

conclude, drunkards of every grade or degree should be classed together, as they have the same tune, and follow the same practice. However, we stood the first two years without a single expulsion or falling off, but have expelled three since our last anniversary, two of whom have returned with a hearty welcome. We are now getting on pretty fairly, and I trust we have some spirits among us who will "never give up the ship."—With all good wishes to the cause of Temperance, I subscribe myself, yours devotedly, WILLIAM S. WILLIAMS.

Education.

COLD BATHING.

The utility of cold bathing, especially in the sea, is universally acknowledged. But it is to be lamented that, to many, from their inland situation, this is a denied benefit, while others, who live near the sea, but not upon its shores, often, by their long walk to and from the beach, neutralise, or more than neutralise all the advantage of the immersion. In the case of the latter individuals, moreover, the question of time becomes one of importance. If the distance be two or three miles, it will, in such a season, require the interval between breakfast and dinner, or some other equally valuable part of the day; or for a time the luxury may be altogether forgone. It is also certain, that besides loss of time, much discomfort, fatigue, and risk to health is incurred.

We point the attention of bathers and others to this the more readily, because several most excellent writers on the proper management of the body, have lately recommended strongly the most complete and comfortable substitute for bathing. We allude to the system of *sponging*, which may be practised by men of every condition in life, and almost in every given situation, if there be no sickness about them at the time to render it improper. Two wine-glassfuls of vinegar mixed with an equal quantity of water, or an English pint of water with a large handful of salt in it, may be applied with a sponge, or even with a towel, over the whole body, from the crown of the head to the feet; and when the body is thus thoroughly wetted, and then well dried, a glow comes in general over the skin of a person in health, equal to that produced from the most complete immersion in the sea.

In some states of the weather, and in some patients, at any season, the sponging with water entirely cold, produces disagreeable consequences. These are removed either by using water more or less tepid, or by a vigorous use of a flesh-brush, or a dry sponge, after the application of the water. With these precautions, much benefit will be produced; and great fatigue, and many an hour of time now lost, will be saved to the studious and industrious members of the community. Those who are curious on this subject, and who may wish to get information by which they may be guided, both as to the treatment of the skin, and their system generally, will find much useful advice in Dr. Combe's Treatise on "Physiology adapted to Health." There are many directions in that most useful work, which deserve the

attention of all who prefer the views of an educated and scientific physician, to the nostrums of ignorant interested advisers. In the meantime, we strongly advise our readers, men of business as well as artisans, at least to give a trial to the system of ablution which we have now brought under their notice.

TAKE CARE OF THE TEETH.

Few people know the importance of the teeth, and still fewer take proper care of them. Only when persons grow old, and find them wanting, or when they suffer from their decay, do they properly appreciate their value. It is remarkable that, while man has only one set of any other organs during his life time, he has two distinct sets of teeth: and this fact may be attributed to show their great importance in the animal economy. Man properly has thirty-two teeth, which are fixed with great firmness into the jaws, which latter are moved by very powerful muscles, and the upper and lower rows of teeth are pressed toward each other with considerable force during the mastication of food. By these means the substances taken into the mouth are broken, and macerated by the salinary juice which flows from the glands of the mouth, during the presence of food. The subsequent digestion of food in the stomach much depends on its perfect mastication; if the teeth have effectually done their work, and reduced the food to a soft mass, the gastric juice of the stomach more easily dissolves it, and blood is more speedily and completely formed therefrom, and the body the better nourished. Many people who have good teeth, suffer indigestion from neglecting to properly use them: and those who have them not, are alike afflicted from their absence. To preserve the teeth, they should be regularly cleaned night and morning; cleanliness, in this respect, much promotes personal elegance, and frees the breath from the disagreeable taint that would otherwise accompany it. The best tooth-powder is a little pulverized charcoal: champhor, or champhorated chalk, should be avoided, as the champhor acts chemically upon the enamel, *i. e.* the hard white coating of the teeth, which protects the soft bone and nervous structures beneath. Neglect of the teeth is so common, and the employment of improper substances as articles of diet so general, that comparatively few people have their teeth quite sound, and many suffer the excruciating pain termed tooth-ache. This pain is so severe that we should do right to regard it as a warning to take proper care of the teeth, which are so important to the welfare of the body. Creosote, oil of tar, alcohol, opium, and other such substances, are often employed as remedies for the tooth-ache. But these only aggravate the evil by accelerating the decay, and often disordering the gums. The wisest course is to seek prevention in cleanliness in the manner already pointed out, and by living upon simple and pure articles of diet. But when the decay has taken its seat, the best remedy is to have the apertures filled with a substance which hardens therein, and thus supplies an artificial enamel.

Greater care should be exercised in selecting nourishment for the soul than the body. The one can only satisfy us in the short here; the other seals our fate in the long hereafter.