

Miscellaneous Reading.

THE RIGHT OF A COMMONWEALTH TO SUPPRESS THE LIQUOR TRAFFIC.

BY J. H. HUDSON.

The idea of prohibiting a person from going and coming at pleasure, or buying and selling what he pleases, is something at which the Anglo-Saxon freeman spontaneously revolts; and which he is ready and willing to resist. Such an impulse is the legitimate offspring of our free institutions—and a laudable principle when erud by the dictates of reason and judgment.

Where is the consistency—where is the justice—where the policy of such legislation? The right to legislate in the one case implies the right to legislate in the other; while the most formidable array of frightful facts prove the necessity of so doing.

But as a last resort, the rum-selling caviller, and the apponents of a law so beneficial in its tendency and benevolent in its aim, take refuge behind the Constitution of the U. S. If a prohibitory law is unconstitutional, it becomes so either by violating some article of the Constitution of the Union, or the Constitution of the State.

The question then, whether a people have the right to suppress the traffic in intoxicating liquors, turns upon its bearing upon the public weal. Any trade, employment, or use of property detrimental to the life, order, or health of the people is, in the eye of the law, a nuisance, and should be abolished.

Yet those who advocate the prohibition of a traffic so comprehensive in its ruinous effects are continually asked:—Why will you infringe upon our rights by forbidding that which is lawful? This argument we consider weak and easily refuted. The sanction and protection of law has been so long given to this trade that to many it seems to be not only legally right, but even morally right; and hence the question above. But its being lawful by no means makes it morally right—law being not absolute, but in many instances only relative, and often grossly perverted.

And why is the Liquor Traffic lawful? Simply because it is protected by law. Tear away this impregnable shield which has been cast around it by a deluded, infatuated people, and it stands out in bold relief a social and political evil; a crime in the sight of law, both human and Divine.

Had it been left to meet its fate as the moral sentiment of the people has been gradually corrected and re-educated, in all probability it would have been ranked among those nuisances subject to the severity of the law. But the protection of law has stood forth the strongest tower upon the mighty castle within which this dangerous structure of ruin and misery has been enclosed, and through which the ponderous engines of moral suasion have not and cannot make a breach.

It is saying to A. B. and C. you may be allowed to sell; while to all others it refuses the same privilege. We are thus led to conclude that a State has a perfect right to suppress this mischievous business. As to the expediency, we will here say nothing; only that it is our humble opinion that no greater blessing could be bestowed upon our beloved State, than by the immediate enactment of a prohibitory law; and we have little doubt but that it would work satisfactorily and redound to our social prosperity.

HOW TO PRESERVE HEALTH. BY DR. HALL. The great secret of a long and healthful life, lies in the judicious use of what we eat and drink. What is injurious? we propose to discuss; but not in such a way as dictate dogmatically what this one or that one shall use, but to let each one decide for himself, under the guidance of a few general principles, founded on observed facts, not on imagined fancies.

On the sixth day of June, eighteen hundred and twenty-two, a robust, hearty French Canadian, of eighteen years, was accidentally shot in the left side; the wound healed, but left an opening in the stomach, which allowed the physician to see what was passing inside, and for the space of fifteen years, a great variety of experiments were made, and observations taken; and in the light of these, we make our way.

calls for even so much as assertion. It will overbalance by the enormity of its evil, the combined effects of theft, arson, and a host of other offences punishable by law. It stands impeached in the name of law and liberty—in the name of virtue and humanity—in the name of all that is holy and sacred, and the great fountain-head whence springeth all those woes and ills which human flesh is heir to. Like a destroying angel, commissioned and deputed by the law itself, it wings its way to every palace and hovel in the land, bringing naught but ruin and desolation.

Yet, while the right is granted to prohibit theft, gaming, counterfeiting, lewd houses and the like, we are not allowed to suppress a traffic more appalling in its effects than all these; infusing, as it does, its baneful poisons into every vein of the body politic.

Thus, a standing item of advice to my patients is—Take half a glass of water to a single meal, or a single cup of weak coffee or tea, never increasing the strength or quantity, and drink nothing within the hour after eating. If cold drinks are injurious at meals, cold food is, for the same reason, also injurious; thus it is, that some of the most terrible forms of disease are brought on by persistence in eating cold food, exclusively, especially in winter time. If cold fluids are injurious at meals, we naturally conclude that warm fluids, in moderation, are beneficial, and rightly so.

The young of the animal creation are furnished with sustenance warmed by nature; and the choice morsel is warmed in the beak of the parent bird, before arriving at the nest of the young. We instinctively, almost, prepare something warm for the weeny or the invalid; hence the virtue of warm drinks is ascribed to drinking milk, warm from the cow, not a very palatable idea, it must be confessed. It then follows, that if we drink any at meals, it should be first warmed.

My name? Oh, that's no account. But it will afford you some gratification, I will tell you. It is Thomas J. Hayne. What, 'Toby Hayne, the democratic candidate for President?—'shrugged the other. 'The same unfortunate individual.' 'Then you are not a slave?' and plunging spurs into his steed, he shot like a streak of lightning among the Blue Mountains, and has not been heard of from that day to this.

A PERFUME FOR THE HANDKERCHIEF.—Take half a pound oforris root; break it into small pieces; then place it in a quart bottle; now pour on the orris root one pint, either of the best pale sweetened French brandy or of refined spirits; let them stand together in a warm place for a week or ten days. The tincture of orris produced is now strained off, and to it the following ingredients are added:—Half an ounce of otto of bergamot, one drachm of otto of roses, half a drachm of otto of lavender, and a quarter of a drachm of otto of cloves. Allow the whole to remain together for an hour or so; then filter the perfume through blotting paper, to render it bright.—A paper filter is easily made by folding a square piece of blotting paper from corner to corner, then opening the folds to pour the liquid in; a small jug makes a support for it.

But how comes it that so many sensible people believe that tea and coffee are poisons? Just as they have come to the adoption of any other fallacy. Somebody who had no thing else to do, imagined it, then hunted up facts to prove it; and what with adding a little to one fact, and suppressing from another, a really plausible case was made out, to every reader or hearer who had rather admit a statement, than take the trouble thoroughly to sift its truth; and there are many such persons.

Having said so much about a cup of tea and coffee, it is proper to say something of the preparation. Individuals and nations have their preferences, but something must be laid down as of universal application: The first cup of coffee is the best. The last cup of tea is the best. Never take more than one cup at a meal. Never increase the strength. If it were a mere stimulant, then after a while it might, if not increased in strength and quantity, produce no sensible effect, might do no good, as brandy, opium, or any other more stimulant; but as tea and coffee are nutritious, the more so as they are used with milk and sugar, a cup of the self-same, is likely to do you as much good and as little harm twenty years hence as to-day.

It has been justly said that 'in the life of most persons a period arrives when the stomach no longer digests enough of the ordinary elements of food to make up for the natural daily waste of the bodily substance,' the size and weight of the body therefore, begin to diminish more or less perceptibly. At this period tea comes in as a medicine to rest the waste, to keep the body from falling away so fast, and thus enable the less energetic powers of digestion still to supply as much as is needed to repair the wear and tear of the solid tissues. No wonder, therefore, that tea should be a favorite, on the one hand, with the poor, whose supply of substantial food is scanty; and on the other with the aged and infirm, especially of the feebler sex, whose powers of digestion and whose bodily substance have together begun to fail. Nor is it surprising that the aged female who has barely enough weekly income to buy what are called the common necessities of life, should yet spend a portion of her small gains in purchasing her ounce of tea. She can live quite as well on common food, when she takes her tea along with it; while she feels lighter, and at the same time more fit for her work because of the indulgence.

thus laying the foundation of disease. The inevitable inference from these facts is that cold water is injurious, if taken at meals. Injurious to the most robust if taken largely, and to persons in feeble health, if taken at all, beyond a few swallows at a meal.

I therefore set it down as a clearly established fact, that a glass or more of cold water, drunk habitually at meals, or soon after, is a pernicious practice, even to the most healthy. Injury is done in another manner: water or any other fluid, dilutes the gastric juice, and thus weakens its power to dissolve the food.—The amount of gastric juice is not lessened; but its power is diminished by its dilution.—The finger will be scalded by dipping it into a vessel of boiling water; but if an equal amount of cold water is added, it may be thrust in with impunity, and although there is as much heat in the mass as before, but it is more diffused. A glass of brandy will almost strangle a person not accustomed to it, but if largely diluted, it gives no discomfort, although all the brandy is there that was there before.—We have then made another advance, that any kind of fluid largely taken at a meal, or soon after, is positively injurious to health.

Largely, is a relative term. An advance of fifty per cent. in the price of any thing is 'large,' and when it is remembered that but a few table spoons of gastric juice are furnished at a meal, a glass of cold water, or two or three cups of coffee or tea, is a large amount of fluid for a meal.

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The time to drink tea is at supper, when the slightest meal of the day is taken; for, by its exhilarating effects, it destroys the sense of hunger, enables a person to go to sleep without having much in the stomach to keep it working all night, and so prevent sound, refreshing sleep. One of the great secrets of health is a light supper, and yet it is a great self-denial, when one is hungry and tired at the close of the day, to eat little or nothing. Let such a one take leisurely a single cup of tea and a piece of cold bread with butter, and he will leave the table as fully pleased with himself and all the world as if he had eaten a heavy meal, and be tenfold the better for it the next morning. Take any two men under similar circumstances, strong, hard-working men, of twenty-five years; let one take his bread and

butter with a cup of tea, and the other a hearty meal of meat, bread, potatoes, and the cetera, as the last meal of the day, and I venture to affirm, that the tea-drinker will outlive the other by thirty years.

[NOTE.—With what is said above relative to drinking cold water, we both agree and disagree. So far as it is stated to be useful, especially in winter, to reduce the heat of the body, and to cool the body, or cold fluids or cold solids, we agree with Dr. Hall—but as to the dilution of the gastric juice by fluids injuring its dissolving power, we respectfully enter our dissent. In the account that we read of the experiments with the French Canadian alluded to, it was distinctly stated that the dilution of the gastric juice with a moderate quantity of water, did not seem to impair its action in the least. And even as to the drinking of cold water at meals in large quantities, there may be tendencies in certain individuals to too great heat during digestion, which the cold water may counteract, and thus prove beneficial. For our part, we believe that by diluting the gastric juice, and thus rendering it able to act upon a greater extent of surface, the process of digestion is more perfectly performed, and such accelerated action would do well not to be governed too much by mere theories in these matters.—Editor.

“MY NAME’S HAYNE.” Everybody remembers the story told of a Virginian who was riding through the Old Dominion during the election canvass 1840, when party spirit was running so high. Jefferson was the democratic candidate for President, and the way he was handled by the federalists was a spectacle for every body who has dabbled in the pool of politics. Our Virginian was ranked among the most virtuous of Jefferson's opponents although hailing from the same State. As he rode along, he fell in with a common looking individual also on horse-back, and after the usual salutations, the conversation, naturally turned upon the engrossing topic of the period—politics. The Virginian was particularly denunciatory of Jefferson, and the way he was handled by the federalists was a spectacle for every body who has dabbled in the pool of politics. Our Virginian was ranked among the most virtuous of Jefferson's opponents although hailing from the same State. 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