

culty of doing so correctly, and the similitude might be made of our statements to those of ladies with the present fashion of wearing bonnets, telling things which are barefaced——, let it then be satisfactory to our readers to imagine the Dr. called in after dinner to see a lady, when it was with some degree of trouble he could see himself, being whole “seas over.” Conscious of his situation, he commenced by feeling her pulse, and after many unsuccessful attempts to count the beats, he muttered, drunk by——. Next morning, recollecting the circumstance, he was greatly vexed, and just as he was thinking what explanation he would offer of his behaviour to the lady, a letter from her was put into his hands. “She too well knew,” said the letter, “that he had discovered the unfortunate condition in which she was when he last visited her, and she entreated him to keep the matter secret, in the condition of the enclosed (a hundred pound note).”

ADVICE FOR THE GIRLS.

A young lady may think it interesting to be delicate and have white hands, and sit with them folded, and her person listlessly disposed during the greater part of the day; but she will soon find that she craves only poor and watery diet, because she does not exert herself enough to require heat-producing food, such as meat and butter; she will soon become cold-blooded, albumen or tubercle will be thrown out either in her lungs or bones: the white tissues, as we say, will predominate all over the body, there will be no surplus of blood or life force, other obstructions of vital consequences to her existence will occur; her monthly periods will cease; her digestion will suffer, and so she will be inclined to think she is hopelessly diseased; she may begin to cough or to scrape her throat, the circulation is becoming too low to send the blood through the minute arteries and veins of her lungs, and tubercles will form; then she will become a subject for the consumption curer and his lies. No, no, my young friends, neither *medicine* nor “*inhalation*” will cure you—Up! out with the birds! clothe warmly your body and protect your feet; see the glorious sunrise and hear the morning song of praise to the *great source of life*.—*Scalpel*.

☞ The influence of diet is various under different circumstances, and presents many peculiar points. A youth who is growing requires more than a mature man—the active more than the sedentary—and the healthy more than the invalid. Much, too, depends on the state of mind, and potent influences of the nervous system. The prosperous person, who sits down to table with a cheerful soul, disposed to please and be pleased with trifles, will bear more, will extract more nourishment from, than the harassed, anxious, or thoughtful man, whose mind is revolving matters of a distressing or exhausting nature. The diet adapted for bilious temperament would be unfitted for the sanguine, the nervous and lymphatic, and *vice versa*.