

How to live happiest, how avoid the pains,
The disappointments, and disgusts of those

THE WAY

EXTRACTED FROM THE VILLAGER'S FRIEND AND PHYSICIAN.

As most of you are men who benefit society by your labours; gaining your livelihood by the sweat of your brows, you will not be surprised that I commence my instructions, with a few remarks on EXERCISE and LABOUR.

Toil and be strong. By toil the flaccid nerves
Grow firm, and gain a more compact tone.—ARMSTRONG.

Truly does this author say,
By health the peasant's toil
Is well repaid.

Exercise indeed gives strength to every fibre, and energy and spring to all the vital powers. In a word, man is rendered

Robust with labour, and by custom steel'd
To every casualty of life.

For strength is increased by being used, and lost by being too much hoarded. But I need not dwell on the advantages derivable from exercise, to you, who have experienced them whilst engaged in the labours, by which your families are supported. No! to you whose habits are those of industry, some few cautions against the excessive and irregular indulgence of those habits, will be more beneficial. Be assured then, that all violent and long continued exertions, even in your wonted labours, may not only prove of serious injury to your health, but will also lessen, rather than increase, the weekly provision for your family. Remember that the vital powers, the powers by which life is continued, can only be urged to a certain point, without injury. If nature be robbed of due repose now, she must repair the loss another time, or sink, overcome, exhausted of the *fine and subtle spirits*.

Purued too closely, e'en the gentlest toil
Is waste of health.—ARMSTRONG.

He who thus inconsistently, from motives of economy, extravagantly expends his health, may be said to labour hard to catch disease. For

He gets little for his pains,
Who sad disease by health gains.

The All-wise Disposer of all things has decreed the due exercise of our powers to be an inexhaustible source of pleasure; so that man returns to his daily toil with cheerful alacrity. But excessive exertions take away all zest for work, and no wonder, for if even too much pleasure will cloy, how much more must too much hard work. No! No! Take moderate meals of hard work, and then to it again with a relish for it. Think not, however, I mean to lull you into indolence; far from it.

Behold the wretch who slugs his life away,
Soon swallow'd in disease's sad abyss;
While he whom toil has braced, or manly play,
As light as air each limb, each thought as clear as day.—THOMSON.

Moderate and regular labour coils up the main spring of life, but wild and irregular sallies may break it. He that is steady is ever ready. Regular exercise will demand regular rest.

Can snore upon the flint, when resty sloth
Finds the down pillow hard.

Watch the steady pace of the sun, let his rising lead you to labour, and his setting to rest, or to rational amusement, for He who rests and labours by the sun,
His course of toil does fairly run.

Besides I have one truth to disclose to you, which perhaps you may have not discovered. Virtues may have bastards; and therefore industry may become the mother of drunkenness. For nature, urged too far, pants and seeks for rest; but her thoughtless driver spurs her on. The pernicious, the poisonous dram, is swallowed glass after glass, whenever the spirits flag; and thus he who gets a hard hand, too often gets a parched mouth. This as generally leads to the ale-house, as that does to the house of misery and disease. Consider a little, my friends, how little you gain by earning six shillings instead of four, when the publican gets one half of your earnings, and physic runs away with the rest.

But let us not pass the ale-house, without a word or two respecting the good cheer it affords. Most of us are pretty well acquainted with the delightful refreshment a glass of ale yields, when a man is fatigued. Well would it be if we all knew, as well, the mischiefs arising, from taking a little too frequently, what is called a *little drop*, so that we might be sufficiently on our guard against that insidious enemy, the love of drink. This is an enemy against whom you should always be on your guard, for he uses every trick of war: sometimes he comes on by slow and unheeded approaches; sometimes his attacks are open and violent; and oftentimes he will fight under false colours, and whilst he is received as a friend, cruelly deprive those he has deluded of every comfort, and at last of life itself. He, who, being engaged in works of labour, flies to liquor for a spur, whenever nature droops from too great exertion, makes terrible havoc with himself. Nature, before worn down, is now forced and strained by these unnatural efforts; and if these be often repeated, the shattered nerves will show the vast damage they have suffered. Tremblings, sinking of the spirits, sleepless nights, and days of dreadful listlessness will be the forerunners of some deadly malady.

You will perhaps be at first surprised at the assertion, but you will, on reflection, I am sure, agree in its being well founded, that the cautious, but frequent sipper, is more exposed to be overtaken by disease, in consequence of indulgence in his favourite habit, than he who revels openly and unguardedly. The former generally allows the elevation he has experienced from his first sip to subside before he takes his second, and that of the second before he takes his third: thus, gradually instilling the poison into the system, he has not the warning of intoxication to apprise him that, although he exultingly applauds himself for his extraordinary self-denial, the quantity he has sipped exceeds that, which taken by his neighbour with less management, has levelled him to the ground, and rendered him the object of our cautious sipper's harsh reproof. The more bold and shameless drunkard finds a monitor, though generally too little regarded, in every drunken bout: the



BY JAMES PARKINSON.

beastly situations in which he is placed by them, and the sufferings which succeed, are not entirely unnoticed:

He sleeps, and waking finds himself undone;
For prodigal of life, in one rash night,
He lavished more than might support three days.—ARMSTRONG.

Loud but weak resolves are uttered—such filthy excesses
Are never more to be committed.

Ah, sly deceiver! braving o'er and o'er,
Yet still believed! exulting o'er the wreck
Of sober vows!

Drunkenness, my friends, that vice, or rather let me say, that crime which engenders all other crimes, is a baneful curse, wherever it falls. It degrades man below the meanest reptile, renders his sober hours irksome beyond bearing, brings on the most dreadful diseases, and at last places him on a death-bed, the pillow of which is filled with thorns. Dreadful is this picture, and many of you must feel its truth. But how, you ask, shall we profit by it? How shall we rid ourselves of such a dangerous foe? Not by trifling with him—not by gentle resistance—not by endeavouring gradually to disengage yourself from his horrid gripes. No, an enemy, so formidable, must be firmly and strongly opposed—not an inch must be yielded to him. Consider if you break not his neck he will break yours, and perhaps the hearts of those who are dearest to you. Call to your aid self-love, as well as regard and compassion for your family, who innocently suffer for your indiscretions. Crave the support of reason and religion.

Let god-like reason, from her sov'reign throne,
Speak the commanding word—I will—and it is done.—THOMSON.

Do not be lulled into a false security, founded on one or two incorrigible drunkards enjoying seeming health, for they own not what they suffer; but judge from a larger scale. Look back to the latter days of all the votaries of Bacchus that come within your recollection, and then you will discover, that in general the wine-bibber is doomed to the torments of the gout, or of the stone or gravel; the dram-drinker becomes bloated with dropsy, and the swiller of beer stained with jaundice.

Tinged with her own accursed gall,
The yellow fiend

I am sure if you will but reconsider what has been said, although you may accuse me of preaching, you will not regard a drunken bout as a trifling matter. Look back but to the last adventure of this kind, and strive to

—recollect
What follies in your loose ungovern'd hour
Escap'd. For one irretrievable word,
Perhaps that meant no harm, you lose a friend;
Or in the rage of wine your hasty hand
Performs a deed that haunts you to the grave.
Add that your means, your health, your parts decay;
Your friends avoid you; brutally transform'd,
They hardly know you; or if one remains
To wish you well, he wishes you in heaven.—ARMSTRONG.

Besides, he who drinks much can eat but little; and strength is never gained by starving; and one shilling spent with the butcher is better than two with the publican. Moderation is indeed always commendable, but there is little fear that the labourer will kill himself with cramming; for hard work and hard fare too often go together, and industry seldom mingles with gluttony. Indeed it cannot be denied that

Gross riot treasures up a wealthy fund
Of plagues, but irremediable ill
Attends the lean extreme.—ARMSTRONG.

I am not one of those who can calculate to a grain, with how little a man may keep life and soul together, but yet I cannot refrain from cautioning you against waste, and reminding you that, good housewifery will make one pound go as far as two.

One species of indulgence I must however warn you against—the taking too freely of spices with your meals. Mustard, pepper, &c. substances of so fiery a nature, that if applied pure to the skin, would soon excite a considerable degree of inflammation; or which, if blended with milder substances, and applied frequently, would harden the skin, and deprive it of its healthful sensibility, are taken into the stomach with as little caution as though they were as mild as milk, and without considering that effects, similar to those they produce on the skin, succeed to their application to the stomach.

The substances of which we are speaking, taken into the stomach, even in the quantity in which they most frequently are used, render the stomach less sensible to the calls of nature, and less capable of performing its function of digesting the food: at length heart-burn, sour risings, painful oppressions and cramps of the stomach show that weakness of this organ is produced, in consequence of its having suffered too much irritation.

The stomach urged beyond its active tone,
Hardly to nutrimental chyle subsides
The softest food.—ARMSTRONG.

You cannot be too watchful against the increase of this practice, for he that gratifies his taste, without the limitation of prudence, knows not where he may end.—He that begins with a grain may end with a pound. Now my friends, although you may not think it worth your trouble to balk your taste for such a trifle, as you may esteem health to be; at least, let your children have fair play, and do not bring them into the slaves of such evil habits. Let your diet be plain.—He that breakfasts on milk; dines one day on animal food, and the other on pudding, &c.; and sups lightly on milk, pottage, &c. may with reason hope for health. Therefore

Let temperance constantly preside;
Your best physician, friend and guide.—ARMSTRONG.

But man is not made merely to eat, drink, and toil. A spark of intellectual fire is placed by his great Creator in his breast. If this be smothered and extinguished, life passes on dull and cheerless; but if fanned into flame, its genial influence pervades, and actuates every part of the system.

—from heaven it came,
Oh, prize this intellectual flame!
This nobler self with rapture scan;
'Tis mind alone which makes the man.—COTTON.

In proportion as the mind is cultivated, the enjoyment of nature's blessings is promoted, and the interest in life is augmented; and, which is particularly to our present purpose, the opportunities and the range of rational recreations are increased. Know that amusement is as necessary to health as labour; and that it is sometimes right

To frame your mind to mirth and merriment,
Which bars a thousand harms, and lengthens life.
—SHAKESPEARE.

But moderation in the enjoyment of pleasure is as necessary as in the prosecution of labour. You may if you choose make an amusement of labour; but never make a toil of amusement. Your amusement should be adapted to the nature of your employment through the day; thus, should you be exhausted by toil, choose some amusement where skill and dexterity is required, rather than labour; but if your employ in the day should have been accompanied with but little exertion, choose those sports which call the various muscles into exercise. Take care, however, that your sports bear not on the limbs which work has wearied. Let him whose arms are fatigued with wielding the pick-axe, and the ponderous hammer, amuse himself, when his task is over, with ranging in the fields,

Where sown profusely, herbs and flowers
Of balmy smell and healing power,
Their souls in fragrant dews exhale,
And breathe fresh life in every gale.
Here are thy walks, oh! sacred health;
The monarch's bliss, the beggar's wealth.—MALLET.

Here blooming health exerts her gentle reign,
And strings the sinews of the industrious swain.—GAY.

Whilst he whose occupations weary his legs and feet, should rather derive amusement from those sports which exercise his arms.

Bathing is a recreation, pleasant, refreshing, and highly salutary; fit for him who passes a sedentary life, as well as him who leads a life of labour. By this the skin is cleansed from hurtful matter which may collect on it, whilst the vessels are so strengthened by it, as to be enabled to resist disease. Observe that I here recommend bathing for the prevention, not for the cure of diseases; since our time will neither allow us to specify those numerous complaints which may be removed by it, nor those which prohibit its employment. I therefore can only say generally that, in health, it will prove beneficial, if used when the body is neither chilled nor much heated; but that in diseases depending on any altered structure of internal parts, it can never be had recourse to but with danger.

The amusements to which I have hitherto alluded are those adapted to the summer, when fine weather and long days give the opportunities of an hour or two of day-light for your enjoyment when labour is over. But in winter, a greater portion of time will be found free from the exercise of business, which want of day-light renders you unable to employ in out-door amusements. This portion of time is too commonly devoted to the ale-house; and this, it is frequently said, because your home can afford you no amusement. But let me point out an amusement or two, which I am confident, when you have made trial of for a little time, will yield you delight beyond any you have ever experienced, whilst smothering away life in that grave of happiness. Most of you have children, and if you are not devoid of affection for them, pleasures beyond expression will be derived from instructing them.

Delightful task! to rear the tender thought;
To reach the young ideas how to shoot,
And pour the fresh instruction o'er the mind.—THOMSON.

But you may say, that not having yourself received the advantages of education, you can communicate to them but little instruction. The instruction I however allude to, is such as the most unlearned may communicate. Trace over in your memory the various events of your past life; you will then see how you failed in your aim to do well, and also, why your endeavours sometimes succeeded. Communicate to your children the reflections which these observations create. Shew them the advantages of industry, civility, and sobriety; let them see the necessity and advantage of rendering themselves useful to those around them. Place before them particularly the policy of such conduct towards their employers: since he who renders himself useful to his employer, becomes necessary to him; and creates that attachment of his master, both from interest and for respect for his industry; that, if he engage also his affection by his civility and obligingness, the most advantageous and profitable consequences may follow. Point out to them the evils, which experience has taught you the necessity of avoiding. Put aside all false shame—own your youthful follies to them.—Show them the ill effects which followed, and confirm them in the resolution of shunning similar foibles; and, on the other hand, hold out to their imitation those actions which recollection is delighted in recalling. By this conduct, you will not only lead your children into a love of virtuous and industrious exertions, and take away the necessity of employing that correction which may rob you of their love; but you will actually excite their affections, make them love their father as their friend, and perhaps secure for yourself in age, that protection from your child, which you might otherwise have to seek from a workhouse. But to be assured of this, teach them to abhor cruelty to the brute creation; since the child who delights to torment any fellow-being, may be brought at last to view the sufferings of even a parent, with feelings worse than indifference. Be assured

That all the pious duties which we owe
Our parents, friends, our country and our God;
The seeds of every virtue here below
From discipline alone and early culture grow.—WEST.

The amusement which books afford, exceeds all others, which can be enjoyed by the fire-side, by those whose days have been laboriously exercised. But should this not be to your taste, or should your youthful progress in learning not have been sufficient to enable you to indulge in this delightful enjoyment; have not to reproach yourself with not having done all in your power, to enable your children to obtain the pleasures and benefits of reading. Consider at how trifling an expence you may procure them this

Who would in pleasure all their hours employ,
The precepts hear! ARMSTRONG.

TO HEALTH.

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useful and entertaining accomplishment, and that a few pence, a very few pence, weekly employed for this purpose, may better their situation through the whole of their life. By reading they will have their minds stored with precepts, instructive of the preservation both of their health and morals: they will become better members of society, be more confirmed in their duty to you, and be furnished with an inexhaustible source of amusement and reflection for every vacant hour; so that the tediousness of leisure shall not drive them to the ale-house for amusement. In their youth it will afford them amusement and instruction, and in age, comfort.

Nor do I go out of my way when I recommend reading to you; for I recommend it as a medicine, which, by its effects on the mind, will secure you from the attacks of some diseases which really originate from the mind not being sufficiently exercised; and also, as a remedy which will better enable you to beguile away the dreary hours of confinement, from almost any kind of malady. Nor is this remedy an expensive one, since there is one volume, the cheapest in the kingdom, which whether you seek to be interested by the plain facts of history, by the most pathetic descriptions and situations, or by the most marvellous and even miraculous adventures; whether your taste be for plain prose, or for the most sublime poetry: whether in your youth, you search for instructions for obtaining happiness; or in your age, solid and essential comfort, this one volume will afford it all.

Remember that, whether at work or at play, whenever the body is considerably heated or cooled, a change of that state must not be effected suddenly. A sudden exposure to extreme cold, when much heated, is so well known to be dangerous, as to require to be only mentioned here for the sake of reminding you. But a greater degree of danger is frequently produced by a practice, the ill consequences of which are not so generally known. When extremely chilled by exposure to bleak air, and perhaps to freezing sleet; when the blood is driven from the external upon the internal and vital parts, the practice is too common to drink freely of heating and spirituous drinks, and to hover close over the fire. The blood expanding by the heat, still farther distends the vessels in which it flows, its course being at the same time rendered more rapid by the strong and heating liquors; hence it is forced into vessels into which it ought not to flow, and there excites pain and dangerous disease.

In proof of the propriety of this caution respecting the too suddenly applying heat, after exposure to cold, I must inform you, that if any part of the body be so long exposed to the cold that it has become frozen, and in this frozen state, be brought near to the fire, a mortification will succeed, and the part will separate and fall off. But if the heat be most slowly restored, first by rubbing it with snow, then with water, then with a dry cloth or flannel, and lastly by allowing it to be exposed to the warm air, it will speedily be restored to its healthful state.

From what I have said, it may be inferred, that similar caution should be employed in restoring the warmth of the whole body, when chilled. The clothing, if wet, should be changed, and either moderate exercise should be persisted in until the heat is again restored, or the approach to the fire should be gradual. If the exposure has been long and the cold severe, it will be best to go to bed and drink freely of moderately warm barley-water or gruel, by which means heat will be gradually restored, and all dread of disease removed by a free perspiration. He, who wishes to get rid of life in severe agonies, should, when thoroughly wetted and chilled, dry himself by a large fire, and toss down a glass of spirits. It may be true, that many of you have done this repeatedly, without having sustained any injury; but that is no reason why you should persist in that which a little consideration must show you is certainly dangerous. This you may be assured of, that there would be less chance of injury from allowing the wet clothes to dry on the back, whilst continuing in exercise, than thus suddenly to expose yourself to heat, and to drink spirituous liquors when chilled with cold.

The first notice of mischief having been produced, by the too sudden change from one extreme of heat to the other, may not occur until several hours after, but then

Cold tremors come, with mighty love of rest,
Convulsive yawnings, lassitude and pains
That sting the burden'd brows, fatigue the loins
And rack the joints, and every torpid limb;
Then parching heat succeeds, till copious sweats
O'erflow.—ARMSTRONG.

The symptoms, thus accurately described, never occur but when some alarming disease, generally fever, is about to succeed. To prevent this should be your immediate endeavour, for

Prevention is the better cure;
So says the Proverb, and 'tis sure.

The means for accomplishing this, are those which have just been enumerated: warm diluting drinks should be taken freely, and even profuse sweating should be promoted by the aid of a treacle posset, or white-wine or vinegar whey, and by breathing under the bed-clothes.

Since injury, from exposure to the inclemencies of the weather, is in a great measure prevented by the due management of the clothing, attention to a few words on this subject may be well repaid. Observe the horse and other cattle, and you will perceive, that as the winter sets in, nature furnishes them with warmer clothing. Profit by the observation, and adapt your clothing as neatly as you can, to the change of seasons in this variable climate. Take care also that your clothing be regularly disposed, not much thinner in one part than another; for how absurd is it to wrap the body in thick woollen, and to cover the legs with stockings of thin texture. If liable to pains in any particular part, that part indeed may be aided by additional clothing, and particularly by the wearing of flannel next to the skin; but with this, and indeed with every part of the clothing which applies immediately to the skin, the utmost cleanliness is necessary, not only for the sake of comfort but of health; since there cannot be a doubt that, fever itself may be generated by the filth suffered thus to accumulate.