The Prospect in Italy.

[From the London Times of 2d inst.]

The French fleet has left Gaeta, with the exception of a single vessel, and to-morrow the short armistice concluded between the belligerents will expire. At the same time, the Monteur has revealed the last move of the imperial game and informs the world that the Emperor Napoleon yields at length to the representations of the British people, the indignation of the Italians, and the silent disapprobation of his own subjects.

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Gaeta, almost impregnable from the land side, will probably be reduced in a few days by vigorous operations from the sea. The incident of Ancona is in all likelihood, about to be repeated, and the King of Naples will have the honor to share the fate of an illustrious French general. But who can say the Emperor Napoleon is about to carry out the policy to which he has so often pledged himself? If interference ceases at Gaeta, to recommence somewhere else, if the Bourbon be allowed to fall only that some equally unpopular claimant may vex the distracted country, then the gain will have been but little. Even the greatest benefits do not allow him who has conferred them to dispose of the lives and honor of the recipients. Napoleon has given Lombardy to Piedmont, he has at the strong instance of England permitted Tuscany and the Romagna to dispose of themselves, and he did not interfere when the swarm of papal mercenaries was scattered by by General Cialdina. But the present agony of Italy is on the other hand, all of his own producing. The troubles in the kingdom of Naples, his discontent in Sicily, and the forcible restoration of the Pope's authority in several districts, are the result of this unfortunate and to most men unintelligible policy.

It is plain that the notion of holding the balance between the two principles which divide Europe is at the base of the imperial policy. The Emperor will not so far engage himself either to free government or to legitimacy as to give either his full support. His own position and the position of France are better, he thinks, as long as he can side with either party, and both must, consequently, study to obtain his favor. The decision with respect to Gaeta is a concession to Italy and England.

How terrible are the straits into which the court of Vienna is driven is only known to all those who care to inquire into the subject. The common language that Austria is poor, her subjects discontented, and her frontier threatened by a victorious enemy, expresses but faintly the confusion, and we might say despair, which have fallen upon the empire. East and West there is nothing but indignation breaking forth into sedition, and threatening treason. The arrest at the mouth of the Danube of several vessels with military stores of every kind, destined to support a Hungarian insurrection, has hardly attracted notice, so open is the conspiracy against the Austrian crown. We can well understand, then, that Count Rechberg should "deplore" the determination of Napoleon to withdraw his fleet. [The Austrian minister, no doubt, sympathizes with a sovereign in distress, but there are other and nearer interests involved—in the abandonment of Gaeta. At the present time almost the whole strength of the sardinian army is employed in the papal States and the two Sicilies. The holding out of Gaeta not only necessitates the presence of a besieging army, but causes disturbances in the less enlightened districts, while the leaders of the royalist party derive comfort and encouragement by the support which the French Emperor gives their master. It must be remembered that Messina still holds out for Francis II., and that as long as he remains on Italian ground there will be a ferment in the kingdom which will prevent the Sardinians from turning their attention to the North. We learn that the Austrians have counted on two Sardinian army corps being detained on the line of the Garigliano for many months to come. This expectation is now, in all probability, doomed to disappointment. Should the French retire, the Sardinian squadron, as soon as the short period of the armistice has expired, will make the prolonged defence of Gaeta impossible. Either the fire or the blockade will compell a capitulation, and the king once out of the country, the disaffected will speedily submit, and the divisions which now prevail will be compored. Without possessing extraordinary powers of foresight, a political observer may predict the next move of the Turin cabinet. It is hardly concealed that in some way Austria it to be compelled to abandon Venice. Either negotiation, or the stirring up of intestine commotion, or open war, is to obtain this concession from Francis Joseph. The Austrian Emperor is declared to be resolute not to sell, and to see clearly that the alternative is war sooner or later if the French fleet had remained at Gaeta, a year would have been lost to the Sardinians; now no one can tell what the spring evening will bring forth.

Secure Sound, Regular Sleep.

Dr. Cornwell, of Philadelphia, contributes to the *Educator* an article on sleep, from which we make the following brief extract:

"No one who wishes to accomplish great things should deny himself the advantages of sleep or exercise. Any student will accomplish more, year by year, if he allows himself seven or eight hours sleep, and three or four for meals and amusements, than if he labors at his books; or with his pen, ten or twelve hours a day. It is true that some few persons are able to perform much mental labor, and to study late at night, and yet sleep well. Some require but little sleep. But such individuals are very rare. General Pichegru informed Sir Gilbert Blane, that during a whole year's campaign, he did not sleep more than one hour in twenty-four. Sleep seemed to be at the command of Napoleon, as he could sleep and awake apparently at will. M. Guizot, a minister of France under Louis Philippe, was a good sleeper. A late writer observed that this facility for going to sleep after extreme excitement and mental exertion, was prodigious, and it was fortunate for him that he was so constituted, otherwise his health would have materially suffered. A minister in France ought not to be a nervous man; it is a fate to him if he is. After the most boisterous and tumultuous sittings at the Chamber, after being baited by the opposition in the most savage manner—there is no milder expression for their excessive violence—he arrives home, throws himself upon his couch, and sink immediately into a profound sleep, from which he is undisturbed till midnight, when the proofs of the *Moniteur* are brought to him for inspection.

The most frequent and immediate cause of insanity, and one of the most important to guard against, is the want of sleep. Indeed, so rarely do we see a recent case of insanity, that is not preceded by the want of sleep, that it is regarded as almost a sure precursor of mental derangement. Notwithstanding strong hereditary predisposition, ill health, loss of kindred or property, insanity rarely results, unless the existing causes are such as produce a loss of sleep. A mother loses her only child, the merchant his fortune, the politician, the scholar, the enthusiast, may have their minds powerfully excited—yet, if they sleep well they will not become insane. No advice is too good, therefore, to those who have recovered from an attack or to those who are in delicate health, as that of securing, by all means, sound, regular and refreshing sleep.

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