

STRENGTH DIMINISHED BY ALCOHOL.

The acquisition of strength is found to be only temporary; dulness, both of the passions and intellect succeeds, together with a diminution of the muscular power; a tendency to sleep ensues; and it is seen that the subsequent exhaustion is in reality proportionate to the previous excitement; in short, that the drinker instead of increasing, has only used up his vital powers, and is now weaker than before.—Hence it is that, although spiritous liquors create a temporary energy, which may, under some circumstances, possibly enable him who drinks them to accomplish more than at another period, yet the reverse is the case in the long run; and, both as regards a consecutive series of daily labour, and the prolongation of life, alcoholic drinks are a real disadvantage. The experience of all those who have employed numerous workmen, and who have made comparative trials, is decidedly confirmatory of what we here allege. In mechanical strength, in the capability of enduring hardships and fatigue, in the force and clearness of the intellectual powers, the intemperate can stand no comparison with individuals endowed with the same natural advantages, who abstain totally from the use of ardent spirits.—*Philadelphia Med. Society Report.*

ECONOMY.

The acquisition of wealth appears to be the prevailing desire amongst men, and the pursuit is laudable if it has justice for its foundation. Blackstone says a property founded on injustice cannot be of long duration. There is no honest way of acquiring wealth but by industry and economy. All know how to be industrious, but it requires information and experience to understand well the practice of economy, which is the operation of knowledge in regulating business according to time and circumstances. Whoever makes use of all on one side according to the best of his abilities, is fulfilling the purpose of his creation, and doing all that virtue requires of him. A farmer should arrange every thing throughout his family and farm, according to justice and equity; every one should have their allotted portion of the business to do, in order and regularity.—When justice is known to be the basis on which the whole business of a farm is conducted, each one will do his duty with cheerfulness and expedition; for justice, like salt, preserves everything about it. The ladies are respectfully solicited to use their influence in promoting industry, frugality, and economy, in their domestic vocations—their example and advice have great influence in society—the fashions, customs, and manners of a country are very much at their control—it generally falls to their lot to have the care of children, and to train them up to virtuous habits & industry, and teach them the rudiments of knowledge, and duties of great weight and importance in society.

Early rising, temperance in eating, drinking, conversation, and labor, are all necessary requisites towards completing an economical life. Early rising produces fine spirits, encourages industry, and gives many a leisure hour

for mental improvement, which is of more value than any other acquisition. Temperance should be observed as the indispensable criterion in all our actions; it promotes health of body, sanity of mind, and long life—it shields us from many loathsome temptations, in which gluttony, drunkenness, and other excesses, inevitably involve us.

The faculty of speech is a divine power conferred on man, which enables him to pursue a progressive improvement of the mind towards perfection; of course, language should be cultivated and preserved in purity.

Moderate labor strengthens the constitution, regulates the circulation of the blood, and promotes a proper tone in the system—excessive labor debilitates the system and shortens life.

By following the rules of economy, a young man in any circumstance in life, may find time and means to acquire knowledge and improve his understanding. Every hour when *past* is gone forever, and all the gold of earth cannot redeem it; if well spent, it stands in our favor; but if ill spent, it stands against us; and whatever the understanding impresses on the memory, must remain there as long as the mind continues to exist. Our good actions are always commending and encourages us. This shows the necessity of making use of all the vacant time in the acquisition of useful knowledge. Early acquisitions are of great importance. Ten minutes well spent, at fifteen years old, are worth more than a whole day would be at seventy. Little do young people know the value of the golden days of youth, or they would be more cautious how they throw them away; for bad habits are easily acquired; but nothing in nature is more difficult than to forsake them. All our well spent hours shine like diamonds in our lives, and the mind looks back on them with divine pleasure. A plough-boy by a judicious employment of leisure, might make the tail of his coat a school of wisdom; and a collegian, by an injudicious employment of time, might make his college a school of vice and mental debasement. It matters not what our occupation is, if we make the proper use of time; for industry, judiciously applied, is the philosopher's stone, so ardently sought after by ancient sages in vain. The farmer, of all men, has the fairest opportunity of acquiring knowledge in its original purity—his business calls him thro' fields, woods, and vales, and gives him acquaintance with the nature of things. There he can read the unveiled truth, written in the book of creation, by the hand of God, without an interpreter, and no one will have the hardihood to tell him it is not true; because it is composed of self-evident facts, containing the principles of all the sciences, and the duties of life. A ploughman wishing to become acquainted with any particular branch of knowledge, may carry a book in his pocket; containing a theory of what he would wish to learn, and read a few sentences occasionally to speculate on, while he is following his plough, without interrupting the business of the day. This method of acquiring knowledge can be put in practice by the inhabitants of cities, as well as those of the country; but not

with equal success,—for want of a rural scenery they would fail, particularly in the art of poetry. There have been but few good poets without being acquainted with a country life.—*Phil. Esc. Post.*

ENIGMATICAL TABLE, TO TELL THE AGE OF ANY PERSON.

1	2	4	8	16	32
3	3	5	9	17	33
5	6	6	10	18	34
7	7	7	11	19	35
9	10	12	12	20	36
11	11	13	13	21	37
13	14	14	14	22	38
15	15	15	15	23	39
17	18	20	24	24	40
19	19	21	25	25	41
21	22	22	26	26	42
23	23	23	27	27	43
25	26	28	28	28	44
27	27	29	29	29	45
29	30	30	30	30	46
31	31	31	31	31	47
33	34	36	40	43	48
35	35	37	41	49	49
37	38	38	42	50	50
39	39	39	43	51	51
41	42	44	44	52	52
43	43	45	45	53	53
45	46	46	46	54	54
47	47	47	47	55	55
49	50	52	56	56	56
51	51	53	57	57	57
53	54	54	58	58	58
55	55	55	59	59	59
57	58	60	60	60	60
59	59	61	61	61	61
61	62	62	62	62	62
63	63	63	63	63	63

Select those columns that contain the person's age; then add the top figures of those columns together, and you will find it.

GOING THE WHOLE HOG.

"Hereditary bondsmen, know ye not.
Who would be free, themselves must strike the blow!"
At the reform meeting in Glasgow, among the inscriptions on the flags, which were generally black or hung with crape, were the following:—"Figure of a woman, holding in her hand a pair of breeches—motto, 'Sic ut a Willie had'; "No finching now!"; "Reform or death." *A Real Skull and Sword on pole*—motto "By the bones of our fathers, we shall be free." Banner—"Reformers, No Wellington—no faction—our just rights or a glorious grave." "We are prepared!"; "He that hath not a sword let him sell his garment; and buy one," &c. &c. We feel a great degree of satisfaction in recording such demonstrations of determination on the part of Scotchmen. Really it cannot be wondered at that his Majesty King William, found it necessary to retract his steps. He may be thankful that he did so in time.