

It is a generally known fact, that there are four principal organs, whose function it is, to throw off the impurities from the blood, to restore it to its pure state, and fit it to renovate and stimulate all the textures of the animal frame. They are, the lungs, the liver, the skin, and the kidneys. Now, these organs sympathise and alternate in their action with one another in a remarkable manner. The lungs and kidneys are in most active operation in cold countries, while the skin and liver take the greater share in the important function of purification of the vital fluid in warm climates.

That the organs which are most active and irritable should be most liable to suffer in any general derangement of the system, is what we should be led, *a priori*, to expect. And here, experience supports what theory suggests; for we find, that the great bulk of diseases in cold climates are affections of the respiratory organs, while functional or organic disease of the liver is mixed up with almost all the diseases of warm climates. With regard to the other organs also, we find skin diseases more frequent and of a more serious kind in warm climates, while affections of the urinary organs are seldom met with but in cold countries.

From ignorance of this fact, or, if known, inattention to the precautions which they suggest, much misery may be entailed upon individuals, which might otherwise have been avoided.

During the warm weather in this country, between October and April, the liver and skin are in active operation, and care should be taken, that no check or impediment is allowed to interfere with their free and healthy action. To this end, the food should consist chiefly of acescent vegetable, and farinaceous substances; and the proportion of animal food ought to be small. The use of animal food three times a day, I consider as most pernicious at any season, but especially during the warm weather. We may be told, that hundreds use it thus freely with impunity, but this I deny; for although by a diet so unsuited to the climate, direct and evident disease may seldom be produced at first, the different animal functions are not carried on in the healthy and vigorous manner that they ought to be, and the system labours under a perpetual languor and oppression, which renders the individual less fit for exertion, both of body and mind; this of itself would be a serious evil enough, but there is more in prospect, of a more disagreeable nature.

The inordinate use of animal food leads to one of the most painful afflictions which humanity can suffer: when I name it, *dyspepsia* the horrors of that painful disease rise up in fearful array before those who have ever been its victims, but can in no way be imagined or conceived by those whose digestion has gone easy and well with them all their life. It may be supposed that I express myself strongly on the subject; I need only refer to America for the full corroboration of my statements. The universal prevalence of *dyspepsia* in the United States of America, is ascribed by all their medical writers to their immoderate eating, especially of animal food. These active republicans have gone only half way on the road to temperance; although they have gone all the length in abstinence from intoxicating liquors, they must yet prac-

tise temperance in eating. "Intemperate eating," says one of their most talented medical men, "is perhaps the most universal fault we commit. It is infinitely more common than intemperance in drink, and the aggregate of the mischief it does is greater. For every reeling drunkard that disgraces our country, it contains one hundred gluttons; persons, I mean, who eat to excess, and suffer by the practice."

I am led to speak thus forcibly on the baneful effects of over-eating, from the strong propensity the British have to this species of intemperance. If there is less injury observable in Britain from such excess, than amongst our brethren on the west of the Atlantic, it is only because the great bulk of the inhabitants of Britain have not the means of indulging their appetites in this respect. In this colony, we are likely to have food of all kinds, as cheap as anywhere in the world, and self-restraint must be exercised by those who would enjoy a vigorous and healthy constitution. The diet ought to be varied according to the climate; the stimulating food required in the moist and cold climate of Britain, is nearly as unfit for the mild climate of Australia, as would be the diet of the Laplander, who eats whale's blubber, or the Tongouse Tartar, who devours forty pounds of animal food a-day, to the inhabitant of Britain. The food then during the summer ought to be light, and consist of vegetable substances: these, during their digestion produce a considerable quantity of acid, which has a most beneficial influence, promoting the healthy action of the skin and liver, and acid fruits affect the same more directly.

During the hot weather, when there is great exhalation of the animal fluids, it is necessary to supply the wants of the system in the most direct manner. And for this purpose, soups and broths containing vegetables and farinaceous substances, are well suited. The admixture of solid matters with soups, is a powerful auxiliary to digestion, for all food must acquire a certain pulpy consistence in the stomach, before it undergoes the necessary change in that organ. Hence, strong soups, without such admixture, are totally unfit for a weak or exhausted stomach. The Laplander mixes sawdust with his coarse oil, to render it digestible. And on the same principle, bread is light for the stomach, which contains a portion of the husk of the wheat. A certain quantity of indigestible matter, such as the fibrous part of green vegetables affords, is required to stimulate the bowels to their healthy action. The idea, therefore, that vegetables are unsuited to the dyspeptic, whose indigestion is, in nine cases out of ten, owing to a torpid state of the bowels, is an erroneous one.

In an exhausted state of the system from over-fatigue, it is downright madness to give the stomach the labour of digesting a full solid meal. Does not every stable-boy know that it is highly injurious to a horse to feed him when fatigued: he allows the system to recover from the effects of its exertion, before he allows him to eat. And yet, a man is generally more careful of his horse than himself: he neglects this necessary precaution of allowing the exhaustion to subside, or perhaps wants sufficient self-command to restrain his appetite.

As connected with this subject, I may here advert to the pernicious effects of resorting to artificial stimuli in their exhausted state, espe-

cially the use of ardent spirits. Independent of the risk of their use becoming habitual, the immediate evils are such as ought to frighten any one from the employment of so injurious a remedy.

The general excitement induced, serves the purpose of the moment, but the demand for a renewal of the stimulus becomes greater, and in a few days the result may be seen in the following remarkable case of a man who had received a gun-shot wound over the stomach, which never closed, but left an opening sufficiently large to suffer that organ to be examined. Dr. Beaumont, who experimented on this singular case, thus describes the result of the free indulgence in ardent spirits for several days—"The inner membrane of the stomach was unusually morbid, the erythematic appearance more extensive, the spots more morbid than usual; from the surface of some of them exuded small drops of grumous blood. The gastric fluids extracted were mixed with a large proportion of thick ropy mucus, and a considerable mucopurulent discharge, slightly tinged with blood, resembling the discharge from the bowels in cases of dysentery."

Dr. Beaumont goes on to say, that "no particular derangement of the system was evident, beyond a slight giddiness, a tenderness at the pit of the stomach, and a yellowish coating on the tongue;" yet it cannot be supposed that those slight symptoms comprised all the evils that resulted from this diseased state of so important an organ as the stomach. There is every reason to believe that in such cases the fruits are in store for some future day; nay, we have evidence of the fact in the examination of the bodies of those who have habitually indulged freely in the use of ardent spirits; the fearful disorganised mass, which there occupies the place of the liver, is a very convincing proof of the evil effects of intemperance.

Where some restorative is required, as in those cases in which the system is debilitated from fatigue, and it may be either inconvenient or impracticable to allow sufficient time for the restoration of the exhausted powers by rest, a little wine or malt liquor will be necessary. The latter, to those with whom it agrees, is the most invigorating; and I am sure that many in this colony will bear me out in saying that, great as the luxury of a draught of London porter may sometimes be in Britain, it is only in such a climate as Australia that it can be fully appreciated. The habitual use of either wine or malt liquor, however, is to be condemned as much as that of ardent spirits; their effects on the animal economy are similar, and in one respect they may be considered as fully more injurious: their stimulating properties are less evanescent than those of spirits, so that they act more as tonics, and by their action as such, are apt to induce an unnatural fullness and plethora, the consequences of which are very distressing; indeed the array of disease arising from habitual plethora, is of a most alarming kind. It is only necessary to mention apoplexy, gout, hypertrophy, and ossification of the heart, and angina pectoris, as a few of the number, to show the necessity for great moderation in the use of such remedies. The practice of moderation and self restraint, in fact, are constantly called for here; there must be moderation even in the drinking of water. I have seen very distressing and even alarming symptoms

originate from giving way to the craving of thirst, and drinking large quantities of water. Pint after pint, and quart after quart, are poured down the throat at intervals of a quarter or half an hour, without in the least quenching the thirst; indeed the more that is drunk the greater the demand becomes, and at last the system is so oppressed, that a febrile action is set up to get rid of the superabundant fluid. Instead of such copious draughts, it will be much more efficacious to use water more moderately, and have it slightly acidulated with lime juice or other acid.

As connected with the healthy functions of the liver, it may be well to say a few words regarding the organ on which its function seems particularly to depend—I mean the skin. It is well known, in cold and temperate climates, that the interruption of the cutaneous excretion for any length of time, is attended with the most serious consequences to the general health, in which an inflammatory, or other diseased action, is apt to be produced in some internal organ, generally the lungs. Diseases of these last descriptions form a very large proportion of the maladies of cold climates: consumption alone is the immediate cause of one-fourth of all the deaths in London, and, “if the proportion to the general mortality be admitted to be as one to four,” says Dr. Marshall, “and if it be granted, that the annual mortality is to the population as one to fifty, while, by the census of 1821, it is ascertained, that the inhabitants of Great Britain amount to 14,391,631, it will be found that the annual number of victims to consumption in this island amounts to 71,958.” In New York there is the same ratio of deaths in the population as in London. The annual mortality in France is about one in forty, and the relative proportion of deaths by consumption to the general mortality is twenty-three per cent., or nearly one-fourth. It would be very difficult to arrive at any accurate truth regarding the amount of cases of consumption in South Australia; for my own part I am not aware of a single case which has arisen in the colony. Several people have died here of the disease who brought it with them from Britain, and in whom the disorganisation of the lungs had gone beyond all hope of cure; others, who have come here before the disease had assumed this hopeless form, have greatly recruited their strength, and, in all probability, added many years to their existence by the change.

The interruption of the functions of the skin, when it does happen here, is seldom of long continuance, and its consequences are rarely of a serious nature; the most frequent effect being, a slight derangement of the biliary secretion, which if neglected, may go into jaundice, as happened in my own case about fifteen months after I came to the colony; the attack, however, was very mild and yielded to the slightest remedies. There were, I may mention, several existing causes of the disease, of which mental anxiety was not the least.

In the cool part of the year, and during the southerly breezes which follow the hot winds, there is apt to be a torpid state of the biliary organs, indicated by general languor, and occasionally a relaxed state of the throat. It is very seldom that this affection requires any treatment, and where the system does not of its own accord throw it off,

a little rhubarb to excite the flow of bile is all that is necessary. Before leaving this subject I would say a few words respecting baths, warm and cold. The benefits resulting from the frequent employment of warm baths to promote the free and healthy action of the skin, are now so well known, and so universally acknowledged, that their use is becoming every day more general; the idea of their being weakening is quite exploded.

In nervous affections, impaired digestion, and diseases of a consumptive character, which are in most cases dependent upon, or at all events accompanied by a deficiency of vital action in the skin, the frequent use of the warm bath is followed by the most favorable consequences; while a person in health will derive the greatest benefit from it in the elasticity and vigour it imparts to the animal functions; and its importance is not less in this part of the world, where the skin takes so active a part in the excretory functions of the system.

An eminent medical writer of the day (Dr. Andrew Combe), finishes his remarks of the functions of the skin, with the following—"If one-tenth of the persevering attention and labor bestowed to so much purpose in rubbing down and currying the skins of horses, were bestowed by the human race in keeping themselves in good condition, and a little attention were paid to diet and clothing, colds, nervous diseases, and stomach complaints, would cease to form so large an item in the catalogue of human misery. Man studies the nature of other animals, and adapts his conduct to their constitution; himself alone he continues ignorant of, and neglects. Let the warm bath, then, be oftener used, it will tend much to the improvement of the general health of the invalid, and greatly enhance the value and enjoyment of life, of one in health.

The action of the cold bath differs somewhat from that of the warm; the first effect of cold applied to the skin is to send the blood from the surface upon the internal organs; if the body is in a healthy and vigorous state, and the cold be not too long continued, a re-action takes place, the blood is drawn back again to the skin, a pleasant glow is felt on the whole surface, and the system feels invigorated and strengthened; this re-action may be further assisted by rubbing with a coarse towel, which has, besides, the good effect of purifying the skin of the unctuous matter, which exudes along with the perspiration.

Salt water has a more stimulating effect on the skin than fresh, and where the benefit of sea-bathing cannot be had, a shower-bath, having a little salt dissolved in the water, is a good substitute.

WHEN LOVE, WHO RULED.

When love, who ruled as admiral o'er
 His rosy mother's isles of light,
 Was cruising off the Paphian shore,
 A sail at sunset hove in sight.
 "A chase, a chase! my Cupids all,"
 Said love, the little admiral.

Aloft the winged sailors sprung,
 And swarming up the mast like bees,
 The snow-white sails expanding flung,
 Like broad magnolias, to the breeze.
 "Yo ho, yo ho, my Cupids all,"
 Said love, the little admiral.

The chase was o'er, the barque was caught,
 The winged crew her freight explored,
 And found 'twas just as love had thought,
 For all was contraband on board.
 "A prize, a prize, my Cupids all,"
 Said love, the little admiral.

Safe stowed in many a package there,
 And labelled slyly o'er as "Glass,"
 Were lots of all the illegal ware
 Love's custom-house forbids to pass.
 "O'erhaul, o'erhaul, my Cupids all,"
 Said love, the little admiral.

False curls they found of every hue,
 With rosy blushes ready made,
 And teeth of ivory, good as new,
 For veterans in the smiling trade.
 "Ho ho, yo ho, my Cupids all,"
 Said love, the little admiral.

Mock sighs too—kept in bags for use,
 Like breezes bought of Lapland seers—
 Lay ready here to be let loose,
 When wanted, in young spinsters' ears.
 "Ha ha, ha ha, my Cupids all,"
 Said love, the little admiral.

False papers next on board were found,
 Sham invoices of flames and darts,
 Professedly for Paphos bound,
 But meant for Hymen's golden marts.
 "For shame, for shame, my Cupids all,"
 Said love, the little admiral.

Nay, still to every fraud awake,
 Those pirates all love's signals knew,
 And hoisted off his flag, to make
 Rich wards and heiresses bring-to.
 "A foe, a foe, my Cupids all,"
 Said love, the little admiral.

"This must not be," the boy exclaims;
 "In vain I rule the Paphian seas,
 If love's and beauty's sovereign names
 Are lent to cover frauds like these.
 'Prepare, prepare, my Cupids all,'"
 Said love, the little admiral.

Each Cupid stood with lighted match,
 A broadside struck the smuggling foe,
 And swept the whole unhallowed batch
 Of falsehoods, to the depths below.
 "Huzza, huzza, my Cupids all,"
 Said love, the little admiral.

LIDDEL.

MANUSCRIPTS RECENTLY DISCOVERED ON THE
BANKS OF THE MURRAY.

TO THE EDITOR OF THE SOUTH AUSTRALIAN MAGAZINE.

DEAR SIR—You have been so kind as to express your approbation of the contents of the manuscripts containing the “Spirit of the Murray,” and, therefore, the author having provided an ample store of materials, I hope to get ready for your monthly numbers more regularly. The attempt, that he has made, to give a correct idea of the native superstitions, and to translate the poetry, in which their traditions are clothed, into a metre, as nearly as possible, resembling that of the original language, may, perhaps, induce some persons to believe the native songs embodied in the work, to be the creations of his own fancy, rather than the result of his researches. Many people, more especially in the Australian colonies, have allowed their minds to be prejudiced to a ridiculous extent against the aboriginal race; and, in the face of the most convincing examples and circumstances to the contrary, still maintain the inferiority of their mental capacities; and they cannot imagine that the intellect of the Australian native is of sufficient calibre to construct sentences of poetry, or even to originate poetical ideas. On this subject, Major Mitchell, in the account of his expedition, observes—“There can be little doubt that the corrobory is the medium through which the delights of poetry are enjoyed, in a limited degree, even by these primitive savages of New Holland” (p. 6). And, speaking of them generally, he says—“My experience enables me to speak in the most favorable terms of the aborigines, whose degraded position in the midst of the white population, affords no just criterion of their merits. The quickness of apprehension of those in the interior was very remarkable; for nothing in all the complicated adaptations we carried with us, either surprised or puzzled them. They are never awkward; on the contrary, in manners and general intelligence they appear superior to any class of white rustics I have seen. Their power of mimicry seems extraordinary, and their shrewdness shines even through the medium of imperfect language, and renders them, in general, very agreeable companions” (p. 340). Little, in his “History of New South Wales,” alluding to the aborigines, makes the following remarks—“They are not indifferent to the charms of song, having certain poetical sentences which they make use of, with some attention to time and cadence, when sitting in their canoes a-fishing, when engaged in the chase, and also such as are suitable to express contempt and defiance.” We find the aborigines, throughout Australasia, identified as one race, and connected by the general analogy of their language and habits of life. The natives of the banks of the Murray hold a high rank in this family for intelligence, courage, and ingenuity; and their poetry evinces a greater amount of original and imaginative genius than our imperfect knowledge of their tongue will allow us to demonstrate by a translation. Little has anticipated our author in the idea of collecting and

giving the poetry of these simple people a place amongst the literature of nations; but we believe no one has gone before him in carrying it into execution. He continues—"Such being the state of their poetry, which certainly is connected with song, the world may look forward to the time when some individual shall arise to collect and arrange the scattered fragments of the poems, and give us a supplement to Ossian, a translation of the poems composed, shall I say, by the great Carrahdy, five or six hundred years before the British set a foot on the shores of Australasia." The Romans, when they took possession of, and colonised Britain, felt quite as little reverence and admiration for our aboriginal forefathers, or for their legends, as Europeans now entertain for the native Australian and his corrobories; yet, after the lapse of ages, when a complete amalgamation of races has taken place, we proudly claim our descent from the insurgent barbarians under Caractacus and Boadicea, who were painted with "woad" and clad in skins, and—if we may place any reliance on the printed representations of them in some of the large histories of England—were a very similar people, in external appearance, at least, to the race around us. In the same way, it is possible, that a distant generation of our descendants, when the distinction of races and interests shall have ceased, may mention with honor, a people whose habits and conduct now fill some of us with indignation and disgust. Governor Hunter writes that—"In the morning, these miserable creatures, at day break, sing a hymn or song of joy, till sunrise" (Little, p. 186). The hymn or song, with which the break of day is accompanied, in this number, is a version of a tradition of the Lower Murray tribes. They believe that, many years ago, their own tribe, with numerous others, lived in the interior, towards the N.N.E., where there was abundance of gum trees, opossums, and fresh water; that the sorcerers of the land of Toolcoon, a neighbouring country, set the bush on fire, which spread in all directions, driving the natives before it, and destroying many tribes. Corna, the progenitor of the Murray tribes, was on the point of perishing, with his family, when the Murray burst from a cleft in the ground and extinguished the flames around them. It flowed on, till it came to the sea, and has, ever since, formed a barrier to the fire extending across the continent, as it did once, in ancient times. Whether this story has any foundation in the facts of former ages, it would be vain to attempt to determine, but it is evidently based on natural causes now in existence, and in extensive operation.

I am, dear sir,

Yours truly,

CUIQUE.

Adelaide, July 20th, 1842.

THE SPIRIT OF THE MURRAY.

PART III.

Alcibiuss felt his weary eyelids close,
And his unconscious head to earth declined,
Scarcely before the star of morning rose,
Following the midnight splendour close behind;

As maidens, in the suite of earthly queen,
 When all the gaudy, spangled court hath passed,
 Support the train of majesty, and sheen
 More purely, from the rich and gay contrast.
 So taketh up the brilliant train of night,
 The morning star, and melloweth every ray
 In its mild gloamin' beams of virgin light,
 Before the first lines of the breaking day.
 Then the dawn upwards sends its faintest shade ;
 The beacon gently kindles in the east,
 And nature, in night's fading hues arrayed,
 Owrs slowly, that the chilly reign hath ceased.

That early beam of day did soon awake
 The natives, sleeping round the mould'ring fire,
 And rising with the morn, they quickly shake
 The dew-drops from their rude and scant attire.
 A hide of kangaroo, or blanket hitched
 With thongs across the shoulder, or a rug
 Of soft opossum skins, with sinews stitched,
 That keep their naked bodies warm and snug.
 They rise, and yawn, and nerveless limbs they stretch,
 Till starts the numbness from each cord and vein ;
 Then boughs of quick wood from the scrub they fetch,
 And heat themselves before the flames again.
 But black men, ever on the air do send,
 When the first daylight streaks the east with grey,
 A song, that with the varied scene may blend,
 And thus, this morn, in concert, chanted they.

TARRUNKIE.

Where is the light and the father of days,
 Whither has black night, his burning face, driven ;
 Was it quenched in the ocean, that drank up his rays,
 Or, again will he glide through the regions of heaven ?

CHERABOC.

Far off, on Parnka's* distant side,
 Where the lake mingles with the sky,
 And farthest hills† the banks divide,
 Where Murray flows majestic'ly,
 Mark thou, the brighter shades that spread,
 And break the blending mists in twain ;
 Chase the dull clouds from Parnka's bed,
 And lift morn's eyelid up again !

'Tis the sunshine,
 His gleam is there,
 Night doth resign
 The realms of air !

POMEBIE.

The swan doth rise on heavy wing,
 And shrilly pipes his morning note,
 The meroles‡ from the she-oak sing,
 The ducks, from lake side, slowly, float ;

* Lake Alexandrina—native name.

† The bluff cliffs that mark the point of the lake, at which the Murray enters, a few miles below the crossing-place, of which a view is given above, have a singular castellated appearance.

‡ Native magpies—properly, a very beautiful species of the jack-daw tribe—colours, black, white, and grey ; their notes about daylight are exceedingly melodious.

The wary cranes, of snowy white,
 Do look around with care,
 And pelicans, at every height
 Wing circles in the air;
 The bittern booms, the blue-bird* calls
 His mate, with flaming crest;
 The dew from every leaflet falls,
 Whereon a bird did rest.

ALL.

Then let us join the happy throng :
 Come, rise up black men all,
 And, with the merry birds of song,
 Respond to nature's call !

TARRUNKIE.

Long did our fathers wander through
 The lofty gum trees' shade,
 And marked the yearly falling strew
 The soil, where it had stayed
 Unmoved, for long, long years,
 Weeping its blood-red tears.
 An old wife, breathless, fled and came
 Upon their paths, pressed by the flame
 Of the bush fire, † which ran
 And the hot winds did fan
 Close after her, and crackled round,
 Sweeping the forest to the ground,
 With crash on crash, and fire and smoke
 Followed her steps and thus she spoke—

Up, Corna, ‡ up, and fly with me,
 Thy children and thy wife,
 If, haply, we may reach the sea,
 And save our perilled life.

From Toolcoon's§ distant land I come,
 Where fiery spirits dwell,
 Who have destroyed my tribe and home,
 And seek our race to quell.

Through many tribes of men I've passed,
 That scorned my hurried word,
 Yet, as the flames did follow fast,
 Their dying shrieks I heard.

Thine, Corna, is the only race
 The angry fiends can spare,
 Then, up, and, with thy quickest pace,
 By flight, my safety share.

* A variety of the species called moor-hen in Britain, but of a larger size, and of a bright blue color, with a flame-colored comb or crest; very abundant on the Murray.

† There is a superstition, that, at one time, the bush fires overspread the whole country, destroying a great number of the aboriginal tribes, and that, as they fled before it from the interior, the Murray suddenly appeared and stopped its further progress.

‡ Corna signifies black man, it is the name of the native race.

§ Toolcoon, a country towards the N.N.E., the abode of the spirits of fire, who send the bush fires and hot winds.