

## Poetical Asylum.



### THE LAW OF LOVE.

By N. P. Willis.

Oh, if there is one law above the rest  
Written in wisdom—if there is a word  
That I would trace as with a pen of fire.  
Upon the unsun'd temper of a child—  
If there is any thing that keeps the mind  
Open to angel visits, and repels  
The ministry of ill—'tis human love.  
God has made nothing worthy of contempt,  
The smallest pebble in the weal of truth  
Has its particular meaning, and will stand  
When man's best monuments wear fast  
away.

The law of heaven is love, and tho' its name  
Has been usurped by passion, and profan'd  
To its unholy uses through all time,  
Still the eternal principle is pure;  
And in these deep affections that we feel  
Omnipotence within us, we but see  
The lavish measure in which love is given;  
And in the yearning tenderness of a child  
For every bird that sings above his head,  
And every creature feeding on the hills,  
And every tree and flower, and running  
brook.

We see how every thing was made to love,  
And how they err, who, in a world like this  
Find any thing to hate but human pride.

### Miscellaneous.

#### CAUSES OF DISEASE.

The causes of most of our diseases, or  
at least of that numerous class which it  
is in our power entirely to prevent, may  
be enumerated thus:

1. *In sufficient Exercise.*—He who does  
not spend several hours every day in some  
active exercise—as walking, riding on  
horse-back, or in some amusement which  
calls nearly all the muscles into play,  
must inevitably suffer from a diminution  
of bodily strength, defect of appetite, and  
imperfect digestion, and become sooner or  
later the subject of disease.

2. *Late rising and late retiring.*—  
There are few things which contribute  
more to shorten life, than the habit of  
keeping late hours, and consequently of  
rising from bed late in the morning. The  
advances of weakness and disease from  
this cause are, it is true, by very gradual  
steps, but not the less certain to be ultimately  
fatal.

3. *Breathing impure air.*—A constant  
supply of fresh air is even more important  
than of food or drink. An individual  
may for a long time, control the sensations  
of hunger, or even the most impulsive  
thirst; but life will most certainly  
be destroyed, if pure air be withheld  
from the lungs for a very short period.

4. *Insufficient ablutions of the body.* It  
is not enough for the preservation of health  
that merely the hands, the feet, and the  
face, be washed frequently, but that the  
whole surface of the body be repeatedly  
purified by immersion, in a bath of appropriate  
temperature. To all the frequent  
use of the bath is an important means of  
preserving health, but to none more so  
than to the laborer and mechanic; to such  
the time and means for bathing should be  
afforded in every city, and in every extensive  
manufactury, wherever situated.

5. *Inattention to the cleanliness of clothing  
and dwellings.*—Independently of the  
injury which the health of individuals suffer  
from a neglect of strict personal and  
domestic cleanliness, the contamination  
of the air, from the decomposition of filth  
accumulate in and about a dwelling, has  
not unfrequently communicated disease to  
whole families and neighborhoods.—  
Repeatedly white washing the walls of  
houses, &c. scrubbing the floors is not merely  
therefore, a source of testy comfort, but  
a direct means of preserving health.

6. *Food rendered pernicious by modern  
cooking.*—*Adulteration in food and drinks,  
and abuse of appetite.*—While a moderate  
quantity of plain, wholesome food—in  
other words, the food in ordinary use, is  
essential to the maintenance of life—all  
excess in its use—all complicated  
processes of modern cooking, and every  
artificial means, whether by high seasoning,  
variety of dishes, or foreign flavors, of  
keeping up the appetite beyond the wants  
of the system, are decidedly injurious.—  
Every species of adulteration, also to which  
our food or drink is subjected, from what-  
ever motive detracts from its wholesomeness.

Let it be recollect, too, that the  
health and strength of the body are not  
supported by the quantity of food consumed,  
but only by so much as is capable of  
being converted, by the powers of the  
stomach, into pure chyle and blood.

7. *The use of intoxicating drink in any  
quantity.*—The only wholesome drink—is  
the only one adopted to the wants of the  
system is pure water. Every drop of alcohol  
which is taken into the stomach, whether in the  
form of ardent spirits or fermented liquors,  
produces injury; and when its use is habitually indulged in, even  
though absolute drunkenness be not occasioned,  
the powers of life are gradually undermined,  
and the system laid open to  
inroads of serious and even fatal de-

fects.

8. *Defective and improper clothing.*—  
v to health may be caused either by  
clothes being inadequate to defend  
one from the cold, or from sudden  
changes in the weather, by their impeding  
the motions of the limbs, or by  
dressing or binding too firmly  
the body.

9. *ence of cold.*—In the more  
of society disease is pro-  
moted by the unequal and  
action of warmth through an

apartment—by exposure to the night air  
or inclement weather, after being heated in  
crowded apartments, or by exercise,  
as dancing classes, cold during the winter  
is a continued and fruitful source of suf-  
fering and disease.

10. *Intense and protracted application  
of the mind.*—Alternate rest and activity  
as well of the body as of the mind, are  
essential to the support of health. Long  
continued mental application, whether in  
study or the cares of business, wears out  
the system, and exhausts the power of life  
even more rapidly than protracted manual  
labor.

11. *Giving way to the passions.*—Ex-  
perience fully proves, that nothing con-  
tributes more effectually to guard the system  
from disease, and to prolong life, than a  
calm and contented state of mind. Indi-  
viduals who give way on every occasion  
to the influence of passion not only injure  
materially their health, but are often  
promptly destroyed. Violent anger and  
ambition, jealousy and fear, have produced  
the speedy death of thousands. In culti-  
vating an amiable, peaceful and virtuous  
disposition, therefore a man not only insures  
his happiness but promotes his health  
also.

12. *The unnecessary or imprudent use  
of Medicine.*—Domestic quackery has  
ruined many constitutions. A dose of  
medicine taken with the view of preventing  
an attack of disease, not unfrequently  
invites one which otherwise would not  
have occurred. The absurd practice of  
loosing blood, or taking purgatives and  
other remedies in the Spring and Autumn  
under the erroneous idea that by so doing  
the blood is rendered more pure, should be  
carefully avoided.—*Porter's Health  
Almanac.*

DIETETIC MAXIMS.

1. A healthy appetite is to be acquired  
by early rising—regular exercise in the  
open air—a cheerful mind, and absti-  
nence from intoxicating liquors.

2. The food should be eaten slowly, so  
that it be well masticated and mixed with  
saliva.

3. Animal food is sooner digested in  
the stomach than vegetable; but it is more  
stimulating or heating to the system. Flesh  
that has been long salted, dried ham, beef  
&c. are less easily digested and less nutri-  
tive than fresh meat.

4. Farenaceous and vegetable food, ge-  
nerally, is slower of digestion than ani-  
mal, but less heating—many kinds of ve-  
getable food, are very nutritive.

5. Solid food or food of a certain  
fibrous or pulpy consistence, is more fitted  
for digestion in the stomach than rich  
soups, jellies, and all highly concentrated  
sauces. The latter are rendered more  
digestible by the addition of bread.

6. Fish are not so nourishing as the  
flesh of land animals, and with many  
stomachs entirely disagree. The white  
fish when in season are generally lighter,  
and less apt to disagree with the stomach  
than the red.

7. In summer the food should consist  
principally of vegetables; in winter, a  
large amount of animal matter may be  
taken, especially by the laborer.

Boiling renders food more tender and  
digestible, but it deprives it of a consider-  
able portion of its nutritive principle.

9. Animal food should not be over boiled—  
vegetables should be boiled until  
perfectly tender.

10. Roasting dissipates less of the nutri-  
tives of the meat. Roasted meat is  
therefore more nourishing than boiled,  
but much more stimulating.

11. Bread constitutes a wholesome ad-  
dition to all meals. It should be perfectly  
raised, fully baked, and *one day old*.

12. Salt, and on occasions, a very mod-  
erate quantity of pepper are safe and  
grateful additions to our food. Beyond this,  
however, all seasoning becomes injurious.

13. Eating of a number of different  
dishes at one meal, oppresses the stomach  
and interferes with digestion. This is not  
to be understood, however, as condemning  
the proper admixture of animal and  
vegetable food at the same meal.

14. All excess in eating should be av-  
oided, but the quantity of feed proper to  
be taken at one time depends entirely on  
the constitution, age, habits, degree of  
health, season of the year, climate, &c.—  
The best guide is to be found in the calls  
of a healthy appetite.

15. Health and strength of body, de-  
pend upon the health of the stomach, and  
consequent perfection of the digestive  
powers, much more than upon the quantity  
or even quality of food taken.

16. Water is the most wholesome drink.  
Toast and water—sweetened water, or  
water with a slight addition of a vegeta-  
ble acid are useful diluents during the  
summer.

17. Distilled and fermented liquors in-  
pede digestion; and when drank to any ex-  
tent, invariably destroy the tone of the stomach,  
and of the system generally.

18. The stomach ought not to be over-  
distended with fluids immediately pre-  
ceding, nor after a meal.

19. When the stomach is weak, very  
little fluid, should be taken, during or after  
eating. Dry solid food requires more dilu-  
tion than that which is juicy or fluid.

20. Exercise should be used in the in-  
tervals between meals, but not immediately  
before or after them.—*ib*

#### Washington Loved His Mother.

Immediately after the organization of  
the present government, Gen. Washington  
repaired to Fredericksburg, to pay his hum-  
ble duty to his mother, preparatory to his  
departure to New York. An affecting  
scene ensued. The son, feelingly remark-  
ed the ravages which a torturing disease  
had made upon the aged frame of his mother,  
and thus addressed her:

"The people, madam, have been pleased,  
with the most flattering unanimity, to  
elect me to the chief magistracy of the  
United States, but before I can assume  
the functions of my office, I have come  
to bid you an affectionate farewell. So  
soon as the public business which must  
necessarily be encountered in arranging  
a new government, can be disposed of,  
I shall hasten to Virginia, and—

Defective and improper clothing.—  
v to health may be caused either by  
clothes being inadequate to defend  
one from the cold, or from sudden  
changes in the weather, by their impeding  
the motions of the limbs, or by  
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of society disease is pro-  
moted by the unequal and  
action of warmth through an

Here the matron interrupted him. You  
will see me no more. My great age and  
the disease that is fast approaching my  
vitals, warn me that I shall not be long in  
this world. I trust in God, I am some-  
what prepared for a better. But go  
George fulfil the high duties which Heaven  
appears to assign you: go, my son, and  
may that Heaven and your mother's  
blessings be with you always."

The President was deeply affected.—  
His head rested upon the shoulder of his  
parent, whose aged arm feebly, yet fondly  
encircled his neck. That brow on which  
fame had wreathed the purest laurel virtue  
ever gave to created man, relaxed  
from its lofty bearing. That look which  
would have awed a Roman Senate, in its  
Fabrician day, was bent in filial tenderness  
upon the time-worn features of this  
venerable matron.

The great man wept. A thousand re-  
collections crowded upon his mind, as memory,  
retracing scenes long past, carried  
him back to the paternal mansion, and  
the days of his youth; and there the centre  
of attraction was his mother, whose  
care, instruction, and discipline had pre-  
pared him to reach the top-most height of  
laudable ambition; yet how were his glories  
forgotten while he gazed upon her, from whom,  
wasted by time and malady, he must part to meet no more.

The matron's predictions were true.—  
The disease which had so long preyed upon  
her frame, completed its triumph, and  
she expired at the age of eighty-five, con-  
fiding in promises of immortality to the  
humble believer.

#### THE HEIRESS.

A sprightly, rosy-cheeked, flaxen-haired  
little girl, used to sit in the pleasant  
evenings of June, on the marble steps op-  
posite my lodgings when I lived in Philadel-  
phia, and sing over a hundred little  
sonnets, and tell over as many tales, in a  
sweet voice and with an air of delight-  
ful simplicity, that charmed me many a time.

She was then an orphan child, and  
commonly reported to be rich—often and  
often I sat after a day of toil and vexation  
and listened to her innocent voice, breathing  
forth the notes of peace and happiness  
which flowed cheerfully from a light heart  
and felt a portion of that tranquility seat  
over my own bosom—Such was Eliza  
Huntly when I first knew her.

Several years had elapsed, during which  
time I had been absent from the city  
when walking along one of the most fashion-  
able squares, I saw an elegant female  
figure step into a carriage, followed by a  
gentleman, and two pretty children. I  
did not immediately recognize her face, but  
my friend who was by my side, pulled  
my elbow, do you not remember little Eliza  
who used to sing for us when we lived  
together in Walnut street? I did remember,  
it was herself.

She used to be fond, said he of treating  
her little circle of friends with romances  
and at last she acted out a neat romance  
herself. She came out into the gay circles of life under the auspices of  
her guardians; it was said by some she  
was rich, very rich, but the amount of  
wealth did not appear to be a matter  
of publicity; however, the current, and as  
was generally believed, well founded  
report was sufficient to draw around her  
many admirers, and among the number  
not a few serious courtiers.

She did not wait long before a young  
gentleman on whom she had looked with  
a somewhat partial eye, because he was  
the gayest and handsomest of her lovers,  
emboldened by her partiality, made her an  
offer. Probably she blushed and her  
heart fluttered a little, but they were sit-  
ting in a moon light parlor, and as her  
embarrassment was more than half con-  
cealed, she soon recovered, and as a wag-  
gin humor happened to have the ascen-  
dant, she put on a serious face, told him  
she was honored by his preference, but  
that there was one matter which she wished  
well understood before, by giving a reply,  
she bound him to his promise.

She was proceeding but the gentleman  
started as if electrified; eighteen hundred  
dollars, he repeated in a manner that  
betrayed the utmost surprise; yes madam,  
said he, awkwardly, I did understand you  
were worth a great deal more—but—

No, sir, she replied; no excuses or opolo-  
gies; think about what I have told you;  
you are embarrassed now; answer me an-  
other time; and rising she bid him good  
night.

She just escaped a trap; he went next  
day to her guardians, to enquire more  
particularly into her affairs, and receiving  
the same answer; he dropped his suit at  
once.

The next serious proposal followed soon  
after, and this too came from one who had  
succeeded to a large portion of her esteem  
but applying the same crucible to the love  
he offered her, she found a like result.—  
He too left her, and she rejoiced in another  
fortunate escape.

She sometime after became acquainted  
with a young gentleman of slender fortune,  
in whose approaches she thought she  
discovered more of the timorous diffidence  
of love than she had witnessed before.—  
She did not check him in his hopes, and in  
process of time he too made her an offer.

But when she spoke of her fortune  
he begged her to be silent; it is to virtue  
and beauty, said he, that I pay my court;  
not to fortune. In you I shall obtain what  
is more worth than gold. She was most  
agreeably disappointed. They were mar-  
ried; and after the union was solemnized  
she made him master of her fortune with  
herself. I am indeed worth eighteen hundred  
dollars, said she to him; but I have  
never said how much more; and I never  
hope to enjoy more pleasure than I feel  
this moment, when I tell you my fortune  
is one hundred and eighty thousand.

It was actually so; but still her husband  
often tells her that in her he possesses a  
far more noble fortune.

Inscrive injuries on sand, and benefits  
on marble.

## DOCTOR B. F. COOKE.

R E SPECTFULLY informs the citizens of Merom and  
adjacent neighborhood, that he has permanently established  
himself at Merom, and will always be found at his shop or in town, ready to attend to any calls, save when he may be absent on professional business.

Merom, July 1, 1834.—24-6t

### NOTICE

I hereby give, that six weeks after  
date, application will be made to the  
Register of the Land office at Vincennes,  
in the State of Indiana, for a certificate of  
FORFEITED LAND STOCK, for the amount  
paid on the north east quarter, of section  
number eleven, in township number two  
south, of range number four east, then in  
the Vincennes district, entered on the sev-  
enth day of September, one thousand  
four hundred and seven, and forfeited for  
non-payment agreeably to law, now claimed  
by me under the act of Congress, entitled  
"an act for the relief of purchasers of  
public lands, that have reverted for  
non-payment of the purchase money," the  
original certificate of the purchase of  
which, has been lost or destroyed. Given  
under my hand, this twenty-eighth day of  
March, one thousand eight hundred and  
thirty-four.

GABRIEL BERRY,  
for myself and the other heirs of  
Thomas Berry, deceased,  
July 5, 1834.—24-6t

### LAST NOTICE!

T HOSE who have unsettled accounts  
on the Books of the late firm of  
Doctors Kuykendall & Decker, are now  
requested for the last time to call and  
settle the same with the surviving partner by  
the first of October next, or they may expect  
that date expect to be put to the expense  
of adjusting the same with an officer.

As the undersigned is well acquainted  
with the business of the firm, and better  
able to adjust all accounts satisfactorily  
than an officer, it is hoped all will call, as  
I am determined to give no further indul-  
gence, and all must know I am compelled  
to close the books.

H DECKER, <i