

but adults thirsted. In this celebrated preparation the taste of "new rum" was disguised without impairing its exhilarating properties. Poor old Mrs. Wallis, before she died, indorsed it as "the sovereignest thing on earth," though not in those precise words. Perhaps she said "beater-most." The Squills mansion, now in process of dilapidation, is tenanted by forty families. Wallis and wife retired to it, and died there, and so did old Tarpaulin. One day the old fisherman sent for Dr. T. Q. Bartlett. He was in *extremis* when the doctor came. "Take down that old ditty-bag," he said, pointing to an old canvas sachel with a round bottom.

The doctor did so, and pricked his finger in drawing out an old rusty mackerel hook.

"Try again," said the fisherman.

The second haul was a little old brass key.

"Ma'am Wallis told me to give you that after she was dead and gone." Farther the moribund deponent said not, on that or any other subject. It was the key of the doctor's valise, and opened a long and interesting conversation between him and Rachel his wife. Their chief regret was that neither of their fathers was alive to aid them in their revival of the past.

Dr. John Bartlett, son of Theophilus, is just introducing *his* son into practice. What once was Horseshoe Cove is now a city by the sea, and the young man has a fine field for tentative essays, especially upon the nerves of summer visitors. He is not afflicted with his grandfather's baptismal names—for there is a limit to respect, even for ancestry.

BEFORE, AT, AND AFTER MEALS.

THERE are some people who affect to treat with the greatest contempt all the processes of eating and drinking. Like old Sir Thomas Browne, the author of the *Religio Medici*, they seem to think an operation which is common to man and brute is quite below the dignity of the human being. They would wish that so spiritual-minded a creature were constituted in such a way that he might continue to exist and thrive without the groveling necessity of thrusting his nose and chaps into vessel and platter. While, however, the consciousness of the possession of a stomach and a sense of its cravings remain, there is no one, ethereally inclined as he may be, capable of dispensing with the solidities of beef and pudding.

What science, with all its marvelous powers, may be able in the course of time to do for aspiring man, it would be presumptuous to attempt to assert or deny. Whether the *cordons bleu* of the cook is to be given to the chemist, and the kitchen be turned into a

laboratory, and human beings are destined to take in directly from the nozzle of the retort or the stop-cock of a Florence flask the due proportions of oxygen, hydrogen, nitrogen, and other elements which the philosophers tell us compose, in the abstract, the essential nutriment of the body, who can venture to say? In the mean time, however, while awaiting the further revelations of science, hunger and the requirements of living demand the frequent use of the familiar knife and fork, and a sufficient supply of the gross and commonplace materials of which human diet in the concrete consists, and it behooves us to use such imperfect means as are provided in the manner most conducive to health and enjoyment.

The inclination to eat and drink is deemed by most people all that is requisite, provided they have the means for the purpose, for doing either one or the other, or both. Appetite for food is undoubtedly essential to its enjoyment, but a good deal more besides is required for its proper digestion.

A right choice and preparation of the articles to be eaten are, it will be considered by all, necessary for the due performance of this process of digestion, but few seem to recognize the fact that the condition of the eater, apart from the health and appetite which may be conceded to him, is also of importance.

Most people in this country, where every thing is treated as if it was in the way of something else, and disposed of in the quickest possible manner, hurry to and from each meal with a dispatch which seems to abolish time. Its relation to the "before" and "after" is not recognized, but the whole process of American eating is but one undistinguishable flash of knife and fork.

Every solid repast should be regarded as an affair of deliberation, not to be disposed of any more than a serious negotiation without its due preliminaries and proper ratification. A certain period and formal mode of action are required for both, and may be regarded as essential to the wholesomeness of a meal as the soundness of the appetite and excellence of the food.

No one who has any knowledge of and regard for a horse sets before him a full manger of oats and bucket of water just as he comes in panting and sweating from the race or day's work. Not until he has been rubbed down, covered with a dry blanket, his mouth washed out, and he is cooled, refreshed, and allowed half an hour or so to recover his natural equine composure, is he permitted to plunge his head, as horses will, into the profundities of abounding manger and overflowing bucket. Man, in this country at least, treats himself less rationally than he does his beast. He allows no pause between his own work and meal. He rushes, with all the heat and agitation of business

upon him, straight to the bar-room trough or restaurant slab; and while the sweat of labor is still dropping from his brow, and his whole frame is tremulous with excitement, he is wallowing with a voracity equal to, and a discretion less than, that of his horse, in the ample mangers of food and buckets of drink, rarely so innocent as water, usually provided for the self-styled intelligent human being.

If the breakfast were always the light and unceremonious meal it generally is in most parts of the continent of Europe, it might be disposed of without any preliminaries. When, however, it becomes the substantial and serious repast of Scotland and the United States, it should not be approached without due formality and preparation. In France and Germany the light roll and diluted *café au lait* which constitute the first refreshment of the morning may be safely taken as soon as the consumer is sufficiently wakeful to be conscious of an appetite. We doubt the propriety of "walking on an empty stomach"—an odd phrase, but very well understood, notwithstanding Sydney Smith's droll inquiry, "Upon whose?"—or, in fact, of making any effort calling upon the serious energy of body or mind, without having satisfied to some extent the first cravings of appetite. Most healthy people, after the long fast of a sleepful night, are no sooner awake than they feel a certain emptiness of the stomach, which seems to require an immediate supply of food to remove the sensation of discomfort and the indisposition to activity which usually accompany it. This feeling, however, though it may have the longing of appetite, is seldom associated with the vigor of function essential to good digestion. The organs for some time are affected with the apathy of the long sleep to which they have been subjected, and require to be aroused before they become equal to the execution of their proper offices. On first arising, or even awaking, in bed, let the eager consumer, if he will, take his bit of bread or sip of coffee, for the merest morsel of food or dribble of drink will suffice to relieve the sense of emptiness and craving of his stomach. His comfort will be promoted and his condition invigorated at once for the subsequent operations of the day, whether of work or diet. Let him, however, by no means venture to assault the solid fortifications of beefsteak, mutton-chops, veal cutlets, ham, eggs boiled, scrambled, poached, and stiffened into omelet, with the heaped-up outworks of hot biscuit, hominy, and fried potatoes, upon which the American appetite daily exercises its astounding prowess, until he is awakened to a full sense of the enormity of the undertaking, and in wide-awake possession of all his faculties of appetite and digestion.

The ordinary American breakfast is, in fact, too various, substantial, and abundant for any one meal. Its lighter parts should only be consumed in the early morning, and its heavier reserved for the noonday luncheon, or *déjeuner à la fourchette*. If, however, our countrymen will persist in taking, like the boa-constrictor, their whole food in one swallow, they should be prepared for the undertaking. They must be up betimes, wide awake, and shake off all the accumulated lethargy of the night by brisk exercise in the fresh air for half an hour, at least, previous to sitting down before attempting the strength of the usual American breakfast. Who, even then, would guarantee the most robust against the chances of an overthrow by that ever-lurking enemy, the dyspepsia?

Besides the brisk walk or other rousing exercise during the interval of half an hour or more between waking from sleep and eating, a full draught of pure water will be found an excellent means of not only insuring the regular performance of an essential function, but of sharpening the appetite and invigorating the digestion for a substantial breakfast.

Woman, who, in this country at least, has an equality of dietetical privileges with man, whatever may be her relative condition in other respects, shows no less disposition than he to enjoy them freely. To eat the solid meal is as much her prerogative, and she exercises it with no more reserve; but how, with the usual habits of female life, its pampered indolence and weakness, she contrives to do so is a marvel of feminine accomplishment. That the delicate being of ideal ladyhood, who might be supposed hardly capable of eating "just so much as you may take upon a knife's point and choke a daw withal," should be equal to the consumption of the American breakfast, shows, indeed, a remarkable dietetic capacity. Mark, too, with what careless confidence and recklessness of consequence she will attempt and perform the formidable feat. Before she is well awake, and while still reposing on her couch, she will often undertake it, as if it hardly required a conscious effort.

It is not desirable that women should subsist exclusively upon a diet of rose leaves; but while they pass the inactive lives they do, it is hardly safe to venture upon any more substantial food. Those who would eat like a horse must do something of the work of a horse. Close stabling, soft litters, with full mangers, are quite incompatible with vigor and health of condition.

With the consummation of the American breakfast on the conscience, and a full sense of its weight on the stomach, it might be supposed there would be no disposition, for many hours at least, to provoke nature to a

further trial of its patience and powers. The early dinner, however, in this country generally succeeds to the solid breakfast, and while the digestion is still in the throes of its struggle with one antagonist, it is called upon to wrestle with another. It is not surprising, therefore, that it should be often worsted in so unequal a contest.

It may be questioned whether even a man of the most robust constitution and active habits of life requires more than one substantial meal, of which meat constitutes the chief part, in the day. There can be no doubt that the men and women whom neither occupation compels nor taste attracts to severe out-of-door exercise could better sustain such health and strength as they may possess by one solid repast daily than by more. If such people, however, will persist in duplicating and even triplicating their daily acts of voraciousness, it behooves them to prepare themselves duly for each successive strain that will surely be demanded of their powers of digestion.

Though, as a general rule, when the meals are moderate in quantity and of an easily digestible kind, there should be an interval of about five hours between them, a much longer period ought to be allowed to intervene between the ordinary solid American breakfast and the usual substantial dinner. If the former is taken early in the morning, the latter should not be attempted until late in the afternoon. During this long interval, which is necessary for the digestive powers to recover their full activity, absolute fasting, however, is not advisable. If the breakfast has been eaten at about eight o'clock in the morning, toward noon or a little later there will be a sense of emptiness and a flagging of strength, which require relief. To give this, a very small quantity of food only will be required, and it ought to be of the mildest kind. A cup of *bouillon*—plain beef broth—free from fat and hot condiments of all kinds, with a bit of toast or well-baked bread, is the best possible restorative for the occasion. The half dozen of raw oysters, with a biscuit or two, so universally relished by the American palate, may be allowed, provided the peppery sauces and still more inflammatory drink which commonly accompany them are eschewed.

A substantial dinner, eaten during the hours of a business pursued with the eagerness it generally is in our stirring cities, is fatal to good digestion. This requires a freshness of bodily energy, a calmness of nerve, and an ease of mind which are seldom to be found in the bank parlor, the exchange, or the counting-room during their periods of activity. The chop-house and restaurant systems of dining, which have been adopted to economize time and supply the necessities of life which the niggardli-

ness or unskillfulness of our American homes has failed to provide, are responsible for most of the broken-down constitutions and premature deaths of the business people of this country. The facility with which their ever-ready spreads can be reached, and such provisions as they offer consumed, does away with all the necessity of preparation for or deliberation in dining. With a hop, skip, and a jump the merchant is out of his counting-room, into the eating-house, and before the ink is dry in his ledger he is drenching himself with brandy-and-water at the dinner table. With the sweat of labor and the tremor of business anxiety and excitement still upon him, he begins his hurried play of knife and fork, and it is so soon over that he is again at his desk before the effects of the care and work he took away with him have had a chance to disappear. He has in the mean time almost unconsciously gorged his stomach, having filled it with every thing at hand that it blindly craved for. Digestion—an operation which demands a concentration of nervous energy to which exhaustion and agitation of all kinds, and especially mental anxiety, are particularly unfavorable—is hardly possible under the circumstances. Business and eating can be carried on together, as may be daily witnessed in our mercantile quarters, but the result is sure to be some blow, sooner or later, fatal to health or life.

The home dinner presents the conditions most favorable for good digestion and all its beneficial consequences. In a well-ordered family the usual preliminaries to the chief meal of the day are just such as predispose to its satisfactory enjoyment and healthful assimilation. The gathering together of the members of the family, after the morning's separation and the completion for the most part of their daily work, re-awakens the domestic sentiment, and inclines to social pleasure. The worry of business and the anxieties of personal responsibility yield to the delights of companionship and the soothing effects of mutual sympathy. The master of the house, be his occupation what it may, is especially benefited. The scene of his life is at once entirely shifted, and we can conceive of nothing better calculated to refresh and invigorate all his vital powers, in fact, but especially those of digestion, than a daily recurrence of this change. From the world and its cares he is welcomed to his home and its enjoyments, and, for a time at least, loses in the tender embrace of wife and children all sense of the painful struggle of the day, while he is strengthened for that of the morrow. However desirable, in some respects, an early dinner may be, it is, we think, advisable for men of business to defer this meal to so late an hour that it may be eaten at home, and no further work of the day allowed to in-

terrupt the full enjoyment of its benign domestic influence.

There are the decent proprieties, moreover, which belong essentially to the well-ordered home dinner, which not only heighten its pleasures, but render it more healthful. There is the preliminary refreshment of the toilet, not only securing cleanliness, but compelling delay before sitting down to the table, and thus preventing that dangerous practice of eating and drinking when fevered with the heat and agitated with the flurry of excitement and exercise. There is no part of the toilet before dinner more important than cleansing the teeth and thoroughly rinsing the mouth—operations which are hardly practicable in the hasty "downtown feed," but which no nice person would fail to make a preliminary of his deliberate domestic meal.

The cigar, if permissible at any time, should never be smoked within the two hours preceding any solid meal. If it is, it will not only deaden the appetite, but pervert the taste and weaken digestion; and yet it is no uncommon practice to take a cigar at the very moment of starting out for dinner. When this meal is dispatched in the restaurant, the last puff has hardly passed away, and the taste of the fetid remnant is still clinging to the mouth, while the first morsels of food are being swallowed. Nicotine has never been commended, so far as is known, either as an appetizer or a condiment, but is universally believed to be a nauseous poison. Should the dinner be eaten at home, the cigar will be thrown away, at least by most decorous persons, at the door-step, and there will be some chance of its vile smack passing off in the course of the antepandial purification.

All provocatives of the appetite in the form of "bitters," absinthe, and glasses of sherry are hurtful to digestion, and especially dangerous to morals, for nothing is more conducive to habits of intoxication. Strong spirituous or vinous drinks are probably hardly ever safe, but they are certainly never so when taken into an empty stomach, and especially at the moment just as it is ready for a hearty meal, and its powers of absorption are at their height.

Dressing for dinner, as that process is generally understood by our dressy dames, is by no means a preparation favorable to the enjoyment of a hearty meal and its good digestion. The constraints of the fashionable costume, with its constricted waist and multiple pressure upon the very organs the free service of which is imperiously demanded on the occasion, are hardly consistent with the full reception of the necessary food or an easy disposition of it. If the old epicure, with all the looseness of male habiliment, is irresistibly led, toward the third course or so, to fumble about the

lower buttons of his tightening waistcoat, it is not conceivable how a woman, bound in with all the tightness of fashion, can eat at all, or make the attempt, without bursting.

Some worthy persons—plain folk, as they would term themselves—denounce all formalities of diet as so many fashionable frivolities and provocatives to prodigal expense and sensual indulgence. They scorn all the refinements of eating and drinking. They will not sit down to table with the silver-fork gentry, but prefer the company of Hodge and his friends and their rude simplicity. They refuse to rise to the appreciation of the æsthetics of diet, and rest

"Content to dwell in decencies forever."

There are many who believe that a regard for the delicacies and elegancies of eating and drinking implies the encouragement of an undue fondness for them. They insist that it tends to make mere belly gods of human creatures, causing them to live that they may eat, instead of eating that they may live. They are, however, mistaken; for a gross manner is more conducive to gluttony than the most refined styles of satisfying the requirements of appetite. The boor's meal is nothing but feeding; that of gentlemen, with its formalities, its mutual courtesies, its pauses and occasions for talk, is not a satisfaction of hunger only, but a refined social enjoyment. Love of guzzling can alone be the result of the former, while the latter will further all the best influences of decorous companionship with our fellows.

A sense of complete ease of body and mind is essential to the full enjoyment, as it is to the thorough digestion, of a meal. All anxiety and serious mental preoccupation are hinderances to nice gustation and discriminating appreciation of food. The appetite and all the senses which wait upon it should have free play, undeterred by any distraction of nervous force, to concentrate their full powers in the fruition of the food, which, if properly prepared, will appeal to their most delicate sensibilities. The eye, the nose, the tongue, the stomach, and the system generally, in fact, must be allowed to awaken to those pleasurable sensations which a well-ordered meal, with its agreeable vistas, savory odors, appetizing tastes, assurances of satisfaction, and circumstances of comfort, is so well calculated to excite.

Thackeray, on sitting down to one of Delmonico's consummate spreads, exclaimed, "Now, boys, don't let us say a word." This showed, undoubtedly, a nice appreciation of the good things before him, and a general sense of the requirements for the satisfactory disposition of a choice feast. Though serious discourse of any kind, involving the wrangle of argument or the tediousness of long narrative and stolid sermonizing, should

be banished from the table and be relegated to the political hall, the bar, the newspaper office, and the pulpit, whence they usually come, entire silence while eating is by no means desirable. "Chatted food," says the old proverb, "is half digested," and there is no doubt that quiet and agreeable conversation at meals increases enjoyment and facilitates digestion. The crisp remark, the brisk banter, the tart gossip, the spicy anecdote, the sparkling wit and bubbling humor, when served up in the intervals between the various courses of a meal, have all the exhilarating effect of wine without its dangers, prevent dull pauses, and sustain that lively flow of the animal spirits so favorable to the due performance of every function, especially that of the stomach and its associated organs. The intrusion, however, of serious discourse and topics of business requiring deep thought and awakening grave reflection or anxious emotion is fatal to good digestion.

The reputation of many a wit, humorist, and philosopher is greatly due to their sayings at the dinner or supper. From Rabelais down to Charles Lamb eating and drinking have ever been associated with wit and humor, and they and Johnson, Burke, Sheridan, Rogers, Sydney Smith, Hook, and many others would without their table-talk lose half their fame. Ben Jonson was in his best and merriest mood over his sack or ale, and is it not Shakspeare himself who speaks of "setting the table in a roar?" These were all, for the most part, hearty and thriving feeders, and who can doubt that the Attic salt with which they seasoned their feasts stimulated the taste, excited desire, and strengthened the digestion which waits on appetite?

Ease of body is as essential at the table as ease of mind. The ancient Romans showed a high sense of the physical requirements for comfortable feeding by the practice of reclining at their feasts. The moderns, of this republic at least, stand at theirs, and nothing could better illustrate the total disregard by the American of the essentials of enjoyable and healthful eating and drinking. We need not dwell upon the obvious indecorum of a crowd of human creatures rushing to a meal like a herd of swine to the swill trough, jostling and pushing each other aside, and every one striving with his hungry competitors as to who may be the foremost to thrust in his paws and mouth and get the first supply of such slush as the restaurant bar usually offers to its voracious frequenters. Men feeding under such circumstances can hardly be more discriminate in the choice of their food than the hogs which they so much resemble in action, and would need the devouring power of these brutes to digest the messes they gulp down.

There may be some excuse for hungry travelers, with only the hurried minutes spared to them by railroad speed, getting their food and swallowing it running, struggling, or standing, as they best can; but even these had better exercise the strictest abstinence during a journey than resort to such hasty, higgledy-piggledy methods of *satisfying* the appetite as railway directors have in their authoritative wisdom sanctioned. In fact, under any circumstances of the most comfortable provision possible for the traveler, he had better not eat *en route* any substantial meal whatsoever. The fatigues of travel will be easier borne, and with less risks to health, if he confine himself to a few of the simplest articles of food, to be carried with him and eaten at leisure.

A certain degree of ceremony in serving a meal is favorable to its enjoyment and digestion. It will be wise to adhere to the conventional "three courses and a dessert." This is commended from no disposition to encourage luxurious living, which is not by any means implied, for a dinner composed of the most ordinary and least expensive articles of diet admits of order and decorous arrangement, though Hodge, who scorns all the refinements of eating and drinking, and as he shovels in with his knife his daily heaps of diet, in which fish and meat, roast and boiled, pie and potato, are confusedly mixed together, will insist that it makes no difference, and triumphantly ask, "Don't they all go into the same stomach?" It is true that they finally do; but food requires something more than merely to be cast into that convenient receptacle with the indifference that so much stuff is thrown into the garbage box. Food, not only to please the taste, but properly to satisfy the appetite and give full nourishment to the body, ought to undergo various processes besides being swallowed before it passes into the stomach. The teeth should masticate it—a duty to which American grinders are often recreant—that it may be thoroughly broken up and softened; the tongue and the muscles of the mouth should turn it over and over again, that it may be well mixed with the saliva, and move it to and fro slowly and frequently in contact with the palate, that it may be thus allowed to discriminate and enjoy its flavor. These are important preliminaries of the enjoyment and assimilation of food, and can not be duly performed by any hurried higgledy-piggledy mode of feeding. The orderly meal, with its regular number of courses of separated articles of diet, alone supplies the time and establishes the distinctions necessary for the proper performance of all the varieties of eating and drinking.

The desires and all those functions of the body more or less under the control of the will are greatly furthered by setting a fixed

time for their gratification and performance, and keeping it punctually. This is especially so in regard to appetite and digestion. A certain hour should be set for each meal, and be kept to the minute. When once the habit of regularity in eating and drinking is established, the desire for food and the power of digesting it present themselves always in their perfection at the appointed time and no other. If this should be anticipated or delayed, the meal will neither be thoroughly enjoyed nor assimilated. When circumstances compel irregularity, care should be taken to humor, as it were, the temper of the stomach, which is sure to be deranged by the least intrusion upon its usual moments of rest from work, or by neglect of a punctual call when ready for activity of service. If the meal has necessarily to be eaten in advance of the habitual time, it will be prudent to reduce its dimensions to much less than those of the regular one. If, on the contrary, there is delay, a morsel of bread or biscuit or a cup of *bouillon*, taken at the moment when the meal ought to be and is ordinarily eaten, will serve to stay the stomach and sustain its strength and patience for the postponed action and enjoyment.

The conventional hour allowed to the workman for his dinner is little enough, but it is, however, not only often encroached upon by the greediness of gain, but seldom given up wholly to the purpose intended. A much longer time should be spared for the family dinner, which can be readily done, especially if the meal is taken in the evening, after the exacting work of the day is over.

There was once a practice universal among those who called themselves gentlemen of turning out of the dining-room—with a bow, it is true, but none the less peremptorily—all the ladies as soon as dinner was over. Then closing up every thing but a free communication with the cellar, they began, with never-ceasing supplies of bottles of fiery port, Madeira, and sherry, to test each other's utmost capacity for strong drink and powers of resistance to its intoxicating effects. The trial lasted until the endurance of the drinkers yielded to the strength of the drink, and its potency and their comparative weakness were manifested by all the varied phases of intoxication. Some fell senseless under the table, while those remaining above, if not so prostrate in body, were no less besotted in mind. These raised, balanced themselves as best they could, and staggered away at last to the company of the ladies in the drawing-room, where they hiccupped nonsense and maudlin sentiment over their tea, if not too stupefied to be able to talk, or too brutalized to be allowed to do so. This barbarous and disgusting practice hardly exists any longer, unless it may

still linger, with some compulsory modifications, in the hall of some rare specimen of the generally extinct fox-hunting and deep-drinking Squire Westerns of England.

Apart from the brutality of the process and the disgusting effects of drinking to excess after dinner, or at any other time, in fact, there can be nothing more hurtful to health than to flood the stomach with wine, spirits, or any other liquid immediately after filling it with food. It should be left undisturbed, that it may fulfill its function of digestion, the powers of which, it might be supposed, the substantiality of an ordinary good dinner, as it is termed, would strain to the utmost without any supplementary labor. Wine should only be drunk, if ever, as a beverage in the course of the meal, and neither it nor any other stimulant taken by a healthy person as a provocative to appetite or an aid to digestion.

A good many people profess to derive permanent benefit, as they seem to do momentary comfort, from the *demi-tasse* of coffee. We doubt its utility generally, and certainly it has the particular disadvantage, after a late dinner, of tending to sleeplessness, especially when not drunk habitually. The cup of tea or coffee should be taken immediately at the close of the dinner, or put off sufficiently long to form a part of another and considerably later meal. Nothing either solid or liquid should be swallowed during the intervals between the regular repasts while the stomach is occupied with the process of digestion, which is sure to be interrupted and disordered if in the course of its advanced stages it is called upon to begin fresh work.

As a general rule, the somnolency so common after a hearty dinner should not be encouraged. There are cases in which, in consequence of some nervous peculiarity or derangement, it is difficult to obtain during the night the required quantity of sleep. In such as these the *siesta* may be indulged; but when there is nothing exceptional in the condition of the person, calling for supplementary occasions for sleeping, it will be better for him to postpone it until its proper time in the night. The after-dinner nap has never the same refreshing effect as the ordinary sleepful repose of the night. The inclination to it comes rather from the oppressiveness of satiety than from the weariness of exhaustion, and is more like stupor than sleep. On waking from it there is generally felt a sense of weight about the eyes and head, not infrequently accompanied by dull pain, and other indications not wanting to show that the state is one more closely approaching *coma* than healthful repose.

The *siesta*, too, is an expensive indulgence, for its half hour during the day will cost two hours of the night's sleep, which, moreover, will lose much of its soundness and benefi-

cial influence. All persons in robust health, and especially those who are ordinarily recognized as being of a "full habit of body," should resist somnolency after a hearty meal, for it predisposes to apoplexy and congestive affections of various kinds.

As we have ventured to dispute the first clause of the time-honored proverb, "After dinner, sleep a while," so we shall not hesitate to question the narrow limitation of the latter, "After supper, walk a mile." Moderate exercise, whether it be walking or any thing else requiring gentle physical effort, provided it is not carried to such a degree as greatly to heat or fatigue the body, is beneficial after every meal, be it light or substantial. A gentle stroll in the fresh air immediately after dinner is infinitely more conducive to good digestion than the usual state of torpor into which the man replete with dinner, in common with the gorged anaconda, is apt to sink.

Every one should so subject himself to the laws of good living as to make obedience to them the habit of his life. There is nothing more calculated to derange physical func-

tion of all kinds than the constant interference of the mind with its performance. This is especially true in regard to the digestion, which, like a good workman, does its systematically ordered labor well and thoroughly, but becomes perplexed and inefficient if officiously meddled with. An orderly domestic management, securing a selection of wholesome food, skill in cookery, nicety in the appointments and regularity in the formalities of the table, and that social intercourse of the well-regulated family which not only takes away the grossness of feeding, but adds to the delight of refinement the satisfaction of health, will offer just the requisites to wholesome living. There will then be no occasion for inquiring as to the healthfulness of this or that mode of eating or drinking, or the digestibility of this or that article of food, or the raising of any question which may disturb the mind with anxiety about the needs and capabilities of the body, which is so apt to derange the functions of the digestive organs. We say with Shakspeare,

"Let us dine and never fret."

[The following lines were written many years ago by Richard Monckton Milnes, now Lord Houghton, who has been quite recently traveling in the United States. Naturally enough, they gave great offense to some of the dignitaries of the Established Church in England, and one of the consequences was that they do not appear in the later edition of his works. The copy from which we print was furnished by Lord Houghton himself to a friend who had once read the lines, and had tried in vain to find them in print. He has kindly allowed us to place them before our readers. Are there any church dignitaries or church-goers in this country whom these verses can offend?]

THE CHURCH OF THE WORLD.

By RICHARD MONCKTON MILNES (LORD HOUGHTON).

I stood one Sunday morning
 Before a large church door;
 The congregation gathered,
 And carriages a score.
 From one outstepped a lady
 I oft had seen before.
 Her hand was on a prayer-book,
 And held a vinaigrette;
 The sign of man's redemption
 Clear on the book was set,
 Above the cross there glistened
 A golden coronet.
 For her the obsequious beadle
 The inner door flung wide.
 Lightly, as up a ball-room,
 Her footsteps seemed to glide:
 There might be good thoughts in her,
 For all her evil pride.
 But after her a woman
 Peeped wistfully within,
 On whose wan face was graven
 Life's hardest discipline,
 The trace of the sad trinity
 Of weakness, pain, and sin.
 The few free seats were crowded
 Where she could rest and pray.
 With her worn garb contrasted
 Each side in fair array.
 "God's house holds no poor sinners,"
 She sighed, and walked away.

Old Heathendom's vast temples
 Hold men of every state;
 The steps of far Benares
 Commingle small and great;
 The dome of Saint Sophia
 Confounds all human state;
 The aisles of blessed Peter
 Are open all the year:
 Throughout wide Christian Europe
 The Christian's right is clear
 To use God's house in freedom,
 Each man the other's peer,
 Save only in that England
 Where this disgrace I saw—
 England, where no one crouches
 In Tyranny's base awe—
 England, where all are equal
 Beneath the eye of Law.
 Yet there, too, each cathedral
 Contrasts its ample room;
 No weary beggar resting
 Within the holy gloom;
 No earnest student musing
 Beside the famous tomb.
 Who shall remove this evil
 That desecrates our age—
 A scandal great as ever
 Iconoclastic rage?
 Who to this Christian people
 Restore their heritage?