



HARVARD UNIVERSITY HERBARIUM.

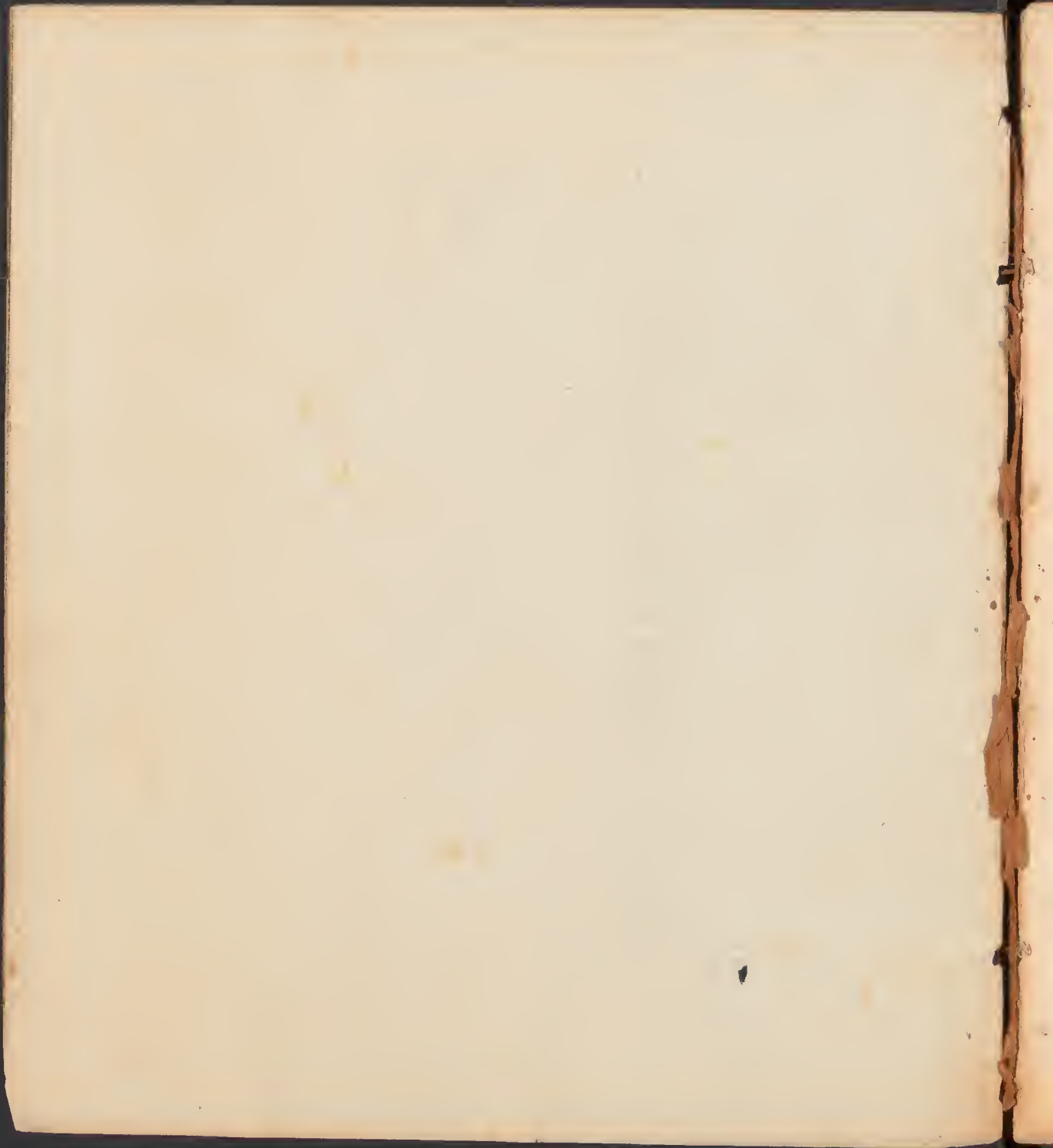
THE GIFT OF

J. W. Higginson.

Note book for flowers 1136

+ afternoon for

Tramway



Nepal
 Epigea

	earliest date	no. of plants
<i>Leontodon tarax</i>	Apr. 7	4
<i>Stellaria longit.</i>	" 9	"
<i>Lagynaria canad</i>	" 17	4
<i>Houstonia caerulea</i>	" 20	"
<i>Callitha palustris</i>	"	"
<i>Erythronium alba</i>	"	3
<i>Anemone nemorosa</i>	"	5
<i>thalict.</i>	" 2	"
<i>Urtica dioica</i>	"	2
<i>Fraxinus europ.</i>	"	7
<i>Stachys germanica</i>	" 21	4
<i>Gnaphalium polycephalum</i>	"	2
<i>Nicotiana glauca</i>	B. 22.	"
" <i>glauca</i>	" 26	"
" <i>glauca</i>	"	"
" <i>glauca</i>	"	"
<i>Thalictrum flavum</i>	21	"
<i>Lactuca scariola</i>	"	"
<i>Urtica dioica</i>	"	"
<i>Epigea repens</i>	"	"
<i>Thalictrum flavum</i>	" 25	"
<i>Lactuca scariola</i>	"	"
<i>Epigea repens</i>	"	"
<i>Thalictrum flavum</i>	"	"
<i>Lactuca scariola</i>	"	"
<i>Epigea repens</i>	"	"
<i>Thalictrum flavum</i>	"	"
<i>Lactuca scariola</i>	"	"

1845.

- March 7. *Salix eriocephala*. in bud. Brookline.
out Apr. 5
- " 15 *Alnus serrulata* } (Cambridge).
- " 27 *Ulmus Americana*
- " 28. *Hepatica triloba*. The Auburn. L
more Apr 2. Brookline. Apr 5.
5. " " *Setodes foetidus*.
- April 7. *Epigaea repens*. from Worcester.
- " 21. π *Gnaphalium plantaginifolium*.
- " " *Acer rubrum*
- " " π *Carolinia palustris*. in bud. out 23.
- 10 " 22 π *Anemone nemorosa*. Woods by "Porcellium"
[unclear] [unclear]
- " 23 *Betula lenta*. { Woods near Fresh pond - trail up to Browns
meadow near Millington's hill to find *Sanguinaria*
did not find that nor a single violet or Anemone
or *Houstonia* - only *Crowfoot* in flower.
- " 25. π *Houstonia cærulea* } Near the Swamp on Cape Cod
- " " π *Eupatorium Americanum*
- " " *Thlaspi Bursa Pastoris*
15. " " *Pellaria media*
- " 256. *Leontodon Taraxacum* (Boston)
- " " *Glechoma hederata* (Boston)
- " " *Lamium complexicaule*

Cambridge. 1845.

April 28. Juglans alba. ? Behind Holworthy Hall.

x Pyrus ovalis in bud. out May 1.

20. " 29. Ribes triflorum. in bud

Equisetum arvense.

x Viola blanda

x Viola ovata

x " debilis.

25. x Sanguinaria Canadensis

Laurus Benzoin

x Urtica sessilifolia. in bud. out May 2.

x Thalictrum cornutum in bud out May 14

x Aquilegia Canadensis. in bud. out May 1.

30. x Saxifraga obovata

x Anemone Thalicteroides

x Thysanota Virginiana

x Potentilla Sarm. entosa. 14.

Medicago Lupulina

} Concord Turnpike

Hill. N. Fresh pond

} Copse on Concord Turnpike.

~~2 1/2~~ 3 miles fr. Cambridge. South side

See May 10.

x

x

- also road under Wellington's hill - 1/2 mile farther.

} Mr Brown's.

(Brookline - Walnut Street) x

(Brookline) x

} Wellington's Hill.

(Concord) B.W.

35. " 30. x Thalictrum Dioicum

x [Ribes floridum.] in bud out May 5.

x Vaccinium tenellum

[Sinapis nigra] ?

Betula populifolia

} Arsenal 11008

Journal.

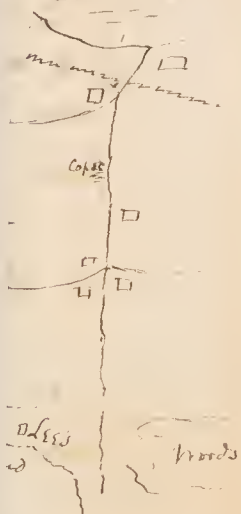
Apr. 28.

April 29. Stopped & I have for Dr Harris on the left & Bloodroot & then went & day - I & Erythronium is close to the Wellington's hills - rock used then towards A. B. true tree

April 29. Fine tramp of some 10 miles, 3 1/2 to 4 hours, to Wellington's Hill. Stopped in opposite Mr. Lees' Fresh Pond. Dr. Harris had directed me to a copse just beyond the hill, on the left side. There I found a few plants of Bloodroot. Then went on to Mr. Brown's & such a place, carpeted with Sanguinaria, Erythronium, & Anemone - also Uvularia perfoliata coming on. But it is close to the R.R. depot, which spoils it.

Somerville.

to Wellington's Hill. the first of any sort with a long the tramp. Wellington's Hill



side & felt like

pine - but Thalictrum & curled with the others on the hill.

Curtis' Sp. The real

April. an some leaves of I saw a *

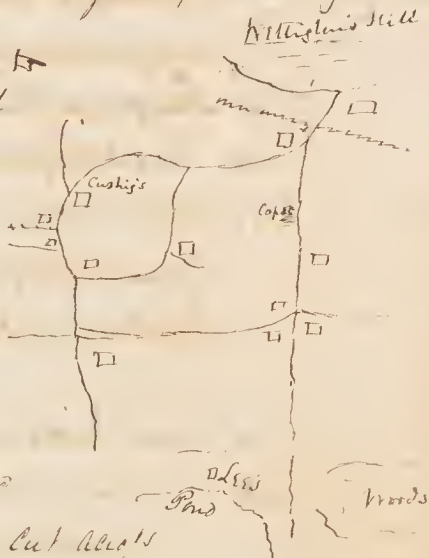
R. F. a much fine very - fine may 7. of a fine some some

Journal.

Apr. 28. Found anemones in profusion in the thickets, toward Somerville.

April 29. Fine tramp of some 10 miles - 3 1/2 to 4 hours, to Wellington's Hill.

Stopped in opposite Mr Lee's. First pond I found some *Viola ovata*, the first of any but I have found - afterwards found a few *V. blanda* in the best ground patches along the tramp. Dr Harris directed me to a copse just beyond the hill on the left side, very small - there I found a few plants of Bloodroot & a few of *Viola Vestita* - very rare, & almost gone. Then went on to Mr Brown's (I mistook the place the other days) - I such a place - carpeted with *Sanguinaria* *Erythronium* & *Trillium* - also *Urtica* *Comig.* But it is close to the R.R. depot, wh. spoils it. Then went on - to Wellington's hill - which I found much like the *Brontice* hills - rocks & moist - *Asclepias* & *Columbine*. *Manisac* and then somewhat - back from the road I returned - cut across toward Cushman's & came out on the Waterbury road - a pic back.



A. B. walked in & out of town in the after & fore - say 16 miles & felt litch more tired than after walking nearly in & out of town.

April 30. Arsenal woods - found no yellow violet, nor lupine - but *Thalictrum* anemone - the finest *A. Thalictroides* I ever saw. The ground covered with the leaves of *Urtica*, in the litch dells. Found but a few *Colombines* on the hill. I saw no violets but *V. blanda*.

* What I have taken for *R. floridum* is merely a sp. of the *Curtis* sp. The real *R. 7* a much finer thing I find May 9. by a pond toward Brookline

Cambridge 1826.

40. May 1. *Ranunculus fascicularis*
 " *Viola pedata.* } Hill in Roxbury h
 J.P. 4 corners.
- " 2. *Senecio vulgaris*
Plantago lanceolata
Comptonia asplenifolia
45. " *Saxifraga Pennsylvanica*. in bud out May 5.
 " *Panax trifolium.*
 " *Arabis rhomboida*. in bud out May 14.
Paprus Botryspium.
Populus Candicans. Balm of Gilead. } Brookline h
 } Rileys woods h
 } Conc. triumph. v. 2 possen
 } Brighton Heights. h
- 50 " 5. " *Viola lanceolata*
 " " *pagittata*
 " " *palmata*
Andromeda Calyculata
Rumex acetosella } Marsh near
 } Irving Park.
55. " *Convallaria bifolia*. in bud out May 14
 " *multiflora* in bud out May 13 } Widens on Aspie road.
Nuphar advena
Prinlitia argentea
- " 6. " *Viola acullata*
- 60 " *Senecio aureus*. in bud out May 22
Thalictrum umbellatum in bud out May 28
 " *Glechoma hederacea.* } Near Boston town h
 } Franklin

Journal

May
Few flowers

May 5.

in Big, little woods.

May
in my hand
- thymium
long my Co
pedata &

Went with Chas. Norton to the
marsh & wood near Trotting Park
& then across the meadows to Fresh
Pond back road. No flowers yet on
Rhodora or Menyanthes. No Viola
pedata but fine V. palmata.

red (by Mr. Lyman)
of Urtica & big
with. After half
heights. I find Urtica

Before
Spring

Coming back stopped at the
mill on Craigie estate where
Dr. Harris says he & Woodward

found - no violets.

May
along the
- but no sign
anemones &
flowers also
Comin
Woodward
found Comin

found *Coralorhiza verum* (*trifida*),
not down in Biglert - no sign of
it, but found *Polygonatum giganteum*
in bud - and *Urtica perfoliata* -
the nearest place for these.

Trotting Park - there
a *Pyrus ioalis*
V. palmata - many
scarcely that - few

Harris says let
opid - but there
these?

May
Among the
Thayk

but the Thediam.

in water. 3 spec.

May

... the dell - had it been

Journal

May 1. "Mazing" with Mr. P. Hill, S.R.B. & boy in Brighton woods.
Few flowers - not many Ranunculuses & only one *V. pedata*

May 2. Walking from Buxton to Camb. from Peiles woods (by Mr. Lyman's)
in my bag. Found many of my *Panax trifolium* ^[L.] & some beds of *Urtica* & *Ery-*
-thronium - but no violets at all - all are late this year, apparently. After half
losing my Combe (a rare thing for me) got across to the Brighton heights, & found *Viola*
pedata & *Pyrus Botrypifera*. Searched any *Columbines* out.

Before starting went about near the house - anemones in flower - no violets.
Spring decidedly behind last year.

May 5. Went with Chas. Norton to the marsh & woods near Fosting Park & then
across the meadows to Fresh pond back road - Fosters Woods still with *Pyrus bohalis*
- but no sign of *Alnus* or *Morus* - no *Viola pedata*, but fine *V. palmata* - many
anemones & many *Androseda cæsalata* - *Convallaria* only in bud, scarcely that - few
flowers altogether. *Nepha advena* very early.

Coming back stopped at the mill on Craple estate where Mr. Harris says he &
Woodward found *Corallorhiza berna*, not down in Brighton - no signs of it - but there
found *Con. multiflora* in bud - & *Urtica* - the best place for these?

May 6. Round 1/2 mile from Div. Hall - found nothing special but the *Thesium*.
Arum triphyllum stems to Mr. Nesbitt's old Craple road locality.
Thaxter gave me the beautiful double-flowered *Anem. Thabitaria*, found near in water. 3 spec.

May 7. To Mt. Auburn sands for *Cypripedium* - couldn't find the del. - had it from

Cambridge. 1835.

- May 7. *Trifolium repens.* Mt. Auburn road.
 " *Copis tripartita* Wood E. Fresh pond Avenue: h
 also *Dracoma strons. matulium*
- " 9. *Arum triphyllum* Pond in Brighton - next day in Brookline
 [*Ribes flouidum* see app. 20] Grom at S. G. P. S.
 " *Ranunculus sceleratus.*
- " 10. *Prunus borealis* Richards pond. Summit, various parts. h
 " *Sambucus pubescent.* " " " " St. W. declivity. hh
 " *Laurus Sassafras. i. ind.* " " - Rocks W. side, near pond. h
70. *Andromeda polifolia* " " - Bog Eastern border. hh
 " *Lycopodium complanatum.* Ground Ceylon - *Leucome* J. h. repeated obs.
 " *Veronica Aspyllipolia* - S. G. P. S. wale.
- " 12. *Vaccinium didymophorum*
 " *compusum*
 " *virgatum.* } Near Div. Hall
- " 13. *Chelidonium majus*
 " *Ranunculus bulbosus*
 " " *abortivus*
 " *Pyrus arbutifolia* Fresh Swamp W. Fresh pond.
80. *Urtica perfoliata* } Water born woods toward State h
 " *Viola pubescens* } [*Richards pond*] Actual. h
 " *Rubus strivialis*
 " *Pedicularis Canadensis*

Journal

7

planted up? Thence to Arsenal woods - no sign of Lupine or Viola pubescens - Columbia patch cut, not whole. Thence to the low wood E. of Fresh pond avenue, ~~at~~ to look for Tuckerman's *Convalaria trifolia* - but found no sign of it - but *Coptis trifolia* ~~thence~~.

May 9. Cut across to look for *Viola debilis* in Brighton pond, but find only *Arum* & the true *Ribes floridum* etc. 150 hundred about. The garden Cucumber is only naturalized.

May 10. Sat. morning 4th hrs walk. To Richard's pond via Peiles (Lepman) woods, where got much *Panax trifol.* but on turnpike where *Monarda longifolia* should grow, not find none. To the pond - *Andromeda calyc.* & *polyfol.* later got 50 plants as one? The other side - *Cornus Florida* not out there it was same day last yr. - little else. Along a path leading N. $\frac{3}{4}$ mile & back - then up N.W. side of Summit - some ~~of~~ ^{Samuel} ~~ago~~ than ever before, a dozen shrubs - strong place it is. In the summit - they've cut down one great tree - but by upper entrance & cut right across through all sorts of woods, it "Putnam" half lost my way - but I came upon *Viola debilis* in heart pond under bushes. Nothing else found.

May 12. Round near Div. Hall. These *Vacciniums* I've not yet unworked but hope to do so ere long.

May 13. Walked with Cabot to a marsh beyond Fresh pond where Tuckerman found *Conv. trifolia* - One marsh to be reworked & then came round the pond - saw *Arabis* & *Quanium* in bud; *Conv. biflora* & *Trinitatis* not out. *C. multiflora* out. Thence to woods toward Arsenal, found at last yellow root & wood. perfol. but no Lupine. Very pleasant ramble.

May 14. Set out with Tuckerman for Washington's Hill at 2 1/2 P.M. Straight up there, stopping only at *V. debilis* copes. At Brown's we found various things, & I pointed out more than 100. *Urtica* has been seen. There is a sp. of Lichen growing under water there which grows nowhere else within 150 miles. Fine vikets

- May 14. *Gerum rivale* [Woods & marsh near Sir. Hall]
85. *Geranium maculatum*
Callitriche vesna
Carex anceps. #
Achillea interrupta. #
90. *Equisetum hyemale.* Brown's. Watertown. L
Rubus Saxatilis. Big? *R. aegropodioides.* Beck. do L
15. *Arnica montana* Roadside. Camb. port.
16. *Rumex Virginiana* Copse back of W. Camb. road
Rhodora Canadensis. Near Race Camb L
18. *Berberis vulgaris.*
Fraxinus Americana }
Juglans cinerea }
Lonicera alba }
" *ilicifolia* }
19. *Potentilla Americana*
Potentilla simplex
Stellaria longifolia
20. *Silene Pennsylvanica.* Roadside in Milton - near
Conyza canadensis. [See opposite p. 11.] Charles River L
Barbarea sativa } not in Bag. [Also Washington Hill.]

Arum, Tritium &c. Geranium & Convolvulus just opening - Trititidis not yet.
 Further along in a meadow found *Geranium vivale* - then through the woods below the
 road in search of *Dracopis* & *Smyrnesia* locality, but found them not - shall we?
 I am determined to make the ferns this summer - & other Cryptogamia. Cut
 across to Blue Water town & Camb. road's divide & home past Mt. Auburn -
 where we stopped & repacked - I enjoyed the walk much; E. T. has not yet
 got all his feet up, but we shall hv. more walks together & I expect to
 derive much benefit from him; just when I am beginning to fret. Again I shall study
 Dr Gray's admirable work.

May 16. "Found the fresh Rhodora in the woods" or on the meadow rather
 by the Rail Coude. - saw *Menzanthes* leaves only. Also tried Cheny scarcely met.
 The *Arenaria* & *Urtica* & *Dracopis* *Erythronia pallidus* road.

May 20. Went to Goddard's wood in search of *Conradia* - got but one black sheep - none seen
 at Richard's pond like sister. But see May 23 for it. - Also, is *Triglochin virginica* discovered
 from the Goddard vicinity & James Amer's planting up?

Cambridge. 1835.

May 22. ✓ *Cochlearia armoracea*

✓ *Cardamine Pennsylvanica*

Barbarea praecox? [not in Bis. E.T.]

} Mt Meadon N. Conc.
tumpike.

p *Dracopis borealis*! in hd.

✓ *Convallaria strobilata*.

} Woods S.W. Boston, below - L
Same with E. T. lands in Pierce's (Lymans) woods. R
- Wroughton's Hill ^{Wroughton's Hill}

Miscota virginica. in hd.

Ergon bellidifolium

Woods near Waltham - also near
Dr. Hall Camb. & R pond Brook.
Wroughton's Hill

✓ *Artemisia latriflora*
myosotis patens

Conc. tump. opposite the sea

Aug 23.

Aug 23

✓ *Ranunculus multifidus*.

Pond between Pierce's (Lymans) woods &
Brighton rocks. L

✓ *Achillea millefolium*

Comus Florida

Cypripedium acaule

Hypoxis erecta.

} Rich'd pond hills L

✓ *Myrica aspera*.

E. side pond. N. by rock

✓ *Convallaria racemosa*.

[Grass] *Stipeurus griseolatus*.

Pond. Waltham tump.

Lichens *Lobelia ulmifolia*.

Rock Tripe. } Brighton Rocks.

Sticta pulmonaria. Longport.

May 22. Walk fr 10 A 3 P Wellington's Hill. Stopping at a marsh N. C. C. trap. Here found the commonest wet plants. There D Brownie & I went in search of Dracoma sp. found at last out in bud. The found seeds to Dr. Ken showed somewhat & leaves broad pinnated. Just woods beyond Brownie, back of them to the left. In the other woods found a few Cono. striata, the locality for sp. was known. Thence up on the hill to the top, resting there, only some Silene Pennsylvanica found the 20th. Home via Stratton, Wagonroad viam. getting slightly lost. Stopped at Mt. Aub. Trap, Stone.

May 23. Started for Richard's pond with Jackson at 6h - he hung back at first, but got fall into the spirit thereof. & we had a delightful time - a perfect day. Spent 6h - 12h - 6 hrs. by 12 miles. Spent 18 or so. First took Brighton viam road - then across the he was toward Bowline. Stopped at high Brighton rocks, & he got lichens - then struck across for Pince's (Lyman) woods - for the Panax trip. which we found full out & gathered - also one plant of Dracoma sp. ! my wether's locality. Then across 7 hrs. day. on the way across there on east-road led under rocks where grew a quantity of Convolv. glauca of sp. I found do like at Bowline - & in a pond close by Ranunculus multiplex sp. he has delight to see. - Across to Richard's pond, Urtica not ^{with} ~~not~~ found densely high. - some leaves in the water he thought belonged to Ranunculus flabellatus or R. dretyl umbellata - in water was wether's. Found Andromeda polifolia (as 10th inst.) & on other side Cornus Florida & Sambucus pubescens (10th inst.) sp. of visited to show E. T.

Out N. entrance to woods & came round by S. G. P. C. C. home, to show him Lyman's & J. K. P. C. home, I stopped & got luncheon from the Laplander (N. to P. Brig away) & he eat bread & butter walking along - altogether a delightful jaunt - E. T. got his Enthusiasm completely up & he planned future trips.

May 26. *Myosotis arvensis* Usual woods.
Ranunculus acris
 " *repens*.
Potentilla anserina River salt marshes
Poastrum perfoliatum in bud. Mt. Auburn h
Achillea rubra Mt. Auburn + woods beyond. h
 1. *Uraspermum Claytoni hirsutum*. Usual woods h
Pinguicula maritimum River salt marshes
Trifolium pratense.

" 29 *Chrysanthemum leucanthemum*

" 31 *Cornus Canadensis* Putnam brook - Brookline h
 " *alba* Roadside do h

June 4. *Iris versicolor*
Sisyrinchium anceps } Marsh near the bottom. h
Vicia sativa
Veronica scutellata
Asperula autumnalis
 1. *Achillea millefolium*
Robinia pseudoacacia
Kalmia angustifolia
Raplanthus Knapianus
Melva rotundifolia

May 26. This was a morning walk in Anniversary, back up through
Mt. Auburn & the actual wood beyond. Found no Lupine or Vetch &
few Viola pubescens.

May 31. This was on a ride with Mrs & McC road of the Community - stopped in
Putnam. Plants of Comus Canadensis & Aspidodermis much diminished - Calla & Monarda
longifolia not to be found. The Calla place has been cleared a bit & the Monarda I cannot
exactly locate.

June 4.

Walk of some extent. First through Westonham meadow - found no
Arestum, though a man I saw had some there (also Aspidodermis - blue can that grow?)
- but Viola etc as opposite. I want to find Viola cracca & Lathyrus pratensis.

Up to Swamp by Race Point - the usual flowers - Arestum, Mangantha
- Rhodie passed - no sign of Convolvulus major, Aspidodermis or Comarum, found in 1891.
Went into a low thick chestnut wood beyond. Found only one Aspidodermis.
Struck S.W.; came to a cart-road. Found Andromeda racemosa on the edge of thicket.
Got into a thicket & had to climb a tree to make my way out, or rather it was

June 4 (cont)

Rubus occidentalis" *strigosus*" *villosus*" *fruticosus**Vaccinium ~~triflorum~~ frondosum*✓ *Scleranthus arvensis*✓ *Spergula arvensis**Silene antirrhina**Andromeda racemosa**Sparganium angustifolium**Viburnum lentago*" *dentatum*p *Arctostaphylos bulbosa*p ✓ *Mnemonia trifida*p ✓ *Saracenia purpurea*

Pine island Mt Camb. boundary.

Cultiv. field W. do

Mt Camb. by the Pig Establisment

" " - Little Pond.

" " - Roadside W. do

" " - ^{Coward} ~~Arrest~~ Turnpike

} Marsh near Race Course.

(25)

" 5. p *Vaccinium resinosum*✓ *Cistus canadensis*✓ *Arctostaphylos racemosa**Rhus vernix*✓ *Solanum nigrum*p ✓ *Cucubalus Behen*p ✓ *Onitostachyum umbellatum**Smilax rotundifolia*} Brookside
Silas Price's woods

h

Brookside - Price's woods

vine

Solanum Dulcamara
Ligustrum vulgare

Some fisher trees, growing beautifully together making a cylinder or 7 sided prism.

Saw my dog out. One S. I came out in a large Piggery. Along the S. face of that grew much of the same beautiful *Andromeda salicifolia*.

S. N. of the Piggery a woods like - part that leads a cartroad, past some a brickyard. ~~then~~ joining the road to N. Camb. from the Concord turnpike. I come out on Litch pond. I went half round Litch pond - across to Spey Pond I up among the woods by the S. that - I then returned hereabout. Found nothing at Litch pond but *Sparganium* - + a *capitate* this *florata* - that is it

June 8 *Hieracium vnosum*

Brookline.

June 11.	<i>Hottonia inflata</i>	} <u>West Cambridge</u>	hk	
	<i>Equisetum uliginosum</i>		} Marsh S. Conc. Turnp. 5 miles	h
	<i>Lysimachia thyrsiflora</i>			
	* <i>Salix pylicillaris - passii</i>	} also <u>Watertown</u> . S. Brown's	h	
	<i>Oenothera pumila</i>		Brookline, near R. Pnd.	
	<i>Melampyrum Americanum</i>	Woods Tr. do.		
	<i>Orobanché uniflora</i>	} <u>West. Camb. Conc. Turnp.</u>	h	
	<i>Spiraea pedunculata</i>			
	<i>plumosa paniculata.</i>			
	<i>Celastrus Alandrus</i>			
	<i>Rosa rubiginosa</i>			
	<i>Scand. triantha</i>			
	<i>Cynopodium officinale.</i>			
	<i>Echium vulgare</i>			
	<i>Rhus vernia</i>	<u>Watertown</u> - S. Brown's		
	<i>Uraspermum Claytoni</i>	} <u>West Camb. Brown's</u>	h	
	<i>Allium Canadense.</i>			h
	<i>Juncus Canadensis</i>			
	<i>Erysimum officinale</i>			
	<i>Anthemis cotula</i>			
	<i>Erigeron thigorum</i>	} By R. R. Depot - Porter's		
	" <i>integrifolium</i>			
	<i>Amaranthus hybridus.</i>			
	<i>Sabium septentrionale.</i> 21.			
	<i>Prunella vulgaris.</i>			

June 11 was induced to this trip by Mill's finding the Stottonia (located by Bigelow at Newton & Donchester & rather vaguely up on the Conc. Turnpike about 5 miles. So took the cars at 3 & went to Wellington's hill - thence up the turnpike. & in a mile or two struck off behind the pickets over the marshes to the left - there found Stottonia & other things - beams of Mesogaster also. Got a good way back & then along the turnpike - up into a high wood where was nothing special however. Got back to the turnpike by Beans Brook & on the other side of the turnp. to just over the Lexington border found a great deal of Arechus halboom, (killed by the way, I have not found at all in Vermont, though been one stone) Came back straight along the turnpike, only as I was when at top of the hill struck off & down timbered wood S. of Brown's - there worked in vain for adacoma place - it is singular, but I hope to find it again. Home. Found an unusual no. of new things. & walked 10 miles or so.

Lexington boundary, say 6 miles fr. Camb. Wellington's hill $3\frac{1}{2}$ miles

Brighton wharf. 3 miles. S. G. P. S. Brookline. $4\frac{1}{4}$.

Richard's pond across field. $5\frac{1}{4}$.

June 14. ✓ Junonia officinalis.
✓ Asclepias tuberosa

} Roxbury
Sept in H. garden.

" 17 Cichorium Intybus.
Leonurus Cardifera

" 18. Potentilla Norvegica
Falium trifidum
" cicaledans
" asprellum
Rubus sempervirens
✓ Asula viscosa.

Mar Charles River - abn. Simonds.

" 20. ✓ Gymista tinctoria
Urtica urens
Syrinchia quadrifolia
Villarsia lacunosa
✓ Scutellaria galericulata
✓ Gymnidium pulchellum
✓ Arestusa ophioglossoides
✓ Vaccinium oxycoccos
Myrica aspera
✓ Lycopodium claratum
Pyrola asarifolia
" rotundifolia in bud
" umbellata " "
Verbascum thapsus

Camb. Hick back Proprietary Row h

} Brighton. Brookline.

} h
h
h
h
} Brookline. Rickland pad

} Amherst

} Brighton

June 14. These two things which I have wished long to see, I found on
S. H. ground - the former as a weed in the garden - the latter farther back, in
the corner by Johnnie (late) house.

June 18. Set out for a walk up by the river side to look for *Sclitium*
parviflorum W. Tuckerman said grew there - found only the leaves, these were
white & woolly beneath. Didnt feel like walking & came back short of Nat. and.

June 20. Was 1/2 hr. gone with Tuckerman to Concord in the land I walked
down over the Conc. Turnp. but at the last moment his visit interrupted &
prevented - but I was determined not to be cheated of my walk so started off
at 7h for Richard's pond & Newton Upper Falls. To Brighton wharf - up
1st road on the right beyond Hotel, & when that struck another road went into
the field & struck across through woods principally passing the $\frac{N}{B}$ boundary post &
came out on the road across behind Richard's pond fr. Worcester Turnp. Then across
a field or two down to N. E. edge pond. Here found *Grassomy*, & along the west
edge of pond more of *Arctostaphylos* & *Cynobolium* than ever at other place.
At the high East we looked for my special object, the leaf Tuckerman took for
Ranunculus aquatilis & found a new beautiful form floating, wh. turned out
to be *Vallisneria*. Round that side the pond I found in the ditch *Woltonia inflata*
- so I have a locality as good as Hill's Concord turnpike one. Round the other
side pond - up over the hill - across steep bushes to Turnpike again - followed
up that 2 miles & turned off near Newton Upper Falls the South road towards
N. side.

June 23. *Hypericum perforatum*
Rhus glabrum.

24. " *typhinum*
Antirrhinum Linaria

" *Canadense*
Aporosa androsalmifolium

27. *Asclepias quadrifolia* *Waldern. N. H. behind Mastis*

Arenaria scryphillifolia " *Waldern by " "*

29. *Epilobium angustifolium* *Brookline. opposite Boston Clark's*

Polygonum Sagittatum "

Andromeda paniculata *New Div. Hall - near Fresh pond.*

July 2. *Symphoricarpos stricta*

Convolvulus Stans

Sagittaria acutifolia

Pentstemon cordata

Utricularia vulgaris comuta?

} *Fresh pond. N.E. side.*

etc. *Trifolium arvense*

liluta maculata

Genus

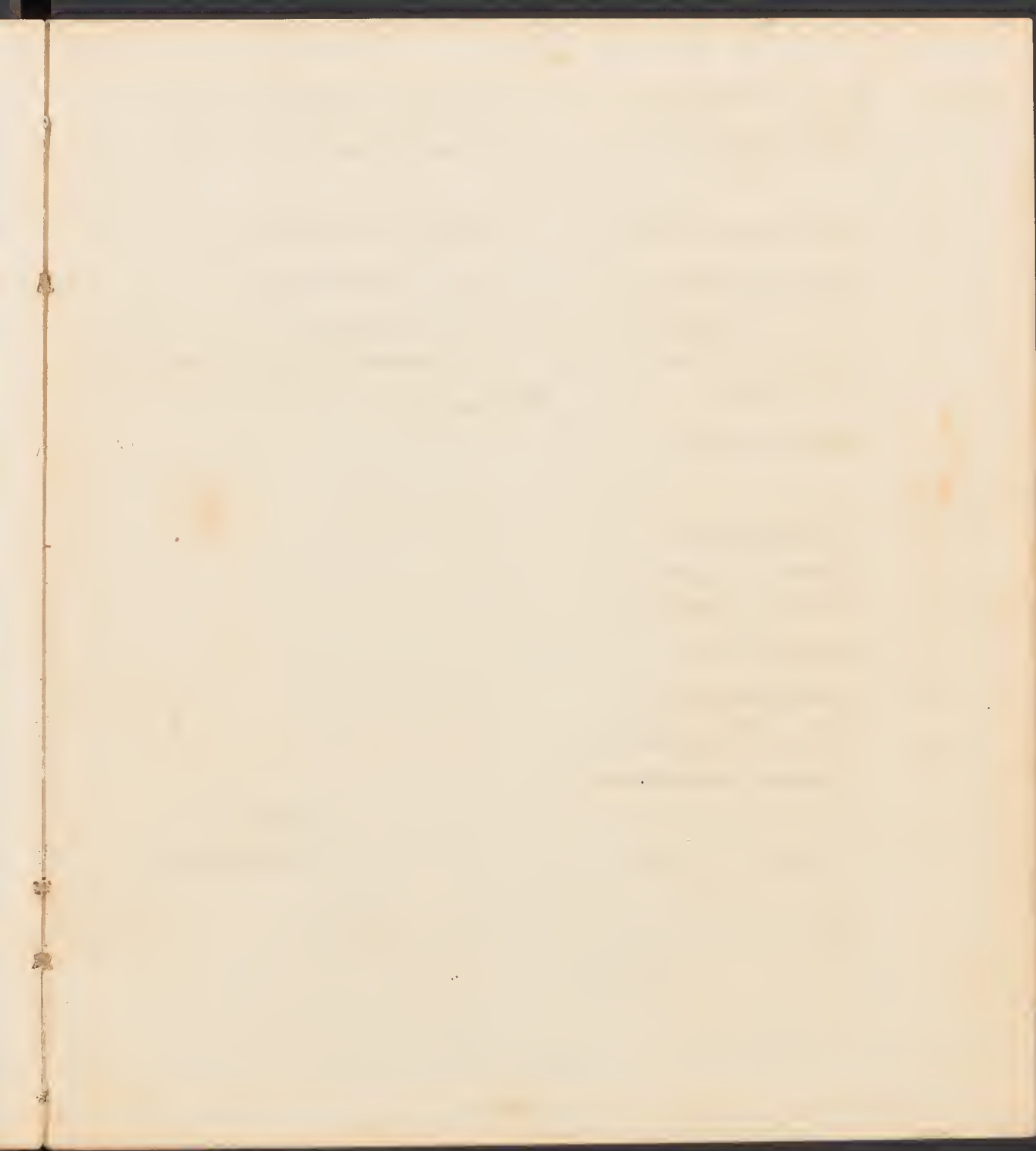
Asclepias Syriaca

Cnicus lanceolatus

Tropaeolum Acanthium

Podalyria tinctoria

Oenothera biennis



July 8. Brunia Edentula
Lobelia Dortmanna

Beverly. - black. Ober Point.
Hamilton ponds - near Beverly.

11. Hydrocotyle Americana
Epilobium lineare
" Colocatum
Lilium Canadense
- Lilium latifolium
Particaria sativa.

Waltham. (W.C.) Bruni
" meadow above "
" R.R. bridge " "
" woods above Bruni's & Cape on Pump.
By West p.m.

15th. Castanea vesca
- Viburnum lentiginosum
Saponaria officinalis
Plantago major.

18 - Spiraea tomentosa.

19. Lilium Philadelphicum
Anemone Virginiana
Monarda uniflora.
✓ Mimulus ringens
Ceanothus Americana
- Lysichiton ciliata hybrida
✓ " quadrifolia
✓ Aster cyanus.

} Brantoni
Richard's pond.

July 23.

Alisma Plantago

Gratiola aurea

} Edge water. S. side Fresh pond.

Cicuta dentata

Agrimonia Eupatoria

Galopis Tostakit

Lyopus hispidus

Mentha borealis

Artem. Spectabilis

" dissectus
Impatiens noti impure
Mullein linaria

Punctum sedoides

Campanula strivoides

Cephalanthus occidentalis

Polypala sanguinea

Asperula cathartica

} Grove etc. S. side "

} S. side W. side

W. side point by old Ice House.
Cano. Turnpike
New Dir. Hall.

27

Melampyrum verticillatum

S. side per yard - Sancti

July 29

Helianthus occidentalis

Solidago altissima

Anula Helenium

Prenanthes alba

Verbena ^{hastata}

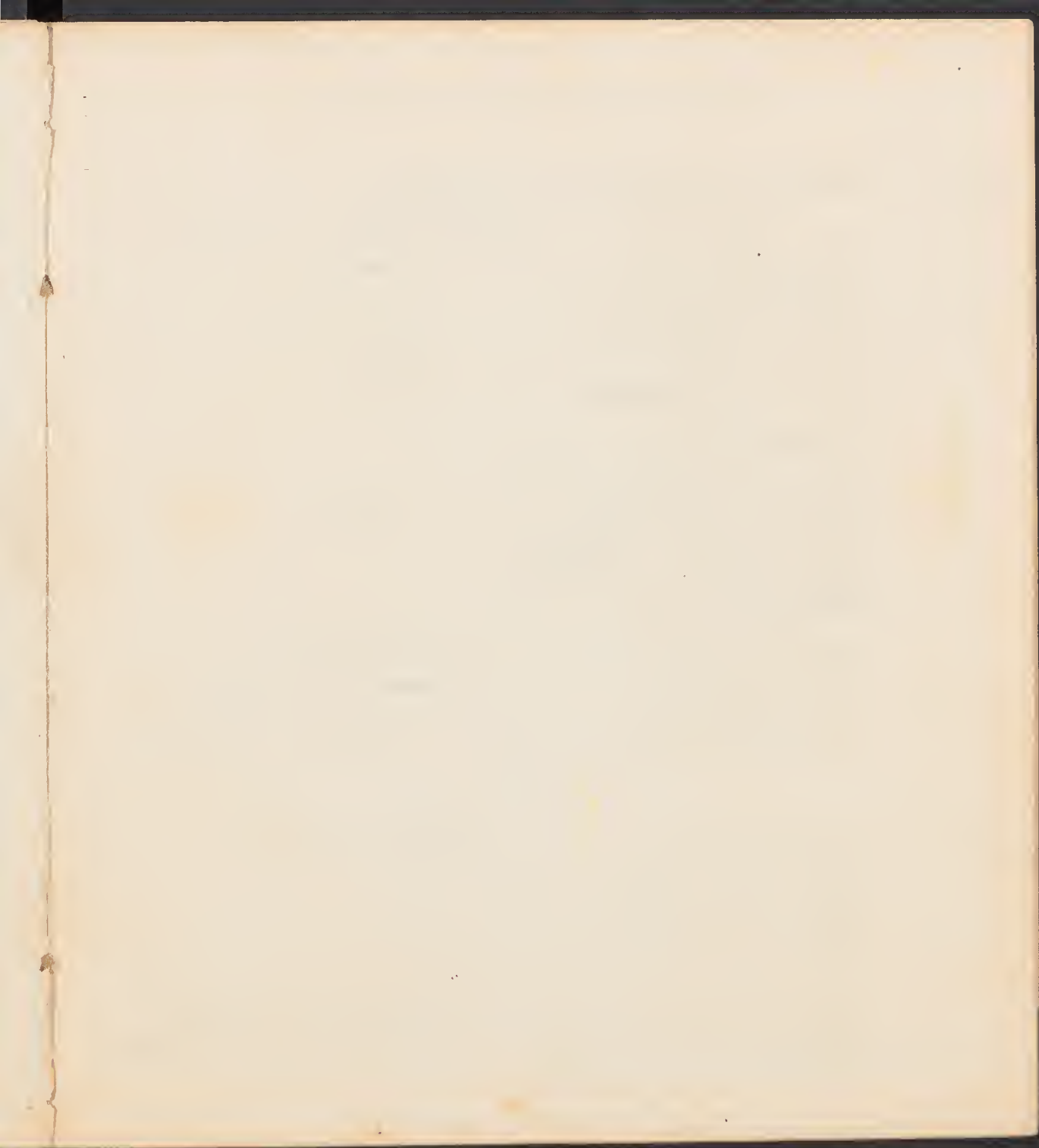
Eupatorium purpureum

" verticillatum

Brattleboro' Vt.

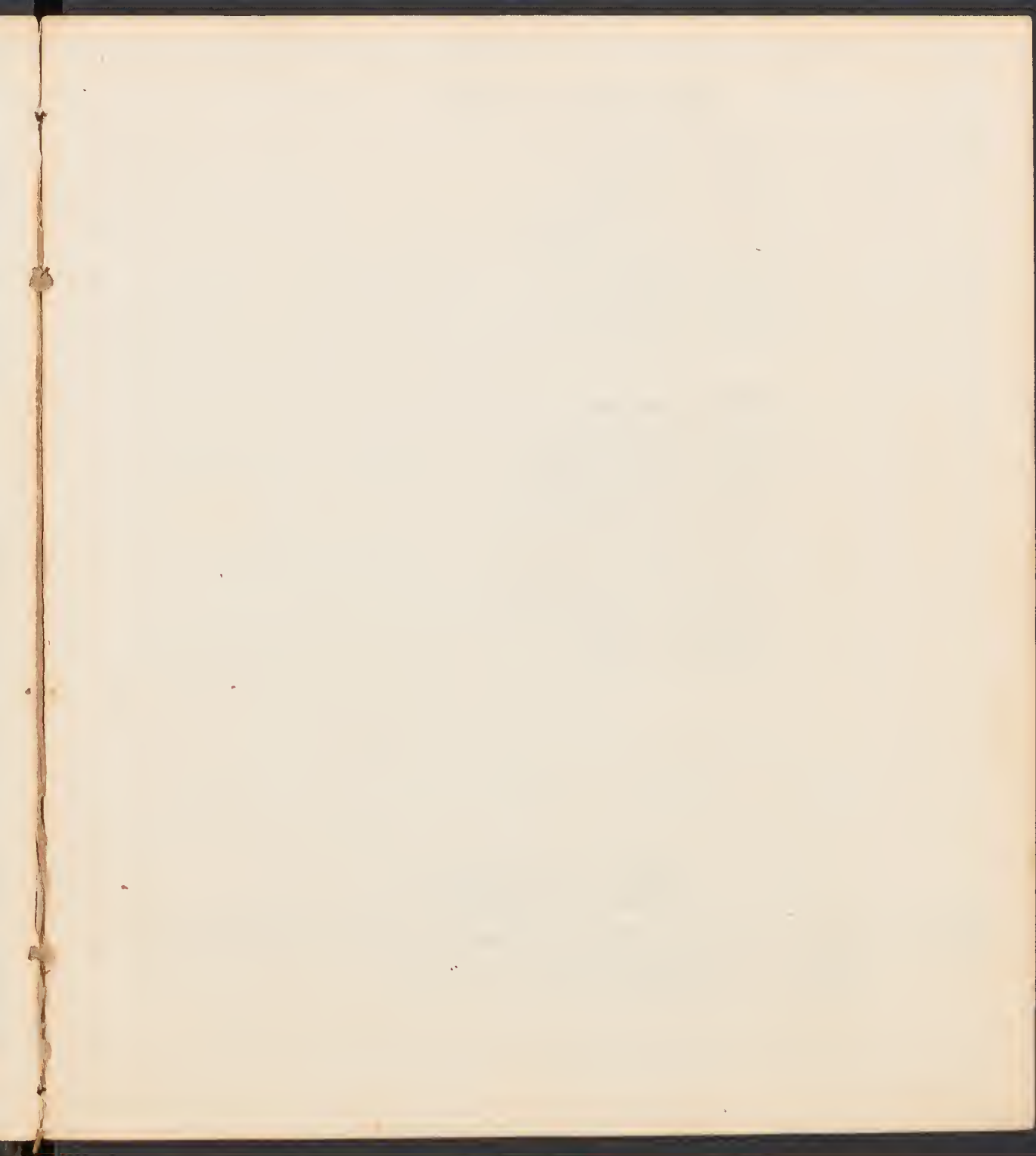
- Aug 1. ✓ *Orchis fimbriata*
✓ *Madium nudiflorum*
✓ *Gaultheria procumbens*
✓ *Cassia Marylandica*
✓ *Mysotis Virginiana.*
2. *Gerardia flava.*
3. ✓ *Polygala verticillata.*
✓ *Eupatorium asperatum*
✓ *Polygonum*
4. ✓ *Circaea alpina*
✓ *Lysimachia ciliata*
✓ *Aptenanthem Cannabium*
✓ *Scutellaria laeviflora*
- *Rubus coccineus*
5. *Polygonum citinode.*

✓ *Chelone glabra*
- *Campanula rotundifolia*
- *Lobelia pallida*
✓ " *inflata*
✓ *Physolacca Scandora*
✓ *Panicum stercoraceum*
- L.S.H. near Thomasville
Garden.
Brown's Wood
Whitney's Terrace
Near the River.
Rivers - End of Lincoln Park.
Near Wheelstone Brook upper Falls.
} Near Wheelstone Brook.
Mountain brook.



Trip to Connecticut, & Sea Shore.

- Aug 9. ^{pressd.} ✓ Mesilotus cucurbita [Beck] New Haven.
11. ✓ " officinalis Sackler's Head. Guilford &c.
- " Salvia Caroliniana. " Rocks &c.
12. ✓ Sarothra Gentianoides. " Sandy Roadside
- ✓ Ranunculus Flammula " Ditch by "
- ✓ Hemionia Arctica " Fields.
13. Plantago maritima
- Arnica montana
- ✓ Talictum mucronata } " Rocks &c.
- Cactus opuntia. cuneiflorus }
- ✓ Geranium arvense }
- Gerardia maritima " Saltmarsh.
17. ✓ Hibiscus palustris } " ~~marsh~~ do toward
- ✓ Compa Camphorata } Guilford. - abundant.
- Aug 21. — Asotia gracilis Sackler's Head.
- Salvia Stemonium do
- Scenarium canadense do
- 18 — Cassia Chamocrista } Near Hartford Over Meriden. Cr.
- Phaseolus helvolus [Beck.] } on the Sands through wh. RR passes.

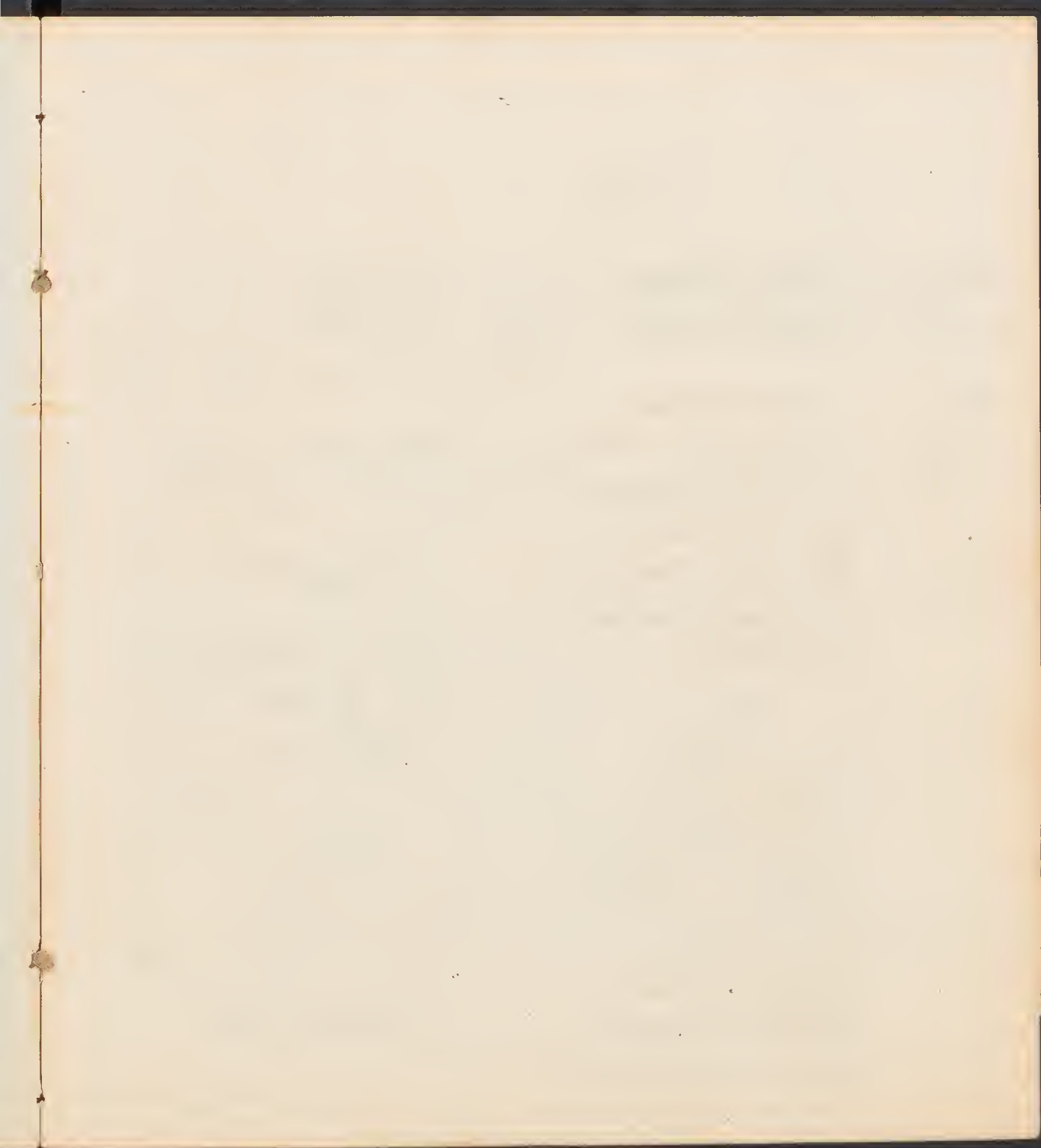


Brattleboro. N. again.

- August 25. *Gerardia purpurea*
hyemalis
" 27. ✓ *Glycine monoica*
" " ✓ *Ranunculus filiformis*
" " ✓ *Bidens bipartita*
" " ✓ *Sotkia (cardinalis)*
" 31 ✓ *Aster Plumiceus*
" " ✓ *Hemamelis Virginica*
" " ✓ *Senecio Missacifolius*
" " ✓ *Miraculum marianum*
" " ✓ *Trichostema dichotoma*
" " ✓ *Polygonum sagittatum*
" " *Solidago bicolor*

Autumn at Cambridge

Glyptostoma crinita grows in great profusion in swamps at Brattleboro
" *Saxifraga* also found there & at C's.



1836.

- | | | |
|----------|------------------------------------|--------------------------------|
| March 7. | <i>Alnus penultata</i> | Cambridge. |
| " 27 | <i>Hepatica triloba</i> | Mt. Auburn. |
| April 9 | <i>Stellaria media</i> | |
| " 17. | <i>Thlaspi Bursa Pastoris</i> | Ploughed land near Riv. H. |
| " 18. | <i>Equisetum arvense.</i> | |
| " 20 | <i>Houstonia calumbea</i> | |
| | <i>Potentilla sermentosa</i> | } Back of Palpey woods. |
| | <i>Artemisia nemorosa.</i> | |
| | <i>Viola orata</i> | Near Lee's & Washington's Hill |
| | " <i>debilis</i> | Copied, it's special locality |
| | " <i>flanda</i> | } Broadm near. |
| | <i>Callata vahutis</i> | |
| | <i>Sanguinaria canadensis</i> | |
| | <i>Montana sedifolia</i> | } Brown's |
| | <i>Erythronium Americanum</i> | |
| | <i>Laurus Benjamin</i> | |
| | <i>Scripaga maris</i> | |
| | <i>Aquilegia canadensis</i> | } Washington's Hill |
| | <i>Lyapetalum plantaginifolium</i> | |
| | <i>Fragaria americana</i> | |

Hepatica grows in abundance on the highest hill at Mt. A.
as well as in Indian Ridge Park etc. Said to grow also on Wellington's
hill - take I Hill & F. Knapp.

Apr. 20. Plenty of *Monarda* - I saw some in town Saty (18.)
- two *Potentilla* - large clump of its same in one place.

Afternoon up to Brown's & Wellington's Hill & Everything
about as found (or quite) as on Apr 29. Last year when I took
just the same walk - the earliest Spring weather for 5 yrs.

In the Alps find *Vicia hederifolia*, scarce, but - no *Bloodroot* there!
plenty however at Brown's - *Cystopteris* scarce but - good many *Monarda*.
On Wellington's Hill plenty of *Saxifraga* - *Chamae* not fully out.
A good many *Potentilla* & one *Thymus*, *Bloodroot*.

I packed some *Sanguinaria* roots for Dr Gray.
Perfectly withered at the E. end - though I expected something
from the March snows.

1846

April 24.

Scorzonera Torreyana

Medicago Lupulina

Trifolium repens

Laminium amplexicaule

Ranunculus fasciculatus

Anemone Thalictroides

Thalictum divinum

} Mt Auburn road.

} Arsenal brook - the end.

May 4.

Viola pedata

" *cucullata*

" *debitis pubescens*

Panas trifolium

Ranunculus multifidus

Rubus saxatilis or *acropodioides*

Pedicularis canadensis

} The old place in Brookline

Pond in Brighton, as last yr. M. 23.

May 14 last yr. Boston.

" 8.

Ranunculus bulbosus

Plantago lanceolata

Rumex acetosella

Glechoma hederacea

~~*Galium*~~
Adiantum - Several species

Coptis trifolia

Chelidonium majus

Urtaria perfoliata

Geum rivale

Watertown Arsenal brook.

Watertown Anemone-wood

Apr. 24. Went to the place where Levi found the double Anemone
a copse behind Stearns's house on the Walston road - found none,
but plenty of fine blue & white single ones.

Stopped on the way at the end of Ardenal woods - a new tree
growing up there - near it found Ranunculus fasciculatus rare.

May 4. To "Panax triflorum woods." Apr. 2-b. P.M.

Via Brighton where I stopped to observe the fair. Then up to high
rocks in the lane where propagation of Columbine. Finally secured the
shortest cut to the destination from the lane on discombed last yr. In the
continuation of that lane, in a copse the other side the Panax, found yellow
violet - ^{as the year} a ditch crossing that, from leaves of Dracopis, inimitable.
Found no Corydalis. Found purple with V. pedata on the high rocks & near
pond by road.

May 8. To Watertown "Ardenal woods", thence to "Anemone woods"

At the former found no trace of Viola pubescens anywhere: found Lupine leaves
near the further little brook - where I first found it: & just opposite it on
the mossy hummocks Coptis triflora. Nor did I find Monarda pycnostachya
there - but one specimen at the Anemone woods, where none so double need.
Found also Ranunculus acropodoides (see above) in a marshy bit of ground. NW of the
island where so much Comarostaphyle grows

1846.

- May 15. *Orientalis Americana* (seen 12th)
Scirpaga Pennsylvanica (" before)
Conyza bifida
Onos Virginiana
Geranium maculatum
Lepidium
Cyrus arbutifolia
Rudium umbellatum
Achillea longifolia
Potentilla simplex
Nota lanceolata
Rhodo Canadensis
Tringanthus bifidiata
Scleranthus annuus

} Mar Dr. Hall

} Mar Trotting Park

18. 3. *Achillea rubra*
Veronica Scrupyllifolia
Chrysanthemum leucanthemoides
Triplium pratense

21. *Achillea Scrupyllifolia*
Uraspermum hirsutum
Ranunculus abortivus
Silene Pennsylvanica
Trum triphyllum

Mar N.S. ice house, Fresh pond } also
 Hill west of do } actual hood
 " " " " } L.S.S.
 N.W. Fresh pond, top of gravel pit
 Lane leading to Pine Island Swamp.

21. (cont.)

Cypripedium acule.

Thellium lanatum

Artemisia ludoviciana

Ranunculus repens

Thalictrum adpressum

Berberis vulgaris

Rubus hirsutus

" *strigosus*.

Cochlearia armoracea

Artemisia ludoviciana - *fruticosa* Nutt., near
where *Leptis tripartita* grows - (May 8)

} do. Dells.

25

were sent to me, half pressed, from Bratislava!

Asarum Canadense

Staphylea trifolia.

28.

Sisyrinchium anceps

Potentilla argentea.

Ornithogalum umbellatum

College yard.

Dells.

1846

June 1.

Robinia pseudacalia

Orobancha uniflora

Convallaria stellata

" *racemosa*

Thalca racemosa

Senecio aureus

Viburnum viride

Solanum dulcamara

Iris versicolor

Saxifraga purpurea

Monarda scutellata

Cornus alba

Actaea lutea

Myosotis palustris

Ranunculus abortivus

Oxalis stricta

Thalictrum flavum

Caulophanes thymifolia

Mr. bank Fresh pond, by pond pit

Ward Hill Millington's hill

Watertown

June 6.

Lucentula Bohon

June 1. To Wellington's Hill & Watertown.

Divulged to the side track pond in hope of the long sought
Convolvulus hirsutus but in vain - found (as last time) some leaves at
entrance thicket wh. I thought might be it

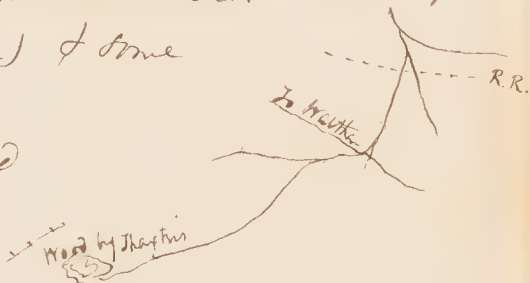
Brown's & Orestes about adumel.

Kept along Balltown road. The road meeting here are in
hopeless confusion I got right on my map.

Divulged at the R.R. cutting - some fine woods here. when I found
the *Actaea* (Chush), *Silene Penn.* (Common) & some
lingering *Cornus*, & *Artemisia*.

Hence down taking the left hand road
wh. they say are the wrong way, viz.
East of the road behind Thaxter's.

Here I crossed, for certain objects.



Whole walk (3-8 P.M.) over 12 miles.

Old Josselyn, who said in 1672, that the country north
of the mountains in New England, "is dauntingly ter-
rible, being full of rocky hills, as thick as mole hills in
a meadow, and clothed with infinite thick woods."

1846

June 1.

Rotinia pseudacalia

Orobancha uniflora

Convolvulus bellata

" *racemosa*

Tralea racemosa

Senecio aureus

Viburnum viride

Solanum dulcamara

Lilium varicolor

Saxifraga purpurea

Monarda scutellata

Cornus alba

Actaea lutea

Myosotis palustris

Ranunculus abortivus

Oxalis stricta

Trichostema

Caulophanes Pennsylvanica.

Mr. bank Fresh pond, by Paulpit

Ward below Millington's hill

Watertown

June 6.

Cucubalus Behen

June 1. To Wellington's Hill & Watertown.

Divulged to Dr. side fresh pond in hope of the long sought
Convallaria huphria but in vain - found (as last time) some leaves at
entrance thicket wh. I thought might be it

Bronn's & must abn adumal.

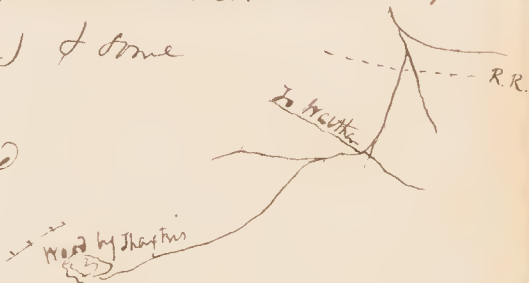
Kept along Balkham road. The road meeting here are in
hopeless confusion I got right on my map.

Divulged at the R.R. cutting - some fine woods here. where I found
the Actaea (Chush), Silene Penn. (Common) & some
lingering Cornus, I remembered.

Hence down taking the left hand road
wh. they say are the wrong way, viz.
East of the road behind Thaxter's.

Here I crossed, for certain objects.

Whole walk (3-8 P.M.) over 12 miles.



WANTED—A MAN OF BUSINESS
to receive the advantages of an opportunity now
offered in making money largely by a regular and
moderate expenditure for widely extending a popular
and standard demand for a manufactured product,
at a large profit for cash. To one who is necessarily

1836.

June 9.

Genista tinctoria
Gynopodium effinale
Arctostaphylos
Diervilla canadensis
Gallium septentrionale
Achillea millefolium
Kalmia angustifolia
Rhus venosa

Near Dr. Hall.
Cinc. Fremont

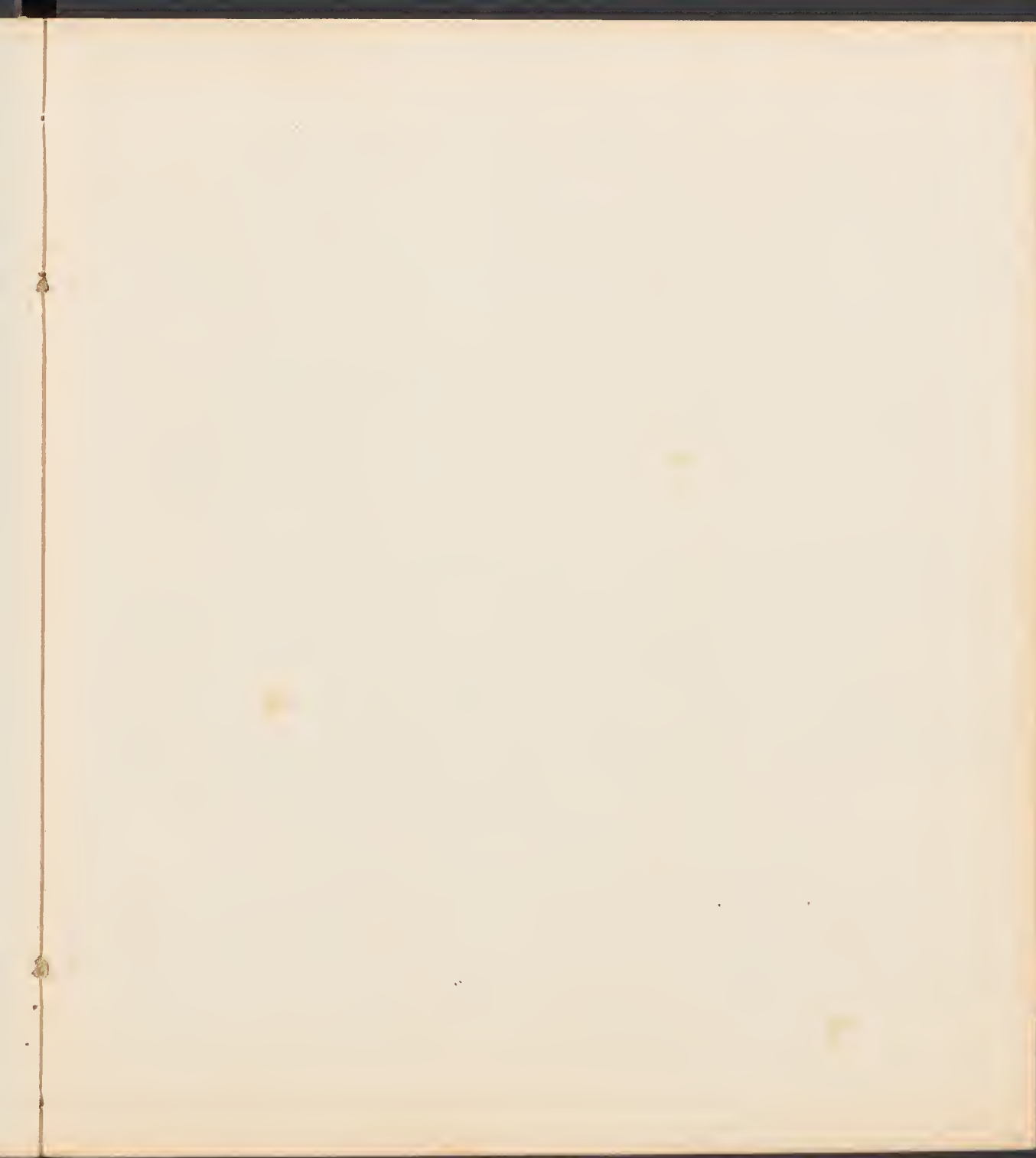
Copied in marsh, near Hotteltonia

To Lexington boundary on the Concord Turnpike.

Was back on June 11, last yr. but found not nearly so much
- perhaps did not look so hard for this year my observation has languished.
Could see no Heliconia, especially. Many - treethusas, but sides the road.
A Devil in an oak's way along the swamp.

Returning proper in some walks had seen Wellington's hill
it pass some beautiful falls, though since by a factory - then in Beaver Brook.
Walked some 15 miles.







Horner gives 4 cubits high & 1 broad as proper
 nearly proportions. Vitruvius gives 6 Roman ft. as
 the usual standard. Aristotle said heads ought to be
 6 ft. long. Ancient dorrons no higher.
 Livius. illud. Experience.

Gibbon relates that the Roman armies
 when encamped were exercised daily like young recruits
 & with heavier weapons than they were to use in
 battle. History 1451

Quetelet found (p. 61.) young Englishmen taller than
 Frenchmen or Dutchmen 80 Cant. students averaged $5.9\frac{3}{4}$
 (They are measured & weighed accurately by unitarity.
 Note by K. on effect of distance of race, & this unchanged for yrs.
 Also, horizontal position may make add an inch to height.
 Recruits & doctors br. thus disguised identity.

"Voltaire & others describe Louis XIV. as very tall
 you'd suppose him very near if 2 or a half 6 ft. When 1791
 uncovered his bones, it was found he cd. not br. with all
 allances more than 5 ft. 8 inches. So much did count haze
 dupe even Voltaire. (with this is note)

Fascination of health

I understand when I went away to analyze to myself
 the fascination of this young stranger x x & it seemed to me x x that
 it arose fr the contagious vitality of that sort of all gifts in highly
 civilized society - perfect health: that health wh. is in itself the
 most exquisite beauty, wh. finding happiness in the mere state of
 existence, find it it differs from it like a cat's paw, the harmless
 hilarity of its bright animal being. Health to the utmost perfection
 is seldom known after childhood; health to the utmost cant be
 enjoyed by those who overwork the brain or admit the two great
 fears of the passions. The creature I had just seen gave me the notion
 of youth in the golden age of the poets. "The youth of the ancients
 Arcadian life exempt or shepherds had used his heart with
 a life.
 Bulwer's Strange Story. Ch. 1111.

- ancient instances. Hufeland - see in Van Oren. 57
- " & Inoem, with portraits. Friedlani
- Petratsch Zortem in Russia, well established. d 1724 rest. 185.
- Buffon & Comaio say 100 yrs. the natural term. Flowers. 19. 51.
- Madden's tables of age & minutes taken of diff. persons. Millington 407

Haller collected instances 1111 over 100
 Easton " 2170
 Bailey (by Estlin's son) 3200
 Van Oren 6201

Hufeland. 179 Van O. 57
 Van Oren p. 59 Flowers, 19
 (though 4 yrs. later than Van Oren
 but only 2600 individual casts
 rest fr. Russian & other tables.

longevity 7

Bonardin - gain in French. Bonardin. II. 68.

Records of Longevity with Intro. Discourse on
Vital Statistics by Thos. Bailey London. 1857

Jenkins ~~was~~ authenticated, 169. often swam
in rivers after 100. d. 1670. Butler's fisherman.

Pare 152 d. 1635. first married 80; illegit
child at 105, married again 122. Died fr. change of
air & food, might hv. lived for many years; bod
dissected by Dr. Harvey - perfect bones. Farmer,
could thrust at 130.

living in beds

In 1821	men over 100	-	100	-	women	191
1841	died men	"	29	"	"	81
"	"	80-100	9297	"	"	11,761

Large proportion in work females, wh. he attributes to sober
& temperate lives, & active habits in age.

Per contra. "It is usually considered that females
live longer than males & the govt annuity tables & those
of several insurance companies are based on this supposition,
but although this may be true up to the age of 70 or 80 yrs
yet I believe that more men than women reach a very
advanced age. Mr. Easton's list of 2170 lives exceeding

100 contains only 863 females.

Hupeland also says - more women ~~old~~, term very old.

Van Oven, p. 59,
who gives nearly 7000

Lucklet has elaborate tables. Bell. 393.
says women live longest in towns &
men in country. [To L. A. C. A. S.]
women longest on whole.

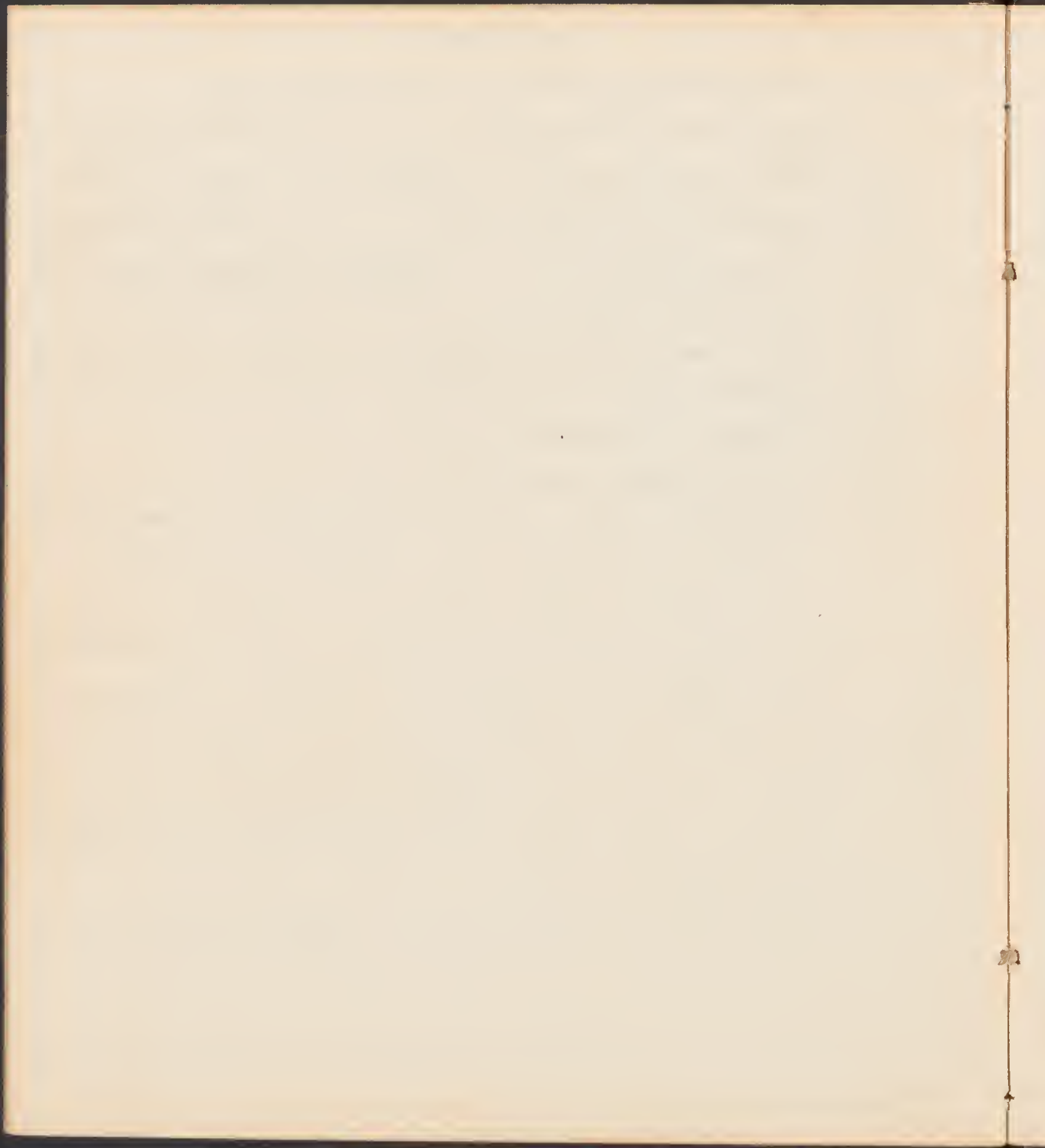
Longevity

Herodotus says when Cambyses sent ambassadors
 to the Achaemenians (Long lived) the latter asked what the
 Persians eat & how long lived. He was answered that their
 greatest age was 80 yrs & that they lived on what they called
 'bread', a mass of crushed pulse & the like. On this he remarked
 that he did not wonder at their living so long as they fed upon
 such nutritive & that probably they wd. not live even so long if it
 were not for the wine they drank. - The Macedonians he said
 lived 120 yrs & their food was boiled flesh & milk. Dickson. 229

I once heard a renowned English radical of note
 with desire with laudable emphasis "all ill health is sin" ^{do} 229

Hufeland's points. - pp. 157-171.

1. Age of world no difference.
2. climate now.
3. Rate of mortality no difference, or else inverse.
4. Extremes of altitude bad.
5. Ditto of temperature.
6. Uniformity good.
7. Extremes of degrees & existence. Islands & sea better. ^{bad.}
8. Cold soil most.
9. Exp. Denmark, Sw. Norway best. Algeria, W. I., Luvian ^{most.}
10. Simple rural life best.
11. Slaves & Foundlings most.
12. Moderation in all things.
13. Marriage best - not one unmarried person. ^{comp. p. 230. II 192. Van O. 67.}
14. More than women first age - as before. ^{so Rusk. Van O. 54.}
15. No instance of older attaining first age. ^{so. II. 249}
16. Rich nourishing food & much flesh not so good as other extreme.
17. "A certain degree of cultivation is physically necessary for man & promotes duration of life. The wild savage does not live so long as man in a state of civilization. p. 169.
18. To live in country best. "The smallest degree of mortality is one in 60 annually & this is to be found only here & there among country people. p. 170.
19. In some instances of great age, a self-renewal of hair &c.



Keyland has directed the body of a man old at 40 - not of grey hair, but the cartilages of the ribs wh. do not become bones but at the greatest age, totally ossified. II. 114

Longevity hereditary. Thos Pan 152. Son 113. Grand 109 & great grand 124. Two other grandsons, by daughters, 127 each. & other instances. ^(Van over) (bb.)

(White) Ruych observes that he never saw a person of 80 yrs. old whose ancestors had not also been long lived. ^(Van over) (bb.)

Intemper' description of St. Sulpice's di' ^{Van over} 191
Montaigne says of Cicero de Senectute "It gives one an appetite for old age." ^{fr. Dr. Watson} Flowers. 37.

Sir H. Haller has written on Climacteric Disease - ^{abt 63, from 50 to 75} thinks there is such a disease, after wh. health may improve. ^{described} Beale. 260:1

Quetelet (p. 38) gives tables to show greater mortality of poor than rich in Paris &c. also "it is calculated that one negro slave dies ann-ly at of 5 or 6, while the free Africans in Long Is. live 12 or 13 yrs. (Hawkins).

Tables showing influence professions on health. 39.
Further on health in the States

Moran de Jones table [with additions p. another. p. 26] See also p. 28.

Continent	Country	Period	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
N. Eur.	Sweden	1754-1768	34.0	1821-5	45.0	[1755-75 1/25 1775-95 1/25]		1823 1/48																													
	Denmark	1751-4	32.0	1819	45.			2u. 44)																													
	Russia			1829	27	Sir F. D'Armenon																															
	England	1690	33	1821	58.	[Eng. see below]																															
	Gr. Britain	1785-9	43.	1821-31	51	Potter & Rickman																															
	Scotland	1801	44	1800-4	47																																
C. Eur.	France	1776	25.5	1825-7	39.5	[1781 1/29. 1802 1/30 now 1/30]		Villermé																													
	Prussia	1717	30.	1817-31	39.7	Ann. de Bourdes long		in 2u. 44.)																													
				1821-4	39																																
				1815-23	36.2	Badouge																															
	Poland			1829	44.	M. de J. (another table. L.)																															
	Scandy	1788	32	1825	45																																
				1825-8	40	M. de J. (L)																															
	Belgium			1825-9	43.1.	An. de 1806. de Brux																															
	Holland	1800	26.	1824	40																																
	Austria	1822	40.	1815-25	39	Rech. Stat. sur les pays bas																															
				1825-30	43.																																
				1828	40.	M. de J. (L)																															
				1827-8	40																																
				1824	47.																																
				1825	45.																																
S. Eur.	States Church.	1787	21.5	1829.	28																																
	Lombardy	1767-74	27.5	1827-8	31.																																
	Italy	1772-8		1822-8	30	M. de J. (L)																															
	Naples & Sicily			1822-4	32.	Hankins																															
	Portugal			1815-9	40.	M. de J. "																															
	Russia (1828)	Smolny in Eur. (1828)		1801-28	30																																

In ancient Rome, mean duration for 1000 yrs. any better class

30 yrs. In corresponding classes Great Britain 50 yrs. whole pop. 45
 Tables of Ulpian (sic. Alex. Severus) see France 42 (Chonov 30) [Bell. 25.]
 see S. Smith's Philos. of Ling. 1822.

In 20 yrs. fr. 1730-1749 74 children out of 100 died bef. 5

" " 1810-1819 31 " "
 (sic)
 Impld 1700 in 43, 1750 1/42, 1776-1800 1/48, 1806-10 1/49 } Beale. 285
 1816-1820 1/50 1826-30 1/51 } Mankell & Rickman

Genera [Mallet. Annales d'Hygiene et de Med. Lepub. XVII] gn. Bell. 23.

Accumulate account circa 1560. mean duration 1560-1600 21 yrs. 2 m.
 1600-1700 25 9
 1700-1800 32 9
 1833 40 5

[The source of apparent distress that hardships of savage life kill off weak, who in civilized life live & bear children.]

Effect civilization on longevity

Dr. Biset Hawkins (Medical Statistics) ^{London. 1829.}

States relative mortality as follows.

Havana 1 in 33	England 1 in 60 [43.7 B.S.L. 27]	Naples 1 in 35
Martinique 28		Wintenberg 33
Trinidad, St. Lucia, S. Domingo } 27	Pays de laud 49	Prussia 33
Porto Rico 26	Sweden 48	Prussia { Occident. Dec. 27 note 30
Bombay 20	Holland 40 [39.7 211] ^{gener. 46.92. 211}	Lombardy 28
Bombay whites 44.8	France 40 [39.7 211] ^{Dec. 28.}	Russia 27 ^{B.S.L. 27}
Guatemala. 1970		

I rightly attributes the difference, rather to customs & food, & the advance of civilization, than to climate.

Thus in England annual mortality in 1788 1 in 40

France 1781 1 in 29
1802 " 30

1801 47
[as above] 80.
Compare Hufeland's 18th century. 1796. + Combe. 278.

In 1817 scarcity of food in Lombardy & deaths 1 in 14.

Large towns [Hawkins] } ^{Quetelet. 27}		
Glasgow " 46	Croening 52 (2) ⁶²	
London 1 in 40 51.9	Naples 1 in 28 29	
St. Petersburg 2, 37 34.7	Rome 25 24.1	
Berlin 34 25.	Amsterdam 24 31.	
Paris 32 30.6	Venice 22 21 -	
Madrid 35 29 36	(Venice 2 19)	
Brussels - Quetelet. 112. 202. 25	(Bergamo 18)	

These statistics show that human life increases longest

where men are most civilized & best clothed, fed & housed.

Lowell 1 in 47.6	N.Y. 37.8	Van Oven. 80.
Boston 41.7	Charlot 36.5	^{not all male?}
Baltimore 40	Leungshon. 111	Quetelet gives many
Philad. 38.5	Buffon says no difference. Ft.	more p. 27. for Hawkins
Savon. 24.9	T.P. Chr. 14.	& Quetelet
N.O. 12.2	Aug 1858	
	55	
	and (my estimate)	

Civilization & Longevity

In Tr. of Nat. Assoc. for the Prom. of the Science, there is a paper by Dr. S. Smith on the Evidence of the Prolongation of Life during the 19th Century in wh. it is incontrovertibly proved that fr. 1690 to 1790 "a portion nearly equivalent to 1/4 the total period of existence has added to human life in the progress of a century." (Based on life annuity calculations)

See Engl. Almanac, June. No 3. 147

1851. 1852. 1856

See also for 1843 2 1849 in vol. 2 p. 24 & 1846
wh. about 2000 the saving of 1000 in 1000 people (Population 1000000)

"In this opinion well founded, that human life, in consequence of the advances of civilization, is everywhere undergoing diminution in extent. The proposition may be doubted, if its converse may not be safely affirmed. Bailey, 273.

"The strength & agility of the negroes is well known & the S. islanders can vie in bodily exercises with any stoutest Spaniards. The Saxon race, as a race, is the tallest in the world, but lacteus panibus, they are not the strongest. The Celt is taller & is probably, is the Arab: the Congo black, Mozambique, was stronger than any Englishman of his age. Knox, Races, 317.

"It appears to me that affluence, abundance of food & moderate exercise, favourably assist the development of the physical powers, while trials, heat & cold of labor, produce the contrary effect. Luckelet 70

"The average duration of life is probably more, in nearly all civilized countries than during any previous period in the history of the world." See "Its confirmation is fixed beyond all doubt." "The antiquity of the human race is probably human life. Bell 23.

"Civilization not, sweetens the lot of man, has also prolonged it" x x x At the present day it appears ~~clearly~~ established, that in countries where civilization makes the poorest progress, & we may also observe the poorest diminution of mortality. Luckelet. 43

Boyle's method of the same as at home - Blue ink, same as, applied to Blue

Roblan a
 10. Height
 11. Length
 12. Breadth
 13. Weight
 14. Age
 15. Sex
 16. Color
 17. Hair
 18. Eyes
 19. Ears
 20. Nose
 21. Mouth
 22. Teeth
 23. Tongue
 24. Throat
 25. Neck
 26. Shoulders
 27. Arms
 28. Hands
 29. Feet
 30. Legs
 31. Ankles
 32. Feet
 33. Nails
 34. Skin
 35. Bones
 36. Muscles
 37. Veins
 38. Arteries
 39. Nerves
 40. Organs
 41. System
 42. Diseases
 43. Treatment
 44. Prognosis
 45. Cure
 46. Prevention
 47. Hygiene
 48. Diet
 49. Exercise
 50. Rest
 51. Climate
 52. Air
 53. Water
 54. Food
 55. Drink
 56. Clothing
 57. Shelter
 58. Tools
 59. Weapons
 60. Art
 61. Science
 62. Religion
 63. Morals
 64. Laws
 65. Government
 66. Society
 67. Family
 68. Education
 69. Industry
 70. Commerce
 71. Agriculture
 72. Manufacturing
 73. Transportation
 74. Communication
 75. Entertainment
 76. Recreation
 77. Health
 78. Longevity
 79. Quality of Life
 80. Progress
 81. Civilization
 82. Culture
 83. Education
 84. Science
 85. Art
 86. Religion
 87. Morals
 88. Laws
 89. Government
 90. Society
 91. Family
 92. Education
 93. Industry
 94. Commerce
 95. Agriculture
 96. Manufacturing
 97. Transportation
 98. Communication
 99. Entertainment
 100. Recreation

1826 out of 1,033,422. young men drafted for
 the army 380,213 were sent back, because they fell short
 of men 4ft. 10 in. French. Bell, 32.

Size Former races, though the very best, excelled
 the present in vigor for the nature of their pursuits, could not
 claim any preeminence of stature. The remains of human
 bones, found in tombs & Egypt. mummies, demonstrate this
 & the armor helmets & breastplates of the ancients confirm it.
 Their swords were as light, nay, much lighter in many in-
 stances, than those of the present day & those swords as ones
 of the time of chivalry were only wielded to inflict one
 overwhelming blow with little hands & could scarcely be recovered
 for protection. Homer speaks of fine men, gives

4 cubits height & 1 breadth. Vitruvius fixes the standard
 of man at 6 Roman ft. Aristotle's meas. of his was
 6 ft. & says no higher. Some remains found at
 animal. The homo diluvii testis, the skeleton of wh. was
 descr. by Schercher, was calculated Cuvier a sp. Salamander.

Humboldt says Guayaculites 6 1/2, & Patagonians about
 equal to Caribbees of Louisiana larger. Heame saw men
 6ft. 4. north of Canada. Earl Sp. navigator descr. Patagonians
 as 7ft. 4. - late travellers 6-7.

Tallest well recorded pers not over 9 ft. (Haller) Schreber
 collected modern instances, few over 7 1/2. Sw. peasan 8ft. (Swedish)
 & a friend of D. Bismarck 8.6. Dutch. Plinius's giant Yakkam
 1. 8ft 9ft.
 Millingen. N. 24 etc

A. Incao defina (11)

Hydratic machine with line
this the ~~the~~ liquid particles, &
a so longer with solid
to up 3 prod. 43-4.

Grain becomes fresh 49.

Some traps for fish & light

in water in water thought on

the. Walpo in 1.42 (89)

in the large. Defe 22 a union

to 40 in the sky on fire that

is the of the in the 104.

Some can be right to live

in ~~republican~~ in fact on vegetable

the 105.

Some of the 40 in 89. I was

reluctant to see a few

parts of the intellect of great

that in the in the 111

it certain habit of

rather for the balance, King as

happened to some six times in

the place of the 114

Some of the 180 lb. 127 lb. 10 lb.

4

Plan of interest at [unclear]
spared at [unclear] - [unclear]
pl. to her [unclear] to [unclear]
about every full [unclear] [unclear]

Blue is perhaps [unclear]
to coincide in [unclear] of [unclear]
near the prom. [unclear] [unclear]
will [unclear] [unclear] [unclear]
[unclear] [unclear] [unclear] [unclear]
of [unclear] [unclear] [unclear]
[unclear] [unclear] [unclear]

People in [unclear] at [unclear]
[unclear] [unclear] [unclear]
[unclear] "to do not adopt it
[unclear] [unclear] [unclear]
we do, [unclear] [unclear] [unclear]
[unclear] [unclear]"

Mr. [unclear]

Health & food

Price bread

Melior gives in two curved lines the variations of general mortality & the price of bread; the curves correspond: what effect of dearth you notice, the 40. after. Bell. 33.

animal food

Dr Beale says "That it is possible to enjoy a considerable share of health ~~with~~ on a strictly vegetable diet, has been proved over & over again, but in all the cases coming under my knowledge, the parties have not been capable of great endurance of fatigue, nor have they been very long lived. 170. [Dr Kalm's State - of the Fergalose.]"

Macaulay says at accen. Jan II. Hundred of thousand of famish Scotch knew the taste of sweet. The first day of the Robin lived short bread or rye, barley & oats. (Vol. 1.)

Fifty y. ago, it was calculated that nearly 1/4 part of the inhab. of Gr. Britain lived on oat bread. Sinclair 111 with 1789?

Sheep can be taught to live on animal & eat on vegetable food. Sinclair 105.



Morave saw a man who by studying medicine under Boerhaave, had become hypochondriacal. Whenever he attended any of B's lectures, he always imagined that he was affected with the disease that was the subject of it. *Hopland. II. 76.*

Child shld. not begin to learn till 7th yr. *do. II. 153.*



Bardon says trees live longer, because take no exercise.
 Exercise increases transpiration, transpiration shortens life;
 to live long then, we need not remain still. So Balon
 says also. & advises oily unguents to prevent transpiration.
 Maupertuis wished to cover the body with pitch, &
 Voltaire laughed at Maupertuis. Flourens, 17

[Canda's book is *Plantae cur animalibus diuturniores.*
 de substituta. N. 826.

Gibbon says, ^{veteran} armies exercised in camp with heroic
 weapons than those used in war, daily, like recruits. Fisiang, 145

Gymnastics in England. "The science & athletic
 gymnastics introduced some years ago by Voelcker, with all the
 enthusiasm of a Getman, were better adapted to the Spartan youth
 whose progenitors, noble & free, had been trained in like manner,
 than to the polluted sons of perjured cities, the dandies of the desk,
 & the squalid tenants of abbies & fallows. It was like putting
 the club of Hercules into the hands of a tailor, & sending
 slender him to combat lions in the sternean forest - or giving
 the bow of Ulysses to be bent by the flaccid muscles of the effem-
 inate man-milliner. This ultra-gymnastic enthusiasm did
 much injury to an important branch of hygiene, by causing it to decay,
 & consequently by causing its down-fall. Johnson, 40.



Effect exercise.

Hufeland recommended it for chlorosis. "Expose yourself daily to strong body exercise till you are tired - until the humors & juices be exhausted & the stimulus be removed fr. the organs of generation. Fast & labor. II. 175 & five remarks preceding.

Multa tuiis pectore puer, sudavit et abuit
Abstinuit venere et vino. [H. II. 183.]

* We are taught by experience that those men attained to the greatest age, who accustomed themselves to strong & temperate exercise in the open air. ^{Hufeland} II. 207

When I consider the physical structure of man, said the great Feederick, it appears to me as if nature had formed us rather to be partitions than sides - say men of letters. Hufel. II. 206.

H. only prescribes "an hour a day in open air" ^{for longevity. II. 207}

"The propensity to bodily exertion in man, is as great as the propensity for eating & drinking. Let us only look at a child. Sitting still is to it the greatest punishment. And the fault of sitting still a whole day & not feeling the least desire for moving, is certainly an unretarded & diseased state. We are ^{to} [unhappy sup.]

400 muscles ~~of the~~ Combe 97. 230.

Effect on Woodcock's ~~leg~~ wing & partridge's leg. Pindar. 121



Effect Exercise.

27

Van Arden & Deales statement of (Capt. Med. out Ags.)
that there is a certain stock of vital power at starting
& every effort uses up more & more. 14p. 53-4.

[To Buckle says "The evidence of an universal currency
in the animal frame between nutrition & decay is now almost
complete. Refers to Carpenter & others. p. 44. note]

V.O. says "it seems to me impossible to entertain too
mechanical idea of the vital power", & shows the error
Exercise the better. The man has far more vital power
than infant, &c

Epiles or children are healthier than boys (more on this, may be changed. may be)

Women

"There is but one disease to which
female children are [especially] liable, & that is retardation;
as soon as the age arrives when they are to be arti-
cially trained to feminineness of manners & accom-
plished, their ^{part of} health is endangered. While boys are
encouraged to pursue sports of vicarious exertion, their
sisters whose bodily strength, not kept pace with theirs,
nevertheless requires exercise equal in proportion to theirs for
its maintenance, are forbidden all that they need. The
consequence is that they are liable to become profuse & delicate.
may be 110.

Exercise.

Walking ¹² says "If we consider the life ~~of~~ of the higher classes of society, we find that a large majority of persons, without being sick, shall suffer from want of exercise by either not using the right mode or a sufficient quantity. Where walking alone is resorted to, three large groups of muscles are chiefly neglected in their development & consequently turn out in a crippled state, although the use of the utmost importance, & each of them stands in close rapport with a number of other functions of the system nearest to health & life. (viz. 1. Shoulders & chest, hands or lungs 2. Abdominal hands or abdominal organs. 3. Spinal muscles or whole nervous system.

Living system, as applied in Stockholm. B. Taylor. Northern Travel
(combine some apparatus) "at the end of the second month I was
able to climb a smooth mast, & run up ropes with my hands
& to perform various other previous impossibilities, while my chest
had increased a inch & a half in circumference, the addition being
solid muscle.

1809. 46

Walking Van Orm, recognizing others, their walking
 them shd. be dispensed with. "It is true it will not give
 rise to great bodily strength, that is, it will not cause great
 development of the muscles of the trunk & superior extremities." p. 88.

Sully says "I was always of the same opinion
 with Herodotus concerning the Paiketic warriors. He often asserted
 that they were the most solid foundation, not only of discipline
 & other military virtues, but also of those noble subjects
 of that elevation of mind, which give one nature superiority
 over another. (Mayo. 121.)

Herodotus says, when Xerxes invaded Greece, he found
 the contending in Olympic festival; for prize of wild olive
 Tigranes said "Alas Mardonius, against what kind of
 men has your led us to fight? men who swore in
 combat, not for gold & silver, but for superiority of wit & strength."

Olympic games, 10 months preparation, &
 none but persons of spotless reputation: (one devoted to
 exercise before judges. "To compete at Olympia" said
 Cicero "was greater & more glorious than to receive the honor
 of a Roman triumph. (Mayo. ab. sup.)

There was scarcely a town of any consideration
 in Greece & in her colonies settled along the coasts of Asia
 & Africa - in the Ionian & Aegean islands - in Sicily
 & in Italy - in fact, there was not a gymnasium or school of
 Greece mentioned at the public games. Mayo. 122,
 (Fostered by rhetoricians. "Sculpture had its studio in the
 gymnasium.")

Hippocrates says very few houses have proper arrangements
for bathing, & where not, more harm than good. Mackenzie
Arabs & Moors will take a bath once or twice a
day & so put on their linen for 3 mos. Richardson's Tr. ^{Dec.} _{11.}

Delight of Slaves at running water. "I have seen the
negroes wash their faces head & legs in the coldest running
Arabs or Moors had washed himself once a week [!]
These habits of cleanliness the negroes live by the banks of Niger.
vol. 2. 257

Bathing.

Huxford says bath wash in cold water daily, & bath
 tepid once a week. "It is much to be wished that
 public baths were again erected, that poor people might
 enjoy this benefit & thereby be rendered strong &
 sound, as was the case some centuries ago [& is not]"

Traces of this laudable practice may still any where be
 seen in the remains of baths & bath-houses, but the use
 of it has been abandoned thro' the inaccessable wisdom of
 man-kind. Every Sunday evening, people formerly went in
 procession through the streets, beating on basins, to remind
 the lower classes of bathing. 237.

From Walker the original that at the
 absterias did the system become self-purifying - he walked
^{that an active rebellion that expelled impurity}
 on dirty roads but his feet & even his stockings remained
 free fr. dirt. "By way of experiment, I did not wash my
 face for a week; nor did any one see, nor I feel,
 the difference. (whole passage in Mayo. 153.

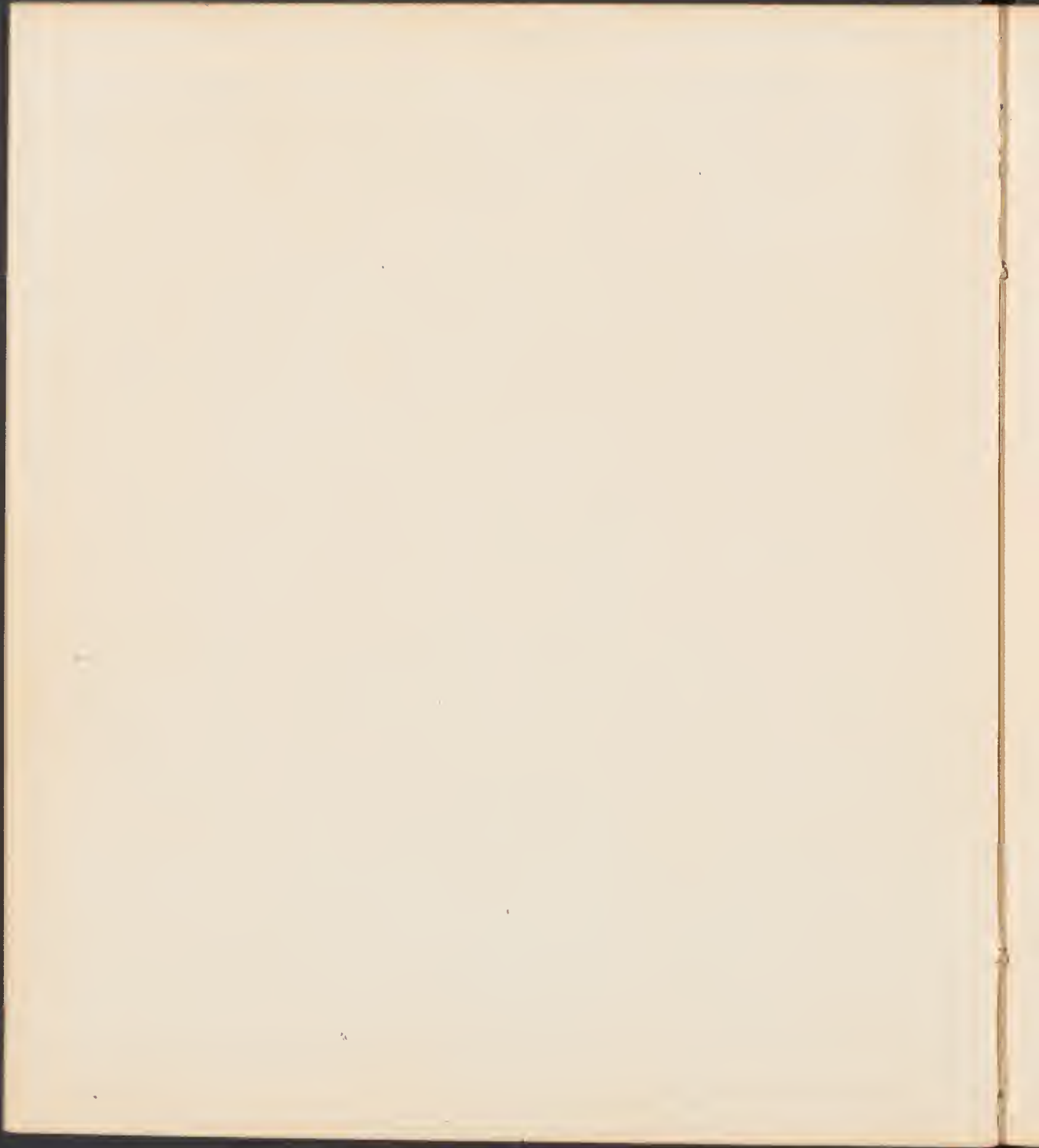
God chapr on Bathing "Medea cured Pelias
 by cutting to pieces & boiling. Lord Bacon mentions
 it says "There may be perhaps some boiling required
 to this matter, but the cutting to pieces is not needed. Mayo
 152.



Riding

33

Scott writes to his son. "On no acc't keep a gig. You know how I detest that mania of driving wheelbarrows up & down, when a man has a horse & can ride him."



Training

Van Arden says that though exercise is necessary to longevity, yet all attempts at indefinite increase in natural power, tend to ultimate decay. Thus training produces "an undue balance between the functions of nutrition & absorption, the quantity of blood is increased, the circulation stimulated," & a plethoric state follows, high dancing.

[Thus taken blood vessels p. 309.]

So Dr. Bell. ^{382.} Great corporeal strength is not favorable for longevity. The muscles attain to an unnatural growth & the organs of nutrition too highly stimulated by too much artificial ^{and} nourishment are easily thrown into fatal inflammation. Hippocrates, read this remark of the athletes of Greece & it is equally applicable to the pugilists, fencers & crackshots of Gr. Brit. xx For who has arrived at a great age more ever remarkable for Arabian frame, or great bodily powers.

Alago describes training, & denies that the Castilian says, though he calls it "an effect of common impression". & quotes Sinclair to show that trained horses & game cocks live longer than others. 119

Sinclair says "How far such effects are permanent, is a pt. that has been much disputed, & many boxers live long, in the age of 80 & upwards.

The ancient athletes seem to have appeared in public for more than 5 yrs. & are reported by Galen as short-lived race. Sinclair, ^{app.} 36

Food

Lieut. Welsted says - A part of Borden's was dispartly
 respecty the sanity of Lady Hester Stanhope - one ^{part} facty her
 whimsies the other her oddities - at last a white bread says
 gave the Casky was "She is mad" said he, lowering his voice
 to a whisper, as if being to hunt up the atrocity "for she puts
 sugar in her coffee." This was Carthage. [sic] Food of London. 411

A canister of Gamble's boiled smelt
 left in Pr. Reg't's inlet by one of the Arctic expeditions ^{in 1824} was
 found in excellent condition by Sir J. Ross, when he visited
 the spot in 1849, $\frac{1}{2}$ century afterwards. Od. 285

Abstinence.

Good effect of abstinence in Algeria. "I never felt lighter in my life, or more free from the many ills that vex humanity, than during this my long period of semi-starvation. Wounds of all kinds healed on me like magic & I never knew what it was to feel laced or fatigued." Parkyn's Algeria

It is astonishing how soon persons by whom ⁹¹ 1. 238
algone calls the disease of colic. 17

It says "rough exercise is the best" 180 of the
book but admits the direction of attacks follows
but though the lower classes by a most coarse
exercise in the strength of arms & long exercise
of the arms. I satisfy myself with the
truth of the higher ranks belonging to the
exercise that those are better in literature
not it is my father's education. 232.

It says to read due as a rule, combined
experience, that riding is the best exercise
for raising health & walking for winter.

Dr. Anderson shows that high & speaking
is the most useful exercise & that it
leads by motion to the low kind of exercise
than there is that they are less copulations. 216.

Whitcomb's account (1786) that America
is not the land but Wharton agrees contrary
To the Philo. Soc. II. 25. Dr. Prichard
as the case. 329. 331.

History of disease & practice. p. 110

on pe
reduced
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help
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ed me
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had for
2. 221.

Abstinence.

Good effect of abstinence in *Albionia*. "I never felt lighter in my life, or more free from the many ills that vex humanity, than during this my long period of semi-starvation. Wounds of all kind healed on me like magic & I never knew what it was to feel lase, or fatigued." Parkyn's *Albionia*

Sir J. Sinclair first publ. 1841
5 ed. 1845

on the
reduced
Lancet
through
that
help
a leg

#

For much grain said Dr Bacon is the prolong. of life, wh. is one cause why
live longer than men bec. they starve less.

3 heal
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splinter
ed the
of
had for
2. 22.

pp. 23.

Abstinence.

Good effect of abstinence in Albumina. "I never felt lighter in my life, or more free fr. the many ills which vex humanity, than during this my long period of semi-starvation. Wounds of all kinds healed on me like magic & I never knew what it was to feel lazy or fatigued." Parkyn's Albumina 1. 238

Speaks also of "the facility with wh. wounds heal on persons whose blood is cool & whose systems are reduced to a sufficient degree of training by a life of hardship & privation: for instance, in the case of a splinter through my own foot, my medical men here assured me that had I been fat with European food this instead of being staved, I shd. cutly have caped to my bed for a length of time, with a possibility of locked jaw. 2. 221.



Effect civilization.

White men (i.e. Arabs & Moors) bore heat better.

Richardson Gr. Desert. ~~2.345.~~
2.437.

Montesquieu in Letter Persianes "C'est sur des
chaises que la noblesse s'acquiesce." (idea of activity inactive)
qu. do.

"Virgil's *Inania nunc hominem producit corpora
tellus*" is almost a translation of the same expression in Homer.
newsp.

Intemperance

Fetters

Various facts pro & con in Statements of London
Coalheaven. in Lond. Labor & Poor. Vol. 3
(one keelholder left 450 with 1 hand)

Sir John Hammett's account of drunkenness of ladies
at court of James I. Ladies in the Mosque Co. not strid
fr. intoxication & Lees of Denmark & Engd. carried Obed.

Chron. of Persia. 1. 161.

another abstract. Pib. Hist. Eng. 3. 511

Much in France. Viduac. Bell. 78. 361. 412.

Three thousand yrs. ago, the Ladies in best society were
 people of intoxicated (Wilkens) 50 yrs. ago a common
 thing to see gentlemen walk in dining room, instead of
 with wine. Mayo. 99.

Mason remembered the time when in his native town
 all the bell-ringers of pines got drunk every night & were not
 ten well thought of. (L.A. 774.)

Moorish intemperance. Richardson's Desert. 2. 467

Lewis & Clarke found many Indian tribes who
 did not like the ^{whiskey} men they offered. "On one side we were
 equally gratified at finding discover that these Ricaras
 made use of no spirit liquors of any kind, the example
 of these traders who bring it to them so far for tempting
 having in fact disgusted them. Supposing that it wd. be
 as agreeable to them as to other Indians, we had at first
 offered them whiskey, but they refused it with this
 sensible remark, that they were surprised that their fathers
 shd. present them with a liquor wh. wd. make them fools.
 On another occasion they observed to Mr. Tabeau, that
 no ^{man} ~~one~~ could be their friend who tried to lead them into
 deb. & this.

Lewis & Clark. I. 102

Sleep

43

Jeremy Taylor allowed 8 hrs sleep, Baxter 4,
Wesley 6, Lord Coke 7,

Lord Mansfield recommended 8 hrs. sleep & it was a
favorite maxim with him to cultivate sleep. Sinclair 364.

English Health

North Country Enginemen & stokers in Eng. second
 fr. injuries wh. in South Country are almost fatal. (Life Stephens)
 I took steady leap of 11 fr. fr. one wall to another with
 being sick leap into pit deep gap between st.

In Mech. Inst. at Clay Cross, wh. he provided for 1000
 workpeople - day & night school, library, med. attendance, relief in kind
 band of music, Choral Society, fortnightly dances & a cricket club.
 (We all see or cheap at cricket club.)

"He still persisted at late yrs. that practice in wh.
 so much of his practical success in life had depended a strong &
 healthy digestion."

In time of Elizabeth. Jaeger thought London
 frankly unhealthy (sanitary condition so terrible) - complained
 of universal coughing in public & thought consumption special
 disease in metropolis. Kites & ranns were kept to down
 hills & bonfires made to avoid plague. [Refer Pick. Hist.]
 Chron. Fashion. 1. 251

K. James I. so exact in his meals that a counter said
 were he to make fr. 7 yrs. sleep he shld. know what the
 king had had for dinner. (Refer Jests) do. 1. 57
 An old English motto, "Cantoning you are against fully
 advice any other th'g "to lay" and the spread fork of "Bag,"
 the affixed features of trace & all things appear." - (also seen
 fr. Ben Jonson.) do. 1. 29

In Vienna & Perth frequently a difference of 50° in a day
 In Manchester seldom 20° . St. Alessi, Disorders of Infants & Youth

Never before coming to England had I an adequate idea
 of its constitution, so strong a kind of ailment, as the Eng. coast hyp. 23

"The nervous system of the female sex in England seems
 to be of a much stronger nature than that of other nations & that
 of the male sex not less so in proportion: they bear a degree of
 irritation in their nervous system without the issue of fit, which
 in other races is not so easily tolerated. 63

"An Eng. lady of high rank said to an Eastern am-
 -bassador "Is it true, yr. Excellency, that in yr. country there are
 worshippers of the sun?" Yes my lady & you wd. be one too if
 you ever saw it. 26.

"I am sorry to record the fact, but middle aged women in the
 country are almost invariably slovenly in appearance. I very rarely br. I
 seen one who at that period of life can be called good looking; hard work
 & scanty fare very soon destroy the comeliness they may br. once possessed.
 I suppose that it is expensive to add which so early deprives them of
 health for it is unusual to see any remaining in the month after
 50 & 60 & even much younger than this. I br. know countesses
 wholly destitute of these in front." Bayly's 10 Happiness. 116.

English Health &c

"I have rarely seen a really plain Canadian girl in her teens & a downright ugly one is almost unknown. The high cheekbones, wide mouth & lined up nose of the low race, so common among the lower class in England & Britain; are here succeeded in the best specimens by the small oval face straight nose & beautiful mouth of the Châra, while the flowing hair of the Allion rose pales beneath the withering influence of late hrs. & stove-heat. Moore, Roughing 1. 171
171

(Receipts of a woman's expense for mental suffering)

It is rare to meet with good digestion among the artisans of the brain, no matter how careful they may be in food & general habits. Lewes, Phy. Com. Life
vol. 1.

Mr. Shaw, a Surgeon of great eminence in the treatment of Distortion, told us that as he walked along the streets, he wd. in general tell out wais trade by his characteristic deformity. Senior Pol. Sc. 220

At the fashionable, trapezoidal Stairways, the funeral bell tolls nearly all the time, & it invariably is in the resort of consumptive patients. Chron. of Fashion. 2. 297

"The nobility of this Country (England) unlike every other, is by far the wealthiest & finest looking class of its population. The Contadini of Rome, the Lazzaroni of Naples, the Paydars of France are incomparably more handsome than their superiors in rank, but it is strikingly different here.

Boston Penitentiary

There are ^{so} a few English families who cannot reckon one or more members who have fallen victims to this disease" (Pitt Rivers.) Beale. 196.

An enormous portion of mankind are so ~~be~~ = literally invalids, that they have no notion of any other state of existence. 199 Beale.

"Some form of dyspepsia is sure to be produced by that excessive taxation of the mental faculties which characterizes the age we live in. This state of things is bad enough in England & we learn from anecdotal literature in the U.S. that it is more with them. Political & religious or rather sectarian differences & the jangling of commercial speculation, so very generally drag the big head of our America business & keep up a constant & excessive stimulus to the brain, that insanity as well as dyspepsia are said to be as common with them as with us." 219 Beale.

Teeth. Ladies teeth generally black in time of Elizabeth & attrib. by foreigners to Satyr's dyspar. *Pict. Hist. Eng.* 2, 857
Gout & other hereditary diseases began, with
more sedentary life. *ib.* 858

1 1/2 10 did I smell per hyp. vaccination. See diary.

In Hentzner's Travels, Julia Sij. is described in her 65th yr. "her teeth black (a defect the English seem subject to p. their too frequent use of dyspar. Milledulcia. 115.

[over]

In Glasgow. Sept. 1860 a meeting was held to express thanks, on the part of the miners to Hon. Arthur Kinraid. Esq. in recognition of his advocacy of the claims of miners. In his answering speech, he said.

"It was only this year we had the official statement from the medical inspector of factories & he draws a contrast - a contrast to which I can add bear my witness of personal observation - of the complete change that has taken place in the population since the passing of the Act - that whereas it was then painful to witness the sick, emaciated, the sick, the attenuated forms of the young women who were to be the future mothers & wives of our working population - we have official medical testimony to say that they are so healthy, & changed, - so plump in their appearance was the expression used by the medical official, - that they will now vie with any population in the length & breadth of the land."

[Business' Inspection Act - provides for shortening the hours of labor, at least for children.]

Glasgow Daily Herald. Sept 25

Dr. Arnold - Cricket & walking 218. 258. 259

English children's faces quite as apt as our own to be pale.
 Thompstone in Atlantic. Oct. 1861.

English Health &
(Tyndall's Glaciers)

"Here among the Alps it was no uncommon thing for me to trudge
over the glaciers for morning till evening in my shirt-sleeves." "I had
neither bread nor wine, but I braved the immense amount of mechanical
force represented by 4 ounces of bread & ham & I therefore faced no failure
for lack of nutriment. Indeed I am inclined to think that both guides &
travellers ^{often in pain their noses} render themselves cowardly & apathetic by the incessant "representing"
of the sea its necessity to indulge in such occasions. 151
about 4 ounces 2 months 1851

(After great fatigue) I became aware of the state of my
brain sleeping & waking. The throbbing, absolute exhaustion had never
occurred to me & for first to last I had taken no care to heed my strength.
I always calculated that the will would serve me ever well. The muscles fail
but I now find that mechanical law rule in the long run; that no effort
of will, no power of spirit can draw beyond a certain limit upon muscular
force. The soul, it is true, can stir the body to action, but its function is to
guide & apply force, not to create it. 79

To accomplish physical changes, time is necessary. By lifting
the leg slowly & allowing it to fall forward by its own gravity, a man may
sit in steady for several hours, while a very slight addition to this force
may speedily exhaust him. 154

The sense of weariness is often no index to the expenditure
of muscular force: the muscles may be changed with force, & yet the
nervous excitement be feeble, the strength be dormant & we are tried
without action. But the thought of pain keeps the mind awake, & suffers
the muscles into action. 153

English Health &c.

Women The thing (a difficult ascent by women) was accomplished exceedingly well in a very spirited way. Indeed the general contrast, in regard to energy, between the mountaineers of the British Isles & those of the Continent & of America is astonishing. Surely those who talk of this country being in its old age must forget the physical vigour of its sons & daughters. 160.

The best guides find that their powers vary; they are not equally competent on all days. I have heard a celebrated Chamonix guide assert that a man's viatic is ^{diff. day.} diff. on 162

Recreations of County Down.

"How delightful the rapid constitutional fr. 2 1/2 to 4 1/2"

- "I ventured early the wet blustering after, with its raw wind, its driving sleet, its road of mud. 135

Summer in county ^{The county houses here} "But of shell. Breakfast early, not later the quarter Breakfast will be over by half-past nine. 297

Descr. Skating 340.

Says my track 10 miles or 4 miles a hr. - "Not strictly done up" - or at 4 1/2 or 5 miles. "Men. people who say they walk 6 miles a hr. are talking nonsense. It cannot be done except by a trained pedestrian. 298

"The day seems horridly rainy & stormy when you look out of your library window, but you wrap up & go out 'leaving for a walk & the day is hot & hot. By the time you have 5 miles are finished, you think it rather a fine heavy day, & healthful though boisterous. 315

Comparative fatigue of 4 or 5 hrs riding & 10 or 12 playing 100 (See Quary II. 156.

"The Happiness wh. we expect at middle age is a calm healthy thy x x As for old buoyancy as that of Sydney Smith, who tells us that when a man of 40 he often longed to jump over the choir & take in his shoes & light headwaters, wh. if later has not given up that you must put it under it x x x Very true did David Hume say that for a man to be born with a pious disposition to look on the bright side of things was a far happier thing than to be born with a fortune of 10,000 a year. Reactions, 176.

Good story of Dr. Melburne & a joy man. who had had a dull evening at theatre. "Not pleased! Confound the man! Didn't he see the fishermen's shops & the gaslights flashing from the lobster backs as we drove along? Wasn't that happiness enough for him?" 185. Qu. p. Friend in Council.

Middle age. "We are pleased when we find people talking of men about 30 as young men. One indeed, Sir R Peel spoke of Mr. Derby at 45 as a man in the buoyancy of youth. My own of 41 wd. feel a heart stab as he read the road thro' the splendor. (Thackeray's Webster in H. Ward's) The French third Diction for Tom Pique admires "a respectable young man, aged 35 / 36."

Recreation "I find a great want in all that is written on the subject of recreation." [Long passage.] Complains that no practical details. "I may subscribe the faculty of being amused & of finding recreation wh. ~~is~~ ^{is} subject of change the current of their thoughts. "Could even if they did feel interest in athletic sports, the lungs & sinews of most sensible men of middle age wd. prevent their joining them" p. 111.

"Think what poor specimens of the human animal"

Feats,

Fowler carried on his shoulder a shaft weigh' 500 lb.

"Jimmy Straight (Strant) lifted on his back a load of hay 1 1/2 ton
M. Bihin 7 1/2 ft. tall, 4.2 ton chest. weigh 300. lift 500

Straight weigh 2 ton

Fowler, Hens. Dec. 37

Cap. ... 100 ...

In a week report ... it says 'The ... 500 lb.

So J. Adams wrote in his copy of Concord "God has established 20

equality among men in ... but a moral equality. ... 500 lb. ... 1832

(continued p. 23)

Physically, many of our noblest & ablest men are, do not men by their
beautiful touching & few reaching thoughts, reach the hearts & form the minds
of thousands, who cd. not run a hundred yds without panting for breath, who
cd not jump over a five feet wall though a mad bull were after them, who
cd not dig in the furrow for ten minutes without having their brain throbbing & their
entire frame trembling, who cd. not carry in a sack of coals though they shd.
never see a fire again, who cd never find a day's employment as plaster
labourer, gardener or any but tailors? Educated & cultivated men, I tell
you that you make a terrible mistake & a mistake wh. before the end of the 20th
Century will undoubtedly determine the A.S. race. In make yr. recreations too
purely mental." (114-5) "After using his eyes & exerting his brain all the
forenoon to in reading & writing by way of work, must he just use his eyes & exert
his brain all the evening in reading & writing by way of play? (114) Practically, in
the case of most educated men, of most intellectual workers, heavy reading &
writing stand for work & light reading & writing stand for play. (115)

A Turkish porter will trot carrying a weight of 600 lbs. ^{Physiol.} Fowler, p. 227.

Quetelet's table of leaps, without run or spring I says "since these results for young men have been obtained by a single leap, some of whom have been studying gymnastic exercises, the values may be greater than otherwise."

1 unit in
3 ft. 3 1/2 in.
37 1/4

Age	Length	Height	
11 yrs.	1.52		
12	1.60		
13	1.66	0.64	2 ft. 1 1/2
14	1.77	0.70	2.3 1/2
15	1.97	0.80	2.7 1/2
16.	2.06	0.88	
17.	2.04	0.81	
18.	2.14	1.00	3.3 2/5
19 to 30	2.18 7 1/2%	0.93	
30 to 40	1.78	0.88	

p. 72

"Whereas man can be used as a machine, his physical qualities have been measured. His other qualities have been less studied; thus, we know little of his average speed of man in running; we also know very little of the height & length of his leap, except in cases where the person has been especially trained to an extraordinary degree."

(A fast traveller can pass over 6 kil [7158 yds] in an hour & continue a long distance, which is at the rate of 100 metres [119 yds] a minute. Thus the calculation the length of the step at 8 dec. [31.496 in] & the traveller makes 125 steps per min. & 7500 steps an hour. He can walk at this rate 8 1/2 hrs. a day & continue on long as he likes, with proper food & shelter. Then, as a fact, we suppose 57 mil. [35,743 yds] the large distance which a traveller can travel each day, with ordinary food & shelter. p. 72. [Amp's night in clothes, 17 1/2 hrs.]

Battle done. Single bird 500 times, two 500,
three 150, four 52. Mrs Callthrop. Oct. 5. 1881.

Trying my strength at different periods of the day, I have not
observed any very great differences. The greatest effect I have been able to
produce has obtained on coming from a full dinner, at a time when I was
thoroughly indisposed by an accession of fever. I was able to bring the dynamometer
down to 100 lbs, by the pt. weight, & found the strength was greater
after dinner than before. (See facts with facts.) N. 70

Acc. to the researches of M. A. Régnier & Hansson
 the average strength of man is not more than 46.3 or 50 kil.
 [189 lbs. Troy] that is to say, it does not come up to his weight;
 which it follows that a man c. not lift himself by the pressure
 he can exercise with his hands, a very expensive kind of apparatus
 such a result. Among the sailors experimented upon, there was
 probably not one who c. not hold himself suspended, for some
 minutes at least, at the end of a cord firmly fixed at the other end.
 Accordg. to Poir ~~this force is~~ the same force will be
 69^{or} 2 kil: this value approaches nearer the truth. What I have
 found for a developed man is 89 kil. [238 lbs. Troy] near 19 kil.
 more than the weight of a man in his den: & that a man
 may hold at the end of a cord, & bear at the same time
 a weight as heavy; because the thickness of the cord, or
 the form of the object which he holds will necessarily influence
 the result of the experiment.

[We also see fr. the values wh. I have obtained, that
 at the age of 10 or 15 yrs a man begins to acquire sufficient
 power in his hand to hold himself suspended for a time. Women
 at any age does not appear to ~~possess sufficient power~~ ^{capable of carrying a} ^{5 or 6} lbs
 weight; yet may women, fr. exercise & habits of labor, at length
 exceed this limit. Thus in order to give full by practising gymnastic
 exercises acquire the power of raising themselves by means of cords to
 different heights. It wd. appear, then, that my values are very superior
 to those of the ordinary people, but they are rather below those above
 the truth at least for men & children. L'écrit. 70.

Saints & their Bodies.

Pythagoras, Plato & Bruce. 17. 39. 36

Cornmodus the witch, said to combine Apella & Hercules
used both 8 times a day. Caesar Borgia also beautiful, strong, wicked
St. 147-8.

Charlemagne & Mr Caprene large strong

Luther's ale & shittles. 215

Fenelon & Fr. of Sales famous for beauty 215. St. Elizabeth of
Hungary & husband of noble stature & hardiness of their times.

St. Fr. Borgia wd. not allow his picture painted, but for figure of
St. Theresa is kept in. 34 (head (P.) & philosopher 18.)

Clelia says that Semiramis did not melt when in the
Chere she captured a lion, but was proud when she took a
lioness, the danger of the feat being far greater. 73

Latin & Greek Fathers 170. 188. 199. 201 (also Jameson?)

Military Saints. 142. 235²⁹⁴. 424. 434. 460. 461

St. Anthony after being shut up in a Carcen 20 yrs. came
forth neither pale nor wasted. 438

Only real S. Catherine was Hypatia. 281

Tables of strength by Jas. V. Forbes, Esq. Plate X. 10
with regular dynamometer

Lacolelet. p. 113. n on 829 students at Edinburgh. Result

- (1) Irish
- (2) Scotch
- (3) English
- (4) Belgian, added by Lacolelet.

Points not used in "Gymnastics."

Game still worth the candle

Strength animals affected by exercise (Madri's says - more firmly the feet)

Not complain of head - boys learning to drive.

Roman's right hand = arm left (Dr. Lewis says so clavicle longer & not
than straight)

Said boys will not get enough exercise. No doubt are industrious

boys will pick up more by misc. reading out of school than authors
in it but we do not therefore abolish High School.

Distinction famines

Diminution diseases

59

Small pox said to be extirpated in
Cenobe. 268. Ague, scurvy &c

Physician trashed brain thro.

What are the senses but ^{means} servants of a king. But how helplessly dependant, for the king being, is the sovereign on the servant king.

The reflect of the body has been repair not moved by its direct results but by its reactions. If ~~it had been~~ the normal condition of liter. & prof. men had been muscular - we shall have had no body intricate Walt Whitman. (22)

Admission of ignorance of physicians. Gurnest. Nov. 15.

A Fr. physician graphically says Man begins in a gelatinous
 A end is an obscure condition Lewis 4 368.

Defect, military sink. Mayo p. 107

#

Temples so called fr. tempus, because gray hairs appear there first. Van Oven 39.

But was probably from tempus, tempora, exigencies contingencies, because a brand there was fatal. For the same reason called kaipia in Greek.

Fashion.

Perhaps the shortest example of the form of fashion is to be seen in Sir S. Myrick's saddle, of ancient armor, in which the shape of a tempo of the legs the of the arms of the soldiers

has a = lapia of it.

Could say. No 1. 81
I see more left in the hat rather than in the wings
legs the depth brushes in the edge of the wings
D. Aug. 1859 " 87

James is very effeminate - could not see a man stand without shuddering
Mayo, 19.

Capt. Franklin's part after 6 days of starvation & labor, at last killed a musk ox, & after a moderate meal found himself stronger than before. [Stomach tied] Mayo 105

#

Temples so called for Tempus, because gray hairs appear there first. Van Amer 39.

But was probably from tempus, tempora, exigentibus contingencies, because a wound there was fatal. For the same reason called kaipia in Greek.

Fashion.

Perhaps the strangest example of the power of fashion is to be seen in Sir S. Myrwick's jacket, of ancient armor, in which, in a single reign the same modifications in the shape of a breast plate as of late in ladies sleeves, the tempered Milan steel being as pliant to the caprice of fashion as blond or scarlet. Mayo. 183.

In Greek medal engraved by Mayo, Hygieia has a snake three times as large as that of Aesculapius, who he considers syncretical of the superiority of Hygieia to medicine, prementis to cure. 13. Mayo.

James I. very effeminate - could not see a drawn sword without shuddering. Mayo, 19.

Capt. Franklin's cat after 6 days of starvation & labor, at last killed a musk ox, & after a moderate meal found themselves no wiser than before. [Stomach tied] ^{May 10} 108

*

There is no greater enemy to all honest physicians
& their patients than the habit of carriage or stomach on
the part of patients (Especially in chronic cases.) *Gran. 10*

When Lady Scott, (at ~~Abbotsford~~) offered to help
Mr. Rose (an invalid) to some new medicine, he answered
"No madam I believe in a heredity." *Leshie's Convers. 61.*

Irving's testimony. "My own case is a proof how
one really loses by overwriting oneself & keeping too intent upon
a sedentary occupation. I attribute all my present indisposition
which is 'losing my time, spirit, & everything', to two fits of
close application & neglect of all exercise while I was at
Paris. I am convinced that he who devotes 2 hrs each
day to vigorous exercise, will eventually gain those two
& a couple more into the bargain." *d. 241.*

Dr. Holmes says lower jaw narrowing - holding
14 instead of 16 teeth & obliging God child to lose two.
Quel's drinking another German elevation, *Boji's Book.*

As is the air so is the blood, says *Ramazzini*
Fitt's G. of Health. 311.

#

Phitarch thinks the power of child-brain
proceeds from "weakness & imbecility" in woman, & that
originally the human race was spontaneously generated.
"females, who supersede & bear on acct of their
weakness & imbecility. Flourens, 130. Aristotle maintained
that woman was a defective animal & her generation purely fortuitous
& foreign to nature. Millington, 139. For maintaining some doctrine
in 12th cent., almoner's excommunication & bones cast in sewer. do.

Santorelle on Palsy. A father who understood
= Stair neither Latin nor Greek was the first, who
near end of 16th century, dared to say to the doctors
that "pale shells were real shells [& not pebbles
of nature" , psh. was the general objection. 154 Flourens
much about Palsy

Sunday Holiday

Von Weeber worked hard in composition after his health
was undermined, & when about dying & still hard at work, he
obtained news that I was a tailor, for I shd. then be a
Judge's holiday. Combe. 235.

Brain influencing Health. Armies discouraged by desert or
want of confidence in chiefs br. much more sickener than others.
Combe 257.

Iron in Blood. It is said that iron enough can be
obtained fr. the veins of 24 men to make a sword. Hartmann's
Exposit. 1. 44.

Atrophia. This comes fr. Gr. atrophyia denoting the
preparatory recession of athletes. New Syst. in loc.

Size & Weight

Fatness regulated by law in Sparta. Bruce's Portraits.
 So. fully in Milledoll's 301.

Weight of Rev. officers.

Aug. 10 1778 The Am. officers at W. Point were weighed

Gen. Washington	209	Col. Mich. Jackson	252
Lincoln	224	Hay Jackson	238
Knox	280	Lt Col. Huntington	212
Hoyden	182	Cook	182
Greaton	188	Humphreys	221
Col. Swift	319		

Only 3 of the 11 weighed less than the 200 lb. a result which does not confirm the Abbe Raynal's theory of the deterioration of mankind in America. Milledoll's 273

"Gen. Washington's staff, though not picked men, were mostly over 6 ft. high & strong in proportion. Miss Beecher's Bible & People 1844

Dr. Beale describes a fine physique (sanguine temper-
-ament & the says "If with all this we hv. a large
brain, well trained & cultivated, the rare sample draws
of an ^{male} Sonates in Xen. Bagot (20th) justifies
himself for leaving a dot in what he bears & of
animals, while boys, This act of gymnastic
On the the 2nd parable of heroes. Elv & not now
in that oil, but the face is still with the sign
of the candle.]

Dr. Jordan. They are compelled by interest to learn
Simpson app. 16.

MEN'S WEIGHT. We stated yesterday that up
to that time (leaving the ladies out of view for the
present) 4369 men had been weighed in Howe's
Standard Scales at the Mechanics' Fair, and that
their average weight was 146 pounds 13 ounces.
We presume that this may be taken as very near
the average weight of the New Englander, or "live
Yankee" of this vicinity. It will be interesting,
therefore, to compare it with that of men of other
nations. In a recent publication we find the fol-
lowing statements, derived from reliable authori-
ties:

The mean weight of men in Belgium (Brussels
and its environs) is 140.49 pounds.

In France (Paris and the neighborhood) the mean
weight is 136.89 pounds.

In England (taken at Cambridge between the
ages of 18 and 28) the mean weight was found to
be 150.98 pounds.

It would be a good idea, founded on something
more than mere curiosity, to have a good set of
scales used at Fairs in all parts of the country, as
those of Howe's are now used at the Mechanics'
Fair. It would demonstrate where our "big men"
grow, and what kind of a formation and of climate
is favorable to the production of "men of weight
in the community."

Dr. ...
deeply lamented
"do vanity" ...
it was probably
in the field & all

the son whom he so
"ceterity or speed"
resents it as a virtue,
Dr. ... J.P. Foster's
School of Conduct
character "all Summer
Hr. of Hampden, 1631. August
1, 1807

21

strenuum
Compitum J. Val. Max.

The

When in distant country (over mountains & over water) ...
is interesting ... apology for the ...

Dr. Beale describes a fine physique (Sanguine Temperament) & that says "If with all this we had a large brain, well trained & cultivated the rare sample drawn of an animal on the
 January 15, 1854.
 N. B. Editors friendly to the enterprise can aid it by copying this circular.

WENDELL PHILLIPS,
 ERNESTINE L. ROSE,
 LUCY STONE,
 T. W. HIGGINSON.

of bear
 p. Jordan. They are compelled by interest to learn
 inclusion app. 16.

deeply lamented
 "No variety"
 it was probably
 in the field & all

secure seats without extra charge; Doors open at 7 1/2. commence at 7 1/2. sep15

AQUARIAL GARDENS.
 An intensely interesting exhibition has recently received very valuable additions. In the glass tanks is an assemblage of LIVING FISH in the most beautiful and interesting manner. The EDUCATED SEALS astonish every one by their wonderful intelligence, perform a great variety of curious feats, such as firing the musket, playing on the hand organ, &c. The MEN of SERPENTS contains some enormous BOA CONSTRUCTORS, the PYTHON, etc. Just added, a "HAPPY FAMILY," composed of a number of animals, naturally of antagonistic dispositions, living in perfect harmony. Admission 25 cents; children under 10 years, 15 cents. Arrangements made with schools.

CUTTING & BUTLER, proprietors,
 No. 21 Bromfield street.

THE MECHANICS' EXHIBITION,
 — AT —
FANEUILL AND QUINCY HALLS,
IS NOW OPEN.

Office at Faneuil Hall.
 Tickets of Admission, 25 Cents.
 Other tickets are sold. tf sep 13

SATURDAY EVENING, 22d.
 In consequence of the continued crowd, The
COLLEEN BAWN
 Will be Performed

de ven when he so
 "Celerity or Speed"
 death. J.P. Foote's
 School of Controversy
 Character "all Summer"
 Mrs. of Hampton, 1631. August 11, 1847

Office
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When a distance is kept, comes forth as a matter of course & is
 in presenting an ingenious apology for the creature.

Dr. Beale describes a fine physique (Sargeant's Anapo-
-sament & the says "If with all this we had a large
brain, well trained & cultivated, the rare example would
of an almost perfect man. x x x with magnificent
animal powers we cannot find conjoined a head of
less than ordinary size. p. 158.

It is said that the great Boerhaave had in the signs
of health fr. Standealers - & so we learn physiology
fr. Jackson. They are compelled by interest to learn
Inclusion app. 16.

Dr. Beattie laments that W. de son whom he so
deeply lamented "exploits of strength, dexterity or speed"
"no quantity of joy could bring". He represents it as a virtue,
it was probably a cause of his untimely death. J.P. Foster's
Schools of Concord.

"Sir Wm. [Francis] Peere had this character "all summer
in the field & all winter in the his study". Letters of Hampden, 1631. Nugent,
1, 107.

Quid enim modest foris esse strenuum.
si domi male vivitur. 14. 162 (Compitum?) Val. Max.

There are hills, says Horace
When in distant country comes frontonella & are up at start and
is presenting an ingenious apology for the Creator.

A page Odor of diff. races

Peculiar odor of N. Zealanders so of Amer. Indians.
Hue says Chinese naturally smell of musk. In middle
ages, Saracens thought to hv. a peculiar smell, removable by
baptism. "The early travellers make frequent mention of Saracens
bringing their children to be baptized for these wholesome purpose"
{so hv. to Browne on Jews.} Rev. E. Taylor's Zealand. 427

References. (lectures)

Kapir Bracelets. Knox. 187.

Fanner & coll. Board Ed. Report. Bowdell notes. 1858?

Hindoo prices 14 mil. yrs. ad Beckley.

=

Caranagh (Master five's player) & John Davies (rackets)
(I much more on this & tennis.) Hone. 1. 867

Koelker's Gynecosis - full acct. (1824) " 19. 1315.

Cambridge " (1826) Jan's Phys'cl. p. 291

Wrinkling.

Not use tobacco - hernia imperible - Digestion very strong
^{14 & 13}
Am ^{no} larger than 3 yrs ago, but diff material, steel, ^{not iron}
5 yrs ago weighed 138 now 143 - gain slowly - ^{attracted} ^{shred.}

Can lift 1029 lb. thru's.

24 after comes sneezing.

First sign of cold always inability to lift lip weights

Was a year able to lift by one finger with ^{arm} ~~hand~~ little bar

{ Can walk as high as seat & sit on bar. Not much better legs
Skip to 3d bar ~~with~~ with one hand.

Text for Moral. Traits of
Degeneration
Sept 25. 1859

Education

Dr. Warner says children of 4 under 14 shld. not be kept in school more than 6 or 7 hrs a day & this shld. be shortned for females. - I hr. of the human I has successively spent in school by little jobs of 6 to 10 & 2 or 3 was laboring & played at home in preparing the next day's lessons. Diction. 204.208.

When asked by Bail Hall Scott said "I reckon 5½ hrs a day as very good work for the mind, when it is engaged in original composition. I can very seldom reach 6 hrs & I suspect that what is written after 5 or 6 hrs. hard mental labor is not worth much." On being asked how he divided those hrs. he said "I try to get 2 or 3 of them bef. breakfast, the remainder as soon after as may be, so as to leave the aftn free to walk or ride or read or be idle" (Frag. Voy. & Trav. 22 & 23 ser. ch. 1.) Dunglison. 427

A pupil shld. be somewhat advanced & shld. possess considerable ~~power~~ ^{strength &} of physical endurance before he ventures to give more than 6 hrs a day to some intellectual labor.

Child of 3 in school a few days } Jay
Napoleon at Bismarck

Bulwer never worked over 3 hrs. per day "Three Hours School p. 83.

Edin.

Salp...

...

Dr. ...

...

...

...

...

Many remarks scattered through this little treatise are worth the recollection of all ages and classes, "The failure of the mind in old age," says Sir Benjamin, "is often less the result of natural decay than of disuse." Ambition has ceased to operate; contentment brings indolence; indolence decay of mental power, ennui and sometimes death. Men have been known to die, literally speaking, of disease induced by intellectual vacancy. On the other hand, the amount of possible mental labor is far less than many persons imagine. If professional men are enabled to work twelve or fifteen hours daily, that is because most of their business has become, from habit, a mere matter of routine. From four to six hours is, probably, the utmost daily period for which real exertion of the mind can be carried on.

Sir Benjamin Franklin's
 Description of the
 Mind

...

Salp... of...

...

Dr. ...

...

Some of the ...

Being ...

new ...

Faculty of ...

school ...

practise its advocate. The division has been carried still further: some of the papers have partaken of a descriptive character, and are engaged in speaking of the resources of a country, State, or Territory, and hope by their influence to induce a heavy emigration of persons to their locality imbued with temperance and anti-slavery sentiments, and thereby lay the foundation of an extensive empire whose basis shall be the immutable principles of Truth; whose citizens shall recognize the inalienable Rights of men; and whose every effort and energy shall be directed to the elevation and improvement, mentally, morally, and socially, of its population. While other papers assume the character of critics, censors, more,

Polynesians. 32

Barlet said *Polynesian* sp. 6 ft. to 6.5 - while
Wallis his *Compania* says 5.10 to 6.

"*Circumnav. of the Globe*" (Ed. Cal. Lib.) pp. 104, 146, 179, 318.

"It is a singular fact that though the N. Zealanders have

excellent phys. const. & abundance of food, with other favorable circumstances
they have very few children. Large families are never seen among them

- perhaps 2 not be a high average ~~for~~ ^{from} ~~among~~ ^{them}. It is very
diff. to account for this, as the ~~same~~ ^{same} County seems in an extraordinary
degree favorable to fecundity. (Harker's large - European large families

- often these children elsewhere. Altitude, infidelity & much for ^{Brom.} ¹¹⁰ ~~some~~ ~~times~~ ^{times}

very few. N. Zealanders take to credit spirit. 52

Former cannibalism - transfer proven by eating man. 57

"There is scarcely any work relating to the Polynesian
Isles to be compared with *Martin's Tonga Isles*" either for
faithfulness or interest. (p. 186) Rev. R. Taylor, N. Zealand & its Dependencies
London 1855

Health of N. Zealanders improving by improved diet &c.

Insanity not uncommon. Scrophular diseases general, but introduced
Scrophium (turning out of cystid) very common & was more so

- fr. smoky houses. "I recollect the Bishop remarking that he
found the natives of some little cone island all prostrated with
siphilic, though no vessel but his own had visited it. 255

~~Feet~~ ~~apt~~ "I have seen those ~~with~~ ~~old~~ ~~be~~ ~~attained~~
extreme old age with all their teeth perfectly sound & firm, but
from down to the very gums - I noticed the same in deepest parts
in Isle of Ely. ~~Some~~ ~~natives~~ ~~teeth~~ ~~about~~ ~~as~~ ~~bad~~ ~~as~~ ~~European~~
254.

Swimming

Not 1 of danger fr. Group, if self could, with arms on
 In floating, when you start down you can
 see the water level in things like that.
 In way of the water, that is, the water
 is the only thing that is not a part of the water.

This one is the one that is the only one that is not a part of the water -
 separate that is full that is the only one that is not a part of the water. (see below)

"Hotz. Diversity of Races"

Facts to show that luxury in states does not cause decay. 119

Civilization and domestication of man. Tact. 150 note.

"defined by Suizet" a course for humanity to run a destiny
 Hotz. 315 1.355

Oceanians more degraded than negroes. (Rich. Nat. Hist. pl. 23)

Standard of heart not very much. 380. Diff. opinions.
 on aborig.

Comparative strength (not much) 381. I prefer Martins & Spix

Reise in Bras. I. 259. — ^{on negroes} Primer die Negre ein spheristische

Skizze aus der mediz. Topographie von Cairo. — an surface

= cart in muscles like any all other races. Carns, über ungleiche Kraft.
 Hotz. 202.

= fang der verschiedene Menschen - stämme für höhere geistige Entwicklung

Swimming

Elephant floats higher than any other quadruped. Ceylon in Reed Book 117

Section 10

Longer now than it is well developed
in the middle of the leaf, and as a consequence
the whole of the leaf is not developed
and the leaf is not as long as it is
in the middle of the leaf. The leaf is not
as long as it is in the middle of the leaf.
The leaf is not as long as it is in the middle
of the leaf. The leaf is not as long as it is
in the middle of the leaf. The leaf is not
as long as it is in the middle of the leaf.

Sept 14 1899

Section 11. The leaf is not as long as it is
in the middle of the leaf. The leaf is not
as long as it is in the middle of the leaf.

Section 12. The leaf is not as long as it is
in the middle of the leaf. The leaf is not
as long as it is in the middle of the leaf.
The leaf is not as long as it is in the middle
of the leaf. The leaf is not as long as it is
in the middle of the leaf. The leaf is not
as long as it is in the middle of the leaf.

"I saw together, in wartime, Pickering 170. - also apart during *chilobryni* his meaning
assorted non-susceptibility of *Syphilitis*.

Feliceis by (one) equal three of one sub. 149. Not graceful
although the superior sac. 153. Tallest 8 ft. 6.

Barbarism.

The clothing of the people is ...
of the ...
11 ...
14 ...

Structure ...
we know ...
but ...

Tahitians never had cold till they began wearing
clothes: convenience, in wet weather, of going without.
Climbing ^{tees} by lashing ^{ropes} tees together. Pickering's Races. 64
Feroceans walk up on poles. 65. by leaves.
Skill of natives in wood, ingenuity in baskets &c. - bringing up mts

Distances. 68. 73. 97. 170.

Laysan men at Samoa, Tahiti, Tongataboo. 69

"The ^{men} of Tonga may probably be regarded as the most splendid set of
barbarians ^{at present} in existence. 84
One Austrasia these islands was with. Pickering. 129

Population diminishing. 87. 94. (Children scarce) ^{no center} 80. 166

Former feat in diving at Oahu "pushing an snail over
= board & afterwards rolling it on the bottom of the sea to the shore. 92
See cr. m. 163

"Hawaiian like it. Zealands not conspicuous larger
than Europeans & indeed fell below the stature of Tongans,
Samoans & Tahitians." But Hawaiian chiefs large - also chiefs
women, wh. not observed elsewhere. 96. "Zealands rather above
the mid size & some very tall 6 ft. 6 in - muscular & well formed." Wm. Brown
183 & 186 Albany 28.

And I naked men not with. - Ferguson, A. N. S. Calif. Pickering. 107. 145
How early

Africa.

Rickenden Gr. Dec. II. 254-264

Tonariets large & straight. 6 ft high, coral. One 6 ft. fir.

Travelling Arabs not fond enough. R. eat tonic as much. I. 415

"I believe Europeans, in this season, wd. traverse these Sahara hills with less fatigue & in far superior style. I. 416

Tonariets lean children naked in storm & heat. "I thought, if this be the way the Tonariets bring up their children, no wonder they can bear all the hardships of the Sahara, as we a spring day in Europe. It is impossible for an European to contend with a native like that of the Tonariet - we can never expect to adopt their habits of Sahara travelling. I. 429

A Moor said these Tonariets are chiefly strong fr. drinking camels' milk. They drink it for 4 or 5 months not eating nor drinking anything else. After drinking it some time, they have no evacuation for 4 or 5 days & there are as white as y. linnouse. It is the camels milk wh. makes the Tonariets like lions, a boy starts up & makes in a few yrs. I. 299 (R. add "Many of the Sahara tribes are dependent for food on milk")

Arabs endure heat better than negroes. (see below) 2. 438

R's friend said to him "Christians are Devils & can bear both cold & heat. 2. 286

Laugh at ladies' ostrich feathers. { while wearing better to keep head cool - & guard of entrails to oil shoulders (or palm oil)

"I cd. not help noticing how superior the white man was to the black man in his physical make. Our Arabs & Moors kept up snort, taking this furnace blast & bore the heat & burden of the day a thousand times better than the negroes II. 438

Allyprik ch'any - Tefetom (unmixed) / Scorching South of Arab's Lovers & ...

Africa (Pachyno' Algyptina)

For my part I am persuaded that a ~~European~~ European who began their system of life early & carried it through perfectly, wd. be as capable of endurance of any kind as a savage. Fr. my own experience, I know reason to believe it to be the case, because when in such training I never found myself inferior to them at all in the endurance of fatigue & privation & cd. always had the heart of the country as well & often better than the natives themselves. It is not to be said that there is a change of climate or diet, while I am persuaded that a European, with proper precaution might live anywhere. I speak of Europeans as being able to resist ^{climate} fatigue &c. better than negroes, I must explain that I mean a fair sample of a stout healthy European, in fact a perfect European.

As in our persons, so in our persons, we know in civilized countries a great inequality of size & strength - in England, for instance, you meet some of the biggest & strongest men in the world & some of the smallest & weakest. The nearer you approach the actual Savage the less these differences of height & strength exist & in proportion also the diff. of size & strength. Any negro when you have obtained a correct average of the height or weight of a nation you find but solitary instances of men who may say they exceed or fall above or below that average. On this account it wd. be unjust to make a parallel betw. an average negro & any but a fair specimen of a European. II. 223.

Algyptina Pachyno' Algyptina - Topetum (united) / Scrupula, small of Am's, pines &c.

Africa.

"Women here as in other regions of tropical Africa are not very fruitful in childbearing". (Daniel's *Med. Topog. & Diseases of Guinea*)

Among the Moh. in Africa there is non-intercourse fr. pregnancy & weaning & the children not weaned for 2 or 3 yrs. (this encouraged { Koran). Thought to injure child or endanger its life. Daniel thinks polygamy becomes necessary under these views. do 55

Fuller acc't of female circumcision. do

"It has been supposed, by some that the Negro race is of shorter life than the European. Dr. Winterton informs us that few of the inhab. of Guinea arrive at old age". See also Adanson on Senegal & Fombia to same effect & Borman & others on nations Guinea & Congo. P. 100 talks of "Condition of Senegals" - they are "thoughtless & disordered subject to diarrhoeas, dysentries, & a variety of cutaneous diseases" - but these slaves attain to great age. Prichard. 1. 124 &c

Negroes much more sensitive to yaws & other diseases than Europeans. (Prichard 1. 157) Dr. Clarke has found that Negroes & Malays far more subject to tubercular phthisis than Eur. residents.

So in Ceylon. African has other eyes better. (fuller in Prichard. 1. 158 &c
see also Falc. *Travels*. 2. 120 143 174

Description of degraded race (like that in Prichard) - no use of fire, live on snakes, ants, mice, no houses or marriage, hunters for slaves, "Dokos"
see Kraft *Travels*. 444

Strength. "I showed off by balancing some heavy shales of pebbles: these I cd. lift with the greatest ease & project fr. one shoulder a consid. distance. None of my Dawkalli companions cd. do this & altho' I was very weak fr. my recent illness, they all acknowl. my superior strength. This they all admitted on more than one occasion & [heaving away a large rock] fr. this Circ. wh. was concluded by other efforts of observation, I do not consider bodily strength to be a characteristic of the Dawkalli, altho' for agility & endurance under fatigue, I th'k they are unequalled by any people, not even excepts the A. A. Lohs [Lary] Ch. [Hustae. Tr. South. Abyss. 1844. 1. 378. 448.]

Excerpts from for relief of the press. 1. 376.

Strength. The Damaras [S. Africa] speaking generally are an exceedingly fine race of men. Indeed it is by no means unusual to find individuals six feet & some inches in height & symmetrically proportioned withal. Their features are, besides, good & regular, & ^{many} they might serve as perfect models of the human race figure. Their air & carriage however, is very graceful & impressive. But though their outward appearance denotes great strength, they can by no means compare, in this respect, with even moderately strong Europeans. Anderson's Kraff Lake Ngami: 39

American Indians.

"did not appear to be numerous. Mackenzie 371. to the 371. (more the expected considering their life.)

Very few children.

Henry (1760-1809) p. 303

Chief of tribe 5 ft. 10 in. p. 286. low in stature, not much. L.C. I. 432. do 5 ft. 8. loc. II. 19. "middle size, may tall men" Mackenzie 204. (Booth, 204)

Systematically supplied with man by first traders & military posts. Caribou hides for bad it, but, but Canadian introduced it. Mackenzie V. Louis XIV "McKenney 1871."

First winter found women unchaste. Lewis & Clarke, Journal 1804-5-6. Feb. 1816. L.C. I. 92, 105, 132, 150, 155, 421. - II. 82, 99, 134-7, 147.

Henry 244, 249 (Christenbury's encomium, saying children of Europeans bolder warriors & better hunters of yet they "showed less deviation from their primitive manners than any tribe I have visited. 252) aff 326

Yet says Chippeways jealous. 249; Ojibwilles "perfectly modest (288) & "children born out of wedlock very rare among the Indians. 301.

Mackenzie says entirely unchaste - xcvi-ii-iii. 89. 253. 372 only except Beavers. 149

Canadian & Indians called all Eng. colonists Bastonnais. 329

Henry found himself "able to endure more hardship than the Canadian during their winter journey, & cd. be gone twice as fast. 270

Indians eat human flesh on great occasions & make them brave. 105

& keep the bones of sacrifices concealed in a separate place. 113. (Cabin says no Indian shooting spear Eng. hunting arrows & also beaten in padding at Paris Rapid comes of wounds. 122. 174. 2. 289) Extract beads. L.C. II. 292, 138

Top, pinches from W. sun; moss near roots north; largest limb south

Canoes of elm bark in one sheet, 18 ft long - bark stried together & few ribs & bars - carries 8 men - made in day. 180

Tripe à la mode prepared by boiling down into muckage, thick as white of egg; bitter & disagreeable taste. 221

Canoes withal Ind. corn boiled in lye & hulled, soft & friable like rice - allow each man 1 st. daily & a bushel with 2 lb prepared fat last a month. (starchy clay, no salt; Indian health. 52. American all homine man eats 100 daily)

"though it is not explicitly heartening to sustain the strength necessary for a day of active labor. xlvii, remarkable acct of long journey on snowshoes - snow 4 ft deep & winter life of Indians.

Amer. Indians.

"Walk on in hour".

"Wonderful facility" of childbirth. Lewis & Clarke. I. 416. 432. (Lut
said to be hands where father white. 416) - Henry. 118 (after a difficulty
later "the 3y mother, in high spirits, assisted in load' the canoe,
bore forked & kneedref in the water." # Same in Mackenzie. 141. cxvii. (sic after)

~~the~~ Longevity. "We hv. seen a number of Americans who
hr. lived to a great age - chiefly however the 2nd where robust
exercise fortify the body, while the laborious occupations of the
women shorten their existence. L & C. I. 153 "few old men" among
Shoshoneas 432

Fleetness. "Several foot races were run betw. our 2nd &
the Indians; the latter who are very active & fond of these races
proved themselves very expert & one of them was as fleet as our
swiftest runner. (Lutrose & Chopmanish. L & C. II. 310 (the only direct comparison I
can find, despite the assertion of Prichard.) "amused them with
Cannonball & with running races, both on foot & with horses, in
both of wh. they proved themselves hardy athletic & active. II. 332

Invalids. Many sore eyes (Pessism) & women a variety of
of palsy II. 282, 300. II. 271, 282
Doorns, Rheumatic pain & weakness in loins, even hysterical. II. 297 &
Small pox "destroyed whole families & tribes very early; new cancer-
-tailed, how introduced. Mackenzie. XIV-V, L & C. II. 221. (see p. 221)
ulcers & smothering canna L & C. II. 257. very bad both. II. 14. 57. among all fish-eating tribes

Strength. On one occasion ill. went with a 3y Indian
who gave out fr. fatigue, after 3 hr. ascent of woody mt., I he led to
return. 101. Again, in conjuring "the Indian made such bitter complaints
of the cold & hunger wh. he suffered, that I complied with his solicitation
to depart. 194. Again carried sick Indian across river on back, ford 3 ft. deep
I very rapid 378 (though apparently others with them.) "I had imagined, that the Canad
who accomp. me were the most expert canoe-men in the world, but they are very inferior to these
people, as they themselves acknowledged, in conducting these vessels. 324.

Realy says of ... 300

American Indians.

"It will appear fr. the fatal consequences I have repeatedly imputed to the use of spirituous liquors that I more particularly consider these people as having been morally speaking great offenders fr. their connexion with the subj. of civilized nations. At the same time they were not, in a style of nature, either their vices & some of their & of a kind wh. is the most abhorred & cultivated & reflecting men. I shall only observe that it is not & probably are among them. Mackenzie xc.vii.

Travel 1789-1792 p. 180

- Women have a ready way, by the use of certain examples, of promoting abstinence, wh. they often practice, either fr. hatred of the father, or to save themselves the trouble wh. children occasion - & no injury to health. xc.viii.

Kindness name for woman Non-gense Mack. cvii

Though the women are as much in the honor of the nation as any other people, they are always consulted, & possess a very considerable influence in the trade with Europeans & other imported goods for monthly rations. Mackenzie, cxiii.

Canadian strength. To with 2 packages go to each & return with 2 others in 6 hours. 18 miles over hills & mts. - dollar a package. carry 450 lb. - packages not over 5.10. xlv

Algonquin & Ingonis R.C. settlements. Each with price of 250 horses. Have been taught to read & write their own language & are better instructed than the Canad. inhabitants of the country of the lower ranks but notwithstanding their advantages & tho' the settlement is nearly equal with the colon. of the country, they do not advance towards a state of civility, but retain their ancient habits & customs, & are becoming every day more depraved, ignorant & insignificant. [So anxious for their horses that these people have been instructed to read & write their own language.] xxix-xxx

American Indians.

Indian food. Dry huckleb inner bark in cakes, 1 ft square, 1 in thick
 with Salmon oil. 327 Boil sorrel & berries with salmon, eat
 & pour hot pines, making cakes same size. 309

Names months

May	Frog moon	Nov.	Hoar Frost moon
June	moon is wh. birds begin to lay their eggs	Dec.	Ice moon
July	" " " last feathers.	Jan.	Whirlwind moon
Aug.	" when young birds begin fly	Feb.	Extreme cold moon
Sept	" " moose deer cast horns	Mar.	Wolf moon, some say Old moon
Oct	The Putting moon	Apr.	Eagle moon (Cr.)

Names always, but 2nd is in ...

Five figures of Indians. McKimsey 287.

Stated Indian tribe. Lewis & Clark gave Chief some dried Squashes & he said best food he ever tasted except eggs, a small lump of fat, he had used to his sister; he now declared how happy they shall all be to live in a country wh. produce so many good things. L & C. 1. 418, 1. 434

L & C. thought venereal disease atmospheric among Shoshonees, so isolated.

... (30 or 35) variations of yg tribe among Yankton & Fox Inds, who never sought or seek shelter - leaders drowned by trying to turn out for hole in Missouri - others finally restrained - They hit encamp & dance separately for rest & more respect the chief. When 22 now reduced to 4. (L & C. 1. 60)

Cases of honest tribes. L & C. 1. 410. 2. 263. Indians had sample #443

(Tribes at mouth of Columbia. very intelligent - speak freely before traces of connexion with them. This position was a depend on for us. "Along the Clatsops & Chinooks, who live in roots & fish, etc. the nose are small giant with the skin is porous, the former has a red & yellow wool pad among Indians. The families are permitted to speak deep bay, the men to who, indeed the Indians Indian language is a tale of authority on bay objects their judgments & opinions are respected & in meeting of food their advice is usually asked & pursued. The latter of the family are shared about equal." (a first feast, treats cooked & served up by tribe. L & C. 1. 137 Comp. I. 421. II. 13)

Amer. Indians.

Bartram said (^{whole account from} Travels in Carolina) that the Cherokee
were ^{by far} the largest race of men I ev. seen - even "a full size larger
than Europeans; many of them above 6 ft or 5 ft. 8 or 10
Women "seldom reach 5 ft". "Smallest known" - "head & feet like Europeans
of 9 or 10." Males "tall erect & moderate" ^{Pritchard Phys. Hist}
_{v. 404}

"The Mississipi Indians of the male sex exceed in height
the ord. average of Eur: but the women are in proportion
shaler & thicker." Pritchard v. 417

Dr Rush informs us that the Ind. of N. Am. ev. at an
earlier period than Eur. the marks of old age & that longevity is
more rare among them than among white people. (P. Pinto) 1. 128

"It is commonly supposed that the fecundity of the Am. woman
is less than that of the females in other races. (P. differs & frolics ^{James &} Keating)"
_{1. 133-4}

"Among the Am. Ind. though the bodily frame is endowed with
great muscular strength & vigour, the powers of life in the natural
& vital functions, as they are ~~called~~ termed by physiological writers
are at a low ebb. Dr Rush says that out of 8 Indians whose pulse
he examined at the wrist, he did not find one in whom the arteries
beat more than 60 strokes a minute" Pritchard 1. 133

Chilobirth. "Women are frequently liable, during ~~childbirth~~,
pregnancy & lactation, to sick stomach; & in one instance that the Dutch
women ev. their faces covered with spots, in the same manner with white
women. Being hardened to grief, they alter to their usual occ., even in the last
_{stages of gestation. P. 1. 135}

Panegy tells the Span. A. (Luzon) Prichard v. 571
 Humboldt & Azara talk long lived Prichard. 1. 128
 Azara thinks Panegy L. S. S. unprinted. " " 133
 Guandao (of Caray 2.) Humboldt Trans. 1. " 2. 36 & seq.

Esquimaux. The Northern (Smith Land) take long out very rapidly - far more so than our Indians. Kane II. 109. 119.

"Their powers of resistance to exposure & fatigue are not greater perhaps than those of a well trained man of other regions. Id. 212.

Kane took care not to show weakness or cold. "we had indeed borne both botulism & all youk at times upon our shoulders." ^{1, 2, 83}
 also 401

South Americans.

Thunberg says no S. Am Indians (any thousand) who appeared to her any bodily deformity. Attributes this to race - darker races. Deformity does not prevent marriage in Europe. "he might be tempted to think that savages all appear well made & vigorous because people children die young for want of care & only the strongest survive; but these cases can't operate among the Indians of the continent. Hereditary deformity. "Among the Mexicans of the present day who are all laborers lead the most simple lives, Montezuma wd. not have found those drops & lumpsacks when Bernal Diaz sat at his table when he died. The French custom of giving very pay, acc. to the monks, is no way detrimental to population". Travels I. 307.

"It is intellectual culture wh. most contributes to diminishing the features. Barbarous nations have a physiognomy of tribe or of hardy rickas than an individuality of look or features. x + Varieties of form & color are frequent and any domestic animals [The missions] have almost everywhere tended to the increase of population, wh. is incompatible with the restless life of the ind. Indians ^{Travels I. 304} _{I. 297}

The extinct Snaches of Tenerife "were the Patagonians of the old world. Historians exaggerates the muscular strength of the Snaches, as proved by the voyage of Bougainville & Cordoba, whose proportions were attrib. to the tribe that inhabited the Southern extremity of America. I. 123

Shows that natives complain far more the European visitors, than they have in fact or sufficient object. 1. 194 (illustrated at length)

"This characteristic Trait, (which they very loosely) has for me a very erroneous supposition of the physical condition of the different races of men" (same man had some 14 or 15 hrs. at foot here to his family.

Voyage à l'ouest de l'Amérique 1791-4

Dissasy.

Young man lost nose fr. Scrophula "wh. Mr. Sharp the Surgeon found prevailed much among the natives". p. 47 "shared Mr. Sharp a child afflicted with some bad ulcer, a disorder wh. he said was common to the people there". p. 111. "They found the General (native) very feverish, fr. the effects of a boil on his arm, wh. Mr. Sharp fomented & dressed. p. 192 (afterwards cut out by native surgeons with shell-knife, their custom. p. 196. "natives jumped overboard to avoid rain, probably striking a hot day, rain drops on skin. 1791) [From Wilson's adventures in Peler B. & edited by Geo. Keate. They were cast away, & the first white men ever there. London. 1789.]

Flato. "I thought that had met Mr. Landow those people excellent swimmers. ^[Admiralty 32] But their movements were too precipitate, though they differed in no other respect fr. our good European swimmers. They need not however to be made great efforts to support themselves in the water; for by keeping their mouths shut, they immersed a part of the head. Several supported the silver in the water, by the arching of the feet only, till they tied to our ropes the cables they wished to transfer." p. 177 "They (the girls) several times ran races on the shore, wh. was very smooth, & some of us endeavored to catch them, when we had the pleasure to see that Europeans ed. are = ^{Van. Diemen's Land} ^[over-leap ridge] = surely our better than these Tarapas." p. 205 "Several spent the night on deck rather than in the cabin, except one, who swam a mile. "we admired the facility with wh. he executed all his movements. He swam constantly

1791-4
de Pina
(Holland)
1800
1794
de Pina
(Holland)
1800

Polynesian

on the belly, his neck being entirely out of water, & making
one, that stroke with his left hand, wh. he kept constantly
before him, while he gave a great spread to his right hand
wh. he carried to the thigh on the same side at every stroke.
The body was at the same time inclined to the left, wh.
increased the rapidity with wh. it cut the water. I never
saw an European swim with such confidence or such speed.
(note by Tr. "A somewhat similar mode of swimming is I
believe practiced by is not infrequent among expert swimmers
in England - at least I hv. often seen it practiced by others
& hv. had recourse to it myself, when engaged in a contest
of speed." p. 335)

Their Health & Strength. The natives of the
Friendly Islands are in general tall & well made, for wh. they are
principally indebted, no doubt, to the abundance & good quality
of their food. The fine shape of these people is not degraded
by excessive toil. Their muscles being strongly marked, we
presumed they must have great strength; but the idle life they
lead renders them very little capable of great exertion.
Accordingly, when they tried their strength against our sailors, they
were almost always trounced. x x The men as well as
the women are accustomed to cut off one or two joints of the little
finger, in the hope of getting obtained a cure fr. certain diseases.

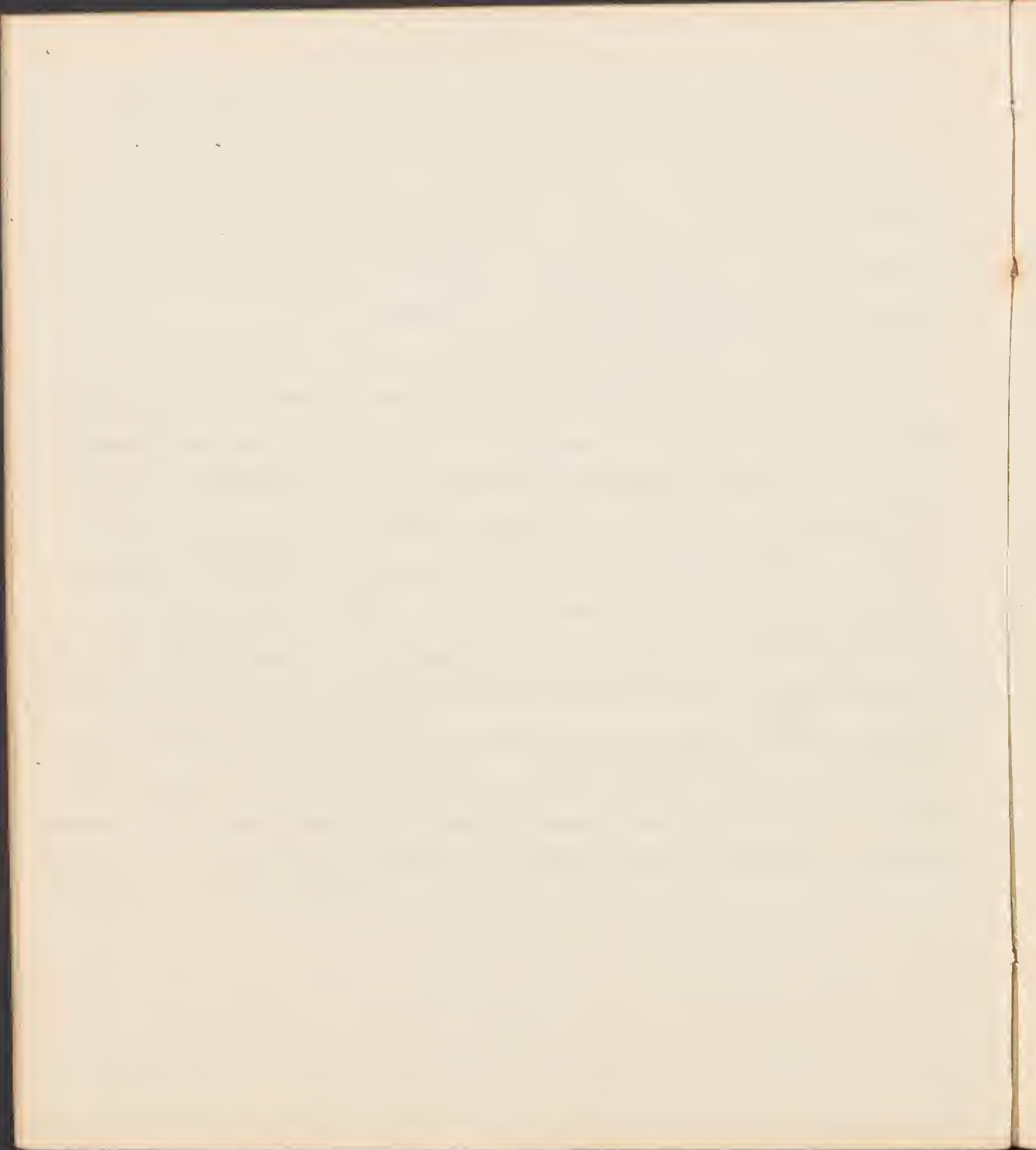
We saw a great number whose skin was covered with a scabby eruption,
wh. perhaps is owing to their not being accustomed to wipe themselves, or wash
themselves with fresh water, after having been in the sea. p. 382-3

Toto Universal
Ponce de Leon

Polynesian

Leaping. (Van Diemen's Land) "Some bees that lay on the ground along the shore, gave them an opportunity of displaying their agility to us by leaping over them. We were too much fatigued to give them an exhibition of what we were capable of doing, but I believe, as was as they were, they wd. have found themselves scalded by an European Hensel's Gnat at this exercise. p. 302.

Australians. "It is the general opinion that these natives are not a long-lived race. The poverty of their diet for one acct for this; together with the want of shelter fr. the vicissitudes of climate. The care taken by civilized man to preserve health is, by increasing susceptibility, the indirect cause of disease; the more rigid is the observance of regimen, the more pernicious will be the slightest deviation fr. it; but a total disregard of all the comforts of regular food & efficient shelter; the habit of commencing the abstinence when food is plentiful, & of breaking long abstinence when it cannot be procured, has a ten fold baneful effect upon the human constitution than all the excesses of the white man.
Lander's Bushman. p. 208.



"The best of these men (Hindooes) not having the muscular
power of Europeans."

Capt. R. Daberspear. 199



They seemed to suffer fr. the rain much more than I did, especially the women. 79 (Dr Chailin.)

They are the finest, bravest looking set of negroes I have seen in the interior & Saty human flesh seems to agree with them tho' I afterwards saw Van Lites who had not the fine air of these mountaineers. 121. 129

No kind of barbarous people seems fair here. Even the N.A. Indians dealt in business, fight like negroes fr. behind trees & some ^{rather} cruel than here. 132

One cause of the gradual decay of this & other tribes is found in the fact that they force their females to marry at such an age that they never become mothers. 196. The br. children at 11 or 12, but of course the women age early & the majority die young & children. 196. "Few Bakalai have many children." 438

The Bakalai are of the ordinary size & They are not very strong, chiefly I suppose because they live poorly. 434.

Scars, leprosy, smacel & a kind of gulca. Lepros common. Elephantiasis. Scrophle somewhat prevalent. "Most of these diseases must be attributed to insufficient nourishment & filthy habits." 438

[Woman's Rights. It is curious how seldom in this country it happens that the proper wh. he has, give it his wife. The women jealously guard their rights in this respect; & so long as they feed their husbands & make them comfortable, they are not in any way subject to male rule at all. 452.]

Africa.

average two. II 42 138. 53. 23) 1.112

Marriages produce 150 for children. Richardsa. Cent. Africa

The Moors & Blacks of the coast do not suffer as much

(fr. heat) as the Europeans. 1.112. (the center, individual people) 1.222

(Different black scholasticas fr. Borno teaching the

Tuanick who count themselves white D. 36









March *Salix microcephala**Alnus serrulata**Hepatica triloba**Epipactis atrorubens.*

[Brattleboro']

- Apr. 27. *Sanguinaria Canadensis* W. (past.) May 15
Erythronium Americanum W. " "
Anemone nemorosa W. May 12
Hemostonia caerulea W. " "
Grapholium plantaginifolium W. " "
28 *Saxifraga vernalis* W. " "
29 *Dentaria* (in bud)
Trillium erectum " " W. May 15 (Florida grave)
Tumilago parviflora
May 2 *Viola rotundifolia*
Panax trifolium (in bud ^{out 5}) W. May 12?
Dracopis borealis (in bud _{found 22}) W. May 15 (Florida grave)
3 *Viola blanda* W. " "
Podicalis Canadensis
4 *Pyrus ovalis* W. May 12
5 *Fragaria virginiana* W. " "
Viburnum lentiginosides
Leontodon Taraxacum W. " "
Coptis trifolia W. May 15 (Florida grave)
Viola deltoidea W. " " (passim)
" *orata* W. May 12
Equisetum arvense W. " 18
Dryas octopetala
Mitella diphylla (in bud)

Proves to

May 12.

- Viola lanceolata*
- " *laciniata*
- " *pubescens*
- Urtica sessilifolia*
- " *perfoliata*
- Convallaria liphia* (in bud)
- " *patens* in "perfect June 16
- Andromeda corymbosa*
- Arabis thornbriidea* (in bud)
- Potentilla canadensis*
- Arenaria thalictroides*
- Parnassia*

May 13

- Mertensia ovata* Pastore
- Nabria latifolia* (in bud) out June 12, Blackston -
June 19, coming out fairly.

May 15

- Chimaphila* (in bud) (Woodson's rose)
- Cypripedium acaule* (in bud) June 5 (g.v.)
Jan. Oct. 21. pr.
- Polygala paniculata* "
- Trientalis Americana* (one) "
- Rubus triflorus* "
- Saxifraga oppositifolia*
- Geranium maculatum* (one)
- Comptonia asplenifolia*
- Eryngium yuccifolium*

<i>Cornus Florida</i>	Florida grove	103
<i>Comarum polystris</i> (bid)	" " W. edge	
<i>Saxifraga Pennsylvanica</i>	" "	
<i>Arum triphyllum</i>	"	
<i>Ribes hirtellum</i>	Carade	
<i>Laurus Benzoin</i>	"	
<i>Aquilegia Canadensis</i>	"	
<i>Rhus</i>	"	
<i>Ranunculus abortivus</i>	"	
" <i>fasiculatus?</i>	"	
" <i>repens</i>	"	

May 17	<i>Cornus Canadensis</i>	Behind Cath. Convent
	<i>Medeola Virginica</i> (bid)	Hermitage
	<i>Silene lutescens</i>	
20	<i>Prunus obovata</i>	W. edge Plat. meadow
	<i>Pyrus acutifolia</i>	"
	<i>Rhodora Canadensis</i>	"
22	<i>Ranunculus bulbosus</i>	
	<i>Vaccinium corymbosum</i>	
	<i>Thalictrum dioicum</i>	Florida grove
	<i>Aralia nudicaulis</i>	Montain road
	<i>Rhus villosa</i> (in bud)	

June 6	<i>Corydalis glauca</i> (S. Libe. Marry)	(front numbers of Cypr. acule & a <i>Picea</i> found <u>one</u> <i>parviflora</i>)
	<i>Knigia americana</i>	"
	<i>Asarum canadense</i>	"

Cornus Florida still fresh
V. hirsutissima
Polygala hanc. about same.

Probanche uniflora (Hermitage woods, near pond)

Hieracium venosum

Senecio aureus

Malva hispida (ind) near Mary

Arenaria scapyllifolia

Thesium umbellatum

Juncus verrucosus

Rubus Canadensis (Trinellia)

Veronica scapyllifolia

Gaylussacia resinosa

Viburnum nudum (in bud)

" *acerifolium* "

Kalmia angustifolia "antique"

Lysimachia 4-folia

Achillea millefolium (broad ant)

7

Nuphar advena

Pennsylvania

Liriodendron Tulipifera

Chimaphila maculata

Azalea

1

11.

Vista pedata
Lupinus perennis

} At bridge.

16

Chrysanthemum leucanthemum

Vitis

Thalictrum Corymbellum

Syrinchium anceps

- 19. *Oenothera pumila* Pursh's woods
- Pyrola rotundifolia* (in bud) { Laurel
- Solanum Dulcanara.* { first bouquet
- 22. *Mcclarynium Americanum* { Newton's woods
- Biscuita Canadensis*
- Helianthus?*
- Antheris cornuta*
- 23 *Asclepias pulchra* Curtis' pond

July 3

- Hypericum perforatum*
- Mitchella repens*
- Asclepias 4. folia*
- Potentilla Norvegica*
- Rubus odoratus* (cultivated?)
- Nymphocya odorata* (Linn)
- Lobelia inflata* (")
- 4 " *pallida.*
- 8 *Apocynum androsaemifolium*
- Oenothera biennis*
- Epilobium angustifolium.*
- 17 *Ceanothus American*
- 18 *Solanum Dulcanara*
- Utricularia*
- Brassica peltata.*







Faun on the Anatomy of the External
Form of Man: Edited by Dr. Robert Knox,
London. 1849

"I Early saw that the term beautiful was wholly
inapplicable to the male figure, I mean of course
to the fully developed adult. x x x Woman is whom
alone beautiful denotes, who is in fact the only perfect
& beautiful object in the world. In her alone resides
the beautiful, the perfect, the absolute without a fault:
when such expressions are applied to any other object,
even man himself, it can only be from the poverty
of language. (Knox appendix) 241

"Yet he complains of Hayden for taking refuge in
the theory that beautiful resides in the female form alone,
& that when seen in the male figure is the universal
animate word, no matter how diverse in shape,
the beautiful was only found in forms more or less
resembling woman. [Winkelmann placed it in youth] 244.

Describes the athlete & says "Of the ²⁴³dark races, one
individual athlete appeared in England; this was Mlotynew, who
in the head, torso & arms, was the finest of all the athletes.
I have seen. x x x In his movement the true athlete is
as rapid ~~as~~ as thought when roused, this I have seen re-
=peatedly in the prize fighter. I consider their activity as a
more remarkable quality than their great strength. 261

Used to dig vigorously on his or two each day in his garden,
to avoid sudden death. 1. 106.

Jan 19 Passed very unheppily fr. an unpleasant
state of body produced by vapors. Lest 2 hrs in bed fr.
dandy & dally. Fr. 1. 115 (at 60 or 60?)

Used (in later life) abstinence fr. fermented liquors.

Rheumatic aneur (in 1827. act. 58) legs in leeches
L collar in neck, his shoulders with rad shoulders, his heels
a lead - all filled with hot water. 1. 159

To his brother Boro (An P) "You will laugh at me, but
I am convinced that a working saddle shld. lead the life of
an athlete. I wish you wd. let me send you a horse & that
you wd. rid by morning 10 or 15 miles bef. breakfast I thin
youly in a copious preparation. No man ever stopped
in a speech who had perspired prof that day. Fr. 107

Remember I like Lady better than I ever did before
I left I believe fr. water drinking. With this Lady is
superstitious & inflexible. Fr. 123 "All people above
the rank of laborers are ruined by uses of stimulants &
Kamishak, Clergy incl'd. I never yet saw any father
who eat & drank as little as was reasonable. Fr. 122.

"I have examined repeatedly the feet of those who live never
from a shoe & will take it upon me to say that they differ
in no respect fr. others in their essential form. I attend this
to legs & waist, head & hand. 278

Faint, illegible handwriting, possibly bleed-through from the reverse side of the page.

Remembrance of ... - by ...

- 10

The moment any child has learned to save, that moment such a child is rendered safe for life; safe from the penitentiary, safe from the poor-house, safe from her whose chambers go down to death.

Said a gentleman to us, the other day, "I came to New York at the age of fifteen. I soon became costive; eight and ten days would pass without any action of the bowels; I knew nothing about health and disease; soon after, I became dyspeptic, and for thirty years I have been going down hill steadily. I made a fortune, lost my health, and the coming spring I expect to die. All I have would I freely give for the health of my childhood; and yet a little knowledge as to the laws of my body would have prevented this great calamity—a lifetime wasted!"

Agnes & Iolan, last November, it got all the way to the
Red Stearn & disclosed I know of none. - So I think results
is greatly against power, & they had to show no concern.

The further I have been, the more I have seen of the
the further I have been, the more I have seen of the
the further I have been, the more I have seen of the
the further I have been, the more I have seen of the
the further I have been, the more I have seen of the

More of my... a...
to the... the...

More of my... a...
to the... the...

English. Nature makes a series of experiments to produce
a triumphant race. Up to this time the English have, on the whole,
succeeded - but the English need a little more buying, a slight
increase of nervous power, to Nature's triumph, & tried again.
It was worth risking a little invalidism to lighten the ship in
this way - & the result is, the American temperament.

The very opening sentence of the letter is a high praise
for all the things that have been done in the
country since the war. The writer says that
the country is now a much better place than
it was before the war. He says that the
people are now more united and more
friendly to each other. He says that the
country is now more prosperous and more
peaceful than it was before the war. He
says that the people are now more
interested in their country and more
willing to sacrifice for it. He says that
the country is now a much better place
than it was before the war.

Remember of home - by the way, don't forget to write to me

after the first day of January, eighteen hundred and fifty-seven,
and their renewal every year will be among the pleasant events
of "Christmas Times," which will not easily be forgotten; then,
of your

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—Ed.

Let labor for the good time coming when sickness shall be

Apr 20 & 21, 1854, West. Hemisphere. I got all the ... the
Red stains & discolored skins of mammals. - So dirty results
is found again power & study had to show the correct ...

The ... of ...
The ... of ...
The ... of ...
The ... of ...
The ... of ...

The ... of ...
The ... of ...
The ... of ...

Now ...
The ... of ...
The ... of ...

English. Nature makes a series of experiments to produce
a triumphant race. Up to this time the English have, on the whole,
succeeded - but the English need a little more buying, a slight
increase of nervous power, to Nature ~~has~~ triumphed, & tried again.
It was worth risking a little invalidism to lighten the ship in
this way - & the result is, the American temperament.

Barb. & Civilization (not used.)

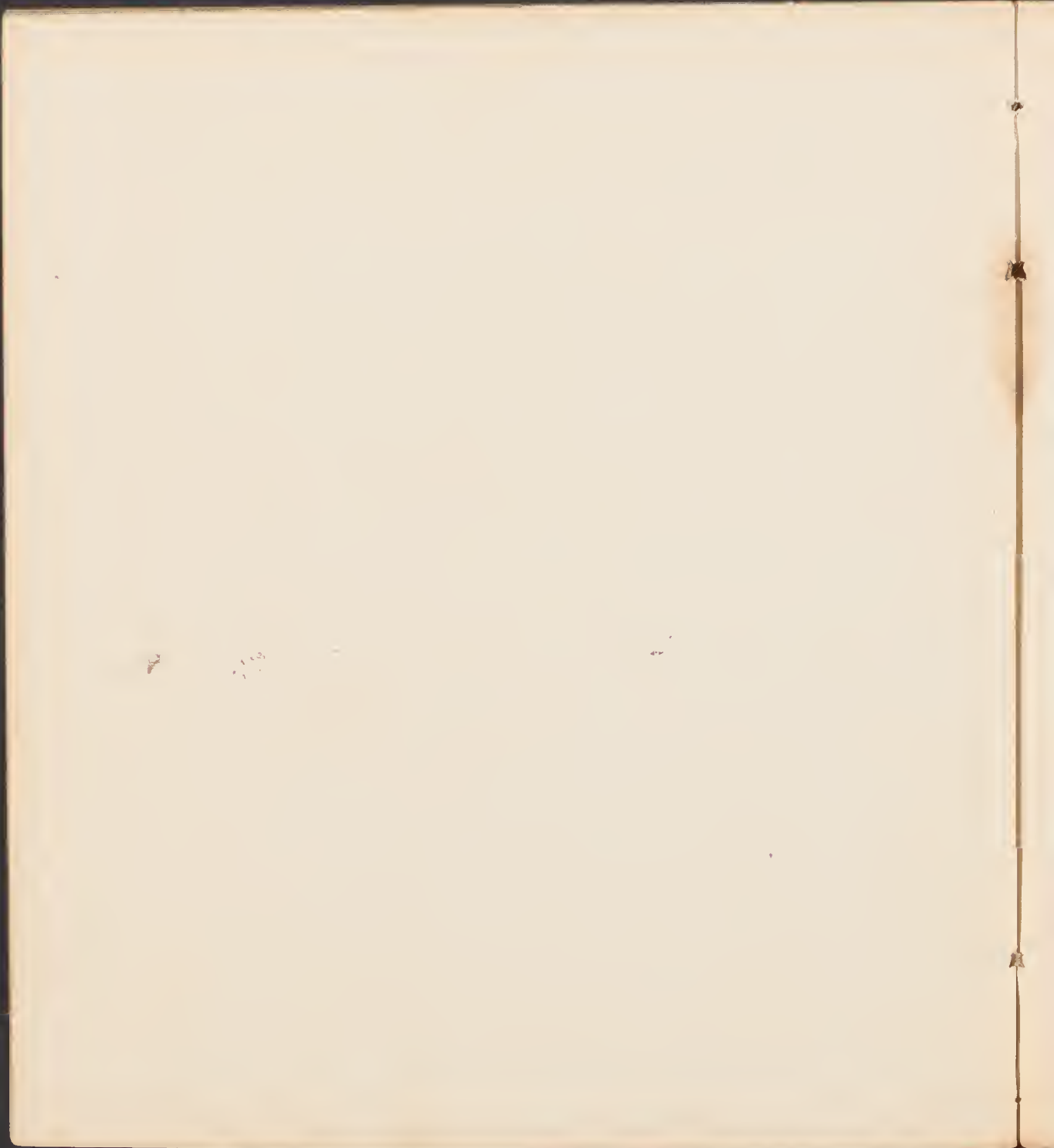
"If ever you see an old man here" said an inhabitant
of the confines of Abyssinia to Bruce, "he is a stranger; the
natives all die young in the land." Senior Pol. Ec. 72

well built

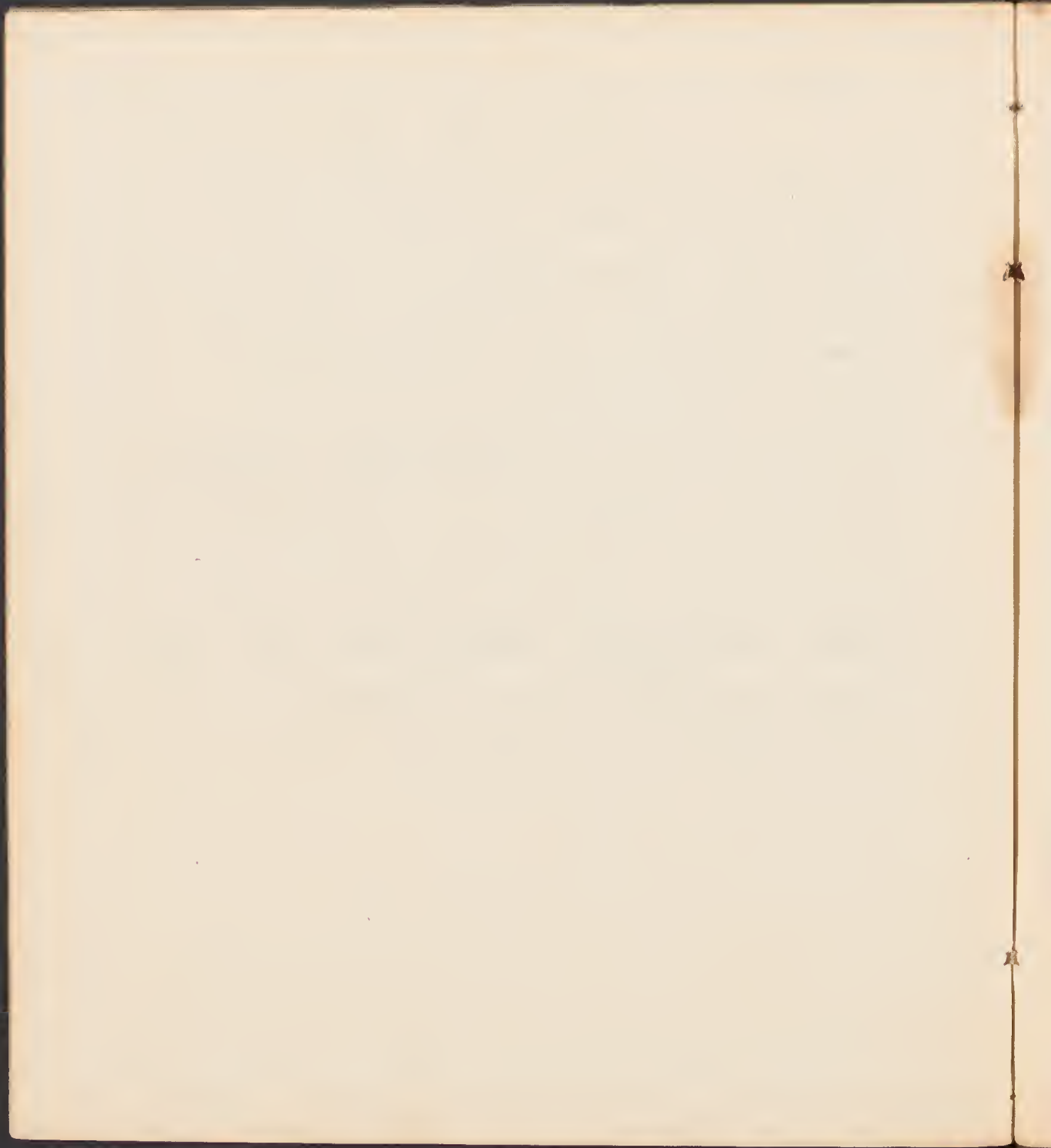
~~A gymnast who he enters a gymnasium, feels like
a sailor who he goes on board a ^{ship} - at home.
He knows the ropes~~

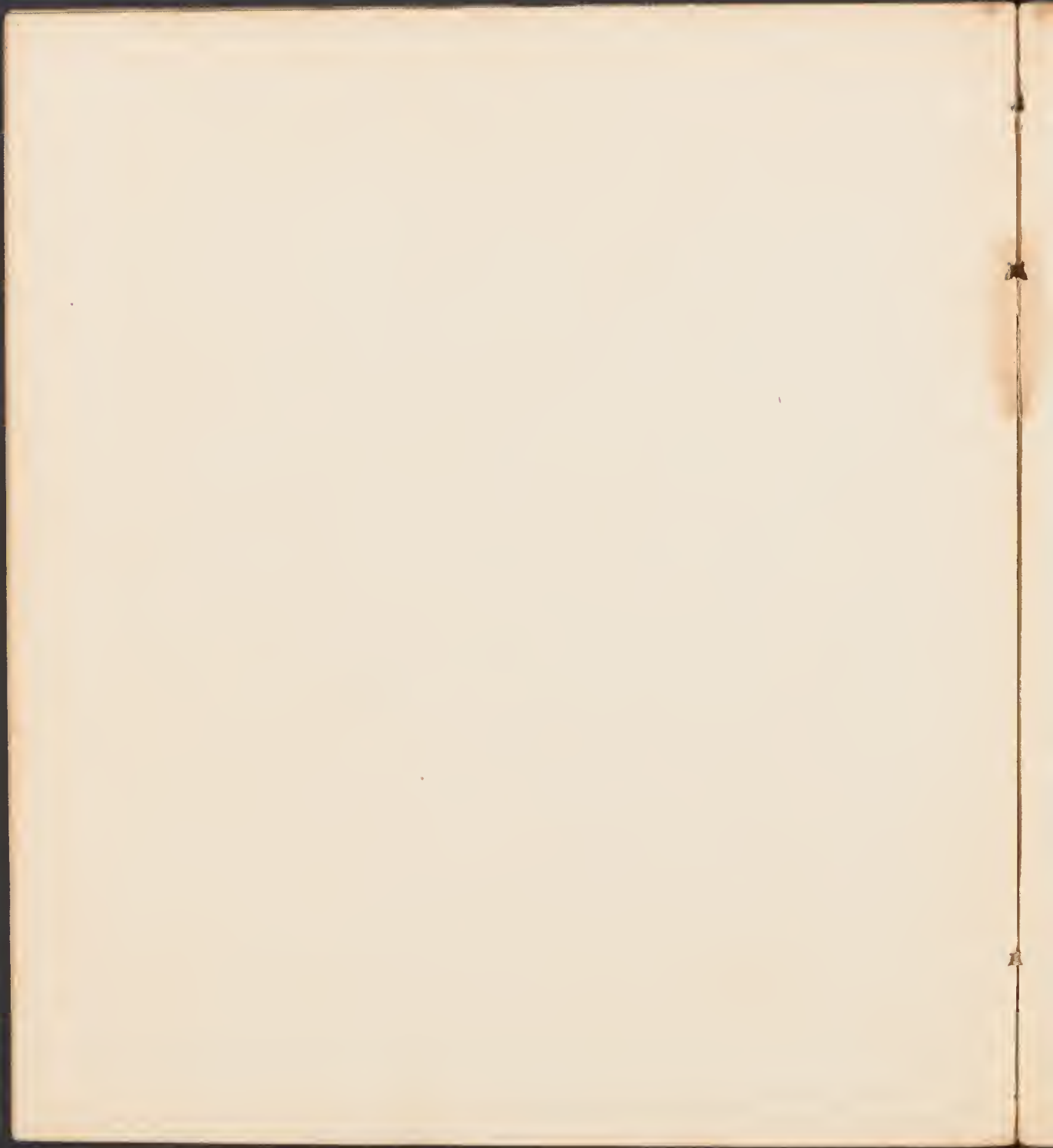
~~Of course, the finer the internal organization of any person
is, the more he is liable to subtle & inexplicable variations of
physical condition; but this greater sensitiveness works in
both directions & gives also greater heights of power.~~





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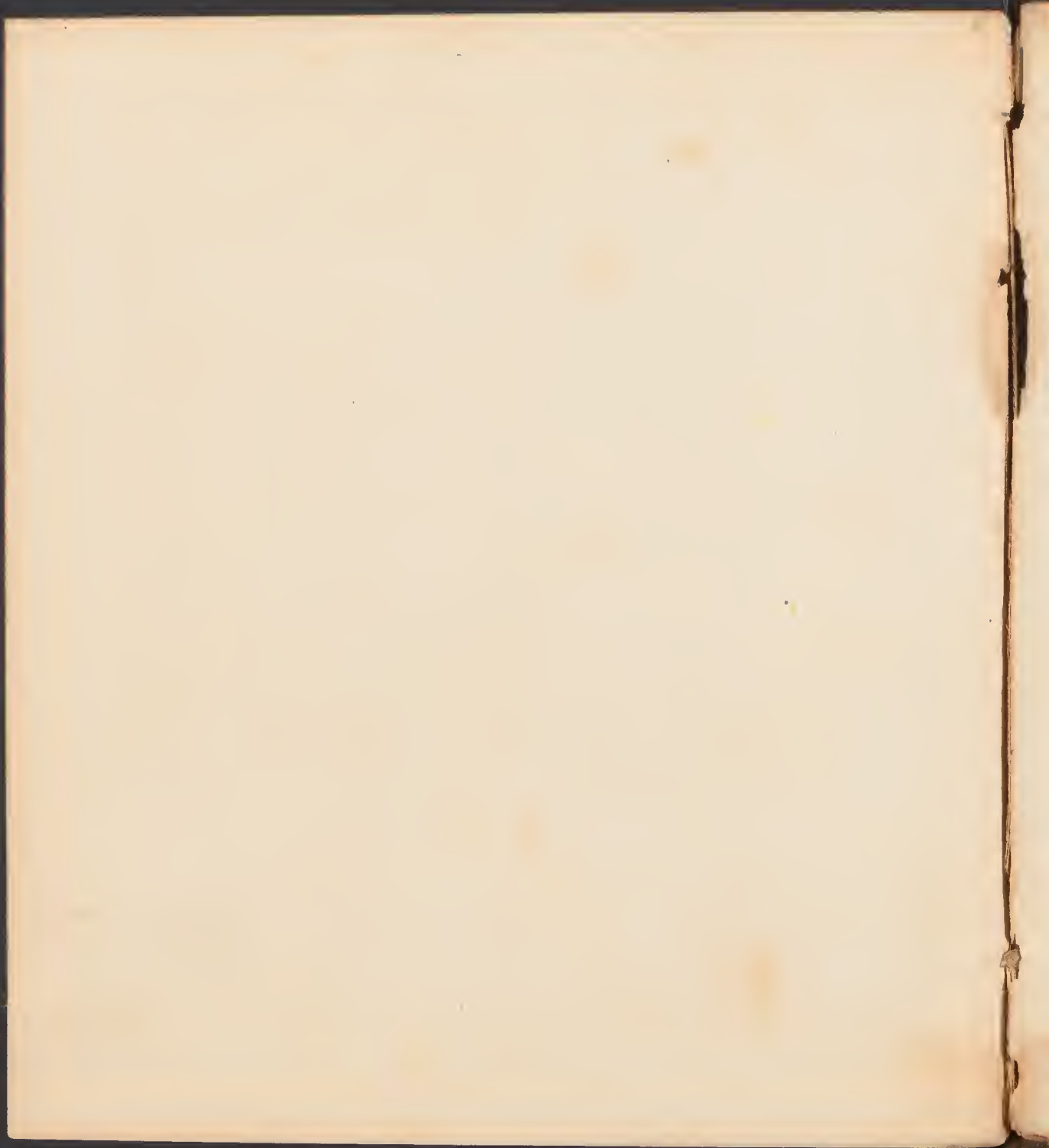




1842 1843 1844 1845 1846

...	March 22	March	May 7		
...	April 17	April 5	May 15	June 7	
...	March 29	April 23	April 9	May 28	
...	April 10	April 7	April 25	April 18	
...		April 2	April 23		
...	April 17	April 21	April 22	April 28	April 23
...	April 28	April 21	April 15	April 24	April 20
...	April 22	April 28	April 20	April 29	April 20
...	April 27	May 9	May 1	April 20	April 10
...	April 27	April 30	April 28	April 11	April 10
...	April 27	April 29	April 22	April 22	April 10
...	May 27	May 8	April 28	April 15	April 10
...	April 29	May 12	May 3		
...	April 27	April 28	April 24	April 21	April 10
...	April 28	April 30	May 3	April 11	April 10
...	April 28	April 30	May 27	April 11	April 10
...		May 1		April 11	April 10

30



Dep. Jan 1.50

To Cash 100

to 25.00

to 50

to 100

to 100

to 100

to 100

to 100
to 100
to 100
to 100

to 100
to 100
to 100
to 100
to 100

1836

Received of the Treasurer of the
County of ...

the sum of ...

...

John ...

...

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...

...

...

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...

1.	1841.	342.	35.
2.	1842.	343.	36.
3.	1843.	344.	37.
4.	1844.	345.	38.

