

The Lancaster Intelligencer.

Volume XIX—No 20.

LANCASTER, PA., SATURDAY, SEPTEMBER 23, 1882.

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SATURDAY NIGHT.

A VIEW OF CURRENT MISCELLANY.

Some Topics That Invite Reflection—The Science and Art of Eating—Statistics of Intemperate Drinking, etc.

Chicago Inter-Ocean.

Cook books are numerous, and housewives are usually well supplied with private receipts. A sewing society is often a clearing house for that kind of domestic produce. With all the state fun poked at the American pig, fried steak, and hot bread, there is no country in the world where the food, taken as a whole, is so well prepared as in the United States. A few professional French cooks may excel, but with us the lady of the house can, if necessary, go into the kitchen and either do the work or give specific directions how to do it, and however often her servants may change, the stamp of her culinary acquirement is plain and constant. Of course, there are exceptions, but this is the rule, and it is one of the many evidences of American progress, intelligence, and good sense.

Far more attention has been paid to preparing than serving food. Cook books have been published in the last decade to fill a library, and many a choice recipe is still afloat, never having been reposed by any critic, in the kitchen of a housewife. If one wants to know how to cook any conceivable thing it is easy to get rules for it. But the science and art of eating have been almost wholly neglected. Familiarity with the customs of the country tells us that soup is a dinner dish, and that before meat and a few more things of that sort. In some countries custom makes soup a breakfast dish. Which is right is a question of science, and not of fashion. It is of great importance to health that food and drink should be taken in the proper combinations, seasons and ways. However good the food, if it is improperly served the general effect is bad. Dyspepsia is more the fault of ignorant and barbaric eating than of poor cooking. If the *Inter-Ocean* were to offer a premium to any kind of food, it would be for one that should serve substantially the same purpose in the dining-room that the usual cook-book does in the kitchen, and whoever will supply this want will deserve high rank among the benefactors of his country. The average American people eat, at the least calculation, 5,000,000,000 of meals a year, and the table and its surroundings are certainly very important. From the simplest lunch to the most elaborate dinner, with its long list of wines, a great deal depends both upon the service itself and upon those served.

There is no country in the world where the general average of food consumption is as high as it is in America, yet here there is much more ill health from eating than in any other country. It is surprising to be surrounded by good eaters. The man whose table companions are dainty ladies content with tea and toast, and puny children with no stomach for meat, is in danger of falling into vicious ways himself, and without knowing or suspecting the cause finds himself on the sick list. The doctor gives him a few pills, or prescribes a trip, thinking him overworked, when in point of fact he is simply undernourished. Shut in the morning, a loaf for dinner, and plenty of pastry, bread, butter, and still more stimulating food would work a speedy cure. The man is not worn out; the engine has not been properly stoked; that is the whole of it. The science of eating has been disregarded. They look for dinner, and plenty of it, and do very well for kindling a fire, but for a steady flame something more substantial is required. If a strong man of good habits breaks down, in whole or in part, in middle life, it may be assumed that in all likelihood he is a victim of unconscious and gradual starvation.

Of course the understanding of any science is more important than the mastery of all arts, but it is of very great moment to the enjoyment of life to know just what one is eating, and to know that daily wants a luxury. The man who bolts his meals as if he were performing an irksome duty or simply filling a gap, robs himself of a perpetual source of wholesome pleasure. It helps digestion to be in the best sense a self-critic. Heretofore the science of eating has been almost entirely neglected. It is impossible to draw an exact line between the science and the art of eating, and at the ideal dining table they will so blend that none of the technicalities of either observation or observation. Indeed, one of the fundamental rules of the art is that the laws of supply and demand at the table shall execute themselves with the least possible observation. An obstructive attention to details on the part of anyone on such an occasion marries the artistic effect of a good dinner. In this, as in dress, anything "loud" or out of harmony with the general surroundings is in bad form.

Statistics of Drunken Drinking.

The *Christian Index* not long since compiled a table showing the ratio of drinking saloons to population in the various states, and the information was relied upon in preparing it does not appear, but it is sufficiently striking—not to say surprising—in its results to be given in full. The number of population to each bar room is as follows in each state: Alabama, 668; Arkansas, 534; California, 90; Colorado, 76; Connecticut, 235; Delaware, 232; Florida, 653; Georgia, 617; Illinois, 267; Indiana, 380; Iowa, 372; Kansas, 597; Kentucky, 439; Louisiana, 290; Maine, 791; Maryland, 293; Massachusetts, 245; Michigan, 350; Minnesota, 311; Mississippi, 654; Missouri, 377; Nebraska, 487; New Hampshire, 336; New Jersey, 179; Nevada, 65; New York, 192; North Carolina, 708; Ohio, 265; Oregon, 170; Pennsylvania, 203; Rhode Island, 590; South Carolina, 900; Tennessee, 522; Texas, 549; Vermont, 812; Virginia, 683; West Virginia, 817; Wisconsin, 304.

From the temperance standpoint, the state which ranks highest is the much maligned South Carolina, while Nevada takes the lowest place. Of the older states, only those of New York, New Jersey, Louisiana and Massachusetts have the largest quota of "rum holes" in proportion to population. Maryland cannot boast of her want of drinking facilities. It is a little surprising to find Maine in the credit with more bar rooms, relative to population, than either West Virginia or South Carolina, where there is no prohibition of liquor selling. The facts presented in the table are susceptible, however, of various interpretations. It will be observed that the drunken drinking states are those that are wealthiest. This coincidence is significant. It may be held that it takes a certain amount of diffused wealth to support a bar room, and that in the wealthier states a smaller number of persons possess the necessary aggregate amount of money. In the poorer states the inclination to use a stimulant may perhaps exist in full force, but the surplus cash to expend in drinks is harder to get. A perverse logician might argue that the fact that there are such drinking facilities most abundant there wealth also abounds

is a proof that alcoholic drinks conduce to prosperity. A sounder reasoner would however, simply infer that the numerous dram shops are a perverse consequence, and not a cause of the prosperous state of a people.

BRAIN STIMULATION.

A Choice Between Smoking, Drinking or Scratching the Head.

Dr. Breunton in the Contemporary Review.

The association with the fact that there are two large nerves of sensation known as the "fifth pair," which are distributed to the top of the head and face, and to the mucous membranes of the mouth, nose and eyes. These nerves are closely connected with the nerves which control the action of the heart and of the blood-vessels. By their stimulation, the blood's action may be increased. This explains the fact that application of cold water or cold air to the face is one of the best means of reviving a person who has fallen in syncope. It is a curious fact that people of all nations are accustomed, when in any difficulty, to stimulate one or another branch of the fifth nerve, and quicken their mental processes. Thus some persons, when puzzled, scratch their foreheads; and others stroke or pull at the hair, thus stimulating the occipital, frontal, or other branches of these nerves. Many Germans when thinking, have a habit of striking their fingers against their nose, and thus stimulating the nasal cutaneous branches. While in other respects some people stimulate the branches distributed to the mucous membrane of the nose by taking snuff. The late Lord Derby, when translating Homer, was accustomed to eat figs while composing a leading article; another will use chocolate cravens; others will smoke cigarettes, and others sip brandy and water. By these means they stimulate the lingual and vocal branches of the nerve, and thus reflexly excite their brains.

Alcohol appears to excite circulation through the brain reflexly from the mouth, and to stimulate the heart reflexly from the stomach even before it is absorbed into blood. Shortly after it has been swallowed, however, it is absorbed from the stomach and passes with the heart, to the brain, and to the other parts of the nervous system, upon which it begins to act directly.

DEFENDING MR. BREWSTER.

A New Version of the Episode at the Washington Club in Which the Attorney General Fought the Senator.

Some time since while the Star Route cases were in progress of trial, there appeared in the Washington Critic an article stating that Attorney General Brewster entered the rooms of the Washington club in a state of beastly intoxication, and there conducted himself in a manner unbecoming a gentleman. It also stated that Mr. Brewster was introduced to ex-Senator S. W. Dorsey, and in a drunken freak of friendliness threw his arms about Dorsey's neck. Among the gentlemen named by the Critic at that time as being present, and who Mr. Chamberlain, the author of the statements contained in the article, were Haywood Hutchinson, Mr. Olmstead and J. W. Bosler, of Carlisle, Pa. On the 14th inst, another article appeared in the Critic stating that while in Washington on a recent visit, Mr. Bosler had said to a number of friends that the statements published concerning Mr. Brewster's action at the Washington club were true. Mr. Bosler arrived in Philadelphia on Thursday afternoon and was questioned by a *Post* reporter as to the truth or falsity of these charges. "Have you any objections to relating the incidents of the meeting between Attorney General Brewster and ex-Senator Dorsey at the Washington club, about which has been said?" was the first question asked. "No," was the reply. "Will you state whether or not the statements published in the Critic are true or false?" "There is no foundation for the exaggerated statements published in the Critic; they were nearly all made out of whole cloth."

"What did actually occur?" "At about half after two o'clock in the afternoon, instead of the night, as was alleged, I was sitting in the front parlor of the Washington club, house talking to a gentleman when Mr. Brewster entered and in his usual cordial and dignified manner stepped up and shook hands with me, and after a minute's conversation invited me to join him in some refreshments. On our way we met Mr. Chamberlain, who joined Mr. Brewster and myself. After standing and conversing for a few minutes Mr. Chamberlain introduced the attorney general to Haywood Hutchinson and Mr. Olmstead. Mr. Dorsey was seated. Mr. Brewster then said to me, 'I have not been introduced to this gentleman.' Then I myself presented him to ex-Senator Dorsey. Mr. Brewster took a seat, and in a gentlemanly and polite way, as is usual with him upon all occasions, held a few minutes' conversation with me, and then turned upon me a long and elaborate variation upon general topics. There was no hugging or impropriety of any kind. I suppose Mr. Brewster was not in the room over ten minutes, and nothing was said by either party that could be subject to criticism. I went with Mr. Brewster from there to the office, and my sign his name; remained perhaps half an hour, and am sure I discovered nothing in his manner or conversation that was at all extraordinary or that was not in keeping with his usual dignified demeanor. I am entirely satisfied that Mr. Chamberlain, Mr. Olmstead, Mr. Chamberlain and Mr. Dorsey, being all of the parties present, will bear me out in this statement. As to the statement that Mr. Brewster had said to me in his office, in Philadelphia, that the Star Route prosecutions were innocent, I have to say that I never heard of it, and that Mr. Brewster's office in Philadelphia has assumed the duties of attorney general, or had any conversation with him on the subject of his Star Route prosecutions."

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