

hints on interesting subjects, which may thus find their way into the hands of those to whom larger treatises are not familiar.

Fresh air essentially promotes health, and yet the free admission of it is not sufficiently attended to....An Acrophobia, or a dread of air, is a too common prejudice. If we look at the crowded drawing-rooms of the rich, which, however spacious, are frequently over-crowded, and to which fresh air is denied admittance, or to the close damp rooms of the poor, who, however exposed to the open air during a great part of the day, seem to consider windows that will open not necessary to their health, we may see the necessity of more care being taken to ventilate their rooms.

I was lately reading the life of Dr. Darwin, written by Anne Seward, and was much pleased with a speech, which in a moment of high excitement, he made to the inhabitants of Nottingham on a market-day, when suddenly mounting on an eminence, he thus addressed them :

“Ye men of Nottingham listen to me. You are ingenious and industrious mechanics. By your industry life's comforts are procured for yourselves and families. If you lose your health, the power of being industrious will forsake you. *That* you know ; but you may *not* know, that to breathe fresh and changed air constantly, is not less necessary to preserve health, than sobriety itself. Air becomes unwholesome in a few hours if the windows are shut. Open those of your sleeping-rooms whenever you quit them to go to your work-shops. Keep the windows of your work-shops open whenever the weather is not insupportably cold. I have no *interest* in giving you this advice. Remember what I, your countryman, and a physician tell you. If you would not bring infection and disease upon yourselves, and on your wives and little

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ones, change the air you breathe ; change it many times in a day, by opening your windows.”

If the insertion of such useful hints are deemed to come within the plan of the Belfast Magazine, I shall probably communicate some from time to time, and I hope others will follow the example. By the communication of useful detached hints, the fragments of the feasts of “bookish hours,” perhaps real information may be more readily given, than in more pompous forms.

A READER.

For the Belfast Monthly Magazine.

LISBURN HUMANE SOCIETY.

IN former days, Societies were formed for mutual defence : the arm of the Law not possessing strength sufficient to curb the violence of a people emerging from a state of barbarism, the weak were obliged to invent some means of supplying its deficiencies. By uniting in mutual confederacies they could baffle those attempts on their properties or lives, which they would have been unable singly to resist. The present is also an age of Societies, but instituted for different reasons. They are now formed not to remedy the weakness of the law ; or to stand in its place where it ought to act ; but to effect purposes to which it could not extend.

We have Societies for the promotion of knowledge, for the encouragement of virtue, for the suppression of vice ; and it is no small recommendation of the Constitution under which we live, that it infuses the spirit of liberty, which is its vital principle, even into those voluntary associations with which it seems to have so little connection. On the Continent, Societies formed for such purposes, stand or fall at the will of the prince to whom they owe their existence. Here they rise from the unsupported exertions of private persons, on their

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they depend, and when noticed by the chief magistrate, they do not so much acquire as reflect honour by the patronage. A history of the public Societies in the British Empire, interesting itself, would fully show this. But among all those shining instances of public spirit, none is more worthy of our admiration than the humane society. It does honour to human nature. When we see a number of men contributing their money, devoting their time, attention and labour, to what produces no peculiar profit to themselves, who sacrifice what is called good among men, for the sole pleasure of serving others, we cannot help admiring this triumph over the selfish propensities of nature. When we remark how many shrink from the bounden duty of relieving the sick, assisting the poor, and visiting the afflicted, with what feelings ought we to view those who deprive the grave of its victims, unmoved by the hideous spectacles which death in so many different shapes must so frequently present to their eyes. Their efforts however, have been amply rewarded. The eye, once closed in the shades of insensibility, opens again to express the dumb language of gratitude; the tongue just doomed to be for ever silent, again speaks forth their praises. They enjoy the blessings of the child, no longer an orphan, the wife unwidowed, the parent for a moment childless. The extent of their benefits bestowed by them on their country, is not to be confined to the good effects resulting from their own exertions. The spirit which animated them has gone forth; it infuses itself into other breasts; and its effects are clearly seen in the establishment of similar Societies in many other places. Ireland, too far behind her sister kingdom in the arts of peace, has at length followed the example; and the friends of humanity will hail the names of those individuals who have set the example in this part of the country, as

example which it is devoutly to be wished, will soon spread itself to all the parts of this kingdom.

The coasts of this island, exposed on three sides to the violence of the great Atlantic, yearly supply a gloomy catalogue of shipwrecks; the extension of inland navigation increases the chances of accidents by water; and the deadly consequences of intoxication are too frequently experienced in this country to be here expatiated on. All these must be diminished by the general adoption of this scheme, so warmly recommended by its promoters here. They have begun well; in so doing they have done much; it is sincerely to be wished they may be enabled to go still farther. Two objects are much wanted on our coasts....one, the establishment of life boats, by means of which many valuable lives may be saved to their country, at the time when the life of a sailor is most valuable. The other, the abolition of that inhuman practice too common upon our shores, of alluring vessels in distress, by means of false signals, to those parts of the coast where they must rush upon inevitable destruction, that their cargo may become a prey to their diabolical deluders. This would be effectually prevented by the establishment of humane Societies with life-boats; because, wherever a wreck was apprehended, the members would be on the alert, and thus discover and defeat the infamous designs of these wretches. The Lisburn Society wish to give the greatest publicity to their instructions for resuscitating the victims of untimely death: and we think we cannot do a more essential service to the public, than by seconding their endeavours. For this purpose we give a copy of their directions for the treatment of drowned persons, or others dying suddenly. With this notice we take our leave of the subject at present, hoping in the first place that it may be long before they be called upon for a trial of the efficacy

of these rules: and, in the next, that when summoned to perform that painful duty, we may have it in our power to announce their complete success.

GENERAL DIRECTIONS to be observed in the Recovery of Persons Drowned or affected by extreme Cold, noxious Vapours, or Intoxication.

I. The most diligent search is to be made for the body, as a few minutes unnecessary delay may deprive the individual of a chance of recovery, and great care is to be taken not to do any injury to the body in taking it out of the water.

The body being discovered, it is to be cautiously conveyed with the head raised, on a door, or board, to the nearest convenient house; or in summer, to be exposed to the heat of the sun in a dry situation. The modes commonly practised of shaking the body violently, and carrying it over the shoulders, are highly prejudicial, and should be strictly avoided.

II. The body being well dried with a cloth, should be placed in a due degree of heat, but not too near a large fire: the windows or doors of the room should, however, be left open, and no more persons be admitted into it than those who are absolutely necessary, as the life of the patient greatly depends upon his being exposed to a pure air. The warmth which promises most success is that of a bed or blanket properly warmed. Bottles, or bladders of warm water, or hot bricks wrapt in cloths, should be laid on the soles of the feet, the palms of the hands, in the joints of the knees, under the arm-pits, &c. the shirt or clothes of an attendant, the skin of a sheep fresh killed, or the natural and kindly warmth of a healthy person, lying by the side of a body, has been found, in many cases, very efficacious.

Shou'd such accidents happen in the neighbourhood of a warm bath, brew-house, bakery, bleach-green,

soap-boilers, or any place where warm lees, ashes, grains, sand, water, &c. are easily procured, it would be of the utmost service to place the body in any of these, moderated to a degree of heat, but very little exceeding that of a healthy person, viz. 98 degrees of Fahrenheit's thermometer... The use of salt should be avoided.

III. The body is to be gently rubbed with flannel, and a heated warming-pan, or hot smoothing-iron, covered with flannel, gently moved over the back and spine.

IV. To restore breathing, introduce the pipe of a pair of bellows (when no apparatus) into *one* nostril, the *other* nostril and the mouth being closed; *inflate the lungs*, till the breast be a little raised; the mouth and nostrils must then be let free; repeat the process till *life* appears. But as the proper inflation of the lungs, requires a knowledge of anatomy, this part may be deferred until medical assistance can be procured, provided it may be speedily expected. Electricity is recommended, but only under the direction of a medical assistant.

V. Tobacco smoke is to be thrown gently into the fundament, with a proper instrument, or the bowl of a pipe, covered, so as to defend the mouth of the assistant. Or an injection of warm water may be used, to the quantity of three or four pints, half an ounce of common salt being dissolved in each pint, with the addition of a little whiskey.

In Cases of intense Cold.

Rub the body with *snow, ice, or cold water*. Restore warmth, &c. by slow degrees, and after some time, if necessary, the plans to be employed for the resuscitation of drowned persons.

Suffocation by noxious Vapours, or Lightning.

Cold water to be repeatedly thrown upon the face, &c. drying the body at intervals. If the body feels cold,

employ *gradual warmth*, and the plans for the drowned.

Intoxication.

The body is to be laid upon a bed, with the head a little raised, the neck-cloth, &c. removed. Obtain immediate medical assistance, as the modes of treatment must be varied according to the state of the patient.

The plans above recommended are to be used for **THREE OR FOUR HOURS**. It is an error to suppose that persons are irrecoverable, because life does not soon make its appearance.

On Signs of returning Life.

A tea-spoonful of warm water may be given, and if the power of swallowing be restored, warm wine, or whiskey mixed with water

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ON THE CULTURE OF POTATOES.

IF it be true that Great Britain has expended upwards of ten millions in one year, for the purchase of provisions, it is equally so, that almost the whole might be saved to the nation, by extending the cultivation of potatoes, so as to make it a general substitute for fallow. In Ireland, one third of the land occupied by tillage is unprofitable to the farmer, who has an immensity of labour, and two years' rent to charge to his wheat-crop: and at present not one hundredth part of the fallows of Ireland is occupied by a potato crop. I have been for many years in the habit of cultivating potatoes in three feet drills, with the plough: the difficulty of procuring seed in the year 1800, induced me to adopt the following method: I began at November to have a thin slice taken off each potato, at the end where the eyes are in a cluster, as they were washed and used in my family, taking care to cut the bottom of the eye; each slice produced four or five eyes, which were subdivided, dried and put into casks with oat chaff, from a mill, for use. In March

following, they resembled small pieces of buff leather: I planted some acres of them, and can assert, that not one failed, and their produce came in a fortnight sooner than those planted in the usual way.

It is to be observed that by the mode, which many farmers about me adopted with success, the sets are taken from good potatoes, no abuse is given the potatoes, as is the case with the scoop: no more of them are used than would be rejected at the table, and the scheme is more likely to be adopted in times of scarcity, than the use of the shoots, for carrying a second or third crop, by transplanting. These slices, being in a small compass, will be easily lodged and handled in the nursery. The most prolific sets are obtained from the cluster end: the sets from the best kinds may be removed in large quantities, with little trouble, even from one kingdom to another. Having remarked, when potatoes have been second planted in the lazy-bed mode, that some whole potatoes which escaped in the digging out, and in the turning of the ridges (by which they fell into the bottom of the first trench, and had a covering of eighteen inches of earth) have always remained in a growing state long after the rest of the potato stalks in the ridge are withered, and that they produce much larger and finer potatoes, it determined me to give the planting of whole potatoes a fair trial. Having marked out a piece of land for that purpose, I caused a hole to be dug in the centre of each square yard, eight inches deep, in which I placed a whole potato of the least prolific kind (the red-nosed kidney:) the hole was then filled four inches with dung, and the earth returned; each potato produced four or five strong shoots; as they appeared and advanced in growth, I thrice dug the intervals and as often earthed up the stalks, until there was an elevation of two feet of earth.