

Büppel; the town library, possessed of 60,000 volumes, and several valuable MSS., and other curiosities, besides a picture gallery. In the garden of the banker Bethmann is to be seen the beautiful and well-known statue of Ariadne, by Dannecker. The literary and other scientific associations include a medical institute, physical, geographical, and polytechnic, and several musical societies. The chief educational establishments are the gymnasium, the Muster, the Middle, several other public, and numerous private schools.

Within the town no fewer than 29 squares are counted; but the far greater part of them are very paltry. The most deserving of notice are the Rossmarket, the largest of all, with a fine fountain in its centre; the Paradeplatz, the Liebfrauenberg, the Paulsplatz, and the Römerberg. The last is perhaps the richest in historical recollections, and possesses, in the Römer or town-house, a venerable structure, of which the following description may be interesting:—It is of very early date, and is supposed to have derived its name from the Italian, commonly called Römer (Romans,) who, at the great fairs of the town, lodged their goods in it. It was first purchased by the magistrates in 1405, and, continuing to undergo successive alterations and additions, was not completed in its present form till 1740. In the course of the changes made upon it, all uniformity of design has been lost, and it has hence become a large pile of not much architectural merit. Its chief interest lies in its interior. In one of its halls, the Wahlzimmer, the electors of the empire met and made their arrangements for the election of the emperor, and the Senate of Frankfort now holds its sittings. In another, the Kaisersaal, the emperor was banqueted after his election, and waited on at table by kings and princes. The ceiling of this hall has been richly decorated by modern artists, with strict adherence to the original style, and its walls contain niches filled with 52 portraits, being those of the whole German Emperors, in regular succession, from Conrad I. to Francis II.

HINTS ON THE PRESERVATION OF THE HEALTH OF THE TEACHER AND PUPIL.

The increasing experience of medical men, and the elaborate statistics of disease which have from time to time been given to the reading public, all tend to prove that the various classes of society are, from their habits of life and other circumstances attending their different occupations, liable to diseases and disordered states of health peculiar to themselves, and either resulting from, or controlled by, those circumstances. Thus, those who have the charge of youth, whose occupation is sedentary, who are confined for several hours during the day to the desk and the school room, who have their share of anxiety, and who are daily subject to occurrences calculated to "try the temper," and disturb their equanimity, are liable to certain disordered states of health arising from these causes; and there are also various deviations from health, to which the schoolboy is subject. Frequently he is taken from "his paternal fields," or his "native hills," with their pure bracing air and enlivening prospects, to exchange his unbounded freedom and his rustic amusements for the comparative restraint of a schoolastic establishment, and a regular routine of study and application. It is intended to give a few hints, for the preservation and restoration of the health of those exposed to the influences above mentioned—not to treat of diseases already existing, but to show the means best calculated to prevent their occurrence, or to check them when in their most simple and initiatory form.

To no man is the possession of the "*mens sana in corpore sano*" of more value than to the teacher, for without the latter the former is of little avail, and often becomes a cause of pain, rather than a blessing. So close is the connection and sympathy between the body and the mind, that it is impossible for disordered functions to exist for any length of time in the one without seriously affecting the other; and there are certain diseases of the digestive organs, or (as they are commonly called) dyspeptic affections, which, by causing mental depression, drowsiness, inability to fix the attention, and mental irritability, will

unfit the strongest-minded man for any occupation requiring the exercise of patience, perseverance, and judgment. But although it is generally admitted that the possession of good health is the greatest of earthly blessings, and that without it learning, honour, success, and everything else for which man toils, are unsatisfactory, and in their enjoyment do not repay the labour of their acquisition; still we too often see its maintenance neglected and trifled with, and made a secondary consideration rather than a primary object. The advice given by Sir Horace Mann to a young friend about to commence his studies for the bar—advice founded upon years of painful experience and regret—should be deeply impressed on the minds of all who have to earn their daily bread, or maintain their position in society, more by the exertion of the brain than the labour of the hands. He says:

"First you need health. An earnest student is prone to ruin his health. Hope cheats him with the belief that if he can study now without cessation he can do so always. Because he does not see the end of strength, he foolishly concludes there is no end. A spendthrift of health is one of the most reprehensible of spendthrifts. I am certain I could have performed twice the labour, both better and with greater ease to myself, had I known as much of the laws of health and life at twenty-one as I now do. In college I was taught all about the motions of the planets as carefully as though they would have been in danger of getting off their track if I had not known how to trace their orbits; but about my own organization and the conditions indispensable to the healthy functions of my own body, I was left in profound ignorance. Nothing could be more preposterous. I ought to have begun at home, and taken the stars when it should come to their turn. The consequence was, I broke down at the beginning of my second college year, and have never had a well day since. Whatever labour I have since been able to do, I have done it all on credit instead of capital—a most ruinous way, either in regard to health or money. For the last twenty-five years, so far as it regards health, I have been put from day to day on my good behaviour, and during the whole of that period, as a Hibernian would say, if I had lived as other folk do for a month I should have died in a fortnight. . . . Health has a great deal to do with what the world calls talent. Take a lawyer's life throughout, and high health is at least equal to fifty per cent, more than brain. Endurance, cheerfulness, wit, eloquence, attain a force and splendour with health, which they never can approach without it. It often happens that the credit awarded to intellect belongs to digestion. Though I do not believe that genius and epepsy are convertible terms, yet the former can never rise to its loftiest heights unaided by the latter. . . . Again, a wise man, with a great enterprise before him, first looks round for suitable instruments wherewith to execute it, and he thinks it all important to command these instruments before he begins his labour. *Health is an indispensable instrument for the best qualities and highest finish of all work.*"

The maintenance of health is by no means so difficult, nor does it require so much skill as is sometimes imagined. Nature teaches her own laws, (even the brute will avoid that which instinct teaches him will be hurtful), and she always warns before she permanently punishes any breach of those observances which are necessary for our well-being. Health is not to be maintained, nor even restored, by the "practice of domestic medicine," or by the administration of the various advertised panaceas with which our daily and weekly journals abound; neither those compounds of gamboge, colocynth and blue pill, vended by Morrison, Holloway and Co.,—nor Du Barry's ground lentil powder, rejoicing in the euphonious title of *Revalenta Arabica*,—nor even the well directed prescription of the legitimate practitioner,—will be of service without the strict observance of certain rules and regulations, the performance of which depends entirely upon the patient himself. As we have touched on the subject of "quackery," perhaps it will not be out of place to mention a kind of "quackery" which has often done much harm, and which is frequently practised in large schools and other establishments for the young; we mean that kind of "domestic practice" which—with Graham, or Culpepper, on the one hand; and senna, salts, rhubarb, and perhaps such potent medicines as calomel and antimony on the other—looks into the "books" for a local pain or isolated symptom of disease, as though it were consulting a lexicon, and then administers the supposed remedies as freely, and with as little compunction, as though it was merely explaining the simple meaning of some ambiguous word or intricate sentence. Now this is wrong; for supposing the case to be one really requiring medicine, if the "dose" given does no harm, it wastes time, and perhaps allows a simple ailment to become actual disease; and besides, when the medical attendant is called in, he finds the symptoms masked by the effects of the drugs which have been taken, and cannot be so decided in his measures as if there had been no previous interference. But to proceed. It is one of the fixed and immutable laws of nature that no one organ or system of organs can be long exercised to the neglect and desuetude of the rest, without eventually leading to morbid changes in the over-exercised or neglected organs, or both. In those who read attentively, think deeply, and study diligently, the brain is the organ constantly employed; but the brain in addition to