnati, which elicited considerable debate, in which Messrs. Sawyer, White, Sharpe, Woodfin, Woodson, Garrard, Sivis, and others, participated. Finally Mr. Sawyer withdrew the amendment and the Resolutions being put as reported by the Committee, were adopted without a dissenting voice.

Dr. Cunningham, President of the East Tennessee and Virginia Railroad, briefly addressed the Convention, and presented the following Report from Mr. Lynch, the Engineer, who had just passed over the route spoken of in said Report, viz.

To the President of the East Tenn., and Virginia Railroad Company.

Sir: In accordance with your wishes, I have examined carefully the proposed route for a rail road commencing near Check's ✕ Roads on the line of the East Tennessee and Virginia Railroad, pursing the general route of the Bean's Station Turnpike Road on to the Cumberland Gap. I unhesitatingly pronounce the route altogether practicable, and so far as I am able to judge without an instrumental examination, believe there are but two places on the line of the poposed route that will exceed the average cost of your road: one place is the crossing of the Clinch Mountain, which will require a tunnel of one fourth of a mile in length, and the other is the crossing of Walden's Ridge which will require some extra grading. About 1400 feet of truss bridging on the whole line will be required. (The Holston, Clinch and Powell Rivers being to cross.) For the details of the route I selected, I refer you to the accompanying sketch.

Most respectfully yours, &c,
Montgomery Lynch.

Mr. Woodson, of Ky., offered the following Resolutions, which were unanimously adopted:

1*st. Resolved*, That the friends of connecting the above States by way of the proposed Railroad communication by Cumberland Gap, be requested to meet at Richmond, Ky., on the 25th of July next, (Monday,) and at Asheville, N. C., on the 25th of August, (Thursday.)

2*d. Resolved*, That the States of Virginia, Tennessee, Kentucky, Ohio, North and South Carolina, (and other States interested) be requested to send Delegates to the proposed Conventions.

Hon. A. White and N. W. Woodfin briefly and eloquently addressed the Convention in behalf of their respective States, and the great enterprise.

On motion of J. M. Edney, it was

Resolved, That the Secretaries furnish copies of the entire proceedings of this Convention to two papers in each State interested in the proposed Railroad, with a request that they publish them, and that all other papers friendly to the cause copy the same.

On motion of Hon. A. White, the thanks of the Convention were tendered its officers, for a faithful discharge of their duties, and the Convention adjourned. (Signed)

JAS. W. PATTON, President.

VICE-PRESIDENTS.

D. Garrard, | Hugh Graham,
J. D. Sharpe, | James M. Smith.

SECRETARIES.

Jas. M. Edney, | Geo. H. McKinney,
Lewis A. Garrett, | J. D. Sharpe.

Cumberland Gap, June 14, 1853.

THE WINTER'S GAP ROUTE.

We find in the Loudon *Free Press* an editorial which claims the route, via Loudon, through Winter's Gap to Louisville, as superior to that by Knoxville. The chief advantage urged, is the distance, which it says is *forty-three* miles shorter by the Winter's Gap route. How this distance is measured, whether by the Rabun Gap route or by the railroads through Georgia, the editor leaves uncertain. If he means that can establish, that by the Rabun Gap, Loudon is 28 miles nearer to Charleston than Knoxville is then it may be well for the people of *Tennessee* to consider as to the extension of the road through Winter's Gap. But the editor of the Loudon *Press* seems to think that it is for the people of *South Carolina* to consider this.—Surely he does not expect them to do every thing! South Carolina expects to build the road through her own territory, and to aid the citizens of Georgia and North Carolina in extending it to the Tennessee line. It will probably strick this line just where the Little Tennessee breaks through the Smoky Mountains.—At this point we expect the citizens of Knox, Blount, etc, to take in hand and complete it to Knoxville. But we have no objection whatever to another road from Loudon, intersecting at the same point. It is supposed here that our most practicable decent into the Tennessee Valley, is by this opening through the mountains. If so, then we strike the Tennessee as near to Loudon as we can. One location is, therefore, as fair to that place as to Knoxville. Thus locating their road to the Tennessee line, the people of South Carolina are not to choose or indicate the course of its extension through Tennessee. Let Blount and Knoxville extend it—they seem resolved to do so. But this need not prevent or retard the exertions of any who deem another route more desireable. They too may connect with the Rabun Gap road at the Tennessee line. The Blue Ridge Company will gladly shake hands with any who reach out to them.—*Charleston Standard.*

Declivity of Rivers.—A very slight declivity suffices to give the running motion to the water. Three inches per mile, in a smooth, straight channel, gives a velocity of about three miles an hour. The Ganges, which gathers the waters of the Hymalaya Mountains, the loftiest in the world, is at 1800 miles from its mouth, only about 800 feet above the level of the sea—about twice the height of St Paul's in London, or the height of Arthur's seat in Edinburgh—and to fall this 800 feet in its long course, the water requires more than a month. The great river Madalena, in South America, running for 1000 miles between two ridges of the Andes, falls only 500 in all that distance; above the commencement of the 1000 miles, it is seen descending in rapids and cataracts from the mountains. The gigantic Rio de La Plata has so gentle a descent to the ocean, that in Paragua, 1500 miles from its mouth, large ships are seen which have sailed against the current all the way, by the force of the wind alone—that is to say, which on the beautiful inclined plane of the stream, have been gradually lifted by the soft wind, and even against the current, to an elevation greater than that of our loftiest spires.—*Arnot's Physics.*

Custom House.—An official report from the Treasury states that the "advance from the Treasury, on account of the expenses of each Custom House in the United States, during the year ending June the 30, 1852," $2,088,385, appropriated as follows:

New York City	$764,099
Boston and Charleston	210,776
New Orleans	190,984
Philadelphia	149,584
Baltimore	117,781
Charleston	58,864
Savannah	31,428
Mobile	26,572
Detroit	23,170
Delaware, (dist.)	27,984
Norfolk	23,413
Passamaquoddy	14,851
Salem	23,800
Oswego	23,862
All others	381,340
	$2,088,385

The amount of duties collected during the year was $48,339,326, thus showing the cost of collection to have been about 4.42 per cent.

HEALTH AND BODILY VIGOR—HOW TO OBTAIN IT.

BY J. S. HOUGHTON, M. D.

"The essential ingredient of human felicity is good health," says old Isaac Walton. Good health depends upon and creates bodily vigor. The art of improving the health, and prolonging life, has been much studied, and many important principles have been settled. I propose in this essay, very briefly to notice some of the most valuable of these principles.

Let me premise, however, that bodily vigor is *not* to be obtained, (taking the question for a moment *negatively*) by drinking "Elephant's milk," preparations of "Iron," "Sasaparilla," or other drugs or nostrums. Drugging often makes the matter worse; self-drugging is the height of folly. Taking all sorts of advice from people incompetent to judge the cause of your debility, or of the nature of remedies, is absurd and ruinous to health. A carpenter or a mason will attempt to mend your *boots*, but he *will* presume to mend your health!

The chief important sources of bodily vigor to which I shall call attention, are the following.

I. The *first*, and one of the most important sources of bodily vigor, is Exercise.

It promotes the rapid breaking up, and rapid formation of flesh.

It produces great power of contractility in the muscular fibres.

It enables a person to eat a lager quantity of food than he otherwise could, and to convert that food successfully into blood.

It keeps the body from fat and dead matter, and renews the flesh often, keeping up the highest degree of vitality.

It reduces the nervous *sensibilty* of the body and brain, and renders the individual cool, calm, hardy, good humored, and insensible to slight causes of uneasiness or pain. *Sensibility* is not *happiness;* if it were, it would be wise to get the Itch, for the pleasure of scratching. Rough good health is better than sensibility.

Again, while Exercise lessens nervous sensibility, it increases animal courage and ambition.

Exercise also increases the size and power of all the organs and faculties, under the condition; that is, if exercise be regular and not too great, and alternated with natural periods of rest.

What is the amount of Exercise necessary to create a high state of bodily vigor? Answer: Four or five hours of active walking, riding on horseback, or labor in the open air, daily. Two hours of active exercise in the open air, daily, the smallest quantity compatible with the usual habits of eating and living, to maintain uninterrupted good health.

The less exercise, the less must be the quantity of food consumed. If you feed a horse freely, and don't work him he will die.

II. The *second* important source of bodily vigor is the Due regulation of the Food; Simple Abstemious Diet; Temperance in Eating.

Remember Dr. Abernethy's advice to a wealthy invalid: "Live on sixpence a day and earn it.

The Prize Fighters, while training, are made to undergo an immense amount of severe exertion in the open air daily, for months while fed on a simple, though abundant diet of bread, water and meat until the requisite vigor and insensibility to blow is attained.

The proper quantity of solid food for a person who does not labor in the open air, is from one to two pounds, *only*, in twenty-four hours.—This should be lean meat, (beef, mutton and fowls being best,) bread, vegetables and fruits. Abstemiousness is the great principle for persons leading a sedentary life.

III. The *third* source of bodily vigor, is a great extension of the Chest and a large consumption of Pure Air.

Walk always with the body erect, shoulders thrown back, chest expanded, breathing deeply and heavily; never sit down and bend forward, cramping up the chest and stomach; keep your apartments well aired, particularly your chamber at night.

"When you are thirsty," says a skilful modern writer, "drink water; when low spirited, drink air."

The advice is as valuable as it is forcible.—Air and water are sources of electricity. The oxygen of these two fluids has some singular and important affinity with the vital fluid of the body. Hence oxygen has been styled "the exhilerating wine of life!" Drink any quantity of this wine; it is a species of indulgence to which there is no sort of objection.

IV. The *fourth* source of bodily vigor, is Frequent Bathing, to keep the skin clean, open, healthy, and to keep the internal vital organs free form inflammation and congestion.

Bronchitis is essentially a disease of deficient action of skin; so is catarrh, or common cold; so is inflammation of the lungs, diarrhea, &c.

Too much mental excitement produces a cold skin.

The skin on the exterior of the body, and the lining of the lungs, stomach, intestines, &c., are composed of the same material, and have an intimate sympathy. It is a truth to say that the skin is in fact a part of the lungs, stomach, intestines, kidneys, bladder, &c., as it really may perform the function of either of these organs, and either of these may do the work of the skin.

The skin has in it fourteen millions of air holes, so to speak, and should be kept free to discharge from three to five pounds of matter per day.

If not often and properly washed, with the aid of a little soap, alcohol alkali, it will be covered over with a water proof varnish.

V. The *fifth* means of creating bodily vigor, is Abstinence from Stimulants, and the pure, nutritious, and unstimulating food.

It is a maxim of cooks, "never use one spice, if you can get more." Pray you avoid this maxim.

Take a hint from Tom Hyer. He used no tobacco, coffee, tea, liquor, spices, or stimulants of any kind, while training for the fight with Yankee Sullivan.

VI. The *sixth* means of creating bodily vigor, is to Avoid all Luxuries and Comforts, and live in a frugal and hardy manner.

Use hard beds, mattrasses; avoid feather beds, hot rooms, thick bed covering, &c.

Don't clothe the body too warmly or muffle up the neck.

One pound of Cotton, which formally could only be spun into thread of 108 yards long, can now, by the application of steam, produce a thread of 197 miles in length.

The Power of Boxes.—"What boxes govern the world?" asked a New York paper. It answers the question thus: "The cartriage box, the ballot box, the jury box, and the band-box.

Little can be done without determination, and certainly no great acquirement can be made without patience and steady application.