

ciation and death follow. Medicine cannot reach the ulcerated tubercles; it can controul common inflammation, but over them it seems to have but little influence.

Is there no hope for me? says one who is daily losing his flesh—whose sunken eye and flushed cheek, and tickling cough, make him the object of universal sympathy. Yes, is the professional reply, there is hope; but you must flee to a southern clime—you must, feeble as you are, leave your home, and all but life, that you hold dear, and seek health where the air is warm and dry, and where you can take exercise without the danger of irritating your lungs. This is true—here is the only hope—but how difficult the remedy, how absolutely beyond the reach of many. Is it not easier to avoid the exciting causes than to cure the disease? Certainly, all will say, if we know them. We have known more than one salesman fall a victim to consumption in the following way. He is, during cold weather, in a warm room, the temperature of which is somewhat higher than 60°. He has a note to pay, a few goods to purchase, or a little money to borrow. He has a short distance only to go—is in a hurry, and cannot stop to put on an over-coat—no, this is too much trouble—he therefore goes out, into the cold air, the temperature of which is 30 or 40 degrees lower than in his store; he feels the shock sensibly, but this gives energy for a few moments to his muscles, and his pace is quickened; he soon, however, meets a friend, who has a little business with him, or an amusing story to tell him; it would be impolite not to listen to the story, and bad policy not to attend to his business; his stay, therefore, in the cold air is protracted, and when he returns to his store he feels very chilly. He finds, the next day, he has taken a slight cold, attended with a little cough—not enough, however, to awake his attention—and he goes on, exposing himself time after time; he adds cold to cold, till, eventually, the hectic flush, the night sweats, and the debilitated frame, compel him to leave his business, to withdraw his attention from the cares and turmoils of the busy world, and lead him to think of the sad blow he has given to his physical powers, and the means he must use to restore them to their original strength and harmony.

He has disobeyed the organic law, and the penalty now follows. When men understand, as they ought, the laws which govern matter, and regulate life, they may expect to live longer than they now do. City habits, and city air, predisposes us all to consumption. We must, then, avoid the exciting causes. In the summer of 1832 we were all predisposed to cholera, but we were careful to avoid the exciting causes, and we escaped the disease. Cold is by far the most common exciting cause of consumption. It is our duty, then, to avoid it. But how can we do this, living, as we do, in a changeable climate? We must take a little pains; we must, when we go into the cold air, put on additional clothing, or surround our bodies with some nonconducting substance; a damp air abstracts heat from our bodies more rapidly than dry—and this is the reason why we feel more chilly when the wind is east than when it is north or west. We have frequently advised those who suffer most from the chill of our eastern winds to wear a silk shirt over their flannels. Silk is a good nonconductor of heat—it, therefore, prevents the sudden abstraction of animal heat: it is a better nonconductor than woollen—but the advantage of wearing woollen next the skin is, that it absorbs or takes up the moisture which emanates from the body. Linen is a better conductor of heat than cotton, and consequently not so warm. We would advise all persons who are much exposed to the sudden changes of weather, to wear, in winter, flannels next their skin, and a silk shirt over it, and wear over these a cotton shirt, in preference to linen. Let any man try the experiment, and he will perceive the advantage of this practice.

Our bodies, when in health, generate enough of heat for their own use, and in the coldest of weather they would not

suffer, provided they could be surrounded by a perfect non-conductor. Flannel and silk are better than wash-leather; the latter, it is true, is almost impervious to the air, but it is a better conductor of heat than the former; it does not absorb the moisture from the body as well as flannel, and an uncomfortable sensation is produced by it. We would advise all men to keep their bodies moderately warm, and this they can without great trouble, but we are no advocate for hot rooms or an uncomfortable quantity of clothing. Too much heat enfeebles the body, and renders the mind dull and languid. Immerse a man in a hot room, or muffle him up to his eyes when he goes out into the pure open air, and he will become so tender and feeble that a gentle breeze will annoy him, or give him a cold. Many children are made so tender by the overweening care of their affectionate but mistaken mothers, that, in after life, they are ill prepared, either in mind or body, to endure the fatigues or encounter the hardships to which we are, in this changeable world, more or less subject.

Let us hear the experience of the philanthropic Howard upon this subject. He was a man of sound mind and common sense, and he was not fond of theories that had no bearing upon the comfort or happiness of his fellow men. He says, 'that a more puny whimster than myself, in the days of my youth, was never seen; I could not walk out in the evening without being wrapped up, I could not put on my linen without its being aired, I was, politely speaking, enfeebled enough to have delicate nerves, and was occasionally troubled with a very genteel hectic. To be serious, I am convinced that whatever enfeebles the body debilitates the mind, and renders both unfit for those exertions which are of much use to us all as social beings. I, therefore, entered upon a reform of my constitution, and have succeeded in such a degree, that I have neither had a cough, cold, the vapours, nor any more alarming disorder, since I surmounted the seasoning.' Prior to this, he was a miserable dependant on wind and weather; a little too much of the one, or a slight inclemency in the other, would frequently prevent him from attending to his amusements, or his duties. His afflictions were strong, and if pressed by them he did venture forth, in spite of the elements; the consequences, however, were serious. Whenever he went out he muffled up his nostrils; a crack in the glass of his chaise would annoy him; a sudden slope of the wheel to the right or left would distress him, and set him a trembling; a jolt was to him like a dislocation.

If he was on a journey, mulled wines, spirituous cordials and large fires, were his comfort at every stopping place; the toils of the day were to be baffled by taking something hot on going to bed, and before he proceeded the next morning a dram was taken, in order to fortify his stomach. In a word, as he says, he lived and moved and had his being, so much by rule, that the slightest deviation was a disease. At length his eyes were opened to his situation; he beheld nothing before him but pain, disease and mortification. He formed a resolution, he denied himself of almost every thing in which he had indulged. He found that a hearty meal and a cheerful glass gave him a disinclination to exert himself for hours afterwards. He found that a rich supper disturbed his digestion, and made him fit for nothing but dissipation till he went to a luxurious bed. To regulate all this, he ate but little at every meal, and reduced his drink in proportion. He found that a reduction in his ordinary quantity of animal food not only restored his mental functions, but gave vigour to mind and body. Instead of dining on many dishes, he dined on one or two; his spirits, his health and intellectual strength were augmented. His clothing, likewise, underwent a reform; the effect of this was, that he was less liable to take cold than before. He was not frightened by seeing a carriage dragged up a mountain, or driven down into a valley. He was proof against all atmospheres, damp feet, night air, transitions from heat