

elaborate research, or any painful collocation of authorities, that **many** ancient nations, whose posterity **are** now remarkable for humanity, and distinguished by a very high state of **civilisation, were anthropophagous.** Voltaire says, the Jews were anthropophagi, and supports this startling assertion by a quotation from Ezekiel.\* The ancient Cretans, the Scandinavians, **Scythians** (Britons?), were **all** anthropophagi ; but, surely, no one thinks of accusing the Hebrews of the present day, the inhabitants of Russia, Poland, Hungary, or the Norwegians, Danes, and Swedes (descendants of these ancient nations) of being cannibals ? So much for these two objections !

Whenever the African shall be placed in a situation favorable to the development of the higher order of intellect—when his benevolence, his piety, his imagination, and his organs of causality, shall have been called **into** action by suitable motives—he will gradually rise **from** the obscurity into which an inscrutable decree of the Ahnighy has so long plunged him ; and though he may never attain the high **moral** and intellectual height to which the European nations have arrived—unless education and training augment the anterior portion of the **brain**—nevertheless, I firmly believe, that he will be at least equal, if not **superior**, to the Asiatic **nations** which border on his **soil.** †

In a state of slavery, at least such a state as existed lately in the West Indies, and **still exists** in America, the negro **is afforded** no opportunity **of acquiring** knowledge, of improving his intellect, or amplifying his **ideas.** All that was expected of him was, that he should be **assiduous** at his labor, obedient to his master, and honest in his conduct towards his **fellow-bondmen.** Where he went, what he did, or how he passed his leisure time, was never asked, questioned, **interfered** with, or subjected to inquiry, so long as he “ worked his ground”—the land he was permitted to cultivate for his exclusive benefit,—did not come too often into hospital, and was neither a drunkard nor a brawler, neither a runaway nor a skulker, he was considered “ a good negro ;”

\* This has been disputed by l'Abbé Guénéée, in his “ *Lettres de Quelques Juifs,*”—EDITOR.

† Edwards, than whom few persons were better acquainted with the negro character, speaking of the negroes from the Gold Coast, says, “ One cannot surely but lament, that a people, naturally emulous and intrepid, should be sunk into so deplorable a state of barbarity and superstition ; and that their spirits should ever be broken down by the yoke of slavery. Whatever may be alleged concerning their ferociousness and implacability, in their present notions of right and wrong, I am persuaded that they possess qualities which are capable of, and well deserve, cultivation and improvement.”—(*West Indies*, vol. ii., p. 71. Second Edition.)

and, as such, enjoyed many little privileges, of which the less industrious and less favored slaves were debarred. If it suited his constitution to take two or more wives, there **was** no interference on the part of his master. **If** he went to the Baptist or Wesleyan chapel, to the Scotch kirk, to the English church, or to the Roman chapel, or if he absented himself altogether from all these places of worship, it was equally to the master a matter of indifference. In short, during the period that the law exempted him from labor, the negro **was** a free **agent** in the broadest acceptation of the word. If, then, even in this ungenial soil, the intellect of some negroes burst the bonds **by which** it was enchained, may we not argue from this fact, that had the entire race the same **facilities** afforded them for acquiring knowledge **which** the Europeans possess, that a majority would distinguish themselves very shortly in the arts and sciences, and equal, if not rival, their white brethren in all that tends to ennoble man and distinguish him from the mere brutes, which are condemned by blind obedience to follow the instincts of nature?

Food, clothing, manners, customs, laws, government—in a word, **civilisation**, or that long continued system of mental cultivation, commenced early and continued late, whether in the **individual** or the **community**, produce extraordinary effects, not only in man but in brutes.

In that nude and painted **wretch**, that weather-beaten, sun-dried savage, whose dishevelled locks, matted with dirt, stream upon the troubled air, whose rapid gait mocks the warrior's tread, whose wild glances dart contagious fires, as, with hideous cries and howls, she flings her tender infant into the burning chasm of her wicker altar to appease the anger of her demon god, who could—who **would recognise** the ancestor of that enchanting girl, whose voluptuous form, **sinuous** bust, and beaming eye, impart “a loving languor which is not repose” to that brilliant circle, that at once she seems to kindle, dazzle, and command? **Yet this** savage is a sample of the women of this boasted isle, some two thousand years ago!

[To be continued. ]

## ON THE HEALTH AND VITAL STATISTICS OF CALCUTTA.

BY THE AUTHOR OF "THE BAND-BOOK OF INDIA."

CALCUTTA would be necessarily one of the most unhealthy cities in India, if the rapid progress of **civilisation** under the British Government had **not removed**, to a great extent, the causes of disease which the low **jungly** swamps, upon which it was originally built, tend to produce. Placed upon the banks of the Hooghley, within the very confines of the Sunderbunds (a district not surpassed by the Guinea Coast in pestilential character), and surrounded by marshy swamps and slimy rice-fields, with an abundant mass of densely-planted trees on all sides, a more forbidding locality could not easily have been selected for the seat of the Indian Government. A great portion of the town, moreover, is built below the level of the river, and is occasionally overflowed, to the depth of two or three feet, by the spring tides in the rainy season. The dangerous nature of the situation we have chosen for our eastern capital was fully attested by the **frightful** mortality amongst all **classes** of **Europeans** and natives **in** the early days of the settlement.

The march of **civilisation**, however, has gallantly wrought a material change for the better in Calcutta and its immediate neighborhood, and though we cannot yet boast of possessing the most 'salubrious climate in India, very many situations, which at first sight appear more promising, are in reality much inferior to this town. The masses of large detached buildings, which cover the European portion of the city, the wide roads and streets, running in every direction **and permitting** the freest **circulation** of air on all sides, with the absence of jungle from so large a space, and the comparative cleanliness of the town, are the chief **causes** of this amelioration. With all these advantages, much **yet** remains to be done in this department to purify the city and improve **its** character for **cleanliness**; but, unfortunately, these necessary alterations are delayed, by the unwillingness of the Government to expend money for a purpose, to **them**, so profitless, or by the negligence of those whose business it is to **regulate** these affairs.

The structure of the houses, moreover, assists materially in promoting health. Most of them are three stories in height, with lofty and spacious rooms most freely ventilated, wherein the inhabitants being protected from the sun and the damp by the assistance of glass windows and punkahs, a tolerably cool atmosphere is preserved in the very hottest weather; If we add to these advantages the improved mode of life which has been adopted latterly by the European residents, we shall find ample reason to understand why Calcutta is no longer the Golgotha it was formerly described to be. Indeed, the mortality amongst Europeans in this city is very low as compared with many other places of far less celebrity for unhealthiness.

The total mortality of Europeans in Bengal, although higher than that of the other presidencies by nearly one per cent., is less than that of Jamaica. In Calcutta, including the troops, it is five to seven per cent. In London, by the last census, it is  $2\frac{1}{4}$ .

With respect to the native mortality, some curious facts have lately been elicited by the exertions of Dr. D. Stewart, of the Bengal Medical Service. It appears that the Hindoo population die annually in the proportion of one in seventeen of the total living, resembling in this respect, as nearly as possible, the ratio of mortality amongst Europeans; while the Mahomedan portion of the community enjoy a singular degree of health. They average only one death in thirty-eight, very little inferior to the mortality of London twenty years since; thus for every two Hindoos who die out of a hundred, an equal number of Europeans are carried off, while only one Mahomedan suffers.

With respect to the health of Europeans in India, one peculiarity strikes the observer, which at first sight is rather startling.

In England, we are generally impressed with the belief that the inhabitants of the colder regions of the earth suffer more in hot climates than the natives of the latter. This is not found to be the case in India at any rate. The general health of the European residents is much superior to that of natives,

Though surprising at first, this is easily accounted for by the more rational mode of life pursued by Europeans, who avoid as much as possible all sources of disease, which the natives, on the other hand, seem really anxious to court,

The European lives in a well raised, freely ventilated house, free from surrounding jungle—sleeps in a lofty bed; and is protected from vicissitudes of temperature by proper clothing; his food is for the most part light and nourishing, and he is generally careful of committing excess of any kind.

The native delights to fix his house in a jungle near a pool of stagnant water, surrounded with rank and decomposing vegetation ; he sleeps with scarcely any covering on the bare, damp floor, or **places** his mat upon an open terrace, exposed to every change of temperature, His diet **is** innutritious and bulky, often composed of the most unwholesome food : unripe and uncooked fruit and vegetables, with bad rice or rotten fish, and cakes, hard as leather, or filthy sweetmeats, composed of **ghee** and sugar (whole pounds of which they devour at a sitting), form the diet of a Hindoo. If we add to this a universal habit of smoking, and indulgence in intoxicating herbs and other excesses equally pernicious, we cannot be surprised that these people, though capable of receiving the most severe injuries without showing any traces of an inflammatory tendency, fall victims by thousands to the influence of every epidemic, and are perpetually the subject of ague, rheumatism, **scrofula**, leprosy, and a hundred other dreadful maladies.

Notwithstanding all that we have said upon the comparative salubrity of this city, it must not be regarded as a sanatorium. Calcutta produce a very formidable train of diseases to injure the health and impair the constitution of those who reside within its walls ; maladies most alarming in the severity of their attacks, the suddenness of their approach, and the rapidity of their progress. To a stranger they present many peculiarities; perhaps no **feature of** tropical diseases is so formidable as the excessive rapidity of their advance. **Nothing** impresses **the** inhabitant of the colder regions of the earth so completely with an idea of the power of these diseases, and so much dread of their invasion ; nothing, too, requires so much watchfulness on the part of the sojourner in hot climates. Those accustomed to the slow fevers of Europe and the **comparatively** lingering progress of the most acute diseases of the northern parts of the globe, are struck with horror and dismay, when called upon **to witness** the death-bed of an individual, with whom they have perhaps been associating a few hours previously, whom they left in the full enjoyment **of** robust health, with every rational prospect of a long life before him. Individuals are frequently attacked so suddenly, that they have scarcely time to obtain assistance ere it is too late to employ the necessary medicines. Perhaps before they are aware of the nature of their disease, they are already past the power of human aid to relieve them ; **an** invitation to attend the funeral is often the first notice which the most intimate friend receives that his late companion has been indisposed. It behoves all, therefore, who have the slightest suspicion that they are unwell, to pay strict attention to 'the symptoms, and to seek medical aid at the earliest possible period. Another feature worthy of

notice in the diseases of Calcutta, indeed those of Bengal generally, is the tendency to periodicity that all of them present. No **matter what may** be the malady, it is subject to daily exacerbations. and remissions at stated hours. Fever, for example, can never be said to assume the continued type ; no matter what may be the **cause** of the fever, it will be remittent, or perhaps intermittent. Instead of the **continued** form of fever so generally accompanying injuries and surgical operations in Europe, it is by no means **unfrequent** in this climate to observe its place occupied by a regular ague with well marked stages. Again, a common stomach-ache or head-ache in Bengal, often comes **on** regularly at a fixed hour in the day, and passes off at a stated time.

Among Indian complaints, *Cholera* stands foremost, though no longer exclusively an Indian disease. **This** awful malady has now made such giant strides over the rest of the world, that it is as well known and as much to be dreaded in the remotest and coldest districts of the frigid zone, as in the broiling regions of India, and it can be scarcely said to present any peculiarities in Calcutta which are not found to accompany it in Europe. Possibly the disease is rather more swift in its progress, but in no other point does it now differ from cholera in London or New York. It prevails at all seasons of the year, and often begins with **very** slight indications of its true character. The smallest appearance, **therefore, of** disordered bowels demands the most prompt assistance at all **times** ; for cholera is a complaint in which one **single** hour's neglect may sometimes place all relief beyond the skill of the physician to accomplish ; while, on the other hand, in almost all cases, it is very **readily** checked by appropriate treatment in the commencement of its attack. Bearing this in view, every resident in India should keep in his house the most approved remedies for the treatment of this complaint, and make himself well acquainted with their use.\*

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\* A wine-glass full of brandy, with sixty drops of laudanum, **should be given at first, and repeated in half an hour if necessary, and this may be accompanied by ten or fifteen grains of calomel.** The patient **should be kept warm, hot-water bottles or heated bricks applied to the extremities, or, what is better, when it can be procured speedily, a hot bath, the temperatnre of which should not be under one hundred.** At the same time a **mustard plaster must be placed on the pit of the stomach ; but in severe cases, a hot-water blister is far better,** This may be mnde easily by pouring hot water from a kettle upon the part, first surrounding the space intended to be blistered with a thick cloth, to prevent the water running over the body ; or blistering may be accomplished by placing a saucepan or **lotah on the belly, and pouringboiling water into it, keeping it on the body about five minutes.** When the patient is exceedingly depressed, or has been long ill and is nearly pulseless, opiates are injurious. In

Next in importance may be ranked *fever*. This disease assumes a variety of forms depending much upon the season of the year, or upon a peculiar epidemic tendency springing from some unknown cause.

As before remarked, this complaint rarely occurs in a continued form ; perhaps it may be said *never* to appear in this *type*. Its most formidable and most frequent character is that of a remittent—that form commonly known as the “jungle fever ;” the same disease, under *another* name, as the **frightful** fever of the West Indies, of the Mediterranean, and of the coast of Africa. This disease appears as an endemic at all seasons, but is most prevalent during the **rains, especially** towards their termination, when the earth, saturated with moisture and rank vegetation, is scorched by a powerful sun, and emits vapors of the most pestilential character loaded with miasm and disease. Many parts of the immediate neighborhood of Calcutta are almost uninhabitable by Europeans at such times, and prove most destructive to the native population. **Occasionally**, from the operation of some unusually powerful cause, fever appears at this season as a most formidable epidemic, from the attacks of which scarcely an individual escapes. Within the last few years we have had ample cause to be acquainted with this fact. For example, in **1843**, after the country to the south of Calcutta had been extensively inundated with salt water, the ravages of this disease among the inhabitants of all classes were frightful in the extreme.

Next in importance to temperance and the avoidance of every species of debauchery, is caution in exposure to vicissitudes of the climate or to the direct **influence** of the sun's rays. The cold which often succeeds at night very suddenly to a hot day, and the sudden changes of temperature produced by a tropical storm, or a fall of rain, or a heavy dew, **require** considerable attention in those who would preserve their health in India. Exposure to such influences is a very fertile source of **disease** ; hence, sleeping in verandahs, and upon the roofs of houses, is never a safe proceeding. A thorough wetting is much **more** hazardous in India than it is in Europe. It should always, if **possible**, be avoided, and, if inevitable, should be remedied by a change of clothes as speedily as practicable. The constant use of flannel next to the skin is a **pre-**

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these cases brandy alone or a tea spoonful of sal volatile or spirits of hartshorn in a little water, repeated every half or quarter hour, are the best remedies. Where vomiting shows that the stomach contains indigested matter, an emetic should be given composed of a drachm of sulphate of zinc, or of two grains of Taylor's emetic on a scruple of ipecacuanah. Some people depend entirely upon emetics for the cure of the disease.

caution **usually** adopted with advantage in India ; and where the individual is subject to bowel complaint of any kind, it is indispensable that the abdomen, loins, and upper part of the legs, be cased in this material. Unnecessary exposure to the direct rays of the sun is undoubtedly a very foolish proceeding, and is much more injurious in Bengal than it is in the Upper Provinces ; but the excessive horror entertained by some people of permitting 'a gleam of sunshine to **visit** them, is carrying caution to an absurd length. A large portion of the **Mofussil** residents are constantly exposed to the sun **for** hours without inconvenience ; and a more healthy class of men do not exist in India than the Indigo planters and the Bengal pilots, whose occupations necessarily keep them out of doors a great part of the day, with no other shelter from the sun than a thick hat. Use, however, accomplishes much in this as well as in most other matters, and those who are accustomed to remain from sunrise to sunset in a dark room, or move about in close, double-roofed carriages, would run a considerable risk in exposing themselves even for a few **minutes** to the sun's rays ; while, on the other hand, those accustomed to such exposure might remain **in** the same situation for hours with impunity. **The** danger of insolation is much diminished **by** temperance, and increased by the reverse habit ; for example, those most liable to a *coup de soleil* are drunken sailors, who wander about the streets in a broiling sun after sleeping perhaps **all** night in a gutter. **In** making these observations we must not be misunderstood : we do not intend to advocate exposure to the sun as a healthful measure ; we wish only **to** avoid the common error of magnifying, to a ridiculous and most inconvenient degree, the danger of such proceedings ; we are **anxious** to treat the question fairly.

**Fevers** of a congestive character, slower and more insidious in their approach, are observed **in** the cold season, and if neglected, are no less dangerous than the first mentioned form of complaint, though admitting of more moderate treatment **in** the first instance, and more readily **yielding** when remedies are applied early. No one should permit an obstinate headache, with **dulness** of the eyes, white tongue, slow full **pulse**, and torpidity of **the bowels**, to continue without due attention ; some of the **most** fatal **forms** of fever in this country are ushered in by these symptoms. They often exist for some days before the regular attack of the disease manifests itself; frequently exciting but little attention from the patient, unless he is previously aware of the **importance** of attending to such **warnings**.

The fever of the hot season is **more violent** in its character, and more often attended by marks of inflammation of the internal organs, than the

others. All the signs of the disease are in the highest degree acute, and the treatment requires to be most active.

Pure intermittent fever or ague, in all its varieties, is constantly met with. Indeed, all the above-mentioned forms of the malady are liable to assume this latter type, after they have been apparently removed from the system. These fevers are most exceedingly obstinate, resisting every attempt to cure them while the patient remains in India. In many cases a sea voyage presents the only prospect of removing the disease.

Bowel complaints of all kinds are remarkably prevalent, and demand speedy treatment, because of their tendency in many cases to assume the character of cholera; or in others, to establish in the system a disease almost equally distressing, though not so rapidly fatal as cholera—*Dysentery*. The latter complaint, at the same time one of the most painful and the most dangerous maladies of tropical climates, is nowhere more prevalent than in Calcutta. It attacks all classes readily enough, but its most frequent victims are those recently arrived in the country, who, full of health, think they may commit with impunity every possible imprudence. While exposing themselves night and day to the sudden changes of temperature to which this climate is liable, they eat and drink, without consideration, every species of trash they can procure; and at the same time, they usually neglect the first warnings of the disease until it has so firmly established itself in their constitution that it is often impossible to see them. In a chronic form, dysentery is very prevalent amongst all classes in the marshy districts of Bengal. Even the most prudent cannot always escape, and children are particularly liable to its attack. When chronic dysentery has once seized upon the sufferer, his situation is exceedingly distressing, and by far the greater number of patients are finally compelled to relinquish their occupations in India; and seek relief in a more healthy climate.

In common with dysentery, every species of bowel complaint prevails most severely during the rains, and, when disregarded at first, these diseases swiftly proceed to a fatal termination, perhaps end in dysentery, or cholera, or, at best, assume a chronic form; which rarely admits of cure while the patient remains in the country. The natives are sad victims to these complaints in general. The nature of their food and their general habits of life, pre-dispose them to dysentery and diarrhoea, and, in almost every species of chronic malady, has a tendency to assume a bowel complaint of some description as one of its symptoms; and if obstinate of cure in the European, they are doubly so in the native constitution.

*Hepatic* diseases are less numerous in Bengal than they are found to be in the hot, dry districts of India, *The liver*, as it is vulgarly called, very often seizes upon the drunkard and **debauchee**, and prevails to a great extent amongst the European soldiery, whose intemperate habits are proverbial ; but an acute attack of inflammation of the liver is much more rarely met with in Calcutta, among the prudent and temperate, than either of the diseases already alluded to,

Indeed, pure inflammatory affections are, in general, comparatively rare in this city.

**With** the exception of small-pox, which often rages with great severity, especially among the natives, the eruptive fevers are exceedingly mild. Measles; for example, is a complaint very little to be dreaded among children. It is seldom followed by the same dangerous consequences which attend it in Europe, and seldom requires medical treatment. *Scarlet Fever* is rarely, if ever, observed. *Chicken Pox* and its **congeners** are very abundant.

*Rheumatism* is very distressing to the natives, and is often found among Europeans who expose themselves to the climate, or have **suffered** from the influence of calomel; but it usually manifests itself in a chronic form and is often most obstinate. The rheumatic fever, or acute rheumatism of more unequal climates, is comparatively unfrequent, in this part of India at least. Gout is *almost* unknown to the natives, and is very rare, indeed, among our countrymen. Those who are accustomed to consider *Scrofula* as a disease of cold climates, will be surprised to learn that **different** forms of this malady, though not frequent in Europeans, are very prevalent among the native population. Phthisis, for example--if indeed **this may** be regarded as a scrofulous disease--finds many victims in the dark-skinned portion of this community, and occasionally attacks Europeans who are predisposed to receive it. It is invariably marked by the great rapidity of its progress to a fatal termination. **Again, natives are** continually obliged to submit to amputations of their limbs for **scrofulous** destruction of the larger joints, and to the excision of scrofulous **tumours**, while mesenteric disease and hydrocephalus are very frequent causes of death amongst their children.

*Cutaneous* diseases, in every possible variety of form, from the troublesome but harmless prickly heat, to the most frightful leprosy, prevail in Calcutta to a degree altogether unknown in cold regions. Scarcely any European can boast of a perfectly clear skin at all seasons of the year--almost every native in the town is marked by some variety of this class of maladies. To the former, the prickly heat is the most annoying companion of this description ; to many it is positive torture;