

SUMMER DRINKS.

There is nothing but water capable of satisfying the thirst. All other drinks, therefore, taken for this purpose, answer it only in proportion to the quantity of this fluid they may contain. Water, if pure, may be drunk at all times, and in almost any quantity with impunity. The manner of drinking it, however, is of no little importance. If gulped down in large quantities it may, by suddenly filling the stomach, so dis-tend it as to produce a pressure not only painful, but subversive of the functions of that and of other internal organs. If, moreover, the water thus swal-lowed be excessively cold, and the body unduly heated, a fatal shock may result from the instantaneous change of temperature. Thus cases are recorded of death from this cause. These, how-ever, do not occur as often as was once supposed, and most of those fatal results before attributed to drinking cold water are now supposed to be owing to the joint effects of heat and fatigue, or to what is ordinarily termed a sun-stroke.

Water may be drunk in its coldest degree of temperature, and in the largest quantity the thirst may demand, by any person; whatever may be his state as to health or illness, heat or cold, provided it is swallowed gradually. By sipping not only is the desire for drink more thoroughly gratified, but all danger avoided.

Iced water, when properly drunk, is unquestionably the best of all summer drinks; but there are others which, if indulged in moderately, may be allowed. The ordinary soda-water—or water im-pregnated with carbonic acid gas—is a not unwholesome beverage, although it is often made so by the syrups, spirits, and other concoctions mixed with it. The various fruit syrups, if genuine, may, when well diluted with water, be safely taken. The sugar, however, they contain so abundantly, and which according to the chemists is a great heat-producer, makes them unfit for constant summer drinking.

Science condemns the use, particu-larly in hot weather, of all the spiritu-ous drinks, as brandy, gin and whiskey. These, according to some chemical phi-losophers, may be of advantage to those exposed to the severe cold of winter. Others deny that they can ever be use-ful, and assert that they always act upon the brain and nerves as direct poi-sons. Both then, are agreed in con-demning them as summer drinks. Liebig and his followers give this as the reason: Alcohol, the chief constituent of all spirituous drinks, is mainly com-posed of carbon, which is the fuel re-quired by the body to keep up its ani-mal heat. In summer, of course, but little of this fuel is required—much less than in winter. If, however, a large quantity is supplied, there will be an excess, which is left unconsumed, and remaining in the body without use does harm in various ways. Drinking alcohol, therefore, which contains a great deal of carbon, in summer, is supplying the body with more of this fuel than it requires, and is in conse-quence a harmful practice.

The French wines, if stimulants are at all required, are the best, because they are the purest and the weakest. The American practice of putting lumps of ice into them, which so sur-prises all European connoisseurs, is not a bad one, for most of the foreign wines imported into this country are brandied to suit the supposed strength of head of our countrymen, and will largely bear dilution.—Harper's Bazar.

HISTORICAL RECORD.

The following is a list of Presidents and Vice-Presidents of the United States as well as those who were candi-dates for each office; since the organi-zation of the Government:

1789—Geo. Washington and John Adams; two terms without opposi-tion.

1797—John Adams, opposed by Thomas Jefferson, who having the next highest electoral vote, became Vice-President.

1801—Thomas Jefferson and Aaron Burr, beating John Adams and Charles C. Pickney.

1805—Thomas Jefferson and Geo. Clin-ton, beating Charles C. Pickney and Rufus King.

1809—James Madison and Geo. Clin-ton beating Charles C. Pickney.

1813—James Madison and Eldridge Gerry, beating DeWitt Clinton.

1817—James Monroe and Daniel E. Thompson, beating Rufus King.

1821—James Monroe and Daniel E. Thompson, no opposition, and only one dissenting vote.

1825—John Q. Adams and John C. Calhoun, beating Andrew Jackson, Henry Clay and Mr. Crawford, there being four candidates for President, and Al-bert Gallatin for Vice-President.

1829—Andrew Jackson and John C. Calhoun beating John Q. Adams and Richard Rush.

1833—Andrew Jackson and Martin Van Buren, beating Henry Clay, John Floyd and William Witt for President, William Wilkins, John Sargent and Henry Lee for Vice President.

1837—Martin Van Buren and Richard M. Johnson, beating William H. Har-rison, Hugh L. White and Daniel Web-ster for President and John Tyler for Vice President.

1841—William H. Harrison and John Tyler, beating Martin Van Buren and I. W. Tazewell. Harrison died one month after his inauguration, and John Tyler became President for the remain-der of the term.

1845—James K. Polk and Geo. M. Dal-las, beating Henry Clay and Theodore Frelinghuysen.

1849—Zachary Taylor and Millard Fil-more beating Lewis Cass and Martin Van Buren for President, and William O. Butler and Charles F. Adams for Vice President.

1853—Franklin Pierce and William R. King, beating Winfield Scott and W.A. Graham.

1857—James Buchanan and John C. Breckinridge, beating John C. Fremont and Millard Fillmore for President, and William L. Dayton and A. J. Donelson for Vice President.

1861—Abraham Lincoln and Hanni-bal Hamlin, beating Stephen A. Doug-las, John Bell and John C. Breckinridge for President, and Edward Everett, Herschel V. Johnson and Jos. Lane for Vice President.

1865—Abraham Lincoln and Andrew Johnson, beating George B. McClellan and George H. Pendleton.

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