

haling pure air through the lungs, it must be of the most vital importance to keep the channel free.

A DISPENSATION.—That was a true remark made by a clergyman, who was receiving an account of a severe typhus visitation in a certain family, which was considered a "mysterious dispensation of Providence," seeing that no other families in the vicinity had been similarly afflicted. "Ah," said the clergyman, "it was more likely a bushel of rotten potatoes in the cellar." It is an easy thing to charge up against a merciful Lord our own violation of the laws he has made for our regulation; but we would be wiser to look to it and see that we avoid the causes of disease and death in our cellars, kitchens, dining-rooms, bed-rooms, closets, clothing, and general habits, before we become accusers of the Almighty.

Advantages of "Plain Living."

There are many good reasons for living on plain, simply-cooked but nourishing food. Variety is necessary; that is a judicious mingling of dishes of grains, vegetables, fruits, and meats. There need be but few kinds at one meal if the family are agreed in their tastes. The larger the family, as a general rule, the more need of variety at each meal, that each one may follow natural instinct in selection, as far as can be done with due reference to the rights of others. Plain living reduces not only our expenses, but our labor in the kitchen.

Another important thing I have been taught by both reason and experience: plain living reduces our liability to diseases of all kinds. As I said recently, there has been but one case of absolute sickness (down sick in bed, undressed all day) in our little family of four children during the more than dozen years since the eldest was born. I think this is due to care in regard to the general rule of health, as no preventive or curative medicines—not even catnip-tea or camphor—have been used.

Yesterday a daughter complained of a slight sore throat—a very unusual complaint here—and I felt some little uneasiness, as diphtheria is abroad in this part of the country. But I felt condemned for the dinner of the day before—hot bread pancakes, upon which I knew the little girl was eating quite too much butter in a melting condition, followed by pumpkin pie, which disgraced me because it was too sweet and spied for health. She had the good sense (or cultivated instinct) to go without supper last night, and a wet cloth on her throat during sleep, covered by a dry one, perfected a cure of all sore throat.

Children who live habitually on plain fare show evil effects from rich food much more quickly than those who live regularly on the latter, and some suppose this proves that their stomachs are weaker on account of plain living, but I think it is because they have a more correct or healthy tone. —*Faith Rochester, in Agriculturalist.*

CURE FOR BURNS.—A venerable patient, a retired foundryman, tells us that during his apprenticeship to a shipbuilder of Philadelphia he became acquainted with a never-failing remedy for burns and scalds, and that in this subsequent foundry life he saw innumerable such injuries relieved of pain and healed as if by magic by powdered charcoal. The softer it is, the better, and that from pine wood is the best. It is to be thickly spread over the burned or scalded surface as soon as possible, and renewed as it becomes moist or drops off. The same patient states that in the shipyard and in his foundry fir balsam proved a most soothing and rapidly-curative dressing for abrasions and cuts. The hurts heal with marvellous expedition, and suppuration, erysipelas, &c., are always prevented, he says. The balsam should be spread thickly over the wound. No doubt the disciples of antiseptic surgery would attribute the good results of this dressing to the disinfectant power of the balsam, but the secret of its efficacy lies, no doubt, in its exclusion of the atmosphere from the wound. Nature endeavors to keep out the air from the wounds by means of a film of lymph or pus or a scab, and meddlesome men thwart nature by frequently "cleansing" the hurt by water, or, worse still, soap and water. The balm protects the sore from air and water, and nature unobstructed, does her healing work rapidly and well. —*Louisville Medical News.*

COMMUNICATED.

We are not to be understood as either endorsing, or disapproving the sentiments contained in articles under this head, unless we distinctly say so.—Ed.

EPIDEMICS.

[From an Electropathic and Hygienic stand point, by J. Gordon Wilson, Electropathic Physician.]

SYNOPSIS.—The vital and material losses to nations occasioned by plagues, greater than the costs of their wars.—Plagues by no means confined to the malarious, i. e., swampy regions.—The greatest predisposing cause of Epidemics is to be found in our hyperborean diet, i. e., excessive use of carbonaceous food, increasing the natural temperature of the system, and thus rendering it more liable to congestions, fevers, and diseases of an inflammatory nature.—The exciting cause of these complaints is the result of a too *positive* condition of the atmosphere, caused by electrical currents from the equator, manifested by south and east winds, and rise of temperature generally.—The system being unable to withstand the double influence of heat from within and without is *consumed*, the vital power not being able to control the *chemical* laws.—The right course to adopt; prevention; remedies.

The prediction of the Medical Journals, that the vital and material losses of Russia by this last epidemic would exceed the cost of her war, is being fully verified. (The same was also true in regard to the yellow fever of the Southern States, exceeding the cost of the Mexican war); but by its very magnitude the calamity may prove a less unqualified evil, if it should help to open our eyes to the true nature and origin of what has too long been considered a mysterious and unavoidable plague. The hope of solving the riddle of the periodicity and typographical predilections of the plague pest, suggested a careful comparison of the pathological statistics of the Russian steppes with those of the swampy regions of the Atlantic slope; and these studies have revealed some curious facts, which the correspondents of the medical periodicals have corroborated rather than explained.

It appears that a disease which our ablest physicians have described as intensified malaria, has by no means confined itself to the malarious, i. e., swampy regions, but in a majority of cases may be traced to a city, or a well drained but thickly populated district, where the dietetic and domestic habits of the Caucasian race predominate over those of the Aborigines. Among many of the Indian tribes that inhabit the marshy low-lands and humid forest coasts of our continent, fevers are on the other hand, wholly unknown; while Europeans, who visit such regions, or natives who adopt European modes of life, become liable to a number of enteric disorders. Vera Cruz, "the City of the Dead," as the Mexicans call it, on account of the frequency of its yellow-fever epidemics, is situated on a barren and extremely dry coast, remote from all swamps, and surrounded by arid sand hills; while the natives of the peninsula of Yucatan, with its swamps and inundated virgin forests, are considered to be the healthiest and hardest portion of the Mexican population. Lagunya, Caracas, and Santiago, in spite of their mountainous environs, complain of the terrible regularity of their autumnal epidemics; but in the valley of the Amazon fevers were unknown before the arrival of the European Colonists, and are still monopolized, by the Creoles and negroes of the larger settlements. The forest tribes of the Madeira, says Bompland, cautioned the missionaries against the use of animal food, and warned them that it would produce a disease which like original sin, could only be cured by baptism, i. e., frequent shower baths and invocations of the Great Spirit; and Bernal Diaz tells us that the subjects of Montezuma were afflicted with an eruptive disease, more painful though less incurable than leprosy, but that fevers made their first appearance with the Spaniards, and were long limited to the district of Tlaltepec, (in the valley of Anahuac), and the Spanish quarter of Hascala.

During the long centuries of the *Juventus Mundi*, forests and swamps were almost synonymous, as they still are in the lower latitudes of America and Eastern Asia. Animal life swarms and revels in such regions. Herbivorous and carnivorous animals, and the anthropoid apes, thrive in the moist woodlands of the torrid zone; and the Asiatic Malays, the natives of Soudan and Senegambia, and the Aborigines of