

CONDIMENTS IN FOOD.—It is not enough that a sufficient quantity of one or more of the nutritive principles be swallowed. The function of digestion must be called into action to enable the crude materials to be assimilated. This is partly excited by the mere presence of a substance in the stomach, but more effectually when that substance is in itself of a stimulating quality, or is accompanied by certain accessories either added during the preparation of the food or at meal-times. Such accessories are termed condiments, which either make the food more grateful, or exercise a beneficial influence over the stomach during the process of digestion. The desire to eat is rarely so great when insipid food is offered to an individual as when savoury viands are presented. The very odour or aroma of these, excites the salivary glands to more abundant secretion of saliva, which is a preparation for the digestion of the food about to be taken. Though the mere application of heat in the process of cooking develops an aroma from many substances which were previously devoid of it, either by altering the chemical composition of the material, or by volatilizing a principle latent in the substance, yet many adventitious articles are used to assist in increasing or modifying this odour, or to correct certain qualities in particular kinds of food which are either disagreeable or injurious. Respecting the most common of these a few words may be allowed. That condiment which is of most universal requirement and utility is salt, or chloride of sodium. It is the only one which is indispensable, for not only does it exist in the milk which forms the earliest nutriment of the infant, but at all subsequent periods of life it is needed. Independently of the part which this compound performs in the stomach during digestion, it is still further serviceable in the blood, and more so in the blood of man than of any other being, as Berzelius has remarked that the blood of man contains three times more hydrochlorates than that of the ox. Besides, the use of salt greatly benefits the alimentary canal, and hinders the generation of worms. It is one of the most ready means of rendering insipid food acceptable to the palate, as is noticed in one of the earliest compositions which have come down to us. "Can that which is unsavoury be eaten without salt?" (Job, vi. 6.) Perhaps the next most important condiment is vinegar, which, like most vegetable acids, when taken in moderation, greatly assists in promoting the digestion of young meats of a gelatinous kind, such as veal. Mustard and peppers of different kinds are also useful, and more so in warm than cold countries, as they rouse the languid stomach, and enable it to effect the digestion of the food. Hot pickles, from containing vinegar at the same time, are often advantageous when used in moderation, but the abuse of such articles produces many serious effects, particularly obstruction of the liver, with its long train of disorders. The use of spices and aromatic agents not only renders the food more pleasant, but enables the stomach to bear a larger quantity. Hence they are too often made the means of leading the gourmand to be guilty of excess, and that cook is often most prized who can most cunningly minister to the pampered appetite. This is perverting cookery, a highly proper and commendable art, from its legitimate end.—*Penny Cyclopædia*, article *Food*.

CONDITION OF THE LAPLANDERS.—The condition of the wandering Laplander forms a singular union of real wealth with real poverty. To support a family in the "Fjelde," a flock of from three to four hundred reindeer is necessary. He who possesses only from one to three hundred, must depend for subsistence partly on fishing in the lakes and shooting, or must betake himself to the coast, or to husbandry in a fixed situation. The value of a reindeer is about one-third of that of a cow; it sells for three or four dollars, and a cow from nine to twelve; and the meat, skin, and horns of the one sell as readily as those of the other. A flock of 400 reindeer, the minimum which can support a family supposing one-fourth of the number to be full grown, and the other 300 to be worth only one-third of their value, must altogether be equal to a capital of 600 dollars, or about 126*l.* sterling. Yet the yearly produce of this capital, which is greater than the value of all the property possessed by three or four families of the working class in a civilized community, and with which they would be far removed from want, is insufficient to support a Laplander, even in the state of extreme privation in which he habitually lives. This is a striking instance of the real expense of living in that natural state as it has been called, or rather that barbarous one, in which man consumes what he produces, and lives independent of the arts of civilized life, its tastes, and enjoyments. The Laplander uses nothing which he does not make for himself, except the iron pot for dressing his victuals, and the piece of coarse cloth which forms his tent. He consumes nothing but what his reindeer yield him; his occasional excess in brandy, and his use of tobacco, are not ordinary indulgences. Yet without the tastes, habits, and gratifications of civilized life, or any of its expenses, the Laplander, with the above capital, is in poverty, and destitute of an assured subsistence. This shows the real expense of that half-savage life which, from the accounts of emigrants and travellers in America, we are apt to suppose is the least costly of any, because it has neither comforts nor luxuries to pay for, and produces what it consumes. The Laplander's condition is the *beau-ideal* of that sort of life. Five shillings would

undoubtedly purchase all that he uses in a year of those articles which are not indispensably necessary for existence; yet a capital which, with their own labour, would maintain three families in the enjoyment of the comforts and decencies of civilized life, according to their station, does not keep him from positive want. The Laplander, who possesses a thousand or more reindeer, and who is consequently a man of considerable property, lives in the same way as the poorest, enjoys no more of the luxuries of life, and has no higher tastes or habits to gratify. It is said that very considerable portions of the silver currency of the country are lost, in consequence of this class of Laplanders hoarding from generation to generation all the money they obtain by the sale of their surplus produce; and that the spot in the "Fjelde" where the treasure is buried often cannot be discovered by the heirs.—*Laing's Journal of a Residence in Norway*.

EXAMPLE FROM THE RIGHT QUARTER.—The Hon. the Committee from the Assembly of the State of New York, who were recently appointed to examine certain charges made against one of the banks in the city of New York, are consistent Temperance men. They were treated with courtesy and attention by several citizens of our commercial emporium, and when around the festive board or in the social party, it would be said, "Mr. Lawrence, will you pledge me in a glass of wine?" "Thank you, Sir, I am pledged against wine; but I will pledge you in a glass of water"—and making the hand correspond with the words, and filling the wine-glass with water, to the no small astonishment, and sometimes confusion, of the wine bibbers. "Well, Mr. Wardwell, shall I have the pleasure of a glass of wine with you?" "I am a Temperance man too, and do not use any intoxicating drinks." The whole company, by this time, would begin to stare. "Mr. Sibley, I trust I have the pleasure of a glass of wine with you?" "I go the whole length Sir. Intemperance is one of the greatest evils of our land, and there is no other quarter from which our liberties are so much in danger. The remedy is to change the fashion, not to use as a common drink any thing which can intoxicate; and this must be effected by precept and example of the sober and respectable. While we drink any thing which can intoxicate, our efforts to cure or prevent intemperance in others are worse than lost." But little wine was drunk where those true patriots were guests. Let every Temperance citizen always manifest the sterling integrity and consistency which these three worthy representatives of the people have done, and the triumph of Temperance would soon be sung.

WHITE RACE OF ATLAS.—M. Gayon, chief surgeon to the African army, writes to M. Dureau de la Malle, that at Bougia there is now living, a woman originally from the interior, supposed to be descended from the white tribe of Mount Aureps. She is at most twenty-six or twenty-eight years of age, of very agreeable physiognomy, blue eyes, fair hair, beautiful teeth, and has a very delicate white skin. She is married to the Imaun of the mosques, Sidi Hamed, by whom she has three children, bearing a strong resemblance to herself. M. Arago observes, that these white people are not so rare in that part of the world as might be supposed, for when he was going from Bougia to Algiers, in 1808, by land, he saw women of all ages in the different villages, who were quite white, had blue eyes and fair hair, but that the nature of his journey did not permit him to stop and ask if they came from any peculiar tribe.

AN ANECDOTE.—We have been half inclined to suppose that the disposition ascribed to females to conceal their age, was rather sportive than correct; but a slight incident occurred at the late term of the Circuit Court in this city, which puts the matter right. A bible was introduced, to prove the age of an individual. The names of various members of the same family appeared in long array but the ages of some had evidently been obliterated and written anew. "How is this?" said the opposing counsel to a respectable old lady, who presented herself to vouch for the authenticity of the record.—"How came these figures altered?" The old lady was first reluctant to tell, but upon being pressed, tartly replied, "Well, if you must know, the girls did it. They scratched out their ages, but I wrote them in again!" The answer amused the Court, but was held perfectly satisfactory. So it must be held as recognised law, that ladies do sometimes conceal their age!—*Long-Island Star*.

NEW PLAN OF STICKING PEAS.—Procure a number of slim poles, about five feet long, and drive them into the ground at the distance of three or four yards. Pass a small line along the poles, taking a turn on each, within three inches of the ground; raise the next turn three inches and so on in succession, till you have attained the common height to which peas rise. The tendrils of the peas seize and twist round these lines, and they are supported in a more attractive, and a more profitable manner than they are by the common stakes. When spread regularly along the lines they have a fine circulation of air, more advantage from sunshine, and pods can be pulled at all times without injuring the plants, and as the sparrows have no twigs to light on, the portion of the crop which they destroy and devour is saved. This mode is so cheap, and simple, and possesses so many advantages that it is likely to be soon generally adopted.—*Scotsman*.

PICNETS.—A short distance from Coshocton, Ohio, U. S. a sin-

gular ancient burying ground has been lately discovered. "It is situated," says a writer in *Silliman's Journal*, "on one of those elevated, gravelly alluvions, so common on the rivers of the west. From some remains of wood, still apparent in the earth around the bones, the bodies seem all to have been deposited in coffins, and what is still more curious, is the fact that the bodies buried here were generally not more than from three to four and a half feet in length. They are very numerous, and must have been tenants of a considerable city, or their numbers could not have been so great. A large number of graves have been opened, the inmates of which are all of this pigmy race. No metallic articles or utensils have yet been found, to throw light on the period or the nation to which they belonged."

PHRENOLOGY.—A craniologist once dined in company with a gentleman who was too much addicted to sacrifice to the jolly god. The philosopher, who never lost an opportunity to prosecute his favourite science, studied the toper's head with great attention. The gentleman left the room, when the craniologist took occasion to observe to the wife of the bacchanalian—"Ah, madam, what a fine musician your husband is. I never saw the organ of music so fully developed." "Indeed, sir," said the lady, "I don't know what organ he may have, but if he have any, I'm sure it's a barrel organ."

ANCIENT LAWS AGAINST DRUNKENNESS.—Domitian ordered all the vine plants in the Roman territory to be rooted out. Charles X. of France, issued a similar edict. In 1535, under Francis I. a law was passed sentencing drunkards to imprisonment on bread and water for the first offence, a public whipping punished a second infringement, and on reiteration, banishment, and loss of ears. Draco inflicted capital punishment; Lycurgus destroyed the vineyards.—The Athenians had officers to prevent the excess of drinking; in Rome the patricians were not allowed the use of wine, until they had attained their thirty-fifth year—nevertheless, drunkenness was a common vice among the Romans. Atrelianus had officers whose duty it was to intoxicate foreign ambassadors. Temperance societies are not modern institutions. Sigismund de Eietrichstein established one in 1547, under the auspices of St. Christopher.

IMPROVED CHURCH BELL.—A new species of church bell or gong, has just been invented by a blacksmith in Thuringia, which is much less expensive than the ordinary church bell, but is, nevertheless, quite as powerful. This bell consists of three bars of steel forming a triangle.

WILLIAM PENN.—The land of William Penn is the only soil not purchased by the blood of the natives. A feeling of peace came over me, as I thought of this, and called to mind the scene where he is represented as treating with the Indians. The design is magnificent.

How firm must have been the principles of that man! What a religion that must be, which fortifies a man to go without armor or shield into the midst of a savage tribe, relying upon the efficacy of his own purity of purpose, and the dignity of his sentiments, to protect him! How much is such heroism beyond the daring of the warrior! The one is moral, the other is physical courage. Is there in all history a character that approaches nearer to the character of Christ than his? His weapons were meekness and love; he went about doing good; he endured adversity with patience, and would have suffered martyrdom for his faith. His fame is the purest fame; there is not a blot upon his character. His principles of peace are getting to be the principles of the whole civilized world.—*Wilson Conworth—Knickerbocker*.

A NEWSPAPER taken in a family seems to shed a gleam of intelligence around. It gives the children a taste for reading—it communicates all the important events in the busy world; it is a never-failing source of amusement; and furnishes a fund of instruction which will never be exhausted. Every family, however poor, if they wish to hold a place in the rank of intelligent beings, should take at least one newspaper. And the man who, possessed of property sufficient to make himself easy for life, surrounded by children eager for knowledge, is instigated by the vile spirit of cupidity and neglects to subscribe to a newspaper, is deficient in the duties of a parent or a good citizen, and is deserving of the censure of his intelligent neighbors.

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