

From Dr. Fitch's Lecture to Gentlemen.

BAD EFFECT PRODUCED BY A VICIOUS POSITION OF THE CHEST.—I have in a former lecture pointed out the pernicious and destructive effects produced upon the lungs, by allowing the basket of the chest to contract around them. But it is not the lungs alone that suffer from this contraction of the chest. The heart lying partly under the breast-bone, is the great centre of the circulation of the blood. It is a large fleshy organ, and quite under the lungs, allows no pressure upon it with impunity. I am inclined to think that three-fourths of the cases of heart disease are produced by pressure of the ribs, or breast bone upon it, so that the heart has not room to play, and freely perform its functions. Pressure upon the heart may produce immediately heart-disease; or, by retarding the circulation of the blood, it may produce dropsy; or, by preventing the return of the blood from the head, will produce apoplexy, or fits. As men advance in life, they nearly all, more or less, increase their flesh, and with it somewhat an enlargement of the heart. Now, if, at the same time, by a stooping, contracted position, the chest is allowed to press upon the heart, distressing consequences are apt to ensue; liver complaint, dyspepsia, palpitation of the heart, shortness of breath, paralytic strokes, &c., may take place, in addition to the diseases I have already named.

POSITION OF THE SHOULDERS.—One great antagonist to perfect symmetry of the chest is often found in the position of the shoulders. When the human figure is in perfect symmetry, the shoulder-blades lay flat against the back of the chest, and the arms hang from the shoulders in such a way that the weight of the arms and shoulders falls behind the chest, and thus drags the front part of the chest upwards and backwards. To keep the shoulders and shoulder-blades behind the chest, and not allow them to press upon it, the great Architect of the frame of man has placed two firm bones, extending from the top of the breast-bone, on each side, outward and backward, to the under-side of the outer and upper point of the shoulder bone. These are the collar-bones.

These collar-bones are natural shoulder-braces. Now, then, as long as we habituate ourselves to carry the arms and shoulders behind the chest, or in such a manner that the weight falls behind the chest, we shall always preserve its symmetry, and have fine full chests. This is the case with the American Indians, and contributes to bestow upon them their stait, commanding and symmetrical figures. Upon noticing any of your children, who are under three years of age, unless deformed by disease, you will find that their shoulders lay flat upon the back of their chests, and that when walking, standing or sitting, the weight of the shoulders and arms falls behind the chest, and not before it. Our children seldom show any indications of round shoulders until after they are sent to school, where, in general, they rapidly learn to contract the chest and round the shoulders. Unfortunately for civilized people, and particularly the citizens of the United States, these great truths are very little known, and of course very little appreciated. At a very early period, when scarcely a thought of its bad consequences, either upon health or elegance of figure, at nearly all of our occupations, relaxations, and even amusements, we commence stooping and throwing the shoulders forward upon the chest. This forward movement of the shoulders is, in some degree, arrested by the natural shoulder-braces, the collar-bones, but not entirely so.

The pressure upon those bones causes them to bend, in some cases, very considerably. The weight of the pressure of the shoulders forward is transmitted by the collar bones, and contributes very much to press the breast-bone downward and backward, and with it all the ribs that are attached to it, thus lessening the size of the chest, and causing it to press upon the heart and lungs. During this process, the spine of the neck is more or less thrust forward, and the shoulder-blades are thrown outward, upward and forward, so as, more or less, in proportion to these changes, to make the person hump-backed or round-shouldered. This sets the arms permanently forward, and instead of hanging perpendicularly at the side, rather behind the chest, so that all their weight, together with the whole weight of the shoulders, is thrown behind, and drags the chest backward. In place of all this the arms are thrown downward and forward, obliquely across the chest, carrying with them all their own weight and the weight of the shoulders and shoulder-blades, with all their fleshy attachments, forming a very great weight, crushing down the chest, contracting and lessening it everywhere, especially at its base. Such a person, in walking, standing, or at his occupation, carries an absolute pack upon his back, little less fatiguing to bear than that of any foreign body that he may choose to place upon his shoulders. Fully one-half of the fatigue of walking, standing, or of all light occupations, is produced by the weight of the shoulders and arms upon the chest. This pressure of the shoulders and arms is extremely apt to produce pain between the shoulders and under the shoulder-blades, and a sense of exceeding weariness in the shoulders. Pain in the bones of the neck, down the whole length of the spine, in the small of the back, &c., very frequently arises from this dragging of the shoulders forward.

THE WEAKER SEX.

When I hear the female called the weaker sex, my mind is led directly to the inquiry, do they refer to the mind or body? If to the body, human nature is ready to admit the fact. If to the mind, (much to our sorrow) it must be acknowledged to a certain extent. But to what shall we impute this weakness? Has nature been less bountiful to us as a class? No—numerous are the instances which testify to the contrary. Look at the condition of the female mind in past ages, confined to the narrow limits of domestic exercise, or to amusements of the lowest order—and what can we expect? Do we look for "figs of thistles?" Look abroad among our females even in these enlightened days, and the mind is struck with evident marks of weakness still existing. See the female whose sole object is to appear in the latest costume, and what are the sensations, produced in the mind of a rational beholder—are they sensations of pleasure? Most surely not. The heart yearns in pity over intellect thus wasted. But does the work of folly rest here? By no means! The blasting influence which is spread around such a female is incalculable. The breath of the pestilence, alone can compare with it.

SCHOOLBOY'S QUESTIONS.—Three boys at school, learning their catechism, the one asked the other how far he had got? to which he answered, "I'm at the state of sin and misery." He then asked another what length he was? to which he replied "I'm just at effectual calling." They were both very anxious, of course, to learn how far he was himself, and having asked him, he replied—"Past redemption."

It is rumored that the late and greatest curiosity of the age has just been received at Wood's Museum. It is the gun with which the question is popped. Probably a large supply will soon be made for the use of bashful young men.

A gentleman paid his addresses to a termagant widow, in a southern city; and it being remarked that he killed a man in a duel, another person immediately replied:—"The match will be equal, for the lady has killed her man."

An Irish fair one wrote to her lover, begging him to send her some money. She added by way of postscript, "I am so ashamed of the request I have made in this letter, that I sent after the postman to get it back, but the servant could not overtake him."

A waggish friend of ours, says the Worcester Budget, attempted to count the *sleepy heads* in church yesterday—he reached as high as fifty, and then—fell asleep himself.

The following story is told to frighten young bachelors—there is not a word of truth in it:

"The widow of Ephesus bedewed the grave of her spouse with one eye, while she squinted love to a young soldier with the other."

LOOK TO YOUR PUNCTUATION.—A toast drunk at a Fourth of July celebration, was given as follows:

"Women—without her, man would be a savage."

The Boston Post thinks the punctuation erroneous, and should be corrected thus:

"Woman, without her man, would be a savage."

GOOD ADVICE.—Fitzgerald advises ladies to manifest an utter abhorrence of *boy beaux*. By boys, we mean lads from sixteen to twenty, who having no business and no mind of their own, ought to be set down as vain, idle, love-sick, sentimental, poetry-reciting, good-for-nothing fellows. It is sheer waste of time, and, therefore, wicked in any woman to encourage them.

In France, a devoted wife, having inherited a fortune, and wishing to give it to her liege lord, which the law forbade during coverture, by the advice of counsel had herself divorced, donated the fortune to her late husband, and married him again.

FROM LATE ENGLISH PAPERS.

(From the St. John New Brunswick.)

The steamship *Canada*, Capt. Harrison, arrived at Halifax on Wednesday night, in 11-14 days from Liverpool, bringing dates to the 20th April, one week later than the news we published in our last. The Express Mail reached this City at 2 o'clock yesterday afternoon.

The general tone of Commercial affairs remains without improvement, although the Cotton market has again been active, at an advance in prices. A rise of 1-8d. has again been established. The sales of the week were 61,190 bales.

The Ministry have suffered another defeat, which arose out of the discussion on the Stamp Duty Bill. On the item charging a duty of 2s. 6d. bonds for sums less than £50, Sir H. Willoughby moved an amendment reducing the duty to 1s. The division left Ministers in a minority of 26 in a house of 299. The Ministry have thus been outvoted four times within eight days.

A motion to reduce the taxes on knowledge has been negatived by a majority of 101. It would appear that Messrs. Gibson and Bright appeared to get advantage in favour of the proposition: the Premier and his supporters resting their arguments on the question of revenue alone. Sir G. Gray has introduced a measure to regulate interments in the metropolis. Mr. Fox's bill for giving secular education to the people has been met with coldness on the part of the Premier. Mr. Labouchere's measure for the regulation of the Mercantile marine is loudly condemned at the various sea ports.

The Bishop of Exeter has put the Gorham case in suit before a lay tribunal—the Court of Queen's Bench. The Bishop of London is maturing a measure for establishing a court of appeal to decide on all questions of false doctrine; the Bishop of Bath and Wells has come out strongly against the judicial decision.

The trade and navigation returns prove that the prosperity of the country is undiminished. February and March of the present year show an increase over the corresponding months of 49 of twenty per cent. The exportation of yarns, manufactured cotton, silks, linen goods as well as iron and copper are all steadily increasing.

Germany is in a very unsatisfactory state. While the comedy of accepting the charter of the constitution, as agreed upon at Erfurt, is being enacted, the Russian forces are being concentrated on the Prussian frontiers, 50,000 of which are Boshkir and Circassian horsemen. And in the event of the agitation in Germany menacing the peace of Europe, Russia is evidently preparing to dictate terms to her neighbours. The Danes are preparing for a renewal of war with the Duchies. The Prussian Ministers are bent upon a rupture of some kind or other. Austria now coincides with England, Russia, and France on the question of the Duchies; and it is evident that Prussia, by opposing her more powerful neighbours, is getting into trouble.

IRELAND.

The county of Donegal is in a bad state; in almost every part of it an organised system of ribbonism prevails.

Several hundred emigrants left the city of Cork on Saturday, by the Nimrod and Albert steamers for Liverpool, to take passage for America. The deck of the former steamer was densely crowded with men, women, and children, the greater number of them comfortably attired.

The *Limerick Chronicle* states that upwards of 5000 persons have left that district since January last to proceed to America, many of them of a superior class. Persons of good means are departing, leaving the streets crowded with idle beggars, who distress the inhabitants by perpetual importunities and petty thefts.

Two frightful murders have been committed in the county of Clare. Mr. Arthur O'Donnell was returning from the house of his herdsman, when a party of ruffians met him and killed him with a hatchet. He was a quite inoffensive gentleman. The herdsman of Mr. Scanlan went out to look after some sheep, when a party of ruffians met him and cut his throat.

A monster meeting in favour of tenant protection was

held on Sunday, at Kilcummin, county of Tipperary. There were eight Catholic clergymen present, several of whom addressed the meeting with great eloquence and effect. Resolutions affirming the principles that rents should be reduced in proportion to the decline in the prices of agricultural produce, and that the right of the tenant to the benefit of his improvements in the soil should be legalised, were unanimously adopted.

The following is a resolution passed at a meeting of the Kilkenny branch of the Irish Democratic Association:—"That we, the Kilkenny democrats, do not recognise any law, human or Divine, which could be interpreted as giving to any one man the right to revel in possession of thousands of acres, oppressing his tenantry and siding with tyrants, whilst our fellow-countrymen are daily dying with hunger, and the tiller of the soil perishes for want of that of which, next to God, he is the producer."

FRANCE.

DREADFUL ACCIDENT IN FRANCE—THREE HUNDRED LIVES LOST.—The Paris correspondent of the *Morning Post* writes as follows on Wednesday:—

"A frightful catastrophe has occurred at Angers, which was lately the scene of tumult and disorganisation. The third battalion of the 11th regiment, accompanied by the staff officers of the regiment, were marching across the suspension bridge which leads into the town: the staff had reached the left pier, close to the Chateau, when suddenly the chains were heard to crash, and with a sudden swerve and oscillation the bridge broke down, and upwards 600 men, armed with bayonets and sabres, were plunged into the river, 'swollen to twice its usual size by the recent heavy rains. The harrowing scene which followed surpassed all description. An eye-witness of the horrible occurrence, who has come post to Paris with the news, has just recounted to me the horrors of the scene. The chains of the left pier continued to hold, and the remainder of the regiment including the last file of the Voltigeurs, sprung with distraction to the pier and clung to the chains, which happily did not fall. The rain was falling in torrents, and the swollen and muddy stream, which rushes by 'black Angers,' as our King John called this city, carried away with it scores and scores of struggling soldiers."

"Meantime, as the troops had their bayonets fixed, several of the men inflicted frightful wounds on their sinking comrades, until at last the river became completely ensanguined from the blood which streamed from their wounds, thus unconsciously inflicted. As the rain still continued to pour, the occurrence was not witnessed by many persons; but the alarm was quickly given, and all the boatmen and fishermen of the Loire and Maine came up with drags, &c., and several dying and half-drowned men were saved from a watery grave. You may perhaps remember that Black Angers stands on a slip of land forming an angle, or delta, at which the Lower Maine joins the Loire, some distance below the town. During heavy rains the stream becomes swollen into a 'revolutionary torrent,' as it was called by Carrier, in the good old days of the Noyades. Unhappily, the water was in this state at this dreadful moment; and never since the same waters closed over the corpses of the murdered priests and children at Nantes, in 93, have they witnessed so hideous a scene."

"There were five companies, of 117 men each, marching over the bridge, exclusive of the regimental band, and the many groups of laughing children and women, who are ever to be seen greeting the arrival of a new regiment. These were all precipitated into the dark and angry waters, and upwards of 300 are known to have perished. About twenty corpses have been picked up, and several wounded men have been dragged ashore still alive. Amongst them is the lieutenant-colonel of the regiment, who is, however, in a dangerous state."

In the assembly, on Wednesday evening, General d'Hautpoul stated the iron bridge at Angers had broken down while four companies of the 11th Legers were passing, and that 300 had been drowned. He added, "The government, on its side, intends to submit to your deliberation a project of law, with a view to allay the grief of some disconsolate mothers." ("Immediately," cried several members).—M. Leon Foucher said that he was sure of being the interpreter of the sentiments of the Assembly in declaring that it shared the emotion of the Minister of War.

INDIA.

We have news from India and China by the Overland Mail, with dates from Bombay to the 16th of March, and from Hong Kong to the 27th of February. On the frontiers at Peshawur Sir Colin Campbell has had some trouble with the predatory hordes on the hills, and in the direction of Kohat there seems to have been a good deal of fighting in the passes of the hills, and our men have returned without having done much towards preventing the future incursions of the enemy. In a dangerous defile, of thirteen miles in length, our troops suffered considerably from the constant fire of the matchlock men. Two European officers and 150 privates were killed. The whole of the rest of India is tranquil, but the dominions of the Nizam are fast verging to some financial and political crisis. Everything appears quiet in the various Chinese ports.

We learn, by the way of Egypt, that Mr. Layard and his party are carrying on their successful excavations at Nimrod and Nineveh; and a vast number of copper vessels, beautifully engraved; and fine slabs, illustrative of the rule, conquest, domestic life, and arts of the ancients, are daily brought to light.

The Rifleman war-steamer has at last caught the slave steamship *Providentia*, celebrated for her fleetness and successful voyages. When, at daylight, the *Providentia* saw the Rifleman, she bore straight down upon her, in order to deceive her; then pretended to give chase to a slaving felucca: but she had gone too near her captor, and was overhauled after a three-hours chase, and some "advice" from the heavy guns.

The expedition organized under Capt. Penny, consisting of the *Lady Franklin*, commanded by himself, and the