

with a similar conveyance, could not be kept up, and the scanty supply afforded by the produce of the country passed over, would soon fail to maintain the strength of the animal.

"These caravans or travelling parties, are most frequently of the most motley description, consisting of merchants from various countries, exhibiting the variety of costume and manners incident to each, and the accompaniments are generally composed of persons who have chosen this escort for their safety across the desert, with a rear of followers who have also chosen the escort for safety, but join to this the hope of plunder, or of a scanty charity by the way. At other times, however, some of these expeditions are more regular; and it appears that the camels can be trained to obey orders like the discipline of a troop of horse. In the continuation of Clapperton's Journal by Lander, we are told of the arrival of 500 camels laden with salt from the borders of the great desert. 'They were preceded by a party of twenty Tauriac merchants, whose appearance was grand and imposing. They entered at full trot, riding on handsome camels, some of them red and white, and others black and white. All the party were dressed exactly alike. They wore black cotton robes and trowsers, and white caps with black turbans, which hid every part of the face except the nose and eyes. In their right hand they held a long and light polished spear, whilst the left was occupied in holding their shields, and retaining the reins of their camels. Their shields were made of white leather, with a piece of silver in the centre. As they passed me, their spears glittering in the sun, and their whole bearing bold and warlike, they had a novel and singular effect, which delighted me. They stopped suddenly before the residence of the chief, and all of them exclaiming "Choir," each of the camels dropped on its knees, as if by instinct, whilst the riders dismounted to pay their respects.'

"The variety to which the name of dromedary properly belongs, with the weight of a man only, can perform very lengthened journeys, and at a very quick pace. Several of these attend the caravans when crossing any of the African deserts, performing the offices of scouts, and keeping a look-out both for danger from the wandering tribes, and for the approach to the water stations. These will travel from seventy to one hundred and twenty miles in the twenty-four hours.

"It is related by a modern traveller, 'That one of these animals will in one night, and through a level country, traverse as much ground as any single horse can perform in ten. It was often affirmed to him by the Arabs and Moors, that it makes nothing of holding its rapid pace, which is a most violent hard trot, for four and twenty hours upon a stretch, without showing the least sign of weariness, or inclination to bait, and that having then swallowed a ball or two of a sort of paste, made up of barley, and perhaps a little powder of dates among it, with a bowl of water, or camel's milk, if to be had, and which the courier seldom forgets to be provided with in skins, as well for the sustenance of himself, as of his pegasus, the indefatigable animal will seem as fresh as at first setting out, and ready to continue running at the same scarce credible rate for as many hours longer, and so on from one extremity of the African desert to the other.'

"They are sometimes also trained to run races, and are extremely fleet. The same traveller relates, that, at the celebration of a royal marriage, the bride, 'Among other entertainments she gave her guests, a favourite white dromedary was brought forth, ready saddled and bridled; the thong, which serves instead of a bridle, was put through the hole purposely made in the gristle of the creature's nose. The Arab appointed to mount was straightly laced, from the very loins quite to the throat, in a strong leathern jacket, they never riding those animals any otherwise accoutred, so impetuously violent are the concussions the rider undergoes during the rapid motion. We were to be diverted by seeing this fine Aashari run against some of the swiftest barbs of the whole Nija, which is famed for having good ones of the true Lybian breed, shaped like greyhounds, and which will sometimes run down an ostrich, which very few of the best can pretend to do, especially upon a hard ground perfectly level. We all

started like racers, and for the first spurt, most of the best mounted among us kept up pretty well, but our grass-fed horses soon flagged, several of the Nuniidian runners held pace till we, who still followed upon a good round hand gallop, could no longer discern them, and then gave out, as we were told after their return. When the dromedary had been out of our sight for half an hour, we again espied it flying towards us with an amazing velocity, and in a very few moments was among us, and seemingly nothing concerned, while the horses and mares were all in a foam, and scarce able to breathe, as was likewise a fleet tall greyhound bitch, of the young prince's, who had followed and kept pace the whole time, and was no sooner got back to us, but lay down panting as if ready to expire. I cannot tell how many miles we went, but we were near three hours in coming leisurely back to the tents.'

"We may look upon these animals, then, as supplying the place of the horse and ox in all these countries, for although both the latter are abundant, they are scarcely used as beasts of burden, but are reserved for war and the support of the families, or in the retinue of the native princes. In north and western Africa this is particularly observed. There the herds of cattle are immense, but we do not see them applied for burden or tillage. Camels only are applied to for all these laborious occupations, and the loss of life among them in consequence of hard labour, or extensive journeys, is often very great, and but seldom regarded.

"Attempts have been made to introduce the camel into the West Indian islands, but hitherto without success. Whether from the ignorance of those who had them in charge, or actually from the climate, is yet uncertain, but we scarcely think that the lower lands of tropical America, would be suitable to their constitutions. Upon the Continent of Europe, and even in this country, their management has been much more successful. Several individuals have lived long and well in the vicinity of London; and a specimen of the brown or Turkish variety, was long used to draw water for the other animals in the Garden of Plants at Paris."

DYSPEPSIA, OR INDIGESTION.

As few who live in large towns are free from this annoying disease, we feel assured, that by placing before such the following excellent observations on the subject, we shall render them an important service. The extract is taken from a review of a medical work in a late number of the *Athenæum* :—

Digestion, said "a certain arch wag," is the affair of the stomach, and indigestion, that of the doctors. This maxim, under a quaint and humorous form, conveys a profound and important truth. Man is endowed with two "internal monitors"—the one seated in the mind, the other in the stomach; or, to speak more learnedly on so grave a theme, residing respectively in the cerebral and the ganglionic centres. As the healthful condition of the first consists, not in a punctilious and over-jealous susceptibility to minute moral differences, but in being void of offence; so that of the second is any thing but distinguished by an irritable regard to the qualities of the articles of habitual diet. The business of the stomach is digestion; and a casuistical splitting of hairs, as to what it will take, and what it will eschew—a jesuitical equivocation with beef and mutton, fat and lean—is as far from physiological perfection as *Sanchez De Matrimonio* from the precepts of the New Testament. Books of diet and regimen, independently of possible defects in execution, are fundamentally erroneous, inasmuch as they truckle to this immorality of the stomach; and if they were as effectual in averting pain, as they are ordinarily the reverse, a man should no more be contented to keep things quiet upon their terms, than with that lullaby state of moral feeling, which is regulated solely by the fear of the gallows.

Man being omnivorous, his stomach, formed by nature to digest all sorts of articles—from turtle soup and salmon to cucumbers and melons—would assuredly not take offence at trifling errors, either of quantity or quality, if there were not something more amiss than a little occasional excess. Habitual indigestion, if it begins sometimes in gross abuse of the organ, never ends there; and

most commonly the victims of dyspepsia must look beyond the qualities of the *ingesta*, if they mean to recover their health and natural powers. To come nearer to the fact, defect of exercise, we believe, and the absence of sufficient exposure to the breath of heaven, are the causes that usually constitute the first links in the chain of phenomena. Those who live much in the open air, and make a daily use of their limbs, have rarely need of the doctor to keep their stomachs in order; but sedentary habits and close rooms have become the inseparable concomitants of modern life; and the greater mass of mankind, tied and bound to these sources of disease, are obliged to have recourse to "Dr. Baillie's breakfast bacon," and Mr. Abernethy's far-famed "page seventy-two." Air and exercise not only brace the stomach for the due discharge of its functions, but contribute to that natural state of the appetites which is favourable to temperance. The love of condiments and of recondite cookery is a supplement to a blunted sensibility; and when the jaded organ reacts upon the morbid stimulus of such substances, the desire for food ceases to be in a relation to the necessities of the constitution. The confinement of a town life is also usually accompanied by an excess of intellectual labour, and a harassing excitation of the passions. These, while they directly debilitate the stomach, exhaust the general frame, and occasion a craving for more food than can conveniently be digested. If aldermen are proverbial for their love of good living, professional and literary labourers are equally "huge feeders;" and those only who have felt the exhaustion of a hard day's exercise of the brain can appreciate the difficulty of abstaining from the indulgence which it invariably solicits. The influence of stay-at-home habits upon the vigour of the stomach, and upon general health, is rendered clear to demonstration in two facts:—first, that the ill-paid inmates of our factories are the victims of indigestion, maugre their enforced temperance; and secondly, that the common street beggars, who habitually consume large quantities of ardent spirits, show a strange resistance to epidemics, and (contrary to all general principles,) are as long-lived and healthy as other people.

To dyspeptics, therefore, we should say, take this article of diet, and avoid that, if experience proves the necessity of the observance; but if you wish to recover the tone of your stomach, rise from your down bed, leave your fire-side, walk, ride, inhale the sea-breeze, fly to the mountains—do this, and you may throw Dr. Robertson and Cornaro behind the fire, and eat toasted cheese like a Welshman.

Let us, however, not be mistaken. We partake not the sentiments of the man who, when told that he was destroying the coats of his stomach by excess, replied, "then may my stomach digest in its waistcoat." We are not writing for lunatics; and we presuppose that the *wardrobe* of the correcting organ should be complete. We are inclined to believe, indeed, that, in the first instance, the stomach is injured more by the labour it is forced to perform, after elaborate feasts, than by the specific qualities of the articles jumbled together; and that as many dyspeptics will be found among the simple gorgers of beef and mutton, as among the devotees of Ude and Kitchiner. The sedentary inhabitants of great towns, (however apparently abstemious,) for the most part, take more nourishment than nature requires; and those especially, who are "well to do in life," are rarely without some degree of indigestion, and demand for dinner pills. All that we maintain is, that a moderate indulgence in the various articles of food, which the bounty of nature has provided for man, would not be attended with the complicated ills of confirmed indigestion, if the constitution were not first impaired by harassing cares, sedentary habits, and the artificial confinement of a town life.

In the present condition of society, the opportunities of escaping from these evils are rare. The preservation of health is subordinated to the necessity of providing the means of subsistence. The shop and the counting-house must be attended, professions must be laboriously acquired, and practised with an heroic disregard for the non-naturals. Dyspepsia, therefore, follows in the wake of civilization, and facility of concoction must be consulted,

under pain of—every pain under heaven, from simple heartburn to the rack of gout. The stomach, thus becomes a favourite field of exploitation with quacks; and more pills are sold and swallowed to keep that organ in good humour, than for averting all the other ills which flesh is heir to. The science of dietetics is, consequently, a branch of medicine that is much written upon; but, strange to say, not with any proportionate dissemination of real knowledge. For the most part, the books on this subject contain little more than repetitions of old maxims—the results of a crude and empirical experience, rendered useless by the absence of sound generalization, founded on the approved doctrines of physiology; and this is the more to be regretted, because the world are more inclined to give in to an over-curious research after the properties of roast, and boiled, and fried, than to pursue the more troublesome courses which lead to health. *

If we are not wholly in error, the "sweet uses" of the bacon admit of a very different explanation. The result of healthy digestion is to produce in the food, a series of changes totally different from those which it would undergo, if placed under like circumstances of warmth and humidity, in a dead and unorganized receptacle. In the healthy stomach, the chemical laws cease to prevail; and the laws of living energy assume their place. But when digestion is weakened, and the stomach abates in the intensity of its living energy, these animal changes are slowly and imperfectly developed; and in the delay, chemical fermentation is substituted. Carrying this general fact in the memory, it will strike the least reflecting reader of ordinary experience, that an English breakfast of tea, sugar, milk, and bread, affords a mass especially prone to undergo spontaneous fermentation; and that, therefore, it must be ill-suited to a dyspeptic patient. Accordingly, we hold, that a small admixture of any animal matter will be serviceable, by checking the tendency of the mass to ferment; and it should seem, that the bacon possesses this advantage to a high degree. It is probable, likewise, that its sapid qualities may give a momentary tone to the organ, and, by hastening digestion, supersede the chemical action altogether. If this reasoning be correct, the reader will perceive that the specific digestibility of articles of diet will not alone determine their applicability to specific cases; but that the circumstances in which they are taken go for a great deal. Thence he may infer, generally, that without some knowledge of the laws of the living organization, disquisitions on diet must very often induce erroneous conclusions.

NOTES OF A TRAVELLER FROM ENNISKILLEN TO SLIGO.

As this is a district little known to the generality of travellers through Ireland, and of which we have not observed any mention in our Guide Books, we willingly insert the following hasty notes from the pen of a correspondent:—

Leaving Enniskillen, which is beautifully situated on an island in Lough Erne, we passed by Portora, an endowed school, situated on a hill about half a mile from the town, and then came in view of almost the greatest part of the lake and its islands. The Marquis of Ely's, first in style of grandeur, is well worth the notice of travellers; and the adjacent mountains, on the other side, demand admiration. Castle Archdale, (General Archdale's,) Rosfad, (Major Richardson's,) and Rockfield, (Captain Irvine's,) are so picturesque on the opposite side of the lake, as to attract the attention of all who pass. A little further on, you get a view of some beautiful and large islands covered with woods, and Castle Caldwell, the old and romantic seat of Sir John Caldwell. After passing this, you come in sight of Belleek Town and Rose Isle—the extraordinary waterfall here is well worth spending an hour to admire. Further advancing, you have an extensive prospect of the mountains on either side, as far as Sligo. Passing by Camlin, (John Thredennicks, Esq.) and Cherry Mount, (J. Forbes's,) you have an opening of the town of Ballyshannon, pleasantly situated on a rising hill, with a bridge over the Erne—the infantry barracks on the north, and the artillery on the south side. Immediately after crossing the bridge, you get a view of the Salmon Leap,