

lives, is most likely to be attended with important results.

Such, gentlemen, are all the observations I have to make upon the subject of diet, for I find, after a careful perusal of the best authorities, that the materials for attempting anything like a specification of the diet suited to particular diseases are altogether insufficient for a successful achievement of this highly desirable aim.

THE RAZOR.

Each hair is furnished with a distinct gland, elaborately and beautifully complete. Under the facial there are innumerable nerves immediately connected with various organs of the senses, ramifying in every direction, and performing most important functions. This hair, when in full growth, forms a natural protector to the nerves; and also holds, as it were in suspension, a quantity of warm air, through which the cold air in breathing passes, and so becoming rarified or tempered, enters the lungs without giving to their delicate texture that severe shock which arises from the sudden admission of cold, so often the forerunner of fatal disorders. Any body putting his finger under the hair of his head will there feel warm air. The hair also wards off east winds, a prolific source of toothache and other pains, and so tends to preserve these useful and ornamental appendages, the teeth.

It is said that an intimate connection exists between the moustache and the nerves of the eye, and that many diseases of the eye are traceable to shaving. Who has not felt his eyes smart under the application of a dull razor.

May not shaving be depriving the lungs of the male of their natural protection, and exposing them to the uninterrupted action of cold air, tending to weakness being transmitted in an increasing proportion from generation to generation, at length inducing consumption and consumptive tendency?

Persons who wear their hair under their chins do not, except in rare cases, suffer from sore throats.

There is in the crypt of Hyde Church a vast pile of bones, which were gathered many years after a battle fought upon the sea-shore between the Danes and Saxons, about one thousand years since; and among them the skulls of aged warriors, finely developed, the teeth in many of which are so perfect, so beautifully sound, and so firmly imbedded in their sockets, that you cannot move them. The owners of these teeth wore beards; and the writer remembers witnessing, several years ago, some excavations on the site of the old priory at Spalding, when many stone coffins were dug out, whose inmates had almost without exception, sound, entire, and elegant teeth. Did not beard grow on their chins?

Shaving occupies, on an average, fifteen minutes. A man who shaves every morning for fifty years thus employs in that time upwards of 380 days, of 12 hours each. Is this a proper application of our fleeting moments?

The face exposed to a microscope immediately after shaving presents a most unsightly appearance, the stumps assuming the appearance of narrow bones sawn transversely.

Did not the teachers of the faculty approve of moustaches—and are they not of opinion that they play a most important part in the animal economy? Is it not probable that, by unduly stimulating the growth of hair by shaving, we draw too largely on, and thus cause an unnatural action of the nerves, producing an injurious effect, no matter how slight, on the brain?

Did not patriarchs and sages of old wear beard, and they were remarkable for longevity, as well as for being exceedingly fine looking fellows?

Is not shaving a bore—and does not a man, while undergoing the operation, look extremely ridiculous? And if it is right to rasp the chin, why not the eyebrows and the head also?

Does it not appear foolish to shave off on a cold morning that which nature has provided to protect us against the cold? Do we not despise and hold too cheaply a beneficial arrangement, and infringe a natural law, when we cut off what