

and no class is exempt from its attack. The fat, the lean, the temperate and the intemperate, males and females, and more especially children, even from the time of birth, are alike subject to this disease during the hot and rainy seasons. It **generally** departs in cold weather ; nevertheless rigid diet, and freedom from violent perspiration, will usually preserve the careful from its invasion, or at least render it exceedingly mild.

Ringworm, and various other forms of itching eruptions, are very obstinate adherents to the skins of all classes, after setting at defiance every kind of remedy which can be devised. Fortunately for the European population, they are exempt from one most formidable cutaneous disease, which commits dreadful ravages amongst the **natives—Leprosy**. That opprobrium of the medical art prevails in Calcutta, to an extent almost unparalleled in any other town in the world. It is regarded with the utmost horror by the natives, who consider it a punishment inflicted by Heaven upon the sufferer, either for his own sins or that of his forefathers. They are equally impotent in their efforts to relieve it by medicine as are the European physicians. The form of the disease called **Elephantiasis** is very common among the natives, producing enormous and disgusting tumors in various parts of the body. Indeed tumors of all kinds are very prevalent amongst the native population, and formerly proved a source of great and incurable suffering to them; for surgery does not form **any part** of their medical system. Now that European science has taught them that these diseases may be removed, they come in crowds to our medical institutions to seek relief from the knife of the English surgeon.

One of **the** most distressing and **intractable** complaints to which **all** the residents in Bengal, European and native, are subject, is that Protean **monster—Dyspepsia**. Highly favored indeed is the sojourner in Calcutta, who can number many years of residence within its precincts and fears not what he eats and drinks, “ taking no thought for the **morrow**.” In no one point of the animal economy does this climate prove so injurious as to the function of digestion. Adherence even to the strictest rules ‘of diet cannot always avert unpleasant consequences from the dinner of an old “ **Qui Hye ;**” while those who are careless in their food, invariably **suffer** for their imprudence early in their Indian career. In cold climates the stomach is a servant sufficiently alive to insult from his master; but in this debilitating land, he is doubly sensitive, and never forgives a premeditated **offence** against his dignity. Woe be to those who trifle with him and neglect those warnings of intended **re-venge**, which he seldom neglects to give before he makes his attack !

The native community are sad sufferers from this malady. The high seasoned but indigestible food which they eat in such large quantities, while their stomachic powers are weakened by a continuation of debaucheries, soon destroys the tone and **vigor** of their digestive apparatus, and by far the greater part of the maladies with which they are **affected**, are either complicated with or **dependant** upon Dyspepsia. It is a great, though a very prevalent mistake, to suppose **that** the food of the natives is particularly well calculated for the inhabitants of a hot climate—the history of their diseases tells **a very different** tale. If these people devoured smaller quantities of more nourishing food, with a less portion of condiments, and a larger share of fermented liquors of a wholesome description, they would enjoy far better general health. A proof of **this** is afforded by the advantage which native patients derive from a change of diet to one, resembling more nearly the supplies of a European table.

Before concluding this article, it may be expected that something should be said upon **the** best means of preserving health among Europeans in India. In a work like this it is manifest that such directions must be very brief, and, fortunately, custom has already established in Calcutta so very rational a method of living **in** general, that the new comer can scarcely do better upon such points than copy the example which will be set him by three-fourths of his acquaintances. Of all subjects of hygiene, diet is perhaps the most important. With a moderate allowance of plain wholesome **food** of any kind, taken at regular intervals, and temperance in drink, the resident in a tropical land will be tolerably free from disease under all ordinary circumstances ; and, though exposed unusually to the climate, he may escape with impunity many injurious effects which similar exposure produces in persons of intemperate habits. The most common error in the diet of strangers, arriving lately from a long voyage, is indulgence in **large** quantities of fruit and vegetables, and swallowing copious draughts of stimulating liquors, “**to** support the strength against the debilitating influence of the climate.” Few tropical fruits are desirable articles of food, and even those which are admissible should be taken very sparingly. Plainly cooked meat and bread, with a small allowance of vegetables, or some light pudding, for dinner, and the ordinary English breakfast and **tiffin**, are the most appropriate forms of diet ; and these meals should be taken at no very long intervals from each other. It should always be **recollected** that long abstinence from food is very injurious to the powers of the stomach, and many cases of Dyspepsia in all countries may be traced to these protracted fasts, followed by their **ordinary** consequence—a

very hearty meal. The stomach, under these circumstances, is too much fatigued to perform its functions properly, and especially incapable of acting upon a large quantity of food. It is a good rule never to permit the digestive organs to be quite idle ; when they are allowed to be so they grow mischievous.

With respect to drink, we are not inclined- to recommend *absolute* temperance. Water is decidedly the best fluid wherewith to quench the **thirst**, and is quite **sufficient** for robust people lately arrived in India ; but small quantities of stimulating liquors are soon required to **assist** the digestion and keep up the vigor of those who reside here. The old **Anglo-Indian**, who boasts of good health, is seldom a pure **water-drinker** in the strictest sense of the word ; one, two, or at most three glasses of sherry, or Madeira, or a pint of beer, taken at meal times, are quite **sufficient** in one day for the ordinary **purposes** of health. Those just mentioned are the best kinds of stimuli which can be used for the purpose, as some people prefer brandy and water ; but the measure of the former is generally too **uncertain**, and the water is too often considered an excuse for taking the brandy to render this kind of beverage generally advisable. The **quantity** of food and drink should, however, be regulated in a great measure by the amount of exercise taken. The **man** who **rides hard**, takes a walk of several miles, or plays a long game of **cricket**, can **dispose** to advantage of more meat and drink than the sedentary and inactive ; **but** this **requires** caution, and frequently leads to abuse. A day of **unusual** bodily exertion is too often made an excuse for excessive indulgence in the **pleasures** of the table, and may produce very unpleasant **consequences**. Such over-indulgence is especially dangerous when the individual is exposed much to the sun during the day; under such **circumstances**, a spare diet and cold water **will** form for the time the best-support to the weakest individual,

## OUR NOTE BOOK.

**ELK HUNTING.**—The *Hartford Courant* has the following extract of a letter from Lieutenant Morey, of the United States Army, dated Fort Gratiot, to Dr. J. L. Comstock, of Hartford :—“ I have recently returned from a grand hunt, where I **have** had some rare sport upon a large scale. As I can think of nothing which will perhaps amuse you more for a few moments, I will give **you** a brief account of it. We left here in a party **composed** of two officers, besides myself and four Indians, in two large Iadian canoes. We ascended Lake Huron about forty miles upon the west shore ; here we pitched our tents, and made our permanent camp. From this place we sent out an old Indian named Peter (**who**, by the by, is the best hunter I have ever seen,) to the elk country to see if there were any sigas. On his return he reported favorably, saying that about twenty miles from the camp he **had** discovered numerous **fresh** tracks, Accordingly, one of the other **gentleu** and myself resolved to’ follow the Indians to the ground. We took **our** blankets, provisions, and guns upon our backs, and followed them through a very dense forest about fifteen miles, without any road or trail ; here we established an auxiliary camp, and were told by Peter that we were in the **elk** country, and that we must keep very **quiet**, as the elk were exceedingly shy, and when alarmed by any unusual noise would leave that part of the country. We obeyed his injunctions, and the next morning were ready, with our rifles in **fine** order, to make our **début** in elk hunting. I took Peter as a guide ; **and** in Indian costume, without hut, coat, or **shoes**, **started** : we took a west course, until we found the tracks of a herd : these we followed about six miles, when Peter started upon a long trot, and soon left me behind. I **followed** on, **and** soon heard the crack of **his** rifle. On coming up with him he told me that he had wounded a large buck elk, and that we **should** soon overtake him ; and, sure enough, in about half an hour we came near enough for Peter to fire again, when he brought the fellow to **the** ground. As yet I had not seen one of the animals alive, and, of course, was **exceedingly** anxious to do **so**. After dressing the one we had killed, and hanging him upon a tree (carrying him being out of the question), I told Peter I must kill **an** elk myself ; he said, ‘ **By** and by plenty,—white man kill ‘em.’ We then proceeded still further into the forest, probably never before trod by a white man, unless, perchance, some solitary trapper happened to pass that way, until WC came to a small river ; here the Indian examined a deep trail that extended to **the** river bank, and which was made by the elk, who, probably, **had** passed there for centuries undisturbed, After looking very intently for

a few moments, he said five elk had **passed** there that morning. We took the trail, and followed it a short time, when Peter cautioned me to walk carefully, as we were near the 'varmints;' soon he dropped upon his hands and knees, and crawled up to the bank of a stream and looked over. He then motioned me to advance. I did so; and **when** I arrived beside him I raised my head so as to look into the stream, and I saw standing in **the** water one of the largest and most formidable looking animals I ever saw, within a few feet of me, and looking directly towards me. Peter motioned to me to shoot him in the region of the heart. I took deliberate aim and fired: the animal turned and trotted off: I thought I had not hit him, but the Indian said **I** had hit him in the right spot. We followed him, and came near him again. I **fired** at him again; this time he did not move, but remained standing long enough for me to load my gun; when **I** fired I could see where my ball took effect in the animal's side, but still he did not fall; and it was not until I fired the next shot at his head that he came to **the** ground. We found, upon examination, that every shot had taken effect, and one gone through his heart, but did not kill him. He was a most magnificent animal; his antlers were about five feet high, and weighed forty pounds. After dressing him and **hanging** the meat upon a tree, we made a fire and roasted some of the choice bits 'upon a stick, and I think **I** never ate so good a dinner at the City Hotel as I made then. Exercise and excitement had given me a ravenous appetite. We returned to the camp, and next day sent the Indians for the meat. It weighed five hundred pounds. I should like to forward you the antlers, but cannot send them without some one takes charge of them. Should an opportunity offer I will take advantage of it, as I know you are fond of such things; and the fact of the animal being killed by your humble servant **would** not diminish their value in your estimation. We killed, in addition to the above, two more elk, and four deer, while we were out, and returned home well satisfied with our expedition,"

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**PROGRESS OF AMERICAN MANUFACTURES.**—As a proof of the untiring enterprise and industry of the Americans, we cull a few paragraphs from the latest papers received, which go far to prove the **energy** and perseverance they are.. **bestowing** upon the improvement and progress of new **manufactures**:—

“*Clocks in Yankee Land.*—A correspondent of the *Hartford Journal*, from Bristol, writes a long letter on the clock trade of that town. He says: ‘The amount of capital employed in this branch alone is some three or four hundred thousand dollars, and the business gives employment to nearly four hundred mechanics. The manufacture of clocks has greatly increased within the **past five years**, although for fifteen years prior probably one million were made and profitably disposed. pf. We have every facility for manufacturing, and the vast improvements **recently effected** in machinery **have** done wonders for the **business**. The division of labor is well under-

stood, and carried out to a nicety, otherwise it would be impossible to manufacture and afford brass mahogany-cased clocks for the low price of three, four, or five dollars each, which is now done. More than ten thousand have been sent to England alone within the past eighteen months; and, although the modest New Yorkers claim all the credit of starting the business in that country, I beg leave to say that Chauacey Jerome, Esq., a manufacturer of this place, commenced the trade in the spring of 1842, having at that time sent out two men, who still remain engaged in the trade; whereas the New York firm, that claim to have commenced, followed on several months afterward, and, after being absent about six months, returned home.' ”

“ Speaking of China, he says, ‘ Lest the New Yorkers should hereafter claim the credit of commencing this trade also, I would inform them that two gentlemen from this place are already on their way to the Celestial Empire with a goodly number of clocks for that market.’ ”

“ According to the *Newark Advertiser*, the number of wooden clocks manufactured in Connecticut last year was **500,000**. The number will be greatly increased this year, in consequence of a foreign demand. Within an hour’s ride of Hartford, a thousand clocks are finished daily. Nearly every ship that clears for Europe now takes out this species of freight.”

*American Needles.*—A correspondent of the *Rochester Democrat* says, a factory to make needles has been established at **Haverstraw, Rockland Co.**, N. Y. He thus describes it :—“ I saw needles in various stages of the process by which they are made from the wire, prepared on the same premises, and was surprised at the facility afforded by the curious machinery which human ingenuity has invented to lessen the manual labor, and multiply the results of the numerous operations. The wire is at first cut into lengths which will make two needles each. The depressions where the eyes are to be made, and where the grooves are to be found on the finished articles, are stamped in both needles by a single stroke of the machine, with which a single hand can turn off 30,000 in a day. It is then turned over to another boy, who with a machine punches the eyes, and another separates the two needles, and smoothes away any irregularities. The eye of the needle is then bored by another process, which renders it so smooth that it will not cut the thread. After this, a man grinds a handful at a time on a common grindstone, holding them in his left hand, and giving them perpetual rotary motion with the right, so that they are made round and sharp. They are now to be ‘ case hardened,’ and finally burnished, all of which is done by simple processes, in which immense numbers can be subjected to the operation at the same time.”

*Pins, Home-made.*—The new tariff imposed for the first time a decidedly protective duty on pins, equal to **50** per cent. There were but two pin-making establishments in the country when the law was passed, each of which had been carried on for years without making a single dividend; one certainly had made none. Since then, this concern has paid its first dividend of **2½** per cent.,—the sole return on a **nine years’** investment—and is now

driving a good business, and likely to do well. It is *selling pins 15 per cent cheaper than it did before the tariff* was passed, and making a vastly superior article. The average price is 65 cents a pound or pack, containing 2,500 to 5,000 pins. Duty, 8 cents per thousand pins. Several new establishments are now going forward, and we have not a doubt that pins will be 10 per cent, cheaper yet within two years, if the present tariff is sustained. The wages of the workmen have been increased since the **tariff** passed, and many more have been set to **work**. The manufacturers are daily learning how to **economise** in materials and processes, and can sell cheap because they have a sure, adequate, and steady mark&.-*New York Tribune.*

"We are informed," says the *New York Evening Post*, "that but a small quantity of English pins are imported, and only about fifteen cases were passed through the Custom-house this season. In consequence of this, the demand for American pins has greatly increased. Slocum, **Jillson**, and Co., 89, Beaver-street, have a manufactory in Poughkeepsie, which makes **fifty-two** hundred packages per week, and can hardly supply the demand."

. *American Bunting* is now made at Framingham, Mass, 500 yards daily, quite equal to the foreign article. This is the first manufactory of this article ever established in the United States. **Heretofore** all the bunting under which our navy has fought, and which has been displayed by our merchant vessels, has been the manufacture of foreign **countries**.—*Newbury Port Herald.*

The great amount of bagging annually required for the packing of the crop of cotton in bales, renders its manufacture a matter of no little interest. Before the culture and manufacture of **hemp in this country had** reached its present condition, most bagging was imported at over **50 cents** a yard; but it is now manufactured in Kentucky and some of the Western States in large quantities, at not far from 11 cents. An article in the *Cincinnati Atlas* gives the following aggregate amount of the article made in the Western States :-

350 Hand Looms in Kentucky, make . . .	6,880,000 yds.
<b>Fulton</b> Bagging Factory, Cincinnati, , ,	800,000
Power Looms at <b>Maysville</b> . . . . .	700,000
Do. at Louisville . . . . .	1,400,000
Do. at New Albany . . . . .	200,000
Do. in Missouri . . . . .	220,000
Yearly <b>manufactured</b> . . . . .	<b>10,200,000</b>

This furnishes, within three millions of yards, all that is required for the annual cotton crop, the deficit being supplied with foreign bagging imported into the South **Atlantic** ports.

**Match Making**.—This business is said to be now worth **1,000,000** dollars in the United States, A few years since they were all imported from Europe. Now the Americans export several hundred thousand dollars' worth to the West Indies and South America,

## REVIEWS OF NEW BOOKS, ETC.

*Knights Library for the Times : Our Indian Empire, its History and Present State.* By Charles **M'Farlane**. Vol. I. London : Charles Knight and Co.

It would of course be improper to expect, in a production such as that of Mr. **M'Farlane's**, forming part of a series of works intended for mere popular perusal, any very extensive views of politics, or subtle appreciations of men, and the events in which they **acted**. We shall not accordingly complain that the author of "Our Indian Empire" never ascends to any point from **which** he can plunge his regards into **all** the **intricacies** of Asiatic society, rendered still more complicated by the intervention of European nations. It is his business to deal with the surface of events, not to appreciate motives, or seek to explain causes. This task he performs with ability and industry. His authorities are few, but they are good ; and he generally adopts the views most in conformity with reason. He does not, we think, show **the** history of India in a light at all too favorable. He represents the growth of **an** empire **as** it should be represented. It was not the effect of a grand pre-conceived design ; it was not won by intrigue and spoliation : we went to India as merchants ; and it was the fault of the natives that we became conquerors. Far from our having been grasping and greedy, we have been too tardy in our acquisitions. We were at first forced to interfere in the quarrels of the natives. **Circumstances** led us on. Necessity alone made us draw the **sword**, whenever it was drawn. We were allured to conquest, and then compelled to **retain** our acquisitions. Nothing was farther from our thoughts **than** extensive dominion. If the prospect of it ever appeared before our eyes, we shrunk from it in dismay. But in spite of our **reluctance, we** at length found ourselves in a position so brilliant that the very thought of it would have completely dazzled **the** most sanguine statesman but a few years back. Such **being** the **case**, it behoves the people of this country **to** endeavor **to know something** of the slate and prospects of our Asiatic possessions. They will never be wholly ours until the **people** are deeply impressed with the consciousness, that if the manifestation of our power is in these islands, one of its principal bases is in India. This, indeed, is the **apex** of the pyramid whose skirts rest on all sides of our innumerable colonies. But few, as we have said, are **intimately** convinced of this. The diffusion, therefore, of such works **as** that **under notice** is much to be desired. To enter **into** a detailed criticism would be **useless**. **The** principal events in the early history of our empire, such as the first settlement of the factories, and the rise of our power ;

the French rivalry on the Coromandel coast and in the Deccan ; our alternate victories and defeats; the exploits of Clive, and the first part of the administration of Warren Hastings, are narrated in the present Part with clearness and rapidity, though in a style too humble, perhaps, for the subject. A little more taste might have been displayed in the choice of words and expressions ; but the lack of this will not, we apprehend, injure the sale of the pleasing and neatly got-up volume which has called forth these remarks,

*Murray's Colonial and Home Library*, No. 6. London : Murray.

This Part brings us to the conclusion of Bishop Heber's "Indian Journal ;" and often as we have before travelled, in fancy, with the excellent Divine, we part again with reluctance from our guide and instructor. At the present time, when Indian affairs are engrossing attention, the narrative and epistolary correspondence of Heber will be eagerly devoured. The spirited publisher, we observe, announces for the next Part of the series a new work, by Captains Irby and Mangles, entitled "Travels in Egypt, Syria, and the Holy Land."

*The Anatomy of Sleep; or, the Art of Procuring Sound and Refreshing Slumber at Will.* By Edward Binns, M.D., F.S.A., &c. &c. London : Churchill.

Dr. Binns, from his residence as a practitioner in Jamaica, was well qualified to write such a work ; for nowhere else is the physician thrown so much upon his own resources, and in no country in the world is he so frequently called upon for promptitude in practice, and decision in cases of difficulty, as in our transatlantic colonies, where the work of disease is short and rapid, and, consequently, delay and doubt, doubly pernicious. But this is not only a practical work, so far as the immediate subject is involved, it also contains a vast variety of curious, entertaining, and extraordinary cases, anecdotes, and reminiscences of practice, which none but a great reader, with a very retentive memory, could have collected, collated, and recorded. As such, 'it is a work that any man may take up for amusement, read with pleasure, and study with improvement, especially during a monotonous voyage to or from the West Indies. It is not our province to go into the medical merits of the work, because our space forbids ; but we must call attention to the various and apparently incongruous subjects, which are all collected together, and made to bear upon the Doctor's favorite subject—the physiology of the nervous system. Thus, we have a popular and comprehensive view of the brain, the phenomena of life, drowsiness, trance, hibernation, somnambulism, catalepsy, dreams, hallucination, fainting, mesmerism, organization, mental phenomena, and insomnia or sleeplessness ; together with the art of procuring sound and refreshing slumber at will, which latter secret the Doctor purchased from the discoverer, and generously presented to the world. We regret we cannot make room for extracts ; for we assure our readers any part of the work will bear the most astute criticism,

## PAMPHLETS AND PERIODICALS RECEIVED SINCE OUR LAST.

*The Westminster Review*, for March. No. 80. Vol. XLI., No. 1. London: Clarke.

This sober Quarterly has doffed its hitherto demure garb, and comes before the public in a gaudy exterior, which is hardly in keeping with the graveness of the subjects discussed. The contents of the number are of a most popular character, and betray a marked improvement in the subjects selected, and the style of discussing them. The great bulk of the papers are on science and art; thus we have one on the "Progress of Art," another on "Ecclesiastical Architecture," a third on "Etruscan Monuments," and a fourth entitled "Practical Considerations for the Promotion of Architecture," with illustrations. The *Encyclopædias* of London and Gwilt form the text of the last named article, and furnish the greater portion of the illustrations.

*The Polytechnic Journal*. No. 3, Vol. II., for March. London: H. Cunningham.

We cannot speak favorably as a whole of this Magazine; now and then one or two readable articles appear, but they are like an oasis in the desert, the "one green spot to rest upon." In the present number there is an intelligent and sensible paper on the "Cape of Good Hope and Port Natal," by Mr. Campbell. The writer advocates the expediency of adding to the Cape population by emigration, which would tend to the protection of the present settlers, as well as draw forth the resources of the soil and country.

*The Artizan*, a *Monthly Journal of the Operative Arts*. No. XIV. London: Simpkin and Marshall.

A little more discrimination and judgment in the selection of articles would place this periodical in the first rank of scientific publications; but surely the "operative arts" would furnish ample subjects for discussion. The articles on "Colonial Economy" and the "State Trials," in our opinion, might have been replaced with advantage by papers on more legitimate topics for a scientific publication. There are, however, some articles in the present number which we have read with great interest, especially one on "The Prussian Commercial League; its History, Objects, and Tendencies."

*Practical Information respecting New Brunswick*. London: P. Richardson.

This is a pamphlet of forty-six pages, illustrated by some neat maps, published by the New Brunswick and Nova Scotia Land Company, and furnishing details relative to the soil, climate, productions and agriculture of the province. It is much to say, that issuing from a Land Company the statements furnished in this hand-book are honest, and not exaggerated or overcharged.

*The Sportsman*, for March. London: J. Rogerson.

In this number Lord William Lennox continues his "Life of a Jockey." There are two admirable engravings—the "Otter Hunt," and "Sport on the Sea Coast."

*Railway Reform; its Expediency and Practicability considered*. People's Edition, London: P. Richardson.

The subject of this pamphlet has recently attracted a large share of the public attention. The writer—whomever he may be, and there are many rumors on the subject—handles his argument well, and has brought forward, in support of his views, a train of well-digested reasoning, and a mass of useful statistical facts.