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GLEANINGS FROM NEW WORKS.
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VEGETABLES.

"Next to air, food is the most necessary thing for our preservation; on the choice of it, therefore, health greatly depends. The blood and corporeal juices naturally tend to putridity and acrimony; the only preventive of this destructive tendency, is the due receipt or supply of fresh chyle, which preserves them in that mild state which alone consits with health. Animal diet, generally, affords the greatest quantity of this bland, nutritious nutriment; while watery fluids dilute the too gross parts, and carry off what is become unfit for use. Of vegetables, only the small portion of jelly which is separated from the farinaceous parts, and the extracted farina itself, after being much elaborated, are converted into the animal nature; yet the use of vegetables prevents repletion, as well as a too great tendency of the blood to putrescent acrimony. Hot climates, and the constitutional heat of particular persons, render vegetables necessary in large proportions. While the appetite continues, animal substances afford the highest relish; but their grossness sates it before the stomach is duly filled. Vegetables should, therefore, be eaten after both flesh and fish; and alternately with them, in order to prevent the too speedy satiation of the appetite; as few herbs or fruits satiate in such a degree as to hinder the filling of the stomach; while no diet, which is very nourishing, can be eaten to fulness, because its nutritious parts are oily and satiating. Animal food alone would soon produce loathing. Hot acrid habits receive from milk and vegetables the material necessary for correcting their constitutional excesses; but cold, pituitous, and nervous systems, which require much nourishment from little digestion, and from a small quantity of food, may, and should, use animal food more freely."

HABIT IN DIET.

"Habit possesses much power, and exercises great influence over the animal economy, with regard to diet. If, having been habituated to vegetable farinacea, he attempts to eat a large quantity of animal food, he will become feverish & plethoric; or if, having usually fed much upon meat, he suddenly adopts a vegetable diet, he risks the loss of strength, and renders himself liable to the horrors of indigestion.

"This indisputable fact supplies a cogent reason for avoiding too great a variety in diet, as utterly unwholesome; the stomach being unable to acquire a habit of digesting a variety of aliments with equal facility. Such individuals, therefore, as accustom themselves constantly and regularly to the use of but few kinds of aliment, ensure to themselves a far more healthy internal economy than those who indulge in variety. We need, then, feel no surprise at the prevalence of stomach disorders among the rich, whose tables are loaded with the luxurious superfluities of earth, sea and air; and whose viands are prepared with noxious eastern spiceries, vitiated by the refinements of modern cookery. The effect of these things is deplorable, but it is natural. They produce a false appetite, and they form a temptation to indulge the palate after the natural appetite is gone, whereby the stomach is gorged and over-loaded; evils, to which those are not exposed who live upon a few plain and simply dressed aliments, and who, consequently, experience no excitement to eat more than their natural appetite requires.

BREAKFAST.

"Regularity in repasts is of essential consequence to the preservation of health. To ensure a due appetite for breakfast, we should rise at least an hour previously to partaking of that refreshment, and occupy that time in some gentle exercise; but fatigue must, by all means, be avoided, and we must be equally careful to eat sparingly, when suffering from the effects of excessive exertion. Tea, coffee, and milk, are the most wholesome beverages for the morning meal; which should be accompanied, if possible, by home-made bread, *at least one day old*. This seldom disagrees with any one; if it should, it may be toasted, and buttered *cold and slightly*; but warm buttered toast is by no means advisable; indeed, it is far preferable to use only hard biscuits, which require no butter, and are of easy digestion. Cold roast mutton or beef, or the yolk of an egg, lightly boiled, will be found an excellent constituent of this meal; but in all our repasts we must avoid repletion."

LUNCHEON.

"After a good breakfast, luncheon is unnecessary, if we follow the dictates of reason by taking an early dinner. This should be done about two o'clock; by which time the appetite for refreshment naturally returns, the stomach will have had sufficient opportunity to act on its contents, and reason will, therefore, prompt us gratify its demands. If, however, a too speedy digestion should render an intermediate refreshment absolutely necessary, the best luncheon we can make use of is a hard biscuit and a glass of good sherry; but the wiseacres' proverb—'Eat little and often'—is unwholesome and dangerous, as such a system of diet obstructs the stomach in the due performance of its natural functions, and prevents the feeling of hunger, which is the best adviser to a diabetic individual."

DINNER.

"Dinner both in the nature and quantity of its components, must be regulated by the constitution and judgment of individuals; who, however, bearing in mind the substance of the preceding observations with respect to aliments, should be careful to study the peculiarities of their constitution and digestive powers, and to adapt their diet to them. We may, however, very well add, that those who are chiefly employed in mental occupation, and not exposed to too much bodily labor, require less animal food than such as are in the continual exercise of corporeal strength, and should, consequently, avoid excess in that particular; with this exception, that an hysterical or hypochondriac tendency seems to require animal food, which, however, should be freely joined with the vegetable. We may here, also, properly remark, that no error is in this country more common or more dangerous than the neglect of *bread*. This valuable edible is the safest and most nutritious of vegetable aliments, and the best corrector of animal food: by its plentiful use, alone, the bad consequences of an excess of the latter may be obviated. The tables of the French appear to be supplied as freely with animal food as those of the English; yet that people, by a greater use of bread and dried acid fruits, prevent the ill effects of a heavier diet, and preserve a cheerful buoyancy of spirits, to which the generality of our phlegmatic islanders are strangers. The English, therefore, who are so much devoted to animal food, should particularly moderate its effects by a liberal use of bread, and other vegetable matters; since vegetable food is necessary to secure, not only

health, but long life. In infancy and youth, we should be confined mostly to it; in manhood and the decline of life, we should more freely use animal nourishment; and in old age, we should return to the vegetable. Vegetables and milk, indeed, are strong antidotes to scurvy, and putrid and inflammable fevers; may, in the former disease, milk alone will frequently do more than any other remedy."

DRINKS.

"Our aliments should ever be moderately accompanied by fluids; but too great moisture and dryness should be equally avoided; the former inducing weakness and inability to digest solid food—hence females, who are much addicted to tea and other watery diet, are especially liable to hysterics, and all their dreadful consequences—and the latter disposing to inflammatory fevers, scurvy, and similar distempers. The best dinner beverages are strong toast and water, weak wine and water, and good home-brewed ale."

CHEESE.

"Cheese should ever be avoided by the invalid and the weak. As a diet, it is injurious, and should never be eaten but as a dessert, and even then very sparingly; as it tires the blood, occasions constipation, and excites a constant craving for drink. It is very improper for the sedentary, and hardly digestible even by the athletic. Its insolubility is considerably increased by toasting; and, as it is naturally so acrid and stimulant, and more especially when thus prepared, it is clearly unfit for weak stomachs, and for those who are subject to feverish heats at night; when, indeed, it is mostly eaten."

TEA.

"Having thus briefly noticed the two principal repasts, we may further observe, that when the appetite returns a third time, a light refreshment should be taken; as, although the earlier parts of the day being those which are mostly occupied in active exertion, require substantial refreshments; yet as evening approaches, the time of rest also draws nigh, and, indeed, it is in general preceded by the most inactive of our waking hours. Slight reflection, therefore, is necessary; consequently, when tea-time arrives, tea may be used in moderation, accompanied by biscuits or dry toast; slightly buttered bread, however, may be substituted, if the above-named aliments be disagreeable."

SUPPER.

"Supper is unnecessary; and, indeed, by no means advisable; yet, if it be absolutely required, it is far preferable to take a small quantity of meat, or an egg lightly boiled, than either cheese or sallet. Those, however, who are subject to feverish disturbance of their rest, or plethoric irritations at night, may indulge in a lettuce, when in season, which is cooling and narcotic. But this repast should invariably take place a full hour before retiring to bed; as nothing is more hurtful to the constitution than sleeping upon an undigested meal."

APPAREL.

"The vast number of victims whom consumption annually sweeps from the earth, is truly alarming. Nearly one-fourth of the deaths which occur within the *bills of mortality*, are the result of this fatal malady. This deplorable fact powerfully warns us to seek and to combat its cause. A common origin of consumption is a mere *cold*, a disease too frequently made light of, and neglected, till it has so rooted itself in the system, as to baffle our utmost skill. Nothing is a more general, or a more dangerous incentive to cold, than the neglect of due attention to clothing, which is particularly faulty of our own sex. Let us, therefore, endeavor to present a few hints on this important subject."

"In order to enjoy health and corporeal comfort, it is absolutely necessary that we keep the body at an almost uniform temperament. The benevolent Creator has endued us with senses susceptible both of pleasure and of pain, for the purposes of gratification and protection. As respects the body, these senses are acutely susceptible of heat and cold; and the feelings arising therefrom instinctively induce us to avoid the extreme of either. But all our *artificial* efforts for this purpose would be unavailing, if *nature*, or rather the God of nature, had not furnished us, as well as other animals, with peculiar cutaneous* and pulmonary† functions, which have a power of preserving a uniform bodily heat, in almost every variety of atmospheric temperature. Thus, the porous texture of the skin allows the excess of heat to escape, by the exudation of the perishable humours; while the lungs replenish the body, by inspiring and decomposing the atmosphere whereby, under all circumstances, the internal temperature of the body is preserved at a nearly equal rate (about ninety-eight degrees.) Perspiration has, also, another important and beneficial office; as it not only regulates the heat of the body, but also carries off such matters as are not necessary or salutary to the constitution; and this excretory function is of such pre-eminent importance to health, that we ought ever to be especially careful in attending to the means which will secure its due performance; for, if those matters be retained in the body, which should be ejected through the pores of the skin, they will invariably prove injurious, and induce dangerous diseases.

"Let us, however, be remembered, that we do not here speak of that sensible, visible moisture, which hot weather or active exercise produces, but a matter so subtle as to be imperceptible; a secretion‡ which is continually passing off from every part of the body, and which has been called the *insensible perspiration*.

"Few diseases attack us while the insensible perspiration is regular; but its obstruction or suppression soon disorders the whole frame. It is a prevailing symptom in almost all diseases, and is the sole cause of many fevers and chronic complaints. In warm weather, all the functions of the skin are greatly increased, and consequently, the danger of interrupting them is proportionably great; and hence, also, arise acute fevers, rheumatism, agues, every species of disease which primarily originates in a cold, and, very frequently, *consumption*. But, besides this excretory function, the skin as well as every other surface of the body, performs a process of absorbing, or taking up, and conveying into the blood-vessels, by means of appropriate vessels, any thing which it comes in contact: and it is also the seat of feeling or touch. To provide, also, for the evaporation of the *sensible perspiration*, the skin is provided with glands*, they supply an oily fluid,

* Relating to the skin. † Relating to the lungs.
‡ The act of emitting moisture through the pores.

Having the power of separating and ejecting useless and noxious matters.

¶ The fictions of separating the fluids of the body.

** The glands are certain small organs, distributed throughout the body, which secrete or, prepare, a peculiar fluid necessary to the system.

which render it impervious to water; so that the humour, being once perspired, cannot again sink into the skin. If there be a deficiency of this oily matter, the skin will soon become sodden by the excretion, re-absorption, and retention of the sensible perspiration; as is evident in the hands of washer-women, in which the constant use of soap destroys it.

"These three powers or functions of the skin are so intimately connected with, and dependent upon, each other that it is almost impossible for one of them to be disordered, without deranging the others. It is thus that, by exposure to a frosty atmosphere, in an inactive state, or slightly clothed, till the limbs become stiff and the skin insensible, the absorbent vessels, & those which produce the perspiration, partake of the torpor which affects the nerves of feeling, and will not recover their activity until the sensibility is completely restored.

"This description of the functions of the skin must sufficiently prove the necessity of a particular attention to clothing, in a climate such as ours, where the weather is so extremely fickle and capricious.

All dress should be suited to both the climate and the season; but changes in apparel should be made gradually and with the greatest caution."

COLD AND DAMP WEATHER.

"The principal object of clothing should be *protection from cold*; since it is a most positive fact, that such a degree of chilliness as produces shivering, can under no circumstances, be felt without actual injury to the health; but a constant sensation of cold, even though it be so moderate as not to induce the individual to seek protection from it, or to occasion any immediate distemper, exercises a benumbing influence, which the strongest constitution cannot resist, and which lays the foundation of almost every chronic disease, especially scrofula and consumption.

"The atmospheric air contains, at all times, so great a proportion of water, or moist vapour, that, even under the clearest sky, and in the driest season it abundantly prevails. The constitution has but little power to resist the joint effects of moisture and cold, when applied to the skin; therefore, although a cold and dry air invigorates the system, and warm and damp weather is far more disagreeable, yet the union of cold & moisture, as in the month of November, depresses the spirits, relaxes the body, altogether enervates the system, and is dangerous to the strongest constitution."

From the *New Jersey Advocate*.

LE BLANC'S CONFESSION.

I was born at Chateau Salin (Meurthe) in the N. E. department of France, on the 20th March, 1802, of reputable parents, who are still living. My means of education were not as limited as many others of similar circumstances, but I never was fond of study, nor could my parents prevail upon me to employ the advantages which were offered me. My delight and sole aim was mischief, and the principal part of my time was occupied in playing truant and teasing our neighbors. My father frequently corrected me for my faults, but they were as soon forgotten, and I returned to my folliess again. In his admonitions, my father has frequently and vividly portrayed to me my end, and many a time have his admonitory lessons recurred to my mind since I have arrived to the years of maturity.

Nothing of serious consequence occurred to me in my youth, although I was continually engaged in broils, as I was very passionate, and would on every convenient occasion give an insult; but never take one. In the autumn of 1829, I found that my situation was disagreeable to myself and friends, I was determined to leave my native place.

I accordingly started for Germany and after rambling about several weeks, I came to the house of Mrs. Smich, a widow woman, residing at Bistroff (Mosell,) on the borders of Germany. I engaged to work for her, and for several months we agreed very well. She was kind and affectionate to me, as well as her three daughters, Christene, Marette, and Marie. After I had lived with the family upwards of a year, I paid particular attention to the youngest daughter Marie. She received my addresses kindly and after much solicitation she consented to be mine. The consent of her mother could not be obtained, for she said that she was afraid we never could live happily together, as I was passionate and ill-tempered, and Marie was quite the contrary.

I endeavored for a long time to gain her mother's consent by the most implicit obedience to her commands; and the most humiliating conduct towards the family. A certificate of my good conduct from my old friends in France was demanded, but this through several excuses on my part, was never obtained, for I well knew I could not get it. I was determined to make Marie my wife, and as her pure soul was wrapped in me, and she the favorite of the family, I changed my course of life, and became a different person—I commanded instead of obeying, and my passion carried me so far as to chastise and greatly abuse the whole family, from the mother to Marie herself! My passion and rage became unbounded, having been pent up for such an unusual length of time, and burst forth with tenfold vigor. I had a friend by the name of Bouse, living a neighbor, who probably instigated me to commit these rash acts, and I now believe that his object was to supplant me in the affections of Marie. This course of life continued until about the first of March of the present year, when after lingering about the neighborhood for a long time, I found that I could not obtain my wishes without blood shed, (for Marie would never obey her mother, and I had forfeited the confidence of the remainder of the family;) I was determined to go to America. I stole an interview with Marie, and told her my determination which was, to go to New York, and thence to some place near there to get into business. That when I was properly settled I would write to her and she pledged herself to follow me. The last interview we had was at Mahange, where we were pledged to each other. I then said to her that something had told me we should never meet again in this world, but she endeavored to quiet my fears, and we faithfully promised before God never to marry another so long as either was living. I left them to the great joy of this worthy family and the whole neighborhood, with the exception of Marie, and started for my native place, where I remained but a short time to obtain the certificate of my birth, and

from thence to Paris, where I remained three days, I then went to Havre, where I found a vessel which was to sail the next day for New York. Having but little more money than to pay my passage and purchase sea stores, I felt very unpleasant at leaving my native country, and in company with entire strangers. The good counsel of my aged and worthy parents would frequently recur to my mind during the voyage; and as often would I regret the pranks I had played upon the youth of my own age; during the services in the church, or going or returning from there. But for ten years had I neglected to bow the knee to my maker, which I suddenly was obliged to do whilst under my parents' roof. I contended all his pious instructions, and laughed at his bigotry, as I termed it, as soon as he was out of sight. But as I was bound for the new world, these thoughts were soon forgotten.

I arrived at New York on the 26th of April, and there found some persons who directed me to the house of Mr. Feusier, who keeps a French boarding house in Fulton st. I now found myself far from home, and among strangers, and not one dollar in my pocket, I felt miserable. I thought of my native home, and how happy I could have been there, I thought of Mrs. Smich's—of Marie—how I had abused this excellent family, and compared my present situation with what I would have been, had I behaved myself properly. These thoughts continually employed my mind, and prevented my going out much from the house. The third day after I had been there, Mr. Sayre came into Mr. Feusier's house and inquired for some one to go into the country and work on a farm, as I learned from Mr. Feusier. I told him that I would go; and it was agreed that I should go on trial for two weeks, when we were to make a bargain for a year. This agreement was made through Mr. Feusier. I told Mr. Feusier that I could not pay the whole of his bill, but paid him six shillings, and then intended to let him have a pair of boots as security. The next morning I left his house without leaving the boots as I wanted them, and intended to send him the money as soon as I could earn it.

I had not lived with Mr. Sayre more than a week, before I saw that I was considered more as a menial servant than a common hired man. As soon as my work was done for the day, I had something to do about the house, such as feed the hogs, take care of the horses, cut wood and bring it in, carry water, and the like, and was under the servitude of the servants around the house. I was further convinced of this, when my lodgings was exchanged for one of very inferior quality. I plainly saw that as I was a stranger and a foreigner, unacquainted with the customs and manners of the country, I should be made a miserable beast of burthen, if I had suffered it, to whom no pay would be returned but my food. From these considerations I engendered the first idea of murder & plunder. I had longed to be in possession of sufficient money to either send to my betrothed Marie, or go to her. I saw that Mr. Sayre paid out and received considerable, and believing from my treatment I should never be able to earn money enough by my labor, these murderous thoughts often came into my mind. I then began to pray to God to prevent me from committing so great a sin. Every time I thought of it I began to pray, but I found that God had left me: I had not confessed for ten years.

These ideas were continually recurring to me whilst I was at my daily labor, and my treatment determined me. I had formed my plans, but I waited several days for their daughter Mary to return, that I might murder her also, as she had a gold watch which I wanted. Finding that she did not return, and that daily I became more degraded in my own eyes, after their hired men had gone away, on Saturday afternoon, I asked Mr. Sayre for five dollars, as I wanted a hat and some other articles. He gave me a five franc piece.—This I considered an insult, for I had worked hard for him, and was willing to do the same justice for a year to come. I had made my preparations by cleaning the stables properly, and feeding the gray mare more than I did the horse. I then went to town and got some cider and cigars at a grocery store, and then went to a tavern, at which I had been once before, and took a glass of brandy and a cigar; this was done to pass away the time until the people had gone to bed. I went home a little after ten o'clock, and remained around the barn some time, and then went into the kitchen, where I found Mr. Sayre shaving; I pretended to be frightened, and told him by words and signs that something was wrong at the stable. I ran out and stood inside the stable door for some time with a spade in my hands, waiting for him to come. At length I saw him coming with a candle in his hand, and as he came in the stable, I struck him down with the back of the spade, on the left side of the head, which killed him without a struggle. I gave him another blow on the forehead to make sure of it, and then dug a hole in the heap of manure, dragged him into it, and covered him up. As soon as he fell, I threw the candle on the plank near by, to prevent any light shining out and exposing me. I then went into the kitchen and decoyed Mrs. Sayre out in the same way. She came out in hurry, but without any light, and as soon as she got past the shed, I struck her with the same weapon which I had killed her husband. It being dark, the blow glanced; she screamed; I gave her another, but with like effect; she screamed again and again, clinging hold of me, and begging for her life: and it was not until I gave her several blows, that I brought her to the ground. I got tired of striking her with the spade, and then I kicked her on the head with my heavy shod boots. She died a terrible death, and I see her every time I close my eyes to sleep. When I found she was dead I covered her up in the same heap of manure, and rolled plaster over the blood which had run from her head whilst I was murdering her. I then went into the kitchen with a club in my hand, took a light, went softly up stairs to the garret, where Phebe, the coloured woman, was sleeping, and with a single blow, she passed into an eternal sleep. The blood spouted

into my face, and on my vest, and hands; she did not stir after I first struck. I then took the chisel which I had seen the carpenter put into the corn stalks, and opened all the drawers and trunks in the house. My object was only money. The silver money found in the belt around me belonged to Mr