

## MARYLAND GAZETTE,

Containing the freshest Advices, Foreign and Domestic.

WEDNESDAY, January 27, 1748.

From a late MAGAZINE.

Of DIET in general, and the bad EFFECTS of TEA-DRINKING, in a Letter from a South-Briton.

THE matter of Diet, in every country, consists chiefly of such animals and vegetables which experience has proved to be most salutary, without giving any disturbance to the body. Some other articles are generally added in our Diet for the sake of pleasure. Animal food is of the nicest kind, for nourishment and pleasure also, while the appetite lasts; but when that is satiated, meat is too rich to be continued any longer out of pleasure. Fish indeed is of a lower and poorer nature; yet even that is sufficiently rich to clog the appetite, before the stomach can be said to be full. Vegetables may be eaten after either: For there are very few so satiating, but a person may fill his stomach with them, after his appetite has been satisfied with fish or flesh. Hence we may observe, that no Diet which is very nourishing, can be so salutary; because those parts, which nourish, are oily and satiating, as fish, eggs, &c. but that Diet which is less nourishing, may, as vegetables in general. There is, however, a very great difference in vegetables; some are of oily parts, and very nutritive, such as peas, beans, almonds, wheat, barley oats, &c. some less nutritive, and less oily, as turnips, carrots, parsnips, Jerusalem artichokes, potatoes, cabbage, spinnage, salating. Other vegetables which are eat for pleasure, have the least oil in them, and nourish the least of all; as apples, pears, plumbs, gooseberries, currants, and all the juicy fruits. Providence has furnished every country with a mixture of these pleasant things, along with those which are for our real support; and those which grow in every country, either spontaneously, or by culture, are generally speaking, most friendly to the inhabitants. This seems to be a matter of necessity; for as we see the different climates frame very different appetites and constitutions; so it is very natural to expect, that our produce for food, in this cold northern isle, should be unfit for those in the warm southern parts. A pound of roast beef, and a quart of ale, which is a common meal for a hearty man here, could hardly be eaten by, or if eaten, might endanger the life of an *East-Indian*. On the other hand, a piece of sugar cane, and a cup of water, which is a very good meal there, would reduce an *Englishman* some pounds lighter, and much weaker, in a few days: So that our Diet should undoubtedly be of home growth, unless it be of the grain or pulse kind; which grows in all climates, either naturally, or by cultivation.

WHEN *Englishmen* go the *East-Indies*, the Diet there is so different from ours, that notwithstanding the *English* on the spot have naturalized it as much as possible, yet multitudes die; which I don't impute to the heat of the climate only, but to the Diet, which is unnatural to an *English* constitution, especially that which is used for pleasure. Here it may be observed, that the disorders which happen to *Indians* upon using our country Diet, are of the inflammatory sort; and the disorders which happen to the *English*, upon using theirs, are of the colligative sort. This shews that our Diet is richer and stronger than theirs; and that a changing of ours for theirs, does not only hazard our health, but curables our constitutions. The poorness of their Diet, is undoubtedly the cause of the feebleness and effeminacy of their persons. On the contrary, our *English* beef and wheat-pudding for eatables, and good ale for drinkables, has very probably been the foundation of the ancient *English* strength and courage; the decrease of which, I cannot mention without much regret.

NOW for the nature of Tea, of which there are several sorts: but as they are but one kind of plant, and differ only as

malt may do, in being high or slack dry'd, or being finer or coarser, so I shall consider them all as one. Tea is the leaf of a small shrub, of the kind of our *dog tree*, and of an austere, bitter, astrigent taste, without any aromatic warmth. It has but very little oil in it, and that which it has, is of the resinous kind, is narcotic and stupefactive: It has also but a very little salt, and that is of the fixed kind.

IF we compare the nature of Tea with the nature of *English* Diet, no one can think it a proper vegetable for us. It has no part fit to be assimilated to our bodies: Its essential salt does not hold moisture enough to be joined to the body of an animal; its oil is but very little, and that of the opiate kind; and therefore it is so far from being nutritive, that it irritates and frets the nerves and fibres, exciting the expulsive faculty; so that the body may be lessened and weakened, but it cannot increase and be strengthened by it. We see this by common experience; the first time persons drink it, if they are full grown, it generally gives them a pain at the stomach, dejection of spirits, cold sweats, palpitations at the heart, trembling, fearfulness; taking away the taste of fulness, tho' presently after meals, and causing an hypocondriac, gnawing appetite. These symptoms are very little inferior to what the most poisonous vegetables we have in *England* would occasion, when dried and used in the same manner.

THESE ill effects of Tea are not all the mischief it occasions. Did it cause none of them, but were it entirely wholesome as balm or mint, it were yet mischief enough to have our whole populace used to sip warm water in a musing, effeminate manner, once or twice every day; which hot water must be sucked out of a nice tea cup, sweetened with sugar, biting a bit of nice thin bread and butter between whiles: This mocks the strong appetite, relaxes the stomach, fatigates it with trifling, light nicks, which have little in them to support hard labour. In this manner the bold and brave become dastardly, the strong become weak, the Women become barren; or if they breed, their blood is made so poor, that they have not strength to suckle; and if they do, the child dies of the gripes: In short, it gives an effeminate weakly turn to the people in general.

YORK, September 5.

ABOUT a fortnight ago, a countryman pitching up corn in Winterton fields in Lincolnshire, not far from the Humber; and about a mile from the Roman road leading to Lincoln, found some pieces of Roman tile, bricks, &c. Upon information of this to George Stovin, of Crowle, Esq; a gentleman always studious to discover and preserve antiquities, he ordered the ground to be opened; and about three feet deep discovered a most curious cesterated pavement, wrought in elegant knots, circles, &c. with a busto in the center, representing a man, but not in military habit, of the same musick work as the pavement. The whole is about twelve feet wide, and thirty-five long, and is perfect, except in some few places. In removing the earth which covered the pavement, many pieces of broken bricks, tiles, urns, and pottery, or sacred vessels, were found; no coins, but abundance of burnt ashes; and what is very remarkable; a great many pieces of iron glass, cover'd on both sides with what is called the electrum of the antients. Digging about fifteen paces from the Humber, another pavement, of the same composition, but different design, was found; this last was more detached than the former, but had enough to shew its elegance and figures. Both of them were carefully planned out upon the spot by an able artist, Mr Charles Midley, of York, in the presence of several gentlemen