

know well enough there's no other place in the town to go to. But let's see it, let's see it. Hallo! what the deuce have we here! 'For frightening black cosey, two dollars!' why, what do you mean by this, you infernal —" "Yes, saire, you remember you come home one night after 12 o'clock, and 'cause Cosey not give you no supper, which is 'gainst the rules, you say you jump down Cosey's throat; Cosey very timersome, saire! run down stair, drink half bottle of brandy for recover his fright, and not do no work all next morning. I wrong not charge you three dollars, saire!" "Ah! ah! make hay while the sun shines, Mynheer, but if I stand this when the new new hotel opens, I'm a Dutchman!"

Now to end these few jokes, on the Halifax folks,
I must say they don't always kick up such a stir,
On a just computation, and strict calculation,
They visit but three hundred times in a year.
Still with damsels so fair, I must plainly declare,
Were I destined to stay with them, as I'm alive!
I should make an objection to ev'ry exception,
And place on a level the sad sixty-five.

"Bravo! If you'll only repeat this, one of these days to Lucy, I'll bet a rump and dozen we pay a visit to your *el dorado* by the first Novascotian steamer." X. L. V.

PRIZE ESSAY ON ARDENT SPIRITS.

Continued from page 406, vol. 3.

A wealthy farmer in Sullivan County, New Hampshire, had been in the habit of drinking spirit for a number of years, and during the haying season he often used it freely. With more than ordinary activity of mind and a vigorous bodily constitution, he attained the age of seventy-five years; much broken down and decayed however, under occasional attacks of gout, which he called rheumatism. At this period he broke off suddenly and wholly from the use of spirits; and within two years, that is at the age of seventy-seven, he was so much recruited as to appear several years younger, and he assured me that in the last two haying seasons he had accomplished more personal labour than in any two other haying seasons for the last ten or twelve years. He expressed himself in the most decisive and energetic manner when remarking upon the effects, in his own case, of total abstinence from spirituous drinks; he had not only not been injured, but had been an unspeakable gainer by the change. This case, and others like it, show the futility of the opinion that it is unsafe for persons of any age suddenly to break the habit of spirit drinking, and that those advanced in life should either not attempt to discontinue it, or should do it in the most cautious and gradual manner. The truth is, that the effects, whether immediate or remote, of alcohol, whenever they are so distinct as to be estimated, are always those of an unnatural, unhealthy, or poisonous agent; and soon after the daily poison is withdrawn, the vital powers, relieved from their oppression, rally, the organs act with more freedom and regularity, and the whole machinery of life exhibits something like a renovation.

Spirit has been erroneously supposed to afford a protective influence against the effects of severe cold. A sea captain of Boston Massachusetts, informed that on a memorable cold Friday in the year 1816, he was on a homeward passage off our coast not far from the latitude of Boston. Much ice made upon the ship, and every person on board was more or less frozen, excepting two individuals, and they were the only two who drank no spirit.

In 1619, the crew of a Danish ship of sixty men, well supplied with provision and ardent spirit, attempted to pass the winter in Hudson's bay; but fifty-eight of them died before spring. An English crew of twenty-two men, however, destitute of ardent spirit and obliged to be constantly exposed to the cold, wintered in the same bay, and only two of them died. Eight Englishmen did the same under like circumstances, and all returned to England. And four Russians, left without spirit or provisions in Spitzbergen, lived there six years and afterwards returned home. Facts of this nature might be multiplied to any extent.

So far, also, from guarding the animal fabric against the depressing and irritating effects of heat, spirit tends to produce inflammatory diseases. A distinguished medical officer, Marshall, who was subjected to great exertion and exposure in a tropical climate, observes, 'I have always found that the strongest liquors were the most enervating; and this in whatever quantity they were consumed: for the daily use of spirits is an evil which retains its pernicious character through all its gradations; indulged in at all, can produce nothing better than a diluted or mitigated kind of mischief.'

Those ships' crews who now visit hot and sickly climates without spirit, have an average of sickness and mortality strikingly less than those who continue the use of it as formerly. 'The brig Globe, Captain Moore,' says the anniversary report of the Pennsylvania Temperance Society for 1831, 'has lately returned from a voyage in the Pacific Ocean. She had on board a crew of ten persons, and was absent nearly eighteen months. She was during the voyage, in almost all the climates of the world; had not one person sick on board, and brought the crew all back orderly and obedient. All these advantages Captain Moore attributes, in a great measure, to the absence of spirituous liquors. There was not one drop used in all that time; indeed there was none on board the vessel.'

To a place among preventives of disease, spirituous drinks can present but the most feeble claims. If, under occasional drinking during the period of alcoholic excitement, a temporary resistance may be given from those morbid influences which bring acute disease, be it occasional or epidemic, that excitement, by

the immutable laws of vital action, is necessarily followed by a state of relaxation, depression, or collapse, in which the power of resistance is weakened, and this too in proportion to the previous excitement. In order therefore to obtain from alcoholic stimulus any thing like a protective influence against the exciting causes of disease, the exposure to these causes must be periodical, precisely corresponding with the stage of artificial excitation. If however, such accuracy of adjustment between the powers of vital resistance artificially excited, and the unhealthy agencies which tend to produce disease, be wholly impracticable, then the danger must be increased by resorting under any circumstances to spirit as a preservative; and if not, other articles would do as well.

The best protection against disease is derived from a natural, healthy, unfluctuating state of vital action, sustained by plain articles of nutriment taken at regular intervals, uninfluenced by any innutritious stimulus which operates upon the whole nervous power. The habitual drinking of ardent spirit creates a multitude of chronic or subacute organic irritations and derangements, upon which acute disease is most easily, nay, often necessarily ingrafted; hence tiplers and drunkards, exposed to the exciting causes of inflammatory, epidemic, and contagious diseases, are liable to an attack, and when attacked, having the vital powers unnecessarily wasted they die in large numbers. These results are witnessed in epidemic pleurisies, lung fevers, the severe forms of influenza, pestilential fevers, and cholera.—(To be continued.)

From Addison's Travels in the Holy Land.

LANDSCAPES IN THE EAST.

JAFFA.

The view from this terrace was quite enchanting; the blue expanse of sea, ruffled by the light morning breeze, and sparkling in the sunbeams, was suddenly spread out before me. It was the first time I had seen the sea, expecting at a distance, since leaving Beirut, and it naturally excited a host of pleasurable recollections. The waves surged and murmured on the beach below, and the morning gale brought with it that delicious freshness and peculiar fragrance, so characteristic of the sea-coast, and so delightful after the hot, dusty plains of this land of sorrow and desolation. To an Englishman in a foreign land, the sight of the sea is always cheering; he welcomes it as an old friend, for it is associated with the memory of his distant home and his sea-girt isle, and forms a sort of connecting link between him and the happy land he has left. The waves beating on the shore, the vessels with their white sails sweeping over the bosom of the waters, and the breeze streaking the coast with sparkling lines of foam, all remind him of his departure from his native country, and naturally connect themselves with his return.

I was shown into a room opposite to one in which I had seen the fair ladies; a bowl of rose-coloured sherbet was handed in, a pipe was offered me, and I was requested to wait until the consul, who was absent at his counting-house in the town, could be sent for.

There is a great cheerfulness in the dazzling brilliancy of the landscape in southern latitudes, so different from the all-pervading gloom, and the dull monotony of colouring, so generally diffused over our greener and more richly wooded landscapes in England. Here, when the north wind blows, the air is blue, and the tints on the distant mountains, and over the wide plains, are fascinatingly beautiful.

The great charm of southern scenery consists in the varied and brilliant tints which are spread over the landscape. We look in vain for the richly wooded glades, and the majestic trees, which form so distinguishing and beautiful a feature of English scenery; neither do we anywhere observe the verdant green and the delicious freshness of an English landscape. The scenery in the north of Syria, and along the most beautiful part of the Asiatic shores of the Mediterranean, is of a different and perhaps of a more exalted character. The eye generally rests on a bold back-ground of mountains, tinged with light shades of blue and purple, varying according to the disposition and distance of the eminences. The dusky colour of the plains is sometimes relieved by the bright green of luxuriant foliage contrasted with the intensely blue waters of the sea, or of a lake, or with white buildings and picturesque minarets, canopied by a cloudless sky, whose sparkling transparency can scarcely be imagined by those who have witnessed only the pale watery skies of England. The clearness of the atmosphere, and the blaze of light thrown around, render the most distant objects amazingly distinct, and vastly multiply the features of the landscape. The various indentations and projections of distant mountains are shown forth with great clearness, and the various peaks and waving lines formed by the lofty ridges of rock, and by the bold irregular eminences, present an aspect of great beauty and elegance.

There is an elasticity too, and a lightness in the air, which have a great effect upon the spirits. No cold gray vapours, nor no unbroken leaden-looking canopy of gloomy motionless clouds, cast a sombre and unvarying hue over the landscape; every object has a sparkling, glittering appearance; the dazzling sunbeam is everywhere reflected from tower and rock, wood and water; all is cheerful, and the whole face of nature wears a gay and smiling aspect. When the wintry winds and the rains do come, the dense black clouds are then driven, in detached, irregular and ragged masses, across the sky, and between them the sunbeams gleam at frequent intervals, lighting up patches of the landscape; but when the rain,

which generally descends in one universal deluge, ceases, the sky clears, the sun shines, and the country is not visited with those dreadful days of mizzling rain, or with that dull, monotonous, unbroken canopy of cloud, which we so often witness in England.

CATHEDRAL OF COLOGNE.

'Tis a miracle of art—a splendid illustration of transcendentalism; never, perhaps, was there a better attempt, for it is but a fragment, to imitate a temple made without hands. I speak especially of the interior. Your first impression on entering the building is, of its exquisite lightness: to speak after the style of the Apostle Paul, it seems not 'of the earth earthly,' but of heaven and heavenly, as if it could take to itself wings and soar upwards. The name of its original architect is unknown in the civic archives, but assuredly it is enrolled in letters of gold in some masonic record of Christian faith. If from impression arise expression, its glorious builder must have had a true sense of the holy nature of his task. The very materials seem to have lost their materialism in his hands, in conformity with the design of a great genius spiritualised by its fervent homage to the Divine Spirit. In looking upward along the tall slender columns which seem to have sprung spontaneously from the earth like so many reeds and afterwards to be petrified, for only nature herself seemed capable of combining so much lightness with durability, I almost felt, as the architect must have done, that I had cast off the burden of the flesh, and had a tendency to mount skywards. In this particular, it presented a remarkable contrast to the feelings excited by any other Gothic edifice with which I am acquainted. In Westminster Abbey, for instance, whose more solid architecture is chiefly visible by a 'dim religious light;' I was almost overcome with an awe amounting to gloom; whereas at Cologne, the state of my mind rose somewhat above serenity. Lofty, aspiring, cheerful, the light of heaven more abundantly admitted than excluded, and streaming through painted panes, with all the varied colours of the first promise, the distant roof seemed to re-echo with other strains than those of that awful hymn the 'Dies Irae.' In opposition to the Temple of Religious Fear, I should call it the Temple of Pious Hope. And now, having described to you my own feelings, I will not give you the mere description of objects to be found in the guide-books. From my hints you will be, perhaps, able to pick out a suggestion that might prove valuable in the erection of our new churches. Under the Pagan mythology, a temple had its specific purpose; it was devoted to some particular worship, or to some peculiar attribute of the Deity: as such, each had its proper character, and long after the votaries and the worship have passed away, travellers have been able to discriminate, even from the ruins, the destination of the original edifice. Do you think that such would have been the case, were a future explorer to light on the relics of our Langham Place or Regent Street temples: would an antiquarian of 2838, be able to decide, think you, whether one of our modern temples was a Christian church, or a parochial school, or a factory? Had men formerly more belief in wrong than they have now in right? Was there more sincerity in ancient fanaticism than in modern faith? But I will not moralize; only as I took a last look at the Cathedral of Cologne, I could not help asking myself, 'Will such an edifice ever be completed—shall we ever again build up even such a beginning?' The cardinal virtues must answer the question. Faith and Charity have been glorious masons in times past—does 'Hope's Architecture' hold out an equal promise for the future?—Theodore Hook.

CLIMATE.

From Sketches of Western India. By Col. Tod.—Of the effects of heat the author mentions, as a curious illustration, that when the thermometer was 108° in the shade, he never suffered less from heat.

'Yet, if I looked across the expanded plains, the arid soil appeared as if emitting colourless flames, and as I studied the barometers suspended in their tripod-stands, the brass-work was painful to the touch. Although this degree of heat would appear intolerable to "the cold in clime," and "cold in blood," the external air, though some 25° warmer than within the tent, was not beyond endurance, and I have since felt infinitely more oppressed on an English summer day than in the dog-days of India on the verge of the desert. I would not draw a comparison between an autumnal day at Naples, for while under such influence I penned these observations, I could barely crawl up the shady side of the Strada di Toledo, in the month of October, two years afterwards, although in tolerable health. I leave the physiologist to discover the cause of these inconsistencies of sensation, merely recording the effect of the intense heat, which, like other evils, political as well as personal, brings bane and antidote together. At 108° and even much lower, the pores are all opened, and the system is in perpetual thaw and dissolution, and were the vapour thus extricated, condensed and made to re-act upon the calico covering, no other refrigerator would be required. But when the thermometer is at the freezing point at day-break, and from 30° to 100° two hours after the sun has passed the meridian, in the tent, and 130° when exposed to his rays, what frame can stand this? I have, however, stood such alternations; but when I look back to those days, I enumerate the companions who have growled or laughed with me, and consider where they are gone. I find it difficult to verify my assertions, just two out of twenty are living?—and but one—that one myself—spared to retire to his native land. But alas! it is the common fate of most who go to India.