St. John Chronicle.

AND COLONIAL CONSERVATIVE.

Volume XVII. Saint John, New-Brunswick, Friday, May 6, 1853. Number 33.

THE SAINT JOHN CHRONICLE,

Is published every Friday afternoon, by WILLIAM DURANT, at his Office in the Brick Building of L. H. Davidson & Son, west side Prince Wm. street.

☞ Visiting and Business Cards, (plain and ornamental,) Handbills, Blanks, and Printing generally, neatly executed.

TERMS OF THE SAINT JOHN CHRONICLE:

12s. 6d. in Advance;—6s if not paid until the termination of the year;

But as the Proprietor intends to discontinue, as far as practicable, the *Credit system*, and stop the practice of making *good subscribers* contribute for those who *never pay*, he offers the following

Inducements for Clubbing,

by which means parties will be able to procure a Valuable Family and Business Newspaper at a CHEAPER RATE than any heretofore offered in this Province. He proposes to send

For $10 IN ADVANCE, 5 copies of the Chronicle, *to one address*, to any part of this or the Sister Provinces, for One Year;

For $20 in advance, 11 copies for One Year;

For $40 in advance, 24 copies for One Year;

Mind! IN ADVANCE, and to one address.

☞ No paper discontinued until all arrearages are paid up, except at the discretion of the publisher.

All letters, orders, communications, &c., must be post paid, and addressed to

WILLIAM DURANT,
Chronicle Office, Saint John, N. B.

Mutual Insurance Company.

JOSEPH FAIRWEATHER, Esquire, *President.*
J. W. LAWRENCE, ZEBEDEE RING, } *Directors.*
S. L. TILLEY, S. R. FOSTER, }
J. M. RENTZSON, Esquire, *Solicitor.*
ISAAC WOODWARD, Esquire, *Secretary.*

Applications for Insurance against Fire to be made at the Office of the Secretary North Market Wharf.

DOOLEY'S

Merchant's Exchange Hotel—Post Office Building,

State Street, BOSTON,

TERMS—ONE DOLLAR per day.

CHARLES W. STOCKTON,
Attorney & Barrister at Law,
PRINCE WILLIAM STREET,
ST. JOHN, N. B.

CHARLES W. WELDON,
Attorney at Law & Notary Public
OFFICE—Over Messrs. Ranney, Sturdee & Co
Prince William-street, St. John, N. B.
May 28, 1852.

SOAP & CANDLE MANUFACTORY.

GEORGE WOODS,

West side Water Street, between the Ferry Landing and Fish Market,
ST. JOHN, N. B.

August 29.

COMMERCIAL SCHOOL,

CORPORAL PUNISHMENT ABOLISHED!—MORALS GUARDED! *Good Pupils only Retained!! The Incorrigible Expelled!!!*—This School contains three departments—the INFANT, the COMMERCIAL and the MATHEMATICAL. The Infant department, conducted by a female, accommodates pupils of both sexes, from 3 to 6 years of age, in Spelling, Reading, Mental Arithmetic, and Natural History, at 7s. 6d per quarter. The Commercial Department, conducted by two teachers, receives pupils leaving the Infant Department, and furnishes to them a through instruction from Spelling up to Common and Mental ARITHMETIC—the elements of Mathematics, Geography with the use of the Globes, English Grammar, &c., together with Reading and Writing, at fees from 10s to 20s per quarter.—The Mathematical Department, conducted by two teachers, comprises Composition, Ancient and Modern History, Book Keeping, use of the Globes, Mathematics, Natural Philosophy, Chemistry, Astronomy, &c., the Reading Writing and Speaking of the FRENCH LANGUAGE, and Classics, at fees from 25s to 50s per quarter.

S. D. MILLER, A. M.,
May 16 *Manager.*

JOHN HARRY,

Silver Smith, Jeweller & Engraver,
North side of King Street, St. John, N. B., a few doors below the *Waverley House.*

MANUFACTURER of all kinds Silver Plate, viz: Tea, Table, and Dessert Spoons; Forks, Ladles, Fish and Butter Knives, &c. &c.; also, Silver Cups of different patterns, which he will furnish *Cheaper* than any other House in the City. The above work is warranted to be made of Sterling Silver, and for neatness of style and superiority of finish, challenges competition.

JEWELLERY made to order and repaired.—All Kinds of ENGRAVING neatly executed.

Traders, Pedlers and others, furnished with plain Gold Finger RINGS *cheaper* than can be imported. In all cases punctuality may be relied on. Cash and the highest price given for Old Silver.

For Sale or Exchange For Property in Town.

THE Subscriber's FARM at Musquash, Parish of Lancaster, 14 miles from the City. It contains 600 acres, 200 of which is cleared, and about 60 acres diked Marsh. There is a good half acre Garden adjoining the House. There are on it a good two story House, containing 7 rooms and a kitchen; Cellaring for 2,000 bushels of Roots, and all necessary outhouses. There are two Barns adjoining the House, and one on the Marsh. There is a good School, an Episcopal Church, and two large Saw Mills in the immediate vicinity. The Farm is more than half cleared, and is in a good state of cultivation. The Farm will be divided into two parts, if it should suit purchasers. If the buildings be burnt the tenantry intend to erect one small Barn on the easterly half of the farm.

JOHN GILLIES.
St. John, December 19, 1851. *Peter's Street*

ROYAL MAIL STAGE,

St. John and St. Andrews.

DAILY.

THE subscriber having become contractor for the conveyance of Her Majesty's Mails between St. JOHN and ST. ANDREWS, begs leave to inform the travelling public, that he has provided himself with first rate teams and carriages, for the comfort of passengers, and that careful and attentive drivers will always be found on the route.

Orders left at the subscriber's residence, Great George Street, or at the St. John Hotel, will receive prompt attention.

Fredericton, 5, 1852. W. H. WILLIAMS.

[illegible]

[illegible] Stoves, Iron and Hollow Ware, [illegible] received from the Proprietors, a 1-2 Gross of this celebrated LINIMENT. It is put up in quart bottle, of various sizes and prices to suit Customers.

A liberal discount made to the Trade and to Country dealers.

Oct. 15. S. L. TILLEY.

National Loan Fund LIFE ASSURANCE SOCIETY OF LONDON.

ESTABLISHED BY ACT OF PARLIAMENT.

Capital, £500,000 Sterling,

Exclusive of a Reserved Fund (Surplus Premiums) of £51,000 sterling.

OFFICE IN LONDON, 26, KING WILLIAM STREET, CITY.

Board of Local Directors at St. John, N. B.
(Office Nelson street.)
ROBERT F. HAZEN, *Chairman.*
Edward Allison, Esq. William Wright, Esq.
John H. Gray, Esq.
Medical Examiner—Wm. Bayard, Esq., M. D.

Advantages offered by this Society.

PRESENT SECURITY, arising from a large Capital totally independent of the Premium Fund.

LOANS.—Two-thirds of the Annual Premiums paid, or half the Premiums for the first five years, which half may remain on interest, to be deducted from the amount of the Policy at the death of the insured.

LOW RATES OF PREMIUM.—The rates of Premium are as low as any society of equal standing.

DIVIDENDS OF PROFITS.—The Bonus in the Society are declared annually, and each year the Assured has the option of receiving the profits in Cash in reduction of Premium, or in addition to the sum insured.—The Bonus are permanent.

Premiums may be paid Annually, Half-Yearly, or Quarterly.

Insurance may be effected for one year, for five years, or for life, with or without participation in the profits of the society.

A liberal allowance for the surrender of policies.

Every information to the Society's Rates of Premium, mode of Insurance, and blank forms of application, may be had at the Office of the subscribers, or of the sub-Agents, who have Pamphlets for gratuitous distribution, and all documents required for effecting Insurances.

CALIFORNIA.—Parties proceeding to California can effect insurance on liberal terms.

SUB-AGENTS FOR NEW BRUNSWICK.

Bathurst: Theophilus Deveber, Esq.
Chatham: William Carman, junior, Esq.
Dorchester: Albert J. Smith, Esquire.
Dalhousie: William S. Smith, Esq.
Fredericton: J. Henry Phair, Esq.
Hampton: Samuel Hallett, Esq.
Harvey: Thomas B. Moore, Esq.
Moncton (the Bend): Bliss Botsford, Esq.
Newcastle: Edward Williston, Esq.
Richibucto: William Bowser, Esq.
St. Andrews: George D. Street, Esq.
St. Stephens: W. T. Rose, Esq.
Shediac and Cocagne: Richard C. Scovil, Esq.
Woodstock: James Robertson, Esq.

WILLIAM J. STARR,
February, 1850. *Manager, St. John, N. B*

LIVERPOOL AND LONDON Fire and Life Insurance Company.

[*Established in* 1836.]

Capital £2,000,000—in shares of Twenty Pounds.

THE Stockholders of this Company are responsible to the full extent of their property for the liabilities of the Company.

The undersigned hereby notifies the Public of New-Brunswick that the above-named Company have empowered him, by a full and ample Power of Attorney, to open an Office in the City of Saint John, for the Insurance of PROPERTY against loss or damage by FIRE, in any part of the Province, and to sign and issue Policies in the name of the Company; and that in virtue of the power vested in him by the said Power of Attorney, he has appointed Mr. ADAM JACK to act as Agent for the said Company, in the receiving of proposals for Insurance, and the inspection of premises proposed for Insurance, and all other the usual duties of an Agent; and to collect and receive the amount of premium on any policy issued by the undersigned in the name of the said Company, or for the renewal of the same.

The Deed of settlement, and the supplemental Deed of settlement, lies with Mr. Jack, at the Office of the *New Brunswick Marine Assurance Company*, also the pamphlets issued by the office at Liverpool, affording ample details of the mode of transacting business by the Company.

The rates of premium will be as low as any other respectable Company, and the undersigned trusts a fair portion of public patronage will be accorded to the Company.

Losses not exceeding £500 will be settled without referring to the head Office at Liverpool.

EDWARD ALLISON.
Dated at St. John, N. B., 4th August, 1851.

GEO. HUTCHINSON, JUN'R.

HAS just received per ship "*Olive*" from Liverpool:—An assortment of English WATCHES, JEWELLERY, &c., superior articles, which will be sold low for prompt payment.

SHIP'S CHRONOMETERS for Sale, Cleaned, Repaired, and carefully Rated.

☞ All kinds of Time Pieces and NAUTICAL INSTRUMENTS for Sale and Repaired, at the Old Stand of Wm. Hutchinson, *Coffee House Corner.*

St. John, N. B., July 23 1852.

WINDOW GLASS.—In Store—30 000 feet WINDOW GLASS, following sizes—7x9, 8x10, 9x11, 9x12 10x14, 11x15, 11x17, 12x16, 12x18, 14x16, and 21x25.

Dec. 1. S. L. TILLEY.

PORTER! PORTER!

The Subscriber has received—

25 B H.S. Dublin PORTER, 3 doz. each, "Guinness's beer"—for Sale by

ROBERT ARMSTRONG,
Dec. 31, 1852. No. 7, Dock Street.

H. CUTBILL, FROM LONDON.

(FURRIER,)

KING STREET, NEAR CHARLOTTE,

All kinds of Furs, made cleaned, and altered to the latest Fashion.

Fur Caps made to Order.

St. John, October 1.

NEW PAINTS, OILS, &c.

PAINTS.—Received from London via Liverpool, per *Cashmere* 118 cwt. Brandram's No. 1 WHITE LEAD in 28, 24, 56, and 112 lb. packages 19 cwt. Coloured PAINTS, and 1-2 ton of Putty.

Dec. 24. S. L. TILLEY.

THE BEST OIL.

ONE thousand gallons of Prime Table, Lamp and Burning Oil; Sperm, Oil, and Wood Seal, low duck, with and without hole

ALSO,

ROSIN OIL, a superior article for Machinery, especially where the latter oil is used. This Oil, is found to strengthen the leather.

JOHN KINNEAR.

St. John, Dec. 26.

[illegible] KINNEAR.

[illegible] Liniment, or "Camphorene," from Liverpool, the proprietors of this celebrated LINIMENT. It is put up in quart bottle, of various sizes and prices to suit Customers.

A liberal discount made to the Trade and to Country dealers.

Oct. 15. S. L. TILLEY.

THIRD DIVISION OF PROFITS

MINERVA LIFE INSURANCE COMPANY OF LONDON,

ESTABLISHED IN 1836.

AT the Third Quinquennial Meeting of this Company, held in London, 12th June, 1852, a Surplus of £42,400 Sterling, (being four-fifths of £53,000 Sterling) was declared distributable amongst the Policy holders entitled to participate. This sum allows of a reduction of Premium for the next five years, of £9,633 16s. 3d. Sterling, per annum, or an equivalent reversionary Bonus payable at Death, of £68,939 10s. 7d.

The reduction of Premium averages 25.22 per cent. on the Premiums payable during the next five years.

The reversionary Bonus averages 60 per cent. on the Premiums received during the last five years, or 9 per cent. on the sums Assured.

Upon the Policies which had been full five years in existence, the reversionary Bonus averages 2 1-2 per cent. Premium on the sum assured, a result which has seldom equalled, and will beat comparison with that of any Office.

The following Table illustrates the Bonuses declared:

		Average Reduction of Premium.	Average Reversionary Bonus.
1st Division—	1842	16.833 per cent.	21 per cent
2d. "	1847	31.333 "	39½ "
3d. "	1852	35.22 "	60 "

On the 31st December last, the Existing Assurances were £1,699,843 10 2
The Capital Funds of the Company were - - - : 230,262 15 6
The Annual Income was - - : 47,721 2 6
The Divisible Surplus was - - 43,000 0 0

The Directors consider, and I trust the Policy holders will agree with them, that the position of the Company is highly satisfactory, and hope that, taking into account the continually increasing competition they have to encounter, the progress of the Company has equalled their expectations, as the benefits actually realized equal, and in most cases surpass, those afforded by the largest established Offices.

Prospectuses, Forms of Proposal, and every information may be obtained from

RANNEY, STURDEE & CO.,
July 29 *Agents for New-Brunswick.*

RAILROAD HOUSE,

SOUTH SIDE KING STREET—ST. JOHN

THE Subscriber, in accordance with the fashion of the day, deems it necessary to acquaint his friends and the Travelling Public, that he has Fitted Furnished, and Repaired his House, in a manner that defies rivalry, for the accommodation of PERMANENT AND TRANSIENT BOARDERS.

His Fare consists of the choices delicacies of the season. Clean Beds, good attendance, and (Better yet) moderate charges, are the prominent features of his establishment.

Truly grateful to his former patrons, he solicits a continuance of public favour.

IN CONNECTION WITH THE ESTABLISHMENT IS A

LIVERY STABLE,

With Fashionable "Turn-Outs;" and excellent accommodations for the Horses of Travellers and Country customers.

May 21. JAMES E. McDONALD.

NEW MATERIAL FOR WINTER VESTS.—We have just introduced a new material for Vests, never made up for that purpose. They look well—colours are generally blue, drab, or black. They keep the chest as warm as if they were fur-lined. ☞ Call and see them.

J. GARRETT & CO.,
Dec. 24. King and Cross-streets.

CAMEL'S HAIR TOP COATS.—The above Coats are generally BLACK, with linings of Black Lustrin Cloth, better than Silk, quilted, wadded, &c. They are considered by far the best looking, for a low-priced garment, of any material hitherto introduced for Winter wear. They are not expensive—they only cost from 50s. to 60s.

J. GARRETT & CO.,
Dec. 24. King and Cross-streets.

SPARKLING CHAMPAGNE.—Now landing from France ex *Isabella* via New York, 20 Baskets Finest Sparkling CHAMPAGNE—For sale by

Nov. 5. RANNEY, STURDEE & CO

NAILS, MUSTARD AND BLACK LEAD.

Per "Themis" from Liverpool—

25 KEGS MUSTARD; 224 lbs. Black Lead, in oz., 2 pz. and 4 oz. papers;
25 kegs assorted Horse Nails,
40 do. rose-head, ass'd size, board & other Nails.
15 do. clasp-head do.

Oct. 1, 1852. JOHN KINNEAR.

CONFECTIONARY.

THE Subscriber has recently received:—100 Boxes Peppermint, Lemon, Wintergreen, Cayenne, Cinnimon, Rose, and Liquorice LOZENGES, and will sell them by the Package, below the usual market price.

Dec. 10, 1852. S. L. TILLEY.

PURE ZINC PAINT.—Per Actæon from London—1 cask Pure White Zinc PAINT.—This article is highly recommended for indoor use, and will be sold at the same price as the best description of White Lead. S. L. TILLEY.

Pork, Tea, MOLASSES, SUGAR.—100 Brls. very superior Mess PORK, packed in the city; 150 half chests TEA, various brands; 75 Hhds. MUSCOVADO MOLASSES; 40 Hhds. SUGAR. For sale by

January 21. EDWARD ALLISON.

RAW AND BOILED LINSEED OIL.—Per ship Olive—30 Casks of Raw and Boiled Linseed Oil, a part of them are convenient packages of 30 gallons each. S. L. TILLEY.

Soap and Candles.

DOMESTIC MANUFACTURE

Union-street, St. John.

JOHN BROWN begs to inform his numerous and daily increasing customers, and the Trade generally, that he is now prepared to supply them with the above articles.

☞ All orders left at the Stores of Mr. James McFarlane, Messrs. Flewwelling and Reading, Prince William Street, or the Factory in Union Street, will be punctually attended to.

JOHN BROWN.

St. John, June 18.

HOLLOWAY'S PILLS AND OINTMENT.—Robert's Poor Man's Friend; do. anti Scorbutic Pills; Morrison's Pills; Lynch's Pulmonic Wafers; Cockle's Antibilious Pills; and many other English Remedies. Sold by

FELLOWS & CO.
Feb. 13.

CORDAGE.

NOW receiving, ex "Themis," from Liverpool—An assortment of COIR'S CORDAGE—For sale by

Nov. 12. EDWARD ALLISON.

NEW PAPER HANGINGS.—Received by the Admiral this week—25 different new Patterns neat and handsome. For sale by

JOHN KINNEAR.
March 4. *Prince William Street.*

Poetry

THE HOMELESS.

BY CLARA MORETON.

Oh, Death, the poor man's dearest friend,
The kindest and the best.—*Burns.*

Weary wanderer! weary wanderer!
Traveling o'er the lonely way,
Who will guard thee, who will guide thee,
Who will cheer thee day by day?

Not the proud, the great the wealthy,
Seldom have their bread to spare;
Little reck they of thy sorrow—
Of thy coarse and humble fare.

"Work and earn it," would they answer,
If they listened to the cry—
Heedless of thy wan cheek's pallor,
Careless of thy grief-wrung sigh.

And with cold and steadfast bearing,
Would they quickly turn aside,
To their gilded halls of plenty,
Stately halls of wealth and pride.

Ah, poor sufferer, weary waiting
For the help that will not come,
One there is who will befriend thee—
One who will provide a home.

Then shalt smile a smile of joyance,
When he clasps thee to his breast,
For although the grave be gloomy,
Peacefully its inmates rest.

Then, until that Friend shall claim thee,
Travel on my weary way;
God will guide, God will guard thee,
God will cheer the day by day.

Christian.

THE DEAD WIFE.

In comparison with the loss of a wife, all other earthly bereavements are trifling. The wife! she who fills so large a space in the domestic heaven—she who is so busied, so unwearied in laboring for the precious ones around her—bitter bitter is the tear that falls on her cold clay! You stand beside her coffin and think of the past. It seems an amber-colored pathway, where the sun shone upon beautiful flowers, or the stars hung glittering overhead. Pain would the soul linger there. No thorns are remembered above that sweet clay, save those your hand may unwittingly have planted. Her true tender heart lies open to your inmost sight. You think of her now as all gentleness, all beauty and purity. But she is dead! The dear head that laid upon your bosom, rests in the still darkness, upon a pillow of clay. The hands that have ministered so untiringly, are folded, white and cold, beneath the gloomy portals. The heart, whose beat measured an eternity of love, lies under your feet. The flowers she bent over with smiles, now bend above her with tears, shaking the dew from their petals, that the verdure around her may be kept green and beautiful.

Many a husband may read this in the silence of a broken home. There is no white arm over your shoulder, no speaking face to look up into the eye of love; no trembling lips to murmur, "O, it is so sad."

The little one whose nest death has rifled gazes in wonder at your solemn face, puts up his tiny hand to stay the tears, and then nestles back to its father's breast, half conscious that the wing that sheltered it fondly is broken.

There is so strange a hush in every room! no light footstep passing round. No smile to greet you at nightfall. And the old clock ticks and strikes, and strike and ticks—it was such music when *she* could hear it! Now it seems to knell only the hours through which you watched the shadows of death gathering upon her sweet face.

It strikes one—the fatal time when the death-warrant rang out, "There is no hope!" Two! she lies placidly still—sometimes smiling faintly, sometimes grieving a little, for she is young to tread the valley of the shadow. Three! The babe has been brought in, its little face laid on her bosom for the last time. Four! Her breath comes fainter, but a heavenly joy irradiates her brow. Five! There is a slight change—O, that she might live! Father, spare her! "Thy will be done."

It was her soft, broken accents. Yes, heavenly Friend, who gavest her to bless me—Thy will be done!

Six! There are footsteps near—weeping friends around. She bids them farewell as she murmurs, "Meet me in heaven!" The damp drops gather upon the pallid features at the seventh hour. She is still—sometimes she hears sweet music.—Eight! passing away so gently. But her hand still clings to yours, and so she lies while that old house-clock tolls forth nine—ten—eleven—twelve—solemn strokes. You spring to your feet. The hand has fallen back; its touch grows fev. She is gone. She will never speak to you again on earth!—You *must* bear that cold gaze that love so lately kindled—and you fall weeping by her side.

And every day the clock repeats *that old* story. Many another tale it telleth too—of joys past, of sorrows shared, of beautiful words and deeds that are registered above. You feel, O, how often, that the grave cannot keep her. You know that she is in a happier world, yet that sometimes she is by your side, an angel presence. You look at your innocent babe, and think that a seraph is guarding it. Cherish these emotions; they will make you happier. Let her holy presence be as a charm to keep you from evil. In all new and pleasant connections, give her spirit a place in your heart. Never forget what she has been to you—that she has loved you. Be tender of her memory—so may you meet her with soul unstained—a bright and beautiful spirit bride where no one shall say any more for ever, "She is dead."—*Olive Branch.*

THE ADVANCE OF THE ALLIED ARMY TO PARIS.—Every where we heard complaints of the Prussians contrasted with the good conduct of the English. Once, on stopping to bait, I entered the cottage of an old woman, who, with her daughter, was absolutely reduced to begging. The girl had been married about a fortnight, and showed me, with great pride, a little remnant, which was all she had left of her marriage gown: "Ma robe de mariage."—The Prussians had carried off her stockings and shoes. The same people were quite delighted to hear that an English regiment was coming. "The English never do us any harm, they do a great deal of good."—Nothing has tended more to raise England in the estimation of the French than the very advance to Paris, in contrast with our allies the Prussians. It is said that Lord Wellington remonstrated as far as he could, with Blucher on the subject, whose answer was, "My lord Duke, the French never were in England." To this there was an obvious reply. If the vengeance of the Prussians fell upon the identical men who ravaged Europe, it would be very well; but the poor wedding gown, the shoes, and stockings.—*Simpson's Paris after Waterloo.*

THE TRUE WAY OF LIVING WELL AND BEING WELL WHILE WE LIVE.

Modern discovery has proved that the stomach can create nothing; that it can no more furnish us with flesh out of food, in which, when swallowed, the elements of flesh are wanting, than the cook can send us up roast beef without the beef to roast. There was no doubt as to the cook and beef, but the puzzle about the stomach came of our not knowing what matters various sorts of food really did contain; from our not observing the effects of particular kinds of food when eaten without anything else for some time, and from our not knowing the entire uses of food. But within the last few years measures and scales have told us those things with just the same certainty as they set out the suet and raisins, currants, flour, spices, and sugar, of a plum-pudding, and in a quite popular explanation it may be said that we need food that as we breathe it may warm us, and to renew our bodies as they are wasted by labor. Each purpose needs a different kind of food. The best for the renewal of our strength is slow to furnish heat; the best to give us heat will produce no strength. But this does not tell the whole need for the two kinds of food. Our frames are wasted by labor and exercise; at every move some portion of our bodies is dissipated in the form either of gas or water; at every breath a portion of our blood is swallowed, it may be said, by one of the elements of the air, oxygen; and of strength giving food alone it is scarce possible to eat enough to feed at once the waste of our bodies, and this hungry oxygen. With this oxygen our life is in some sort a continual battle; we must either supply it with especial food, or it will prey upon ourselves; a body wasted by starvation is simply eaten up by oxygen. It likes fat best, so the fat goes first; then the lean, then the brain; and if from so much waste, death did not result, the sinews and very bones would be lost in oxygen.

The more oxygen we breathe the more need we have to eat. Every one knows that cold air gives a keen appetite. Those who in town must tickle their palates with spices and pickles to get up some faint liking for a meal, by the sea, or on a hill side are hungry every hour of the day, and the languid appetite of summer and crowded rooms, springs into vigor with the piercing cold and open air of winter. The reason of this hungriness of frosty air is simply that our lungs hold more of it than they do of hot air, and so we get more oxygen, a fact that any one can prove, by holding a little balloon half filled with air near the fire, it will soon swell up, showing that hot air needs more room than cold.

But the oxygen does not use up our food and frames without doing us good service; as it devours it warms us. The fire in the grate is oxygen devouring carbon, and wherever oxygen seizes upon carbon, whether in the shape of coals in a stove or fat in our bodies, the result of the struggle (if we may be allowed, the phrase) is heat.

In all parts of the world, at the Equator and the Poles, amidst eternal ice and under a perpendicular sun, in the parched desert and on the fresh moist field of temperate zones, the human blood is at the same heat, it neither boils nor freezes, and yet the body in cold air parts with its heat, and just as we can keep an earthenware bottle filled with boiling water, hot, by wrapping it in flannel, can we keep our bodies warm by covering them closely up in warm clothes. Furs, shawls, and horse clothes have no warmth in themselves, but they keep in the natural warmth of the body. Every traveller going to dine on the road, he feels more than usually chilly; the effect is very much the same as if he sat to his meals on some cold day in a room without a fire; the internal fuel, the food which is the oil to feed life's waning lamp, is wanting. On this account, a starving man is sooner frozen to death than one with food in his wallet. The unfed body rapidly cools down to the temperature of the atmosphere, just as the grate cools when the fire has gone out. Bodily heat is not produced in any one portion of the body, but in every atom of it. In a single minute about twenty five pounds of blood are sent flowing through the lungs, there the whole mass meets the air, sucks in its oxygen, and speeding on carries to every portion of the frame the power which may be said to light up every atom of flesh, nerve and bone, and to keep the flame throughout the body ever burning with the fresh warmth of life.

In accordance with these facts we find men all over the world acting instinctively. In a cold climate, either by necessity or choice, we exert ourselves, quicken the blood's speed, breathe rapidly, in oxygen largely; in short, fan the flame which quick-returning hunger makes us feed. Even the least civilized follow correctly the natural law; the fruit so largely eaten by the native inhabitants of the tropics contain in every 100 ozs. not more than 12 of direct heat-producing elements, whilst the blubber and oil of the Esquimaux have in every 100 ozs. somewhere about 80 ozs. of such elements. Nor is it possible without injurious effects to live in opposition to this instinct, which science has shewn to be in strict accordance with the intention of nature.

So far therefore we have evidence that good may come of method in cookery. Plum-pudding is no dish for the dog-days, but its suet blunts the keen tooth of winter. Nor is it a mere sentimental sympathy that makes the wish to give the poor a good Christmas dinner. Scant fare makes cold more bitter. Those who, poorly clad, must face the wintry wind unfed, shiver double in the blast. The internal fire shrinks for want of fuel, and the external air drinks up the little warmth the slow consuming system gives.

Milk, when a little rennet is poured into it, becomes curd and whey. The curd, chemists call animal *caseia*.

When the water in which the meal of peas, beans or lentils has been steeped for some time is warmed, and a little acid is poured into it, it also gives a curd, called *vegetable caseia*, which is precisely the same as the curd of the milk, and contains, like it, all the ingredients of the blood.

There is, then, no difficulty in understanding how one may live on peas, beans, &c., just as on milk or meat.

When the white of egg is poured into boiling water, it becomes firm; the substance so formed is called animal albumen, and is identical with the albumen of the blood.

When vegetables are pounded in a mortar, the fresh juice expressed, lets fall a sediment which grass gives out largely, and which is also to be had from all kinds of grain. This deposit is the same as the fibrin or lean of flesh. When the remaining clear juice is boiled a thick jelly-like substance is formed. Cauliflower, broccoli, cabbage, and asparagus are especially rich in this coagulating substance, which is the same thing as white of egg, identical with the albumen of blood, which, with the fibrin, whether animal or vegetable, is the source of every portion of the human body.

We see, therefore, that the cattle have in peas and beans as casein, in corn and grass as fibrin, in sundry vegetables as albumen, the very materials of their flesh; and that whether we live upon grain or pulse, beef or mutton, milk or eggs, we are in fact eating flesh, in meat, ready made; in the case of the others, diet containing the fit ingredients of preparation. Nor are we left in the least shadow of doubt that albumen, of whatever kind, is sufficient to produce flesh, for not only do we find every ingredient of flesh contained in it, but we can turn the flesh and fibrin of the blood back to albumen.

But besides the flesh making ingredients, viz: the albumen and fibrin, we have shown that it is credible the blood should have food for oxygen; this also is contained in milk, grain, pulse, vegetables and meat. In the meat is fat, which more or less the juices of the meat and even the lean contain, in the pulse, grain, potatoes, as starch, in the vegetables, as sugar of various kinds, and in milk, as sugar of milk. At first sight, these things seem less alike than starch and sugar, but modern discovery has proved that our saliva—the natural moisture of the mouth (which in its froth, as it is swallowed with every mouthful of food, always contains air) has power when mixed with moistened starch at the heat of the stomach, to turn the starch into sugar; again we find that butter and fat contain the same ingredients as starch and sugar, but with this difference, that ten ounces of fat will feed as much oxygen as twenty four ounces of starch.

In our food the proportions of human milk are the best we can aim at; it has enough of flesh-producing ingredients to restore our daily waste, and enough of warmth-giving to feed the oxygen we breathe. To begin with the earliest making of dishes, we find cows' milk has less oxygen-feeding ingredients in a given measure than human milk; a child would, therefore, grow thin upon it unless a little sugar were added; wheat flour has, on the other hand, so much an excess of oxygen-feeding power as would fatten a child unhealthily, and it should therefore have cow's milk added to reduce the fattening power.

The same sort of procedure applies in greater or less degree to all dishes. Veal and hare stand lowest in the list for their oxygen feeding qualities, and on this account should be eaten with potatoes or rice, which stand highest, and with bacon and jelly, which furnish in their fat and sugar the carbon wanting in the flesh.

Cooking should supply us with a mixed diet of animal and vegetable food, and should aim so to mix as to give us for every ounce of the flesh-making ingredients in our food, four ounces of oxygen feeding ingredients. It is clear, also, that the most nourishing or strength-giving of all foods are fresh red meats, they are flesh ready made, and contain, besides the iron which gives its red colour to the blood, being short of which the blood lacks vitality, and wanting which it dies.

INSTINCT OF THE HONEY-BIRD.

This extraordinary little bird, which is about the size of a chaffinch, and of a light grey colour, will invariably lead a person following it to a wild bee's nest. Chattering and twittering in a state of great excitement, it perches on a branch beside the traveller, endeavouring by various wiles to attract his attention; and having succeeded in doing so, it flies lightly forward in a wavy course, in the direction of the bees' nest, alighting every now and then, and looking back to ascertain if the traveller is following it, all the time keeping up an incessant twittering. When at length it arrives at the hollow tree or deserted white ants' hill, which contains the honey, it for a moment hovers over the nest, pointing to it with its bill, and then takes up its position on a neighboring branch, anxiously awaiting its share of the spoil. When the honey is taken, which is accomplished by first stupefying the bees by burning grass at the entrance of their domicile, the honey bird will often lead to a second and even to a third nest. The person thus following ought to whistle. The savages in the interior, whilst in pursuit, have several charmed sentences which they use on the occasion. The wild bee of Southern Africa exactly corresponds with the domestic garden bee of England. They are very generally diffused throughout every part of Africa, bees wax forming a considerable part of the cargoes of ships trading to the Gold and Ivory coasts, and the deadly district of Sierra Leone, on the western shores of Africa. Interesting as the honey-bird is, and though sweet be the stores to which it leads, I have cause to wish it far enough, as when following the warm spoor or track of the elephant, I have often seen the savage, at my side, cease to attend to the summons of the bird. Sometimes, however, they are "solid," it being a well-known fact, both among the Hottentots and tribes of the interior, that they often lead the unwary pursuer to danger, sometimes guiding him to the mid-day retreat of a grizzly lion, or bringing him suddenly upon the den of the crouching panther. I remember one occasion, about three years later, when weary with warring against the mighty elephants, and hippopotami, which roam the vast forests, and spoil the floods of fair Limpopo, having mounted a pair of unwonted shot-barrels, I sought recreation in the humbler pursuit of quail shooting. While thus employed, my attention was suddenly invited by a garrulous honey-bird, which pertinaciously adhered to me for a considerable time, heedless of the reports made by my gun. Having bagged as many quails and partridges as I cared about shooting, I whistled lustily to the honey-bird, and gave him chase; after following him to a distance of upwards of a mile through the open glades adjoining the Limpopo, he led me to a place where a crocodile was lying with his entire body concealed, nothing but his horrid head being visible above the surface of the water, his eyes anxiously watching the movements of eight or ten large bull buffaloes, which in seeking to quench their thirst in the waters of the river, were crackling through the dry reeds, as they cautiously waded in the deep mud, that a recent flood had deposited along the edge. Fortunately for the buffaloes, the depth of mud prevented their reaching the stream, and thus the scaly monster of the river was disappointed of his prey.—*Waverley Magazine.*

TRYING WITH TOOTHPICKS BY TELEGRAPH.—A great deal of social correspondence goes on by means of the American telegraph. It often happens that two persons wish to converse when 500 miles asunder; an hour is appointed for them to meet in the respective offices, where they interchange communications through the medium of the operator. On one occasion, a steamboat was sold over the wires, the seller being at Pittsburg and the buyer at Cincinnati; each party wrote down what he had to say; they haggled awhile, and at length concluded the purchase. On another occasion the family of the proprietor of the Astor Hotel, at New York, held a friendly telegraphic meeting with the family of the proprietor of Burnet Hotel, Cincinnati, distant 750 miles. They assembled in the respective offices of the telegraph companies in the two cities, they talked over family matters, interchanged congratulations, and drank each other's healths. The operators at Philadelphia and Pittsburg (two intermediate cities on the line) finding what was going on, begged to join in the harmony; wine was ordered from two hotels in those cities, to be sent to the respective offices, at the request of the hotel keepers at the other cities, and thus a four cities "stock wine" with each other.—*Companion to British Almanac.*

WILLIAM TELL SURPASSED.—A Rhine paper narrated the following circumstances as having lately occurred at the town of Speyer. It appears that a weaver, known as the best rifle shot of the district, bought him of affording a crowning proof of his unerring aim. He, therefore, took his rifle in one hand, and his son, twelve years old, in the other, and then posting the boy at the end of an alley in his garden, placed an ordinary sized potato upon his head, retired fifteen yards, raised his weapon, aimed, fired, and cut the potato in two, leaving the child neither scathed nor frightened, so confident was the latter in his father being possessed of a charmed ball. Having talked of this feat to his neighbors, and they doubting the truth of the assertion, the weaver offered to renew the exploit forthwith in their presence, although evening had set in. Thereupon, the bystanders, in lieu of dissuading the man from the attempt, played the part of Gessler, and taunted him to the proof. The man was, therefore, recalled, and placed as before, with a potato on his cap, at fifteen yards; while, in the dark, he steadily held a lantern in his raised hand. The rifle was again loaded, raised, carefully aimed—fired; and again the unerring bullet clave the lower part of the potato, slightly grazing the cap. The ringleader, who probably never read the book, recalling which, made the unfortunate Schiffer place in the mouth of Tell (which he was compelled to shoot the apple from his dear child's head, forsooth) loudly. Not to the imagination. They indeed, the Speyer Philistines buried them, and after declaring that he would either be shot or a heretic, ordered him to be fined and imprisoned, and with the assurance that if ever he renewed his perilous essays, he should be thrown up in a madhouse, if he escaped the scaffold for murder.