EXTRACT FROM AN ESSAY UPON THE

MEANS FOR PRESERVING HEALTH.

Few perſons are duly ſenſible of the great importance of perfect *cleanlineſs*, in their perſons and clothing, for the preſervation of health.

As the abſorbent pores of the ſkin are perpetually inhaling the vapour that ſurrounds it, or comes in contact, it muſt be obvious to all who reflect upon the ſubject that whatever is thus received into the ſyſtem and mingles with the blood and vital principles of life, ſhould be ſalubrious: Hence it is, that in every part of the world the people who live on high and dry land, where air is generally pure, enjoy ſuperior health, are long lived. To attain as near as poſſible, like benefits in cities, and in low ſituations, where the air is naturally leſs pure, great attention is neceſſary to keep perſons and their clothing perfectly clean, by frequent waſhing in pure water. Thoſe who cannot obtain it from a running fountain, or ſpring, or wholeſome well water, (which is known by waſhing well) and are dependent on rain-water ciſterns, as is common in many large towns, muſt have their ciſterns often cleaned and all the old water thrown out: And it muſt be remembered that it ſoon becomes dead, and unwholeſome even for the purpoſes of waſhing; one gallon of ſuch putrid water will contaminate the freſh ſupplies of frequent rains. Hence it is that we ſeldom ſee water in a ciſtern that has not a yellowiſh hue, which is a certain indication of its impurity; its effluvia is not ſweet, and the cloths waſhed in it have a muſty ſmell; neither are they ſo white as thoſe waſhed in pure water; all theſe circumſtances are evidence of its inſalubrity. It has in the ſame degree the ſame effect when the face and hands are waſhed in it. Hence it manifeſts, that the pores of the ſkin will continually abſorb the impure effluvia, contaminate the humors, and thereby generate the long train of chronical diſeaſes and nervous complaints, and *low ſpirits*, which poiſon enjoyment and ſhorten life.

Every one will reflect, that if bad water is thus injurious, by its external application, it muſt be much more pernicious when employed for internal uſe in our food and drink, and more rapidly deſtroy health.

It is more eſpecially neceſſary for perſons of a delicate habit to pay great attention to this intereſting ſubject; and all perſons who do not labor much are rendered delicate by their mode of living. But they are too often deluded into a falſe ſecurity, by obſerving the little attention paid to thoſe things by hard laboring people who yet enjoy health. It ſhould be remembered that ſuch perſons keep their conſtitution braced and vigorous by their active labor, which produces a regular *perſpiration*, (the great mean of health) which repels the effects of a bad effluvia, as a ſtrong current carries off the filth that is thrown into it. But feeble habits have a languid perſpiration, which is eaſily checked; hence it is that ſuch perſons ſo frequently complain of taking colds from damp clothes, or wet weather, which often cauſe conſumptions and countleſs diſorders.

It is neceſſary alſo to remark, that all the outſide apparel and the covering of beds, uſually made of wool, and ſeldom waſhed, are by degrees fouled, by perſpiration, and thereby contribute to the catalogue of diſeaſes. Every thing uſed for covering, ſhould be ſo often waſhed as to preſerve it ſweet. Expoſing ſuch clothes often in a dry wind is very beneficial. And all beds, whether of feathers, hair or ſtraw, ſhould be daily thus aired.

Should it be ſaid, that ſo much attention to good water, and to cleanlineſs, is only neceſſary in the warm ſeaſon, it may be aſked, if there is not ſickneſs in the cold ſeaſon? Are there not invalids and numerous diſeaſes in all ſeaſons? Theſe muſt have *natural cauſes*; among which the above mentioned are evidently ſome of the moſt powerful, and the moſt common.

The health and beauty of the univerſe, ſo far as we can diſcern, depends upon *motion*; this is very evidently the deſtiny of man from infancy to old age, when his active powers ceaſe, he dies; when neglected, he languiſhes and feels anticipated decay: the *ruſt of indolence* deſtroys him ſooner than the *wear of labor*; then let none regret the neceſſary uſe of means for health and happineſs.

One great mean for preſerving health, (often recommended, but never enough attended to) is good AIR. This element is continually paſſing through the lungs, (the moſt tender and eſſential part of the ſyſtem) and mingling with the blood, and all the juices, and conſequently muſt produce great effects.—It is food and phyſic; it affords nouriſhment, and alters the humours; hence its importance in the preſervation of health as well as the recovery of it, when impaired. They who would enjoy healthful, long life ſhould obſerve what air is moſt congenial to their conſtitution, and if poſſible reſide in it. It is well known that the inhabitants of a hilly country, generally attain longer life and enjoy ſuperior health, to thoſe who live on low or plain lands, in all parts of the world. The mighty difference is effected by air and water, which are both good in hilly countries: but the air ſuppoſed to produce the greateſt effect. In proof of this, yellow fevers, plagues, and peſtilential diſeaſes, never prevail in hilly countries, even in warm latitudes.—Thoſe who muſt reſide in crouded cities, or on low grounds, and from neceſſity breathe bad airs, ſhould, as often as circumſtances will allow, change air, by a ride or walk to the higheſt ſituations in the vicinity. But the rich, who can command their reſidence, know not the uſe of wealth, who paſs their days with little change, more eſpecially in the warmeſt ſeaſon, in low or crouded ſituations. As this claſs of people do not brace their nerves by labour, if they neglect frequent exerciſe otherways in pure air, although they may not call themſelves *ſick*, yet they will not enjoy that *vigour* of health which gives to life its higheſt reliſh.—Their days and nights ſpin out a languid exiſtence: they pine in the lap of eaſe and plenty; and neither feel the keen appetite or enjoy the ſound ſleep of high health; they are loſt to good fortune, and fortune is loſt upon them; as they feel not the ſtrong pulſe of enjoyment.

It muſt alſo be obſerved that *change of air* is neceſſary as well as change of food; frequent change or variety, is one of nature's laws; the beſt kind of food unvaried, will not anſwer all the purpoſes of nutrition; the ſame poſition tires; unvaried objects however rich or beautiful, ceaſe to pleaſe: Even to paſs frequently from a pure atmoſphere to one leſs elaſtic, is beneficial: the different degrees of elaſticity give play to the lungs by contraction and expanſion.—To paſs from the ſea ſhore to the interior country, and the reverſe, is often ſufficient to effect the cure of invalids. This is too commonly neglected, although often the only effectual remedy.

Three reaſons are aſſigned for the little attention to this ſubject, ignorance of the properties of air; the poverty of many; and the indolence of the rich, who think their fortune may procure them health *where they are*, without exertions of their own, or the loſs of company for a day or their uſual amuſements in the evening. Heaven has wiſely placed almoſt every good at ſome diſtance, that man might find his happineſs in purſuit. The labor of life is up hill, and the richeſt fruits grow near the ſummit."

It is greatly to be deſired that the learned philoſophers and phyſicians of this riſing nation, would inform the people by eſſays in our public papers of the beſt means for preſerving health. The ſubject is certainly as intereſting as *politics*; and yet we ſee a thouſand eſſays on the *latter*, to one on the former.

To the illiterate and leaſt obſerving, *one fact* in regard to *air* is known to all. In a ſultry or foggy ſeaſon, when a weſterly breeze ſprings up, how ſuddenly, ſenſibly, and *pleaſurably* our feelings are changed and our ſpirits riſe!—Does not this afford *demonſtration* of the mighty effects of air upon the human body?—And hence is it not evident that breathing in an atmoſphere ſalubrious, or inſalubrious, will work a change in the ſtate of health! And that this great *medicine nature*, ſhould be ſuited to every one's conſtitution.

Foreign Intelligence,

From Greenock Papers to the 13th July, inclusive, received at the office of the Mercantile Advertiser, New-York, by the ship Andromache, Pierce.

LONDON, June 28.

It being the ſettled intention of the Firſt Conſul to uſe every endeavour to perpetuate the good underſtanding between this country and France, the commercial Treaty now on the carpet is to contain regulations entirely new, calculated to remove all ſubjects of future diſpute. Many of the preceding Treaties of Commerce proved remarkably deficient. In the famous peace of Utrecht, the Plenipotentiaries who governed the negociations, ſigned alſo a Commercial Treaty, in which their geographical ignorance expoſed them to the deriſion of the world; they did not know that there was ſuch an iſland as Santa Lucia, from which circumſtance Great-Britain found herſelf ſaddled with a dangerous rival in the fiſhery of Newfoundland.—On the preſent occaſion the taſk is in very ſafe hands on both ſides; our Miniſters being not leſs diſtinguiſhed for abilities, candour, and pacific diſpoſition, than M. Otto and the French Commiſſioner appointed to negotiate the Treaty.

The Rev. Mr. Todd has undertaken, it ſeems, to write a life of Spenſer the Poet. Dr. Johnſon did not include the life of Spenſer in his Biographical work, for want of materials; and ſo little is really known of that celebrated poet, that Mr. Todd will perform an acceptable ſervice to Engliſh literature if he ſhould be able to explore any genuine ſources of intelligence.

General Maſſena is among the richeſt individuals in Europe—he has, at leaſt, 60,000l. ſterling per annum.

The famous French General, Angereau, is a native of Paris, and the ſon of a fruiterer. Though he has been lately diſgraced, pro forma, from the Conſular Court, he poſſeſſes infinitely more of Bonaparte's confidence than any other chief of the army. It was he, who, at Lodi, puſhed General Bonaparte into a ditch, while he was advancing in full gallop to encounter the enemy at the head of his troops—"Stay there, ſaid Angereau to him, what ſhould we do if you were killed?

JULY 13.

It is ſaid that at a late meeting of the National Inſtitute of France, a Jew, a Lutheran, a Catholic, and a Calvaniſt, were all ſeated on the ſame bench; when a member perſuaded Abdallah Menou to ſeat himſelf beſide them, in order to complete the catalogue of the different Religions of Europe. This piece of humour excited much merriment in the Aſſembly.

A Decree of the Executive Government of France has regulated the Adminiſtration of the Iſland of Tobago, which is to preſerve its Civil and Criminal Laws, the Conſtitution of its Tribunals and Legiſlative Bodies. In caſes of appeal, the deciſion of the Conſuls and Council of State at Paris is final. There is to be alſo a Captain General, and a Colonial Prefect in the Colony. The former to be inveſted with the whole military force, and with the proviſionary appointment of all officers under the rank of Colonel, and he will be authoriſed to propoſe to the Miniſter of the Colonies all perſons of ſuperior rank. In ſhort, he is inveſted with the former authority of the ancient Governors, excepting that his decrees may be revoked by the Supreme Executive Government. The Colonial Prefect appears to be in the ſituation of a Councellor of State to the Captain General; he has alſo the ſole adminiſtration of the Fiſcal Department, of liberty of worſhip, of the uſe of the preſs, and of the ſtate of the priſons.—All the Civil Agents are at his diſpoſition, and the Tribunals can in no degree interfere in his functions. He is ex-officio, the Preſident of the Upper Houſe, and has a caſting vote in caſe of an equality of votes. In caſe of the Governor's death, or abſence, the Prefect is to take his place, and on the death or abſence of the Prefect, the next ſuperior Officer will aſſume his office, pro tempore. Such are the general diſtribution of the Civil and Military Adminiſtration of Tobago, the reſult of which cannot fail to prove highly intereſting to our countrymen, the great part of whom hold poſſeſſions in that iſland. It ſeems there is to be no change in the eſtabliſhed laws and organization of the Colony, nor any alterations in the Legiſlative Body.—The only difference which this Edict muſt cauſe, will be in the conſtitution of the Executive Power, which ſeems to be cu iouſly balanced between the Captain General and the Colonial Prefect, each of whom, according to the preſent arrangement, ſeems diſtinct to act as a ſpy on the other. This the French call reaction or balance; but under what appellation it may be diſtinguiſhed, we fear it will foil buſineſs, and lead to the excitement of Party and Diviſion.

A Jew in the neighborhood of Bonn, in Germany, has emerged from the moſt abject ſtate of poverty to the moſt unbounded affluence. He kept a miſerable public houſe, which was principally frequented by Jew pedlars; he had 22 children, of whom only 8 are alive; one day, in conſequence of a diſpute he had with one of his ſons, he ſaid to him in a paſſion, "Go to the land that pepper comes from." The boy underſtood the words literally, and immediately embarked for the Indies. He was not heard of for many years, but intelligence was lately received that he had died in the Eaſt, poſſeſſed of a fortune of near a million ſterling, and had left his father heir to his whole property.

The Mayor of the twelfth diſtrict of Paris has announced by a placard, that the young bachelors and maids who deſire to be united in marriage, but who have not the means, ſhould cauſe their names to be inſcribed on the liſt at the Mayorality of that diſtrict, in order to be conſidered in the choice which is to be made for the marriage to be celebrated on the 14th July. The portion announced by the Government is 1000 francs.

The dividends now paying at the Bank, South Sea and India Houſe, will put about four millions into circulation, and from exiſting circumſtances, into a circulation more than uſually extenſive.

NEW FRENCH DYNASTY.

That ſome plan of great national moment is at preſent on the tapis in France, is moſt certain; and the public mind is prepared for it by the favourite official paper of Bonaparte, "Le Bulletin de Paris." We give the following curious article extracted from it, without a comment:

"Some writers have given the name of Uſurper to the hero of ancient Germany; for my part, I think the expreſſion Uſurper has been often, too often, uſed by authors without being defined.

"What is termed Uſurpation always leaves impreſſed on the mind the idea of a general overthrow in politics, brought about by violent means.

"It was an Uſurper that cauſed the unfortunate Henry VI. to fall from the Engliſh throne; and that ſame Uſurper placed on his own brow a crown which had been enſanguined by a civil war.—The Aſiatic annals ſometimes ſhew us an audacious ſlave aſcending the throne of his maſter, whom he either butchered or immured in a perpetual priſon. Such revolutions, as vile and ignoble in their origin as atrocious in the reſult, bear the odious ſtamp of Uſurpation—but can a political act which far from proving deſtructive to ſociety, cauſes harmony to take the place of confuſion and anarchy—a political act which, far from being violent, brings back the ſocial ſyſtem to ideas of moderation and of juſtice—be degraded by the odious name of Uſurpation?

"If we attach too extenſive a meaning to the expreſſion, there will not be found upon earth a ſolitary government, which—in its origin—was not an Uſurpation. Experience compels us to own, as an hiſtorical axiom, that the beſt-framed conſtitutions are as mortal as the Legiſlators who combined their parts; and the Dynaſties, which boaſt moſt of their antiquity, have alſo their decline. Should we therefore impeach the conduct of an architect, who, availing himſelf of an opportune occaſion, ſhould rear a new edifice on the ſcite and ruins of an old fabric, which the hand of time had dilapidated!

"Should we call that Great Man an Uſurper, who, after recording his claims in the glorious atchievments of immortality, takes the place that has been vacated by a defunct Dynaſty? Is it not as honorable to be the firſt of one's family as the laſt of it?

"Arminious does not deſcend from a line of monarchs; but the day will come when mighty potentates will, with pride, reckon him as the firſt of their anceſtors.

"It would be indecorous to prove, that all governments draw their origin from Uſurpation; but it is an unpleaſant truth, that nothing exiſts in nature which does not imply Revolution in its primary cauſe.

"We call by the name of Revolution thoſe cadaverous horrors which precede a political re-production. There is, however, a ſource of conſolation flowing to poor humanity from all theſe images of death which ſurrounded it—the concluſion of our mortal exiſtence is for us the principle of our immortality—an empire decays only to make room for new cities—and hiſtory then ſees with aſtoniſhment the bloom of youth ſucceed the decrepitude of old age. Thus has the Otteman power ſprung from the wreck of Conſtantine's crazy empire.

"It becomes here eſſentially to obſerve, that the periods which ſeem to bear the ſtamp of uſurpation are thoſe at which nations paſs from a ſtate of torpor and humiliation to the higheſt degree of power and of glory. Let us call to our recollection thoſe celebrated men whom hiſtory (which is not unfrequently giddy in the ſentences ſhe pronounces) has branded with unfavourable appellation of uſurpers, and we ſhall find that the greater part of them were aſtoniſhing mortals, whom nature created by intervals for the purpoſe of remedying ſome groſs errors in the order of ſociety. Compare the political circumſtances which preceded them with thoſe which their ſuperior genius called forth, and you will perceive that their exiſtence has been the moſt fortunate event for the people whoſe deſtiny they corrected.

Whoever had the preſumption to arraign the memory of Dejoces? The Medes, his fellow-citizens, having adopted the Republican ſyſtem, had been long a prey to the aſſaſſinating rage of democracy.—Dejoces, who often had led them to victory, ſubmitted to them wiſe and prudent laws. Reſcuing them from the dangerous illuſions of a liberty which they never poſſeſſed, he boldly and honeſtly proclaimed himſelf the Firſt King of the Medes, ſurrounded himſelf with a brilliant court, and appeared to his new ſubjects in the midſt of all the pomp of royalty!!

He knew how to give power and add ſplendor to his government? And he therefore became the founder of the greateſt empire of Aſia.

Was Hiero, that wiſe King, an uſurper? The people of Syracuſe laid their tumultuous independence at his feet; they called him father; when he died, all the Sicilians became orphans, and wept over his tomb! Had he remained in the order of private citizens, Sicily, a prey to the convulſions of anarchy, would not have been, during thirty years of his reign, the happieſt and the richeſt country upon earth."

WESTMINSTER ELECTION.

Yeſterday morning about half paſt ten o'clock, the candidates for Weſtminſter appeared on the Huſtings at Covent Garden.

Mr. Fox ſaid, that he had long had the honor to repreſent the City of Weſtminſter, and he truſted that during the whole period, he had never acted in ſuch a manner as to ſhew that he and his conſtituents entertained different ſentiments on the grand queſtion of politics. His principles were too well known to require any explanation. His leading principle ſimply was, that the ultimate ſovereignty reſided in the people, and that the ſervants of the public were on all occaſions bound to conſult the intereſts of that ſovereign. After a juſtification of his ſeceſſion from Parliament, and ſome handſome compliments to his colleague Lord Gardner, he concluded with declaring, that, when his conſtituents could find a perſon more willing to promote the intereſts of liberty where there was any proſpect of ſucceſs, he ſhould willingly retire from the honorable ſtation he ſo long held.

This ſpeech was received with unbounded applauſe throughout.

Lord Gardner then roſe to addreſs the electors, but from the mixture of applauſe, and groans we could not diſtinctly hear what he ſaid.

Mr. Graham then appeared on the Huſtings, and after the noiſe of ſhouts and hiſſes allowed him to proceed, he began with explaining his pretenſions to offer himſelf as a Candidate for the City of Weſtminſter. He ſaid, he thought it was fair that tradeſmen ſhould have their Repreſentatives in Parliament as well as the other ranks in ſociety; a tradeſman had propoſed himſelf for the City of London, and he did not ſee why the tradeſmen of Weſtminſter ſhould not alſo have their Repreſentatives. In this quality he propoſed himſelf for their Repreſentative, and he truſted that he ſhould have the ſupport of his fellow tradeſmen. With regard to his principles, he had written them down on a paper, to which he had affixed his hand and ſeal, and which he always wore next his heart. (Here he unbuttoned his boſom and drew out a paper, upon which the people, unaccuſtomed to ſuch rhetorical figures, ſet up a loud laugh. The paper contained a declaration of his attachment to Parliamentary Reform, to the rights of the people &c. He concluded by declaring his intention of ſtanding the poll to the laſt.

The high bailiff then put the different Candidates in nomination. Every hand was held up for Mr. Fox with the loudeſt applauſe. Lord Gardner had a large ſhew of hands. For Mr. John Graham about ten or dozen hands held up. The high Bailiff then declared the ſhew of hands to be in favour of Mr. Fox and Lord Gardner. A poll was demanded on the part of Mr. Graham.

Mr. Graham put it to to the Electors, whether he ought to ſign a paper, agreeing to pay his ſhare of the expenſes of the election. Upon an anſwer being returned in the affirmative he ſigned it.

After ſome converſation between the friends of the reſpective parties. Mr. O'Brien addreſſed the Electors, informing them that Mr. Graham demanded their votes in oppoſition to Fox.

State of the Poll this Day.

Mr. Fox - - -	1046
Lord Gardner - - -	955
Mr. Graham - - -	414

FROM THE LONDON GAZETTE.

Whitehall, July 6, 1802.

The King has been pleaſed to conſtitute and appoint the Right Honorable Robert Stewart (commonly called viscount Caſtlereagh), His Grace William Henry Cavendiſh, Duke of Portland, Knight of the moſt Noble Order of the Garter; the Right Honorable Robert Banks Jenkinſon (commonly called Lord Hawkeſbury, the Right Hon. Robert Thomas Baron Hobart, and the Right Hon. Baron Pelham, His Majeſty's three Principal Secretaries of State; the Right Honorable Henry Addington, Chancellor of his Majeſty's Exchequer; his Grace James Duke of Montroſe, Knight of the Moſt ancient order of the Thiſtle: the Right Honorable Sylveſter Baron Glenbervie, (of that part of his Majeſty's United Kingdom called Ireland): the Right Honorable William Dundas; the Right Honorable Thomas Wallace; the Right Honorable Charles John Baron Arden, (of that part of his Majeſty's United Kingdom called Ireland): and Edward Golding Eſq. to be his Majeſty's Commiſſioners for the management of the affairs of India.

BOSTON, Auguſt 30.

LATE FROM EUROPE.

Through the politeneſs of Captain WOOD, arrived here on Sunday laſt, from Liverpool, we have been favoured with London papers to the 17th of July, which, though many days later than previouſly received from that quarter, furniſh nothing of a very intereſting nature. A few extracts are however made from them:—

The negociation reſpecting the commercial regulations between France and Great-Britain, are proceeding with activity; although it is ſcarcely to be expected to produce a commercial treaty in the true and liberal ſenſe of the words, as the French are very jealous of the trade and manufactures of England.

The manufactures of Great-Britain appear to have gained new activity ſince the peace. In a letter which appears in one of the Britiſh papers, it is obſerved, "that our orders flow in from every quarter of Europe, particularly Spain, Italy, &c. In the muſlin line, there is a greater demand for goods than can be ſupplied. The American trade, however, no perſon chuſes to touch now; having ſcarce any other market left before the peace, it has been quite overſtocked; above three millions worth of Engliſh goods, were in the city of New-York alone, when the peace took place, and they have been ſelling at 50 per cent leſs."

The parliament of England having been diſſolved at the cloſe of the laſt ſeſſion, the election of members to form a new one has commenced. Among other