

The next troublesome affection is a vitiated condition of the biliary secretion, as evinced by want of appetite, foul tongue, sordes on the teeth, and derangement in the functions of the bowels. This should be promptly attended to. To force the appetite by condiments and stimulating beverages is dangerous—too frequently fatal. Attend to the bowels: let one or two of the following pills be taken at bed time, and a dose of Epsom salts in the morning after.

Take of Calomel	20 grains;
Tartar Emetic	2 grains;
Compound Extract of Colocynth	1 drachm;
Oil of Mint	5 drops;

Mixt into a mass, to be divided into twenty pills.

The tepid bath, and abstinence from animal food, will also prove valuable auxiliaries. In recommending these measures, I would not by any means be understood to recommend a constant recourse to medicine, or a childish fear of the least uneasiness occurring in the feelings. Too much medicine may do as much harm as too little. Discrimination becomes necessary in this, as in all the other concerns of life. And if there is any doubt, have recourse to a physician. This is particularly requisite, in times of epidemic diseases; or if you are attacked suddenly by shiverings, vertigo, and pains in the head, back and calves of the legs, delay not a moment—it may cost you your life. If any relief can be afforded in tropical diseases, it must be early in the disease, during the first twenty-four hours. All beyond is

Shadows, clouds and darkness.

There is a small tropical insect which frequently attacks the feet and toes of new comers, and causes a most surprising sense of itching and irritation. The permanent inhabitants are also subject to them; and many a lame subject owes his deformity to a neglect of the early means proper to get rid of these small, but very troublesome animals. They are known by the name of *chigoes* or *chiggers*. They love dirty places, and are generally found in the crevices between the bricks which compose the pavements of many apartments, especially in South America. They are about the size of a cheese-mite: they pierce the skin very insensibly, about the toe nails, and end insinuate themselves into the cutis: there they deposit their eggs, and are with them included in a bag, which increases to the size of a small bean; it then is first perceived, causing much itching, and on being examined, presents the appearance of a bluish tumour. If incautiously broken into, it is found to contain an innumerable quantity of little animalcules, if any one be left behind, it is sufficient to create all the distress and trouble arising from the whole together. The negroes are, in general, well acquainted with the method of taking them out entire, which is done by the point of a needle, without piercing the bag, but removing it gradually and carefully from the surrounding skin, and then drawing it out. The hole left is filled with tobacco ashes.

The most proper season for visiting the West Indies, is the earlier months of the year. The most unhealthy months are July, August, and September, when dead calms prevail, and the sun acts without abatement of his force from clouds or refreshing breezes. If rains are heavy during these months, severe sickness is sure to follow. To those who are compelled to remain within the tropics during the sickly season, a visit to the Spanish Main—say to the mountains of Caraccas—will prove both agreeable and salutary.