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When a man's life is heroic, and his fame has passed into history, the world wants to know him personally, intimately. The "grave and reverend chronicler," absorbing in his beginnings, presents him passively in his full-grown greatness; men render the admiration earned, but the sympathetic emulation awakened is concerned to know how he grew into his maturity of excellence. This curiosity is not an idle fact of the fancy, but a personal interest in the details that springs out of those aspirations which put every man upon the fulfillment of his own destiny. How came this man to excel—what was in him—what happened to develop it? "Some men are born great; some achieve greatness; some have greatness thrust upon them." How came this man by it? Is it within my reach also? and, by what means? History provokes us with such queries as these: Biography answers them.

Doctor Elisha Kent Kane is not quite thirty-four years old, yet he has done more than circumnavigate the globe; he has visited and traversed India, Africa, Europe, South America, the islands of the Pacific, and twice penetrated the Arctic region to the highest latitude attained by civilized man. He has encountered the extremest perils of sea and land, in every climate of the globe; he has discharged in turn the severest duties of the soldier and the seaman; attached to the United States Navy as a surgeon, he is, nevertheless, engaged at one time in the coast survey of the tropical ocean, and in a month or two, we find him exploring the frigid zone; and all the while that his personal experiences had the character of romantic adventure, he was pushing them in the spirit of scientific and philanthropic enterprise.

As a boy, his instinctive bent impelled him to the indulgence and enjoyment of such adventures as were best fitted to train him for the work before him. His collegiate studies suffered some postponement while his physical qualities pressed for their necessary training and discipline. It was almost in the spirit of truancy that he explored the Blue Mountains of Virginia, as a student of geology, under the guidance of Professor Rodgers, and cultivated, at once, his hardihood of vital energy and those elements of natural science which were to qualify him for his after services in the field of physical geography. But, in due time he returned to the pursuit of literature, and achieved the usual honors, as well as though his college studies had suffered no diversion—his muscles and nerves were educated, and his brain lost nothing by the indirectness of its development, but was rather corroborated for all the uses which it has served since. He graduated at the University of Pennsylvania—first, in its collegiate, and afterwards, in its medical department. His special relikes in study indicated his natural drift; chemistry and surgery; natural science in its most intimate converse with substance, and the immediate art in its most heroic function. He went out from his Alma Mater a good classical scholar, a good chemist, mineralogist, astronomer, and surgeon. But he lacked, or thought he lacked, robustness of frame and soundness of health. He solicited an appointment in the Navy, and upon his admission, demanded active service. He was appointed upon the diplomatic staff as surgeon to the first American Embassy to China. This position gave him opportunity to explore the Philippine Islands, which he effected mainly on foot. He was the first man who descended into the crater of Taal; lowered from the overhanging cliff, and clambering down some seven hundred feet through the scorae, he made a topographical sketch of the interior of this great volcano, collected a bottle of sulphurous acid from the very mouth of the crater; and although he was drawn up almost senseless, he brought with him his portrait of this hideous cavern, and the specimens which it afforded.

Before he returned from this trip, he had ascended the Himalayas, and triangulated Greece, on foot; he had visited Ceylon, the Upper Nile, and all the mythological region of Egypt; traversing the route, and making the acquaintance of the learned Lepsius, who was then prosecuting his archaeological researches.

At home again, when the Mexican war broke out, he asked to be removed from the Philadelphia Navy Yard to the field of a more congenial service; but the government sent him to the Coast of Africa. Here he visited the slave factories, from Cape Mount to the river Bonny, and through the infamous Da Souza, and across to the baracoons of Dahomey, from the effects of which he has never entirely recovered.

From Africa he returned before the close of the Mexican war, and believing that his constitution was broken, and his health rapidly going, he called upon President Polk, and demanded an opportunity for service that might crowd the little remnant of his life with achievements in keeping with his ambition; the President, just then embarrassed by a temporary non-intercourse with General Scott, charged the Doctor with despatches to the General, of great moment and urgency, which must be carried through a region occupied by the enemy. This embassy was marked by an adventure so romantic, and so illustrative of the character of the man, that we are tempted to detail it.

On his way to the Gulf he secured a horse in Kentucky, such as a knight errant would have chosen for the companion and sharer of his adventures. Landed at Vera Cruz, he asked for an escort to convey him to the capital, but the officer in command had no troops to spare—he must wait, or he must accept, instead, a band of ruffian Mexicans, called the Spy Company, who had taken to the business of treason and trickery for a livelihood. He accepted them, and went forward. Near Puebla his troop encountered a body of Mexicans escorting a number of distinguished officers to Orizaba, among whom were Major General Gaona, Governor of Puebla; his son, Maximilian, and General Torrejon, who commanded the brilliant charge of horse at Buena Vista. The surprise was mutual, but the Spy Company had the advantage of the ground. At the first instant of the discovery, and before the rascals fully comprehended their involvement, the Doctor shouted in Spanish, "¡Bravo! a capital adventure, Colonel, form your line for the charge!" And down they went upon the enemy; Kane and his gallant Kentucky charger ahead. Understanding the principle that sends a tallow-candle through a plank, and that the momentum of a body is its weight multiplied by its velocity, he dashed through the opposing force, and turning to engage after breaking his line, he found himself fairly surrounded, and two of the enemy giving him their special attention. One of these was disposed of in an instant by rearing his horse, who, with a blow of his fore foot, felled his man; and wheeling suddenly, the Doctor gave the other a sword wound, which opened the external iliac artery, and put him hors de combat. This subject of the Doctor's military surgery was the young Maximilian. The brief melee terminated with a cry from the Mexicans: "We surrender!" Two of the officers made a dash for an escape,

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The Doctor pursued them, but soon gave up the chase. When he returned, he found his ruffians preparing to massacre the prisoners. As he galloped past the young officer whom he had wounded, he heard him cry, "Senor, save my father." A group of the guerrilla guards were dashing upon the Mexicans, huddled together, with their lances in rest. He threw himself before them—one of them transfixed his horse, another gave him a severe wound in the groin. He killed the first lieutenant, wounded the second lieutenant, and blew a part of the Col's beard off with the last charge of his six-shooter; then grappling with him, and using his fists, he brought the party to terms. The lives of the prisoners were saved, and the Doctor received their swords. As soon as Guano-Gaona could reach his son, who lay at a little distance from the scene of the last struggle, the Doctor found him sitting by him, receiving his last adieu. Shifting the soldier and resuming the surgeon, he secured the artery, and put the wounded man in condition to travel. The ambulance got up for the occasion, contained at once the wounded Maximilian, the wounded second lieutenant, and the man that had prepared them for slow travelling, himself on his litter, from the lance wound received in defence of his prisoners! When they reached Puebla, the Doctor's wound proved the worst in the party. He was taken to the government house, but the old General, in gratitude for his generous services, had him conveyed to his own home. General Childs, American commander at Puebla, hearing of the generosity of his prisoner, discharged him without making any terms, and the old General became the principal nurse of his captor and benefactor, dividing his attentions between him and his son, who lay wounded in an adjoining room. This illness of our hero was long and doubtful, and he was reported dead to his friends at home.

When he recovered and returned, he was employed in the Coast Survey. While engaged in this service, the government by its correspondence with Lady Franklin became committed for an attempt at the rescue of Sir John, and his ill-starred companions in Arctic discovery. Nothing could be better addressed to the Doctor's governing sentiments than this adventure. The enterprise of Sir John ran exactly in the current of one of his own enthusiasms—the service of natural science combined with heroic personal effort; and added to this, that sort of patriotism which charges itself with its own full share in the execution of national engagements of honor; and besides this cordial assumption of his country's debts and duties, there was no little force in the appeal of a nobly brave spirited woman to the chivalry of the American Navy.

He was "bathing in the tepid waters of the Gulf of Mexico, on the 12th of May, 1850," when he received his telegraphic order to proceed forthwith to New York, for duty upon the Arctic expedition. In nine days from that date he was beyond the limits of the United States on his distant voyage to the North Pole. Of this first American expedition, as is well known to the public, he was the surgeon, the naturalist, and the orator. It returned disappointed of its main object, after a winter in the regions of eternal ice and a fifteen months' absence.

Scarcely allowing himself a day to recover from the hardships of this cruise, he set on foot the second attempt, from which he has returned, after verifying by actual observation the long questioned existence of an open sea beyond the latitude of 82 degrees, and beyond the freezing point. His "Personal Narrative," published early in 1853, recounts the adventures of the first voyage, and discovers his diversified qualifications for such an enterprise.

The last voyage occupied two winters in the highest latitudes, and two years and a half of unintermitted labor, with the risks and responsibilities attendant. He is now preparing the history for publication. But that part of it which best reports his own personal agency, and would most justly present the man to the reader, will of course be suppressed. We would gladly supply it, but as yet this is impossible to us. His journal is private property, the extracts which we may expect will be only too shy of egotism, and his companions have not spoken yet, as some day they will speak, of his conduct throughout the terrible struggles which together they endured.

To form anything like an adequate estimate of this last achievement, it is to be recollected that his whole company amounted to but twenty men, and that of this corps or crew he was the commander, in a naval phrase; and when we are apprised that his portfolio of scenery, sketched on the spot in pencil, and in water colors kept fluid over a spirit lamp, amounts to over three hundred sketches, we have a hint of the extent and variety of the offices he filled on this voyage. He was in fact the surgeon, sailing-master, astronomer, and naturalist, as well as captain and leader of the expedition.

This man of all work, and desperate daring and successful doing, is in height about five feet seven inches; in weight, say one hundred and thirty pounds or so, if health and rest would but give him leave to fill up his natural measure. His complexion is fair, his hair brown, and his eyes dark gray, with a hawk look. He is a hunter by every gift and grace and instinct that makes up the character; an excellent shot, and a brilliant horseman. He has escaped with whole bones from all his adventures, but he has several wounds which are troublesome; and, with such general health as his, most men would call themselves invalids, and live on furlough from all the active duties of life; yet he has won the distinction of being the first civilized man to stand in latitude 82 degrees 30 seconds and gaze upon the open Polar Sea—to reach the northernmost point of land on the globe—to report the lowest temperature ever endured—the heaviest sledge journey ever performed—and the wildest life that civilized man has successfully undergone; and to return after all to tell the story of his adventures.

The secret spring of all this energy is in his religious enthusiasm—discovered, alike in the generous spirit of his adventures in pursuit of science; in his enthusiastic fidelity to duty, and in his heroic maintenance of the point of honor in all his intercourse with men.

In his deportment there is that mixture of shyness and frankness, simplicity and fastidiousness, sandwiched rather than blended, which marks the man of genius, and the monk of industry. He seems confident in himself but not of himself. His manner is remarkable for clearness of movement, alert attentiveness, quickness of comprehension, rapidity of utterance, and sententious compactness of diction, which

arise from a habitual watchfulness against the betrayal of his own enthusiasms. He seems to fear that he is boring you, and is always discovering his unwillingness "to sit" for your admiration. If you question him about the handsome official acknowledgments of his services by the British and American governments, or in any way endeavor to turn him upon his own gallant achievements, he hurries away from the subject to some point of scientific interest which he presumes will more concern and engage yourself; or he says or does something that makes you think he is occupied with his own inferiority in some matter which your conversation presents to him. One is obliged to struggle with him to maintain the tone of respect which his character and achievements deserve; and when the interview is over, a feeling of disappointment remains for the failure in your efforts to ransack the man as you wished, and to render the tribute which you owed him.

We wish we could be sure that he will not, in his forthcoming work, give us the drama without its hero; or we wish the expedition and its hero had a chronicler as worthy as he would be were he not the principal character in the story.

Dr. Kane's Narrative of the Expedition, now preparing, and in process of publication by Messrs. Childs & Peterson of Philadelphia, will embrace the important discoveries made in the frozen regions far beyond the reach of all the predecessors of the American exploring party, and their perilous adventures, crowded with romantic incidents, which, in the language of the Secretary of the Navy, "in no only excite our wonder, but borrow a novel grandeur from the truly benevolent considerations which animated and nursed him to his task."

We earnestly commend the following remarks to the attention of those having in charge this department of public worship. In many of our churches, the singing, as at present conducted, is endured but not enjoyed by the majority of the people; and this not for lack of musical talent nor for want of cultivation and training on the part of the performers, but owing simply to an error of judgment in the selection of music—a reckless sacrifice of the old to the new. It would almost seem to be the determination of some leaders never to sing a piece twice; and, unfortunately, new books are so often thrust upon the public that they are well able to carry out their intentions. But by thus practically ignoring the principle of association, they lose the aid of a powerful auxiliary and fail to move the hearts of the people.

The temptation is great at times to wish that our church music were placed under shelter of some salutary restrictive penalty. It has grown to be a nearly as long as any longer in some—nearly any of the churches—an old favorite melody. The perpetual straining after novelty is one of the most lamentable evils of our day and city, and in nothing does it more forcibly exhibit itself than in Church music; the restless spirit of change, with its ever-flapping, its restless hennings the warmth of worship, and dissipating the entire train of Sabbath associations—of traditional devotion that exerts so potent an influence in every bosom. Every one feels well that the dearest charm of sacred music lies in its power of awakening old associations. Most of the familiar sacred lyrics have so long been wedded to certain tunes, that to separate them, seems absolute cruelty.

When, for instance, the one hundred and forty-third hymn is announced from the pulpit, we expect hymn to follow; when the one hundred and thirtieth, Palestine; and when the fortieth, the Silecian Hymn, and so on with a number of others, the consequence seems as natural as that the second lesson should succeed the first; but how seldom is it that we are gratified by the thrilling cadences that have magic to quicken every pulse of the heart into rapture. The old English plan of having a special air adapted to each psalm, was a desirable one in many respects; for, in the first place, it notified the congregation of what would be sung; and, in the second, prevented the introduction of flippant and inappropriate music. Who, that is a cordial lover of sacred music, will not agree with me that it inflicts a positive pang of disappointment when, upon a favorite hymn being given out, one to which, from earliest infancy, we have been accustomed to accompany an equally favorite tune, with some new-fangled measure is doled out, with which we can have neither sympathy nor union?

There is in souls a sympathy with sound. However true this may be in reference to general sounds, in sacred music there is little sympathy without a measure of love, and how can people love that with which they are unacquainted? What can be more absurd than to behold a congregation met together, for the ostensible purpose of devoutly worshipping their Creator, mutely listening to a long musical harangue, without permission to open their lips; it is as bad as preaching in an unknown tongue. Does a truly devout person go to church in the hope of being entertained with fantastic devices and curious musical flourishes? Those whose motive it is to hear fine secular music, can have their taste gratified to the full at the opera, or in the concert hall; but when we seek for soul adoration to the Almighty, we wish for solemn, suitable harmony, and not for strains of semi-operatic sentimentality, neither one thing nor the other. They deeply mistake who deem that sacred music needs the aid of foreign embellishment to render it interesting; it is, in its severe plainness and sublime simplicity, the highest style of art, and has been the chosen pursuit of the greatest masters of the divine science.

The sound of a familiar tune is like the glow of a honest old friend's face—it diffuses a light of delight through the soul. Ah! this was significantly illustrated not long since in a church where the writer happened to be present. The congregation, finding it utterly vain to attempt to follow the intricacies of a winding chain of "airy nothings," had resigned themselves to a sort of dreamy languor, when, with a series of soft and cunning modulations, the worthy successor of Judethan, suddenly landed from a distant key into the region of A major, for the Gloria Patri; did I hear aright?—A—G—no—surely it could not be possible! but yes! F—E—continued on, and lo! a shade of the august reformer, the classic structure, Old Hundred, in all its primal glory, loomed grandly out of the mist. The hint was enough,

the right cord was touched; apathetic countenances brightened up, resolutely closed lips opened—not to hurrah wildly, gentle reader, for such an ebullition would be considered high indecorum in a church; but to catch the refreshing sound, and a mighty song was raised, such as the walls had not reverberated for many a day. One lady humorously declared to me afterwards, that, in her neighborhood, several, in very eagerness to take the full good of the lucky chance, grew quite florid in the face with the force of their vocal exertions; not a few hearts were gladdened thereby, although it might have been intended as a piece of pleasantry, a kindly freak, on the part of the perpetrators.

As a musical composer, in very bad taste, and exceedingly impolitic, too, it would be for me to wish to exclude new music from any sphere whatever, whether sacred or secular; on the contrary, it is expedient, when so much fine music is continually being produced, to introduce occasionally new chants and tunes into the church, where it can be accomplished with discretion; but, one at a time, not bringing in a fresh one until the people have had sufficient time and opportunity to become, in a measure at least, familiar with the former. Even in this case it would be better not to displace the ancient landmarks, while there are so many new words to which to adapt new airs. The perpetual straining after novelty is enough to weaken, if not to destroy, all interest in the church service, and the numbers of those who most loudly advocate it would be everywhere in the minority, were not the promptings of fashion more listened to than those of thoughtful common sense.

Now, this perpetual striving after something new; for something new (vide the Rev. Ralph Hoyt's beautiful poem under this title) which is gradually antiquating the music of the church of its noble antiquity and holy associations, that is substituting poor modern for fine classic music—spiritless solos for grand choruses, such as those which thunder forth from the congregations of thousands in the cathedral at Harlem, may be traced home to one source—the choir; not always composed of the most efficient or judicious persons.

## The Munroe Doctrine.

In some remarks made a few days since in regard to the differences between this country and Great Britain arising out of the construction placed upon the Clayton and Bulwer Treaty by the government of the latter country, we took occasion to intimate that it might perhaps become the true policy of this government to assert and practically enforce the doctrine known as the Munroe doctrine, as far as Central America is concerned. It is evident that there is a disposition now existing on the part of the leading statesmen of all parties in this country to stand by the government in the adoption of such a course, if such a course should be rendered necessary by the persistent determination of Great Britain, under her construction of the above mentioned Treaty, to retain her present occupancy of certain portions of the Central American territory—an occupancy dangerous to our interests and to our rights in that quarter of this Continent.

Senator Hale, of New Hampshire, who hates slavery more, in some recent characteristic comments upon the message of the Executive, in the course of which he attempted to ridicule the idea that the Central American question is deserving of the prominence which is given to it in that document, represented the Munroe doctrine as entirely of British origin and, as advanced at the suggestion of the British Government to serve a particular purpose, which purpose having been accomplished, the doctrine passed away, and has now no force, or effect, or virtue. He would leave it to be inferred that Mr. Calhoun, who opposed the application of the doctrine in a certain case some years ago, was radically opposed to the doctrine itself, when that gentleman distinctly declared that he resisted the application of the doctrine case because he did not consider that a proper case was made out for the practical enforcement of the doctrine, though there were cases where he should favor such enforcement.

The speech of Mr. Hale was not answered, probably, because no Senator thought it worth while to attempt a reply to such an obviously unfair representation of the real character and object of the celebrated declarations of Mr. Munroe. The truth of the matter is this.—President Munroe, in his Message to Congress in December, 1823, made three distinct declarations in regard to the policy proper to be observed by our Government in preventing any European interference in the affairs of this continent. The first of these declarations was, that the United States would regard any attempt on the part of the Allied Powers to extend their system into this country, as dangerous to our peace and safety. This declaration was made under these circumstances. The great continental powers of Europe—Russia, Prussia, Austria, and France—had entered into an alliance, which they termed the Holy Alliance, the object of which was to put down popular institutions, and to extend monarchical principles. This alliance undertook to aid Spain in regaining her provinces in America, which had at that time just completed their independence. England was at first inclined to join this alliance, but hung back, until finally the English Government became alarmed at its extensive projects, and went so far as to intimate to our Minister at the Court of St. James, Mr. Rush, that it would unite with our Government in resisting the attempts of the allied powers to carry out their purposes in America. Mr. Rush informed our Government of this disposition on the part of Great Britain. The subject was submitted by Mr. Munroe to the Cabinet, and, after mature deliberation, it was decided to make the declaration above named.

The second declaration was induced by the same circumstances as the first, and is, indeed, an addition to it. It applies to all the European Powers as well as the Holy Alliance. It is that we would regard the interposition of any of these powers to oppress the Governments of this Continent, which we had recently recognized as independent, or to control their destiny in any manner, whatever, as manifesting an unfriendly disposition towards the United States.

The third declaration, and the most important of all, inasmuch as it contains the doctrine which the inauspiciousness of the present day may render it necessary for our Government again to assert and to maintain, grew out of circumstances entirely different from the other two. A question was then pending between

the United States and Great Britain and Russia, in reference to certain settlements on the north-western coast of this Continent. The discussion of the respective rights of the three Governments in that region, led to the assertion of the principle contained in the declaration, namely, that the American continents, by the free and independent position they have assumed and maintained, are henceforth not to be considered as subjects for future colonization by any European powers. This declaration was inserted by Mr. Munroe in his Message, at the suggestion of John Quincy Adams, and without consultation with any other member of the Cabinet. The declaration gave much offence to England. She had previously expressed a willingness to co-operate with our Government in the adjustment of the north-western settlement question, her object being to drive Russia out from that region, or to keep the Russian settlements within narrow bounds as possible. But when this declaration was made, which applied to her as well as to Russia, she took umbrage and refused to take any further part in the settlement of that question.

The first of these declarations, therefore, is the only one which can be regarded as of British origin, and the only one in which the British government concurred. The other declarations, and particularly the latter, struck at Great Britain as well as the other European powers. It is, as we have observed, this last declaration which asserts the principle that may become advisable for this government to adopt in regard to Central America. It may become expedient for us to declare that henceforth that region of country is not to be considered as a subject of colonization by any European power, and to maintain that declaration if need be by a resort to force.

As a general principle, undoubtedly, we are not to interfere in the affairs of other States. But when, under peculiar circumstances, it becomes necessary for us, for our self-protection, to exercise such interference, it becomes our right as well as our duty to do so. The peculiar geographical position of Central America, renders it a matter of the highest importance to our commercial interests, that no portion of that country should be occupied by a nation whose interests conflict, or may conflict, with ours—more especially should we resist the occupancy of that country by a nation as aggressive and unscrupulous in its policy as Great Britain.

Already in possession of the most important points in the world for the interruption of commerce, when such a course suits her purpose; holding Gibraltar and Malta in the Mediterranean, the Cape of Good Hope, the southernmost point of Africa important positions in southern Asia, and in the Indian Archipelago, she still seeks to extend her possessions, and is ready under some pretext or other to seize upon every point which promises to give her a further control over the commerce of the world. The acquisition and settlement of California by the United States, and the prospect that the growing importance of our Pacific trade will change in some measure the great routes of commerce, has rendered the Central American country a region where our commerce can be most easily and most seriously affected, inasmuch as the great transit routes must lie across its territory. In order to place herself in a position where, when occasion may call for it, she can strike us an effectual blow, Great Britain has established herself in that country, and notwithstanding her express agreement in 1850 not longer to occupy any portion of Central American territory, she still retains, and expresses her determination not to relinquish, her possessions there. She is now, therefore, in a position calculated to endanger our essential interests and essential interests; and if she maintains that position, we have a right, under the national law, to forcibly eject her. Self-preservation may demand that we should exercise that right, though it is yet to be hoped that this question between the two Governments may be settled without a resort to hostilities.

[Boston Traveller.]

A WORD TO THE LADIES.—The old adage aptly says, "An ounce of prevention is worth a pound of cure." When we consider how fatal a disease consumption is, and how comparatively easy it is to avoid it, we are more than ever impressed with the truth of this old proverb. During the last few days, we have been amazed indeed at the folly of women, whom we have seen promenading the streets, with the snow a foot deep at the crossings, in the thinnest paper-thin shoes, thinner than the lowest ever worn by men in summer time. Will the sex ever exhibit common sense in regard to this matter? There is but one proper covering for the foot of a woman in either cold or sloppy weather, and that is a Wellington boot, such as every gentleman uses. In fact, the protection which it affords to the leg, especially against wet, is more necessary, in the case of women than of men, because, in such a case, the damp skirt flaps against calfskin or morocco, instead of against the limb. We are glad to see that within a few years those high boots are beginning to be worn by ladies; but they are by no means universal, as they ought to be, and it is a pity that the leaders of fashion, if there are any such in Philadelphia, would not set the example, both of walking and wearing water-proof boots.

For daily walking is as requisite to health as the wearing of impervious shoes. The wives and daughters of our rich men, who never take exercise except in a carriage, are undermining their constitutions quite as much as those of their sex, who, unable to keep coaches, yet imitate them in wearing their drawing-room shoes. The one is injured by wet feet, the other by want of proper exercise. It is a common thing, at this inclement season of the year, to hear ladies congratulate themselves on their warm rooms; yet often these furnace-heated apartments are only less deleterious than the unprotected hovel of the beggar. We often enter parlors where the thermometer is eighty, where the air is fairly scorching, and where, to cap the climax, every door is shut to exclude the possibility of ventilation. Yet many females remain in such rooms, at this season of the year, week after week, without once going out, especially if they are in circumstances too good to compel their working, yet not good enough to enable them to keep a carriage. The consequences are impaired digestion, or hysterical affections, or incessant headaches, excessive liability to catch cold, and what some will perhaps think more than all, loss of color and beauty.

There are, therefore, two faults characteristic of American women, one a neglect to ex-

cise and the other a too thin style of dress in winter. Every female, who can so d dily do it, ought to walk, in the open air, from one to two hours every day. It suitable clothing was worn, and especially if the feet were properly protected, a daily walk, even in winter, would be more conducive to health and loveliness, than all the panaceas ever concocted, or all the drugs prescribed by the faculty. It would give elasticity to the step, bloom to the cheek, brilliancy to the eye, gay spirits, brightness of intellect, sound slumbers, every blessing, in short, that vigorous physical health bestows; and of which, alas! so many American women practically know nothing. Vitality would be strong and high, the deficiency of which, in the lungs, is the beginning of consumption. The lungs, too, would have needful play, for no one can go out, on a bracing winter morning, without inflating the lungs fully; and the air, at such times, is always the purest. If you would escape pulmonary complaints, indeed, if you would live to a good old age, if you would enjoy life while living, if you would add to your personal charms, dress warm and dry, and take daily exercise in the open air. Let nothing keep you in-doors but inclement weather; but be always clothed to defy cold and wet, especially to your feet.—[Philadelphia Ledger.]

## Make Farm Life Attractive.

Why do your young men run, as by some universal instinct, from the farm where they were born, to the city where they so often learn to wish they had never been born anywhere? Chiefly—whatever explanation they may put forward as having a handsome look—chiefly, because on the farm there is supposed to be an inevitable doom to hard, monotonous, wearying bodily toil, from daylight to sundown, life through, with no room for mental expansion, or generous tastes, or social recreation; and secondly, because after all this labor the farmer makes too little money. Nor will my faith in young men's natures suffer me to believe this is always a sordid calculation with them. For, in thinking of money, they think of it often as a means (that an end). They want it for what it brings. On the farm, very frequently, are rooms without books, walls without pictures, manners without grace, cloth without finery, and grounds without shaping or decoration. On the contrary, the city merchant buys a library and works of art, sends his children to schools where they learn to move with elegance, as well as to cipher and parse, gets garments that are finer and fit, and is not so exhausted physically at nightfall as to prefer sleep to any company of books. He comes back into the country and lays out a beautiful estate, sometimes with stately animals, and selecter fruits, and tidy fences and hedges, and more blooming gardens on it than his neighbor, who has all the while been staying there and making farming the business of his life. Now, it would be a hard task in persuasion to convince most young men that these things are not good, most desirable, and that the dollars which command them are not of the nature of an advantage. I confess I should be a bad subject for such persuasion myself. Besides, these things are all of the nature of picture work; the boy cannot help seeing them; they work upon him while he stays on his way from pasture, under the fragrant shrubbery, or peeps through the picket at the mellow peaches and pears.

I know perfectly how apt his languid blood, and his ignorance of the ninety odd failures in a city for a single success, are to put a fallacy into his plans and cheat his choice. But none the less it is true, that he goes to the city for a chance, though but a chance, for certain means of refinement, liberality, and width in the whole style for life, such as scarcely a more farmer about in the old way of farming; he displayed. Who ever knew a confident and chivalrous youth to doubt he should be one of the five that succeed, though five hundred fail? And moreover, many young men at that spring period of life, before the charm and glory of early ideals have faded off, thirst honestly for more stimulus to mental action, more enlarging ministries to thought than they have found in rural places. They they dream of finding in the presence of crowds and the sharp collisions of traffic. Perhaps they dream delusions; but this is the feeling. Depend upon it, if you would hold your sons and brothers back from roaming away into the perilous centres, you must steadily make three attempts—to abate the task-work of farming, to raise maximum crops and profits, and to surround your work with the exhilarations of intellectual progress. You must elevate the whole spirit of your vocation for your vocation's sake, till no other can outstrip it in what most adorns a civilized state.—[D. F. Huntington.]

WEAR FLANNEL.—The New York Daily Times says that a young but distinguished surgeon of that city lies quite ill at his residence, with no hopes of a final recovery. A year or two since he was in robust health, and accustomed to quoe his own excellent health as a proof of the folly of wearing flannel and overcoats. A frequent change of linen and free use of cold water he thought a sufficient protection. He is now full of rheumatism, and looks as if he had lost consumption. Don't be too confident of your ability to bear the changes of our variable climate. Woollen stockings, warm shawls and overcoats, and flannel worn next to the skin from October to May, plenty of exercise, generous diet, cleanliness of person and of conscience—these are the agents that preserve health and give one a fine flow of spirits.

We extract the following remarks from the work on Physiology, recently published by M. Lu Borda, M. D., Professor in South Carolina College:—"There is a very important matter connected with dress which I cannot pass over in silence—I mean the wearing of flannel next the skin. In the minds of many persons there is a considerable prejudice against wearing it, though of late years there is a sounder public opinion than formerly. I will now state very briefly the advantages of flannel, and give some striking examples in confirmation. In the first place it is a bad conductor of caloric, and tends therefore, to prevent the escape of animal heat. Secondly, it aids in protecting the body against the influences of sudden change in the weather.

GEORGE SIMMS, who accepted an invitation from the Society of New York to deliver a series of lectures on Europe, closes the first of the course with the following striking remarks:

"If there be any moral to the tale I have told it may be summed up in a few words: Pay your school tax without grumbling; it is the cheapest premium of insurance on your property. You are educating those who are to make laws for yourselves and your children. In this State you are educating those who are to elect your judges. Build more school houses; they will save you the building more jails. Remember that the experience of free and extended education has been followed by public and private prosperity; that financial success and political tranquility have blossomed on lands which have recognized its importance. Remember that education without freedom is barren in its results; that freedom without the education of the moral sentiments, soon runs into anarchy and despotism; and that liberty—ever vigilant herself, demanding ceaseless vigilance in her votaries—liberty will not linger long in those lands, where her twin-sister, knowledge, is neglected."







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## FACT, FUN, AND FANCY.

**FATAL ACCIDENT.**—We learn that a son of Mr. Joseph Knight, of Troy, was killed on the 11th inst. by a log of wood falling upon him. He lived about two hours after the accident.

**BARNEY.**—The great Barnum, it is reported, is under a cloud financially, growing out of his heavy endorsements for the Jerome Clock Company, of New Haven and Bridgeport, which has made an assignment. Barnum has divested himself of all nominal ownership in this property.

A certain Millwright author tried to get a publisher to print his book, proving that the world would come true in three months, and wait nine months for his pen! The publisher didn't like the looks of the last six months.

A young gent in Schenectady, suffering from a too strong sensation of the nose tender feeling, defies his complaint as an attack of leucitis.

The State of Maryland derives an annual income of \$21,000 from lottery licenses, but the Legislature has wisely provided for the extinction of the whole system in that State, after the expiration of the term for which the present lottery grants are issued.

**HINT ON HEALTH.**—For air and exercise too many young ladies resort most exclusively to the piano.

**THE WORLD'S ORIGIN.**—A man named in a person with a small income who lives within it.

**SICKNESS EXTRAORDINARY.**—Last week a man bolted a door and threw up a window.—[Punch.]

A great quantity of snow has recently fallen in the Western part of New York. It is thought to average, throughout the State, from two to four feet. In Chautauque county the snow is said to be three feet on a level, and in Lewis county about four and a half feet.

**DEATH OF COMMODORE MORRIS.**—Commodore Morris, who with the exception of Commodore Stewart, was the oldest Captain in the Navy, died at Washington on Sunday afternoon. He had been ill for two or three weeks with pneumonia and pleurisy.

A Buffalo couple (not a couple of buffaloes) recently waited three consecutive hours, over a distance of five and a half miles, and a prize for the first fifty couple, in addition, started with them, but "wilted down" directly, and one fainting in the arms of her partner.

**LAW AGAINST LADY SEDUCERS.**—There is a seduction bill before the Kentucky Legislature, which, if adopted, will create some stir among the ladies. It provides that any female guilty of attempting to seduce a young man by wearing low-necked dresses and other enticing articles, shall be punished with the same penalty as is now attached to seduction. The law is intended to be a deterrent to correct their habits, should this amendment be adopted.

The meeting of the Maine Historical Society, advertised to take place at Augusta, on the 29th inst., has been postponed to Feb. 20th. An address will be delivered by the Rev. S. C. Abbott, and other communications will be made.

Wendall Phillips made a vital thrust at a certain kind of party leaders, in saying—

"They live only by whispering when they would not for the world have known at Washington, and whispering at Washington what they would not have known at home, and whose political death dates often from the day they are equally well known in both places."

A private gentleman which we have received, written by a certain gentleman who is at Washington on business, speaks with some severity of Mr. Thompson's ill-advised motion to make Mr. Campbell Speaker by resolution, and says that the "Washington Post" has a letter from a stern agent, who, like the old whigs and pharisees, strain at a gnat and swallow a camel.—[Boston Telegraph.]

During the cold time of last week, the thermometer at Pittsburg, Cincinnati, Dayton and St. Louis ranged from 12 to 26 degrees below zero. The Pittsburg Post says that it never was so cold before at that place. The Ohio river, says the feeling Intelligencer, is frozen from head to mouth, the ice being at that point nine inches thick. The Mississippi is also closed.

**A HINT TO MORTIKES.**—The editor of the Cayuga Chief says:—"We noticed the other day a little short cloak and a pair of legs trotting by the side of a comfortable dressed mother, who, in her humble estimation, ought at least to reach as low as the small of the back."

**NOMINATIONS BY THE GOVERNOR.**—William Bennett, Thomas W. Ward, and the State Prisoners, are appointed Judges; Jos. Dams, Jr., Kenneth, Bank Commissioners.

A fight has occurred between the Capote Indians and the Mormons, provoked by the attempt of the latter to drive the former off their own lands. Several Mormons were killed and much property taken.

Jefferson Davis, the new Mississippi Senator, will succeed Stephen Adams, whose term expires in March, 1857, on the same day when the term of President Pierce will close. There will, therefore, be no vacancy in the Cabinet caused by this election.

Rev. Antoinette L. Brown was married to Samuel C. Blackwell, of Cincinnati, on the 24th inst. The marriage took place at Henrietta, N. Y., and was celebrated by the father of the bride, who is not a minister, nor, we believe, a Minister.

**AN EMERSON PUT TO FLIGHT.**—Advice received at Philadelphia from Fort au Prince of Jan. 1, confirm the defeat of the Haytiens by the Demonicus. Faustina had escaped from the field, and a reward of ten thousand dollars was offered for her capture. There is an intense feeling against him, and it might be well to be shot by his own people.

**Legislation of Maine.**  
On Tuesday, Jan. 22, a message was received from the Governor informing the Legislature of the refusal of Sheriff Baker of Cumberland to make way for the new appointment, and also of the decision of Judge Davis, sustaining him in this course; which was referred to the committee on the Judiciary.

In the House, Bill to repeal chapter 183 of laws of 1854, relating to criminal prosecutions and to prevent unnecessary cost, was passed to be engrossed. The chapter proposed to be repealed provides that when a complaint is made before a justice of the peace, or municipal judge, he may summon in witnesses as to the fact of an offense having been committed, at the expense of the complainant, except in case of final conviction. Petitions of town of Winslow, for remuneration for aid furnished an indigent Indian; Robert H. Drummond and others of Winslow, for a free bridge across Sebasticook river—were presented and referred.

On Wednesday, Jan. 23, in Senate, legislation was reported in expedient order of enquiry into the expediency of providing by law that all free bridges, the cost of which exceeds eight hundred dollars, shall be supported by the county or counties in which they may be located. Leave to withdraw was granted to Caroline Ball on petition for divorce. Order of notice was granted on petition of sundry individuals for new county to be formed from the counties of Lincoln and Waldo. The two branches partook of an offering of fruit tendered by the Executive State Agricultural Committee.

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