

change to a warmer region, during
your cold & damp spring, would
be prudent & beneficial: but
beware of debilitating heat, &
especially of "lack of fresh air".

I know that I shall be for-
given for thus freely writing.
I understood well what
poor health is; & can sympa-
thize with others who have to
bear it.

Believe me to remain
thy fr^d sincerely
Chas Backhouse

P.S. I enclose Drft for £10.
for Dr. Chapman.

It can be endorsed forward?

I think the *Sarracenias* should
be sent in tufts, bedded down
in nearly dry moss. The moss
should be scarcely damp. Much
moisture quickly rots them
when confined long. J.B.

End of May
Drft - July 13 - £10.-

York 10/5 Mo. '75

Dear Dr. Gray

I am very much obliged
by thy kindness in sending the
roots of *Silene rotundifolia*; I
have written to thank Prof. Sar-
gent for forwarding them, &
have sent him our new Cata-
logue to pick from. The
Silenes have reached me
in fair condition, & I think
we shall succeed with them.

I grieve to hear of Dr. Chap-
man being in such a condition.
I will send him £10, & ask
him to send me a good sized
box full (100 good tufts?) of
Sarracenia Drummondii &

x The flowers & leaves should be cut off.

also plants of S. psittacina
if he can find them.

I should also like him
to send Pinguicula elatior
& P. lutea* (the bright yellow one)
as well as a few of the Crocuses.
If he will write to me
direct, I may possibly be
able to help further.

I am sorry to learn that
thy health has been so poor,
but hope that this southern
trip will be availing for its
restoration. I doubt whether
great warmth is the best auto-
dote for the class of affections
named. A clear bracing
atmosphere, ^(not too cold) combined with
regularly alternated exercise
& repose usually invigorates
the system & enables it, by
a general increase of vigour,

to throw off the local disorders.
Illness, such as these, generally
results from an overtaxed
frame. The strain brings
about a depressed condition,
in which "clouds form sponta-
neously", just as they do
in "nature" with a low barometer!
Think of Simpson the arctic
explorer & discoverer of Banks's
Land, who was so "consumptive"
when a youth, that it was
thought he never would
reach manhood! and yet
he headed (virtually) 3 succes-
sive arctic expeditions — perhaps
the most successful in extent
of discovery ever made — & regis-
tered the greatest cold ever
registered (up to that time) by man!
and eventually died from what
may be called "an accident",
wholly free from disease.
I can well believe that the

* or P. villosa — I forget the name of this one.



Backhouse, James. 1875. "Backhouse, James May 10, 1875." *Asa Gray correspondence*

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