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perature of passages in the light clothes usually worn in our rooms, we ought never to remain long exposed. To get up from warm beds in a very cold room is equally dangerous. To those of a delicate habit, chamois drawers and waistcoats or gowns, or any of the other descriptions of leathers used, besides flannel, will be found agreeable and healthy, but they are better worn only when in the open air. The use of spirituous liquors and then continuing exposed to cold, is one of the most certain methods of weakening the power of withstanding fatigue as well as catching cold; for the temporary excitement is immediately followed by exhaustion of strength, which is the most favorable condition of the body for receiving the greater number of diseases.

The summer months of JUNE, JULY, AUGUST and SEPTEMBER, expose the constitution to the extremes of heat, while those of winter daily expose it to the extremes of cold. In winter, the thermometer is frequently as low as 10 below zero; in summer, frequently as high as 85 to 90 above freezing. It is in this season also that the use of raw vegetables, fresh fish and salted meat is substituted to the wholesome food which the frost so conveniently preserves. Bilious disorders, bowel complaints, eruptions of the skin, and general weakness of health is the consequence. The almost universal consumption of fat pork and fat soups, green vegetables and fruit, are powerful aids to this general exhaustion of the animal frame, which forms a marked characteristic between the Northern inhabitants of Europe and America. Where such diet is used, it is absolutely necessary that farinaceous food should be liberally intermixed, particularly wheaten or oatmeal flour and the potatoe. The Scotch labourer, living almost wholly on oatmeal, is a picture of health and strength. Cholera, diarrhoeas and cholice, are the common result of these changes of diet and season. Where there are no symptoms of inflammation these complaints can very often be readily removed by administering half a glass of spirituous liquor, in which a small teaspoonful of paregoric is put. Cholice ceases instantaneously on the application of this simple remedy, which may always be conveniently had. A miliary eruption of the skin proves often very annoying to corpulent or plethoric habits of body in these months; its itching is incessant. Wear calico next to the skin, which will absorb the acrid matter. Wines or spirits are sure to increase the tendency. An occasional warm bath or spunging of the body with tepid water, and a frequent change of linen are sure preventives. In the warm days, those who suffer from spittings of blood, are very liable to an attack. The patient ought to remain in a sitting posture, take small doses of ice or iced water, keep the extremities warm and the trunk as cool as possible. Sweet and ascendent articles of diet ought to be avoided; very few of the stone fruits are wholesome except they are very ripe, and the skins of plums, cherries, &c. are acrid and insoluble in the bowels. They are a frequent source of cholice, &c. A table spoonful of castor oil and a tea spoonful of paregoric will give relief, without danger, should there be a tendency to inflammation. In the extreme heat of the day, avoid long exposure to the sun; and never slake your thirst with cold water; both are often fatal. The advance of frost cannot better be met than by frequent cold baths of the body. At the close of October, should flannels have been left off, they are to be resumed. It may be remarked that flannels, by increasing perspiration, weaken to a certain extent. In these months and in all the others, the principal source of health will be found in the temperate use of food and liquors, regularity in labour, in meals, in rising, in temper of mind, and in the judicious application of every one's experience, which few persons are without possessing, to the variation of diet, and the avoiding excesses.

SOME SHORT NOTES ON AGRICULTURE, &c.

It is a great object, that the roots of all vegetables in the spring and fall should be preserved, as much as possible, from wet, for frost then destroys every thing within its influence; it is advisable to plant on beds raised above the level of the ground, or on the top of ridges, particularly in wet and clay soils. When the garden is not already drained, lose no time in making little hollow drains, about nine inches below the soil.