

THE HERALD
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EVERY DESCRIPTION OF LETTER PRESS
PRINTING
WILL BE PERFORMED AT THE HERALD OFFICE.



For the information of EMIGRANTS arriving at New York, and who are desirous of settling in Canada.

There is nothing of more importance to Emigrants, on arrival in a strange country, than correct information on the leading points connected with their future pursuits.

To guard Emigrants from falling into such errors, these instructions have been prepared by His Britannic Majesty's Chief Agent for the superintendance of Emigrants in Upper and Lower Canada.

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On no account enter into final engagement for your Lands or Farms without personal examination, and be certain of the following qualifications:
1.—A healthy situation.
2.—Good Land.
3.—A pure spring, or running stream of water.

These advantages you can obtain in the Canadas with more ease to yourself and family, and with prospect of good success and sure independence, as perhaps in any other portion of the American continent; besides you have the British Laws and Constitution to which you have been accustomed, with the full benefit of all your property and that in a country free to all denominations of Christians and less burdened with taxes than any other on the face of the globe.

Home District,—Richie, Esq. Township of Sunnyside.
New Castle District, Alex. McDonald, Esq. Peterboro.
Midland District,—McPherson, Esq. Napanee.

Eastern District, Jas. Pringle, Esq. Cornwall.
Ottawa and Bathurst District, Mr. McNaughton, D. S. Bytown.
Township of Seymour, Major Campbell.
London District, Rosewell Mount, Esq. Delaware.

Western District, Hy. Jones, Esq. Chatham.
Labourers, House Servants, and Mechanics dependent on immediate employment, are recommended to proceed on arrival to the Canadas, where if industrious, they may be certain of every advantageous employment at high wages.

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at Albany, to Mr. C. Smith. Those who go by Oswego must proceed no farther by the Erie or Western Canal than Syracuse, 171 miles from Albany and 60 beyond Utica; at Syracuse they turn off to the right by a branch Canal to Oswego, distance 40 miles. The Steam boat Great Britain calls this season at Oswego once a week, (Sundays,) for the conveyance of passengers to Kingston, Cobourg, York or Niagara, and the United States; and others from Ogdensburg calling up the Lake to York and Niagara, going 3 or 4 times a week.

Those wishing to cross the Niagara from the Welland Canal to Lake Erie. At Oswego Mr. Bronson will give every information Emigrants may stand in need of. Those destined to the Grand River, Port Stanley, Talbot Settlement, the London District and other contiguous to Lake Erie and St. Catharines, will go on to Buffalo by the Erie Canal. From Buffalo Steam Boats and sailing Schooners ply daily to all the principal landings on the American and Canada shore of Lake Erie, rate of passage moderate.

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OF DIET AND REGIMEN.
The principles of diet, as regards health and disease, have been the origin of as much controversy among physicians, as the great doctrine of fever; and notwithstanding many ingenious works have been published on the subject by men of eminence in the profession, yet I deem any person, after perusing the whole of their works, to say what regimen is calculated to prevent or cure disease.

By diet alone, diseases of the most obdurate kind have been cured, and I am convinced that all our sufferings are in a great measure attributable to our ignorance of the laws of nature.

During the last twenty years of my life I have wandered round about the world and studied diseases from actual observation among various nations and in different climates; and from long experience, and that knowledge of natural things which study and the conversation of great men have given me, I have been induced to believe, that the greater part of our bodily disease is brought on by improper food.

This opinion has been more strongly confirmed to me by my experience in the treatment of these diseases which the people of England are peculiarly subject to. Such as indigestion, scrofula, consumption, leprosy, cancer, bronchitis, female complaint, the venereal, nervous complaints, insanity, &c. These disorders are making fearful and rapid strides; so much so, that not a single family may now be considered exempt from their ravages.

Linnaeus divides all the maladies of man into eleven classes and three hundred and twenty-six orders and species of disease all which are owing to the various poisonous plants, insects and animals each disease possessing a marked difference in its character and effects, according to the substance that called it into action. America is fast approaching to the same melancholy situation as England, as far as the above diseases are concerned.

Those who are at all acquainted with the medical nature of the ancients will see that the views I entertain are neither singular nor new, having been first propounded by Moses in scripture, and also in the aphorisms of Hippocrates adopted by Aristotle. Galen, Rabelius, and Avicenna, which I have established, to a demonstration by the experiments of the immortal Linnaeus and his disciples. The fevers so well described by Hippocrates are the same which have descended to us, arising from the same causes and requiring the same mode of treatment; they may indeed, be modified by the various circumstances of climate and habit, but their specific character is still preserved; as a fever may undergo particular changes by cultivation or transplantation from one climate to another, still its class and order will seldom be mistaken—its natural order never; so that in whatever portion of the globe a Botanist meets with a flower, he is at no loss, however disguised, to assign it to its proper class and relation.

My principal object in this lecture is to point out the causes of fever by which it may be avoided, and which may lead to a more successful mode of treatment. I feel medical men been more anxious in investigating into the cause of disease, and less solicitous in hunting after secret remedies for the cure, medicine had never become an object of ridicule.

The system of medicine and surgery, (as a late eminent writer) which is established in every country, has a greater influence over the lives of its inhabitants than the epidemic diseases produced by its climate, or the decisions of its government concerning peace or war. The devastations of the yellow fever will bear no comparison with the ravages committed by the Brunonian system; and slaughter at the field of Waterloo counts not of victims a tithe of the number of which the Cullenian doctrine of debility can justify boast.

of the inhabitants were affected by the use of them, and long for the return of spring, when they eat largely of sorrel, (max a frage) to cure themselves. As for the hog, it produces the Lepro Vulgaris, or common leprosy of the Jews, which is spreading to a fearful extent over a great part of the habitable globe, particularly in the Portuguese islands, where much ill-fated pork is made use of, and around most of the cities in England and America, where so much meaty pork is eaten. It would be wise regulation if the governments of both countries were to adopt the plan which is followed in Peru. The people were so dreadfully troubled with leprosy, which it was discovered proceeded from badly fed pork, that a law was enacted—a law that compelled the inhabitants to give up the pigs before being killed, that they might be properly fed, and their bodies purified, and such as had the leprosy were destroyed. I was informed by the Spanish Ambassador in London, that since these salutary regulations had been strictly enforced, that leprosy had nearly disappeared from the country. For a full description of their mode of feeding, refer to the second volume of my work on the leprosy, and in the introduction, page 23, where it is well described by the Hon. Captain Crochran.—I may here observe, that there is no case of leprosy from the Lepro Vulgaris of the Jews, down to the black leprosy, and Elephantiasis, that I have not completely cured by my Bath and medical treatment. I shall pass over the minor parts of the law, and only touch on those which are of the greatest importance to the health of the community. Deut. chap. 22, 9th v. "Thou shalt not sow thy vineyard with divers seeds, lest the fruit of thy seed, which thou hast sown, and the fruit of thy vineyard be defiled." On that single prohibition, nearly the whole of the laws of life and health depend. Few people are aware that the different natural orders will destroy one another, being composed of different elements; that the constitution of the most of the poisonous plants growing in this country, are more active in consequence of the heat of the climate, than they are in England. In consequence, I obtain all the herbs I make use of from this country, they being so much more potent than the same species in England, particularly those from the southern states. It is the avowed object of my lecture, to guard the people against the stumbling block that lays in their way.

To enter into a minute description of the physical effects of such prohibition, would far exceed the limits of two lectures. I will briefly glance at the most prominent effects. In the 7th chapter of Leviticus, and 23rd verse, speaking to the children of Israel, it is said, "Ye shall eat no manner of fat of ox, or sheep, or goat." If you look into your dictionaries, you will find that obesity or morbid fatness is a disease contrary to health.—The nervous system, such as cancer, plethoria, liver complaints, indigestion, muscular power, with many other diseases too numerous to mention, and frequently apply themselves to their mortal career. I will not weary you with a case of cancer, that the patient was not cured of his fat meat and butter—made where the cattle have been pastured on poisonous weeds far worse than the fat of meat. Nurses minding me of one butter in sauce or with tea, the seeds of disease are sown in the cradle, and the fountain of life poisoned at its source.

Butler is an article in very general use throughout the whole of Europe, and considered as wholesome and nutritious substance so much so, that few persons admit it can be injurious to health, eaten in any quantity, or that its quality, however deteriorated, can give rise to severe disease. But experience has led me to a more correct estimation of its effects on the animal economy; and I am happy to find that my opinions are corroborated by the testimony of a very able physician. In a dictionary of medicine by Dr. Macduffy, of Edinburgh, on the use of butter, he observes that "when used as a sauce, or cooked or baked into paste, it is in this way that it is too often used to excess; and though it does not produce effects that are immediately apparent, it lays the foundation of stomach complaints, and of the most obstinate. Its use is also apt to give rise to diseases of the skin very difficult to cure. Persons laboring under stomach complaints should not use much butter, especially when heated, as in buttered toast, muffins, &c.; and those who are inflamed and gouty subjects, should be sparing of the use of butter in all its forms.—It is a bad part of the management of children, to pamper their palates by frequently indulging them with butter, as it is apt to give rise to a gross and unhealthy habit of body, characterised by the frequent appearances of boils and other sores, discharges from behind the ears, or eruptions on the head, and other parts of the skin. Its inordinate use also occasions too great fullness of the system; and in the numerous nervous and inflammatory diseases of children, it is the high fed and plump children that are most frequently the severest sufferers." I perfectly coincide with the above remarks, but, must observe that when cattle are fed on wholesome pasturage as laid down in the Mosaic law, the butter then would produce as good chyme and chyle as any part of our food, and might be eaten in moderation by the most delicate person. In regard to the portions of the animals which were offered in sacrifice, particularly the liver of the kidneys, the caul above the liver, and other parts of the animal, it is there where they become diseased, both in animals and men. Leviticus, 7th chap. and 24th verse, "Moreover ye shall eat no manner of blood, whether it be drimmed out of a beast, in any of your dwellings." The use of blood, more especially when the animal has been fed on poisonous substances, contributes powerfully to aggravate cancer, and give it that disagreeable smell; and, in all cases of acute inflammation, it is either caused or aggravated by the use of blood: as touching all carnivorous animals and birds of prey, it produces similar effects. Various physicians have written in Scripture. In different parts of the world, where I have travelled, the inhabitants put into the fishes' mouth a piece of silver, an hour or two before it was cooked; if it turned black, or of a brownish color, the fish was not eaten, being rank poison.

At best, they frequently bring out leprosy and other cutaneous diseases. I was informed by some of the British officers, when making the northern discoveries, that many of the inhabitants were affected by the use of them, and long for the return of spring, when they eat largely of sorrel, (max a frage) to cure themselves. As for the hog, it produces the Lepro Vulgaris, or common leprosy of the Jews, which is spreading to a fearful extent over a great part of the habitable globe, particularly in the Portuguese islands, where much ill-fated pork is made use of, and around most of the cities in England and America, where so much meaty pork is eaten. It would be wise regulation if the governments of both countries were to adopt the plan which is followed in Peru. The people were so dreadfully troubled with leprosy, which it was discovered proceeded from badly fed pork, that a law was enacted—a law that compelled the inhabitants to give up the pigs before being killed, that they might be properly fed, and their bodies purified, and such as had the leprosy were destroyed. I was informed by the Spanish Ambassador in London, that since these salutary regulations had been strictly enforced, that leprosy had nearly disappeared from the country. For a full description of their mode of feeding, refer to the second volume of my work on the leprosy, and in the introduction, page 23, where it is well described by the Hon. Captain Crochran.—I may here observe, that there is no case of leprosy from the Lepro Vulgaris of the Jews, down to the black leprosy, and Elephantiasis, that I have not completely cured by my Bath and medical treatment. I shall pass over the minor parts of the law, and only touch on those which are of the greatest importance to the health of the community. Deut. chap. 22, 9th v. "Thou shalt not sow thy vineyard with divers seeds, lest the fruit of thy seed, which thou hast sown, and the fruit of thy vineyard be defiled." On that single prohibition, nearly the whole of the laws of life and health depend. Few people are aware that the different natural orders will destroy one another, being composed of different elements; that the constitution of the most of the poisonous plants growing in this country, are more active in consequence of the heat of the climate, than they are in England. In consequence, I obtain all the herbs I make use of from this country, they being so much more potent than the same species in England, particularly those from the southern states. It is the avowed object of my lecture, to guard the people against the stumbling block that lays in their way.

Until the appearance of Cullen, whose theory has misled the greater portion of the medical world, and has been destructive to the health and happiness of mankind, as in former ages, it was the opinion of medical men that all vegetable and animal substances undergoing the putrefactive decomposition, was highly destructive to the health and lives of animals and men. But he introduced his ideas that vitality and assimilation would conquer all the noxious substances contained in such food raised in putrid warms. A greater doctrine was never circulated amongst men. I learnt from an ecclesiastic in the island of Cuba, when he was engaged in transcribing the papers containing the observation of the Roman travellers, on the fertility of the soil of agriculture, that they were in the habit of covering the field with the manure of that season, sowing a quantity of salt over the field at the same time; they then trenched it from 14 to 16 inches deep, and worked on the top of it for six years, when it will be retrenched to undergo its routine of cropping. It would generally be the first year yield a double crop, and the crystals of the earth was so perfectly formed that it would bear six years strong cropping without manure, so that the Jews did not live on produce, produced from virgin earth. We cannot then wonder at their enjoying such a degree of health and strength, as were a terror to all around so long as they obeyed the laws of God. Was such a policy adopted, one third of the American soil which is in a state of cultivation, would yield more, and with less labor, than it does now; and of the most wholesome quality. Flour raised on such soil, properly dried and ground, and packed in air tight casks, would keep for 10 or 12 years; so that any quantity might be laid up for the supply of the whole community, in case of war or other circumstances, that would be a policy adopted, one third of the American soil which is in a state of cultivation, would yield more, and with less labor, than it does now; and of the most wholesome quality. Flour raised on such soil, properly dried and ground, and packed in air tight casks, would keep for 10 or 12 years; so that any quantity might be laid up for the supply of the whole community, in case of war or other circumstances, that would be a policy adopted, one third of the American soil which is in a state of cultivation, would yield more, and with less labor, than it does now; and of the most wholesome quality.

These are hermaphrodite, viviparous, and are generally found in the stomach intestines, or liver, the intestines are flexuous, and the ovaries lateral. Hepaticus—Body ovate, and sharper before, with a white line down the middle, and spot in the centre.—Schœff. Monogr. von Egelsch. fig. 1.—Cleck Lumbr. p. 141, fig. 2; and tab. 12, fig. h. m.—Philos. Trans. 49, p. 240, tab. 7, fig. 1. Barbat Genet. of Worms, tab. 2, fig. 1. Brew. Sammon p. 649, fig. 1.—Inhabits the liver of sheep, and is often vomited up in brooks; is generally found fixed by a pore at the extremity, and another in the middle of the abdomen, and occasions a disease, and disorder called the rot. I will add the whole tribe of Rannunculus is equally fatal with the Euphorbia or spurge the Papaver or Poppy. The above plants with the fluke and round worms, are doing more serious injury to Europe and America than all other evils put together. In addition to the above, I will give you a catalogue of a number of the most destructive plants common to this country, in my next lecture, and I hope all the editors throughout the Union will publish these lectures, that so great evils may be avoided.

Linnaeus, in his dissertation on the diseases of the stock, describes the fluke as being one of the principal, which he enumerates as follows:— Fasciola—Body flatish, with an aperture or pore at the head, and equally another at a distance between seldom a single one. Lord Francis Leveson Gower, with a fortune of £100,000 a year, is receiving half-pay as an ensign in the army. It is said that Mrs. Hannah More realized upwards of £30,000 from her writings.

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was contained in that chapter, must, to every reflecting mind, appear to be operating in almost every country on the globe, especially England and America; the 18th verse is truly applicable to both countries, "Cursed shall be the fruit of thy body, and the fruit of thy land, the increase of thy kind, and the flocks of thy sheep." The fruit of the land has been much diseased by insects and the wet, in the by-gone periods of the country. A great mortality took place in the western part of New-York, Vermont, and the American army in 1811-12, from the use of the ergot, or spured rye, when made into bread, and more particularly destructive when distilled into gin: it was particularly fatal about Albany. A medical report was sent from New York to Albany, by request of the Legislature. The report stated, that the sudden deaths were caused by "malaria miasmata floating in the air combined to certain prescribed limits more particularly those that were in the habit of drinking gin—the best apology for their ignorance of the ergot, or spured rye, for further illustration, see my work on the causes of fever, page 111.

I received letters from De Witt Clinton and Col. Platt, begging me to come to Albany, and see if I could discover the cause of the great mortality. I discovered the cause nearly to the risk of my life. I made it known to my friends, which immediately put a stop to the removal of the Legislature from Albany; but like the poor man in Scripture, who saved the city by his wisdom, I was soon forgotten by the people of Albany, for instead of remunerating me handsomely, they did not even pass a vote of thanks. Verse 22d, "Thou shalt smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew, and they shall pursue thee until thou perish."

The highly noxious, acid, and acrid principle contained in putrefactive matter, enters rapidly into the composition of grasses and poisonous vegetables; and when eaten by the stock, particularly milk cows, renders the milk highly obnoxious; it affects the animals with consumption of the lungs, which is at present a very prevalent disorder in the eastern states; and when their meat is made use of by the inhabitants, it is sure to affect them, with the same disorder that the different natural orders will destroy one another, being composed of different elements; that the constitution of the most of the poisonous plants growing in this country, are more active in consequence of the heat of the climate, than they are in England. In consequence, I obtain all the herbs I make use of from this country, they being so much more potent than the same species in England, particularly those from the southern states. It is the avowed object of my lecture, to guard the people against the stumbling block that lays in their way.

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