

the cross. The savages listened with fixed attention; and some of them requested that they might be taught to pray: and when the missionaries did pray with them, they frequently repeated their expressions that they might not forget them. And, on leaving, they said they would come again and hear of these things. And from that period, Kaiarnak made frequent visits to the Brethren, and at length took up his residence with them: and, after about a year, giving satisfactory evidence of a work of grace on his heart he was received into the church.

As yet, however, the missionaries had made no definite change in their method of instructing the people. And soon, Kaiarnak left them, to return to his countrymen in the south. After about a year's absence, he returned, to their unspeakable joy; bringing with him a brother and his family; and saying, that all he had heard from the missionaries he had endeavoured, while absent to hold communion with the Saviour; and that he should never leave the Brethren again.

The missionaries now began to perceive the import of the dealings of God's providence and grace with them in the case of this individual. And the result was, a deliberate determination to make a material change in their manner of instructing the savages around them. From this period, 1740, they directed the attention of all to whom they could get access, "in the first instance, to Christ Jesus,—to his incarnation, his life and especially his sufferings and death." And, immediately was this method of instruction followed with signal and extended success. "It illuminated the darkened understanding" of the miserable objects of their benevolent exertions, "melted their stubborn hearts, and kindled in their cold icy breasts the flame of spiritual life."

Nor was this new mode of instruction confined to the Greenlanders. Similar views in relation to the relative importance of Christian doctrines had, about the same time by some remarkable circumstances been impressed on the minds of the Brethren at home. The missionaries in Greenland gave speedy information of the change in their method of instruction, with its causes and effects. And the same method of proceeding was forthwith adopted in all the Moravian missions; and has, in all of them, been ever since pursued, with the same instructive and happy results. And now the recorded testimony of these indefatigable and most successful laborers in converting the heathen, is, that "experience has taught them, that little is effected by beginning," in attempting to propagate Christianity among pagans, "with the principles of natural religion, as the existence of God, the perfections of his nature, or the duties of his morality, in order to prepare them for receiving the Gospel;" and that, "after many years trial, in different countries and under every variety of circumstances, they have found that the simple testimony of the sufferings and death of Christ delivered by a missionary possessed of an experienced sense of his love, is the most certain and the most effectual method of converting the heathen."

MEDICAL.

WATERY REGIMEN.

It was a very true saying of the worthy John Hancocke, Rector, Prebendary and Chaplain, that he was not the first man that wrote a book on a subject he knew little of. But, let us add, that his "*Febrifugum Magnum: or common Water the best Cure for Fevers, and probably for the Plague,*" is an excellent little work, in which the appeal to nature and common sense contrasts very delightfully with the mystified jargon of the quacks and medical jugglers, from the "*Legacy*" of Dover, down to the singularly well-attested cures of a Solomon and a Swain, or of negro Doctor Tom. In recommending the use of water, as a means of purifying the blood and expelling noxious humours—giving serenity to the mind, and healthful feelings to the body, nature and science are now agreed. It is not our present purpose to speak of the curative powers of water-drinking, in various violent and alarming maladies, else we might detail the successful issue of the case of jaundice in Mr. Hancocke himself, and of measles in his little daughter; or tell of the wonderful cure of Fra Fernando, in palpitations of the heart, diseases of the liver, disordered digestion, rheumatism, gout, &c. Let us rather mention, in a general way, the advantages of water drinking, as detailed by Sir John Floyer, of whose work on

cold baths we have already spoken.—"The water drinkers are temperate in their actions, prudent and ingenious: they live safe from those diseases which affect the head; such as apoplexies, palsies, pain, blindness, deafness, gout, convulsions, trembling, madness. The drinking of cold water cures the following diseases: the hiccup, sutor of the mouth and of the whole body; it resists putrefaction, and cools burning heats and thirsts; and, after dinner, it helps digestion." A little further on he adds, "and to the use of this, children ought to be bred from their cradles, because all strong liquors are injurious to the constitution of the children, whose spirits they inflame, and render them mad, foolish, rash, tender, and intemperate in their passions." Would the strong man preserve his strength, and the fair woman her beauty, water will be their beverage, their cordial, their restorative. Is the constitution, broken down in drunken bouts and gluttonous feasting, to be renovated, water, water alone, unmixed, unspiced, must be the grand anti-dyspeptic draught. If cramps and pain torment, or wakefulness cheat the wearied spirit of its repose, not all the essences of peppermint or mustard for the former, or all the sedatives of laudanum, blackdrop, or hops, for the latter, will be so composing for the time, and unattended by after suffering, as a tumbler full or two of hot water. We do not mean warm: that is nauseous: but so hot that it must rather be sipped than drank. Let not the trembling drunkard be deterred from reform by the fear that no substitute can be found for the midnight cup, whose stupefying contents are swallowed in the hope of making him for a while forget himself. He will experience from hot water, taken in sufficient quantity a feeling of internal warmth and stimulation, and a slight fulness of the head, which will safely stimulate the fit of drunkenness; but, unlike the latter, it will not terminate in the insensibility of apoplexy, but of tranquil slumber. The nervous lady who refuses to take adequate exercise during the day, and drinks her strong green tea in the evening, may consult her physician, if she be partial to having a listener to her tale of woe; but, if she desires to rest well and keep out of the hands of quacks, and spare the nerves of her regular medical adviser, who really wishes her well, she must dilute her tea, take longer walks; and, in place of recourse to the laudanum vial, try a tumbler full of hot water at bed time. The poor hypochondriac must not hope for easier digestion and a greater flow of spirits by a little wine or other bitters before dinner, and a little wine or brandy and water at and after this meal. He may as well hope to breathe freer by having his throat a little compressed by a tight band just before he takes a walk, and again a little squeezed immediately after his return. His draughts from the fountain of Hygieia must be in the shape of pure water, from the nearest spring or cistern. At first he may, perhaps, eat less with this watery accompaniment; but what he does eat will be from the true instinct of hunger, and be accordingly less oppressive, and more readily converted into part of his blood and bone. Let us hear what Theden, a learned German physician, says of this practice, applied to, and adopted by himself, at the suggestion of his friend, the celebrated De Hahn. When between thirty and forty years of age, he was hypochondriac in the extreme, and a prey to the darkest melancholy; he suffered from palpitations at the heart, and thought he could not survive six months. But from the time he began to drink cold water, all these symptoms vanished; and he was healthier, at an advanced period of life than he had been at an early age, and entirely free from hypochondriasis. In his "*Now Observations,*" he attributes his then advanced age of eighty years, principally to the use of twenty or twenty-four pints of water daily; a practice which he had persevered in for forty years. We challenge the retailers and admirers of Pulmonary Balsams and Decoctions, Tinctures, Elixirs and Essences of life, Catholicons, Panaceas, and Stomachic Bitters, and all the infallibles which, like the shot of the cockney sportsman, take effect on any other object than that at which they are aimed, to adduce parallel cases to this. Who are the gouty, the dropsical, the paralytic, and those cut off in a moment by fell apoplexy? Not the water drinkers. Who are the idle and the luxurious, spendthrifts of money and of time, that devote their nights to dissipation and pass their mornings in unquiet slumbers? Not the Water drinkers. The depths of philosophy,

and the elevations of poetry, are most felicitously explored by those whose minds are allowed to exert their powerful faculties, unclouded by the muddy vapours of wine or spirits.

The acknowledged efficacy of mineral waters, in various disorders, has been attributed by some distinguished physicians, to the mere dilution by their aqueous portion alone, modified by temperature. Though we may not admit this, in its unqualified sense, we must, at the same time, be fully aware, that the waters of certain springs have acquired great report for the cure of many diseases, although it is well known that they contain no foreign ingredient whatever; such is the case with the water of Malvern wells in England, which is only remarkable for its extreme purity.

We know of but one drawback on the general and free use of common water, for the relief and prevention of a host of ailments, by which people are tormented themselves, and contrive to torment at the same time their friends. It is the readiness with which this beverage can be procured—its abundance, and its costing nothing. The intrinsic value of both pure water and pure air is not appreciated by the wealthy, on account of their marketable cheapness, and is despised by the fashionable, because they are so common as to be freely possessed by the lowest and most vulgar, not less than by the most polished and high-bred gentlemen of the land.

The invalid, soured by former failures, can see nothing remarkable in what is a matter of every day's observation and experience, and hence will turn a deaf ear to the advice of fresh air, pure water, and regular exercise, and that he may be the more willingly gulled by the boastful promises and mysterious jargon of empirics.—*Journal of Health.*

GENERAL INTELLIGENCE.

LONDON, January 5.

THE KING.—The latest accounts represent His Majesty as in excellent health and spirits. The Morning Journal at the same time says, we regret that it is not in our power to contradict the rumour relative to the visual affection, under which his Majesty is said to labour, and to relieve which, is deemed dangerous to attempt any operation.

(From the Limerick Chronicle of Saturday.)

About twelve o'clock on last Sunday night some miscreants fired a shot through a window in Stanley Lodge, County Tipperary, the seat of Edward Power, Esq.; from Stanley Lodge they proceeded to Mr. Herrick's, about a quarter of a mile farther on, and fired a shot through his bed-room window. The villains effected no other injury than the destruction of the glass of the windows. No cause can be assigned for these attacks.

Yesterday an Inquest was held at Ballycoshoun, near Bilboa, in this county, on the body of William Spelman, by Charles Bennet, Esq., coroner, and the Rev. C. P. Coote, who was waylaid and beaten, on the 14th of December, on his return home from the fair of Turagh. It appeared in evidence that the deceased was a very peaceable man, and returning from the fair alone, when he was attacked suddenly by a party of men, who beat him in a most brutal manner and fractured his skull; his cries alarmed some persons near, who, on going to see what was the matter, were likewise attacked, and narrowly escaped with life. It is melancholy to say that a brother of the deceased was murdered in the same manner a few years since, and that two homicides have been perpetrated by the same faction within a short period only, but a few yards from the spot where was committed the memorable massacre of the Connell family. The Jury returned a verdict of "Wilful Murder" against six persons whose names we don't publish for various reasons.

Wednesday night the cow-house of a farmer named Raleigh, at Coolcen, near Fedamore, was consumed to ashes, and two cows, three pigs, some geese, and several geese, were destroyed in the flames. The conflagration communicated to the farm-house, which was totally destroyed, with nearly all the furniture. It was not yet known if the fire was accidental or malicious.

On Monday night the woodranger of Mr. Butler county Tipperary, was fired at twice by a parcel of assassins: neither of the shots took effect.

An attempt was made to destroy a farmer's family last week, in Kerry, by setting fire to the thatch while the inmates lay in bed.