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The way to be Sick.—The individual who is desirous of a se-
vere attack of disease, or who wishes to get rid of life in severe
agonies, should when wet to the skin, and benumbed by cold,
dry himself before a large fire, and toss down a glass of spirits
or hot toddy. It may be replied, that many have pursued this
practice with little or no inconvenience. A vigorous system can,
it is true, do many things which would be destructive to the more
weakly. Let them, however, persist in tampering with their
health, and the effects we have promised will sooner or later
most certainly occur.

The individual, on the other hand, who wishes to run no risk,
but to preserve his health and life, should change with all possi-
ble speed his wet clothing, and persist in moderate exercise until
the heat of the body is again restored, approaching the fire only
by degrees; or, what is even preferable, if the exposure to cold
and wet has been of some continuance, retire at once to bed,
and drink moderately of tepid barley-water, balm tea, or gruel.

Gardening.—The cultivation of a garden is a means of exer-
cise highly conducive to health. It is said that, formerly, in
Sheffield in England, where the principal manufacture of edge
tools, and other articles in iron is carried on, there was hardly
a journeyman who did not possess a piece of ground, which he
cultivated as a garden. This practice was found to be productive
of many salutary effects. It not only induced these people to
take considerable exercise without doors, but also to consume
many wholesome vegetables of their own raising, of which they
would otherwise have been deprived.

If mechanics, generally, were able to follow the example of
their Sheffield brethren, we are well convinced that their health
would be greatly benefited. The time and means necessary for
the experiment would, perhaps, be less difficult of attainment in
this country than may at first be supposed.

Indication of Longevity.—HUFELAND, in his celebrated work
on the means of preserving health, presents the following beau-
tiful ideal of a frame destined to longevity.

Let me now be permitted to delineate the portrait of an indi-
vidual destined to long life. He has a well proportioned stature,
without, however, being too tall; but rather of the middle size,