

Under these modes of living we are almost astonished that the bulk of the population in these countries should be able to perform their daily toil and continue in good health; but there are no men who enjoy that blessing in a greater degree than the labouring population of the countries I have mentioned, with the exception of those employed in certain noxious manufactures. It is true that low wages are the principal cause of the abstinence from animal food; but still, giving this manner of living some reflection, I was induced to believe that the general custom with us (owing to the abundance and consequently the cheapness of provisions) of eating animal food *three times a day*, this heaping meals of flesh upon flesh, may possibly have a tendency to deteriorate our health.---A few years ago a society was formed at Manchester, in England, who were obliged, by one of their religious tenets to abstain wholly from animal food and to live entirely, upon vegetables, &c. They rigidly followed the practice for a considerable time, interpreting literally the command, 'thou shalt do no murder;' yet the medical effects confirmed one fact, long disputed in physiology, viz: that man can be sustained in robust health as well or better on farinaceous diet, than on flesh; and if the English, Scotch, and Irish peasantry, who frequently eat no meat from Sunday to Sunday, and a great part of the population for a much longer time, enjoy the best health and strength, it may not be improper to consider whether a much greater quantity of animal food is not consumed by us than is necessary; and, in fact, whether our eating flesh *three times a day* does not conduce to some complaints we suffer here, which are not so prevalent in the labouring population of Europe.---From the little we can discover from history, we find the ancients more abstemious. When Plato returned to Athens from his travels, he was asked if he saw any notable things in Tinnacia (now called Sicily). He answered, 'Vidi monstrum in natura, hominem bis saturatum in die.'---'I saw a monster in nature, a man gormandizing twice a day!' Pulse formed a considerable part of the food of the ancient Romans, those hardy veterans who conquered the greatest part of the then known world; and we find, in the sacred writings, that David was commanded by his father to take pulse, loaves and cheese to the Israelitish army, then at war with the Philistines, and it is probable that this kind of food constituted the main support of the troops.---By consuming so much animal food, are we not, in great part by habit, indulging ourselves at the expence of our health? Is so much meat necessary, or especially at the present season of the year? And are we not incautiously laying the seeds, of disease, especially in our children, who generally eat more animal food in one day than the most robust of the English, Scotch or Irish children do in a month?---The sedentary I would most strongly caution, being satisfied, from experience, that, with respect to them, animal food once a day would preserve them in better health than most of them can now boast of; and I believe that thousands of our children have been consigned to an early tomb, by cramming them with animal food three times a day for years in succession.

SCIENTIFIC.

From the New-England Palladium.

OCCULTATION.

In the night of Friday the 21st inst. Aldebaran, a star of the first magnitude, will suffer an occultation by the moon, one or both the phenomena of which will be visible in a large part of the United States and of Europe.

The importance of the lunar occultations in determining terrestrial longitude, has long been known, since it can be better ascertained by a single observation of one of them, (even when the tabular place of the moon is relied on,) than by any other way, but when it is deduced from corresponding observations made at a known meridian, it will be as near to the truth, as the result of thousands of lunar distances, or hundreds of transits of a star and the moon.

Eclipses of stars of the first magnitude are so easily seen, that a common ship telescope, will on this occasion, afford sufficient assistance to the eye should any be necessary; of late years, these eclipses

have been very rare, the last (that of Spica,) having taken place November 16th, 1827; the observed time of the immersion of which, although it happened about noon and when the star was near the Sun, did not differ from the computed, two seconds.

As we have before mentioned, this occultation will be visible in Europe, and will doubtless be observed in its numerous astronomical observatories, which do so much honor to the nations that support them, by the wonderful discoveries and great advances in science, made therein, and our dependence on which, ought to excite in us regret, that in our whole continent, there is not a single observatory; from some of them we hope to receive information of the observed times of the places thereof, which will be communicated as soon as received.

The Longitude, and probably the Latitude of all, or nearly all of our cities and towns, have not, as yet, been determined to that degree of accuracy, which is desirable; it is hoped therefore, that the times of the immersion and emersion of this occultation will be generally noticed, and the distances of the places of observation from Greenwich, in Longitude, carefully computed and published.

For the purpose of removing some of the labor, that necessarily attends the making an observation, we have computed the occultation for the following places; the Longitude and Latitude of all of them, (except Boston,) were taken from the best authorities; the assumed Longitude of this city is very nearly, or quite accurate, and the Latitude is the result of 603 observations. In making the following computation, the ellipticity of the earth was considered to be 1-300th, (the quantity now generally used in Europe,) and the Moon's diameter, was reduced four seconds for inflection, according to the theory of De Sejour; the tables used, were those of Burkhart for the Moon, and Pond for the Star.

The time is the mean solar of the meridian of each place, the equation at the immersion, being 2m. 43", 6, and at the emersion 2m. 43", 1, subtractive.

Boston, Lat. 42 deg. 20' 38", 1 Long. 71 deg. 3' 45" W. Immersion, Aug. 21, 11h. 58m. 47s. 6 p. m. 5' 2" N. of Moon's Emersion 22, 0 51 45, 6 a. m. 4 13' Centre. Duration, 52 57, 8

Halifax, Lat. 44 deg. 41' N. Long. 63 deg. 36' Immersion, 22d, 0h. 30m. 53s 6 a. m. 5' 54" } North. Emersion, 1 26 46, 3 a. m. 3 59 } Duration, 55 50, 7

Portland, Lat. 43 deg. 35' N. Long. 70 deg. 12' W. Immersion, 22d, 0h. 4m. 38, 8 a. m. 6' 31" } North. Emersion, 0 52 52, 3 a. m. 4 49 } Duration, 52 13, 5

New-York, Lat. 40 deg. 12' 10" N. Long. 74 deg. 1' W. Immersion, 21st. 11h. 5m. 21s, 9 p. m. 5' 41" } North. Emersion, 22d, 0 37 39, a. m. 4 0 } Duration, 52 17, 1

Philadelphia, Lat. 39 deg. 52' 53", N. Long. 75 deg. 11' 30" W. Immersion, 21st. 11h. 39m. 53s, 9 p. m. 5' 28" } North. Emersion, 22d, 0 31 56, 2 a. m. 3 49 } Duration, 52 4, 4

Washington, Lat. 38 deg. 53' N. Long. 76 deg. 55' 30" W. Immersion, 21st. 11h. 32m. 7s 1 p. m. 5' 10" } North. Emersion, 22d, 0 23 48, 7 a. m. 3 33 } Duration, 51 41, 6

The Immersion will take place on the east or enlightened, and the Emersion on the west or dark side of the moon.

GENERAL INTELLIGENCE.

AMERICAN TARIFF.

Although a report circulated some time since in the American Papers, that Mr. M' Lane, the American Minister, was instructed to negotiate with the British Government, for a modification of the American Tariff, and the opening of the West-India Ports to American vessels, was contradicted upon the ground of its being unconstitutional and absurd; we find it still continues to be a subject of discussion in the American papers. The N. Y. Evening Post uses the following language on the subject:--

"If the result of this negotiation should be, as we hope it will, a restoration of our intercourse with the Colonies and a more enlarged commerce with the whole of the British dominions, it will distinguish all who may share in framing such a treaty, and render the present administration illustrious.

We will not, however, anticipate this question--we can only hope that some such treaty will be made.--Whenever it may be announced we shall cheerfully meet our adversaries and refer the question to the just and patriotic decision of the grain-growing interest of the country."

As the Evening Post is said to have the means of information of the views of the Administration, not inferior to those possessed by any other Journal at a distance from the seat of Government; we are strongly inclined to believe, that the report alluded to is not altogether without foundation.

The N. Y. Mercantile Advertiser, another Administration paper, on this subject says:--

"There has not since the formation of this Government been one administration that has not sought to be on the most friendly terms with that Power, (and rightly too,) on account of the value of her trade to us; and if we have been too grasping, and out-negotiated ourselves, it is high time to have an arrangement which shall be, not nominally, but really reciprocal; and not only with her, but with every other nation."



We have much pleasure in laying before our readers, the following documents, transmitted by Rear Admiral Sir CHARLES OGLE, to the Chamber of Commerce of this City.--In our last, we inserted a paragraph under date St. John's, N. F. 10th July on the same subject, but it appears from these documents, that the situation of the Virgin Rocks, as there stated is incorrect.--The following documents which they show the attention of the Admiral to the Commercial interests of these Colonies, are entitled to full credit, as they are given under his own hand.--

Hisar, in Halifax Harbour, }
24th July, 1829. }

Sir,--I have much pleasure in forwarding to you, herewith, for the information of the Mercantile Community of the Province of New-Brunswick, the position, and other particulars, of the Virgin Rocks, off the coast of Newfoundland, ascertained by Lieutenant Bishop, of the Manly, Gun Brig, and Mr. Ross, Master of His Majesty's Ship Tyne: which may be thoroughly depended on.

I have the honor to be, Sir,
Your most obedient humble servant,
CHARLES OGLE,
Rear Admiral and Commander-in-Chief.

To the President of the Chamber of Commerce, }
St. John, New-Brunswick. }

Report of observations made on the Virgin Rocks, in order to ascertain their Geographical position. Observed with a Circle (by Worthington and Allan) Admiralty Chronometer (by Grayhurst and Harvey,) No. 89, and Chronometer by Barrard, No. 562.

VIRGIN ROCKS.

Latitude, - - - - - 46, 26, 15, 3, N.
Longitude from Greenwich, - 50, 56, 35, W.

"The above are the mean of a series of observations made during 48 hours: the Inspector lay at anchor two hundred yards N. E. of the shoalest part of the Virgin Rocks: the horizon perfectly defined, and the weather every way favourable for determining their position.

"The Rocks extend in an irregular chain, or cluster. S. W. by W. and N. E. by E. 800 yards: the breadth varying from 200 to 300 yards: the least water on a white rock in 4 1/2 fathoms, with from 5 to 6 1/2 fathoms, about one hundred yards all around it--the bottom distinctly visible. Towards the extremities of the shoal, the soundings are from 7 to 9 fathoms on detached rocks, with deep water between them; the current setting a mile an hour to the W. S. W. with a confused cross swell to the S. E. South, S. W. West, and W. N. W. of the shoal, the water opens gradually to 30 fathoms, half a mile distant: to the N. W. North, and N. E. one third of a mile, and to L. N. E. East, and E. S. E. a mile."

"The bank upon which the Shoal is situated extends E. by N. and W. by S. four miles and a quarter; and two and three quarters miles across its broadest part, with regular soundings of, from 28, to 30 fathoms, until they suddenly deepen on its outer edge to 30, and 43 fathoms."

Extract of a Letter from Lieutenant Bishop, Commanding H. M. Gun Brig Manly, dated 9th July, 1829.

"The bottom was repeatedly seen by the Officers of both Ships, in from 7, to 4 1/2 fathoms, apparently of a very white rock, with large patches of seaweed on the sand around them. In addition to this, on the morning of the 7th, about 2 o'clock A. M. when riding with a whole cable and a heavy sea, I observed such violent breakers near the Brig as to cause me to batten down the hatches, and I am of opinion that, had there been a little more wind, no vessel could have passed over that spot, or remained there with safety."



DANGEROUS MISTAKE.--It being understood that some recently published chart of this coast, represents Gannet Rock with a light upon it; we are requested by the Chamber of Commerce of this place to take public notice of this mistake, for the benefit of those steering by any such chart for a Port in the Bay of Fundy, as no light has ever yet been erected there;--we trust also that our brother Editors, in all parts will also notice the circumstance, in order that every means may be made use of, to prevent the loss of lives and property.