

near to an inexperienced person as if it were merely done to annoy ; but there is nothing so seriously affects people's health as allowing them to sleep exposed to the night air, and especially to the baneful influence of the moon. If this is permitted, colds, fevers, dysentery, and other diseases quickly follow, as the certain consequences of such imprudent exposures. This ought always to be carefully attended to by those who have charge of troops or emigrants going to distant parts of the world."

We have afterwards an account of a

COUP-DE-SOLEIL, OR SUN-STROKE.

"On the 26th of March we crossed the equinoctial line, when the thermometer was 83 degrees at noon in the shade, on deck 86 degrees, in the sun 104 degrees, and the temperature of the sea, of which I kept a daily register, 84 degrees. One of the soldiers, from going about without his cap, received a *coup-de-soliel*. In a moment he became delirious, and madly attempted to throw himself into the sea, a number of sharks constantly showing themselves at the time close to the ship. The surgeon being at hand, he was instantly profusely bled; and powerful medicine being administered, he, in a few days, entirely recovered, and without suffering from fever, which usually follows a *coup-de-soliel*."—*Excursions, &c., in Ceylon, by Lieutenant-Colonel James Campbell.*

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R U N I C M A X I M S .

Whilst we live, let us live well ; for be a man ever so rich when he lights his fire, death may perhaps enter his door before it be burnt out.

Flocks perish, relations die, friends are not immortal ; you will die yourself ; one thing alone is out of the reach of fate, and that is the judgment which is passed upon the dead.

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INFLAMMABLE EFFECTS OF DRINKING SPIRITS.

Moragui and others have furnished us with many instances of the dreadful effects of drinking, on the brain : yet one of the most awful effects is that of combustion, or being burnt by the fumes arising from the stomach. I will insert a few as a warning. Sturmius says, "That in northern countries flames often burst from the stomachs of drunkards. Three noblemen, of Courland, having laid a bet which of them could drink the most spirits, two died in consequence of suffocation by the flames, which issued in great violence from their stomachs." We are told, by Batholin, "That a soldier who had drunk to excess died, after an irruption of flames from his mouth."