

and this is to be done by means of occasional laxatives, refrigerant drinks, and a sparing use of animal food and liquors, and a total abstinence from voluptuous indulgences. There are situations, however, in which a spare diet might prove insalutary. I refer to the low marshy countries, where intermittents are prevailing. Here a gentle tonic, as a glass of wine and a cup of camomile tea will be found highly beneficial. As respects fruits, although they have indiscriminately been forbidden to strangers, I do not think that, with a few exceptions, they are ever injurious, *when ripe*. The milk of the cocoonut is a grateful and wholesome beverage. The sapotilla is also friendly to all constitutions.

One of the greatest obstacles to the observance of the rules of Hygiene on the tropics, is the unbounded hospitality which throws open its doors, and spreads its richly supplied board to the ready appetite of the warmly-welcomed stranger, which presses him to a gratification of his not very backward desires, and too frequently leaves him a prey to mistaken indulgence. Precedents are quoted; and the host himself is adduced as an example of the impunity with which temperance may be offended in the burning climes. But recollect that for one such precedent, there are hundreds silent in their graves, that could a tale unfold of severe penalty incurred for such offence, and perhaps the boastful host himself might, if pressed, or conscience-struck, acknowledge himself no ordinary sufferer, *enjoying* life indeed, but at the annual cost of a bilious fever, or the hemorrhoids, or a scirrhus liver.

"By keeping the body quiet and cool within, as well as without, the first object of seasoning in hot climates will be attained; which, to moderate the action of the solids, and to diminish the volume and density of the fluids. Thus the serum of the blood is neither heated nor rendered acid; less thirst is excited, and also less perspiration: by which means both the risk and the danger of checking perspiration suddenly, are obviated."

The choice of a residence is of some consequence. In a place where an epidemic prevails, a stranger should either not sleep ashore at all, or choose some lofty situation remote from the seat of disease. A lofty and spacious house in a dry situation, well ventilated, and not in the neighbourhood of stagnant waters nor filth, is particularly desirable.

An eminent physician says:

"Living in a house with lofty and spacious rooms, in a dry situation; keeping within doors as much as possible during the middle of the day; never travelling on a full stomach, or when heated with wine; avoiding the night air in general, but in particular after travelling much, or having been much exposed on the same day to the heat of the sun; never sitting down, or remaining in a current of air with wet linen on, or when much heated; nor suffering the body to cool suddenly, by unbuttoning or throwing off the coat, or any other part of the dress; never going out when it rains, and if by accident overtaken in it, to get as soon as possible to bed, and remain there an hour or two, first putting the feet in warm water, and drinking a basin or two of warm tea; pursuing some amusement in vacant hours from business that is not fatiguing and does not agitate the mind; going to bed, and rising at early hours; taking much rest, for that is necessary; sleeping as coolly as possible, but never upon a ground floor, if it can be avoided; using gentle exercise early in the morning; drinking but little wine, and that claret or madeira, but no spirituous liquors, nor punch, for acids are, in the end, destruction to the stomach; eating light food of easy digestion, roasted in preference to boiled, and of whatever sort agrees best with the stomach, (for those countries have a great variety of luxuries as well as necessities of life;) using but little butter; vegetables well boiled; fruits sparingly; tea or coffee for breakfast; avoiding suppers, with now and then a dose of salts, and making that day a day of abstinence, are the best cautions and precepts I can give."

Among the first effects of a warm climate, is the prickly heat, a most unmanageable and torturing disease. There is pricking, itching, tingling altogether, and the worst of it is, these sensations are incessant, and intrude themselves on the hours of sleep but mostly on those of exercise. The only effectual methods of allaying them are light cloathing; temperance, open bowels, and above all, keeping cool. The cold bath has been denounced by the highest authorities, but without apparent cause. In broken down constitutions, or those affected with local disorganizations it may prove injurious, not otherwise. The tepid bath, although at first seems to increase the sufferings, afterwards very much mitigates them.