

he has presented an unexaggerated view of the state of the Union, in the highest degree interesting and gratifying to every true American. This examination already begins to open the eyes of even Englishmen in England. So incontestable are its results on facts it is forcible that the very reviewers feel and acknowledge its luminous truth. The exposure of errors in general is wholesome; of those in particular the influence of which misdirect the council of a trading nation with whom we largely deal.

It seems to be of prime consequence that a country should know its resources and advantages. The moral effects resulting from this knowledge are seen in the quiet charm of contentment, the political acts felt in a sober and dignified firmness in their defense and wise management.—To know them on a larger scale we must resort to those works which treat them from the best authority.

The art of preserving pleasant Dreams.

By Dr. FRANKLIN.

Inscribed to Miss *****. Being written

at her request.

A great part of our life is spent in sleep, during which we have sometimes pleasing and sometimes painful dreams. It becomes of some consequence to obtain the one kind, and avoid the other; for, whether real or imaginary, pain is pain, and pleasure is pleasure. If we can sleep without dreaming, it is well that painful dreams are avoided. If, while we sleep, we can have any pleasing dreams, it is, as the French say, *bonne nuit*, so much added to the pleasure of life.

To this end, it is, in the first place, necessary to be careful, in preserving health, by due exercise and great temperance; for, in sickness the imagination is discomposed, and disagreeable, sometimes terrible ideas are apt to present themselves. Exercise should prevent meats, not immediately following them; the first promotes, the latter, unless moderate, obstructs digestion. If, after exercise, we feel sparingly, the digestion will be easy and good, the body lightsome, the temper cheerful, and all the animal functions performed agreeably. Sleep, when it follows, will be natural and undisturbed. While indolence, with full feeding, occasion night mares, and horrors inexplicable; we fall from precipices, are assailed by wild beasts, murderers, and demons, and experience every variety of distresses. Otherwise, however, that quantities of food and exercise are relative things; those who move much may, and indeed ought to, eat more; those who do little exercise, should eat little. In general, ranking, since the importance of cookery, eat about twice as much as nature requires. Suppers are not bad, if we had not dinner; but reflected nights naturally follow heavy suppers, after full dinners. Indeed, as there is difference in constitutions, some relish well after these meals; it costs them only a frightful dream, and an apoplexy, after which they sleep till noon-day. Nothing is more common in the newspapers, than instances of people, who, after eating a hearty supper are found dead in the morning.

Another means of preserving health, to be attended to, is having a constant supply of fresh air in your bed-chamber. It has been a great mistake, the sleeping in rooms exactly closed, and bed surrounded with curtains. No outward air that may come into you, so wholly conveys the uncleaned, often breathless, of a close chamber. As boiling water does not grow hot by longer boiling, if the particles that receive greater heat can escape, following bodies not properly, if the particles as fast as they become putrid, can be thrown off. Nature expels them by the pores of the skin and lungs; and, in a free open air, they are carried off; but in a close room, we receive them again and again, though they become more and more corrupt. A number of persons, crowded into a small room, thus spoil the air in a few minutes, and ever render it mortal, as in the Black Hole at Calcutta. A single person is said to spoil only a gallon of air per minute, and therefore requires a longer time to spoil a chamber full; but it is done, however, in proportion, and many putrid disorders hence have their origin. It is recorded of Methusalem, who, being the longest lived man, may be supposed to have best preserved his health, that he slept always in the open air; for when he had lived 500 years, an angel said to him, "Ere, Methusalem, and build thee an house, for thou hast lived yet 500 years longer." But Methusalem answered and said, "If I am to live but 500 years longer, it is not worth while to build me a house." I will sleep in the air, as I have been used to do." Physicians, after having for ages contended, that the sick should not be indulged with fresh air, have at length discovered, that it may do them good. It is therefore to be hoped, they may, in time discover likewise, that it is not hurtful to those who are in health.

and that we may be then cured of the *asthenia* that at present distresses weak minds, and makes them liable to be trifled and poisoned, rather than leave open the window of a bed-chamber, or put down the glass of a coach.

Confined air, when fumigated with perfidious matter, will not receive more; and that matter must exist in our bodies, and occasion disease; but it gives some previous notice of its being about to be hurtful, by producing certain uneasiness, slight indeed, at first, such as, with regard to the lungs, is a trifling sensation, and to the pores of the skin, a kind of reflexion, which is difficult to describe, and few that feel it know the cause of it. But we may recollect, that sometimes on waking in the night, we have, if warmly covered, found it difficult to get asleep again. We run often without finding repose in any position, loitering, to sit a vulgar expression, for want of a better, is occasioned wholly by an unseasoned skin, owing to the retention of the perfidious matter—the bedclothes having received their quantity, and being saturated, refusing to take any more; to become sensible of this, by an experiment, let a person keep his position in the bed, but throw off the bedclothes, and suffer fresh air to approach the part uncovered of his body; he will then find that part suddenly relieved; for the air will immediately relieve the skin, by removing, licking up, and carrying off the load of perfidious matter that impeded it. For every portion of cool air that approaches the warm skin, in receiving its part of that vapour, receives therewith a degree of heat, that warms and renders it lighter, when it will be pushed away, with its burden, by cooler, and, therefore, heavier fresh air; which, for a moment, supplies its place; and, then, being like-wise charged, and warmed, gives way to a succeeding quantity; this is the order of nature, to prevent animals being infected by their own perspiration. He will now be sensible of the difference between the part exposed to the air, and a party of dragons, in which seven of the former were killed, eleven wounded, and above one hundred taken prisoners.

We hear that a great mob of soldiers assembled at Boyle, in the county of Roscommon, and were proceeding to commit outrages, until prevented by the military quartered in that town, who were obliged to fire upon them, whereby nineteen of them were killed, and several taken prisoners; among the latter was a gentleman of family, who having run through his fortune, had joined and headed these misguided people.

At Manor Hamilton, in the county of Leitrim, a *bacchus* disturbance arose; a mob set upon an officer going through the town with a small party of the military, who were forced to fire in defence of their own lives.

"Eight of the rioters were killed, and several wounded, when the rest took to flight."

In the county of Wicklow we are informed, the peasantry have exhibited a like disaffection to the militia, as in the neighboring counties. Last week they assembled in a formidable body near Baltinglass, and sent a letter to Lord Aldborough, the Governor, inviting him to come and choose from among them such as he should think proper. His Lordship, apprehending for his personal safety, prudently declined obeying the requisition.

1. By eating moderately, (as before advised for health's sake) less perfidious matter is produced in a given time; hence the bedclothes receive it longer before they are saturated; and we may, therefore, sleep longer, before we are made uncomfortable by it.

Here, then, is one great and general cause

of unpleasant dreams: for, when the body is uneasy, the mind will be disturbed by it, and disagreeable ideas of various kinds, will, in sleep, be the natural consequences. The remedies, preventive and curative, follow:

2. By using thinner and more porous bedclothes, which will suffer the perspiration more easily to pass through them, we are less incommoded, being longer tolerable.

3. When you are awakened by this uneasiness, and find you cannot easily sleep again, get out of bed, beat up and turn your pillow, shake the bedclothes well, with at least twenty strokes, then throw the bed open, and leave it to cool; in the mean while, continuing undisturbed, walk about your chamber, till your skin has had time to discharge its load, which will do sooner, as the air may be drier and cooler. When you begin to feel the cold air unpleasant, then return to your bed; and you will soon fall asleep, and your sleep will be sweet and pleasant.

All the scenes presented to your fancy will be of the pleasing kind—I am often as agreeably entertained with them, as by the scenery of an opera.

If you happen to be too indolent to get out of bed, you may, instead of it, lift up your bedclothes with one arm and leg, so as to draw in a good deal of fresh air, and by letting them fall, force you out again. This repeated twenty times, will well clear them of the perfidious matter they have imbibed, as to permit your sleeping well for sometime afterwards. But this latter method is not equal to the former.

Those who do not love trouble, and can afford to have two beds, will find great luxury, in rising when they wake at bed-head, and going into the cool one. Such shifting of beds would also be of great service to persons ill of a fever, as it refreshes, and frequently procures sleep. A very large bed, that will admit a removal, to obtain from the first situation, as to be cool and sweet, in a degree, anter the same time.

One or two observations more will conclude this little piece. Care must be taken, when you lie down, to discompose your pillow.

What physicians call the *pernicious matter*, is that vapour which issues from our bodies, from the lungs, and through the pores of the skin. The quantity of that we eat and drink, is to suit your capacity of placing your head, and to be perfectly easy: then place your limbs so as not to bear inconveniently, the load upon one another, as, for instance, the joints of your ankles: for, though a bad position may at first give but little pain, &c. hardly noticed, yet a continuance will render it less tolerable; and the uneasiness may come on, while you are asleep, and distract your imagination.

These are the rules of the art; but tho' they will generally prove effectual in producing the end intended, there is a *cafe*, in which the most painful obnoxious of them all will be totally banished. I need not mention the *cafe* to you, my dear friend: but my account of the are would be imperfect without it. The *cafe* is, when the person who deports to have pleasant dreams, has not taken care to preserve, what is necessary about all things.

A GOOD CONSCIENCE.

DUBLIN, (Ireland) May, 30.

Lancers, received yesterday in town from Enniskillen, state, that a recruit took place that quarter on Tuesday between a party of rioters, amounting to some thousands, assembled to oppose the magistrates of the county, in carrying into effect the militia act, and a party of dragoons, in which seven of the former were killed, eleven wounded, and above one hundred taken prisoners.

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BALTIMORE, August 2.

Wednesday last, arrived at this port, the Sampson, Capt. Joshua Barker, and Francois, which left St. Marc. On the 10th he bound for St. Marc. On the 11th he was bound by an English privateer, the Flying Fish, Capt. Gibson of New Providence; but, in the flight, he was perfectly satisfied that the whole of the cargo, as well as the ship, was American property—that the ship's papers and other papers, were so full and explicit, as to preclude every possible suspicion of falsehood: And, therefore, with a becoming candour, he permitted Capt. Barney to proceed. On the 12th, at the entrance of St. Marc, the Sampson was boarded by the hosts of three other privateers—The Brig Mary, Capt. M'Fiver, the schooner Carlew, Capt. Bowie, and the sloop Heclaets, Capt. Brown: The officers of these privateers, Capt. Barney suspiciously perceived, were ably principles very different from those of Capt. Gibson: In obedience to the orders of the French passengers who had taken sanctuary in the vessel, and expected their protection, as far as it was natural to give it, during the passage to Philadelphia. Some of those have been committed to jail, and will be treated as the law directs. The trials against them were principally confined to the discovery of Gold Watchers, and other property belonging to the passengers, which were detected in their chests.

NEW YORK, August 10.

AGREABLY to notice given, the citizens met at the field on the first inst., and resolved to address Citizen GENET, Minister Plenipotentiary of the Republic of France, on his arrival in this city; also to have the bells ring, & a salute fired. To effect these purposes in proper style, they appointed a committee of forty citizens.

On Wednesday morning Citizen Genet arrived at Wall-street, when a large number of the citizens of the field on the first above committee, was expected to conduct him over.

At 11 o'clock, A. M. the bells rung, and the citizens repaired to the battery, where our goell was landed about 12, under a salute from the battery, displayed flag, and the continual buzzes of a large concourse of people. Here the general committee, and a committee from the French citizens, received him, and conducted him, in procession, up Broad-way, and down Wall-street, to the Tontine Coffee House, where an address and answer were presented, and many other compliments paid.

We learn that they write from Halifax, that the *Leader* of that town gave a splendid hall to Captain Courtenay and his officers previous to their sailing, and that they promised the crew *bon gaine* each if they would carry the *Amazzone* into that port.

MIDDLE TOWN, August 17.

Extract of a letter from a gentleman in New York, dated Augt. 14, 1793.

Citizen Genet had directed some privateers to be fitted out in Philadelphia, but was informed by the Executive, that it could not be permitted, as no such right of piracy was given by the treaty, to France.

He could not, however, be reengaged, as the French government, and the citizens of New York, were anxious to have him serve, and that he was to be repaid for his services.

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LANSINGBURGH, August 6.

About three weeks since Mr. Hart from Nipponia was passing through Schenectady on his way to the Susquehanna; and, to diffuse alarm, took his course thro' woods by marked trees; but before he had proceeded far into the woods, he was hit in one of his legs by a large snake; after killing the snake he continued to his camp, and proceeded to his fortification.

He was soon after attacked by a party of Indians, who, after a fierce struggle, captured him, and carried him off to their village, where he was tortured, and suffered a severe punishment.

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