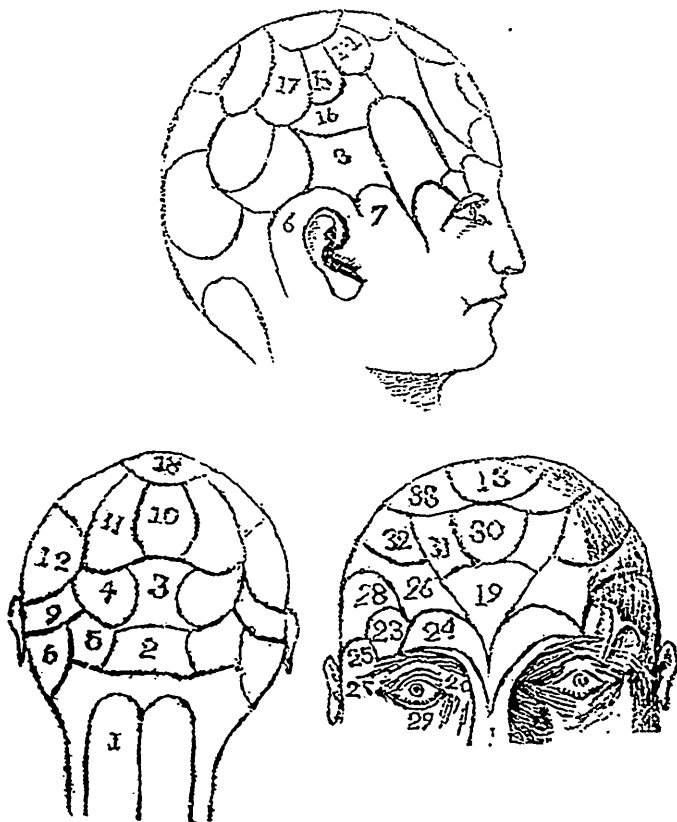


THE GOOD CANADIAN ;

OR,

HOUSEHOLD PHYSICIAN.

Happy the man who by Nature's laws, through known effects can trace the cause.



PHRENOLOGICAL MAP OF THE BRAIN.

PHRENOLOGICAL MAP OF THE BRAIN.

1 Organ of Amativeness	12 Cautiousness	23 Coloring
2 Philoprogenitiveness	13 Benevolence	24 Locality
3 Inhabitiveness	14 Veneration	25 Order
4 Adhesiveness	15 Hope	26 Time
5 Combativeness	16 Ideality	27 Number
6 Destructiveness	17 Consciousness	28 Tune
7 Constructiveness	18 Firmness	29 Language
8 Covetiveness	19 Individuality	30 Comparison
9 Secretiveness	20 Form	31 Causality
10 Self esteem	21 Size	32 Wit
11 Love of approbation	22 Weight and momenta	33 Imitation

21 and 22 are found under the eye-brow, immediately under organ 24.

Phrenology, as a science, consists of a knowledge of the habitual propensities of a person according to the formation of the brain. And, as all other sciences, it requires division and sub-division to arrange it, so as to be easily understood. Several systems have been used, but Dr. Spurzheim's, to my idea, is the plainest and most ready method, of which this engraving is an explanation. The various dispositions of persons, with their diversified ambitions, are full proof that all men's minds are not framed alike. So, may it well be conjectured, that the form of the head varies according to the manner in which a person has been brought up, the ideas adopted by him in the past, and the company in which he associates. Has it not been fairly proved by daily observation, that a clear minded man can judge what kind of a man he is dealing with, by his looks, while transacting business; although the person judging may have not the least knowledge of this science. This science is of great importance and very interesting to all men. It is well understood that all mental diseases and wanderings of the mind have their primitive cause in the derangement of the brain and nerves. Therefore, in studying the nature of man, all men should be more or less interested. It is known to physicians that by having a correct knowledge of the moral sentiments and intellectual faculties of persons when they are in a healthy state, contributes greatly in understanding their mental diseases. All our knowledge should be reduced to a rational mode of judging from experiment and observation.

It is undoubtedly right when a physician attends a sick person, that the sick person should unfold his thoughts, perplexities, frailties, and errors, in order that he may judge truly and fully concerning our situation. Therefore, the fullest confidence should be placed in the physician, by those who trust the lives of themselves and their children under him, and, it is of great consequence that nothing be kept back from him. It is with great difficulty that men conceal from physicians their true sentiments. In entering upon this science it is first necessary to explain the functions of the five senses. The organs of each sense are double. There are two eyes, two ears, and two nerves of smell, of taste, and of feeling. Yet it is generally understood that though the organs of each sense are double the consciousness of both impressions in each sense is single. We see with both eyes, hear with both ears, but the active state of the functions of the five external senses takes place only in one organ, and mostly the strongest. Experiment.—If we place a pencil or pen-holder between our eyes and the light, keeping both eyes open, and trace a right line between our eyes, the pencil, and the light, by then looking with both eyes the pencil should occupy the diagonal, and its shadow should fall on the nose. But the shadow falls always on one eye, on that eye which the person makes most use of in looking with attention. If we keep the pencil in the same position and shut the eye with which we did not look, the direction of the pencil remains the same, but, if we shut the eye with which we looked, the pencil appears removed far from its former direction. Again, if a person looks at a point a little distance from his eyes, both eyes seem to be in the same direction, toward the object, then let him shut his eyes alternately. If he shuts the eye with which he did not look, the other eye stands without the least motion, but, if he shut the eye with which he looked, the other eye immediately makes a slight motion, inward, to fix the point, and we find by investigation that the general actions of men prove that we look with one eye, and listen with one ear, for we generally direct one eye or one ear towards the object for our attention. The same may be said of smelling, tasting, and feeling, as the apprehension is but single to each sense. What has been said upon the five senses, I think is

sufficient for my purpose in reference to phrenology, though much more might be said. See further, upon hearing, page 17, upon seeing, page 49, upon smelling, page 81, upon tasting, page 113. The sense of feeling will be noticed in the next number.

In the study of Phrenology and Physiognomy we may first observe that the manifestations of the mind are different in both sexes, and in each individual at different ages. Men are energetic with some faculties, women with others. Persons individually differ in their peculiar character, according to their birth, opinions, professions they follow, and company with which they associate. Man often excuseth his frailties by saying "it is my nature." Father and son, brother and sister often differ extremely from each other in their propensities. Some men have great genius in one thing, but are very ignorant and dull in others. Different periods of life have a great influence in changing the mind, causing the intellectual faculties to take another course. The function of each faculty depends on the healthy or proper organization of the whole. The different organic constitution of faculties in persons produces a different degree of activity of the faculties in general. Self culture forceth or restraineth the faculties, according to the habitual training of them by an individual.

Before proceeding any further with the five senses, it may be interesting to point out a few particulars by which persons may readily distinguish the propensities of others from the arrangement of the organs of the head.

It may easily be distinguished whether a person is tractable in his education, teachable, &c., by a hollow or projection in the middle of the forehead, just above the nose (19). Nearest that again, upon the end of the eyebrow nearest the nose on each side, may be seen, according to the projection, whether a person is expert in finding and remembering places (24). So that with those and other appearances of the upper part of the face and temples, we may be able to read somewhat about a man's character. Discernment and language may be found in the eye, arithmetic and color in the upper part of the eye, mechanical arts may be seen in front of the ear [7]. And

so according to the formation of these organs is the other parts of the face altered, so much so that the entire appearance of the face depicts a person's dispositions. What the senses have to do with this organization, and the healthiness and culture of the senses to do with the alteration of these organs may be next slightly explained, (and as I intend enlarging a little upon this subject in each number, my readers must be content with a little only in each, so that space be allowed for other subjects). A person with strong eyesight will, in general, show those dispositions prominent, more or less, that are around the eyes. The same may be said of the ears and nose. And it may be said of taste and feeling, that the stronger these senses are, so in comparing judgment concerning the things tasted or handled, there is a greater keenness produced. We may deduce from this, that persons enjoying the full healthiness of their five senses, will be expected to show their frontal dispositions more evenly than others, yet each of these considerations are subject to other considerations, and are subject to modification thereby, as the regular habits of a person and his wilful ambition for some object or profession, also difficult circumstances under which he may be for the time laboring, and many other considerations. The noblest faculty of a man, and most worthy dispositions in general business, are placed in front of the head. This enables persons to judge to some extent what manner of persons they are dealing with by their looks and general appearance of countenance. Are not passions, sorrow, merriness, thoughtfulness, carelessness, and kindness or cruelty to some degree generally portrayed in the countenance. Most persons make use of these traits of countenance in choice of a companion, man in choice of a wife, &c., upon which they pledge their future happiness. Man, the most intelligent and noblest piece of workmanship of God's creation upon this earth is in himself a world of admirable and wondrous composition fully understood by God alone. Man! know thyself, is the continual exhortation of the voice of nature. Man, in general, may be said to have the greatest knowledge of all things else but himself; neglects his own essential culture, which is the basis of all his understanding, and without which he would be an idiot. Whilst those whose ambition is to know most of them-

selves sweepeth all before them, rising to a position which in some degree maketh them benefactors of their race and the glory of their country.

Phrenology and Physiognomy will be gone into more in the next number.

[To be continued.]

As the winter evenings will afford opportunity for interesting amusement at home, I think the following will be welcome, of which I shall give a little monthly :

THE ART OF LANDSCAPE PAINTING IN WATER COLORS.

To prosecute the study of landscape painting in water colors successfully, the usual qualifications of industry and energy are eminently necessary. But however great may be the pains bestowed upon the attainment of this object, the results will be found so gratifying, as to ensure the fullest and amplest reward to those pains.

The manufacture of all the materials used in this art is now so perfect, as to give an entirely new character to the art; for the most varied effects are capable of being produced by them in subjects of every kind: and, in the branch to which I propose to introduce the student, there is no degree of excellence, as to truthfulness and power, which is not capable of being attained. The preliminary caution which I wish especially to impress upon the attention of the beginner is, that he should wed himself as little as possible to the particular style of any given master, but making nature his chief guide, should apply the general principles of art, (which he will find detailed as clearly as it is in my power to detail them), in the formation of a style which he may call and feel to be his own;—*his own*, because he will be able to account, in the management of his picture, for all his processes and effects, upon clear and acknowledged principles. In recommending that the student should not wed himself to the style of any particular master, I cannot of course be supposed to insist upon his closing his eyes to the works of the

great masters in the art, merely applying himself to the acquisition of the knowledge of certain modes and manipulations, but that he should study and observe the excellence of those works as examples of the development of principles, striving to see what, in each given instance, was in the mind and intention of the master, as to the application of his own system and of his own view of principles of art. If this be well understood in the outset, the pupil will soon be able, after acquiring a little insight into the nature and use of his materials, to advance with a feeling of confidence and comfort; and in no way will this feeling be more agreeably evidenced to himself than by the fact that he will often be able, by a bold application of his newly-acquired principles, to change a blot or blemish in coloring into an agreeable or even a charming effect.

It is obvious that I must presuppose that the learner has a fair knowledge of drawing and of perspective. Premising this, I shall at once proceed to the business in hand; and, for the purpose of clearness and facility of reference, the subject will be treated of under the heads of,—

- 1.—*Implements and Materials.*
- 2.—*Processes and Manipulations.*
- 3.—*The Principles on which a Picture should be constructed and be treated in its usual stages.*

PART I.

IMPLEMENTS AND MATERIALS.

The implements and materials used in water colour painting are few and simple. They are:—A few china tiles, saucers, or palettes; a piece of very soft sponge; an old silk handkerchief, and a piece of soft wash leather for wiping out lights; a weak solution of gum arabic; an eraser, or a sharp penknife; a drawing board; paper; brushes; colours. Of these materials and implements, none need particular notice except the last three, of which I shall now proceed to speak more at length.

PAPER.

The paper most generally used in water colour painting is of what is called imperial size (30 in. by 21 in.); under which

name the best and greatest varieties of textures, as well as of weight and thickness, can be obtained.

With the mention only of that kind which contains 72 lbs. to the ream of 20 quires, I will pass to those which weigh 90 lbs., 110 lbs., and 140 lbs. each to the ream. The first of these three may be characterized as a paper generally serviceable for drawings of small dimensions; for paintings, however, requiring the elaborate and severe manipulations of modern art, the second is well adapted; the third being a still thicker paper for still more decided objects and emergencies.

Thus paper is distinguished by its weight; but a still more important distinctive characteristic of paper is in its *texture* or *the grain of its surface*. This texture is greatly varied in different papers; but the following remarks will enable the learner to make his selection, according to the object he has immediately in view. For most drawings it is requisite that the surface should not be too rough; yet that it should have sufficient texture to take and retain the colour. If it be too fine and smooth, there frequently results an unartistic flatness and a want of brilliancy in the work; if, on the contrary, it be too rough, the effect is often harsh and coarse, and the details of the picture cannot be executed with sufficient clearness and precision. Yet it must be carefully observed, that for slight sketches these rough surfaces are extremely favourable, the sparkling lights and shadows caused by the mere projections of the material of the paper, aiding the effect in a peculiarly agreeable manner.

The proper sizing of drawing paper is a consideration of great importance in its manufacture, and is a process in which failure often occurs. If paper be sized too strongly, colour will not float nor wash well upon it, but will appear hard and streaky. If it be sized too little, the colour is absorbed too much into the fabric, and it will appear poor and dead.

It is impossible to urge too strongly the importance and advantage of procuring paper of first-rate quality. Every artist of eminence is unsparing of pains and expense in this particular; since in the saving of time in overcoming any subsequent difficulties, the superior brilliancy of good paper and the great facil-

ity in working upon it, compensate a hundredfold for all his pains and expense.

BRUSHES.

Brown sable is the hair best adapted to the purposes of the water colour painter. It carries colour better, and works more freely, than the red sable. This latter is, however, sometimes of service in producing certain effects; in many cases also where a rather stiff foreground colour is employed in large works, and when a body colour white is used; for it is stronger and firmer than the brown sable, but it does not retain so good a point, nor does it work with the same freedom as the brown sable.

Brushes of brown sable are generally made by the insertion of the hair into quills; and hence the size of the brush is recognized by the various names of the quills employed, as Eagle; Swan, large size, middle size and small size; Goose, Duck, and Crow. The Eagle brush is very large, expensive, and seldom used. The small Duck and Crow sables are employed for delicate markings, as in branches, foliage, and architectural details.

Very pleasant and agreeable brushes are now made with German silver ferules; heavier indeed than the quill brushes, but exquisitely made, and much employed for many purposes. These brushes can be obtained of any size, from the smallest miniature to the largest Eagle.

These ferule brushes derive also much value from this circumstance, that they admit of being made so effectively in broad flat form. In this form they are employed in foliage for instance, on herbage, or grass, where it is desirable to preserve a square, sharp and well defined touch. This mode of working is adopted from a similar manipulation in oil painting; and here, as in oil painting, the long handle of the brush is of considerable advantage, when the picture is executed on an upright easel. In this case the mahl stick is used, as in that art.

For the working of skies, a wide flat brush is employed. This is the best made of strong red sable for extensive and repeated washings; but if any slight subsequent over-washings be required, the squirrel (or camel hair, as it is called) will be the best,

as its hair is softer, and not so liable to rub up the colour beneath too quickly.

A flat camel hair brush in tin is a useful and necessary implement, not only for laying broad washes of colour, but for damping the paper previously to the commencement and occasionally during the progress of the work, as well as for softening tints where they may be too hard and heavy.

(TO BE CONTINUED.)

MISCELLANEOUS RECIPES.

A WASH FOR THE HEAD TO REMOVE DANDRUFF, SORES, &c.—Get one large beet root, slice it thin into a basin, then smash two bunches of grapes upon them, leaving them on the top, place them in a hot oven and let them simmer for one hour, keeping a plate over the basin; it is then ready to strain off for use. If you wish it to keep, you should boil it down to less than half the quantity, assuming a stickiness; it will then keep if corked up, and when used should be thinned with a little hot water.

THE WAY TO CURE WHOOPING COUGH.—Get a pair of foot cataplasms, put them on the soles of the feet, changing them for another pair every third or fourth day. Also get a pair of warm gloves that will fit the child and that will reach high enough to cover the wrists. Keep them on till well; these two things—keeping the extremities warm—is of most importance. Then a drink may be made, as recommended on page 36; the wrists and ankles should be rubbed with the other mixture spoken of on the same page. The causes of this disease, &c., you will find treated on there also. For colds and coughs, see pages 33 and 34.

RELIEF AND CURE FOR RHEUMATISM.—A table spoonful of mustard seed should be drank two or three times a day in water; continue to drink the same, even when there seems the least appearance of attack. The most important object is to encourage perspiration by some means, which the patient should endeavour to do. For cause, &c., see page 44.

To HEAL CUTS, SORES, &c.—Take of hot arsemart, called by some smart grass, and cherry leaves, same quantity of each; cover with water and boil till reduced to half; keep a rag wet with this, bound upon the affected part. I keep a salve prepared from the same.

To BATHE WEAK JOINTS.—Boil arsemart and pot marjoram together well; bathe the joints with it hot, and keep a rag moist therewith upon them.

PHYSIOLOGY OR NATURAL PHILOSOPHY.

(Continued from page 139.)

Softness is such a texture of bodies that they yield to the impression of the finger, and this in various degrees, the lowest of which is liquidity.

Rigidity or stiffness, and flexibility or pliability, in bodies do likewise depend on the size, shape and peculiar texture of the particles or corpuscles of bodies, of which little certain can be said.

Fixity or confidence is a quality of bodies, whereby their particles do naturally keep the same position to each other, and are not to be separated from each other but by some coercive external force. This also results from the figure, attraction, contract, &c., of the consistent particles.

Fluidity is that state of bodies by which their particles are always in a flow, and are disposed to move indifferently in any direction upon the least impression. This proceeds from the exceeding smallness, roundness and lubricity, of the constituent particles thereof; as of fire, water, &c. Fluids and liquids differ in this, that the latter wetteth or sticketh to the finger or part that touches it, whereas the former doth not; as sand, &c., is a fluid, but not a liquid.

HEAT and COLD are the most general and obvious qualities in bodies. The former consists in a great agitation, and violent intestinal motion of the particles of hot bodies, which acting on

us, excites the idea in our minds. On the contrary, cold proceeds from the inactivity and motionless state of the particles of cold bodies. Heat may arise to such degree in bodies as to render the particles luminous and fluid, which is called a flame of fire; the cold may be augmented so far as to render fluid bodies fixed and solid, which is called congelation or freezing; thus water we see is congealed or frozen into ice.

HUMIDITY arises from a mixture of liquid particles with those of a fixed nature in bodies. And thus by exhaling and evaporating this quantity of liquid matter from bodies, their moisture ceaseth, and they are said to be dry, or in a state of siccity, which is deficient of all liquid particles.

ELASTICITY is that what we vulgurally call springiness in some bodies; by this quality they do, when bended or pressed, immediately return to their first figure or form, of their own accord. This property is more or less in all bodies; but none are perfectly elastic, or which recover their figure with the same force they lost. The cause of elasticity depends on a special configuration, mode and attraction of the parts of elastic bodies.

ODOURS of bodies are those exceeding fine and invisible parts, which continually fly off the adoriferous body, and perfume the air around with smells and scents of various kinds; the effluvia (as they are called) arriving at our nostrils, affect the olfactory nerve, and thereby excite the ideas of odours and smell in our minds.

SAPORS or **TASTES** are, in like manner, ideas raised in the mind by means of certain saporific particles or bodies affecting the nervous papillae of the tongue, which are the organs of tastes.

The second part of physiology is uranology or cosmology, treating of the heavens and etherial regions above this atmospheric air, which is occupied by those great and splendid bodies, the sun, moon, planets, comets, stars, &c., which become the subject of this part of physiology, may be considered under the following branches; (1.) Heliography, which

treats of the sun; (2.) Selenography, which treats of the moon; (3.) Planetography, of the planets; (4.) Cometography, of the comets; (5.) Astrography, of the fixed stars, &c.; which will be taken up in order, commencing in the next number, upon (1.) Heliography.

(TO BE CONTINUED.)

FRUITS AND THEIR MEDICINAL PROPERTIES.

(Continued from page 141.)

PEARS were mentioned in last number. It is my intention now to mention the best way of preserving them for use by sick persons, &c. Pears should be of the best quality. While paring them place them in cold water or they will turn, fill your jars with them, put the juice of two lemons on them, and then fill up with hot syrup; stand in a dish of hot water in a slow oven for 1 hour, after which fasten down well, so as to admit no air.

APPLES, of the best quality, pare and slice them and carefully bake them, turning them over; place them closely in the jars, with sugar between them, pour in boiling water till the apples are covered, then simmer in a slow oven for 1 hour, and fasten down securely.

QUINCES of the best quality may be sliced into a dish of warm water, let them be barely covered with water and bake them well till quite soft; add sugar to taste and stand in the oven again to simmer, for $\frac{1}{2}$ hour, after which jar them and fasten well from air.

PEACHES, of best quality, pare and stone them, placing them in a boiler of cold water; after they are all pared pour off the water, leaving but little in the boiler, add syrup until they are covered, stand them in a dish of cold water and place them in a regular heated oven for about 20 minutes, jar them off and fasten well down.

The above receipts are intended only for use by the sick.

Many similar and answerable modes may be adopted, as are in general, but not retaining the medicinal virtues as the above.

An excellent salve may be made from the leaves of pear tree, for closing the lips of fresh wounds.

A poultice made of the leaves of quinces heals the sore breasts of women.

The cotton or down of quinces boiled, heals old sores.

BOTANY OR PHYTOLOGY.

(Continued from p. 143.)

RUE (*Ruta Graveolens*).—An evergreen shrubby plant, about 3 feet high, blossom greenish yellow, calyx with five divisions, petals concave, entire; capsule lobed, leaves doubly divided, little leaves, or leaflets egg-oblong. It is easily propagated by cuttings. It is an healthy medicinal herb and very useful, though some have said not. It provoketh urine, is an antidote against poison, is good for coughs and hardness of breathing. This boiled into a strong decoction and the joints bathed therewith, removes pain therein and strengthens them. The distilled water thereof diluted with spring water and dropped in the eyes, removeth the dimness of eyesight if caused through colds and other outward causes. The rue tea drank moderately easeth the obstruction of the liver, reins and bladder. Class 10, page 41.

HOARHOUND or **Horchound** so well known. Virtues page 74, class 14, page 42.

TANSY (*Tanacetum vulgare*).—A perennial about 2 feet high, blossom yellow, compound calyx, form of half globe tiled, florets of the circumference, three cleft; the seed vessels crowned with a membranous margin, leaves double, many cleft, cut and saw toothed; the whole plant smelling strong. A decoction of this herb drank strengtheneth the reins and kidneys, remedies the stoppings of urine, expelleth wind, and is good for stone in the reins (of men especially), the tansy tea or the

seed given to children is good for them if troubled with worms. It also cleanseth bad humors from the stomach.

НОЛЛУНОСК (*Athœa rosa*).—A biennial from China, from 4 to 8 feet high, natural blossom white but varied, calyx double, from 6 to 9 parted, capsules cheese-like and many, with one seed in each; flowers placed at the inner base of the leaf, leaves with from five to seven angles, heart shaped, notched and rough stem, upright and hairy.

(TO BE CONTINUED.)

OCTOBER.

The stately trees undress themselves these chilly eves,
 And blasting winds strew all the roads with fallen leaves;
 The fruits are done, so bag them up or barrel them,
 And as you pack them, the downward part should be the stem.
 The nuts should now your object be to gather in,
 And to keep to crack for use as food or medicine.—V. B. H.

HOW TO GET A PRACTICE.—A physician of Montpellier was in the habit of employing a very ingenious artifice to bring himself into notice with the public. When he came to a town where he was not known, he pretended to have lost his favorite dog, and ordered the public crier to offer, with beat of drum, a reward of twenty-five louis to whoever should find it. The crier took care to mention all the titles and academic honors of of the peripatetic physician, as well as his place of residence. He soon became the talk of the town.—“Do you know,” says one, “that a famous physician has come here—a very clever fellow of high academic honors; he must be very rich, he offers twenty-five louis for finding his dog.” The dog was *not* found but *patients* were.—*Physic and Physicians.*

PHYSICIAN OF THE OLD SCHOOL.

THE DREAM AND THE DOCTOR.

John, prone to eat much and drinking late,
 Dreamt that he'd surely die next morning at noon :—
 The doctor vowed his drugs would conquer fate,
 And kept his oath—John lived till half-past one.

CORRESPONDENCE.

No letters can be answered in the ensuing number which are received later than the third Saturday in the Month. Letters to be addressed to V. B. HALL, Post Office, Hamilton. Private residence, Mountain View Cottage, Township of Barton, Hamilton.

D.—In answer to your question upon vegetarianism, I may advise you to purchase a work called *Fruits and Farinacea, the proper food of Man*, by John Smith, with notes and illustrations by R. T. Trall, M. D., which will give you all necessary information and arguments in favor of vegetarianism. Price, bound in muslin, \$1.75. I can get it for you.

A. G., OAKVILLE.—Write at once to me, saying if you received my letter and mention other particulars about your family, and I will tell you in letter something very important and beneficial to you, write at once and tell me the directions from Oakville Station to your house, so that I can come and see you.

T. H.—Do so if you choose. I can get them printed for you at a cheap rate, send word by post card.

J. E. H.—It is all according to where a person is situated, but the price is nothing in contrast to where you are. Advantages are often offered upon removals, and near the city, a certain price cannot be stated.

R.—As you asked for some phrenological answers, you now have them, and I would advise you to subscribe to the American Phrenological work mentioned on cover,—\$3.00 a year. It is the best work on the subject I know of. I can get it for you.

B. DUNDAS.—You can shew them to him, and leave them, if you choose, till I come. They have them both in the drug stores there and at Donnelly's, Ancaster.

B—O, WELLINGTON SQUARE.—Be particular in taking the names and addresses, if you please, and let it be known that I will send particulars if they write.

To Country, Town and Village Booksellers.

Upon application to me by letter with amount enclosed I shall be happy to supply you with these Magazines at 25-100 rate. Post paid by me to all parts of Canada. Price \$1.00 per annum.

To Tobacconists, General Store-keepers, &c.

The famous Lung Restorative known as Botaca, used by those who cannot, through chest and lung complaints, make use of tobacco. A great relief and often proves curative to those who are troubled with Asthma. May be had of me, for sale at 25-100 rate. Retail price 5 cents and 10 cents a packet.

Advertisements are inserted in these covers by special arrangement with me.

An apprentice wanted to learn the Trade and Profession of Medical Botany.