

ritories not having made appropriations to pay for legal expenses, as they are ordinarily bound to do; and in order to correct that it was suggested that the appropriations which Congress usually made for the legislative expenses should be upon the contingency that these judicial expenses might be paid out of that fund.

Mr. EDMUNDS. Has the senator the statute before him?

Mr. MORRILL, of Maine. I have. The law reads:

"For legislative expenses, namely, for compensation and mileage of members of the Legislative Assembly, officers, clerks, and others, \$23,400; and this appropriation may be used under the direction of the Department of Justice to defray the judicial expenses of the supreme and district courts of said Territory."

Mr. EDMUNDS. That being the state of the law, as I thought it was as to this particular Territory, the only one in which any difficulty appears to occur, I wish to inquire of the chairman of the committee whether the sum appropriated by the act which he has read has been used for that purpose or whether it has been used for paying the legislative expenses of the Territory; so that in result we pay the legislative expenses of the Territory, and also pay for administering their local law?

Mr. MORRILL, of Maine. We have used so much and want so much more.

Mr. EDMUNDS. If the Senator is sure of that then we are right, except that we ought to impose a tax upon the people of that Territory to make it up.

Mr. SARGENT. I am sure that the Legislature refused to receive any pay. They refused to themselves any pay, and they served without it.

Mr. EDMUNDS. Of course, for aught I can see, this appropriation must be made, but the result is that in this Territory, as distinguished from the other Territories of the United States, we contribute the sum of \$5,000 for this last year as a deficiency toward paying the expenses of the local administration of the law out of the Treasury of the United States, which we do not do in other Territories.

Mr. SARGENT. This is for prosecutions under United States laws, by United States officers, and before jurors selected under a peculiar jury law which we have applied to Utah and to which they have objected.

Mr. EDMUNDS. That is perfectly true, because we found we could not have a jury law in Utah which would do anything without it; but the result is exactly the same, and that is, for administering the local law of Utah in the way that Congress believed it ought to be administered, by this means, instead of the people bearing the expense as they do in the other Territories, the Treasury of the United States to that extent, in addition to what we have appropriated for their legislative expenses, is to bear it.

Mr. SARGENT. It grows out of the anomalous condition of Utah, unquestionably.

Mr. EDMUNDS. That does not make it any better in point of taxing the people of the United States for it.

Mr. SARGENT. I admit it is very bad.

The PRESIDENT *pro tempore*. The question is on the amendment of the committee.

The amendment was agreed to.—*Congressional Record*.

A Byway to Health.

"Nobody ever repented of eating too little" was the sage remark of an old gentleman on the verge of ninety, next to whom the writer had the pleasure of sitting at dinner the other night. The host was pressing him to take more, and urging him in the usual phrase, "Why you have eaten scarcely anything!" Now it is to be assumed that the old gentleman's words indicated one of the byways to good health along which he had traveled through his long life, and to which he owed his present remarkable hearty condition; so it was suggested to him interrogatively that he had always been a small feeder. "Yes," he answered, "ever since I was two or three and twenty; up to that time I was a weakly fellow enough, and I used to make the great mistake of trying

to eat and drink as much as I could in the hope of becoming strong. All my friends and the doctors backed me up in my error; but fortunately I found it out in time, and 'knocked off'—as your modern slang has it—more than half my usual amount of food and stimulants. I gave up the idea of making myself strong and merely strove to make myself well, and I was contented with eating just as much as I could digest and no more. Of course it took a little time and experience to discover the precise limits; I could not adopt the golden rule of always leaving off with an appetite because I never began with one, but by persistently erring on the right side I got hold of one of the great secrets of life—the secret of knowing when one has had enough, and after a year or two I became so much better that I used to find myself keenly ready to eat at meal time, and by degrees actually acquired an appetite. This, once found, I never destroyed it but always determinedly rose with a feeling that I should like to eat more. Naturally the temptation for a while grew greater as my digestion grew stronger; but I was firm; I did not behave ungratefully to my stomach, and immediately presume upon its increased powers by overloading it; I did not live to eat, but only ate to live; and behold me! I have no need to be very particular as to what I eat, even at my time of life; I have only to be careful not to eat too much." Here indeed is the secret of a great deal that is amiss with many of us. We are in the habit of eating too much, more than our digestive powers can tackle, and that which is not assimilated is more or less poisonous. The system becomes overcharged, and gives any latent tendency to disease within us every facility for developing itself. The question is, not so much what to eat as what quantity to eat; and nothing but a sharp lookout kept by ourselves upon ourselves can give us the answer.—*Tinsley's Magazine*.

Puritans and Quakers.

To the Editor of the Times:

I send a copy of a letter which is characteristic and seems to prove pretty clearly that Puritanism "is the one thing needful," and that even to the present day our New England leopards have not muchly changed their spots. The letter was written by Cotton Mather to "ye aged and beloved Mr. John Higginson," and dated September 15, 1682:

"Where bee now at sea a shippe (for our friend Mr. Esaias Holcraft of London did advise me by the last packet that it wolde sail sometime in August) called ye Welcome, R. Greenaway master, which has aboard an hundred or more of the hereticks and malignants called Quakers, with W. Penne, who is the chief scampe, at the hedde of them. The General Court has accordingly given secret orders to Master Malachi Huxett of ye tug Porpoise to way laye the said Welcome as near the coaste of Codde as may be, and make captivie ye said Penne and his ungondlie crew, so that the Lord may be glorified and not mocked on ye soil of this new countrie with ye heathen worshipspe of these people.

"Much spoyle can be made by selling the whole lotte to Barbadoes where slaves fetch good prices in rumme and sugar, and we not only shall do ye Lord great service by punishing ye wicked, but shall make great gayne for his ministers and people.

"Master Huxett feels hopeful, and I will set down the news he brings when his shippe comes back.

"Yours in the bowels of Christ,
"COTTON MATHER."

I have been told also, and perhaps you can tell me with what truth, that the Astor Library, of New York, contains an original letter from Governor Hudson to the captain of the *Mayflower*, offering him £1,000 not to land his Pilgrim cargo at Manhattan, as he had been advised that they were chiefly "a bad lot."

—*Philadelphia Times*.

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