

The tear of regret will intrusively swell,
As fancy reverts to my father's plantation,
And sighs for the bucket which hangs in the well.
The old oak bucket—the iron-bound bucket—
The moss covered bucket which hangs in the well.

HINTS FOR HEALTH.

Persons in health should never under any circumstances take medicine. The custom which prevails in some families of administering physic in the spring and fall to prevent the attacks of disease, is preposterous in the extreme. The only safe safeguards are temperance in eating and drinking, and carefully adapting the clothing to the changes of the atmosphere. Persons in the vicinity of contagious disorders, must carefully attend to these prescriptions, and by proper exercise, cheerful recreation, and strict regard to cleanliness, preserve the mind in a state of cheerfulness and activity. It is absolutely necessary for those visiting warm climates to abstain entirely from the use of spirituous liquors. The great cause of the mortality among our seamen visiting the West India Ports, may be traced to the prevailing use of liquors, which heat the blood and induce fevers in those warm climates. One sick person only should occupy the same apartment.—The bed should be a mattress, in case of fever, in preference to feathers. The room should be well ventilated, the light excluded, and it should be kept in a state of perfect cleanliness. The introduction of visitors, in a sick chamber should always be avoided as the air becomes vitiated and unfit for respiration, and their presence and conversation, are apt to disturb the patient. The room of the sick should always be kept quiet and free as possible from all noise and talking.—*Catechism of Health.*

From Basil Hall's Voyages and Travels.

From what I saw of Madeira during many visits at different seasons of the year, I had long been of opinion, that this delightful island formed one of the best, if not the very best places in which a consumptive patient might hope to find a cure—or rather, to which a person having a consumptive tendency might resort in hopes of preventing the fatal access of a disease which at certain stages, is but too well known to be beyond the reach either of climate or medical skill. I was not aware, however, till lately, how completely this idea of the superior advantages of Madeira was borne out by the opinion of the best qualified professional men, especially by Dr. James Clarke, whose very interesting work, on the influence of Climate in the Prevention and Cure of Chronic Diseases, may be consulted with great advantage on this subject.

One poor passenger's case was precisely one of those, which, had this work been published twenty years sooner, would never have been referred to Madeira for a

cure. Of comforts, indeed, she had no want; for she was received into the house of one of those splendid persons, the great English Madeira merchants, who, with a sort of oriental hospitality and luxury, in character with their happy climate, used to fling their doors wide open to receive strangers coming to the island. In those days, there was great difficulty in procuring good lodgings; but I am told that accommodations for families or for single persons, may now be hired by those who have not the advantage of such introductions, or who are unwilling to encumber these most hospitable of men with the anxious companionship of invalids.

Most, if not all the merchants have two houses—one, of course, in the city, where their business is transacted; another lying beyond the noise and bustle of the Port. Many of these gentlemen reside occasionally at their country seats, the side of the mountain which takes its rise from the beach at the town of Funchal, and rises with a steep face to the height of many thousands of feet above the sea. The upper parts of all are so lofty, that no vegetation finds root upon them;—and although there be no coating of perpetual snow, I believe ice may be found, at all seasons, in the crevices which surround the well known *Caldeira*, cauldron or crater, near the summit. Be this as it may, I am sure that by going up the hill or coming down it, a range of many degrees of the thermometer may be commanded. So that, if the taste of an infirm person, or the peculiarities of his complaint, require a heat of 60° or 70°, he may live as long as he pleased in a climate that is best suited to his recovery.

The medical gentlemen resident on the spot, reprobate in strong terms the intuity, not to say cruelty, of sending our patients in the advanced stages of consumption. 'Generally speaking,' observes Dr. Renton of Madeira, as quoted by Dr. Clark, 'the poor patient himself has nothing to do with the arrangements; and it is principally in obedience to medical advice that he undertakes a voyage productive of nothing but mischief and disappointment. So uniform is the result of this practice, that the annual importation of invalids from England is thought a fit subject for ridicule, amongst the boatmen, on landing these unfortunates on their island. 'La vai mais hum Inglez a Laranjeira'— 'There goes another Englishman to the orange tree,' such being the name of the burying ground of the Protestants.

Dr. Clark gives a table, from which it appears, that of 47 cases of confirmed consumption, no fewer than 32 died within six months after their arrival at Madeira; while out of 35 cases of incipient consumption, or of those wherein there was merely reason to dread this disease, 26 were

cured, or, at all events they left the island much improved.

The same authority, Dr. Renton, long a resident at the island in question, further remarks, that, 'when consumption has proceeded to any considerable extent, he should consider it the duty of a medical attendant not only not to advise the adoption of such a measure, but most earnestly to dissuade from it those who, from hearsay evidence of the recovery of persons in circumstances similar to their own, may feel disposed to fly to it as a last resource.

CLOTHING.

The only kind of dress that can afford the protection required by the changes of temperature to which high northern climates are liable, is woollen. Nor will it be of much avail that woollen be worn, unless so much of it be worn, and it be so worn, as effectually to keep out the cold. Those who would receive the advantage which the wearing of woollen is capable of affording, must wear it next the skin; for it is in this situation only that its health-preserving power can be felt. The great advantages of woollen cloth are briefly these:—the readiness with which it allows the escape of the matter of perspiration through its texture; its power of preserving the sensation of warmth to the skin under all circumstances: the difficulty there is in making it thoroughly wet: the slowness with which it conducts heat: the softness, lightness and pliancy of its texture. *Cotton Cloth*, though it differs but little from linen, approaches nearer to the nature of woollen, and, on that account, must be esteemed as the next best substance of which clothing may be made. Silk is the next in point of excellence, but it is very inferior to cotton in every respect. Linen possesses the contrary of most of the properties enumerated as excellencies in woollen. It retains the matter of perspiration in its texture, and speedily becomes imbued with it: it gives an unpleasant sensation of cold to the skin; it is very readily saturated with moisture, and it conducts heat too rapidly. It is, indeed, the worst of all the substances in use, being the least qualified to answer the purposes of clothing.—*Ency. Jme.*

Bestow thy youth so that thou mayest have comfort to remember it, when it hath forsaken thee, and not sigh and grieve at the account thereof. While thou art young thou wilt think it will never have an end: but behold, the longest day hath its evening, and that thou shalt enjoy it but once, that it never turns again; use it therefore as the spring time, which soon departeth, and wherein thou oughtest to plant and sow all provisions for a long and happy life.—*Sir Walter Raleigh to his Son.*