

Ms 124  
40  
Blue Room at Home Monday Evening  
9 o'clock, July 14, 1856.

My Dearest Eunice,  
Oh! What a beautiful night it is, the whole sky is clear, there is a gentle westerly breeze, and every thing is bathed in the mellow light of the moon. The foliaged trees stand out in bold relief, a numerous host; and the wind comes like the murmur of the waves from the Seabeach, singing through the tops of the tall pines. It is indeed a beautiful night - It can not be excelled at the north - And I am alone, with windows and doors all open, and everything still around, except the hum of insects, the distant mill-like sound of frogs and the occasional bark of a dog. If you were here you would enjoy it, and I should be happy. - As it is I am happy in telling you how I am situated and surrounded, and in thinking of you and the dear ones in Portland, and how happy we should all be, if we were together

Blue Room at Home Monday Evening  
9 o'clock, July 14, 1856.

My Dearest Eunice,

Oh! What a beautiful night it is. The whole sky is clear, there is a gentle westerly breeze, and everything is bathed in the mellow light of the moon. The foliaged trees stand out in bold relief, a numerous host; and the wind comes like the murmur of the waves from the Seabeach, singing through the tops of the tall pines. It's indeed a beautiful night - It can not be excelled at the north - And I am alone, with windows and doors all open, and everything still around, except the hum of insects, the distant mill-like sound of frogs and the occasional bark of a dog. If you were here you would enjoy it, and I should be happy. - As it is I am happy in telling you how I am situated and surrounded, and in thinking of you and the dear ones in Portland, and how happy we should be, if we were together

to enjoy such beautiful evenings.

I wrote your mother this morning. I received your good letter of the 5<sup>th</sup>, a week ago last Saturday. I was glad to hear from your mother that you had a drive around the promenades on the 3<sup>d</sup>, your brother Somers being driver - and that you had gone into the country to spend the 4<sup>th</sup>. - I can but think that some diversity and recreation will do you much more good than medicines. - I hope you suffered no inconvenience from your excursion and that you enjoyed it and found it cheered you up. - I have written to your mother about your bathing - I hope you will have nerve enough to try it and persevere. Since I returned from the Sup. Court, have ~~been~~ bathed every morning in cold water - and my health is better. - I use now the Sitz bath - & sit in it covered up with a blanket for 3 to 10 minutes. - You might sit in it an hour - and it would not hurt you - It is hard, perhaps, at first, but that is nothing, persevere. - you may commence with one minute & increase to half an

to enjoy such beautiful evenings.

I wrote your mother this morning. I received your good letter of the 5<sup>th</sup>, a week ago last Saturday. I was glad to hear from your mother that you had a drive around the promenades on the 3<sup>d</sup>, your brother Somers being driver - and that you had gone into the country to spend the 4<sup>th</sup>. - I can but think that some diversity and recreation will do you much more good than medicines. - I hope you suffered no inconvenience from your excursion and that you enjoyed it and found it cheered you up. - I have written to your Mother about your bathing - I hope you will have nerve enough to try it and persevere. Since I returned from the Sup. Court, have have bathed every morning in cold water - and my health is better. - I use now the Sitz bath - & sit in it covered up with a blanket for 3 to 10 minutes. - You might sit in it an hour - and it would not hurt you - It is hard, perhaps, at first, but that is nothing, persevere. - you may commence with one minute & increase to half an

hour - Take it the first thing on getting up & wash & wipe dry - and then don't sit down, but dry as quick as you can, and go out and walk till breakfast time. - This course for you and Ellen, persevered in a few weeks - and you could then at any time walk out to your uncle Quinby's, and back & not be tired. - There is no mistake about it! - Throw your pills to the dogs - and try cold water and exercise - and continue it - till you feel its good effects. -

I sent you by mail a little book, that I thought might benefit you - There may be some foolish things in it - but those you must disregard and look only at the good. - I wish you not only to have good health - but to be accomplished - and I regret that I have done so little to aid you in both respects. - Tuesday morning, a bright beautiful morning, with soft fleecy clouds, towering up in the south - The dear little birds are singing all around. - I awoke pretty early, have had my bath, dressed, and breakfasted, break-

hour - Take it the first thing on getting up & wash & wipe dry - and then don't sit down but dry as quick as you can, and go out and walk till breakfast time. - This course for you and Ellen, persevered in a few weeks - and you could then at any [?] walk out to your uncle Quinby, and back & not be tired. - There is no mistake about it! Throw your pills to the dogs - and try cold water and exercise - and continue it - till you feel its good effects. -

I sent you by mail a little book, that I thought might benefit you - There may be some foolish things in it - but those you might disregard and look only at the good. - I wish you not only to have good health - but to be accomplished - and I regret that I have done little to aid you in both respects. - Tuesday morning, a bright beautiful morning, with soft fleecy clouds, towering up in the south - The dear little birds are singing all around. - I awoke pretty early, have had my bath, dressed, and breakfasted, break-

was, [?]cakes, corn bread, coffee, a piece of dry toast  
& butter, & figs and milk, - a Meal for a King. It  
is the first time this year I have had figs for break-  
-fast. - They were nicely peeled -

I am having a general cleaning up - Yesterday  
Archy was at work at the basement & closets -  
everything was cleared out - the Carpets taken  
up - & they remain up - The basement looks  
odd. - The paths are all in nice order & so shaded now  
you would enjoy them, Claiborne is whitewashing  
the fence on the east side - Yesterday was on the  
chicken yard fence - I must now start for town.  
will finish this in there, & intend to come  
out early. I should have told you that I read  
some before break fast in Sidney Smith - by Duyckiuck.  
I will talk of Books (which are my only companions here)  
with you another time.

Office 12 o'clock. Tuesday -

I have got through my business for the day in  
town & shall go out as soon as I have dispatched  
this - There is to be a meeting at the little  
church this afternoon at 5, to see about  
school matters for next year. - It is a  
warm day - but a fine breeze & pure air.  
I feel very well. - I found this morning part of  
an old letter I once answered to you, &  
send it as it wont add to the Postage - Love  
will ever be yours most affectionately, K. B. Sewall

was, [?]cakes, corn bread, coffee, a piece of dry toast  
& butter, & figs and milk, - A meal for a King. It  
is the first time this year I have had figs for break-  
fast. - They were nicely peeled -

I am having a general cleaning up - Yesterday  
Archy was at work at the basement & closets -  
everything was cleaned out - the carpets taken  
up - & they remain up - The basement looks  
odd. - The paths are all in nice order & so shaded now  
you would enjoy them, Claiborne is whitewashing  
the fences on the East side - Yesterday was on the  
chicken yard fence - I must now start for town.  
will finish this in there & intend to come  
out early. I should have told you that I read  
some before break fast in Sidney Smith - by Duyckiuck.  
I will talk of Books (which are my only companions here)  
with you another time.

Office 12 o'clock, Tuesday -

I have got through my business for the day in  
town & shall go out as soon as I have dispatched  
this - I have to be at a meeting at the little  
church this afternoon at 5, to see about  
school matters for next year. - It is a  
warm day - but a fine breeze & pure air.  
I feel very well. - I found this morning part of  
an old letter I once answered to you &  
send it as it wont add to the Postage - Love  
to all ever - yours most affectionately K. B. Sewall