

realise a fortune. The hint may be useful to some of our needy provincial Esculapuses, and we require no premium for pointing out this desirable locality to them.

"What seldom occurs to medical men, even in the respectable towns and cities of Great Britain and Europe—perhaps I may even add 'and elsewhere'—happened to me here. The patients and their friends were pressing on me doubloons in no inconsiderable number, which, from their hospitality to me, I thought I ought to refuse, and was in the act of so doing, when my very philosophic guide gave me a wink and a look, that plainly told me to pocket all that was offered; and I came to the conclusion that, although the medical profession was not generally a 'go-a-head' one at home, yet this instance, with many others I have experienced abroad, stamped it as one of the best recommendations I could have had."

Here is an instance of—

#### *Yankee Appropriation.*

"The trading, or dollar-hunting propensity of the inhabitants of the United States, is shown strongly in this instance; Fisher, a native of New England, United States, happened to stray round Cape Horn, and, after visiting many places, he arrived at our present anchorage; he soon found out that something could be made out of the place, as many vessels touched at it. Now the owner of the extensive place on which this small settlement existed, was a Spaniard, who made a welcome for Fisher; after an examination of the premises, the extent of the estancia, or farm, the herds of cattle on it, its convenient situation as a place of call for shipping, &c., he 'calculated it would do,' if it were his own, or he had the management of it.

"To accomplish this desirable aim he made love to the old man's daughter, wooed and won her, and, from what I heard, behaved kindly to her afterwards; the death of the old man put Fisher at once into possession of all, wife, farm, and herds, and he is now actual owner of a fine grazing plain of about forty miles long, and from twelve to fifteen miles wide. I must here say he is a good, kind, and hospitable man, deserving his gain."

He rejoins the ship, taking his guide on board, but ultimately leaves her in the bay of St. Francisco.

The Californian Gulf appears to be one of the resorts of the whale, and the ship met with very tolerable success there, taking also many turtle.

We do not remember to have before heard of the following kind of bath, which is in use at the town of Yerba Buena.

#### *Indian Hot-air Bath.*

"I was strongly recommended to try the hot-air bath, greatly in use here, both by Indians and foreign residents; they term it "Temescal." Its construction is peculiar, and deserves notice. A kind of wicker work is formed in the shape of a large circular sentry-box, with an oval head, and a doorway to enter it. This contrivance is plastered all over thickly with well-wrought tough clay, which makes it air-tight. This strange erection will last for years, only give it a periodical plastering.

"When this temescal, or hot-air bath, is about to be used, a large wood fire is heaped up close to the door, and as soon as the fire has emitted nearly all its smoke, and nothing remains but a large body of burning embers, you enter it, and either sit down or stand up as you please. From the heated air and closeness inside, the most copious perspiration ensues, which, being kept up as long as possible for a man to bear this, as it were, oven, is considered by the Indians, and indeed many enlightened residents in California, to be a certain cure for at least rheumatism.

"It is also used as a restorer after great fatigue, by the Indians, but in these instances their plan is different from that pursued by foreigners; they will go into the temescal, remain longer, and bear more heat than any white man could, and after coming out, fairly dripping with perspiration, will rush down to the river, swim about for a few minutes, come in, and put on their clothing again; this sudden emersion of the heated body in the cold stream, few white men could bear with impunity; but the Indians are accustomed to it from boyhood, and the application of the temescal, in their own way, seems to have a very refreshing effect upon them.

"I have seen Indians, after a long journey, or a harassing two or three days' hunting, enter the square of the mission, staggering from fatigue, the first thing he asked a brother to do, was to light a fire, and, after using this hot-air bath in the manner I have described Indians do, he would not only be refreshed by its use, but, in all probability, engaged in a fandango, or one of their own wild dances that evening; in the square of all the missions, there are several of these temescal, and the peculiarity of their shape is a remarkable object in the view.

"Well, I did give the hot-air bath a trial, and I found so much benefit from its applica-