

TO A MOTHER.

BY M. A. BIGELOW.

May thy path be always bright,
Holy and serene thy sky—
May no gloomy clouds of night
Mortally pass thee by!

THE PHILOSOPHY OF TEMPERANCE.

Repose is the remedy which nature points out to tired mortals
when exhausted either by mental or bodily fatigue. This is her
prescription for refreshing man's animal spirits, and enabling him
to resume his labours. Stimulants are by no means congenial
with her method or her processes. They are like whip and spur
to the weary steed; they may force him on indeed, but it is at
the expense of his constitution and his powers. In medical
science, the great art, as the doctors say, is to assist nature, and
with this view the skillful practitioner will sometimes order stim-
ulants, and find them doubtless highly useful to his patient; but
their habitual use is no maxim of the healing art, but much rather
that of the destroying or disabling one, if I may use the
expression. By the way, we are sadly prone to habits, and
therefore it "stands us upon," in a most serious degree, to con-
sider well the nature and probable results of any custom before
we adopt it. In this astute and intellectual age of ours it has
been discovered that it is much easier to abstain altogether from
a dangerous indulgence, than to adhere strictly to moderation,
and temperance has been superseded by total abstinence; and I would
just add to this, by way of corollary, that it is much easier to
slide into a bad habit than to get rid of it again. But to return
to our theme, the effects produced by stimulants are all agreeable
for the moment. Wine and opium raise men above earth and all
its cares; and so long as the stimulant lasts they sit as it were
at the supper of the gods. Anacreon is then the only ballad
monger, and with him each is ready to sing

Show me a breathing bed of leaves,
Where Lotus with the myrtle weaves;
And while in luxury's dream I sink,
Let me the balm of Bacchus drink!

But when the influence of the spell is over, immediately they sink
down as much below the level of ordinary mortals, as they were
before raised above it, instead of a delightful exhilaration of buoy-
ancy of mind, they now experience a sad reverse, in which they find
much more pleasing music in the friendly advice of the apothec-
ary, than in all the odes of anacreon, the cry is not then

Let us drain the nectar bowl,
Let us raise the song of love."

But,
Let us drain the saline dose,
Let's expel these humours gross.

Now, though poets have favored us with many a canto on the
raptures inspired by flowing bowls and sparkling goblets, they
have rarely condescended to give us one line, if it were only by
way of note, on the "state of the stomach" on the morning after
one of their "nights and suppers of the gods." Such a detail
indeed was never intended for the lover of agreeable fiction, and hence
the world hear little on the subject. Those after reckonings are
nevertheless serious though unpalatable things. Pleasure here
acts much like a tavern host, who remembers most accurately
all the good things he provides, though his guests are both apt
and willing to forget them, every item is carefully put down
and must be paid for. I shall only say, that fortunate is he
who takes warning in time. I might moralize on this theme in
good set phrases, but the ground has been so well and so fre-
quently beaten by others, that I forbear, with respect to such arti-
cles as opium and spirits, the "spirit of the age," as I have
already intimated, runs quite in an opposite direction to that of
indulgence; and it is wisely considered that as those who can be
temperate in the use of such ticklish commodities, must owe a
great deal to a happy temperament of constitution, and be few in
number, whilst the greater part of mankind are not so delicately
moulded, the rule of total abstinence, viz entire abstinence, is on
the whole the safer, and best. But there is one article in our Phar-
macopoeia of stimulants, upon which there seems to be some
difference of opinion, and with regard to which I should wish to
record my humble opinion. I allude to the Nicotian leaf tobacco.

Now I regret to say that a long and attentive study of the sub-
ject compels me to pronounce an unfavorable sentence on this
article, whatever value it may possess as a medicine—and that
in the present state of our knowledge is not much—I must say,
that, as an instrument of chewing in ordinary use it is unwise-
some and injurious, to the physician it may be satisfactory to
ascertain in what way, precisely, the injurious effect is produced;
but it may suffice others to learn from experience and observa-
tion what is the actual result. It is obvious that Tobacco causes
an excitement of the nervous system, and thus disturbs the
course of nature; but nature never is, and never can be, dis-
turbed with impunity. To apply a stimulus to the system for
which there is no natural demand, is to cause a loss of nervous
energy of which nature has need for her own legitimate pur-
pose, and therefore to inflict an injury upon her, greater or less
according to the amount of that uncalled-for expenditure. To
keep such an unnatural stimulus in constant action, is tantamount
to the creation of a constitutional derangement of the functions,
or the introduction of an actual disease into the body, and no
body will pretend to say that this is not injurious. To my humble
apprehension, it is anti-hygienic practice with a vengeance. I am no
physician, but I believe this to be the true theory of our subject, re-
garded in a physiological point of view, and it is decisive against
the Nicotian habit, however small the quantity of the article used
may be. People are rather indisposed to believe that an "agree-
able" sensation can be an "unwholesome" one; but unfortunately
for poor humanity, and the popularity of us sages, nothing in na-
ture is more certain than the possibility of such a conjuncture.
It is not only certain, but, alas, commonly known by experience,

that an agreeable thing may be unwholesome, and a pleasant
sensation anything at all but a symptom of healthy action.

WOODSTOCK, Jan., 1853.

(To be continued)



Youths' Department.

"Train up a Child in the way he should go and when he is old he will
not depart from it—Proverbs, c. vi. v. 6

BRING BACK MY FLOWERS.

"Bring back my flowers" said a rosy child,
As she played by the streamlets side,
And cast down wreaths of the flowers wild
On the ever-hurrying tide
But the stream flowed on, and her treasures bore,
To the far-off sparkling sea,
To return to the place of their birth no more,
Though she cried, "Come back to me,
Ye fairest gems of these forest bowers!"
O, stream! bright stream! bring back my flowers!"

"Bring back my flowers" said a noble you h
As he mournfully stood alone,
And sadly thought on the broken truth
Of a heart that was once his own—
Of a love that his reason had lead astray,
And to him was no longer true
"Return," he cried, "life's brightest hours
Oh, stream of Time! bring back my flowers!"

"Bring back my flowers" a mother sigh'd,
O'er the grave where her infant slept
And where, in her stubbornness and pride,
She her tearful vigils kept
"Oh, why does the cruel hand of Death
Seek victims so fair as she!"
Oh, why are the loved ones of others left,
While mine is thus snatched from me?
Who gave to thee, Death, such cruel powers?
Oh, grave, dark grave! bring back my flowers!"

"Bring back my flowers" said a grey-haired man,
For the friends of his youth were dead;
And those he had loved and cherished most,
Were slumbering with the dead;
But a faith in his God still cheered him on
Though the present was dark and dim,
For he knew that in heaven he'd meet again
The friends upon earth so dear
"Come Death," he cried, "for in Eden's bowers,
Our God will restore our long lost flowers."

OPPOSITION TO YOUNG MEN.

Every one knows how common it is for old and middle aged
men to keep young men from rising in the world by sneers at the
youthfulness of the aspirant—as in the case of Walpole, whose
taunts against Pitt so signally failed to "damn their author to
everlasting fame." No young man of talents, but has had ene-
mies such as these to encounter—men who seem to take a fit-
tish delight and cherish a malicious pleasure in seeking to depress
everything like genuine enthusiasm and the buoyant ambition of
the bright boy, or the brilliant young man. This arises half from
sheer malice, and as much from sheer ignorance of the nature and
temperament of genius. When the chubber up has gained in-
fluence among the poets, then it is that these miserable flatterers
cringe and cawn as basely as they formerly maligned and ridiculed
him; and would crowd out of sight the old friends and staunch
adherents. In his green age and budding sea-on the youth of
genius craves and requires sympathy. It is with him, especial-
ly, (and in a measure with all men,) an intellectual want as evi-
dent as the coarsest necessary element of existence

YOUTHFUL NEGLECT—Walter Scott, in a narrative of his per-
sonal history, gives the following caution to youth:—

"If it should ever fall to the lot of youth to peruse these
pages, let such readers remember that it is with the deepest
regret that I recollect in my manhood the opportunities of learning
which I neglected in my youth; that through every part of my
literary career I have felt pained and hampered by my own ig-
norance; and I would at this moment give half the reputation I
have had the good fortune to acquire, if, by doing so, I could rest
the remaining part upon a sound foundation of learning and
science."

AMERICAN GENIUS.—Harrison Wiman left Baltimore, a few
years ago, a poor boy, but with an improved mind, acquired at a
country school, with genius, ambition and enterprise. He work-
ed in Europe at the head of the masons and engineers and be-
came a leading contractor on the great railroad between Moscow
and St. Petersburg, 400 miles long. He made over \$1,000,000
On his return to Paris, he married a talented and beautiful lady,
and will soon build a cage for her, in the shape of a villa and a
park of three acres, beautifully ornamented, where rich and poor
may feast their eyes on indigenous plants and rare exotics. He
goes again to Russia to fill a contract with the Emperor, on pub-
lic works, by which he will bring home \$300,000 in gold for his
mechanical labors.

THE BABY.

O, what a precious treasure comes
To chase away the gloom—
A little infant robed in white,
Whom all the room
So innocent, so beautiful,
We gaze with fond delight
Upon the brow so pure and fair,
The blue eyes mild and bright,
The cheeks that tempt the fervent kiss,
The mouth like rose-bud sweet,
The little arms so close and sweet,
We lovingly caress—
—Cincinnati Gazette

GOOD SOUND ADVICE.—BY A SCOTCHMAN WHO HAS BEEN THE
WORLD.—Never sell any old clothes without putting a farthing in
trousers pocket, as the Jew fancies then that it is a sovereign,
and gives you a much better price for them. Never burn your
fingers, which you may do, if you marry a woman of property,
without inquiring what her property is first. Never throw
stone at any one until you have looked to see whether there is a
window behind or you may have to pay rather dearly for your re-
venge. Never let your plate leave you at an ordinary, as there
is no knowing when you may see it back again. Never refuse
to see a lady in her carriage, as the probability is you'll see a
cab by her asking you "if she cannot drop you on her way
home." Never leave your hat in the passage unless it's a bad
one. Never fix your own price, but leave it "entirely to the lib-
erality" of the gentleman, as the chances are you will get a great
deal more by it. Never sit next to a young lady at dinner, for
she talks, and does not care about eating. Never be executor to
a will as it is all liability, great trouble, and no profit. Never
quarrel with your wife, as you will only have to make it up, and
to pay for the reconciliation in the shape of a box at the Opera,
or a dinner at Richmond, or a Cashmere shawl. Never mention
you have received a legacy, or else some impertinent fellow will
be asking you to stand a dinner. Never pay to see a balloon go
up, as you can see it much better by remaining outside. Never
play cards with young ladies, for they are professedly given to
cheating, and, moreover, never pay their losses. Never stand
Godfather, unless the family are exceedingly rich. Never travel
without a cork-crow, or a lancet, as there is no knowing what
you may gain by the civility.

THE CRYSTAL PALACE AND THE SALE
OF SPIRITOUS LIQUORS.

The following correspondence has taken place between the
chairman of a large Temperance meeting held on Wednesday
last at Exeter-hall and the secretary of the Crystal Palace Com-
pany:—

"48, Mornington-place, Dec. 13.
"Sir,—The London Temperance League intend holding a
public meeting in Exeter-hall on Wednesday next, the 15th inst.,
to consider the subject of closing the public houses on Sundays,
and also upon the exclusion of strong drinks from the Crystal
Palace. Some members of the committee of the public, I believe
have an idea that it is the intention of the Crystal Palace Com-
pany to sell, or to allow wine, beer, and spirits to be drunk upon
the premises during the week, but to discontinue the practice on
Sundays, should they obtain permission to open their grounds on
that day. Being one of the vice-presidents of the London Tem-
perance League, the committee have done me the honor to
appoint me as the chairman for this proposed meeting, and I as
well as the other members of the League, would be extremely
sorry to do the Crystal Palace Company any injustice, and only
desire to place facts fairly before the public. We shall therefor-
feel greatly obliged if you will inform us whether the Crysta-
Palace Company ever did or do now contemplate supplying the
public, at their refreshment-rooms, with any intoxicating liquors
or strong drink whatever, at any time or under any circumstances?
For my own part, I never did believe that such a practice was
thought of by the Crystal Palace Company, and I trust that your
answer will bear out the supposition of, Sir,
"Your obedient servant,
"GEORGE CRUIKSHANK.

"Mr. G. Grove, Secretary."

"The Crystal Palace Company, 3, Adelaide-place,
London bridge, Dec. 14, 1852.

"Sir,—I have the honour to acknowledge the receipt of your
favour of the 13th instant, in which, as chairman of a temper-
ance meeting, to be held to-morrow at Exeter-hall, you ask me
whether the Crystal Palace Company ever did or do now contem-
plate supplying the public, at their refreshment-rooms, with an
intoxicating liquor or strong drinks whatever, at any time or under
any circumstances? I have great pleasure in being able to give
the most distinct reply to your question. The directors of the
Crystal Palace Company will not allow, and have never intended
to allow, the sale of intoxicating liquors or strong drinks at any
time or under any circumstances in their grounds. The directors
of the Crystal Palace Company feel that they would have failed
in duty to the public, as well as in duty to themselves and to the
objects they profess, had they not from the outset acted upon this
determination. It has been held as a reproach that the people of
England are incapable of employing their leisure hours without
having recourse to the bottle. The directors are of opinion that
the people would never have been subjected to the reproach had
care been taken to have furnished them with a higher and more
ennobling recreation. The masses have invariably shown that
they prefer the highest enjoyment to the lowest, and when the
directors had established their plans for securing the former
at the Crystal Palace, they took care effectually to exclude the
latter by asking the Prime Minister, when he granted a charter
to insert a clause forbidding for ever the sale of stimulating drinks
within the park and building of the Crystal Palace Company.
That clause has been duly inserted, and runs as follows:—
"and we do hereby declare that this our Royal Charter
is granted on the condition following—that is to say, that no
spiruous or other fermented or intoxicating liquors shall be
furnished to the persons visiting the said buildings or
grounds of the said company."

"I am, Sir, your obedient servant,
"GEORGE GROVE, Secretary.

"GEORGE CRUIKSHANK, Esq., 48, Mornington-place."
The above correspondence is from the London Times newspa-
per. It is an evidence of the age and shows that the Queen's
managers are inclined to the Total principle.—LONDON.