

HARVARD UNIVERSITY HERBARIUM.

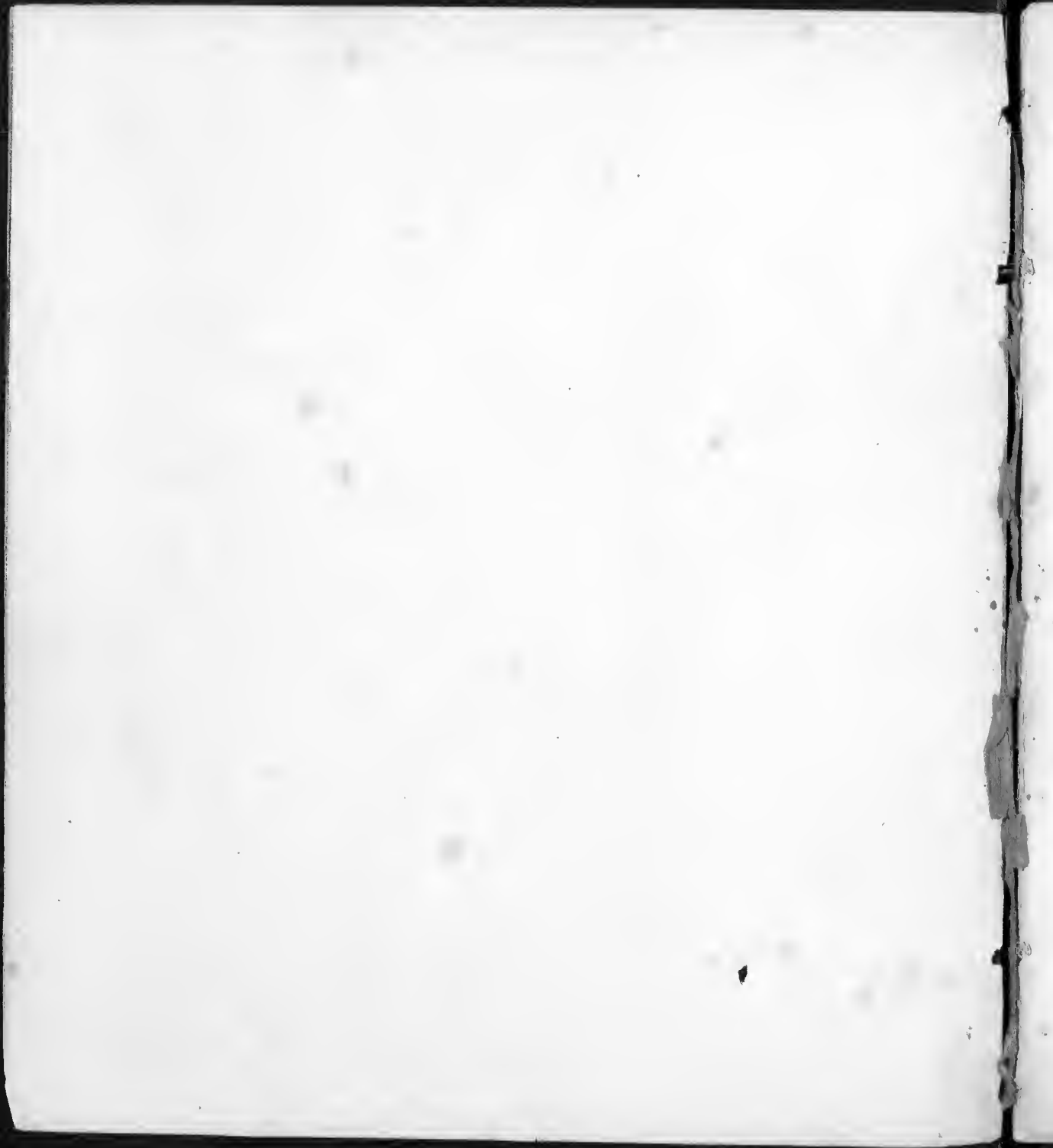
THE GIFT OF

J. W. Higginson.

Note book for flowers (1/1/1912)

+ afternoon for

typical Tramping



Mapa

1875

Carbon Date

11

<i>Leontodon taraxacum</i>	Apr 7	4
<i>Stellaria media</i>	9	1
<i>Lamium album</i>	17	2
<i>Plantago lanceolata</i>	20	
<i>Callitriche palustris</i>	"	
<i>Erythraea flavescens</i>	"	
<i>Asperula cynosuroides</i>	"	
<i>Thymus praecox</i>	"	2
<i>Urtica dioica</i>	"	2
<i>Prunella vulgaris</i>	"	?
<i>Polygonum bistorta</i>	"	
<i>Erigeron annuus</i>	21	4
<i>Viola tricolor</i>	"	
" <i>arvensis</i>	22	
" <i>canadensis</i>	26	
" <i>holandica</i>	"	
" <i>tricolor</i>	"	
<i>Thalictrum flavum</i>	"	
<i>Delphinium consolida</i>	"	

Urtica dioica
Viola tricolor
Lamium album
Polygonum bistorta
Thalictrum flavum
Delphinium consolida
Erigeron annuus
Viola tricolor
Urtica dioica
Viola tricolor

X island an interesting locality
 or " preho -

1859
 Honolulu

Apr

27

bladen: Oryzae and ac, Lachm.

28

Sasipige

29

Oryzae (in h)

20 N. notes

30

White notes

31

White notes

2

White notes

3

White notes

4

White notes

5

White notes

6

White notes

Solidaria, papyrus, Adalide, Epithelium,
 (Check collection list.)

March 1859 Sunday The weather is clear & pleasant
 until 5 o'clock. At 6 o'clock it becomes oppressive & hot. The wind
 shifts to the north & is higher & more fresh - but goes at 10 o'clock.
 At 11 o'clock it becomes more oppressive & at 12 o'clock it is very
 oppressive. At 1 o'clock it becomes more oppressive & at 2 o'clock
 it is very oppressive. At 3 o'clock it is very oppressive.

1845.

- March 7. *Salix eriocephala*. in bud. Brookline.
out Apr. 5 } ~~Waltham~~
 " 15 *Alnus serrulata* } (Cambridge).
 " 27 *Ulmus Americana*
 " 28. *Hepatica triloba*. Mt Auburn. L
 5. " " *Setoëes foetidus*. more. Apr 2. Brookline. Apr 5.
- April 7. *Epigora repens*. from Worcester.
- " 21. π *Gnaphalium plantaginifolium*.
 " " *Acer rubrum*
 " " π *Carex palustris*. in bud. out 23.
- 10 " 22 π *Anemone nemorosa*. Woods by "Porcellium"
the site of Fort
- " 23 *Betula lenta*. { Woods near Fresh pond - Went up to Brown's
 meadow near Millington's hill to find *Sanguinaria*
 did not find that nor a single violet or *Anemone*
 or *Houstonia* - only *Crowslip* in flower.
- " 25. π *Houstonia cærulea* }
 " " π *Erythronium Americanum* } near the Swamp on Cape Cod
 " " *Thlaspi Bursa Pastoris*
 15. " " *Stellaria media*
- " 256. *Leontodon Taraxacum* (Boston)
 " " *Glechoma hederacea* (Boston)
Lamium complexicaule

Cambridge. 1845.

April 28. Juglans alba. ? Behind Holywell Hall.

x Pyrus ovalis in bud. out May 1.

20. " 29. Ribes triflorum. in bud

v 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 flavum in bud out May 14

x Aquilegia Canadensis. in bud. out May 1.

30. x Saxifraga obovata

x Anemone Thalictrifolia

x Fragaria Virginiana

x Potentilla Sarmantosa. 14.

Medicago Lupulina

} Concord Turnpike

Hill N. Fresh pond

} Copsse 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) p. 11.

35. " 30. x Thalictrum Dioicum

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

x Vaccinium tenellum

[Sinapis nigra] ?

Betula populifolia

} Arsenal woods

Journal.

Apr. 28.

April 28.
 Stopped &
 I have for
 Dr Harris
 on the left &
 Bloodroot &
 This was a
 day - I saw
 Erythronium
 is close to the
 Wellington's hill
 hills - rock
 and then
 Tomatoes
 A. B.
 true tree

April
 an some
 leaves of
 I saw a

*

R. F. a much finer one - fine mag. of a fine ...

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
 within a long the tramp.
 Wellington's Hill



also + felt like

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

of Curtis' Sp. The real

Journal.

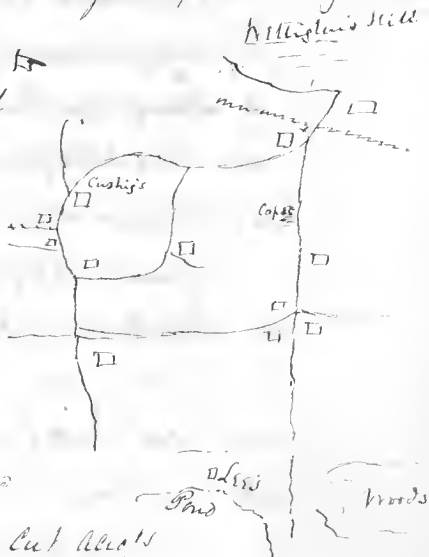
Apr. 28. Found anemones in profusion in the thickets, toward Somerville.

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

Stopped in opposite Mr Lee's. Fresh pond & found some *Viola ovata*, the first of any but I have found - afterwards found a few *V. blanda* in the wet 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 orbata* - very rare, & almost gone.

Then went on to Mr Brown's (I mistook the place the other days) - I took a place - *Carpenteria* with *Sanguinaria* *Erythronium* & *Trillium* - also *Urtica* *Compositae*. 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 *Thalictrum* hills - rocks & moist - *Asclepias* & *Columbine*. *Manisuris* were there somewhat - back from the road I returned - cut across toward Cushman's & came out on the Waterbury road - a fine track.

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. Thalictrifolium* I ever saw. The ground covered with the leaves of *Urtica*, in the litch dells. Found but a few *Columbines* 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. 1876.

40. May 1. *Ranunculus fascicularis*
 " *Viola pedata.*

} Hill in Roxbury
 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 Botryopium.

Populus Canadensis. Balm of Gilead.

} Brookline hills
 Riley, woods. 4
 Lynn, Mass. 1
 Concord, Mass. 2
 Brighton Heights. 1

50. " 5. *Viola lanceolata*

" " *pagittata*

" " *palmata*

Andromeda Calyculata

Rumex acetosella

55. " *Convallaria bifolia*. in bud out May 14

" *multiflora* in bud out May 13

Nuphar advena

Primula argentea

} Marsh near
 Frogg's Park.

Widens on Cape road.

" 6. *Viola acullata*

" *Senecio aureus*. in bud out May 22

" *Thalictrum umbellatum* in bud out May 28

" *Glechoma hederacea.*

Near Boston town
 Franklin

Journal

May
Few flowers

May 5.

in Big, little woods.

May
in my hand
- the same
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 Utricularia & big
with. After half
heights. & find Viola

Before
Spring

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

found - no violets.

May
along the
- but as they
are more or
flowers also
Comin
Woodward
found Comin

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

Trotting Park & then
of *Pyrus ioalis*
V. palmata - many
scarcely that - few

Harris says let
opit - but there
these?

May
Among the
Thayk

but the *Thesium*.

in material. 3 spec.

May

in material - 3 spec. - the del - had it been

Journal

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

May 2. Walking from Brookline to Camb. from Peices woods (by Mr. Lyman)
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, especially. After half
losing my Combs (a rare thing for me) got across to the Brighton heights. I found *Viola*
pedata & *Pyrus Botrydium*. 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 Fetting Park & then
across the meadows to Fresh pond back road - Found woods thick with *Pyrus ioalis*
- but no sign of *Urtica* or *Menzantia* - no *Viola pedata*, but fine *V. palmata* - many
anemones & many *Androseda caerulea* - *Convallaria* only in bud, I search that - few
flowers altogether. *Asplen adnata* very early.

Coming back stopped at the mill on Caspian estate where Mr. Harris says he &
Woodward found *Arabis hirsuta*, 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. Rescort's old Caspian road locality.
Thaxter gave me the beautiful double-flowered *Arum*. *Thalictroides*, found near in Mattapan. 3 spec.

May 7. To Mt. Auburn Woods for *Cypripedium* - couldn't find the del. - last year

Cambridge. 1835.

- May 7. *Trifolium repens.* Mt. Auburn road.
 " *Copris tripolia* Wood E. Fresh pond Avenue: h
 also *Dracoma strob. matutina*
- " 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.* " " " " N. W. declivity. hh
 " *Laurus Sassafras. i. ind.* " " - Rocks W. side, near pond. h
70. *Andromeda polifolia* " " - Bog Eastern border. hh
 " *Lycopodium complanatum.* Ground between - between J. & L. respects stn.
 " *Veronica Aspyllipolia* - S. G. P. S. Swale.
- " 12. *Vaccinium didymophyllum*
 " *compusum* } Near Div. Hall
 " *virgatum.*
- " 13. *Chelidonium majus*
 " *Ranunculus bulbosus*
 " " *abortivus*
80. *Pyrus arbutifolia* Fresh Swamp W. Fresh pond.
 " *Urtica perfoliata* } Water between Fresh pond & Brookline h
 " *Viola pubescens* } [*Ribes pond*] h
 " *Rubus trivialis* } h
 " *Pedicularis canadensis*

Journal

7

plunged up? Thence to Arsenal woods - no sign of Lupine or Viola pubescens - Columbia patch out, not wholly. 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 to walk. To Richard's pond via Peiles (Lepman) woods, where got much *Panax trifol.* but on turnpike where *Monarda longifolia* should grow, int 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. - litch etc. Along a path leading N. 3/4 mile & back - then up N.W. side of Summit - more ~~fragrant~~ ^{fragrant} than ever before, a dozen shrubs - strong place it is. In the summit - they have 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 have 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 made to 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 violet & 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, & ^{the} pointed out more than 100. *Asperula* has been seen. There is a sp. of Lichen growing under water there which grows nowhere else within 150 miles. Fine violets

- May 14. *Gerum rivale* [Woods & marsh near Dr. Hall]
85. *Geranium maculatum*
Callitriche vesna
Carex anceps. #
Achillea interrupta. #
90. *Equisetum hyemale*. Brown's. Matcatron. L
Rubus Saxatilis. Big? *R. agropoidites*. Beck. do L
15. *Asnaria rubra* Road sid. Camb prot.
16. *Rumex Virginiana* Copse back of Dr. Camb. road
Rhodra Canadensis. Near Race comb L
18. *Berberis vulgaris*.
Juncus Americana }
Juncus Linnaea }
Lubus alba }
" *ilicifolia* }
19. *Potentilla Americana*
Potentilla simplex
Stellaria longifolia
20. *Silene Pennsylvanica*. Road sid in Shinton - near L
Conyza sarracina. [See opposite p. 11.] Charles River
Bartarea sativa } not in Bag. [Also Washington's Hill.]

Arum, Tritium &c. Geranium & Convolvulus just opening - Tribulus not yet.
 Further along in a meadow found *Genoa rivale* - then through the woods below the
 road in search of *Dracopis* & *Styracis* 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 & to study
 Dr Gray's admirable work.

May 16. "Found the fresh *Rhodora* in the woods" or on the meadow rather
 by the Rail Coulee. - saw *Menzanthes* leaves only. Also tried Cheny search out.
 The *Artemisia* & *Urtica* & *Dracopis* *Erythronia* *Pallas* road.

May 20. Went to Goddard's wood in search of *Conradia* - got but one hitch slip - 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 armorica*

Cardamine Pennsylvanica

Barbarea praecox? [not in Big. C.T.]

} Mt meadow N. Conc.
tumpike.

Dracopis borealis! in hnd.

Convallaria strobilata.

} Woods S.W. Brown's, below - K
same with E. S. leaves in Pierce's (Lymen) woods, K
- Wright's Hill

Miscota virginica. in hnd.

Ergem bellidifolium

Artemisia latriflora
myosotis patens

Woods near Waterston - also near
Dr. Hark Camb. & R pond Broad.
Wright's Hill
Conc. tump. opposite the sea

May 23.

May 23 *Ranunculus multifidus*.

Achillea millefolium

Comus Florida

Cypripedium acaule

Hepoxis erecta.

Myrica aspera.

Convallaria racemosa.

Pond between Pierce's (Lymen) woods &
Brighton rocks. K

Rick's pond hill. K

E. side pond. N. big rock

[Grass] *Asperula spiculata*.

Pond. Worcester tump.

Lichens *Umbilicaria vesca*. Rock Tripe. } Brighton Rocks.

Siccia pulmonaria. Lungwort.

May 22. Walk fr 10 to 3 to Wellington's Hill. Stopping at a marsh N. Creek top. There found the common wet plants. There D. Brownie & by me in search of Dracoma sp. found at last only in bud. The found seeds to Dr. Ken showed somewhat & leaves looked packed. Just woods beyond Brownie, back of them to the left. In the other woods found a few Cono. striketa, the locality for sp. was known. Thence up on the hill to the top, resting in a, only some Silene Pennsylvanica found the 20th. Home via Watertown, Wagonroad diam. getting slightly lost. Stopped at Mt. Aub. Camp, N. side.

May 23. Started for Richard's pond with Pickerman at 6h - he hung back at first, but got fall into the spirit thereof & we had a delightful time - a perfect day. Gave 6h - 12h - 6 hrs. by 12 miles, equal to 18 or so. First took Brighton village road - then across the he was toward Bowline. Stopped at high Brighton rocks, & he got lichens - then struck across for Pines (Lyman) woods - for the Panax trip. which he found full out & gathered - also one plant of Dracoma ornata! my wether's locality. Then across 7 hrs. day. on the way across there one cart-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 had delight to see. - Across to Richard's pond, Utricularia not ^{with} ~~not~~ found directly large. - some leaves in the water he thought belonged to Ranunculus flabellatus or Sly. Drosera umbellata - in water can identify. Found Andromeda polifolia (as 10th inst.) & on other side Cornus Florida & Sambucus pubesca (10th inst.) sp. of visited below E. T.

Out N. entrance woods & came out by S. G. P. S. Camp home, where he Lyman & J. K. P. S. home, I stopped & got luncheon from the Lapland (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
Pterospermum perfoliatum. in bud. Mt. Auburn
Achillea rubra. Mt. Auburn + woods by end.
Uraspermum Claytoni hirsutum. Usual woods
Pinguicula maritimum River salt marshes
Trifolium pratense.

" 29 *Chrysanthemum leucanthemum*

" 31 *Cornus Canadensis* Putnam brook - Brookline
 " *alba* Roads do

June 4. *Lais versicolor*
 Sisyrinchium anceps
 Vicia sativa
 Veronica scutellata
 Asperula autumnalis
 Asperula millefolium
 Robinia pseudoacacia
 Kalmia angustifolia
 Raplanthus Rappanistium
 Melva rotundifolia

} Marsh near the bottom.

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 toward the Community - stopped in
Putnam. Plenty of Comus Canadensis & Aspidium 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 Weston's meadow - found no
Arestum, though a man I saw had some there (also Aspidium - where 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, Aspidium or Comarum, found in 1891.
Went into a low thick chestnut wood beyond. Found only one Aspidium.
Struck SW; 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*
 " *frondosus*
- Vaccinium ~~triflorum~~ frondosum* Pine island Mt Camb. boundary.
 }
Scleranthus arvensis } Cultiv. field W. do
Spergula arvensis }
Silene antirrhina }
- Andromeda racemosa* Mt Camb. by the Pig Establishment
Sparganium lanatum " " - Little Pond.
Viburnum lentago " " - Roadside D-d
 " *dentatum* " " - ^{Coward} ~~Arceuth.~~ Turnpike
- p *Arctostaphylos bulbosa*
 p x *Mnemonanthus bipinnata* } Marsh near Race Course.
 1 x *Saracenia purpurea* }
- (25)
- " 5. p *Vaccinium resinoum*
 v *Cistus canadensis* } Brookside h
 v *Arctia racemosa* } Little Ponds
Rhus vernix
 + *Solanum nigrum* Brookside - Puz'd moor
 v *Cucubalus Behen*
 1 x *Onistogalum umbellatum*
Smilax rotundifolia
Solanum Dulcamara
Ligustrum vulgare
- none

Some fish 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 N. face of that grew much of the same beautiful *Andromeda salicifolia*.

S. N. of the Piggery a wood side - part that leads a cartroad, past some a brickyard. Then joining the road to N. Camb. from the Concord temp. I come out on Litch pond. I went half way and Litch pond - across to Spey Pond I of among the woods by the S. that - I then returned hereabout. Found nothing at Litch pond but *Sparganium* - & a *capitate* this *flats* - that is it

June 8 *Hieracium vicosum*

Brookline

June 11.	<i>Hottonia inflata</i>	} <u>West Cambridge</u>	hk		
	<i>Equisetum uliginosum</i>		March S. Conc. Turnp. 5 miles	h	
	<i>Lysimachia thyrsiflora</i>				
	* <i>Salix pylicillaris</i> - passif	}	also <u>Watertown</u> - S. Brown's	h	
	<i>Oenothera pumila</i>		Brookline, near R. Pnd.		
	<i>Melampyrum Americanum</i>		Woods Tr. do.		
1.	<i>Orobanchae uniflora</i>	}		h	
	<i>Spilax pedunculatus</i>				
	<i>plumus paniculatus</i>				
	<i>Celastrus alternifolius</i>		} <u>West. Camb. Conc. Turnp.</u>		
	<i>Rosa rubiginosa</i>				
	" <i>Scand. tripartita</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.</u> Brown's	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>Rumex vulgaris</i>				

June 11 was induced to this trip by Hill'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 meadows to the left - there found Stottonia & other things - leaves of Mesquiantha 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 woods found a great deal of Aretium - bulbous, (wh. by the way I have not found at all in Vermont. There has been one stone) Came back straight along the turnpike, only as I was when at top of the hill struck off & down towards woods 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.
✓ Actaea cynapium

} Roxbury
Sept 5 to 10 June 18.

" 17 Cichorium Intybus.
Leonurus Cardiaea

" 18. Potentilla Norvegica
Fatium trifidum
" ciscaesans
" asprellum
Rubus sempervirens
✓ Isalra viscosa.

Mar Charles River - abn. Simons.

" 20. ✓ Gymista tinctoria
Urticella repens
Syrinchia quadrifida
Villarsia lacunosa
✓ Scutellaria galericulata
✓ Gymbidium pulchellum
✓ Arestusa ophioglossoides
✓ Vaccinium oxycoccos
Myrica aspera
✓ Lycopodium claratum
" Pyrula asarifolia
" rotundifolia in hie
" umbellata " "
Viburnum flammula

Camb. Hick back Proprius Row h

} Brighton. Brookline.

} h
h
h
h
} Brookline. Rickland pud

} 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*. Mr. Tuckerman said grew there - found only the leaves, these were white & woolly beneath. Didnt feel like walking & came back short of Mt. Aub.

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 notes 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* & *Cynobium* 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
Vick.

June 23. *Hypericum perforatum*
Rhus glabrum.

24. " *typhinum*
Antirrhinum Linaria

" *Canadense*
Apoecynum androsalmifolium

27. *Asclepias quadrifolia* *Waldston. Milk weed Thasti*

Arenaria scryphillifolia " *Witch h. "*

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

Polygonum Sagittatum "

Andromeda paniculata *near Riv. 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

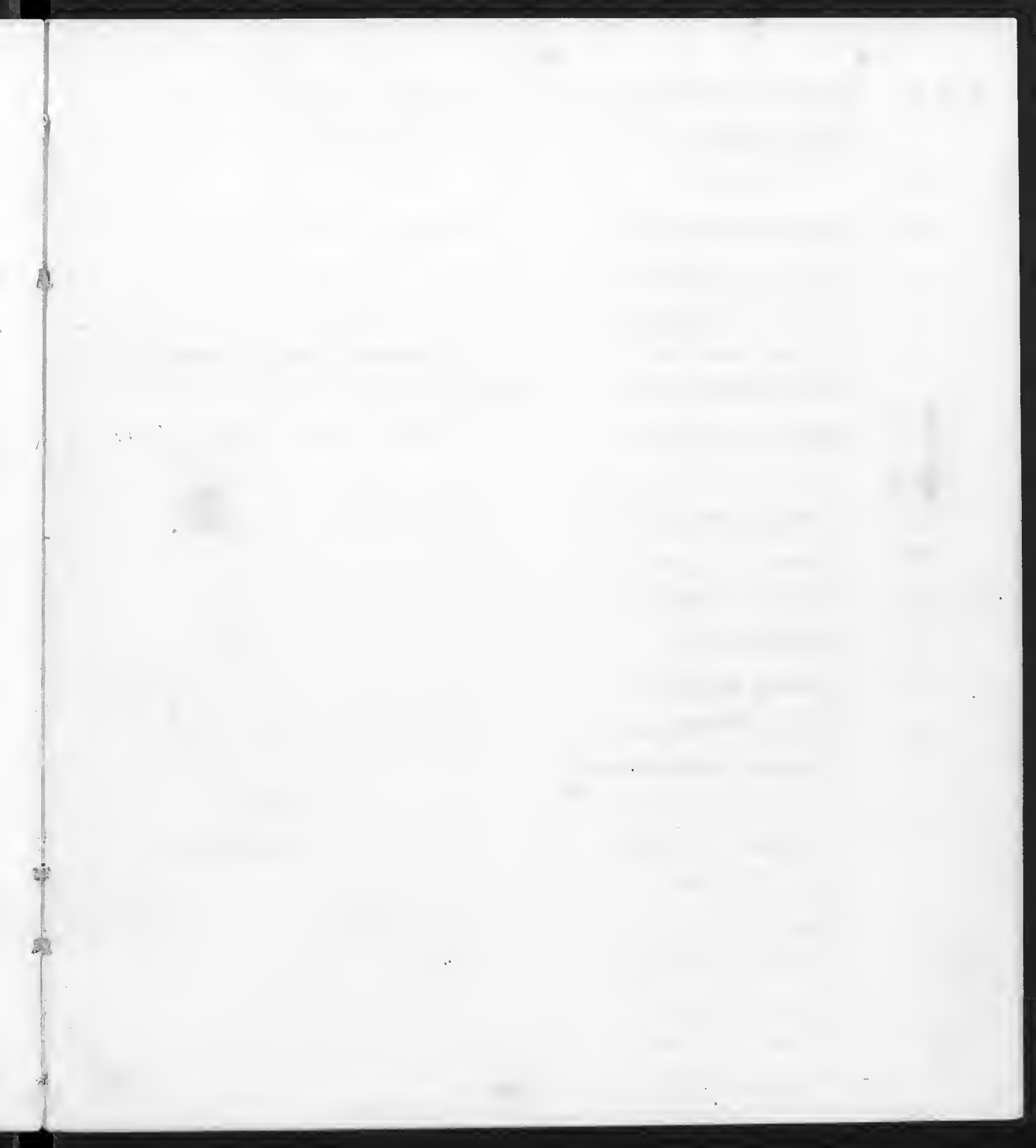
Asclepias Syriaca

Cnicus lanceolatus

Thlaspi acanthium

Podalyria tinctoria

Osmunda cinnam.



July 8. Bunias 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.) Brown's
" meadow above "
" R.R. bridge " "
" woods above Brown's & Cape on Pump.
By West pond.

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.

} Brookline
Richard's pond.

July 23.

Alisma Plantago

Gratiola asca

} Edge water. S. side park pond.

Circaea dubitiana

Agrimonia Eupatoriæ

Galopsis Tokait

Lycopodium virginicum

Mencha borealis

Artem. spectabilis

" dissecta
Impatiens solida
Utricularia

Punctatum sedoides

Campanula stricoides

Cephalanthus occidentalis

Polygala sanguinea

Asperula cathartica

} Grove etc. S. side "

} S. side W. side

W. side point by old Ice House.

Croc. Tumbula

Maec. Div. Hall.

27

Melampyrum verticillatum

S. side pond - bank

July 29

Nelumbo occidentalis

Solidago altissima

Anula Helenium

Prenanthes alba

Verbena hastata

Eupatorium purpureum

" verticillatum

Brattleboro, Vt.

Aug 1. ✓ *Orchis fimbriata*

Madiastrum nudiflorum

✓ *Gaultheria procumbens*

Cassia Marilandica

Mysotis virginiana.

2. *Gerardia flava.*

3. ✓ *Polygala verticillata.*

✓ *Eupatorium asclepioides*

✓ *Polygonum*

4. ✓ *Circaea alpina*

✓ *Lysimachia ciliata*

✓ *Apocynum Cannabium*

✓ *Scutellaria laeviflora*

— *Rubus coccineus*

5. *Polygonum citinoides.*

✓ *Chelone glabra*

— *Campanula rotundifolia*

— *Lobelia pallida*

✓ " *biflora*

✓ *Physolacca Scandens*

✓ *Panicum stercoraceum*

L. S. H. near Thomasville
Garden.

Brown's Wood

Whitney's Place

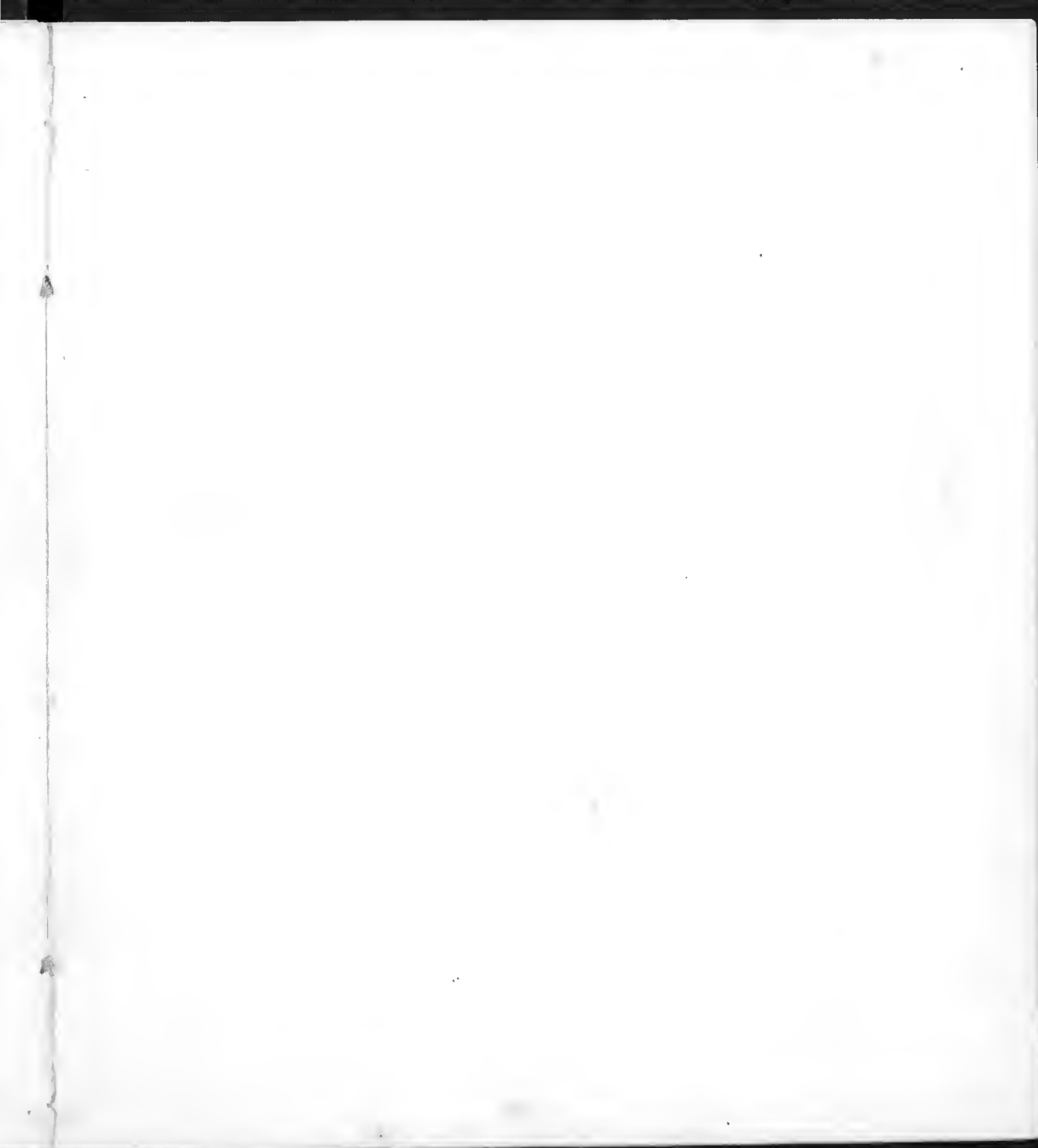
Near the River.

River — End of Scamuel Park.

Near Wheelstone Brook upper Falls.

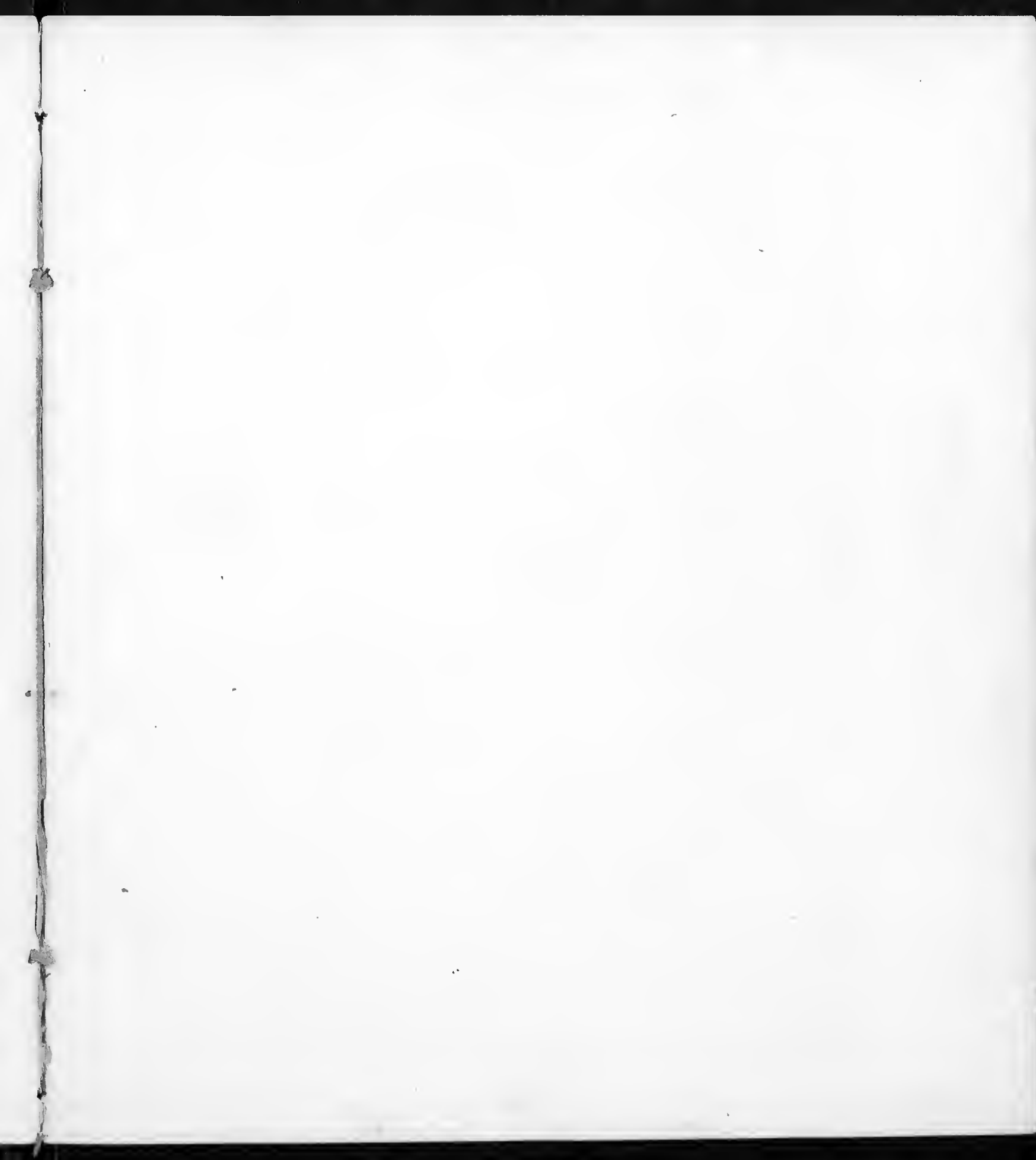
} Near Wheelstone Brook.

Mountain Brook.



Trip to Connecticut, & Sea Shore.

- Aug 9. ^{press.} ✓ Mesilotus cucanthe [Beck] New Haven.
11. ✓ " officinalis Sachems Head. Guilford Co.
- " Salvia Caroliniana. " Rocks &c.
12. Sarothra Gentianoides. " Sandy Roadside
- ✓ Ranunculus Flammula " Ditch by "
- ✓ Urtica Avicularis " Fields.
13. Plantago maritima
- Artemisia marina
- ✓ Talictoria mucronata } " Rocks &c
- Cactus Opuntia. inoptima. }
- ✓ Genagallis arvensis
- Gerardia maritima " Salt marsh.
17. ✓ Hibiscus palustris } " marsh do toward
- ✓ Compa Camphorata } Guilford. - abundant.
- Aug 21. — Asotia gracilis Sachems Head.
- Salvia Stemonium " do
- Scenarium canadense " do
- 18 — Cassia Chamocrista } near Hartford Over Meriden. Ct.
- Phaseolus helvolus. [Beck.] } on the Sands through wh. RR passes.

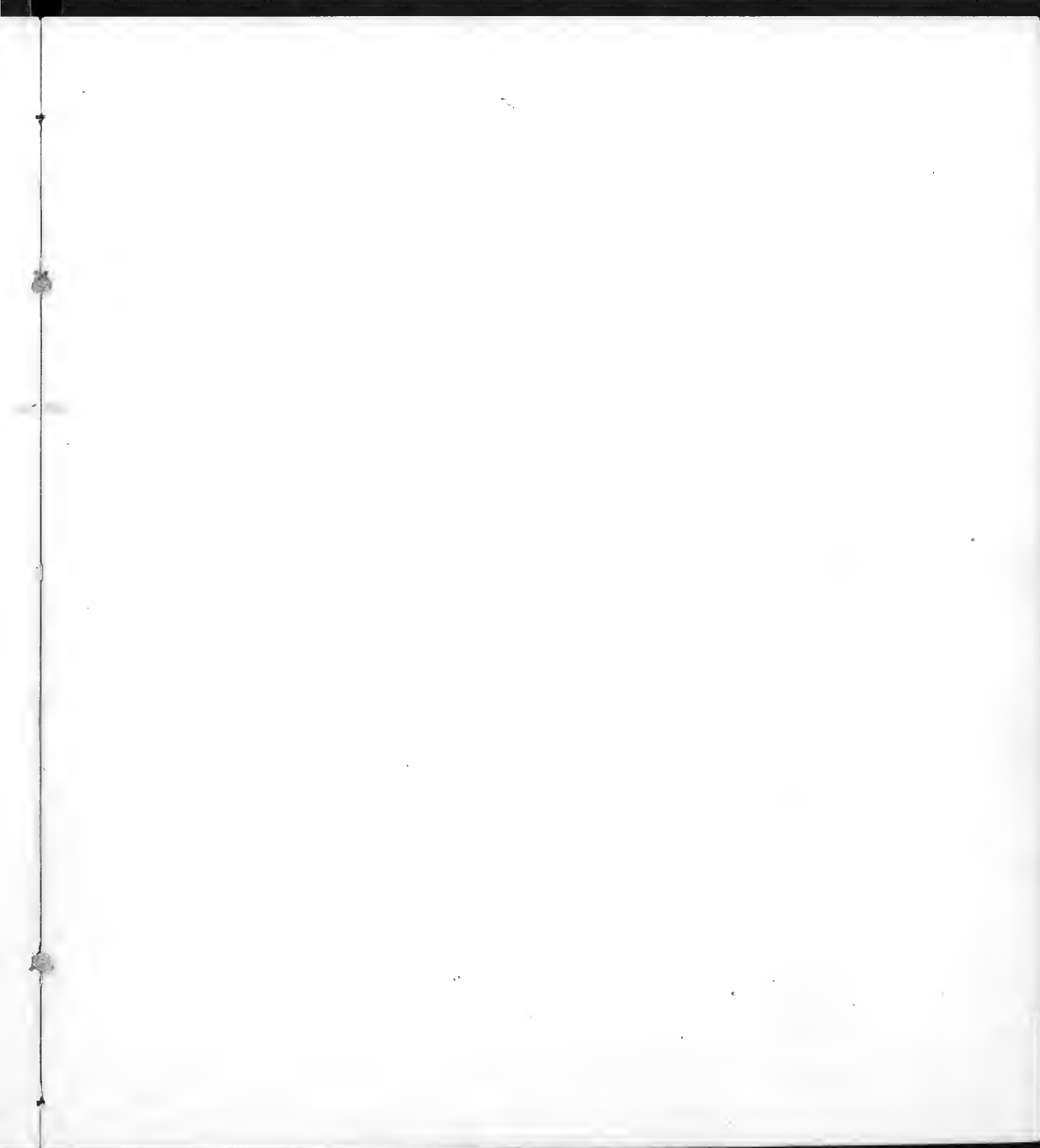


Brattleboro! N. again.

- ~ August 25. *Gerardia purpurea*
georgiana
" 27. ✓ *Glycine monoica*
" " ✓ *Ranunculus filiformis*
" " ✓ *Bidens bipartita*
" " ✓ *Sotkia (cardinalis)*
" 31 ✓ *Aster Plumbeus*
" " ✓ *Hemamelis Virginica*
" " ✓ *Senecio Missacifolius*
" " ✓ *Miraculum marianum*
" " ✓ *Trichostema dichotoma*
" " ✓ *Polygonum sabitatum*
" " *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 denudata</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 caerulea</i> | |
| | <i>Potentilla sermentosa</i> | } Back of Palpey woods. |
| | <i>Artemisia nemorosa.</i> | |
| | <i>Viola orata</i> | Asar Lee's & Washington's Hill. |
| | " <i>debilis</i> | Copied, it's special locality. |
| | " <i>flanda</i> | } Asar Lee's near. |
| | <i>Callita palustris</i> | |
| | <i>Sanguinaria canadensis</i> | |
| | <i>Montana sedifolia</i> | } Brown's |
| | <i>Erythronium americanum</i> | |
| | <i>Laurus Boston</i> | |
| | <i>Saxifraga maritima</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 much as in Indian Ridge Park etc. Said to grow also on Wellington's
hill - take J Hill & J. 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 warmest spring yet for 5 yrs.

In the Alps find *Vicia* *dehiki*, scarce, but - no *Bloodroot* there!
plenty however at Brown's - *Cypripedium* scarce but - good many *Monarda*.
On Wellington's Hill plenty of *Scirpus* - *Columbia* not fully out.
A good many *Potentilla* & one *Prunella* *bloody*.

I wanted some *Sanguinaria* roots for Dr Gray.
Perfectly astonished at the Emaline - though I expected something
from the March snows.

1846

April 24.

Leontodon Taraxacum

Medicago Lupulina

Trifolium repens

Lamium amplexicaule

Ranunculus ficaria

Anemone Thalictroides.

Thalictum divinum.

} Mt Auburn road.

} Arsenal woods - the end.

May 4.

Viola pedata

" *cucullata*

" *debitis pubescens.*

Panax trifolium

Ranunculus multifidus.

Rubus saxatilis or *agropodioides.*

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*~~
~~*Sparganium*~~ - Several species

Coptis trifolia

Chelidonium majus

Urtaria perfoliata

Geum rivale.

Watertown Arsenal woods.

Watertown Anemone-wood

Apr. 24. Went to the place where Levi found the double Anemone
a copse behind Stearns's house on the Waterston 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 fern. Then up to high
rocks in the lane where propagation of Columbine. Finally secured the
shortest cut to the Westhatch from the lane on discombed last yr. In the
continuation of that lane, in a copse, the other side the Panax, found yellow
violet - ^{after 1861} by 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 Waterston "Ardenal woods", thence to "Anemone woods"

At the former found no trace of *Vicia pubescens* anywhere: found Lupine leaves
near the farther hill side - where I first found it: & just opposite it on
the mossy hummocks *Coptis triflora*. Nor did I find *Montaria pectinata*
there - but one specimen at the Anemone woods, where were no double ones.
Found also *Rubus acropodoides* (see above) in a marshy bit of wood. NW of the
island where so much *Conocarpus* grows

1846.

May 15.

- Orientalis Americana* (seen 12th)
- Asiatica Pennsylvanica* (" before)
- Conyza bifida*.
- Onus Virginiana*
- Geranium maculatum*
- Lepidium*
- Cyrus acutifolia*
- Medium umbellatum*
- Achillea longifolia*
- Potentilla simplex*
- Nota lanceolata*
- Rhodon Canadensis*
- Tringanthus bifoliate*
- Scleranthus annuus*

Mar Dr. Hall

Mar Trotting Park

18. 3

- Menaria rubra*
- Veronica Scrupylofolia*
- Chrysanthemum leucanthemoides*
- Triplium pratense*.

21.

- Menaria Scrupylofolia*
- Uraspermum hirsutum*
- Ranunculus abortivus*
- Silene Pennsylvanica*
- Trum triphyllum*

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

21. (cont.)

Cypripedium acule.

Thellium lanatum

Trapa radicans

Ranunculus repens

Nuphar advena

Berberis vulgaris

Ribes hirsutum

" *strigosum*.

Cochlearia armoracea

Armal woods - Saker's Pond, near
where *Leptis tripartita* grows - (May 8)

} do. Delta.

25 were sent to me, half pressed, from Bratuleboro!

Asarum Canadense

Staphylea trifolia.

26.

Sisyrinchium anceps

Potentilla argentea.

Bernthofium umbellatum

Collegiate.

Delta.

1846

June 1.

Robinia pseudacalia

Orobancha uniflora

Convolvulus stellata

" *racemosa*

Trifolium racemosum

Senecio aureus

Vitis vulpina

Solanum dulcamara

Iris varicolor

Saxifraga purpurea

Monarda scutellata

Cornus alba

Actaea rubra

Myosotis palustris

Ranunculus abortivus

Oxalis stricta

Trifolium umbrosum

Caulophanes Pennsylvanica.

Mr. bank Fresh pond, by pond pit
Ward below Millington's hill

Watertown

June 6.

Cucurbitaria Bohem

June 1. To Wellington's Hill & Watertown.

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

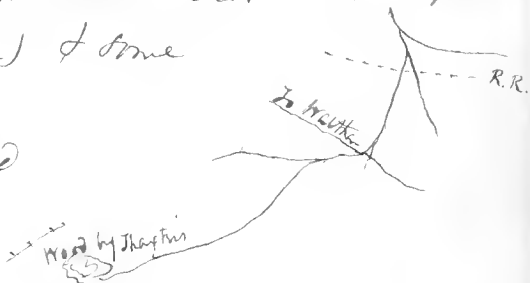
Brown's & Orest about adumel.

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

Divided at the R.R. cutting - some fine wood there. 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.

Robinia pseudacalia

Orobanchc uniflora

Convolvania Stellata

" *racemosa*

Aracea racemosa

Senecio aureus

Viburnum viride

Solanum dulcamara

Tris radicolor

Saxifraga purpurea

Thymica scutellata

Cornus alba

Actaea lutea

Myosotis palustris

Ranunculus abortivus

Oxalis stricta

Trichis Umbroidea

Caulamine Pennsylvanica.

Mr. bank Fresh pond, by Paulpit

Ward below Millington's hill

Watertown

June 6.

Cucubalus Bohen

June 1. To Wellington's Hill & Watertown.

Divided to Dr. side best paid in hope of the long swift
Convolvulus hirsutus but in vain - found (as last time) some leaves at
entrance thicket wh. I thought might be it

Brown's & snail about normal.

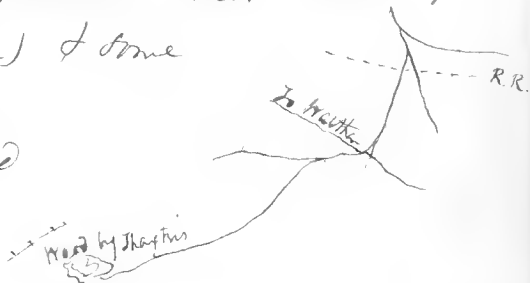
Kept along Balkan road. The road meeting here are in
hopeless confusion I got right on my map.

Divided at the R.R. cutting - some fine woods here. when I found
the Actaea (Chush), Silene Penn. (Common) & some
lingering Composites I mentioned.

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 peculiarly
suited for

1836.

June 9.

Genista tinctoria
Gynopodium effinale
Achillea tuberosa
Diervilla canadensis
Gallium septentrionale
Achillea millefolium
Kalmia angustifolia
Rhus glabra

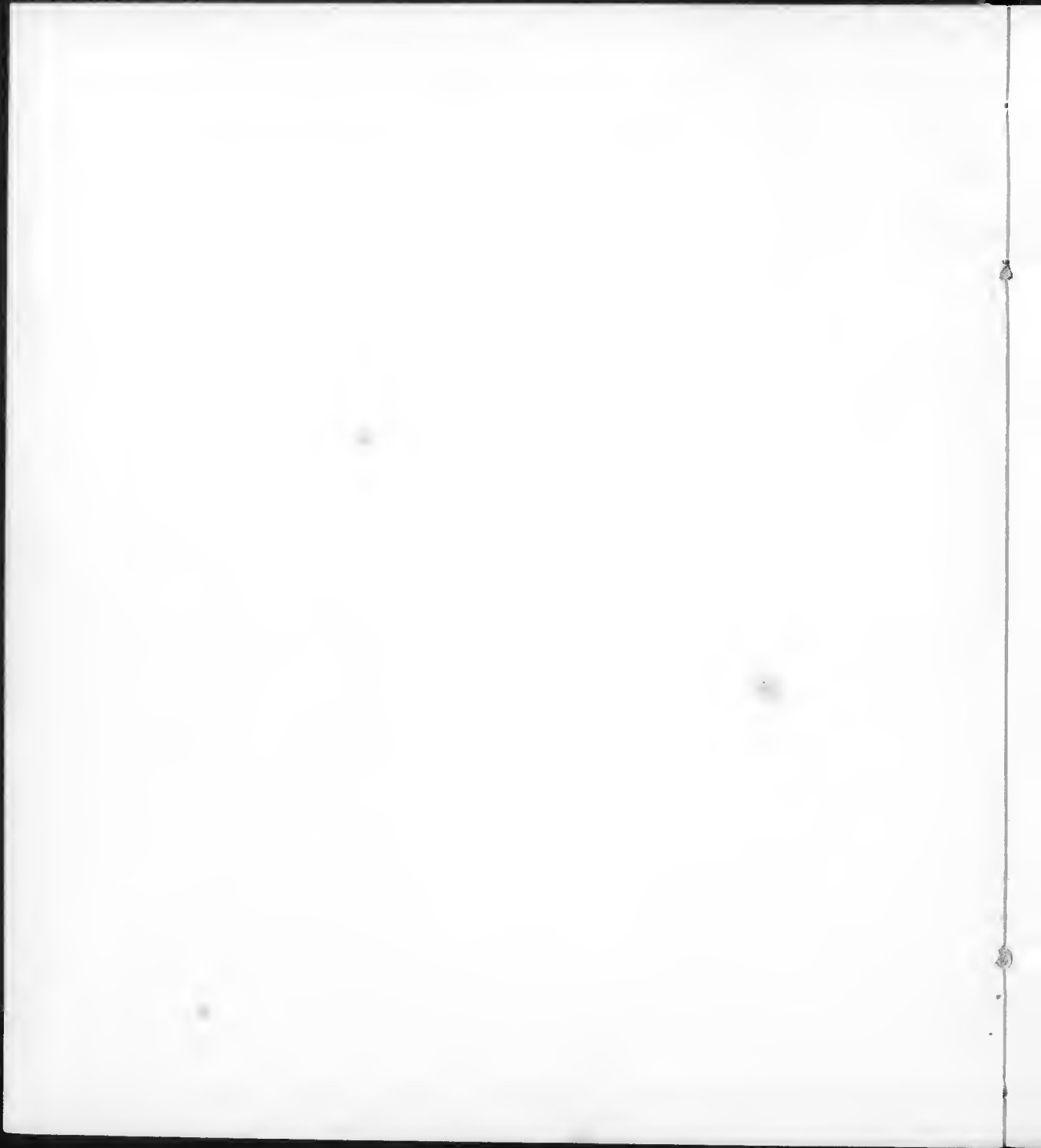
Near Dr. Hall.
Cinc. Fremont

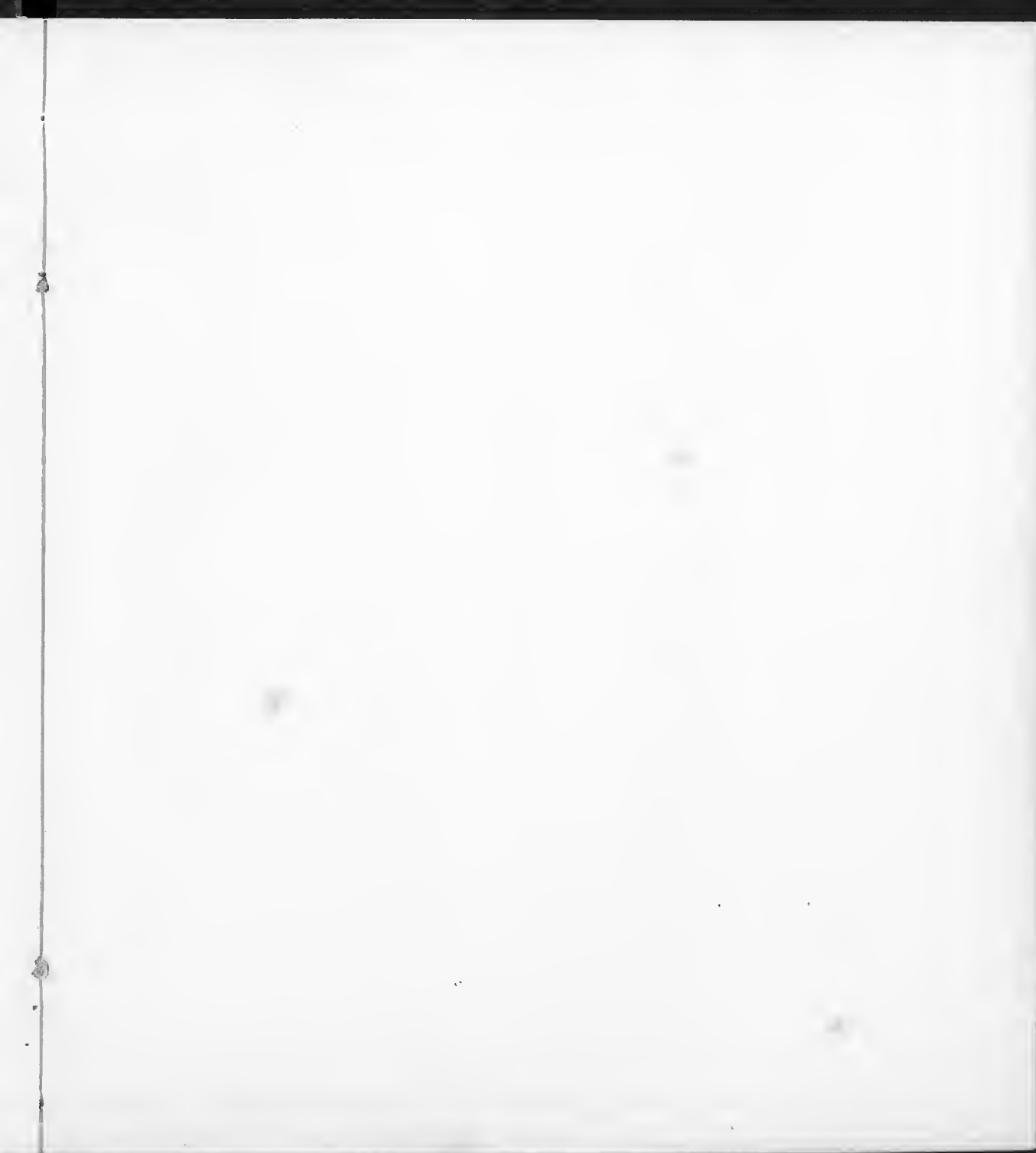
Copied in marsh, near Hottel's

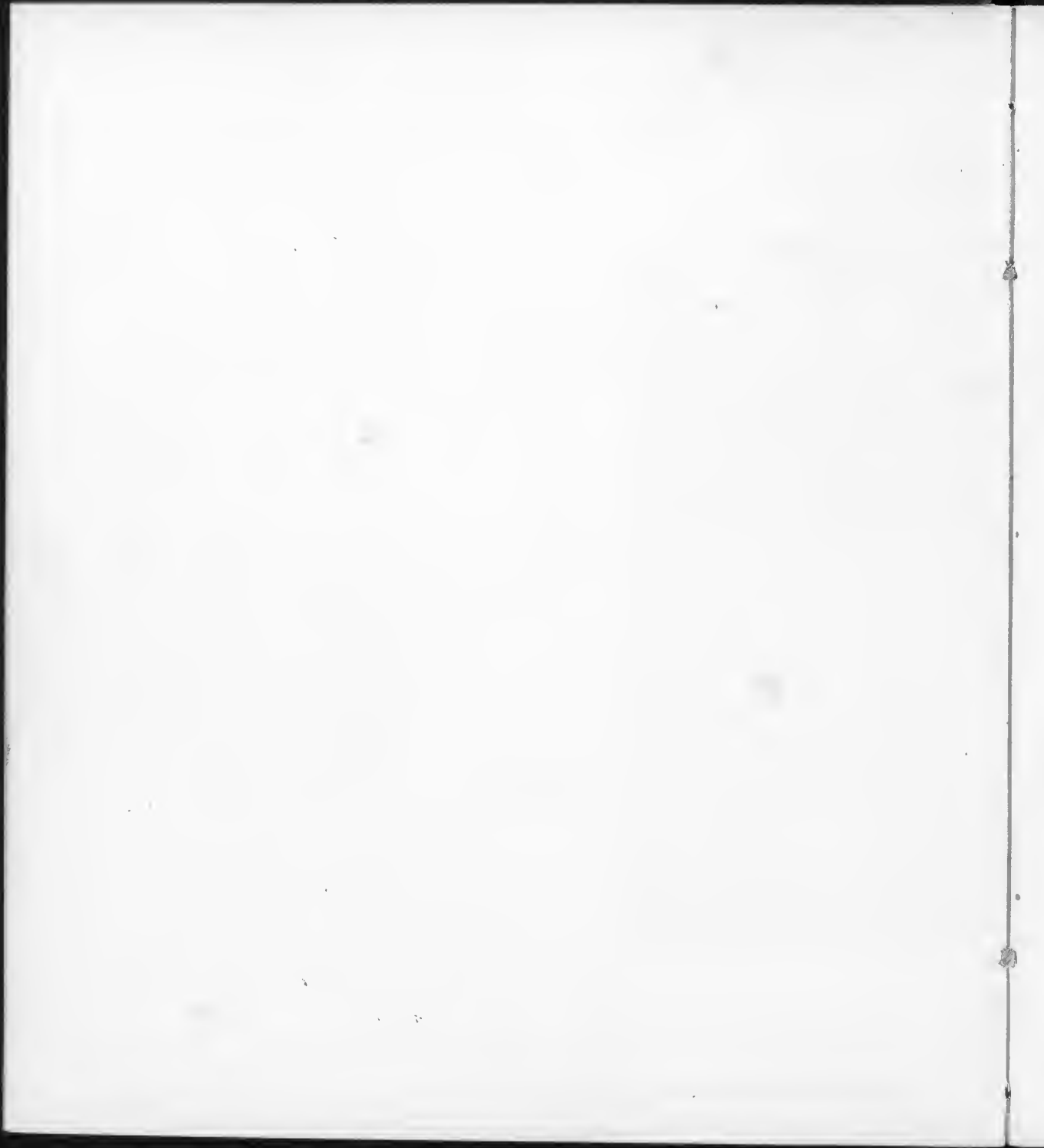
To Lexington boundary on the Concord Turnpike.

ame walk as 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 Heltonia, especially. Many - trethuras, but none the road.
Nemida in an oak's way along the swamp.

Returning Oropis in the Walden road beyond Wellington's Hill
it pass some beautiful falls, though raised by a factory - then in Beaver Brook.
Walked some 15 miles.







Homer gives 4 cubits high & 1 broad as proper
 nearly proportions. Vitruvius gives 6 Roman ft. as
 the usual standard. Aristotle said head ought to be
 6 ft. long. Ancient doorways no higher.
 Livius. ill. 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. Fiske 145

Quetelet found (p. 61.) young Englishmen taller than
 Frenchmen or Dutchmen. 80 Camb. students averaged $5.9\frac{3}{4}$
 (They are measured & weighed accurately by university.
 Note by K. on effect of difference of race, & this unchanged for yrs.
 Also, Leijonhels provides my notes add an inch to height.
 Recruits & doctors hr. 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
 uncoined his bones, it was found he d. not hr. with all
 allowances more than 5 ft. 8 inches. So much did count haze
 dupe even Voltaire. (with this is note)

Fascination of health

I understood 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 high
 civilized society - perfect health: that health wh. is in itself the
 most exquisite beauty, wh. finding happiness in the mere state of
 existence, find in it distress, and it like a catastrophe, the hawless
 libant of its bright animal being. Health to the utmost perfection
 is seldom known after childhood; health to the utmost can't be
 enjoyed by those who overwork the brain or admit the two great
 fears of the position. 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 portrait. Friedlani.
- Petrarsch Zortem in Russia, well established. d 1724 rest. 185.
- Buffon & Corneio 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. 1797 Van O. 57
 Van Oren p. 59
 (though 4 yrs. later than Van Oren
 but only 2600 individual casts
 rest fr. Russian & other tables.

longevity

Bonodin - gain in French. Bonodin. 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.

Pave 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; (60)
dissected by Dr. Harvey - perfect sound. 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 over 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. Coston's list of 2170 lives exceeding

100 contains only 853 females.

Hopland also says - more women old, term very old.

Van Oven, p. 59,
who gives nearly 7000

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

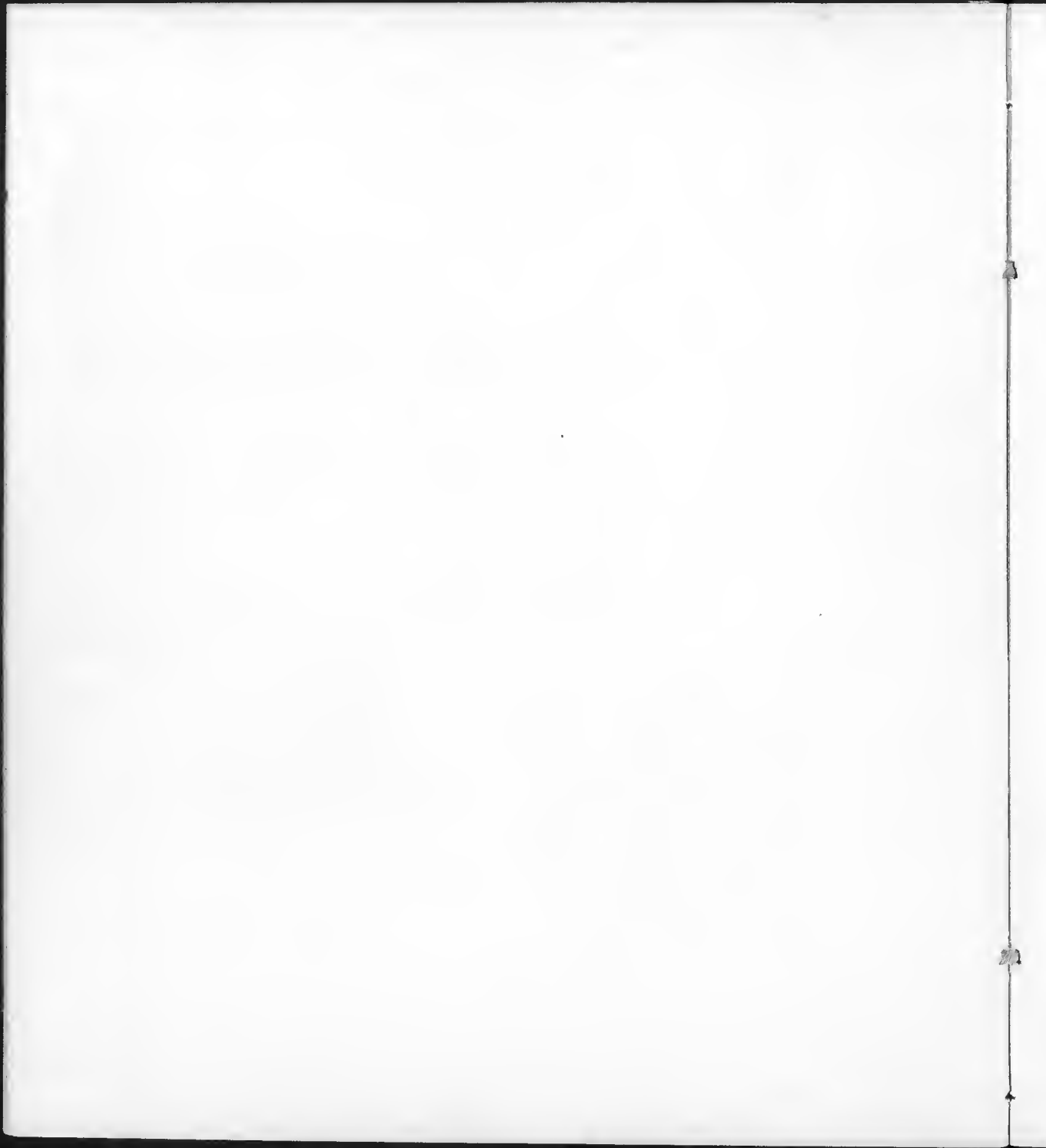
Longevity

Herodotus says when Cambyses sent ambassadors
 to the Macartians (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 crumbed pines & the like. On this he remarked
 that he did not wonder at their living so long as they fed upon
 such nutritious & that probably they wd. not live so long if it
 were not for the wine they drank. - The Macartians he said
 lived 120 yrs & their food was boiled flesh & milk. Dickson. 229

I once heard a renowned English medical of note
 with Jesus with such emphasis "all ill health is sin" ^{do} 229

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

1. Age of world no difference.
2. climate none.
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 worst.
9. Exp. Denm. Sw. Norway best. Algeria, W. I., Luvian ^{best.}
10. Simple rural life best.
11. Slaves & Famine worst.
12. Moderation is all things.
13. Marriage best - not one unmarried person. ^{comp. p. 230. II 192. Van O. 67.}
14. More men than women great age - as before. ^{so Rusk. Van O. 54.}
15. No instance of older attaining great 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.



Longevity.

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 66.)

(white) Ruysch observes that he never saw a person of 80 yrs. old whose ancestors had not also been long lived. (Van over 66.)

Intemper' description of St. Simeon's diet ^{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 - thinks there is such a disease ^{abt 63. from 50 to 75} 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 Cayenne live 12 or 13 yrs. (Hawkins).

Tables showing influence professions on phthisis. 39. Fontenelle on, includes in 100 Sicilians

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

		1754-1768	1768-1781	1781-1800	1800-1825	1825-1850	1850-1875	1875-1900	1900-1925	1925-1948
N. Eur.	Sweden	34.0	32.0	33	43	44	39.5	39.7	39	36.2
	Denmark	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Russia	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	England	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Ir. Britan	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Scotland	32.0	33	43	44	39.5	39.7	39	36.2	34.0
C. Eur.	France	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Prussia	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Poland	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Germany	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Belgium	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Holland	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Austria	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Sardinia	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Can. de Vand	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Wurtemberg	32.0	33	43	44	39.5	39.7	39	36.2	34.0
S. Eur.	States Church	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	London	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Italy	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Naples & Sicily	32.0	33	43	44	39.5	39.7	39	36.2	34.0
	Spain	32.0	33	43	44	39.5	39.7	39	36.2	34.0

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 S. Smith's Philos. & Hist. of King 1822. [Bell. 25.]

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

1810-1819 31 " " Beale. 285

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

Accurate 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 dependent distress that hardships of savage life kill off weak, who in civilized life live & have children.]

Effect civilization on longevity

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

Shows relative mortality as follows.

Han. 1 in 33	England 1 in 60 [43.7 Bill. 27]	Naples 1 in 35
Martinique 28		Wintenberg 33
Prussia 27		Prussia 33
Swed. 27		Ireland. 27 notes 30
Porto Rico 26	Pays de bas 49	Lombardy 28
Bombay 20	Sweden 48	Russia 27 Bill. 47
Bombay 44.8	France 40 [39.7, 21.11]	
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 Mortality
1796. + Comber. 278.

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

Large towns [Hankins]	Quætelot. 27	
Paris 46	Copenhagen 46	
London 1 in 40 51.9	Naples 1 in 28 29	52 (2)
St. Petersburg 2. 37 34.3	Rome 25 24.1	
Berlin 34 25.	Amsterdam 24 31.	
Paris 32 30.6	Venice 22 21 -	
Madrid 35 29 36	Benico 19	
Brussels - Quætelot. 112. notes 25	Bengamo 18	

Ms. 14th cent.
1 in 16. Villermé
See Bill. 26

These statistics show that human life increases longest

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

Lombard 1 in 47.6	N.Y. 37.8	Van Oven. 60.
Berlin 41.1	Charlot 36.5	not all in 1?
Baltimore 40	Washington. 111)	Quætelot gives many
Philad. 38.5	London 40	more p. 27. for Hankins
Savon. 24.9	T.P. Chr. 14.	& Overmyer
N.O. 12.2	Aug 1858	
	any (any 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 $\frac{1}{4}$ the
total period of existence has added to human life in the space
of a century." (Based on life annuity calculations)

1854, 1855, 1856

See. Engl. Almanac, June. No 3. 147

... of ... for ... 1790 ... 1846
wh. about ... the ... of ... in ... 1800 people (...)

"In this opinion well founded, that human life, in consequence of the advances of civilization, is anywhere 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 our stoutest Seamen."

"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, Madagascary, was stronger than any Englishman of his age. Knox, Races, 317.

"It appears to me that affluence, which of fort & wealth = rate of living, favours almost the death of the phys. powers, while trials, heat & cold of labor, produce the contrary effect. Luckelet 70

"The average duration of life is probably now, in nearly all civilized countries the chief of previous periods in the history of the world." See "Its confirmation is fixed beyond all doubt." "The antiquity of man is probably human life. Bell 23.

"Civilization int. sweetens the history of man, has also prolonged it" x x x At the present day it appears ~~clearly~~ established, that in countries where civilization makes the greatest progress, it we may also observe the greatest dimin. of mortality. Luckelet 43

Boys' meeting, April 1st, 1890, at home - Blue table, March 29, 1890, at home - Blue

Barb. & Civiliz.

Popl. water water
 Hatched more a bore
 base Elymto-machi
 Guro at Locom
 Gynmatoroga
 Gossili a sheld
 Blue had more
 25 ft. high
 11 ft.

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

Former races, though the very low. 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 used
 of the time of chivalry were only fitted to inflict one
 overwhelming blow with little hand & could scarcely be recovered
 for protection. Homer speaks of fine men, five
 cubits height & 1 breadth. Vitruvius fixes what standard
 of man at 6 Roman ft. Aristotle's meas. of his was
 6 ft. & does not go higher. Some remains found at
 animal. The homo diluvii testis, the skeleton of wh. was
 descr. by Schenckler, was calculated Cuvier a sp. Salamander.
 Huxley says Euryapilites 6 1/2, & Patagonas about
 equal to canibbles of Louisiana larger. Hume saw men
 6 ft. 4. north of Canada. Earl Sp. navigator descr. Patagonians
 as 7 ft. 4. - late travellers 6-7.
 Tallest well recorded pers not over 9 ft. (Huxley) Schrenk
 collected modern instances, few over 7 ft. Sr. peccan 8 ft. (Sundby)
 & a friend of D. Bismarck 8.6. Dutch. Plinius giant Yakkam
 1.5. 8. 9 ft.
 Millingen. N. 24 de

A. Inca de fines 103
 hydrate machine with line
 this the ~~solid~~ liquid particles, &
 is so large with solid
 to 1/2 ft. 42-4.
 In ice becomes pink 49.
 some traps in light
 in some ice rates thought on
 no. 100. Walpole on 1.42 (89)
 in the lower depth of a mine
 of 10 yds. in depth, as find that
 is blue & red. 104.
 this are not in the 104.
 Inca can be thought to live
 as vegetable & eat on vegetable
 food. 105.
 Inca 106. 40 (89) it was
 all color the way a forest
 part of the inhabitants of Great
 Britain live as vegetable. 111.
 it contains solid, after
 eating for instance, they as
 Koffine observe with the
 same plan of 106. 224

Sans 4 pages 180 lb. 189 pages
 150 lb. 189 pages

Place of interest today
spared at sea, sea. 1888,
not but has untouched for 100,
about every full sea. 1888

Blue is permanent in
be convinced in relation of full
have the power. The blue
will be - stable - whereas
from no the light a kind
of identity with nature
in size. 1888.

People in Portugal keep
themselves warm by clothes
say "do not adopt the
European of furs, because if
we do, we shall take the
cold." 1888.

Mr. J. Millard

Health & food

Price bread

Melior gives in two curved lines the variations of general mortality & the price of bread; the correlation corresponds but effect of steamers now noticed. 1840. aft. B.S. 33.

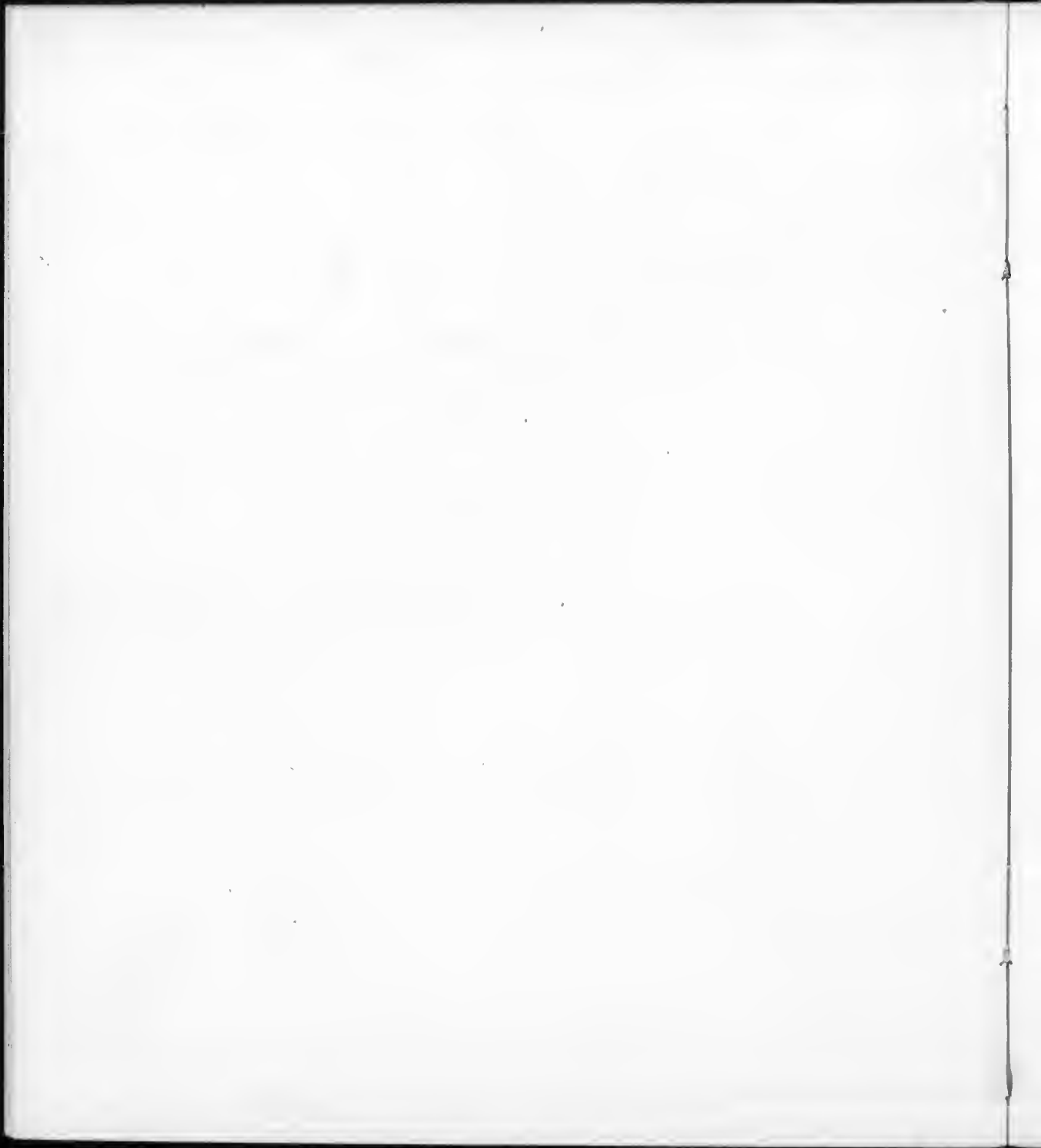
animal food

Dr Blake says "That it is possible to enjoy a considerable share of health ~~on~~ 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 Blake's Blake - & the Fagalesc.]

Macaulay says at accen. Jan II. Hundred of thousand of familes scarcely knew the taste of wheat. The first grain of the Indian lived about wheat or rye, barley & oats. (Vol. 1.)

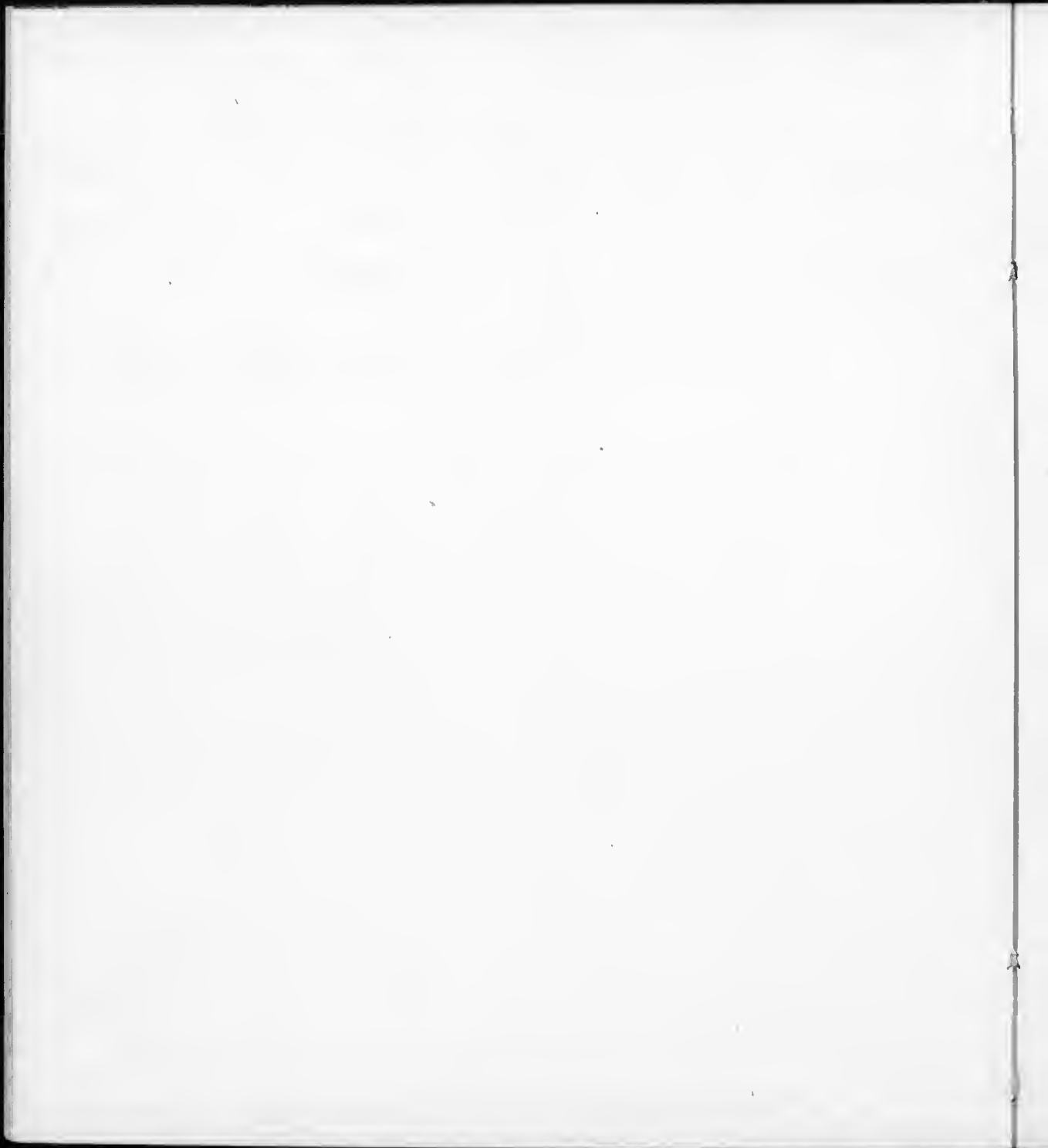
Fifty y. ago, it was calculated that nearly 1/4 part of the inhab. of Gr. Britain lived on oatmeal. Sinclair 111 with 1789?

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



Morose 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.*

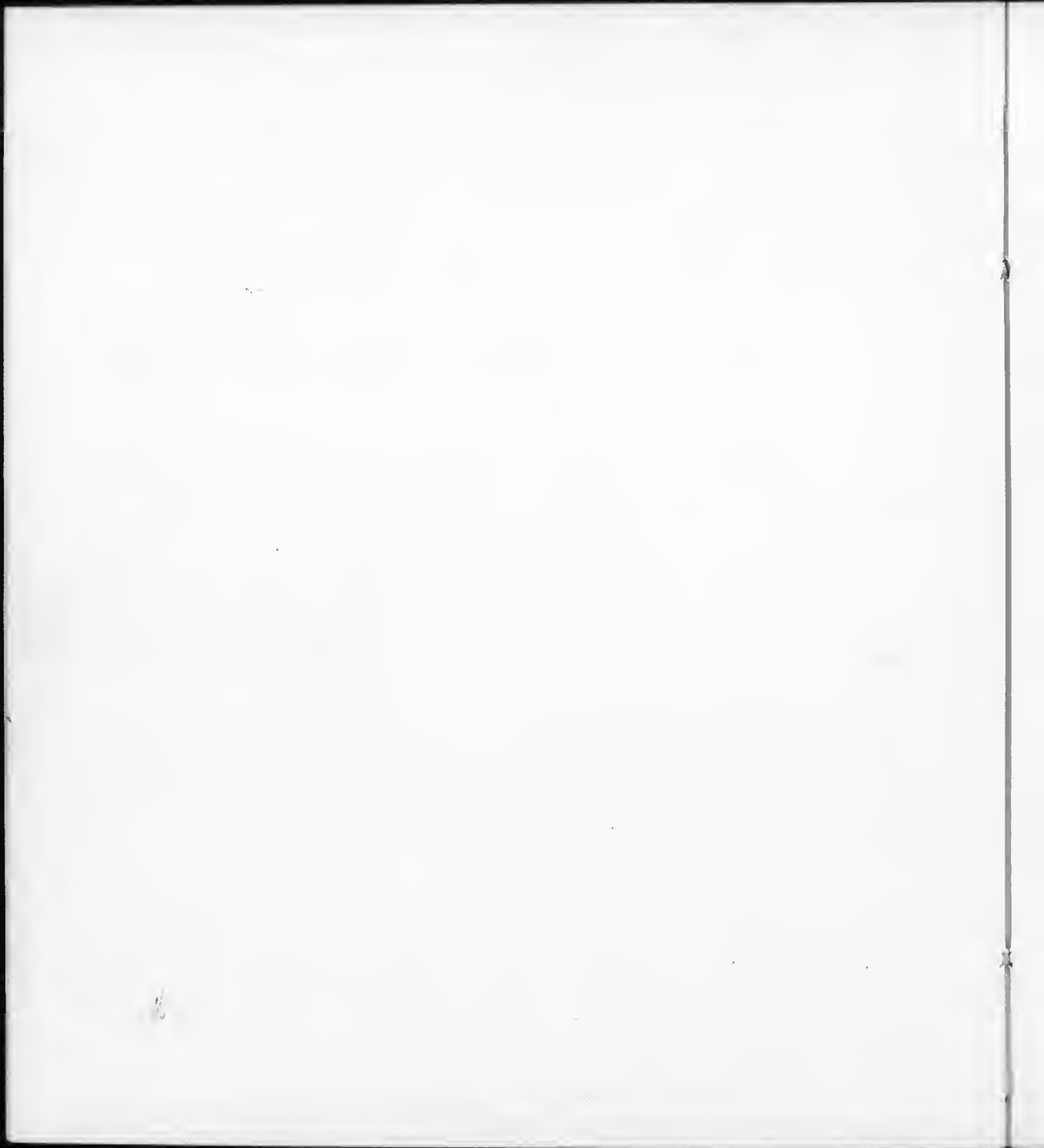


Bardon says trees live longer, because take no exercise.
 Exercise increases transpiration, transpiration shortens life;
 to live long than, we need not remain still. So Balon
 says also. I advise oily unctions to prevent transpiration,
 Manpetius wished to cover the body with pitch, &
 Voltaire laughed at Manpetius. Flomans, 17

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

Gibson says, ^{veteran} armies exercised in camp with heavier
 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, male & female, had been trained in like manner,
 than to the polluted sons of perjured cities, the dandies of the desk,
 & the squalid tenants of cathedra & pallonia. It was like putting
 the club of Hercules into the hands of a tailor, & sending
 slender Sir to combat lions in the sterren 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 demerits. Johnson, 40.



Effect exercise.

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

Multa tuiis peccata puer, sudavit et abicit
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 & incessant 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 [sup. sup.]

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

Effect on woodcock's wing & partridge's leg. Pindar. 121



Effect Exercise.

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.

[The Buckle says "The evidence of an unimpaired energy
in the animal frame between birth & decay is now almost
complete. Refers to Carpenter & others. p. 41. 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

Epileptic children are healthier than boys (more on this.
less to be changed. Mayo)

Women

"There is but one disease to which
female children are [especially] liable, & that is rickets;
as soon as the age arrives when they are to be arti-
-cially trained to feminineness of manners & accom-
-plished, their ^{part of} health are endangered. While boys are
encouraged to pursue sports of vicarious exertion, their
sisters whose body strength, not kept pace with theirs,
nevertheless requires exercise equal in proportion to that for
its maintenance, are forbidden all that they need. The
consequence is that they are liable to become profuse & delicate.
Mayo. 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, since large groups of muscles are being neglected in their development & consequently ~~turn~~ turn up in a crippled state, although the use of the ~~arm~~ arm is important, each of the ~~arms~~ arms is in close rapport with a number of other functions of the ~~metabolism~~ metabolism & health state. (viz. 1. shoulders & chest, hair on lungs 2. abdominal hair on abdominal organs 3. Spinal muscles on whole nervous system.)

Living system, as applied in Stockholm. B. Taylor. Northern Travel ²⁰²⁻²⁰⁶
(combine some apparatus) "at the end of the second month I was able to climb a smooth mast, & run up rope 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."

12-13-1906 46

Walking Van Orm, recognizing others, there walking
 them shd. be dispersed 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 Palketic exercises. 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 white & gray."

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. ubi 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 which there was not a gymnasium or school of
 exercise maintained at the public expense. Mayo. 122,
 (Interpreted by rhetoricians. "Sculptors had their studios in the
 gymnasium.")

Happier days very few houses have proper arrangements
for bathing, & where not, more 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 hand & legs in the coldest running
Arabs or Moors had brushes which they use a wash [!]
These habits of cleanliness the negroes live by the banks of Niger
vol. 2. 257

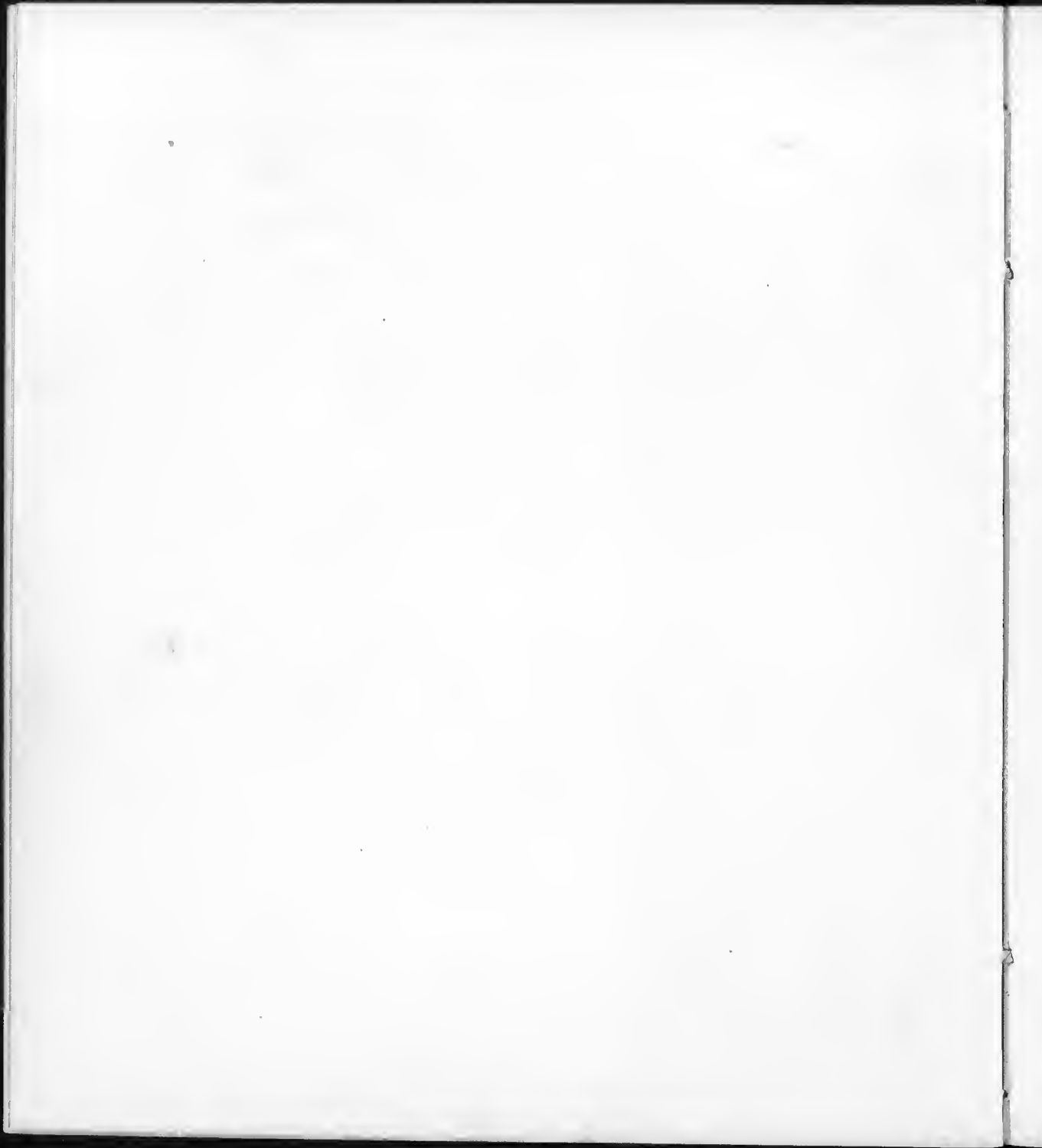
Bathing.

Huyveland 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 anywhere be
 seen in the remains of baths & bath-houses, but the use
 of it has been abandoned through the inaccessibility of
 mannaid. 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 the
 absterias did the system become self-perpetuating - he walked
^{that an active rebellion that reflected on parity}
 on dusty roads but his feet & even his stockings remained
 free from 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.)

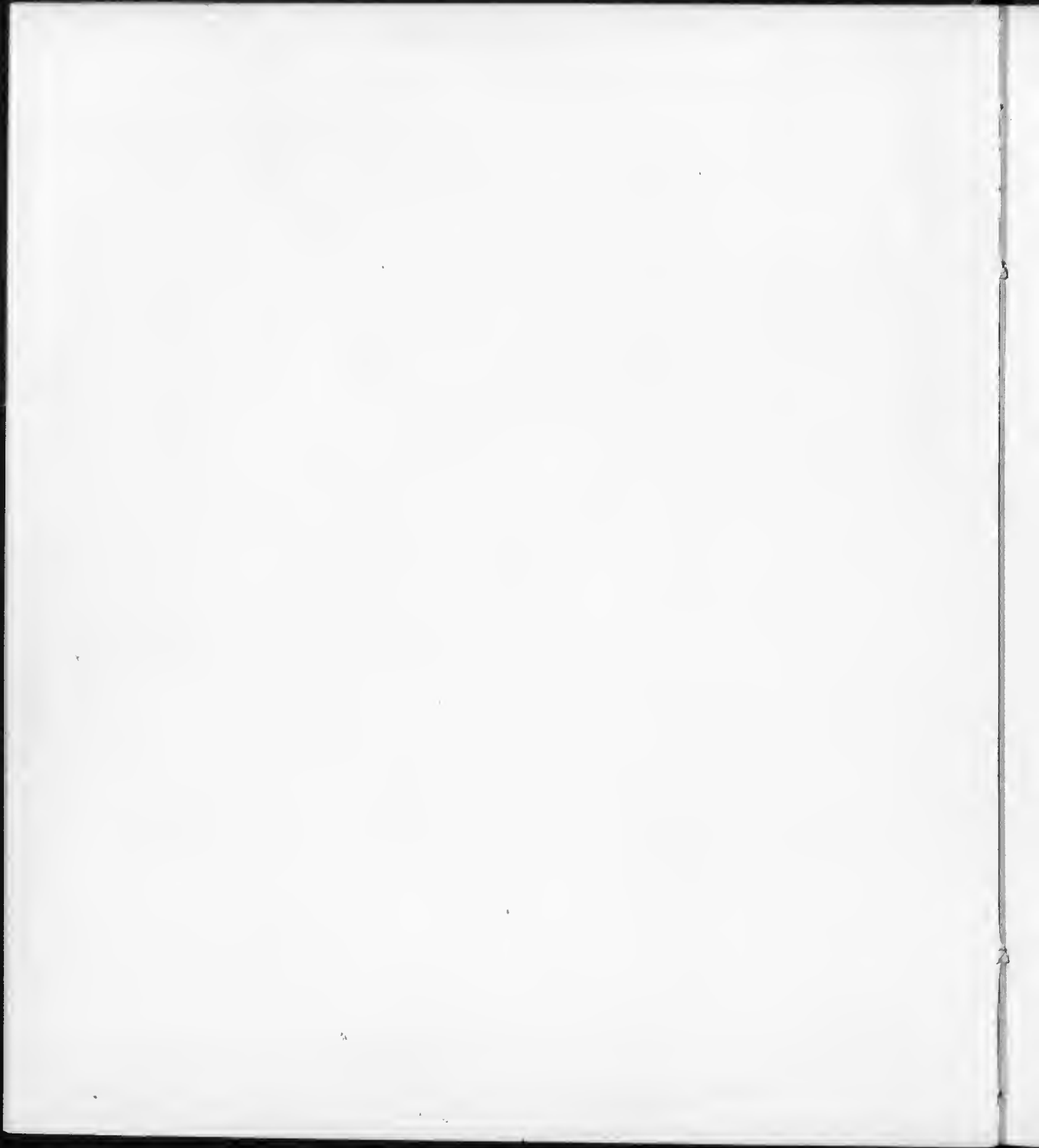
God chapter on Bathing "Medea cured Pelias
 by cutting to pieces & boiling. Lord Bacon mentions
 it says "There may be perhaps some boiling required
 to this matter, but the cutting to pieces is not needed. Mayo
 152.



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 Oven 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. 101.]

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 ^{al} nourishment are easily thrown into fatal inflammation. Hippocrates, and this remark of the athletes of Greece & it is equally applicable to the pugilists, fencers & cricketers of Gr. Brit. xx For who has arrived at a great age now 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 athlete is rarely appear 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 Berdians, was dispartly
 respecty the sanity of Lady Hester Stanhope - one ^{part} frothy her
 Aphorisms 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'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 Alysima. "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 Alysima

It is interesting how soon persons by whom ⁹¹ 1. 238
Alysima calls "the disease of education" etc.

He says "rough exercise is the cause" etc. of the
disease, ²¹³ but admits the direction of attacks is
not the same in the lower classes. he almost ceased to
exercise in the strength of years & long exercises
of the old time. I satisfy myself with the
exercise of the higher ranks & believe in the
exercise of that than any other in literature
part of a good gentleman's education. 232.

on pe
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help
a leg

It may be said that as a rule, continued
exercise, what kind is the best exercise
for raising health is walking for walking etc.

Dr. Anderson observes that high & speaking
alone are most neglected exercises & that a
reader who never exercises less body exercise
than him is that they are ~~the~~ ^{the} best. 216.

Whitcomb asserts (1786) that Americans
are sportsmen, but Watson argues contrary
To Am. Philo. Soc. III. 25. Dr. Prichard
says the same. 329. 331.
Doctors of all ages & points. etc. 150

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of
had for
2. 221.

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 kind healed on me. Like magic I never knew what it was to feel lase, or fatigued." Parkyn's Algeria

Sir J Sinclair from Mr South 1791 1. 238
6 co. 1845

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Lancet
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a leg

#

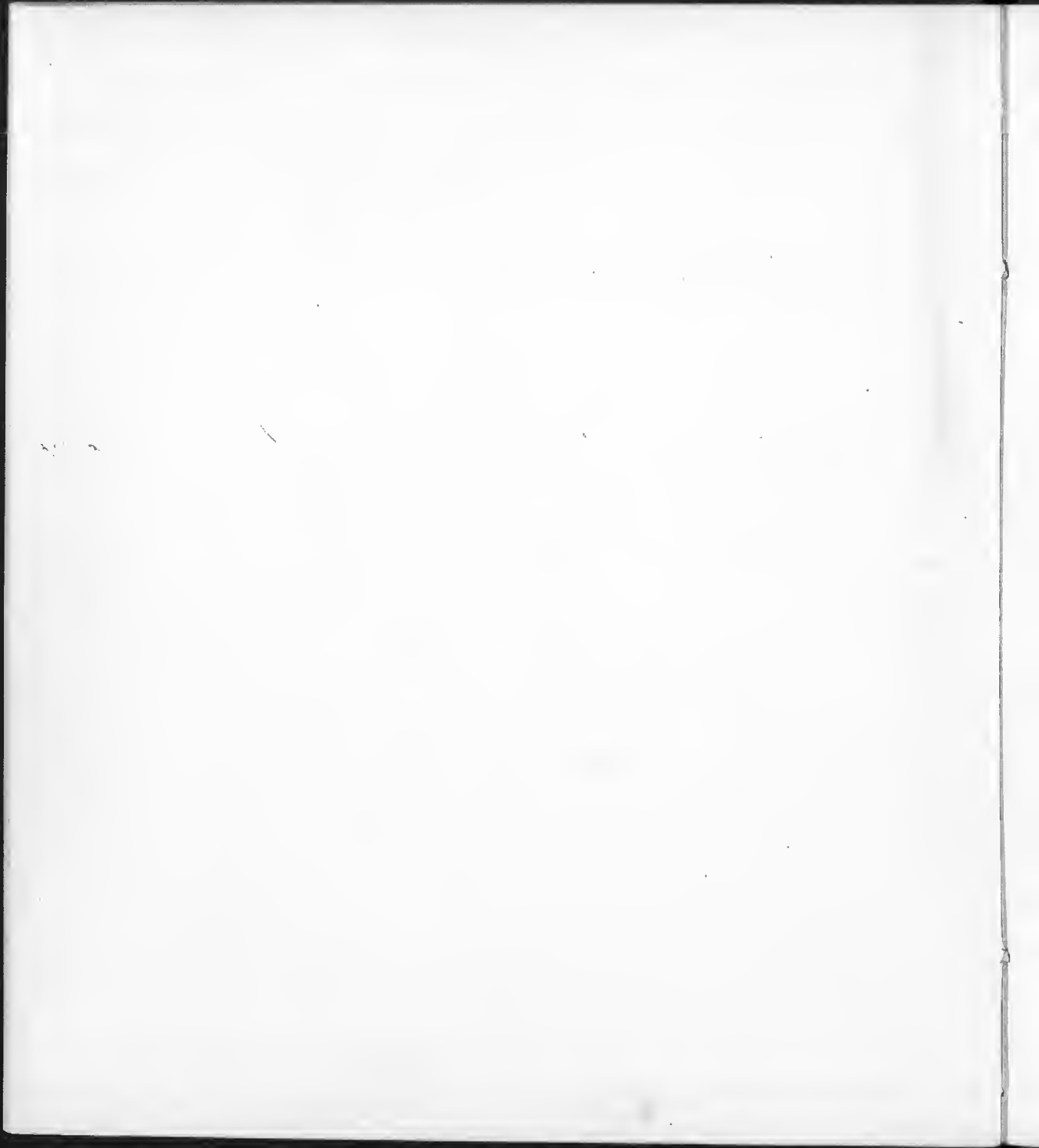
For much certain said Dr Bacon is the prolong. of life, wh. is one cause why
live longer than men bec. they starve less. p. 23.

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2. 22.

Abstinence.

Good effect of abstinence in Alysima. "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 Alysima 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 have assured me that had I been fat with European food this instead of being staved, I should have been capped 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 nobility inaction)
qu. do.

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

Intemperance

Fetters.

Variety facts pro & con in *Statements of London*
Coalheaven. in *Land. 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 masque *Co. not strain*
 fr. intoxication & Lees of Denmark & English carried to bed.

Chron. of Persia. 1. 161.

another extract. *Pict. Hist. Eng.* 3. 511

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

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

Manson remembered the time when in his hotel town
all the better class of persons got drunk every night & were not
less 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
greatly gratified at finding distinctly 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. Tatcan, that
no ~~one~~ ^{man} could be their friend who tried to lead them into
deb & this.

Lewis & Clark. I. 102

Sleep

43

Jeremy Taylor allowed 8 hrs. sleep, Parker 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 Eng. & Stokes in Eng. record
 fr. injuries wh. in South Country are almost fatal. (Life Stephens)
 I took steady leap of 11 fr. fr. one wall to another with
 deep gap between. 81.
 Every sick leap is a pit

In Mech. Inst. at Clay Cross, wh. he provided for 1000
 workpeople - day & night school, library, med. attendance, society in his name
 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. Jacques thought London
 frankly unhealthy (sanitary condition so terrible) - complained
 of universal coughing in public & thought corruption spread
 disease in metropolis. Kites & ranns were kept to devour
 filth & bonfires made to avert 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 folly
 as well as any other thg" "to lay and the spread fork of Stag,"
 the affected features of trace & all stage apparel." - (also seen
 fr. Ben Jonson.) do. 1. 29

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

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
warskipas of the sun?" Yes my lady & you wd. be one too if
ya 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 food very soon destroy the comeliness they may br. once possessed.
I suppose that it is expensive to eat 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 countessmen
wholly destitute of these in front." Baytime to Happiness. 116

English Health &c

"I have hardly ever seen a really plain Canadian girl in her teens & a downright ugly one is almost unknown. The high cheek bones, 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. 171
Moode, Roughing 1.171

(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. 171
Lewes, Phy. Com. life

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 each man's trade by his characteristic deformity. 171
Senior Pol. Sc. 220

At the fashionable, trapezoidal starting, the funeral bell tolls nearly all the time, & spontaneously, is the result of consumptive patients. 171
Chron. of Fashion. 2. 297

"The nobility of this country (England) unlike every other, is by far the meanest & 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.

Robin Phillips

There are ^{so} 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 evidence 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 taking sper. Pitt. Hist. Eng. 2, 857
Gout & other hereditary diseases began, with more sedentary life. ib. 858

1 is 10 did of small pox by 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 fr. their too great use of sper. Milleculcia. 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."

[Miners' 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 wander
over the glaciers for morning till evening in my shirt-sleeves." "I had
neither bread nor wine, but I knew 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 it necessary to indulge in such occasions. 151
(about 4 ounces 2 months 1880.)

(After great fatigue) & I became aware of the drain to which
was slipping my eye. The thro' of being absolutely exhausted had never
occurred to me & for first to last I had taken no care to husband my strength.
I always calculated that the will would serve me even still. 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
get in steady for several hours, while a very slight addition to this pace
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 less, dormant & we are tired
withal action. But the thought of pain keeps the mind awake, & suffers
the muscle, 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 vigor of its sons & daughters. 168.

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 ^{diffic. exp.} diff. on

Recreation of County Paris.

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

- "I pointed out every the wet blustering after, with its raw wind, its driving sleet, its road of mud. 135

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

Deser. Skating 340.

Says my track 10 miles & 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 hor'ly rainy & stormy when you look out of your library window, but you wrap up & go out ready 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. 325

Comparative fatigue of 4 or 5 hrs minding & 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, wh. tells us that when a man of 40 he often longed to jump over the chairs & take in his shoes & light headwaters, wh. if later has not given you 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 Lt. Melbourne & a joy man who had done a dull evening at theatre. "Not pleased! Confound this 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 above 30 as young men. Once indeed, Sir R Peel spoke of Lt. Derby at 45 as a man in the buoyancy of youth. My own of '91 wd. feel a heart stabler as he read the news of the capture. [Thackeray's Webster in H. Hall's] The March 1841. Dishes for Tom Paine's abstract "a respectable young man, aged 25" 381.

Recreation "I find a great want in all that is written on the subject of recreation." [Long passage.] Complains that no practical details. "I saw schoolboys the faculty of being amused & of finding recreation wh. ~~with~~ without change the current of their thoughts." "Could even if they did feel it most 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 shoulders a stack weigh' 500 lb

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

Straight weigh 2 ton

Fowler, Herod. Dec. 37

...

In a note upon these in Spectator, it says "The
...

So J. Adams wrote in his copy of Concord "God has established 20
equality among men in physique or strength but a moral equality. The giant has a
natural lift of his stature of 8 ft & his strength equal to 500 lbs. & the dwarf
at his 3 ft & his strength equal to 50 lbs. Clayton's story Aug 1842

(continued fr. 23)

Physically, many of our noblest & ablest men are. Do not men by their
beautiful touching & far 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 foot wall though a mad bull were after them, who
cd. not dig in the furrows 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
labourers, gardeners 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 sadly determine the R.S. race. In make yr. recreations too
purely mental." (114-5) "After using his eyes & exerting his brain all the
forenoon to be 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 & says "since these results for young ages have been obtained by individual, some of whom have been studying gymnastic exercises, the values may be greater than otherwise."

1 m. 3 3/4 in.
3 ft. 3 3/4 in.

Age	Length	Height	
11 yrs.	1.52		
12	1.60		
13	1.66	0.64	2 ft. 1 1/2 in.
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 3/4
19 to 30	2.18	0.93	
30 to 40	1.78	0.88	1.72

"Wherever 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 the average speed of man in running; we also know very little of the height & length of his leap, except in cases where the power has been especially developed to an extraordinary degree."

(A fast traveller can pass over 6 kil [7158 yds] in an hr. & 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 hr. He can walk at this rate 8 1/2 hrs. a day & continue on long as he likes, with injury to health or strength. Thus, for example, we suppose 57 mil. [57,743 yds.] the large distance which a traveller can walk each day, with extraordinary exertion. 1.72. [Anip might in clothes. 1.72. This is the]

Battle done. Single bird 500 times, two 500,
three 150, four 52. Mrs. Callh. of. 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 lecture, 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 recorded. I found the strength was greater
after dinner than before. (See facts with facts.) R. 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. tray] that is to say, it does not come up to his weight; where it follows that a man c. not lift himself by the pressure he can exercise with his hands, a very expensive trick of athletes 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 69.2 kil; this value approaches nearer the truth. What I have found for a developed man is 89 kil. [238 lbs. tray] near 19 kil. more than the weight of a man in his dress; & 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 beg's to acquire sufficient power in his hands to hold himself suspended for a time. No more at any age does not appear to ~~possess sufficient power~~ ^{capable of carrying a} ^{weight} to her weight; yet may women, fr. exercise & habits of labor, at length exceed this limit. Thus in order to give girls by practising gymnastic exercises a give 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 observer quoted, but they are rather below than above the truth at least for women & children. Lueschet. '90.

Saints & their Bodies.

Pythagoras, Plato & Bruce. 17. 39. 36

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

Charlemagne & Mr Capreus large strong

Luther's ale & skittles. 215

Frnelon & Fr. of Sales famous for beauty 215. St. Shig. of
Lungary & 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?) & philosopher 18.)

Celiana says that Semiramis did not melt when in the
Chese she captured a lion, but was proud when she took a
lioness, the claws of the feet being fore feet. 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 caven 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. To
with regular dynamometer

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

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

Woman's right hand - are 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 abridge High School.

Elimination famines

Diminution diseases

59

Small fox said to be extirpated in
Combe. 268. Agnes, sensory &c

Physician trampled brain thro'.
 What are the senses but ^{members} servants of a king. But how
 helplessly dependant, for the time being, is the sovereign on the servant king.

The reflect of the body has been repair not merely 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 tract Whitman. (22)

Admission of ignorance of physicians. Ernest - Nov. 15.

A Fr. physician graphically says Man begins in a gelatinous
 & ends in an osseous condition Lewis 4 318.

Sept. military sink. Mayo p. 107

#

Temples so called fr. Tempus, because gray hairs appear there first. Van Oren 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 shrewdest example of the power of fashion is to be seen in Sir S. Myrick's saddle, of ancient armor, in which

of a temple of the

of the Cape the of the arms of the

of the Cape the of the arms of the

of the Cape the of the arms of the

has a = lapin of it.

of the Cape the of the arms of the

D. Aug. 1859

" 87

James is very effeminate - could not see a man stand without shuddering

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

#

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

But was probably from Tempus, tempora, exigentis contingencies, because a brand there was fatal. For the same reason called kaipia in Guu.

Fashion.

Perhaps the strongest example of the power of fashion is to be seen in Sir S. Myrtil's jacket, of airt armor, in which in a single reign the same imitations 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 scaromet. Mayo. 183.

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

James 1. 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] ^{Mayo} 105

*

There is no greater enemy to all honest physicians
& their patients than the habit of carriage or scam 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 feticacy, he answered
"No madam I believe in a heredity." *Lect. 10. 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 the 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.
Opel's swimming another German elevation, *Boji Book*

As is the air so is the blood, says Ramazzini
Fills of Health. 311.

#

Phitarch thinks the power of child-brain proceed fr "weakness & imbecility" in women, & that originally the human race was spontaneous & generated.

"females, who supersede & bear on acct of their weakness & imbecility. Flowers, 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, *generata* & *bona casti* in *stomach*.

Sentenelle on Palsy. A father who understood neither Latin nor Greek was the first, who near end of 16th century, dared to say to the doctors, "the gamic shells were real shells [& not pebbles of nature" , psh. was the general solution. 154 Flowers, 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 defect or want of confidence in chiefs be much more sickly 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 Report, 1. 44.

Asclepie. This comes fr. Sr. abkybis denoting the preparatory exercises of athletes. *Pres. Cycl. 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	186	Humphreys	221
Col. Swift	319		

Only 3 of the 11 weighed less than 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 Becher's 12th & People's 1778

Dr. Beale describes a fine physique (Sargeant's description of the same says "If with all this we have a large brain, well trained & cultivated, the young example does of an animal which is ready to do in later life because of his own habits, while body, this art of gymnastics is of the most honorable of purposes. Else it not only does that all, but the fact is still with the signs of health." They are compelled by interest to learn medicine approx.

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 following statements, derived from reliable authorities:
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."

the man whom he so
"sternity or speed"
presents it as a virtue,
death. J.P. Foster's
School of Conduct.
character "all summer
He of Hampton, 1631. August
11/169.
strenuous.
Compitum J. Val. Max.

Dr. I
deeply lamented
"do vanity" & D
it was probably
in the field & all
si domi male

When in distant country, comes freshen & rest which is not
in preventing an ignorant apology for the Creator.

Dr. Beale describes a fine physique (Narcissus) Hampden
 -sarcient & that says "If with all this we have a large
 brain, well trained & cultivated the rare example
 of an
 animal
 on the
 N. B. Editors friendly to the enterprise can aid it by copying this circular.

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

January 15, 1854.

of bear
 Dr. Jordan. They are compelled by interest to learn
 in app. 16.

Dr. Beale
 deeply lamented
 "No variety"
 it was probably
 "in the field of all"

secure seats without extra charge; Doors open at
 7 1/2. sep15
AQUARIAL GARDENS.
 S Intensely interesting exhibition has
 ly received very valuable additions.
 zidity of LIVING FISH in the glass tanks is unpara-
 led at present, while the EDUCATED SEALS aston-
 delight every one by their wonderful intelligence,
 perform a great variety of curious feats, such as
 ring the musket, playing on the hand organ, &c.
 IEN of SERPENTS contains some enormous BOA
 RICTORS, the PYTHON, etc.
 Just added, a "HAPPY FAMILY," composed of a
 of animals, naturally of antagonistic dispositions,
 ting in perfect harmony.
 Itance 25 cents; children under 10 years, 15 cents.
 arrangements made with schools.
 CUTTING & BUTLER, proprietors,
 No. 21 Bromfield street.

**THE
 MECHANICS' EXHIBITION,**
 - AT -
**FANEUIL AND QUINCY HALLS,
 IS NOW OPEN.**
 nce at Faneuil Hall.
 Tickets of Admlsston, 25 Cents.
 her tickets are sold. tf sep 13

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

de von when he so
 "Lecturer on Specie"
 mes to it as a virtue,
 death. J.P. Cooke's
 Schale of Conscience
 character "all Summer
 His of Hampden, 1631. August
 11, 1847

Office
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When in distance anything looks fashionable & are up at after 2 and
 in presenting an ignorant apology for the creature.

Dr. Beale describes a fine physique (Sargeant's Report) -
 -sarsent & 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 Boer have less of the signs
 of health fr. Standarders - & so we learn physiology
 fr. Jordan. They are compelled by interest to learn
 medicine app. 16.

Dr. Beattie laments that W. de son whom he so
 deeply laments "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
 School of Conduct.

"Sir Wm. [Francis] Peere had this character "all summer
 in the field & all winter in the his study." Letters of Hampden, 1631. August.
 11, 107.

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

There are rules says Horace
 when in distant country (or in front of the door) and are not at all
 in presenting an ingenious apology for the Creator.

~~A~~ 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 their wholesome purpose"
[so hv. to Browne on Jews.] Rev. E. Taylor's Zealand. 427

References. (lectures)

Kapir bracelets. Knox. 187.

Farmer & coll. Board Ed. Report. Bowditch notes. 1858?

Hindoo pieces 14 mil. yrs. ad Beckley.

=

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

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

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

Wrinkling.

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

Can lift 1029 lb. this.

24 after course sneezing.

First sign of cold always inability to lift lip weights

Has 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.

185 1/2

Sent 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 shortened for females. - I hr. of the human I has successively spent in school by little jobs of 6 to 10 & 2 or 3 more laboring employes at home in preparing the next day's lessons. Dickens. 204.208.

When asked by Basil 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 before 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.) Doughton. 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 } Jaynes
Napoleon at Brienne

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

20

69

See

8.

Some of the best of the world

But the patient has a great deal to do

mean

James to whom all the world is turned

sch

The patient has a great deal to do

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
Psychical Opinions

28

Edna

Sally

...

...

Some of the papers of this kind are...
The papers have a certain...

new...
Case... addition...
school...

practice 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

Polynesian. 2

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

"*Circumnavig. of the Globe*" (Ed. Cab. 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 wd. be a high average for 2 families. It is very
diff. to account for this, as the same County seems in an extraordinary
degree favorable to fecundity. (Hobbs's large - Europeans large families
- often these children elsewhere. Attrib. infanticide & much for ^{Brom.} 40
early deaths)

Very few N. Zealanders take to ardent spirits. 52

Former cannibalism - transfer proven by eating man. 57

"There is scarcely any work relating to the Polynesian
Isles to be compared with *Marsden's Tonga Isles*" either for
faithfulness or interest. (1846) Rev. R. Taylor, et. Zealand & its Dependencies
London 1855

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

Insanity not uncommon. Scrupulous diseases general, but introduced
Scrophulous (turning out of eyelids) very common & was more so
- fr. smoky houses. "I recollect the Bishop remarking that he
found the natives of some little Cone Isle all prostrated with
syphilis, though no vessel but his own had visited it. 255

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

Swimming

Not a danger for young, by self control

In water, animals of same kind

Swim in water, animals of same kind

In water, animals of same kind

Swim in water, animals of same kind

The same applies to the 183 by all the animals...
repeated the same for the same animal... (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.
practical acceptance. 255 "

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

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

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

Comparative strength (not much) 381. I follow Martin & Skis

Reise in Bras. I. 259. — ^{or negroes} Primer die Neger ein aphoristische
Skizze aus der mediz. Topographie von Cairo. — an surface

= cart in muscular type are all other races. Carns, über ungleiche befaht.
Hotz. 202.
= fang der verschiedene Menschen - stämme für höhere geistige Entwicklung

Swimming

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

Part 12

English have some ... will developed
... feathers ... large
... the latter are ... apparently
... feathers ...
... feathers ...
... feathers ...
... feathers ...

Sept 21 1869

... feathers ...
... feathers ...

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... feathers ...
... feathers ...

"I saw together, in wartime, Pickering 170. - also apart during ...
assorted non- ...

Felicianis by (one) equal three of one ... 149. Not found
... tallest 6 ft. 6
... 153

Barbarism.

The culture of the people is to be seen in the
of the 1st part of the book. The people are depicted as
very much in the state of old times. The
the 1st part of the book. See.

Structure of the 1st part of the book. See. 1st
part of the book. See. 1st part of the book. See.

Tahitians never had cold till they began wearing
clothes: convenience, in wet weather, of going without.
Climbing ^{tees} by lashing ^{tees} together. Pickering's Races. 64
Feroceans walk up on sides. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.

Distances. 68. 73. 97. 170.

Large man 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 Austronian from the island of the Sandwich Islands. Pickering, 129

Population diminishing. 87. 94. (Children scarce) 80. 186

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

"Hawaiian like it. Zealanders not conspicuous larger
than Europeans & indeedly fell below the stature of Tongans,
Samoans & Tahitians." But Hawaiian chief large - also chief
woman, wh. not observed elsewhere. 96. "Zealanders rather above
the mid size & some very tall 6 ft. 6 in. - muscular & well bodied." Wm. Brown 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200

And 3 naked men not with - Ferguson, Calif. Pickering. 107. 145
1840 only

Africa.

Rickenden Gr. Dec. II. 255-264

Touaricks large & straight. 6 ft high, coral. One 6 ft. high.

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

"I believe Europeans, in this season, wd. have more these Saharan wilds with less fatigue & in far superior style. I. 416

Touaricks learn children naked in storm & heat. "I thought, if this be the way the Touaricks 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 Touarick - we can never expect to adopt their habits of Sahara travelling. I. 429

A Moor said these Touaricks 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 evacuating for 4 or 5 days & there are as white as y. linnouse. It is the camels milk wh. makes the Touaricks like lions, a boy starts up to Mahad in a few yrs. I. 299 (R. add "Many of the Sahara tribes are supported for 6 mos. out of 12 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 - & guards of entrails to get shoulder (or palm oil?)

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

Allyson's diary - Tefetom (unmixed) / Scorching / Death of Arab's / Lovers &

Africa (Painyos' Alhystina)

Algebraic sciences - Topology (Universal) / Surgery, study of forms, surfaces &c.

For my part I am persuaded that a ~~European~~ European who began their system of life early & carried it through perfectly, w^d. 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 hot training I never found myself inferior to them at all in the endurance of fatigue & privation & cold always had the heart of the country as well & often better than the natives themselves. It is not to be denied 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~~ 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. x x x The reason you apprehend the actual average the less these differences of height & strength exist & in proportion also the diff. of size & strength. Any negroes when you have obtained a correct average of the height or weight of a nation - you find but solitary instances of men who vary 2 or 3 inches or pad above or below that average. On this account it will be unjust to make a parallel betw. an average negro & any but a fair specimen of a European. II. 223.

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. Winkertbottom informs us that few of the inhab. of Guinea arrive at old age". See also Adamson on Senegal - familiar to same effect & Borman & others on nations Guinea & Congo. P. 100. It is a "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. Africans have other eyes better. (fuller in Prichard. 1. 158 &c
see also Faber's Geography. 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, hunted for slaves, "Dokos"
see Kraft Travels. 454

Strength. "I showed off by balancing some heavy shafts of pewter: 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. the Circ. wh. was condemned 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. Jhorstae. Tr. South. Abyss. 1844
1, 378. 448.

Excerpts from for relief by 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 male figure. Their air & carriage moreover, is very graceful & impressive. But though their outward appearance denotes great strength, they come by no means compare, in this respect, with even moderately strong Europeans. "Anderson's Krapp's Lake Ngami: 39

American Indians.

"did not appear to be numerous. Brackenridge to the 371. (more than 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. 1, 432. do 5 ft. 8. loc. II, 19. "middle size, very tall men" Brackenridge 204. (Bach, 216)

Systematically supplied with man by first trader of military posts. Cardiac pellets for bad it. (H. 1760, but Canadian introduced it. Brackenridge v. Louis XIV. "McKenney 1827")

First winter found women uncaste. 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 & yet their "shame less devotion to their primitive manners than any tribe I have visited. 252) aff 326

Yet says Chipeaways jealous. 249; Comixalles "perfectly modest (288) & "Children born out of wedlock very rare among the Indians. 301.

Brackenridge says entirely uncaste - 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. (H. 1760, but Canadian introduced it. Brackenridge v. Louis XIV. "McKenney 1827")
Rapid cures of wounds. 122. Extract beads. L.C. II, 292, 138

Topo pic hies (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 withalies Ind. corn boiled in lye & pulled, soft & friable

like rice - allow each man 1 st. daily & a bushel with 2 lb prepared fat last a month. (H. 1760, but Canadian introduced it. Brackenridge v. Louis XIV. "McKenney 1827")
"though it is not explicitly mentioned 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. 1. 416. 432. (Lut says the hands were father white. 416.) - Henry. 118 (after a difficulty later "the young mother, in high spirits, assisted in loading the canoe, bare footed & kneeling in the water." # Same in Mackenzie. 141. cxvii. (see after.)

~~the~~ Longevity. "we have seen a number of Indians who live lived to a great age - chiefly however the men whose robust exercises fortify the body, while the laborious occupations of the women shorten their existence. L & C. 1. 163 "few old men" among Shoshoneas 432

Fleetness. "Several foot races were run betw. our men & 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. (Uteos & Chipewish. L & C. II. 310 (the only direct comparison I can find, despite the assertion of Prichard.) "amused them with Cornucopia & with running races, both on foot & with horses, in both of wh. they proved themselves hardy athletic & active. II. 332

Invalids. Many sore eyes (Persian) & women a variety of diseases, rheumatic pain & weakness in loins, even hysterical. II. 297 & small pox destroyed whole families & tribes very early; new accretions have introduced. Mackenzie. xiv-v. L & C. II. 221. (see notes) ulcers & smothering canna L & C. II. 257. very bad both. II. 14. 57. among all fish-eating tribes

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

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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 man. I shall only observe that i cent & probably are among them. Mackenzie xc.vii. { Travel 1789-1792 pub. 1801

- Women have a ready way, by the use of certain principles, of procuring abortion, 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. { Existence same to woman Non-gense Mack. cvii

Though the women are as much in the power of the men as any other people, they are always consulted, & possess a very considerable influence in the trade with Europeans & other imported { (Squaws in Canada, M'Kenney) concerns, xxvii. Lewis & Clark, II. 260, 271. So & Co. (Exhibit)

Home for monthly sickness. Mackenzie, cxiii. { 90

Canadian strength. To with 2 packages go to each & return with 2 others in 6 hours. 18 miles over hills & mts. { carry 450 lb. - voyageurs not over 5.10. - dollar a package. xlv (Voyage de Lewis & Clark)

Algonquin & Ingonis R.C. settlements { each with price of 250 (below)
travellers. ~~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 habits from that those people have been instructed in read. & write their own lang.} xxix. - xxx

American Indians.

Indian food. Dry hemlock inner bark in cakes, 1 ft square, 1 in thick, I eat with Salmon oil. 327
 Bail savel & berries with salmon, & pour hot panner, making cakes same size. 309

Names months

May	Frog moon	Nov.	Hoar Frost moon
June	When in 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
			Goose moon. (C.V.)

Names always, but Indians in ...

Five figures of Indians. McKimsey 287.

Starved 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 attributed among Shoshonees, so isolated.

Migrations of 39 Indians among Yankton & Fox Inds, who never exhibit or seek shelter - leaders drowned by trying to turn out for hole in Wisconsin - others finally restrained - They hit encamp & dance separately for rest & more respect the chiefs. 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 has a deep on for us perhaps. "Along the Clatsops & Chinooks, who live in roots & fish, etc. the more are small giant with the sun in passing, the former has a tale of a black wool pad among Indians. The families are permitted to speak deep, but the men to 1, like indeed the Indians Indian language is a tale of authority. On way about their judgments & opinions are respected & in meeting of food their advice is usually asked & pursued. The labor of the family are shared about equal." (A first feast, treats cooked & sent up by Indians. L & C. 1. 137 Comp. I. 421. II. 13)

Amer. Indians.

Bartrian said (Travels in ^{North America from} Corsica) 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" - "Land & 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 stage. 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 & 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 grease, they adhere to their usual occ., even in the last
_{stages of festination. P. 1.135}

South American Indians

83

Panegy talks faster than Spa. & English, Prichard v. 571
Humboldt & Azara think long lived Prichard. 1. 128
Azara thinks Panegy lasts longer unimpaired. " " 133
Guanches (of Canary Is.) Humboldt's Travels. 1. " 2. 36 & seq.

Esquimaux. The Northern (Arctic 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 fr. other regions. Id. 212.

Kane took care not to show weakness or cold. "we had indeed borne both botulism & yellow fever at times upon our shoulders." ¹⁸³³
also 401.

South Americans,

Thunboldt says no S. Am Indians (any thousand) who
appeared to be 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 feeble 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 leading the most
simple lives, Montezuma wd. not have found those drops &
humpbacks whom Bernal Diaz saw traitly at his table when
he dined. 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.
xx 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
I. 297

The extinct Snaches of Therioph "were the Patagonians of the
old world. Historians exaggerates the muscular strength of the Snaches, as
prevalent to the voyage of Bougainville & Cordoba, Colonel Jussieu
was attr'd. to the tribe that inhabited the Southern extremity of America. I. 123

Shows that natives complain far more the European visitors, than
they have no impact or efficient effect. 1. 194 (illustrated at length)

"This characteristic Trait, (which they were) has for me a very serious injuriousness of the physical condition
the different sizes of men" (same man had now 14 or 15 lbs. & got home to his family.

Voyage à l'ouest de l'Amérique 1791-4
I. 123

Disassy.

Young man lost nose fr. Scrophula - "wh. Mr. Sharp the Surgeon found prevailed much among the natives". p. 47 "shared Dr. 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. Dr. Sharp fomented & deiced. p. 192 (afterwards cut out by native surgeons with shell-knife, then luster. p. 196. "Natives jumped water & drove rain, probably drinking a hot soup, rain drops on skin. 1791) [From Wilson's adventures in Polyn. B. & edited by Geo. Keate. They were cast away & the first white men ever there. London. 1789.]

Flato. "I thought that he had meant to render those people excellent swimmers. 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 themselves in the water, by the action of the feet only, till they tied to one rope the cables they wished to venture". 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. fr. = ^{Van. Diemen's Land} ^(over-leap ridge) ^{is} ^{substantly} our better than "these Savages". p. 205 "Evening 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

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Polynesian

on the belly, his neck being entirely out of water, & making
use, 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)

~~The~~ 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

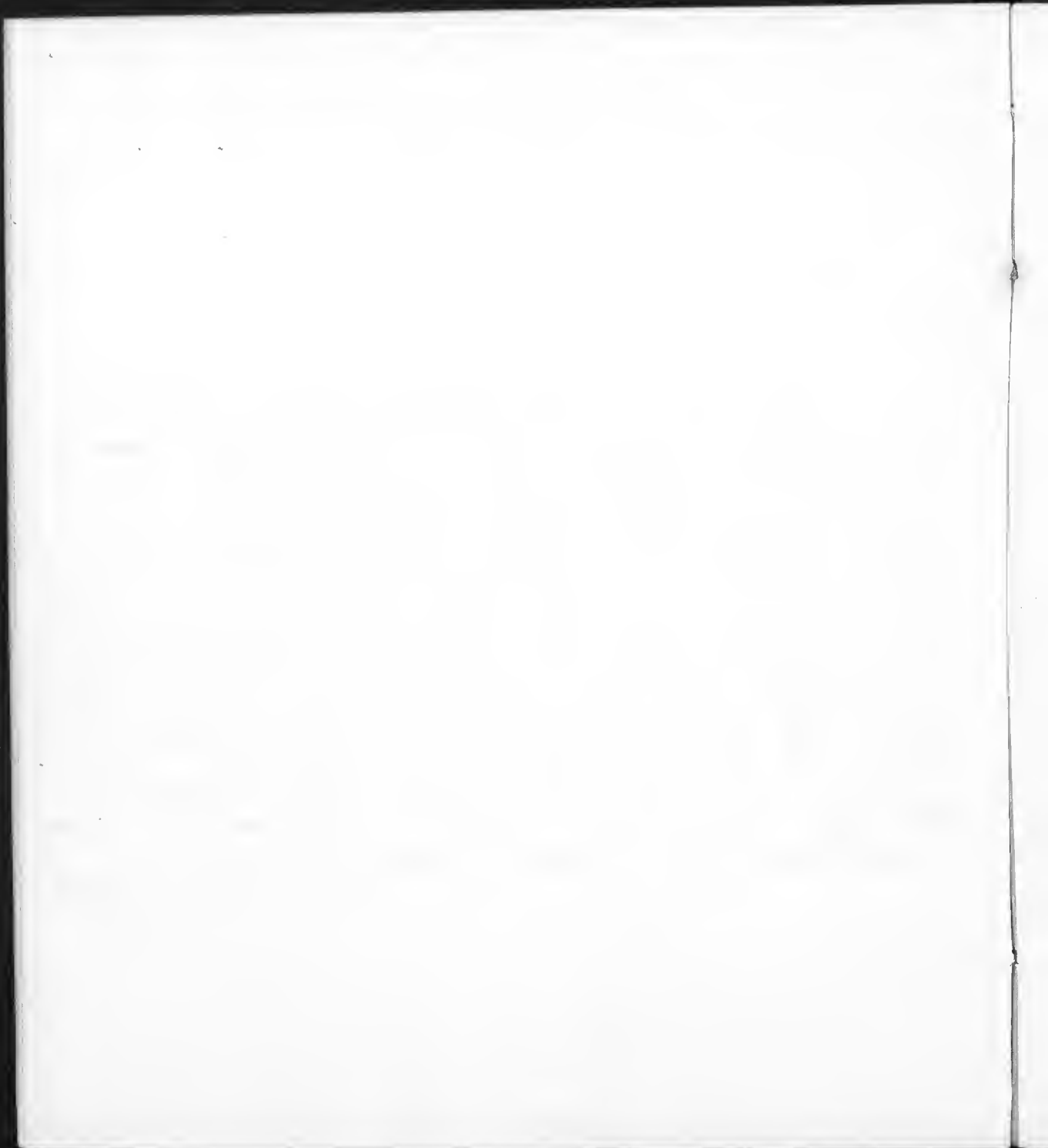
John Vancouver
Francis Bechet

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, says as they were, they wd. have found themselves scalded by an European's hand if they had not been so quick. p. 302.

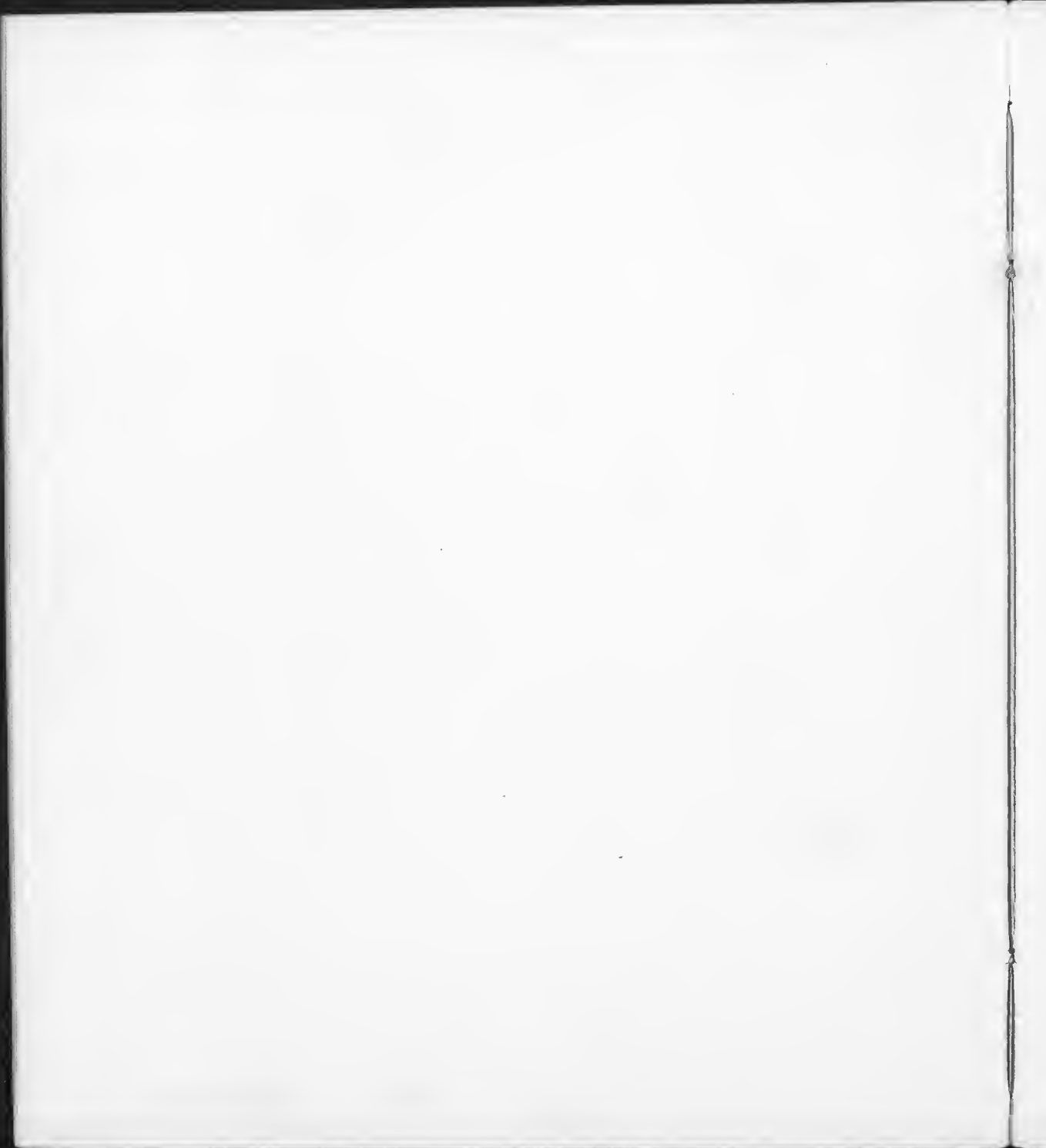
Australians. "It is the general opinion that these natives are not a long-lived race. The poverty of their diet for any acct for this; together with the want of shelter fr. the vicissitudes of climate. The care taken by civilized man to preserve health is, by increasing susceptibility, the indirect cause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

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89
"The best of these men (Hindooes) not having the muscular
power of Europeans."

Capt. R. Shakespeare 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 & every human flesh seems to agree with them tho' I afterwards saw Fan tribes 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 give their females to many at such an age that they never become mothers. 196. They br. children at 11 or 12, but of course the women are early & the majority die young & children. 196. "Few Bakalai have many children." 435

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

Scum, leprosy, smacel & a kind of galcan. Lepers common. Elephantiasis, Scrophle Somentot prevalent. "Most of these diseases must be attributed to insufficient nourishment & filthy habits." 437

[Woman's Rights. It is curious how seldom in this country it happens that the proper wh. he has, given to 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. 33. 23) 1.112

Marriages produce 150 for children. Richardson. Centr. Africa

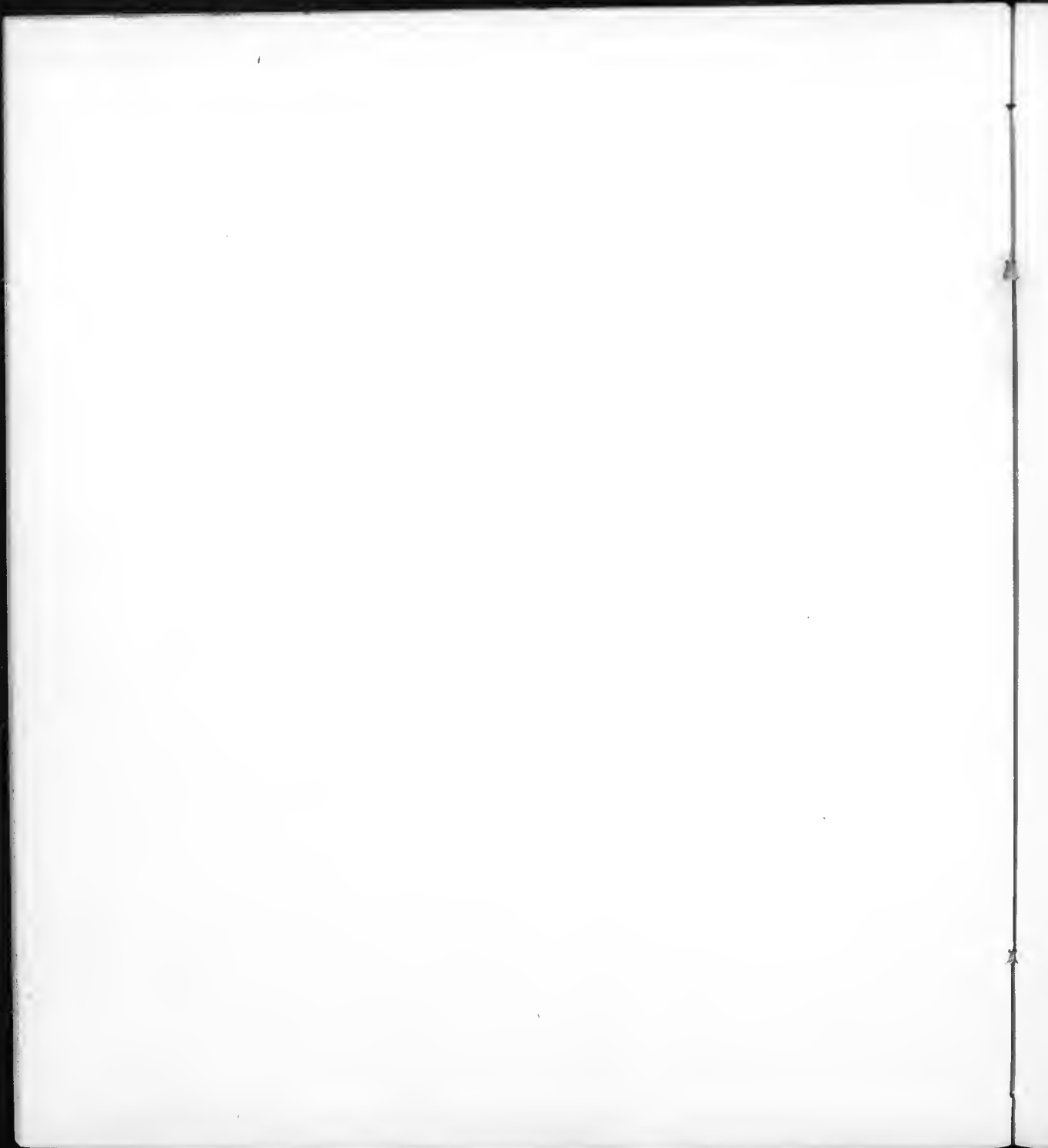
The Moors & Blacks of the coast live & suffer as much

(fr. heat) as the Europeans. 1.117. (1/2 Centra, southern part) 1.222

(Different black scholasticas fr. Borneo teaching the

Spaniards who count themselves white. II. 36







Plants, 1859

minutes

161

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

Homonium caeruleum

W. " "

Grapholium plantaginifolium

W. " "

28

Saxifraga vernalis

W. " "

29

Dentaria (in bud)

Trillium erectum " "

W. May 15 (Florida gone)

Thalictrum flavum

May 2

Viola rotundifolia

Panax trifolium (in bud ^{out 5})

W. May 12? 15. (Florida gone)

Dracopis borealis (in bud _{found 22.})

W. May 15 (Florida gone)

3

Viola blanda
Pedicularis canadensis

W. " "

4

Pyrus ovalis

W. May 12

5

Fragaria virginiana
Viburnum lentiginosides
Leontodon Taraxacum

W. " "

W. " "

Coptis trifolia

W. May 15 (Florida gone)

Viola deltoidea

W. " " (passim)

" *orata*

W. May 12

Erigeron annuus

W. " 18

Dryas puberula

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 thomsonii (in bud)
Potentilla canadensis
Arenaria Thelypodoides
Parnassia

May 13

- Mercurialis perennis*
Nasturtium officinale (in bud) out June 12, Blackstone -
June 19, coming out fairly.

May 15

- Chimaphila* (in bud) (Woodland's moss)
Cypripedium acaule (in bud) (seen Oct. 21, for June 5 (G.V.))
Polygala paniculata
Trillium Americanum (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>Indiella Virginia</i> (bid)	Hermitage
	<i>Silvestris ledifolia</i>	
20	<i>Prunus obovata</i>	W. edge Plat. Garden
	<i>Pyrus aculeatifolia</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. Side Quarry)	(fruit specimens of <i>Cypr. aculeata</i> & a <i>Picea</i> form <u>one</u> <i>parviflora</i>)
	<i>Knigia Americana</i>	"
	<i>Asarum brevistylis</i>	"

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

Orobancha uniflora (Hermitage woods, near road)

Hieracium venosum

Senecio aureus

Achillea hispida (Lind) near Mary

Arenaria serpyllifolia

Thesium umbellatum

Juncus verrucosus

Rubus Canadensis (Trinialis)

Veronica serpyllifolia

Gaylussacia resinosa

Viburnum nudum (in Lind)

" *acerifolium* "

Kalmia angustifolia " var. *glabra* "

Lysimachia 4-folia

Achillea millefolium (var. *ant.*)

Nuphar advena

7

Pennsylvania

Liriodendron Tulipifera

Chimaphila maculata

Ajalca

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11.

Vicia pedata
Lupinus perennis

} Oxbridge.

16

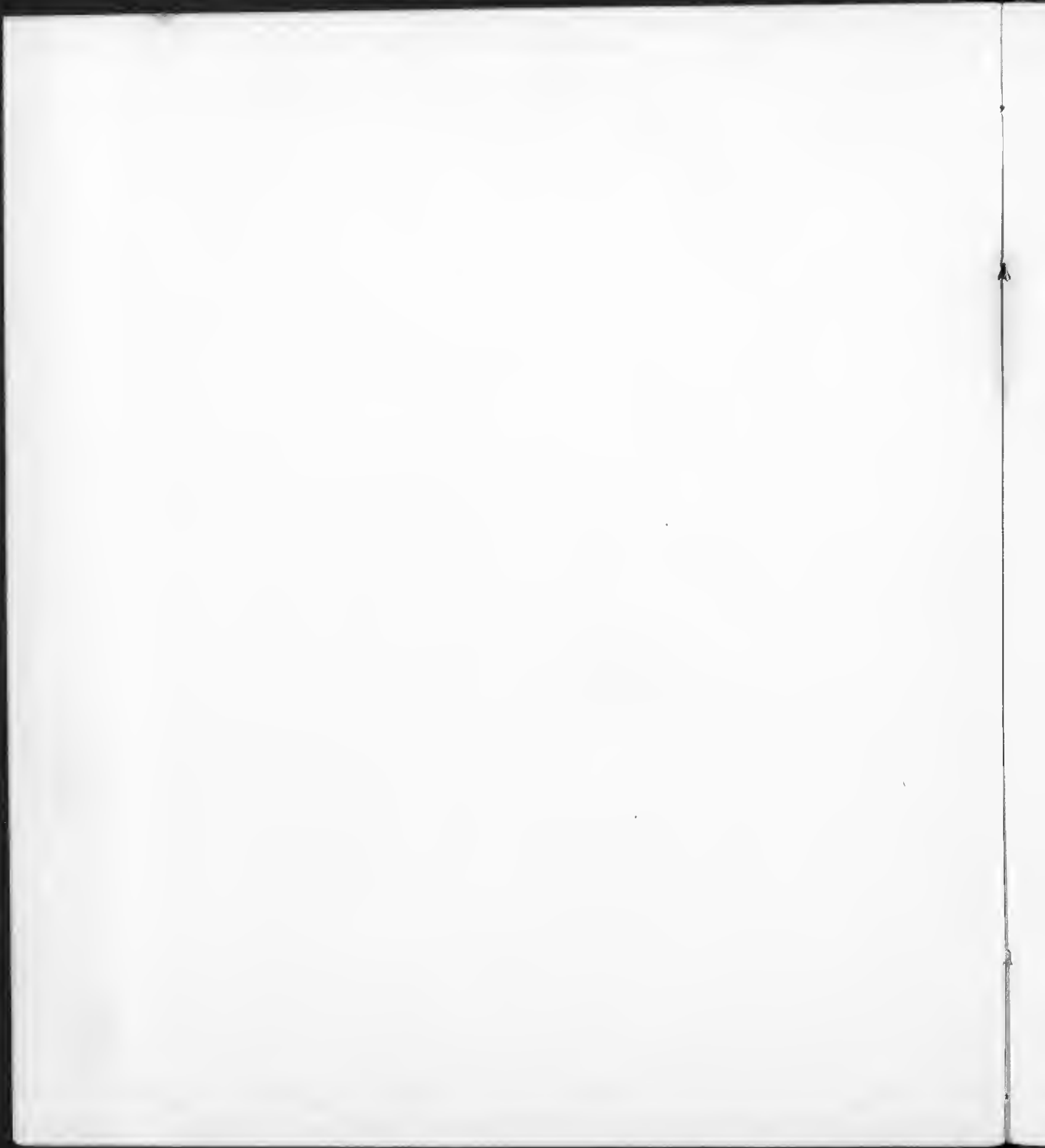
Chrysanthemum leucanthemum
Vitis
Thalictrum Corymbellum
Syrinchium anceps

- 105
19. *Oenothera pumila* Pant. m. m. m.
Pyrola rotundifolia (in bud) { Laurel
first bouquet
Kewton buds
Solanum Dulcanara.
22. *Mcclarynium Americanum* } Newton's woods
Biscuita Canadensis
Helianthus?
Anthemis corula
- 23 *Asclepias pulchra* Curtis' pond

July 3

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







Treatise 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 admixture,
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 phrased it in youth] 244.

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

Dr. Percy Smith.

113

Used Dr. J. Vignani on hr. or two each day in his part,
to avoid sudden death. I. 106.

Jan 19 Passed very unheppil fr. an unpleasant
state of body produced by injuries. Lost 2 hrs in bed fr.
dandy & dally. Fr. I. 115 (at 60 or 70?)

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

Rheumatic aneur (in 1827. act. 58) legs in brackets
L. Collar in neck, tr. shoulder with rad shoulder, tr. neck
a head - all filled with hot water. I. 159

To his brother B. B. (son 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 evening 10 or 15 miles bef. breakfast I thin
youly wd. a capital preparation. No man ever stopped
in a speech who had perspired prof. that day. Fr. 107

Remember I like Ladr better than I ever did before
I left I believe fr. water drinking. Without this Ladr is
irreparable & inflammatory. Fr. 123 "All people about
the Cath. of Geneva are ruined by uses of Shambles &
Kaminshel, Clergy incl'd. I never yet saw any father
who Et & drank as little as was reasonable. Fr. 122.

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

The story of my father's life is a long and
interesting one. He was born in the year
1797, and lived to the age of 87. He was
a man of great energy and ability, and
was successful in many of his undertakings.
He was a man of great energy and ability,
and was successful in many of his undertakings.
He was a man of great energy and ability,
and was successful in many of his undertakings.
He was a man of great energy and ability,
and was successful in many of his undertakings.

77

Remembrance of my father - by James M. Smith

- 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!"

After a ... I got ... the
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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 buoyancy, a slight
 increase of nervous power, to Nature's ~~best~~ triumph, and this again.
 It was worth risking a little invalidism to lighten the ship in
 this way - & the result is, the American temperament.

The day of our vacation was indeed a happy one
as all of us were able to enjoy the same
with the same heartiness and interest as in
the past. It was indeed a most successful
and enjoyable one for all concerned.
The arrangements for the same were
made by the committee and the same were
carried out to the satisfaction of all
concerned. It was indeed a most
successful and enjoyable one for all
concerned. It was indeed a most
successful and enjoyable one for all
concerned. It was indeed a most
successful and enjoyable one for all
concerned.

477

Extract from the report of the committee on the
- 10 -

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.

Labels for the good time coming when classed as

Alfred & ... start ... of ... the ...

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... since ...

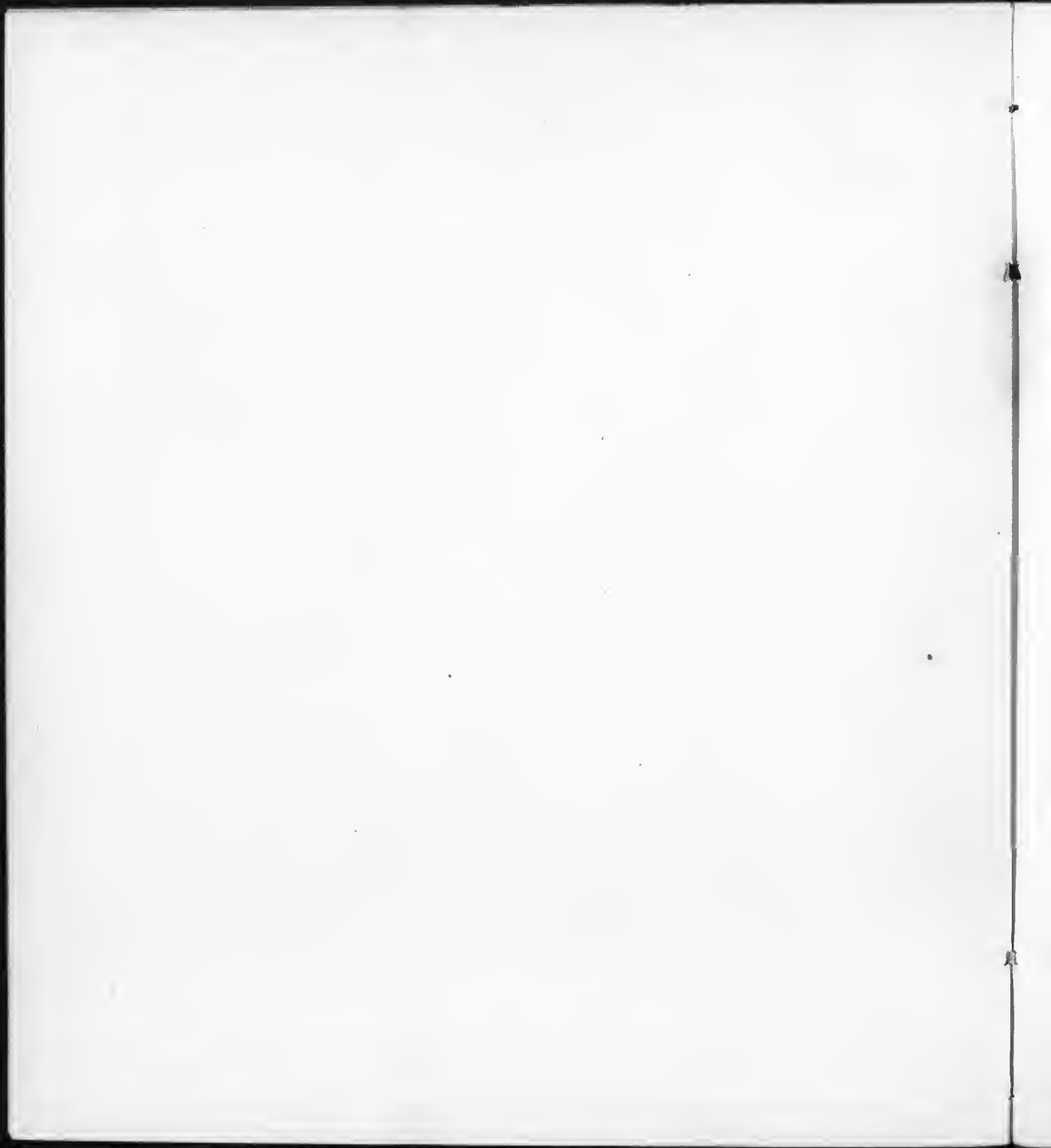
English. Nature makes a series of experiments to produce a triumphant race. Up to this time the English have, on the whole, succeeded - but the English need a little more buying, a slight increase of nervous power, to Nature's ~~best~~ transplant, & tried again. It was worth risking a little invalidism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

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

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

Of course, the finer the mental 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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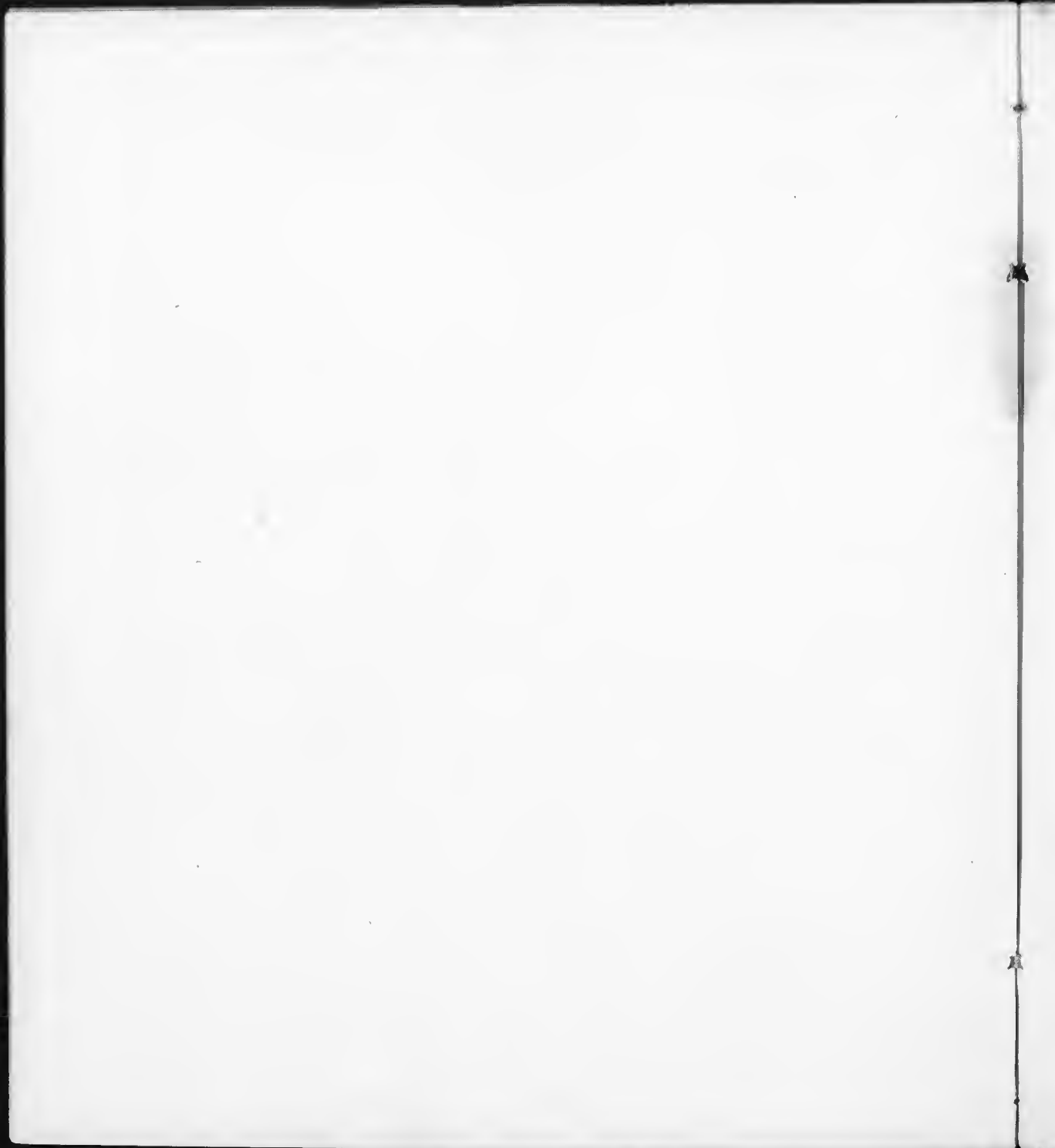
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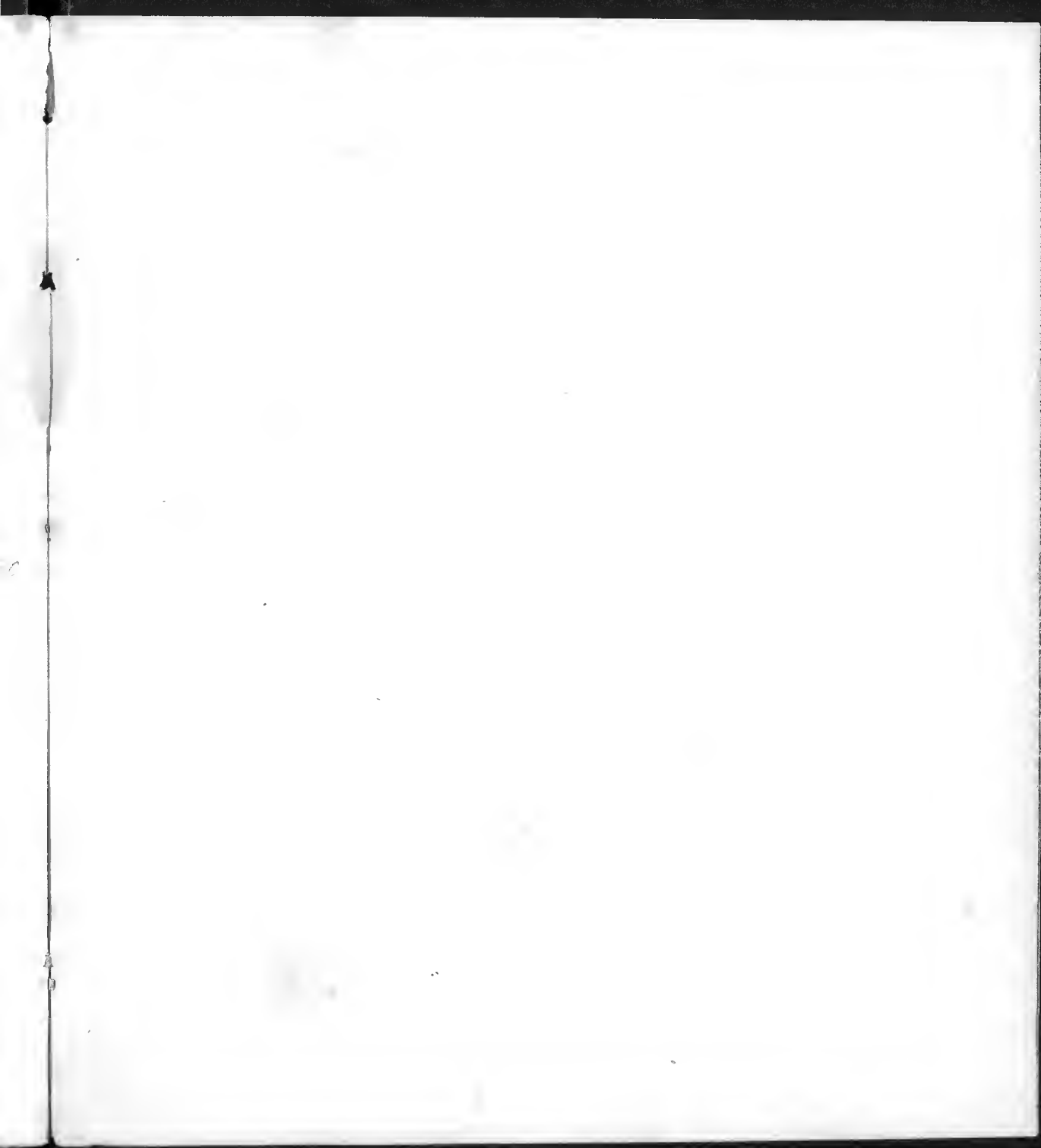


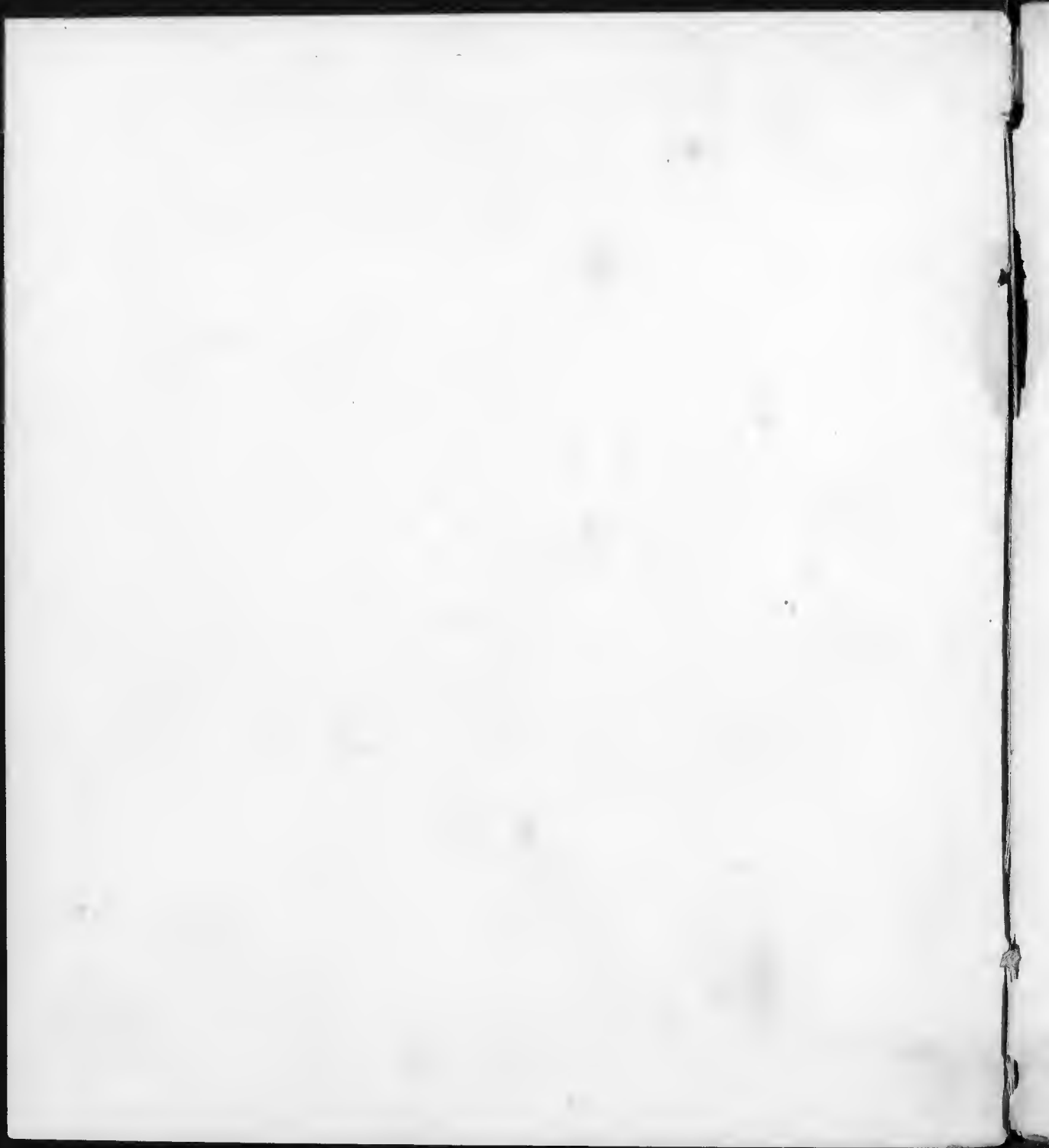


1862 - 1863

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	April 21	April 23	April 11	
April 21	April 21	April 22	April 28	April 20
April 28	April 21	April 15	April 24	April 20
April 22	April 28	April 21	April 29	April 20
April 27	May 9	May 1	April 29	April 20
April 27	April 30	April 28	April 29	April 20
April 27	April 29	April 28	April 28	April 20
May 7	May 8	April 28	April 28	April 20
April 29	May 12	May 3		
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	May		April 27	April 20

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