# IBALMIGHBTBTGISTMLB: AND 

NORTH-CAROLINA GAZETTE,


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DISORDERS OF LTERARY MEX We esspect there are few men, if an indid Aperson who has been fanilion
with the habisol our mot learned men and those too who are estement the mens
nutious and indefatitiable, woult be asto Iad the intense application of the scho ars of Europe ; and yet the later ar fach less liable ta divease than the forme We are constantly exclaiming against the the truth is, that application is the ont eminent as any in the transatiantic world ; and proper regimen is the onthy
Jing wanting to make them as healthy Nothing contributes more to health than ectual faculties. The good will of the
 thoghts, and to overiook, or neglect, even encourage those habits mber the chse of a medical studen hio lowked forward with reat anxiety
bis last examination, and being aubbitiou hat his friends called a most dangerven application. It was even told of him th

 obliged to use profusuly to con habit of snoff Tengin an ounce a tiag could scarce Iy prevent him from nodding over C
elden in the evening, and absolutery Io imself prier a page of Boerhaave. ecame emaciarted, his skiio assumed to fact pery, yelfowist tint, and exshalaud at some
distance the distinct odour of tobacco lost his sppetite, and a diarrhcea cane on skittol physicians comild recommenit. He
Was advised to give up his bouks, but ev ery perssuasion was in vail. At tength
beceane so completely emaciated und $e$ those recovery. Hisbits of striends all execrated
which brought him talk d so nuch of his waking hirself
vicium of industry and perseverance, th


 of health fin which the had been formerly
disionuwised. He now retureit to hit
books with more zeal than eve., and found no inconvenience in his mididight lamp, so
he but breathed the atuosphere of his

 nusst, generally assribect.
The fact is, that a certain equilibrium must be kept up between the energies of
the oody and the mind. Torpor of nind.
dibl choly and consumplion, as well as mental
and

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$\qquad$ ir natural course, anis ite powers be evenatulty exhausted It is equatly true,
that when the wind is iaactive, the body
mas Sessary to a vigorous constitution ;) thus Yet are says livee corpid kind of flife, sand ochiondrizac is enervated tin bendy The wellp-
 and slothrul. it intease

| Why should we not find it as often among |
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| Kings, and senatotss, and ambassadors, and | men extensively engaged in commerce, ns

annong sedentary students? Their tuinds anong sedentary students? Their uinds
are as constanty exerteet, and their ansit
eties are farmore poppressive. A native of eties are far more oppressive. And native of
nee of the cantons of Swizzerland, whilst
hew was employed in mercantile business,
which required great and utiremitting ex-

 to poring over the metaphysics. of Lick
and the Principia of Newtun. These ne occupations gave him no pportunity for
oodify exerise, at all proportioned to that
of his mind, and a disordered brain was of his mind, and a disordered brain was
the eariy consequence. Acesation of
tudy, with a few medical remedies rudy, with a tew medical remedies, soon
restored his reasoon and his heath; but
gain
 The longer intense thought is continued, che more does the vital energy become ac-
cumulated in the brain, and defieien in
every other part of the bolly; this is exemdent, that when he has been thinking a
long time, his thoughts are mure vivid, and Tow every hour more smoothly and rapid-
yalong b but when that train is ended, a sorning heat is felt in the brain, and ex-
reme languor in every other part. This





 sfavoured by the bene",
and gosition u unally It then it is found that the exercise of one
Igat and he position which is required,
coduces an accumulation of bluyd
 them, and thus restore the equilibrium
fhealth. If then our students would only
sudy as much as they tio and execcise


ORDINANCES \& RULES, Adopted by the Board of Trustees at a appe.
cial Meieling hleld at Thapet Hild during
the late Anniversury
$\qquad$


Tuesday, July 17, 182t.


NOTICE

> State of North-Caroling,


## ECD An impression beingabroad that the





| $\begin{aligned} & \text { pprvared } \\ & \text { attended } \end{aligned}$ |
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