



Poetical.

From the Boston Patriot.

THE YANKEE TAP—A SONG.

TUNE—"When at War on the Ocean."

The following little song, written to the tune of an English one we found on an expedition to the American Naval Armament, and is much superior, in our opinion, to the British song:

WHEN engaged on the ocean, the brave Yankee tar,
Beside the laurels of fame in the fog of the war,
With patriot ardor inspir'd when he fights,
He conquers for glory and maritime rights.
His country's flag to the mast-head he sails,
Where it gallantly floats to the favouring gales;
While serving his gun, with true courage he goes,
And defence he bids to American foes.
With generous feelings his bosom is stored,
Fights on till existence is gone by the board;
But the enemy conquered, to mercy inclined,
A friend in the brave he rejoices to find.
Accomplish'd the cruise, to his country he steers,
High swells his sails, as his Sally he hears;
For faithful to duty and love are our tars,
To New-England's honor, their stripes and their stars.

AVONIUS



Medical.

FAUST'S CATECHISM OF HEALTH.

(Concluded from Page 132.)

Q. 250. How are the organs of smell injured?
A. By corrupted air; by strong and foul odours; by soot in the nose, or snuff obstructing the nostrils, and obliging us to breathe through the mouth.

Q. 251. By what means is the organ of taste preserved?
A. By exercise; by the use of water, and mild plain food.

Q. 252. How may the organ of feeling be preserved?
A. By the exercise of the faculty of feeling—by the exercise of the body, and by cleanliness.

Q. 253. Are the common exercises of the senses sufficient to render them perfect?
A. No. The senses require to be incessantly exercised that they may become perfect, and capable of directing and upholding us amidst the wanderings of a disordered imagination, whose phantoms vanish before the torch of reason.

Q. 254. How can a good, intelligible, pronunciation be obtained?
A. By keeping the mouth and the nose clean, the neck free and uncovered, and obliging children to accustom themselves to speak slowly, distinctly and emphatically, and to keep themselves erect.

Q. 255. Should we breathe through the mouth or the nose?
A. We should breathe through the nose, but not through the mouth; it is therefore necessary to keep the nose always clean by blowing it, and to endeavour to breathe through the nose and keep the mouth shut during sleep.

Q. 256. Are there no other parts of the body which man should take particular care in preserving?
A. Yes; his teeth; for the teeth are not only necessary to assist us to pronounce distinctly, but for chewing also; and on the proper chewing of our food depends, in a great measure, digestion, & the nourishment, health and prosperity upon mankind.

Q. 257. How are the teeth injured?
A. By much fluid aliment; by coffee, tea, and other warm stews used instead of cold water; by corrupted air in apartments; by uncleanness; by the use of tobacco; by bits of food, particularly meat, sticking between them; by hot meats and liquors; by filing the mouth alternately with hot and cold things; by biting hard substances, and picking our teeth with knives, forks, pins and needles; all which practices are highly injurious to them.

Q. 258. By what means are the teeth preserved sound?
A. By the early habit of properly chewing our food; by drinking cold water; by breathing pure air, and eating cold or tepid aliment, and drinking no warm liquors at all; by cleaning the teeth after each meal, either by drinking or gargling the mouth; and by refraining from picking of them; all this is necessary to keep the teeth sound and beautiful.

Q. 259. By what means are the front teeth preserved sound?
A. By constant use, and the chewing particularly of dry substances, as bread, &c.

Q. 260. Should children also preserve their milk-teeth?
A. By all means; for the lasting teeth, which are hid by them, are injured if the milk-teeth are not kept sound by much chewing.

Q. 261. If the teeth be not kept sound from childhood, and are injured, can they be restored to their original state?
A. No, that cannot be done; but through cleanliness, chewing, pure air, and cold water, injured teeth may be preserved from further injury.

Q. 262. What are the best remedies to prevent tooth-ache?
A. Chewing, drinking of and gargling with cold water; pure air, cleanliness of the mouth, keeping the head cool, bathing the face, after rising in the morning, and before going to bed, in cold water.

Q. 263. Does the preservation of the spittle deserve our particular notice?
A. Very much. The spittle is very necessary in chewing and digestion, and for that reason the chewing and smoking of tobacco, by which a great deal of the spittle is wasted, is a very bad custom, as is also the wadding with spittle the thread when spinning flax or hemp.

Q. 264. What is the basis of beauty?
A. Health, and the perfect conformation of the body.

Q. 265. By what particular means may health be attained?
A. By free and easy exercise of the body during infancy.

Q. 266. What is besides requisite and necessary?
A. Free, pure, air; washing and bathing; a light easy dress; clear cold water for drinking; and simple good meals to nourish the body.

Q. 267. By what means is the perfection of the body to be attained?
A. By avoiding sloth and inactivity till the twelfth year, after which plays and exercises will bring the body to every degree of perfection of which it is susceptible.

Q. 268. What is yet necessary to facilitate the improvement of the body?
A. The instruction of children in the various exercises of the body, which tend to render man healthy, strong, industrious and happy.

Q. 269. What posture of the body ought we to recommend to children and to every one?
A. The erect posture, whether we stand or walk, keeping the breast and head elevated; and on all occasions that will admit of it, an upright posture is best.

Q. 270. What, therefore, may be considered as very hurtful?
A. Walking, standing, or sitting negligently, remaining bent or crooked, hanging down the head while we speak or listen, and looking askance.

Q. 271. Is it proper to accustom children to make use on all occasions of the right hand only?
A. No; that is very wrong. Children are to be taught to make the same use of the left hand as of the right.

Q. 272. What does most diminish beauty?
A. The habit which children sometimes contract of making wry faces and foolish gestures.

Q. 273. Is the beauty of man all that depends on his perfection?
A. No. Innocence and peace, reason and virtue, the consciousness of having done one's duty, and contributed towards the general good, in endeavouring to diffuse happiness among mankind in this terrestrial abode, all shew the perfection, the beauty and dignity of man.

Q. 274. If people lived as they ought to do, they would be exposed to very few internal complaints, perhaps none at all; and the little ailments to which Nature, under all circumstances is obnoxious, would be removed by those powers with which

God has endowed her, for the preservation of the life and health of the human body, constructed with infinite wisdom and intelligence. But people, seduced by their passions and misguided by error, lead an irregular and dissolute life, and thus expose themselves to a train of melancholy diseases.

Q. 283. What are we to observe respecting those universal, or secret medicines, for the cure, for instance, of canine madness, the ague, &c.?
A. Nothing favourable; they expose health and life to the greatest danger.

Q. 284. The secret remedies against the canine madness, and those which are usually resorted to as infallible, are good for nothing. The only certain means of preventing the fatal effects consequent on the bite of a mad-dog (producing canine madness, shown by a strong aversion from water), are cutting off the bitten part, or burning it with a hot iron, or washing the wound as soon as possible, and very often with water, or washing it with soap lye, which destroys the surface of it; or filing it and covering the edges of it with Spanish flies, which, by inducing copious suppuration, draw all the poison from the part affected.

Q. 285. Universal Medicines (so called) are vainly ordered for the cure of many nay, even of all diseases; but, in truth there are no such medicines. The medicines so much recommended in newspapers, and the majority of English patent medicines, are good for nothing.

XXIII. Of the Conduct to be observed by Patients afflicted with Fevers.

Q. 286. Those diseases are denominated febrile which manifest themselves by cold or hot fits, and an unnatural alteration in the pulse, commonly accompanied with dislike to food, vomiting, weakness, anxiety, and pains all over the body, or in particular parts, and acute-ache.

Q. 287. A sick person is a poor, helpless creature, oppressed by anxiety and pains;—how, then, ought he to be treated?
A. With the greatest tenderness, kindness, and affection; he ought to be attended and nursed with great and judicious care.

Q. 288. Is it proper to talk much to persons suffering under grievous diseases, or to make great noise and confusion about them?
A. No. Sick people ought as little as possible to be disturbed by talking; and every thing about them ought to be quiet.

Q. 289. Is it proper to admit visitors, or many persons, into the room where a sick person lies?
A. No; because the air becomes corrupted by the breath and exhalations from so many visitors, who generally come through curiosity, and therefore ought not to be admitted.

Q. 290. What ought to be the state of the air in the rooms or chambers of the sick?
A. All sick persons, particularly those that labour under fever, ought to breathe fresh, pure, and dry air.

Q. 291. Is fresh air so necessary for them?
A. Yes. It is indispensably necessary for them, for it is most effectual in cooling and composing them, and diminishes anxiety.

Q. 292. What is further necessary?
A. That the room where the sick person lies be aired by keeping the window open almost the whole day; that the windows and doors be thrown open occasionally, and that all superfluous, especially all soft furniture be removed from the chamber of one ill of a fever.

Q. 293. What kind of room is best adapted for a sick person?
A. A dry, lofty and large room; not a low, narrow, damp, and misty room: it must be kept clean and orderly, all dust and nastiness removed, and nothing suffered in it that can corrupt or infect the air.

Q. 294. Should the room of a sick person be light or dark?
A. It should not be very lightsome, but rather darkish, as the light disturbs the repose of the patient.

Q. 295. What kind of bed doth a sick person require?
A. An orderly and clean bed, not too warm, with covering not too heavy, bed not too soft, and clean linen. If straw be used instead of mattresses, it must be fresh and dry, and free from all offensive smell.

Q. 296. What are sick persons to drink, particularly those who are afflicted with fevers, which induce thirst?
A. Cold, pure water, which in fevers ought to be mixed with vinegar or lemon-juice. A piece of toasted bread may also be added, being a good ingredient.

Q. 297. Is it good to warm or boil the water?
A. No; it should neither be warmed nor boiled.

Q. 298. Is it proper for sick persons to drink much tea?
A. No; it is commonly hurtful to them.

Q. 299. Do persons ill of fever like to drink cold water?
A. Yes; cold water and fresh air are the best strengtheners for such persons; they refresh, and diminish the anxiety and pains.

Q. 300. Must a person in a fever drink much water?
A. Yes; he ought to drink a great deal.

Q. 301. Doth cold water chill a person afflicted with fever?
A. No; a person after drinking cold water falls often into a general perspiration; and warm liquids frequently produce heat without any perspiration.

Q. 302. In fluxes, and a few other diseases, warm drinks may perhaps answer better than cold.
Q. 303. What regimen ought sick persons to observe?
A. Persons afflicted with violent fever, or who labour under any other dangerous mala-

dy, lose all appetite, and therefore are not to be pressed to eat.

Q. 304. Why should not persons in fever be pressed to eat?
A. Because they do not digest; and food remaining undigested in the stomach, aggravates all diseases, particularly fevers.

Q. 305. What kind of nourishment is best in fever, should the sick person be desirous of any?
A. Butter-milk, sour milk, fresh, ripe, juicy fruits, strawberries, gooseberries, raspberries, cherries, plums, grapes, apples, pears, baked, or dried, fruit, barley water, or water-gruel mixed with vinegar or lemon-juice—and, in short, whatever can cool and refresh the patient.

Q. 306. What kinds of food are persons afflicted with fever to avoid?
A. Animal food, whether flesh, fish or fowl, broths, butter, eggs, pastry, or bread not well fermented or baked, are not to be allowed to such persons.

Q. 307. Should persons labouring under fever be kept warm or cool?
A. Such patients ought to be kept cool, avoiding all heat; and for that reason fires must not be made in the room where the patient lies, for his situation requires him to be kept more cool than warm.

Q. 308. Is it good to sprinkle perfumes on the patient, or in his room?
A. Fresh air is better than all incense—but in malignant diseases it is very proper to correct the air by sprinkling hot vinegar in the room repeatedly during the day, or slack lime in it.

Q. 309. John Howard, that friend to mankind, who in visiting and exploring prisons, hospitals, and lazarettos, sacrificed his life for the benefit of the human race, said, "The use of perfumes or incense is a clear demonstration of the want of cleanliness and fresh air."
Q. 310. May a person ill of a fever be bled?
A. It is in many fevers dangerous to bleed, in others highly necessary, and without the approbation of a physician no bleeding should take place in fevers.

Q. 311. But is it advisable for people in good health to accustom themselves to be bled annually once or twice?
A. No. People that are in good health should never be bled; for by bleeding without necessity the blood is deprived, the body weakened, and health impaired.

Q. 312. Should those who are ill of fever be permitted to remain long cooped?
A. No. In fevers costiveness is very dangerous.

Q. 313. For persons whose general health is good, and who are slightly indisposed, stewed, treated, or dried fruit, particularly plums, are a good remedy against costiveness.]

XXVI. Of the Kine Pox.

Q. 314. Has it been sufficiently proved that the Kine Pox is a certain security against the Small Pox?
A. It has. The inoculation has for many years been practised in every part of the world. Millions have had the disease, and many thousands have been afterwards inoculated with the Small Pox and exposed to its contagion. Its efficacy with all who have considered the subject is placed beyond doubt.

Q. 315. What advantages has the Kine Pox over the inoculated Small Pox?
A. It is so much milder that it has never yet proved fatal in any instance but gives an increased chance of living by resisting during its presence the invasion of other diseases. It does not like the Small Pox, injure the system and dispose it to disease, but is even said to cure the whooping cough and Scrophula.

Q. 316. How did the disease originate and who was its discoverer?
A. It originally infects the teats of cows, and it was long ago observed that a disease was thence induced in the fingers of milk maids in the west of England that enabled them to resist the Small Pox. Dr. Edward Jenner has become one of the greatest benefactors of the human race that ever existed by diffusing this knowledge, and the practice of inoculation.

Q. 317. How is the disease communicated?
A. It is communicated by puncturing the skin with a lancet or needle that has been dipped in the matter of a diseased arm. It was at first supposed this matter should be taken about the 8th day while in a fluid state, but lately it has been said that the scab may be employed.

Q. 318. What is its appearance and symptoms?
A. There is an inflammatory rose round the inoculated spot. Serum is effused and about the 10th day dries into a scab. Sometimes there are slight rigors and some fever accompanied with a swelling in the arm-pits, but in most cases the general disease is so slight as scarcely to be perceptible.

Q. 319. What treatment is required?
A. Usually nothing more is necessary than that the patient should live temperately and keep cool. If the arm is much inflamed cold water should be frequently applied to it. If the fever is considerable the patient should be bled and purged; but cases requiring medical treatment are extremely rare, and perhaps never occur but in consequence of irregular living, too much exercise, exposure to the heat of the sun, &c.

Q. 320. May persons who are not physicians safely inoculate?
A. They may provided they are satisfied of the genuineness of the matter.