The Canadian Post.

EVERY FRIDAY MORNING AT THE OFFICE—WILSON'S BLOCK, KENT STREET, LINDSAY, C. W.

And contains Extracts of the Political, Social, and Literary Questions of the day; Agricultural and Commercial Notices; an Abstract of the Foreign and Home and Local News of the week, together with carefully selected Miscellany.

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M. DEANE, Civil Engineer and Provincial Land Surveyor, Russell Street. Sept. 5, 1861. 114-tf

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Lindsay, July 13th, 1864. 255-tf

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The

A LITERARY, POLITICAL, EDUCATIONAL, AND FAMILY JOURNAL.

Vol. V.—Whole No. 265.] LINDSAY, C.W., FRIDAY, SEPEMBER 23, 1864 [Terms: $1.50, in Advance

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T. GOURLEY, Artist. Lindsay, March, 1864 236-6m

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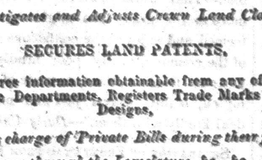

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☞ All work warranted. Office in Jewett's Hotel. Lindsay, March 29, 1864. 238-

Poetry

A FAREWELL TO THE "GUARDS."

The following graceful "Farewell to the Guards," on their departure from Montreal, is from the pen of George Murray, Esq., formerly Principal of the Oakwood Grammar School, and now of McGill College, Montreal.—[Ed. Can. Post.]

Brave men and true, Farewell!
This eve the steamship wafts you from our shore,
And few who round the "Royal Mountain" dwell
Will see your faces more:
Should this be so—the future who can read?
Guardsmen! we bid you, one and all, God-speed!

Blythe Summer thrice hath bloomed
Since proudly conscious of your valour's worth,
What time War's shadow in the distance loomed,
Old England sent you forth;
She deemed it well to trust her Western Ward
To men whose honor never was defiled.

Stern Winter reigned supreme
When to our aid ye marched thr ugh dear lands;
Keen frost, deep snow-drifts seemed a hideous dream
To your enduring bands;
But the warm welcome ye received at last
Effaced the memory of each hardship past.

Then ye were strangers—now
Ye are our friends and ye have earned the name
By living lives ye need not disavow,
By shunning deeds of shame;
And thus, brave Guardsmen, as your host departs,
One feeling animates Canadian hearts;

One feeling of regret,
Deep and unfeigned that men by whom each day
Our streets were trod, to whom we owe a debt
That words can never pay,
Will soon be sundered by the ruthless deep
From hearts that pray for them, from eyes that weep!

Oft at the festal scene
We shall miss faces round the social hearth,
When gallant officers, whose courteous mien
Betokened gentle birth,
No longe woo Canadian beauty's glance,
Breathe the soft lay, or circle in the dance.

But not in vain, we trust,
Have your bold legions dwelt within our land;
Go to your English homes, since go you must;—
It is your Queen's command;
But bear away fond memories of the time
That ye have sojourned in our peaceful clime.

Let distant brothers know
That they must dream of Canada no more
As a bleak region of eternal snow,
Where boundless forests soar,
And fur-clad settlers, whom the winter spares,
Wage a grim war with Indians or with bears.

Dispel such idle dreams:
Go, tell your comrades of a fertile soil,
A healthy climate and majestic streams—
Tell how the sons of toil
Love the free country that hath still full space
To nurture millions of the human race.

Tell of our sea-like lakes,
Of village homes where Peace and Plenty smile,
Of grand St. Lawrence, our Canadian Nile,
And the vast Bridge that breaks
The crystal boulders, mountainous and white,
That Winter vainly hurls against its might.

And now, once more, Farewell!
May Peace brood dove-like o'er your island-home
But oh! if e'er some haughty foe to quell
Through foreign lands ye roam,
May the great God of Battles lend you strength
To vanquish England's enemies at length.

George Murray.

Montreal, 6th September.

NOMENCLATURE IN SCOTLAND.

Under this heading the following curious contribution to statistical literature is appended to the detailed report of births, marriages and deaths in Scotland for 1860, just issued by the Registrar-General:

In the General Registry Office in Edinburgh indices are prepared of all the names which are entered annually on the public Registers of Births, Deaths and Marriages; and the general indices are now completed for a series of five years, commencing with the year 1855, when the registers were first established. These indices are not only extremely valuable for the purposes for which they were established, but also as shewing the names of the Scottish population at the present day, and the relative proportions in which each name and surname occurs among the people.

It would appear that the effect of the Clan system of surnames in Scotland is to cause a much larger number of persons to hold the same surname; in other words, that, in proportion to the population, fewer surnames exist in Scotland than in England.

Within the last thirty years a very large addition to the surnames has been made in Scotland, in consequence of the immense immigration from Ireland. This immigration, beginning about the year 1820, did not assume gigantic proportions till about the year 1840, when the demand for railway laborers brought the Irish over in hundreds and thousands. Since that period, in addition to bringing over about a thousand names which are common to Scotland and Ireland, they have added to the Scottish surnames nearly a thousand which till that period were peculiar to Ireland. Were it not, therefore, for the enormous addition to the surnames made in recent years, the proportion of persons attached to each surname in Scotland would be more than double the proportion of England.

During the last three years the total names entered on the Registers amounted to 609,639.

DIVISION OF SURNAMES INTO FOUR CLASSES.

Possibly in every country the surnames may be divided into four great classes; and it is possible also that the chief peculiarities of each country, in so far as the surnames are concerned, may depend on the relative preponderance which each of these classes bears to the other in the general population. These four classes may be regarded as—1st, Surnames derived from patronymics, that is, from the Christian or fore-name of the head of the family; 2d, Surnames derived from the rank or occupation of the persons; 3d, Surnames taken from the locality in which the persons dwelt; 4th, Surnames, or sobriquets, given to persons from some supposed personal quality or resemblance.

1st. Almost all the names of our Border and Highland Glans belong to the first class, and they are peculiarly Scottish, neither belonging to England nor to Ireland. These surnames include all those beginning with Mac, as Macgregor, Mactaggart, &c; besides those simple ones, as Frazer, Douglas, Cameron, Kerr, Grant, &c.

2d. The surnames derived from rank and occupation are very numerous, but are equally common to England as to Scotland. Of these, in both countries, Smith is the most common name; after which follows in Scotland Stewart, Miller, Clark, Taylor, Walker and Hunter; but in England, after Smith, come Taylor, Wright, Walker, Turner, Clark, and Cooper.

3d. Surnames taken from the locality in which the persons originally resided form a very numerous class, and they also are to a great extent peculiar to Scotland, seeing that there is scarcely a county, parish, town, river, or remarkable locality but has its name perpetuated in the surnames. Thus, for instance, of the counties we have for surnames Fife, Nairn, Stirling, Ross, Lothian Sutherland, Berwick, Roxburg, &c. Of parishes we have Abbey, Fordyce, Peebles, Farr, Bathgate, Callander, Tweedsmair, Campsie, Cullen, Kirkpatrick, Bothwell, &c. Of towns we have Glasgow, Leigh, Aberdeen, Montrose, Biggar, Lauder, Metrose, Hamilton, &c.

4th. The sobriquets perpetuated as surnames are perhaps the most varied of all, and embrace every personal or mental quality supposed to reside in the different individuals to whom they were originally given. They may hence be divided into dozens of subdivisions, according as they were given from the person's general appearance, or the color of his skin or hair; hence Black, White, Green, Gray, Brown, &c; or from his supposed likeness to the animal creation, as Lyon, Bull, Stott, Bullock, Lamb, Hogg (which does not mean a pig or sow, but a lamb a year old), Collie, Tod (which is the Scottish name for the fox), Fish, Haddock, Salmon, Finch, Swan, Heron, &c.; or from his size and make, as Meikle, Long, Thin, Meikle-john, Littlejohn; or from his strength, swiftness, or other qualities, as Strong, Stark, Swift, Bold, Bauld, Good, Noble, &c.

COMPARISON OF THE SURNAMES IN ENGLAND AND SCOTLAND.

It would have been very interesting, in comparing some of the commonner surnames of England and of Scotland, to have shown how the language of each country has altered the name, so as to make the families of each country whose names are derived from the same occupation, similitude, or quality perfectly distinct. Thus, the common surname Baker in England is almost completely supplanted by the name Baxter in Scotland, and all the Bakers may be considered as of English origin. The English surname Fox is quite superseded by the Scottish form Tod, which is a very common name, having the same meaning. The English surname Bullock is known in Scotland by the common surname of Stott, which has the same meaning. The English surname Dove takes the form of Dow, as does the English surname Love the Scottish form of Low, &c. But even one of the cosmopolitan and very common surnames receives its characteristic modification in the two countries, seeing Robinson's in England become converted into Robertsons in Scotland.

By far the most common surname in Scotland is Smith. It is also the most common surname in England, but not quite so prevalent as in Scotland; for, while England has only 1 Smith in every 73 persons, Scotland has 1 Smith in every 63.

After the cosmopolitan surname Smith, the next most common in Scotland is a purely Scottish one—Macdonald. In this respect England agrees with Scotland, that after its commonest cosmopolitan name Smith, comes a purely English and Welsh surname—Jones.

The cosmopolitan name Brown is the third most common surname in Scotland, but only the sixth in England, and constituted rather more than 4 per cent. of the total names. Robertson and Thompson, with their various spelling, constituted the fourth and fifth most common surnames; the English forms, Robinson and Thompson, being swamped by the great preponderance of the Scottish forms of these names. These two surnames may be regarded as equally prevalent in the population, and as each constituting 1 per cent. of the population. Stewart with its rarer spelling of Stuart and Campbell, both purely Scottish names, are the sixth and seventh most common surnames in Scotland; and they are followed by Wilson, a name equally common to the two countries.

These names are followed in succession by Anderson, Mackay, Mackenzie, Scott, Johnston, Miller, Reid, and Ross, all of which may be regarded as purely Scottish names, for the English form of one of them is Johnson, which is rare in Scotland; and these surnames are succeeded by Patterson, Fraser, Murray, Maclean, and Cameron, all of them also of Scottish origin.

Of these 50 most common surnames Scotland, 32, in the forms in which they occur in Scotland, may be reckoned as having originated in the country, and as being peculiar to it—a very large proportion, considering all circumstances. The remainder are common also to England.

CHRISTIAN NAMES.

The nomenclature of the people of Scotland would be incompleie unless some notice were taken of the names proper, or Christian names Unlike the surnames, both for men and women, these names are few in number, numbering 67 for the men, and 86 for the women. These tables will give a very good general idea of the relative prevalence of each Christian name in Scotland, inasmuch as they embrace all the Christian names attached to six of the most common surnames for the males, and all those attached to seven of the most common surnames in the females; and the figures attached to each name show the number of times when that name occurred among the total 3,630 male names, and the 3,689 female names. We have, unfortunately, no similar tables for England.

From these tables it will be seen that John and James are by far the most common Christian names for men; after which come in regular order, William, Alexander, Robert George, David, Thomas and Andrew. These names are greatly ahead of the rest in frequency.

Of the female names, Margaret is rather the most frequent, though Mary is very close upon it. In the Highland clans Mary decidedly preponderates; but Margaret in all other parts of Scotland. After these come in order, Elizabeth, Ann, Jane, Janet, Isabella, Agnes, Catherine, Helen, Christina, and Jessie. These names are greatly ahead of the rest in frequency. To both lists are appended the rarer names—viz., those which occurred fewer than three times in the number specified.

A money-changer on the Boulevard, one M. Silva, has a Dutchman in his employ, a M. Stochwiss, who rejoices in a pretty English wife. The lady besought him the other day to invest five sous (2½d.) in the purchase of a lottery ticket. He was glad to gratify so moderate a request, and they came to him a few mornings ago to inform him that he was the winner of the *gros lot* of 120,000f, or nearly £5,000.

THE MODEL PRINCE.

The London Saturday *Review*, in the course of some remarks on the "many-sidedness" of the German character, illustrates its view of the ideal German by a very familiar example, as follows:

"But we have ourselves seen the German ideal actually embodied before our eyes. The late Prince Consort was an eminent instance of the model German. It was a matter of principle with him to be everything and to do everything. He helped the Queen to carry on constitutional government; he controlled, if he did not determine, the course of foreign policy; he was not only a judge of art, but a practical artist; he mastered science sufficiently to understand the products of science; he applied himself patiently to military affairs, and even descended to such minutiæ as inventing a hat; he paid attention to farming, and no one sent fatter or better pigs to agricultural shows; he surveyed every detail of the education of his children as if they had to earn their bread by their wits. Besides all this, he made himself one of the best informed men in the country. Probably no one had a more copious store of accurate knowledge. If a statesman or General came back from India, he found that at Windsor there was a resident in England who knew the details of Indian history and of Indian localities better than most men who had spent their lives in Calcutta. The Prince was perfectly restless in his search after knowledge, and it was simply incomprehensible to him how a man could be a Secretary of State and yet be as contentedly ignorant as Lord Lyveden. He would have got up in a morning all that Lord Lyveden failed to learn during his long tenure of office. This love of many sidedness is very un-English. It seems to us a little weak, a little pedantic, and involving an enormous effort. We feel as if we must be good and industrious every moment of our lives to attain it, and even then what would life be worth? But even Englishmen if they would reflect upon it, must acknowledge that it has its noble side, and that a nation which determines to pursue it may have a salt and a virtue of its own."

MANUFACTURE OF TURPENTINE.

The great advance in the price of Turpentine—some six hundred per cent,—arising through the war in the neighboring States, from the exceeded portions of which the main supply has heretofore been obtained, has led to many enquiries as to its production and best mode of manufacture from the turpentine pines of Canada.

In answer to some queries on this subject, a respected correspondent writes:—"I am not aware that turpentine is made in Canada, but, if it is, it must be either from our Larch (*Larix Americana*), called the Tamrack, or from the Red pine (*pinus resinosa*), often called improperly Norway pine, or from the Pitch pine (*pinus rigidia.*) I believe our common pine (*pinus strobus*) of which the timber is so valuable, has little resin or turpentine in it. * * * The Balsam fir—of which the well-known Canada Balsam is the product corresponding to turpentine—is common in the Newmarket district, and in various parts of Canada; but where the Canada Balsam is usually made, I have no information. *Pinus rigida* is found about here, and is very abundant in some parts of the country. Pinus resinosa yields the timber known as red pine, and abounds in the north-west, I believe."

Gray, an American author, in his Manual of Botany, also speaks of *pitch pine* as being saturated with resin—another variety sometimes called Yellow Pine furnishing much less resinous timber; that the *red pine* is usually less resinous than the Pitch Pine, and that the *white pine* is nearly free from resin.

The European turpentine is mostly made from the *Scotch Fir*, the American turpentine from the *pinus Australis*, or "long-leaved pine."

Canada Balsam is occasionally sold in the shops as Strasbourg turpentine, and is used in medicines; also by opticians for mounting microscopic objects and for other purposes. It is largely imported into the United Kingdom—the quantity in 1856 reaching 17,177 lbs.

The most important use made of spirits of turpentine, as described by Chevreul, is as an ingredient in house-painters' colours—facilitating their application, diminishing the viscidity of the oily mixture, and allowing the painter greatly to modify the appearance his work, by varying the degrees of gloss or of dullness, and preventing the appearance of cracks which would otherwise be visible when the work is varnished; but for all common purposes the painters generally now use petroleum naptha instead, on account of its extreme cheapness as compared with turpentine.

So as to encourage parties to attempt the manufacture of turpentine, tar and resin in Canada, two prizes for each of these articles have been added to the prize list for the next Provincial Exhibition.—*U. C. Journal of Arts and Manufactures.*

RATHER SINGULAR.—Nearly a month ago a hen was set at Pearsie with ten eggs. Last week the servant who has charge of the poultry observed one of the eggs chipped in two places, but on Saturday her surprise was increased when she observed "chuckie" strutting about with eleven "chicks" out of ten eggs. She is, however, unable to distinguish the twins.

FAITH.—I envy no quality of mind or intellect in others; not genius, power, wit, or fancy; but if I could choose what would be most delightful, and I believe most useful to me, I should prefer a firm religious belief to every other blessing; for it makes like a discipline of goodness, creates new hopes when all earthly hopes vanish, and throws over the decay, the destruction of existence, the most gorgeous of all lights; awakens life even in death, and from corruption and decay calls up beauty and divinity; makes an instrument of torture and shame the ladder of ascent to paradise; and, far above all combination of earthly hopes, calls up the most delightful visions, palms and amaranths, the gardens of the blessed, the security of everlasting joys, where the sensualist and the sceptic view only gloom, decay, annihilation. —*Sir Humphrey Davy.*

THE FARMER.

The Cobourg *Sentinel* of last week contains the following pertinent remarks which we take pleasure in transferring to our columns.

The great evil which we labor under in Canada is *snobocracy* in our cities and towns. Every one tries to live without work; and labor, whether with the head or the hands, is looked upon as degrading. This sort of snobbery would do no harm if the people were able to support it; but they are not; and it would therefore do our fine ladies and gentlemen infinite more credit if they would at once throw off the pride of a condition they can no longer support, bow to the necessity of the times, and seek employment in whatever capacity they may be fortunate to find it. We have only to pass along the street to find abundant proof of the evils of this false pride among our people. Look in at auction room or at a pawnbroker's and you meet with the relics of some happy home across the sea, deserted for the dream of affluence without labor in the "land of the west." Here is a piano, there a few Greek or Latin books, mixed up with chests of drawers, kitchen utensils, drawing room furniture and mildewed finery of all sorts, the unfailing sign of those who have not had the heart to confront the rough exigencies of the new life they have chosen, or who have returned from the struggle broken in heart, in health and in spirit. In every town and city lie stranded those who have been wrecked by a false pride or want of qualification for this passage of life—whilst on the other hand those who have adapted themselves to the circumstances of the country, and labored with head or hands have for the most part, reaped a fair reward. There is nothing more sad, in our opinion, than to see a mass of misplaced talents, knowledge and accomplishments, pining away in poverty, in idleness, and in want. And yet in the face of such sights we see many fathers of families bring up their sons in idleness—or thrusting them into the already overstocked professions. Were they to purchase and stock farms with the money which is too often thus thrown away, they would confer a lasting benefit not only upon their offspring but upon the country at large. And what is there to be ashamed of in the life of a farmer? Are not many of the wealthiest gentlemen in the neighborhood tillers—aye and successful tillers of the soil? What is the occupation of Mr. Grimshawe, or Mr. Standley, or Mr. Crawford, or Mr. Gifford? True, they are gentlemen of large means independent of their farms, and could if it so pleased them, come into town and extinguish our snobbery with the same ease that the sun outshines the glory of a farthing candle. But do they attempt a foolish display above their means?—or do they bring up their children in idleness, teaching them to scorn honest labor?—No, they wisely look upon labor as the common lot of all, and more wisely still, think that the labor of the field is far preferable both for the mind and the body—both for the temperal and eternal interests of their children. We are far from undervaluing education and refinement. Literary talent, scientific ability, gentlemanly manners, and mental cultivation, a good address and a good style—all these are quite compatable with strong arms and rough hands, well inured to labor and hardship. Let parents then give up that foolish display which is running them and entailing misery upon their children, and devote their means to replacing their sons and daughters in a position to earn a comfortable, and an honest living.

PRICES CURRENT IN RICHMOND.—The chief Confederate city must be a nice place to hav a large family in. It is reported that "Flour was selling at $375 per bbl; potatoes, $2 50 a $3 50 per quart; water-melons $10 a $25 each. Before the forces of Grant had attained their firm position upon the Weldon Railroad, the price of flour was but $300 per bbl. Wheat bread, two or three-ounce loaves, sold at $1 50 each, and bitter, raised with peach-leaf yeast, at that.

SEIZURE OF THE DUKE OF SUTHERLAND'S YATCH FOR SMUGGLING.—The Duke of Sutherland's yacht *Jndine* was seized at Southampton during the past week, on account of some smuggling transactions in which part of the crew had been engaged. The seizure, of course, gave great annoyance to his Grace, and up a representation being made to the Commissioners of Customs in London, the vessel was at once ordered to be released. The seizure was made, it is said, by order of the collector at Southampton.

LORD BROUGHAM ON THE NATIONAL ANTHEM.—Lord Brougham presided at the annual distribution of prizes at the rural deanery of Whigton, Cumberland, on Wednesday, when he delivered a short address on middle-class education. His Lordship, in calling upon the meeting at the close of the proceedings to sing the National Anthem, said it contained a most important principle, for said—

"May she defend our laws,
And ever give us cause
To sing with heart and voice
God save the Queen."

The meaning of that was manifest, that if she did not defend our laws—if she did not give us cause that with heart and voice—we should not sing "God save the Queen." (Hear, hear.) That was most safe to say upon the present occasion, for we had not the slightest shadow of risk that that illustrious person our Sovereign should not give us cause to sing with heart and voice "God save the Queen." (Hear, hear.) It was not so always. In the time of James II. we could not have sung "God save the King;" in the time of Charles II. we could not have sung it; perhaps even in the time of Charles I.—to say nothing of later Sovereigns. (Laughter.) But of the present Sovereign he was perfectly clear and certain they could sing with heart and voice "God save the Queen." (Cheers.)

The Canadian Post.

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C. Blackett Robinson, Publisher and Proprietor

£10,000 has recently been offered for the London Tavern.

During the past twelve months 608,629 bales of cotton have been exported from China.

Mr. William Dunville of Belfast, has set aside £10,000, to be called the Sorello Trust, for the benefit of the working classes of Belfast, as a memorial to a deceased sister.

The report of an Education Commission this week has the following as a reply from a youth of fourteen regarding the instruction he received:—"They ax you once and then hits you."

Professor Anderson, the Wizard of the North, is about to make a re-appearance in London, after an absence of seven years.

Belfast now quiet. Of about forty cases in hospital, arising out of the recent riots, four are expected to be fatal.

A small plot of land in the immediate neighborhood of the Mansion House, London, has been sold at the rate of £1,800,000 per statute acre.

The farmers in the north of Ireland are realizing extremely high prices for their flax. On the last market day in Belfast some of them obtained 9s. a stone; three years since 5s. 6d was considered a good return for it.

Last week, Mrs. Bouchier, a young widow lady, lost her life at Jersey while heroically endeavoring to save her little boy from drowning. In the confusion which prevailed another lady was carried away by the current and drowned.

Mr. Banting, of anti-corpulence notoriety, has issued an appeal to the public for the erection of a hospital, to be named the 'Middlesex County Convalescent Hospital.' As a thank-offering for himself, Mr. Banting leads the list with the very handsome and stout donation of £500.

NO TWO FACES ALIKE.—Although no two faces are alike, very few deviate widely from the common standard. Among the eighteen hundred thousand beings who inhabit London, there is not one who could be taken by his acquaintance for another: yet we may walk from Paddington to Mileend without seeing one person in whom any feature is so overcharged that we turn round to stare at it. An infinite number of varieties lie between limits which are not very far asunder. The specimens which pass those limits on either side from a very small minority.—*Macaulay.*

WHAT DOES "ECONOMY" MEAN.—In our use of the word it means merely sparing or saving; economy of money means saving of money—economy of time sparing of time, and so on. But economy no more means saving money than it means spending money. It means the administration of a house; its stewardship, spending or saving, that is, whether money or time, or anything else, to the best of possible advantage. In the simplest and clearest definition of it, economy means the wise management of labor; and it means this mainly in these senses, namely, first *applying* your labor rationally; secondly, *preserving* its produce carefully; lastly, *distributing* its produce seasonably.—*Ruskin.*

THE INDIAN AND THE SETTLER.—It is generally supposed that the Indian is an exceedingly cunning being, unrivalled in the peculiar knowledge of the woods. This is something of a mistake. The Indian has the quick perception and the natural sagacity of one who lives in the woods; but it never surpassed if it equalled, the acquired knowledge and perception of the pioneer hunter. On one occasion, in a sort of block-house, an old hunter of the pioneers was standing in a door, when the cry of a wild turkey was heard at some distance. A youth stood by the hunter, able to bear a rifle, who, with youthful impetuosity, exclaimed,—"There is a turkey—I'll go and kill it." The hunter listened a moment, and said, "No, you are not a good shot. I'll go and give you the turkey." The youth demurred, but was at length persuaded. The hunter crept out in an opposite direction from the cry. Slyly he made his way through the bushes, and at length came behind the spot where the cries of the turkey were heard; and concealed by low bushes and brush, came up a ravine. There, before him, in limbs of a tree, was a large Indian, who was imitating the cries of a wild turkey, to decoy some one from the block-house. The hunter shot him and took his scalp. Arriving at the block-house he threw it down before the youth, saying, "There is your turkey!" The youth was filled with gratitude for his escape.

THE ADVANTAGES OF GYMNASTIC EXERCISES.—On the occasion of the laying the foundation stone of a new Gymnasium in Liverpool last week, the Rev. Hugh Stowell Brown made a speech in the course of which he said that he had often seen gymnasts at which he was greatly astonished; and as he had witnessed those marvels of agility and strength, he had said to himself, "Oh, that we were all such men as these!" And with the feeling bordering on despair, as he witnessed one feat after another, he had said, "I wish I could do that, or a tenth part as good. Oh, Banting, Banting! Oh, that I were reduced, and that this too solid flesh would melt, thaw and dissolve itself into dew!" If such exercises as these became general they would no longer see among them men like globes, or men like laths, or men like pothooks. They would see men such as men ought to be, such as most men might be—broad-shouldered men, broad-chested men, and strong-limbed men, muscular, brawny, and healthy, and he believed good tempered too. And further, although he found it very difficult to imagine anything that could in the least degree improve the ladies of this land, although it did seem like taking in hand to gild refined gold and paint the lily, to throw perfume upon the violet, to smooth the ice, or add another hue to the rainbow, yet still he thought it just possible that exercises such as those might make them—fairer he dared not say, more sweet-tempered he could not say, but still stronger, healthier, happier, and it might rescue some of them from that ghostly consumption to which many of the fairest and best of them fall early and much lamented victims.