

## MEANS OF PRESERVING HEAD

MEANS OF PRESERVING HEALTH  
AMOUNT OF FOOD REQUIRED.

Persons using little exercise require but a very little food. The quantity of rice juice is secreted in quantity commensurate with the wants of the system. In the proportion of exercise that is taken, excess in eating not only leaves stomach burdened with a load of undigested food, but also impairs the digestion of what is actually demanded by the system. There can be no doubt that excess in eating is the cause of the painful affections which cut short the comfortable existence in man; for he is only a animal who has no power to discontinue eating after hunger is satisfied. We eat too much, too often, and too frequently in different occupations. The amount of food—the labouring man eats more than the student. Those who are employed by manual labour eat more than those who are employed in over-eating; most of such persons consume three or four pounds a day, which is a great deal too much. Some persons who have said and often some say

things, according to his own calculations consumed in sixty years, and the wagon loads of meats; or, in other words by eating more than was necessary he had, during the same period, starved one hundred men to death.

ANECDOTES.

To show what gluttony can do, people may consciously make of themselves, prodigious derangements in the system which can scarcely be accounted for in any following way. A gentleman, who is perfectly well, and a good man, one of the best between a gentleman and a peasant, after a good dinner, a good party, a good fair may be introduced. "Do you mind breakfast?" inquired the Abbot. "Pretty good," answered the patient. "You lunch?" "Yes, I take lunch." "You eat at a hearty dinner?" "Yes, hearty." "You take tea, I suppose?" "Yes, I do." "And, to wind up all, you sup?" "Yes, I do." "And, to wind up all, you sup?" "Yes, I do." "Why then, you beast," said the surgeon, "go home and eat less, and there will be nothing the matter with you."

This eminent but eccentric physician was remarkable for the stress he laid on eating as a cause of disease, and was fond of addressing his patients in the following words to them: "Your stomach being over, it is my duty to tell you, that you have put it to rights again; and

whimical way I shall give you an  
stratum of my position, for I like  
people something that will amuse  
me. The *kitchen*, that is your stomach,  
out of order, the *garret*, (pointing  
upward) the *garret*, that is your  
head, the *parlour*, that is the  
house becomes affected. Repair  
injury in the *kitchen*, remedy the evil  
in the *garret*, and you will be right  
over; this you must do by diet. If you  
improper food into your stomach, you  
will amuse with it, and with the  
machine besides."

The Duke of York once consulted  
nearly who treated him with  
indifference. The Duke, astonished  
conduct, said, "I suppose you know  
me." "Suppose I do not," said  
"what that if His Highness of  
wishes to be well, let me tell him he  
is as the illustration of a sick  
officer did in his campaign of '01  
ties, and the enemy will quickly be  
sick."

Strict as Abernethy was in regard  
diet of others, he was not very par-

was as to his own; hence, in common with the physicians at the hospital, he was often asked why he did not do what he preached. To such inquiries he replied by remarking that the sign-post, it points the way, but does not allow the comers; it is none the less useful for that.

The exact opposites of the gluttons and the hypochondriacs are the women, who almost starve themselves to death for fear of injuring themselves, and eat improper food. In answer to the advice of Sir Richard Jeayls recommended; he says: "My dear madam, I have no objection to your being the poker, shawty, or tong, for the health of digestion is the first thing they are windy; but anything else please."

Older and wiser advice, both to the too good and the too little eaters, is applicable to countries than England, to other parts of London, and to us as well as in the last century.

THE USE OF WATER.

The celebrated French physician, Dumoulin, in his last moments, was visited by several friends, who began were deploring his approaching end, and he said to them: "Gentlemen, I beg of me, never to be again."

Each of the doctors present concurred to say to be one of the three; but the doctor undecided, and the other two said that the three he meant were *scorvie*, and *diast*.

The last two have been sufficiently demanded attention, as it is of great importance. The application of the body is beneficial as a purifier and tonic. It is a true saying, that "the skin is next to gold," and the ancients have recognized the intimate connection between the former and health, and a great salutary blessing by making it a religious custom.

The skin is the natural outlet of discharge of carbonaceous and other impurities, the retention of which is productive disease; if the pores of the skin be obstructed, the lungs have doubtless to perform in separate organs the work of the blood. Cold water acts also as a most powerful and the most natural purifier, cleansing the blood, and purifying internal organs, and, by its action, increasing the vigor of the system. The most judicious application is by means of a sponge, avoiding the sudden shock of the water, and the great quantity of water immersion. The use of cold water is

necessity implies that of friction, which is valuable in the case of the flow of blood to the skin, and, as the internal congestions—the cause of many diseases of the system, especially in old people—pathosize strongly with the condition of the skin at this time, the friction of the cutaneous circulation is a cause of indigestion and ill-health. The Duke of Wellington, the "Iron Duke," owed in great part his remarkable preservation of his faculties to habits of exercise, vigorous and persevering use of the whole body. He heard of the friction-glove, which, by its means, supply the place of strength, friction to this he added other constructive to break down the resistance that his cook, a master of his forced to leave him with of opportunity, saying that he had never

nor wine; he slept on his narrow bed-stead, thinking that when asked to turn over it was time to get up. He was often early in the stable, on horseback, when other persons bedded. The late Emperor Nicholas lived in the most simple manner: active exercise, sleeping, and even on his leather cap he belated the habits of the Emperor William of Prussia during the Franco-Prussian war, was known.

THE SKIN.

The skin is composed essentially of three layers—the true skin, or dermis, of tissue, modified according to the various situations, and more or less coated by fat and muscular fibres, or epidermis, external to the dermis, and the cuticle, or stratum corneum, the true skin, which is

being, therefore, the thickest