Extract from a systematic enquiry into the most rational mode of preserving health and prolonging life.

ON THE USE OF BATHS.

THIS important branch of dietetic religion is of excellent use and efficacy, both in the cure and prevention of diseases. Though the ancients could lift dispensed with the use of the bath, on account of the frequency of their athletic exercises, as well as from the want of linen, which was then much less in use than at present, yet in our times it would be of great service, if by the use of baths were more general and frequent, and this beneficial practice not confined to particular places or fashions, but more matter of fashion. Considered as a species of universal domestic remedy, as she which forms the basis of cleanliness, bathing, in its different forms, may be pronounced one of the most extensive and beneficial relievers of health and vigor. And as to fatigues, however, all my expectations, are to think that the cure of all maladies and diseases may be effected by the bath, as was lately promised by a noted empiric in this country, who boasted of medicinally impregnated his vapour baths with the collective produce of the vegetable kingdom. Such a general remedy is just as chimerical as the most famous panaceas, the nature of gold not excepted.

Bathing, whether in warm or cold water, produces the most salutary effect on the skin, opening which water penetrates and conduct the impurities of the skin through the pores, to the no final injury of health. To those in a perfect state of vigor, the frequent use of the bath is hurtful, and tends to the inform: as the healthy possess a greater power to expel impurities, by means of their unimpaired perspiration, the elasticity of their minute vessels, and the vigorous influence of their circulating fluids. The cafe is very different with the infirm, the delicate and the aged. In these, the slowness of circulation, the viscidity of the vessels of the fluids, the constant efforts of nature to expel the impurities towards the skin, combine to render the frequent washing of their bodies an effential requisite to their physical existence.

Baths, considered as the means of curing diseases and relieving health, if judiciously applied, are likewise of particular advantage, and though, in this respect, they do not perfectly make part of a regular system of dietetics, yet I shall request the indulgence of the reader, while I add a few, but pertinent remarks relative to the proper application of the bath, it being to frequently used as a mere dietetic remedy. Much depends on a clear and accurate knowledge of the properties and effects of the different baths. I shall therefore divide them into two principal classes, the *warm* and the *cold* bath.

The *warm*, that is, the tepid or lukewarm bath, being about the temperature of the blood, between 96 and 98 of Fahrenheit, has usually been considered as apt to weaken and relax the skin, but this is certainly an ill-founded notion. It is only when its heat exceeds that of the human body (as in the Hot Bath and King's Bath at Bath, both of which are hotter than the degrees higher than blood heat) that the warm bath can produce a debilitating effect. Indeed baths of the above immoderate heat ought to be used in cases of the gout, or rheumatism, without reducing their temperature by cold water, except in particular cases, and under the immediate advice of a physician. On the contrary, the lukewarm or tepid bath, from 96 downwards to 85, is always safe; and is so far from relaxing the tone of the fibrils, that it may justly be considered as one of the most powerful and beneficial restoratives with which we are acquainted. Instead of heating the body, it has a cooling effect; it diminishes the quickness of the pulse, and reduces it to a regular proportion, according as the pulse has been more quick and unnatural, and according to the length of time the bath is continued. Large tepid baths are of eminent service, where the body has been over-heated, from whatever cause, whether after fatigue from travelling, or severe bodily exercise, or after violent exertion and perturbation of mind; as they allay the tempestuous and irregular movements of the body, and consequently in the fittest fense, invigorate the system. By their lenitive, cooling, and tumifying power, they g eatly contribute to the formation and growth of the body of young persons, and are of singular benefit to those, in whom we perceive a tendency to arrive too early at the confilence of a fettled age; so that the warm bath is particularly adapted to prolong the state of youth, and retard for some time the approach of full manhood. This effect of tepid bath produce in a manner exactly a like, in the coldest as well as the hottest climates.

From what has been advanced, it will not be difficult to differ in wine purfue, the lat disorders the tepid bath may be of the greatest service, and the reason why they prove to eminently useful (particularly in purched and rough flate of the skin) in pa lytic, spasmodic, bilious, consumptive, hypochondriac, hysteric, and infane cases, as well as an acrimonious and corrupted state of the fluids, fuch as the diseases of leprous eruptions, lues, &c. One obvious effect of the habitual use of the bath, particularly the tepid, is, that it fortens and renews the external integuments of the body.

It considerably increases the pressure on the body from without; hence breathing, particularly on entering the bath, is frequently somewhat difficult, until the muscles have by practice become inured to a greater degree of resistance. Yet this effect, which in most instances is of small importance, requires the great fit precaution in some particular cases, so far as to prevent the use of the bath altogether; for instance, in persons of a full habit, who are in danger of breaking some of the finest blood vessels, by the precipitate use of the bath, whether warm or cold.

Bathing in rivers, as well as in the fea, is esteemed the most effectual, for cleansing the body; it washes away impurities from the surface, open the cutaneous vessels for a due perspiration, and increases the activity of the circulation of the fluids. For these reasons, it cannot be too much recommended, not only to the infirm and debilitated, under certain restrictions, but likewise to the healthy. The apprehension of bad consequences from the coldness of the water, is in reality ill founded; for, besides that it produces a strengthening effect on the whole system, yet, the cold sensation is not of itself hurtful.

The same precaution, however, is requisite in the use of the cold as that of the tepid bath; for after being heated throughout the body, especially in the hot days of summer, it may prove infinitely fatal, by inducing a flate of apoplexy. Hence the philosophers, and all those who have to receive a great determination of the blood to the head, should be very circumspect in its use. For although the consequence may not prove immediately fatal, yet the sudden great strain and pressure may easily burst some of the smaller blood vessels in the head or breast, and thereby lay the foundation of an incurable disorder. Perfects who are sound and robust constitution, bathing may be rendered an agreeable exercise, by swimming against the stream; but the other and weaker persons are obliged to refill to power of the undulating waves, the motions are thereby excited into action.

WEST MINSTER (ENG.) SESSIONS.

BEFORE WILLIAM MAINWARING, ESQ.

ASTROLOGER.

John Rowe was indicted for defrauding Sarah Hall of the sum of 2s. 6d.

It appeared the prisoner had announced his celebrity in resolving all questions appertaining to future events in a handbill addressed to the Ladies only, in which he acquainted them he attended at his evening Planetarium, No. 3, Exeter-street, Strand, at Mangles's, near the Princess Catherine street, up two pair of flairs, where he answered all lawful questions, calculated nativities, &c. Sarah Hall, a woman about 30, having heard of his marvellous great fame, determined to visit him, and, through the medium of his influence with the stars, acquire the knowledge of her future destinies. She had never been married, but fond of matrimony, consequently her inquiries chiefly tended to ascertain whether the Fates had ordained her to a life of celibacy.—Having dispatched her maidservant, who was half a crown, the disciple of Zoroaster proceeded to unfold the high behests of Heaven: He faithfully delineated her horoscope, from the planets in the twelve celestial houses, a d discovered, by mystic lore, who was lord of the ascendant at her birth—having systematically arranged their fevereal aspects, he exclaimed with the inspiration of the Cumæan Sybil, that the Fates were propitious to her wishes; that Mars and Venus were in conjunction; Virgo and Jemini, Sextile, and Mercury, lord of the seventh house, the very hour she was born, and consequently that their appearance decided marriage, and a numerous progeny. Her husband, thinks Iovet a single life, he said was attributable to the malign influence of Saturn, but that it would no longer prevail; he therefore desired her to go home, and assure herself of approaching happiness: He informed her the would be first courted by a dark man, with broad shoulders, dark hair, large dark eyes, bushy eyebrows, and legs but he was not the man she was to have. The husband for whom the fates intended her was a fair man, with light hair and blue eyes, and very wealthy: She was to see him for the first time, within a few days. He likewise informed her he might gain a considerable sum of money if he would attire a certain lady, whom he named Mary. The old lady was all extacy at the idea of her good fortune. She left the mysterious apartment, returned to her house, and communicated her approaching prospects to all her acquaintance She waited with the utmost impatience, but neither dark or fair man made his appearance. She ascribed the number in the Lottery, as the had been directed, but it never came up; and, in addition to her other disappointments, the loft her money. Happily for the prisoner a friend, who had more sense than herself, at the cause of her expectations, he advised her to apply to a Magistrate, which the did, and the plunder was traced to prisoner, his magical apparatus and books seized, and himself apprehended.

The facts having been fully substantiated, the prisoner was called upon for bail or bail.

He said he was a poor man, a carpenter by trade, and, by the exercise of his profession, had hitherto maintained a wife and family. He said, if ever that luck was the profession of the times, though he worked as hard as ever he did, he could not support them—That his wife had been just brought to bed, and he was obliged to provide her with the comforts her situation required—he therefore thought there could be no harm in his gaining a trifle by availing himself of the prevailing propensity.

The prisoner was found guilty.

The chairman observed, that however such a cafe as this might provoke laughter, it was a serious offence which was of the most serious tendency, and might be productive of the worst consequences.

The prisoner complied, if the court would recommend to him, that he would never again gain be guilty of a similar offence.—He begged to have his magical books returned, as he had only purchased them on credit, and was threatened to be prosecuted for payment for their value.—This application was not granted. The prisoner was then sentenced to a further confinement of one month.

FOR Sale and to Rent,

TWO HOUSES two front dwelling HOUSES, situate on the south side of Pennsylvania avenue, a little to the weft of the Pre-sidents house, each of which contains two parlours, and passage on first floor; on second, two room, with fire-places, and well finished garrets, cellar, and kitchens. In the rear of the buildings intending to the avenue, is a neat yard planted with trees, palisaded, &c. The situation, in point of health and contiguity to the public buildings is equal to any in the city, and is well adapted for private families, or to accommodate genteel Boarders. The title is indisputable. The terms will be moderate for part cash or fhares of the capital stock of OWEN ROBERTS, on the premises, or of—

THOMAS HERTY, Conveyancer
City of Washington, May 25, 1801. 3t

CONVEYANCERS OFFICE,

AND

OFFICE FOR SALE OF CITY LOTS,

On the Pennsylvania Avenue opposite the President's house, near Rhode's tavern, City of Wafhington,

THOMAS HERTY has connected with the business of Conveyancing, Drawing Deeds and Wills, Mortgages, Leases, Bonds, Allignments Powers of Attorney, petitions, and every other species of deed or contract in the profession; that of buying, selling and leasing lots and houses in the City, alignments, Bonds, &c.

His long experience as a draftsman, and knowledge of the laws relative thereto—the knowledge he has acquired by residence of—the situation of City Lots, and how their titles have been acquired, or are liable to be affected; together with his impartial and fteift regard to the interest of those who may be pleased to employ him, will, he hopes, secure to him a continuance of public patronage.

Titles to real property investigated, and opinions given thereon when required.

☞ For sale a great variety of Lots, in desirable situations in the City.

N. B. At the above office may be had, his Abridgement of the Laws of Maryland, price 6 dollars. Also his Digest of the Laws of the United States, price 3 dollars. As the Laws of Maryland are in full force on this side the ronoc wack, it behoves fettlers to avail themselves of that information which this their liver, liberties and property. He who is without a knowledge of his "role of conduct" is like a stranger in his native land.

May 4. 20tw&w. 12tw

The subscriber respectfully acquaints the public, that he has removed to the corner of Market & Gay streets, where he continues to manufacture and fell all kinds of Ornaments for Chamney pieces, Door Caps, Frontispieces, Metal mollery, &c. which may also be had at his Store No. 51, Barclay street, New-York, and at Mr. Wild's store, Market street, Baltimore.

GEORGE ANDREWS.

Who has sold least for fale by the package or dozen.

May 8, 1801. 1y

Intending to leave the city in October next,

I am desirous of disposing of my Furniture, viz. the gre. Ma. one a couch, the other an office and coachman, and a pair of very fine ancient Rising Horses.

It may be a convenience to any family removing here, and taking the house I now occupy upon rent, to take the Furniture (which is for the worn) by purchase. The house, one of the 6 buildings on Pennsylvania Avenue, is pleasantly situated, well finished, and the furniture, which is tolerably well fitted to it, will be offered to price in proportion to the wear and tear. Inquire of Mr. Hallet, Hall tavern opposite

BENJAMIN GRAYSON ORR.

July 20, 1801. tf

BROHAWN AND BOYLE,

Late of the City of Wafhington, tion, that cy have taken our. B Yenge's wharf, very conveniently fituated to the Capitol and President's figures; where they have opened a LUMBER YARD, and expect to go pretty largely in that line of business; and in about two or three weeks they will have a general affortment of the first quality of groceries that can be procured in Baltimore.

Washington June 24, 1801.

N. B. Any gentleman willing to apply for bills of franking of any fize or denomtions, may order them at the Hotel notice by applying as above. tf.

Fifty dollars Reward.

TWO days after villains on the night of the 29th inst. between the hours of 11 and 12 o'clock, entered my house, with arms, and compelled me to give them upwards of 400 dollars—53 dollars in notes, two of 20 dollars, and three of 5, all on the bank of Columbia. The balance in fives or dollars. The above when taken away was in an old earthenware pot, which I have since found. I give to any person for securing the villains who committed the robbery. It is fafe, and that a certain Phillips, a mulatto, lately living in this neighborhood, was one of the persons.

HARRISON PELLY,
Montgomery county, *Maryland*, near Seneca,

July 21, 1801.

August 5. 3t.

NAVY DEPARTMENT,
June 7th, 1800.

Regulations for ascertaining and fixing the Pensioners, and pensions of persons on the Navy establishment of the United States.

1 O entitle a pensioner the party must produce to the Secretary of the Navy a certificate from the commander of the ship or vessel on board of which he fofstained the injury, which incapacitates him; or in the cafe of a marine, from the commanding officer of the marine corps, accompanied by a declaration as the case may require; in the latter cafe however, if the injury happened on board a vessel of war, the certificate of the surgeon will also be required of one there, that of some respectable medical character in the place, or the commanding officer of the ship acting in the line of his duty, specifying the nature and amount of the disability, the cause of the injury, in which he acted, and the monthly pay to which he was entitled at the time of sustaining the injury On such certificate being produced, and being ascertained to the satisfaction of the Secretary of the Navy, that the disability exists, and is likely to continue, he will at once direct the applicant to be placed on the books of the Loan Office of the state in which he resides, and the loan officer will make the payments half yearly, viz. On the 1st of January, and 1st of July, to the party in person or his legal attorney coming to the loan office to receive at his disability. But if the pension is to be paid on a power of attorney, the loan officer must have it accompanied by the certificate of a Justice of the peace of the county where the pensioner resides, that he was living, and that his disability continued to the month preceding that in which payment is to be made every year, and transmit to the same to the Accountant of the Navy with the receipts of the pensioners for his payments.

Each person to be placed on the pension list, must receive at the Navy Office a certificate in the following form.

A. B. Seaman, &c. having been disabled in the service of the United States, on board of the ship of war while acting in the line of his duty, is entitled to receive

dollars per month, from the loan officer of the state of payable half yearly, on the 1st of January and 1st of July in every year during his life or continuance of such disability, to commence from the day of

The same will be paid to him in person or on his legal power of attorney. But no money will be paid on a power of attorney, unless the field A. B. shall first be the loan officer of said state, the certificate of a Justice of peace of the county where he resides, that the field A. B. appeared before the said justice in the month preceding that in which the ill continued, to be made and that his disability ill payment is

Signed *BENJ. STODDERT.*

The foregoing regulations are fill in force—

By order,

An. THOMAS, B. Ch.

Navy Department,
June 27, 1801. 3tuw&w