

She will soon be done with the "cares
of earth,"

And will go from the mansion old,
O'er the darkly rolling river of Death,
"To that City whose streets are gold."

And when another New Year Eve comes
round,

They may all have met once more
In the mansion which was not made
with hands,

On the beautiful Shining Shore.

Cambria, N. Y., 1861.

THE PHILOSOPHY OF BATHING.

There are in the human body 2,700,000 glands and 7,000,000 pores, from 2,000 to 3,000 to the square inch, and one-eighth of an inch in depth—making twenty-eight miles of human drainage. Five-eighths of all that is eaten passes off through these pores, and but one per cent. of all perspirable matter consists of solid substances. The change in the muscles, tissues and bones occurs in from one to three years, and in the entire body from six to seven years. If this old matter be retained, it causes disease—it is a real virus. Some diseases are relieved almost instantly by opening the pores. Diarrhoea is frequently cured; matter from mucous membranes is expelled through the skin; tobacco, opium and mercury have been thus exuded. Whatever through the skin the body can expel, it can absorb. Hold the end of your finger in spirits of turpentine—it is absorbed; goes through the system, and may be detected by its odor. Constant handling of arsenic has produced death by absorption. Dr. Crook, a student of Sir Astley Cooper, once poisoned a dog, which immediately plunged into a neighboring river, and remained for some time with his body entirely submerged after which he left his watery hospital and ran home cured. Dogs have been repeatedly cured of hydrophobia by holding them in water. Thirst has often been relieved by immersion, even in salt water—the salt, probably, being excluded during the process of transudation. Mutton bones, boiled a long time in soft water, with a slight addition of calcined potash, made fresh every day, have imparted to the water such nourishing properties that the patient bathing therein daily, and taking nothing save a few

tablespoonfuls of tea twice a day, and one tablespoonful of tonic syrup, gained 15½ pounds in as many weeks, simply by absorption. Perspiration is eliminated from all parts of the body, and the excretions, cutaneously forced, may, from some parts of the surface, be re-admitted to the circulation, and if poisonous or injurious, whenever the blood visits it, it must carry disease. Nature keeps her side of the interior clean and soft, and demands an unobstructed exterior, and exudes to the surface the refuse matter for removal by bathing and evaporation. A dry, light powder, mixed with sweat and oil from the glands, and dust, clogs the pores. As all parts of cuticle have pores, as well as the face and arms, all the body should be bathed at least one-third as many times as those are.—On board a slave-ship the small-pox suddenly broke out. Medical aid was powerless. Every morning the dead in great numbers were thrown overboard. In the midst of terror and anguish, the negroes cried out, "Let us do as we do in our own country with the sick," and permission being given, they gently lowered their sick companions into the sea, letting them remain a few minutes, and then raised them and placed them in the sunlight on the deck until dried, when the disease left them and they were cured. At Charleston, S. C., during the recent epidemic among several northern mechanics who had gone thither in company, but one escaped the prevailing fever, and he alone bathed frequently, and never slept at night in any of the clothes worn by day. The others cast off only the outer garments, slept in their perspiration, and died. Dr. Currie used fresh water generally, and by long and careful experience, he found that bathing prevented or cured most diseases.

We should impose on our desires the sway of reason; our wisdom should never disturb our peace of mind.

Some men recognize nothing in the world to be worthy of their regard if it does not conduce to their own immediate use.

The patter of little feet, and the patter of little rains, are the sweetest music in the world of nature.