THE UPPER CANADA HERALD.

H. C. THOMSON, Editor and Proprietor.] OFFICE IN GRASS STREET. [T. H. BENTLEY, Printer.

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POETRY.

[FROM THE MUSICAL BIJOU.]

THE HEIRESS.

I loved thee for thyself alone,
The world reproved my choice;
Yet well thou knows' I claimed thee still,
With no unsteady voice.
They call'd thee fickle;—O! how blind
Fond Woman's love may be!
I blam'd thee not for broken vows,
Rejoicing thou wert free.

My Father told me thou wert poor,
Improvident and wild;
He said that want and penury,
Would kill his gentle child.
I answer'd not,—but secretly
I scorn'd the tale he told;
And then stole forth to offer thee
The Heiress and her gold.

My Mother said—"I do not heed
Thy Lover's want of wealth;—
But will he fondly cherish thee,
In sickness and in health?
He has the restless eye of one,
Who leads a roving life;
He loves not as thou should'st be loved.
O do not be his wife!"

My Father's anger mov'd me not,
Nor yet my Mother's tears;
Thy fascination wean'd my heart
From love—the growth of years!
With few and fleeting tears I left
The haunts of early youth,
And placing this weak hand in thine
I trusted to thy truth.

My chosen dwelling would have been
Some undisturbed retreat;
But led by thee I trod the halls,
Where pleasure's votaries meet:—
And if with joy I heard them praise
The Beauty of thy Bride;
'Twas but because I dearly prized
My husband's glance of pride.

But then a dreary time came on—
I often wept alone;
And when we met, thy voice had lost
It's former gentle tone.
I utter'd no complaint thou knowest
I never did repine;—
And if my pale cheek chided thee,
It was no fault of mine.

I heard my boasted wealth was spent,
I smiled at such a loss;
My Husband's love was more to me—
Far more than hoarded dross;
And was it only this that caused
The frowns upon his brow?
"That wealth has been his bane,"—I cried,
"We shall be happy now."

Vain hope!—for thou dost shun the home
Thy folly rendered poor;
I know not how to win thee back,
My cheek has lost its lure:
I have no Mother now to soothe
My sorrows on her breast;
And he whose counsel I despised.—
My Father—is at rest!

I do not say I love thee not,—
No, false one, come what will,
Return and be but kind to me,
And I should love thee still:
A broken mirror still reflects,
In every shatter'd part,—
'Tis thus love seems but multiplied,
In this poor broken heart.

COMMUNICATIONS.

TO THE EDITOR OF THE U. C. HERALD.

Mr. Editor,—You will oblige a subscriber by giving the following insertion.

Having seen some remarks respecting the Kingston Gaoler and his salary in your paper of the 3d inst. and an answer to it in that of the 10th containing an invitation to the author of the former, to introduce one of the many kind, worthy, and upright men, who would think themselves well paid at £75 per annum for filling that office.

Now, sir, to end the dispute—a person can be found to do the duty of *H. Constable and Gaoler, without the assistance of a Turn Key*, for £85 yearly—a person who filled the situation of Gaoler in Europe for seven years, in one of the most difficult parts of the *British Empire*; (which he resigned at his own request) and can produce thence unquestionable testimonials of *qualifications* and general character, supported by letters to the same effect from the part of the Province in which he now resides. Should the H. Sheriff think fit to make enquiry after this person, an answer in your paper containing the necessary instructions would be promptly and respectfully attended to.

RECONCILIATOR.

Feb. 25th, 1830.

FOR THE UPPER CANADA HERALD.

His Excellency the Lieutenant Governor concludes his late Speech to the Provincial Legislature with the following paragraph:

"From your *individual exertions*, also, much benefit may be expected, by promoting measures to encourage, in your respective Districts, *Moral and Industrious Habits;* the sure path to that ease and independence, which every settler in this country can obtain, by his own activity and perseverance."

Under this Gubernatorial injunction, the first measure which they should promote "in their respective Districts", to encourage "*moral and industrious habits*", should be the suppression of that prevailing vice *Intemperance*, which is the greatest enemy to "*moral and industrious habits*", and the most productive cause of idleness and immorality, as well as of impoverishment and wretchedness. Since the public attention is in some degree awakened to the magnitude of this evil, and the importance of a combined effort for the removal of it, by a general disuse of *ardent spirits*, as the most probable, and indeed the only effectual means of accomplishing that desirable object; I beg leave respectfully to suggest to the Members of the Legislature, that their "*individual exertions*", to promote, by example and personal influence, "in their respective Districts", this measure of a *Temperance Reformation*, will be a patriotic compliance with both the letter and spirit of His Excellency's salutary recommendation; and, as he justly observes, much benefit may be expected from their exertions.

A Friend to Moral & Industrious habits.

FOR THE UPPER CANADA HERALD.

I have read with much satisfaction the late proroguing Speech of His Excellency our present Lieutenant Governor. In its temper, spirit and taste, it affords a pointed contrast to the contemptuous, scolding speeches delivered on such occasions, by Sir Peregrine Maitland, during his unhappy administration. Sir John Colborne treats the Representatives of the People as gentlemen and men of sense, composing a co-ordinate branch of the Legislature, and entitled to respect; not as a set of factious, seditious fellows, worthy only of his hatred, jealousy and contempt.

Although Sir John may, on some essential points of Government, be controlled by Ministerial instructions, and anti-popular Counsellors, he appears to be personally friendly to the people, and desirous of promoting their welfare. God grant him more congenial counsels and more favourable instructions.

PUBLIUS.

DOMESTIC.

OVERSEERS OF HIGHWAYS AND POUND-KEEPERS BILL.

WHEREAS it hath been found from experience that in many Townships of this Province, a greater number of Overseers of Highways, Pounds and Poundkeepers is necessary than is provided for by law, and it is expedient therefore to allow the same to be increased. Be it &c. That from and after the passing of this Act it shall and may be lawful for the Inhabitant Householders in each and every Township, reputed Township or place in this Province at their annual Town Meetings to choose and nominate any number of Overseers not exceeding thirty for such Township, reputed Township or place, and also one Poundkeeper to each and every public Pound not exceeding six in number that shall have been or may be appointed as, and for a public Pound for such Township, reputed Township or place, the situation whereof shall have been designated at some annual Town Meeting by causing the lot or parcel of land on which the same is situated to be recorded in the Minutes of such Meeting.

Provided always nevertheless and be it &c. That no distress shall be driven or taken to any other Pound authorized by this Act than to one of the pounds within the same Township or place nearest to the place where such distress shall be taken.

And be it &c. That such Overseers of Highways and Poundkeepers shall be chosen in the manner now by law provided for the choice of Overseers of Highways and Poundkeepers respectively and shall have the same rights and authority and be subject to the same duties and obligations as now by law belong to Overseers of Highways and Poundkeepers respectively.

EXTRACT FROM THE ROAD BILL.

DISTRICT OF NEWCASTLE.

The sum of £1,100 hereby granted to the District of New Castle be appropriated and expended as follows:

On the main Highway leading through the Township of Darlington, the sum of £150; and John Burke and James Bates be Commissioners.

On the main Highway leading through the Township of Clark the sum of £150; and that Asa E. Walbridge and Samuel S. Wilmot, Esq. be Commissioners.

On that part of the Main road through the Township of Hope, commonly called Roesboroughs hill; and that part commonly called Farley's hill on the same road, the sum of £25; and that Leonard Soper, Esq. be Commissioner.

On the main Highway through the Township of Murray between the Eastern and Western lines thereof the sum of £200.

On the road leading from the Carraying place to the West line of Murray aforesaid (on the front road) and from thence to Sandford's Tavern, the sum of £125, and that Charles Biggar Esq., Pitkin Gross, and Thos. D. Sandford be Commissioners.

On the road leading from the main highway through the Townships of Cramahe and Percy, to the Rice lake and the River Trent, the sum of £25, and that John Platt, and David Cumming Esq. be Commissioners.

On the great boundary line road between the Counties of Northumberland and Durham, and running between the Townships of Hope and Hamilton, Cavan and Monaghan, Emily and Smith, and Emily and Ennismore, the sum of £337, 10s., and that James Ewing, Elias Smith, Myndart Harris, and Ebenezer Perry Esq. be Commissioners.

On the principal road leading from the Rice Lake through the Township of Otanibee and Perborough, the sum of £50, and that Charles Rubridge and Thomas A. Stewart Esquires, be Commissioners for expending the same.

On the road leading from Peterborough to mud Lake, the sum of £25, and that Thomas Milburne and Joseph Lee be Commissioners.

For improving the road and building a bridge in the Township of Cartwright, the sum of £12, 10s. and that Henry Ewing Esq. be Commissioner.

LOWER CANADA.

The following are the Resolutions which were adopted by the Assembly of Lower Canada, in Committee of the whole on His Excellency's answer to the address relating to the Militia ordinances.

1. That it is expedient to provide by law for the co-operation of the effective male population of the province for its defence in case of war, invasion or the imminent danger thereof, and for the greater security of public order and tranquility in time of peace.

2. That every able bodied male inhabitant of the Province above eighteen years of age, and under his sixtieth year, being a British subject, and having resided in the Province more thansix months, and not being in His Majesty's military or naval service, shall be liable to serve as a Militiaman for the defence of the Province and its public order and tranquility, unless specially exempted by law.

3. That the said Militiamen shall be commanded by such officers as the Governor, Lieutenant Governor or person administering the Government shall appoint, and formed into Companies and Battalions in their respective parishes, townships, extra-parochial places and counties.

4. That the said officers shall not be in greater proportion than in His Majesty's Army, and be resident within the limits of their respective command, and proprietors of real estate, of the clear annual value over and above all charges and incumbrances thereon, as follows, viz:—Officers above the rank of Captain, fifty pounds. Captain and Subalterns, twenty-five pounds.

5 That the inhabitants subject to Militia duty shall be enrolled by the officers within their respective parishes, townships or extra parochial places, in the three first weeks in June annually, said Rolls distinguishing the age, and whether the person enrolled is married or single.

6. That the companies shall muster annually on the 29th June, at two hours after sun-rise, at or near the Church of their respective parishes or townships, or at some other place within their respective localities of which sufficient notice shall be given: and of such muster true return shall be made without delay, to the Governor, Lieutenant Governor or person administering the Government.

7. That in case of war with the United States of America, invasion or imminent danger thereof, the Governor, Lieut. Governor, or person administering the government may order out from amongst the officers of the respective companies and from the unmarried militiamen under thirty throughout the province, a proportion equal to one fifth of the whole, to be drawn by ballot, for the purpose of being trained and to serve, during not more than six calendar months.

8. That the Militia so ordered out shall be under the same rules and regulations and provided for in every respect as His Majesty's Army, but shall not be liable to corporal punishment; and all Courts Martial held in the Militia so ordered out, shall be composed exclusively of Militia officers, and subject to the same rules and forms of proceedings as Courts Martial in His Majesty's Army.

9. That all or any part of the Militia in any Parish, Township extra Parochial Place or County, may be ordered out by the Civil Authority, in execution of the Laws, on an order in writing to any officer in command in such parish, township, or extra parochial place or county.

10. That the foregoing provisions shall remain in force till the 1st day of May which will be in the year 1832, and no longer.

11. That it shall and may be lawful for the Governor, Lieutenant Governor or person administering the Government, in the case of war, invasion or imminent danger thereof, or in the case of the expiration of the foregoing provisions without any other being substituted by act of the Provincial Parliament, to call together the Legislature within fifteen days notice after the publication of any Proclamation to that effect.

UNITED STATES.

IMPRISONMENT FOR DEBT.

The abolition of imprisonment for debt is a subject which has engaged the attention of the virtuous and humane of almost every country for years past, but the practical effects of the measure are as yet but little known. To those who are advocates for continuing what we have ever considered an unwise and cruel system, the following letter is offered. In Kentucky, where there are perhaps as many rogues as in any other part of the world, it seems the experiment has been attended with the best results.—[ED. HER.]

Letter from Col. Johnson of Kentucky to Mr. Cook, of New York, Chairman of the Committee on the subject of Imprisonment for debt.

In Kentucky, the system was adopted in the winters of 1821–2, of course it has been in full operation about nine years, and during a period of pecuniary embarrassment, such as the history of the State cannot furnish a parallel. At the commencement it encountered some considerable opposition—because a part of the system was not retained to operate upon fraudulent debtors. But as it became better understood, its principles more fully developed, and its humanizing effects more completely unfolded, so, in proportion, the opposition sunk away by degrees till almost every murmer of complaint was hushed into silence. At the present time I believe, the sentiment of approbation is almost universal among all classes and conditions of society. Indeed we begin to look back with surprise and astonishment, that such a barbarity should ever have existed, or that a republican community should have supposed that such a gross violation of personal liberty should ever have been necessary. In attempting to abolish imprisonment for debt, the great error arises from a reluctance to give up the whole system. It is jeopardized by attempting to retain a part to punish the fraudulent debtor. This sentiment has produced several ineffectual attempts in our State Legislature to revive the Ca. Sa. upon the suggestion, or proof of fraud But that body wisely refused the proposition, from a well grounded opinion, that the unfortunate debtor, would, in course of time, fall equally a victim to this odious practice in all its cruelty. Let fraud be defined and punished as a violation of the Criminal Code. Let the friends of this measure keep steadily in mind, that nothing will save the honest debtor, but a total and unqualified repeal of the barbarous policy. I am induced to believe that Kentucky is the only country on the globe, where the debtor cannot, under *any circumstances*, be imprisoned for debt. It was confidently asserted, that the abolition of the old system would produce great frauds, annihilate credit, work injustice, and reduce the state of confusion. Time has dissipated these fears, and proved them to have been imaginary. I have no hesitation in asserting, from my knowledge within that portion of the State wherein I reside, that since the abolition of imprisonment for debts, in the State of Kentucky, a million of dollars more have been paid than would have been under a rigorous execution of the laws of imprisonment for debt. The system of credit was never more sound and healthy; and how consoling the reflection that our jails are alone devoted to the confinement of the felon.

How much desolation of the heart has been prevented by this humane system; the cries of the famished children are no more heard in our happy land, the lamentations of the wife are no longer heard at the iron-grated windows of our prisons. Nor do we any longer see the degrading spectacle of the felon and debtor confined to the same bed of straw.

I have merely glanced at this subject, the arguments in its favour are inexhaustible.

I am extremely gratified that this matter is to be brought before the Legislature of the great State of New-York. It belongs legitimately to the State to act upon the subject; as a law of Congress would be confined to a very few and limited cases; the great reason why I have relaxed my efforts before that body for the last two years, is, a settled conviction that Congress would pass no law at this time, but what would place the citizens of Kentucky in a worse condition. All that the States can reasonably require, is that the laws of the several States should govern the process of the Federal Courts.

With sentiments of great respect, your fellow citizen.

RICHARD M. JOHNSON.

LITERARY.

THE CONFESSION.

BY JOHN GALT, ESQ.

My furlough had nearly expired; and, as I was to leave the village the next morning to join my regiment, then on the point of being shipped off at Portsmouth, for India, several of my old companions spent the evening with me, in the Marquis of Granby.—They were joyous, hearty lads; but mirth bred thirst, and drinking begot contention.

I was myself the soberest of the squad, and did what I could to appease their quarrels. The liquor, however, had more power than my persuasion, and at last it so exasperated some foolish difference about a song, between Oick Winlaw and Jem Bradley, that they fell to fighting, and so the party broke up.

Bradley was a handsome, bold, fine fellow, and I had more than once urged him to list in our corps.—Soon after quitting the house, he joined me in my way home, and I spoke to him again about enlisting, but his blood was still hot—he would abide no reason—he could only swear of the revenge he would inflict upon Winlaw. This led to some remonstrance on my part, for Bradley was to blame in the dispute, till, from less to more, we both grew fierce, and he struck me such a blow in the face, that my bayonet leapt into his heart.

My passion was in the same moment quenched. I saw him dead at my feet—I heard footsteps approaching—I fled towards my father's house—the door was left unbolted for me—I crept softly, but in a flutter, to bed—but I could not sleep. I was stunned—a fearful consternation was upon me—a hurry was in my brain—my mind was on fire. I could not believe that I had killed Bradley. I thought it was the night mare which had so poisoned my sleep. My tongue became as parched as charcoal: had I been choking with ashes, my throat could not have been filled with more horrible thirst. I breathed as if I were suffocating with the dry dust into which the dead are changed.

After a time, that fit of burning agony went off;—tears came into my eyes;—my nature was softened. I thought of Bradley when we were boys, and of the summer days we had spent together. I never owed him a grudge—his blow was occasioned by the liquor—a freer heart than his, mercy never opened; and I wept like a maiden.

The day at last began to dawn. I had thrown myself on the bed without undressing, and I started up involuntarily, and moved hastily—I should rather say instinctively—towards the door. My father heard the stir, and inquired wherefore I was departing so early. I begged him not to be disturbed; my voice was troubled, and he spoke to me kindly and encouragingly, exhorting me to eschew riotous companions. I could make no reply—indeed I heard no more—there was a blank between his blessing and the time when I found myself crossing the Common, near the place of execution.

But through all that horror and frenzy, I felt not that I had committed a crime—the deed was the doing of a flash. I was conscious I could never in cold blood have harmed a hair of Bradley's head. I considered myself unfortunate, but not guilty; and this fond persuasion so pacified my alarms, that, by the time I reached Portsmouth, I almost thought as lightly of what I had done, as of the fate of the gallant French dragoon, whom I sabred at Salamanca.

But ever and anon, during the course of our long voyage to India, sadder afterthoughts often came upon me. In those trances, I saw, as it were, our pleasant village green, all sparkling again with schoolboys at their pastimes; then I fancied them gathering into groups, and telling the story of the murder; again, moving away towards the church yard, to look at the grave of poor Bradley. Still, however, I was loth to believe myself a criminal; and so, from day to day, the time passed on, without any outward change revealing what was passing within, to the observance or suspicions of my comrades. When the regiment was sent against the Burmese, the bravery of the war, and the hardships of the adventures, so won me from reflection, that I began almost to forget the accident of that fatal night.

One day, however, while I was waiting in an outer room of the Colonel's quarters, I chanced to take up a London newspaper, and the first thing in it which caught my eye was an account of the trial and execution of Dick Winlaw, for the murder of Bradley.—The dreadful story scorched my eyes.—I read it as if every word had been fire,—it was a wild and wonderful account of all. The farewell party at the Granby was described by the witnesses. I was spoken of by them with kindness and commendation; the quarrel between Bradley and Winlaw was described, as in a picture; and my attempt to restrain them was pointed out by the judge, in his charge to the jury, as a beautiful example of loving old companionship.—Winlaw had been found near the body, and the presumptions of guilt were so strong and manifold that the jury without retiring, found him guilty. He was executed on the Common, and his body hung in chains. Then it was, that I first felt I was indeed a murderer,—then it was that the molten sulpher of remorse was poured into my bosom, rushing, spreading, burning, and devouring; but it changed not the bronze with which hardship had marked my cheek, nor the steel to which danger had tempered my nerves.

I obeyed the Colonel's orders as unmoved as if nothing had happened. I did my duty with habitual precision;—my hand was steady, my limbs were firm; but my tongue was incapable of uttering a word. My comrades as they came towards me, suddenly halted, and turned aside,—strangers looked at me, as if I bore the impress of some fearful thing. I was removed, as it were, out of myself—I was in another state of being—I was in hell.

Next morning we had a skirmish, in which I received this wound in the knee; and soon afterwards, with other invalids, I was ordered home. We were landed at Portsmouth, and I proceeded to my native village. But in this I had no will nor choice: a chain was around me, which I could not resist, drawing me on. Often did I pause and turn, wishing to change my route; but Fate held me fast, and I was enchanted by the spell of many an old and dear recollection, to revisit those things which had lost all their innocence and holiness to me.

The day had been sultry, the sun set with a drowsy eye, and the evening air was moist, warm, and oppressive. It weighed heavily alike on my mind and body. I was crippled by my wound—the journey was longer than my strength could sustain much further—still I resolved to persevere, for I longed to be again in my father's house; and I fancied were I once there, that the burning in my bosom would abate.

During my absence in India, the new road across the Common had been opened. By the time I reached it, the night was closed in—a dull, starless, breezeless, dumb, sluggish, and unwholesome night; and those things which still retained in their blackness, deeper than the darkness, seemed, as I slowly passed by, to be endowed with a mysterious intelligence, with which my spirit would have held communion but for dread.

While I was frozen with the influence of this dreadful phantazy, I saw a pale, glimmering, ineffectual light, rising before me. It was neither lamp, fire, nor candle, and though like, it was yet not flame. I took it at first for the lustre of a reflection from some unseen light, and I walked towards it, in the hope of finding a cottage or an alehouse, where I might obtain some refreshment and a little rest. I advanced.—It's form enlarged, but its beams became no brighter; and the horror, which had for a moment left me when it was discovered, returned with overwhelming power. I rushed forward, but soon halted, for I saw that it hung in the air, and as I approached, that it began to to take a ghastly and spectral form! I discerned the lineaments of the head, and the hideous outlines of a shapeless anatomy. I stood rivetted to the spot; for I thought I saw behind it, a dark and vast thing, in whose hand it was held forth. In that moment, a voice said,—"It is Winlaw the murderer; his bones often, in the moist summer nights, shine out in this way; it is thought to be an acknowledgment of his guilt, for he died protesting his innocence." The person who addressed me was your honor's gamekeeper, and the story I have told, is the cause of my having desired him to bring me here.

From the Masonick Record.

The following testimony in favour of the Masonick Institution is from the pen of Mrs. HALE, and is taken from the last number of her excellent and highly popular periodical, *The Ladies' Magazine*. The readers of the Record have often been treated with the productions of this gifted lady, and it now affords us much pleasure to present them with this plain and decided expression of her approbation to our order.

"*Proceedings of the Anti-masonick State Convention.* Boston, published by John Marsh. A pamphlet has been sent us, bearing the above title, and containing the whole pith and substance of the motions, speeches and resolutions of the Anti-masonick State Convention recently assembled in this city. We were, on one account, right glad to receive it. We have, in consequence, an opportunity, or an excuse, certainly, for expressing our deep obligations to the members of the Grand Lodge and the Royal Arch order of the state of New-Hampshire. It was to their encouragement and support we owed our first hope of success as a writer.—And were we now about to appeal, on our own behalf, to the benevolence of any class of people, we should address the Freemasons Our opinion of the order, therefore, will be sufficiently understood—and yet we would not have it inferred that this opinion is influenced by selfish motives. It is because we believe that masonick societies have a tendency to promote among men the virtues of the heart, sincerity in friendship, confidence in promises, and good will and charity to each other, (the abduction of Morgan to the contrary notwithstanding,) that we approve them. It will not be expected that a lady would attempt to discuss at length, a subject which has of late, unhappily for society, produced so much excitement. We only wish to be understood as feeling for the institution of Masonry a high respect—the following lines from a poem, written seven years since, will explain all we need say in justification of our own sentiments, even with the most scrupulous Anti-mason. For the poetry, we would apologize, did we not hope our readers might in this instance be satisfied with truth in the sentiment—and there was small effort to adorn it with the graces of diction or imagery.

"But to the Mystic Band must still belong
The hallowed tribute of my grateful song.
Ye, whose souls swelled with sympathy sincere,
When gathering round a *brother's* early bier,
And when his widowed wife and infants sued [know
Could feel the "luxury of doing good."—
O! may you, through earth's changing fortunes,
The peace approving conscience can bestow—
May blessings, pure as pity's tears refined,
Rich as the treasures of the liberal mind,
Serene as faith, as virtue lasting, rest
Upon each feeling heart and generous breast,
That, bound in charity's benignant laws,
Ne'er waited for the critic's cold applause;
But kindly cheered a muse unknown to fame,
And gave to hope an energy—an *aim*,
Though my loved country should approve my lay,
And sorrows' night have yet a gleam of day,
And fame bestow the meed that authors prize,
And fancy all her fond dreams realize—
Still, still your patronage shall be my boast—
You freely gave it when 'twas needed most."

MISCELLANY.

MANUEL LABOUR INSTITUTIONS.

REMARKS BY A DISTINGUISHED PHYSICIAN.

1. "*What is the cause of the frequent failure in the health of sedentary men, and especially of students, which has been so much complained of in late years?*"

Most of our students in colleges, and in the professions, are early trained to habitual exercise in the open air, in agricultural labour. On exchanging labour for study, a large proportion of them omit their exercise, but retain their habits of free diet; and many resort to a more stimulant course of living than they had been accustomed to before commencing their literary course.—Few constitutions can support these changes for many years without injury.

The want of regular sleep, and of allowing a sufficient time for rest, occasionally assists in breaking down the constitution of literary men. Every man, in order to continue healthy, must have a certain number of hours out of the twenty-four for sleep.—One requires six, another eight, or perhaps even nine hours; and it is found that early hours of retiring to rest and early rising contribute most to health. Literary men are accustomed to sit up late.

2. "*What would be the effect of adopting regular and systematick exercise, agricultural or mechanical, in counteracting this evil?*"

Such exercise would induce men to retire earlier than they otherwise might do; and in doing this they would avoid the prostrating effects upon the nervous system, of an artificial and forced mental excitement and effort, when they ought to be in bed and asleep. Mechanical labour in an open work-shop, if inferior, in its invigourating effects, to the labour of the field, is still an excellent substitute, and must, in certain cases be more convenient. Regular labour must, of course, do a great deal towards remedying the *evil*.

3 "*What are the physiological causes which render such exercise necessary?*"

A certain degree of energy in the circulation of the blood is necessary to high health. This energy should be well balanced, and it should exist in all the organs. If the action of one part be high, and that of another be low, the balance of health is destroyed, and disorder is the consequence. By exercise, this balance is, in a measure, preserved, and the required vigour of the circulation is maintained. If the circulation in the voluntary muscles and in the organs of digestion and secretion be allowed to languish for want of exercise, their power of performing their appropriate offices becomes enfeebled, and hence an almost nameless variety of symptoms, indicating impaired health, may follow. If the brain be stimulated to undue action by intellectual operations, carried on with too great effort, or too long continued, while those organs which are concerned in furnishing a supply of healthy blood to every part of the whole animal machine, are left to a feeble or sluggish action, it is obvious that their functions must be but imperfectly performed; and if the actions of the secreting organs those which separate materials from the blood, exerting upon that blood an agency important perhaps to its purity, become by any means greatly enfeebled, it is not difficult to perceive that disease may follow as a consequence; indeed it is rather difficult to conceive why it should not oftener be manifest under the fluctuations of action to which the various parts of the system are exposed; and the marvel is, not that there is so much disease, but that there is not *more*.

4. "*How far is the success of such exercise dependent upon a plain and simple diet? Shall coffee and tea be dispensed with, partially or entirely?*

When the energy of the stomach and the other organs concerned in converting alimentary materials into blood, becomes so far reduced as to admit of their function being performed but imperfectly, it would seem bad policy either to load them with materials too great in quantity, or of too stimulating a quality for their power of healthy action. Under the influence of suitable bodily exercise, and in a climate so tonic as ours, simple and unstimulating food is most to be relied on, where health is the object. If coffee and tea were *essential* to health in our climate, would they not, probably, have been *provided* in this climate? They may be useful in climates where human life must *necessarily* wear out sooner than ours, and they may be useful to certain constitutions in this climate; but inasmuch as the habitual use of them is almost always abused to the lasting injury of multitudes, would it not be best to dispense entirely with their habitual use, and resort to them only as medicines?

Milk, chocolate, bread, potatoes roasted or baked, plain cooked meats in small portion, water occasionally combined with some vegetable acid, and the temperate use of fresh fruits just before a regular meal, or as a part of such meal, are articles which, in my opinion, can sustain the organick and intellectual functions of man, as long, and as perfectly, without tea and coffee and rum and tobacco, as with them.

Quarterly Register.

CHANGES OF MANNERS.

The following is from the pen of Captain Grose, the eminent antiquary, who died in the year 1791, at the age of sixty; it was written about the year 1782:

"I am a man of little more than 50 years of age, and yet I have nearly outlived a variety of systems and manners. When I was a young man, there existed in the families of most unmarried men or widowers, of the rank of gentlemen, residents in the country, a certain antiquated female, either a maiden or widow, commonly an aunt or cousin.—Her dress consisted of a stiff starched cap and hood; a little hoop, and a rich silk damask gown, with large flowers; she leaned on an ivory headed crutch cane, and was followed by a fat phthisicky dog, usually of the pug kind, who commonly reposed on a cushion, and enjoyed the privilege of snarling at the servants, and occasionally biting their heels with impunity. By the side of this good old lady jingled a bunch of keys, securing in different closets and corner cupboards all sorts of cordial waters, cherry and raspberry brandy, washes for the complexion, Daffy's Elixir, a rich seed cake, a number of pots of currant jelly and raspberry jam, with a range of gallipots and phials, containing physic for the use of the poor neighbours. The daily business of this good old lady was to scold the maids, collect eggs, feed the turkeys, &c.

"Another character, now worn out and gone, is the country 'Squire. I mean the little independent gentleman, with a landed property of £300 a year,* who commonly appeared in a plain drab or plush coat, large silver buttons, a jockey cap, and rarely without boots. His travels never exceeded the distance of the county town, and that only at the assize and session time, or to attend an election. Once a week he commonly dined at the next market town, with the attorneys and justices. This man went to church regularly, read the weekly journal, settled the parochial disputes with the parish officers at the vestry, and afterwards adjourned to the neighbouring ale-house, where he usually got drunk for the good of his country. He never played at cards but at Christmas, when a family pack was produced from the mantle-piece. He was commonly followed by a couple of greyhounds and a pointer, and announced his arrival at a neighbour's house by smacking his whip, or by giving the view-halloo. His drink was generally ale, except on Christmas, the 5th of November, or some other gala days, when he would make a bowl of strong brandy punch, garnished with a toast and nutmeg A journey to London was by one of these men reckoned as great an undertaking as is, at present, a voyage to the East Indies, and undertaken with scarce less precaution and preparation.

"The mansion of one of these 'Squires was of plaister, striped with timber (not unaptly called calimanco work), or of red brick with large casemented bow-windows, a porch with seats in it, and over it a study. The eaves of the house were well inhabited with swallows, and the court sec round with hollyhocks. The hall was furnished with flitches of bacon, and the mantel-piece with

* The quantity of land necessary to produce £300 a year then, would be worth £700 now, from change of price and better culture.

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