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Devoted to the Intellectual and Moral Improvement of the Young.

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THE VACATION.

The long looked forward to happy season of respite from duties, and of enjoyment of all the recreations and amusements that the country affords, has now commenced with most if not all our readers; and the teachers are also deriving the benefit of that most auspicious relaxation from laborious confinement which the season affords them. Much happiness, health and amusement, we sincerely wish to both scholars and teachers; and agreeable meetings to them when the holidays are ended: when all, we hope, will re-commence their duties with renewed health and vigour of body and mind.

Far be it from us to intrude upon or interrupt the enjoyments of our young friends—we wish them their *full swing* of innocent recreation and enjoyment; but we would suggest that a little study during their play-days will prove as agreeable to most of them as a little play did during their days of study. Besides it is well to keep the mind in condition, and to retain in the memory what they have learned, which will also make the way easy and more agreeable to the resumption of study when the time comes. We would advise a moderate daily revisal of such studies as have lately engaged their attention, rather than attempt to acquire anything new. We are well aware how difficult it is for any one, especially a young person, to set himself a task and learn it thoroughly, without the superintendance of some monitor; and therefore would recommend that our young readers should make their parents or some senior relative or friend a party to their studies; and so, by some daily recital to them, become satisfied that their attention has not been in vain.

The mind as well as the body requires

exercise and recreation; and they are so intimately connected, that what is injurious to the one hurts the other, in a greater or less degree. When habits of slothfulness or laziness are yielded to, the bodily functions become weak and impaired. And, on the other hand, when the body is overwrought, the consequences are not less pernicious. So it is with the mind—by proper exercise the faculties are improved; by excessive exertion they are impaired;—and by slothful indulgence the intellect runs to weeds, the mental faculties become like the limbs of a man who has constantly kept his bed for a long period of time, unfit for the purposes for which they were ordained. We have known such a case, and the patient was a truly melancholy spectacle.

The Vacation should be used as a recreation to mind and body, for which it is intended; but not as a total cessation from mental improvement, any more than the school days should be from athletic amusements.

YEARLY FOOD OF ONE MAN.—From the army and navy diet scales of France and England, based upon the recognised necessities of large numbers of men in active life, it is inferred that about two and one fourth pounds avoirdupois of dry food, per day, are required for each individual of this about three-fourths are vegetable, and the rest animal. At the close of an entire year, the amount is upwards of eight hundred pounds. Enumerating under the title of water all the various drinks, its estimated quantity is about fifteen hundred pounds per annum. The air received by breathing may be taken at eight hundred pounds. With these figures before us, we are able to see how the case stands. The food, water, and air which a man receives, amount, in the aggregate, to more than three thousand pounds a year—about a ton and a half, or twenty times his weight. This enormous quantity shows the expenditure of material required for life. A living being is the result of change on a great scale.

THE GO-BETWEEN.—There is, perhaps, not a more odious character in the world than that of a go-between! by which we mean that creature who carries to the ears of one neighbour every injurious

observation that happens to drop from another. Such a person is the slanderer's herald, and is altogether more odious than the slanderers himself. By his vile officiousness he makes that poison effective which else were inert! for three fourths of the slanders in the world would never injure their object, except by the malice of go-betweens, who, under the mask of double friendship, act the part of double traitors.

HAPPINESS OF DUTY.—There is a pleasure in the performance of our duties as well as in the enjoyment of our delights. Fireside pleasure mingle with fireside duties, and both make up the sustaining element for life's journey, and robs some of the graver realities that surround us of much of their harshness. Friends gather round us, and the old ones are not exchanged for the new; and in all our hours with these we love we have delicious ponderings, which ripple through the frame like a clear brook over a pebbled bed; and we are grateful that we have a mind that can be lulled into gentleness, and a heart that we could wish to beat only to the gentle music "of flutes and soft recorders."

EARLY RISING to the farmer is conducive alike to health, to pleasure, and to profit: to health, because it gives exercise when the atmosphere is most cool, pure, and bracing; to pleasure, because Nature is then in her most lovely garb, and the birds most full of songs; to profit, because the two morning hours effect more in labor, and avert more mischief, than four hours at mid-day. Early rising, and exercise in open air, are the best stimuli for our meals, the best anodyne for sound sleep, the best solace for care, and the best evidence of thrift. "Come boys," is the best reveille upon the farm. The farmer who rises late is generally behind his work; while he who rises early keeps before it.

TO REMOVE NEW FRUIT STAINS.—Hold the cloth tightly over some vessel, and pour boiling water through it, and they will soon disappear.

AN EPITAPH FOR AN INFANT.

Beneath this stone, in soft repose,
Is laid a mother's dearest pride;
A flower that scarce had waked to life
And light and beauty, ere it died.
God, in his wisdom, has recalled
The precious boon his love had given,
And though the casket's mouldering here,
The gem is sparkling now in heaven.