

it to be the identical pillar into which Lot's wife was turned, and the traditions of the Arabs confirm this idea. It is, too, in the vicinity mentioned in the Bible. Our traveller does not venture an opinion on the subject, nor do we. We have gone somewhat into these three points, because in the *Apocrapha*, in the Wisdom of Solomon, x. 7, they are alluded to in speaking of the cities of the plain. From constructions put upon this passage, and from the representations of some travellers, these errors, so generally entertained, seem to have sprung.—That the water from the impregnation of salt and bitumen is greatly heavier than the ocean, our travellers declare, as well as the fact of its extreme buoyancy. Many curious illustrations of these facts are given in Mr. Lynch's book, to which we refer the reader, and which have been mentioned by many others. Many annoying and peculiar sensations and effects resulted from bathing. A highly irritated state of the skin, and febrile symptoms and prostration of strength seem to be the effects produced on the system by the intense heat and the quality of the waters. The leafless branches of the bushes on the shores were incrustated with the salt, and sparkled like icicles in the sun.—The copper boat, when overhauled, was found to be wearing away rapidly, and when exposed to the immediate friction of the fluid, was as bright as burnished gold. The shores presented the appearance, from the incrustation of salt, of being whitewashed. The very footprints upon the beach were coated with crystallization. These are striking facts mentioned by Lieutenant Lynch. The statement is confirmed, that no living thing is found in these waters, which, when subjected to a powerful microscope, exhibit no animalculæ or vestiges of animal matter. Though birds are comparatively rare, yet they were occasionally met with, and wild ducks were often seen, floating on the sea. Thus the idea of the atmosphere being fatal to birds passing over the waters is a mistaken one. We have thus given a short and condensed view of the subject, stating those phenomena which we deemed most interesting, and those facts which are the most striking and important. The world is indebted to Lieutenant Lynch for a great deal of valuable information and a work of deep interest. He has thrown light on many points

that were obscure, and has corrected many errors that extensively prevailed. He has given us an authentic record on matters about which there has long been much mystery and much misrepresentation. In the result of this expedition, and the manner in which it was conducted to its close, he has reflected the highest credit on himself and on his country.

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EFFECTS OF CHANGE OF SCENE AND AIR ON HEALTH.—Dr. Robertson, in his "Popular Treatise on Diet and Regimen," makes the following useful observations regarding the effects of travelling on the health:—"The change of air, which, in cases of comparative health, I would especially advise, is that embraced in constantly moving from place to place, taking as much personal exercise as possible. To taste all the pleasures which the best and most healthy of all kinds of travelling affords, you need not leave your native land. It is this sort of travelling (walking on foot, as far as is possible or convenient); this total removal from ordinary and every-day habits; this constant exercise; this continual change of air, which does most good: that, if the man is in moderate health, gives vigor to his system, freedom to his limbs, and clearness to his mind, which will, like magic, uproot many a case of long-continued dyspepsia, and cause many a chronic disease, threatening to degenerate into something worse, to be no longer felt. Change of air may be too great; but it cannot be too frequent, if the powers of the system are not materially impaired. Travelling, and especially pedestrian travelling, presents, among its many other points of excellence, this in a remarkable degree. It acts directly on the mind as well as on the body. I am satisfied that if the measure were tried in cases of hypochondriacism, in cases of incipient insanity, many a one would be restored to his reason, his family, and his friends. The effect of such travelling cannot be sufficiently estimated. It would enable many an invalid, at a cheap rate, to show 'clean bills of health.' I think that few will say the prescription is not palatable."

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Pleasure is like a cordial,—a little of it does not injure, but too much destroys.