

After many attempts, or perhaps, accidentally, it was observed, that, by bringing the paste into a state of fermentation, its tenacity is almost entirely destroyed, and the mass becomes broad, porous, agreeable to the taste, digestible, and, consequently, healthy. The process pursued is the following:—Some old dough, called *leaven*, which, by a spirituous fermentation, has swelled up, become spongy, and acquired an acid and spirituous smell, is kneaded with the new dough, and produces, though in an inferior degree, a similar fermentation in the whole mass. The whole thus becomes spongy, a quantity of air or gas is developed, which, being prevented from escaping by the tenacity of the dough, heaves and swells it, and gives it a porous consistency. This is what is called the *working* of the dough. In this state, the dough is put into the heated oven, where the air contained in it, and the spirituous substance, are still more expanded by heat, and increase the porosity of the bread, making it materially different from the unbaked dough. The best and most wholesome bread is baked in some parts of France, and on the Rhine. In England, the flour is adulterated with many foreign substances, in order to make the bread whiter. In some parts of Sweden, the bread is composed, in part, of the bark of trees, during the winter. In Westphalia, a kind of very coarse, black bread is made, of which the peasants bake one large loaf for the whole week. This is divided for use with small saws. It is called *pumpernickel*, and is sometimes exported. In many parts of Germany, bread is made of grain nearly entire, or but just bruised, which is very coarse, and frequently forms part of the food of the horses. Bread is found wherever civilization has extended. It is made of wheat, rye, maize, barley, oats, spelt, &c. The want of bread has often occasioned public commotions, particularly in Paris and ancient Rome.

BREAD-FRUIT.—The bread fruit is a large, globular berry, of a pale green color, about the size of a child's head, marked on the surface with irregular six-sided depressions, and containing a white and somewhat fibrous pulp, which, when ripe, becomes juicy and yellow. The tree that produces it grows wild in Otaheite and other islands of the South seas, is about 40 feet high, with large and spreading branches, and has large, bright-green leaves, deeply divided into 7 or 9 spear-shaped lobes. —We are informed, in captain Cook's first voyage round the world, that the eatable part of this fruit lies between the skin and the core; and that it is as white as snow, and somewhat of the consistency of new bread. When gathered, it is generally used immediately, if it be kept more than 24 hours, it becomes hard and chokey. The inhabitants of the South sea islands prepare it as food by dividing the fruit into three or four parts, and roasting it in hot embers. Its taste is insipid, with a slight tartness, somewhat resembling that of the crumb of wheaten bread mixed with Jerusalem artichoke. Of this fruit, the Otaheites make various messes by mixing it with water or the milk of the cocoa-nut, then beating it to a paste with a stone pestle, and afterwards mingling with it ripe plantains, bananas, or a sour paste made from the bread-fruit itself, called *malie*. It continues in season eight months, and so great is its utility in the island of Otaheite, "that," observes captain Cook, "if, in those

parts where it is not spontaneously produced, a man plant but 10 trees in his whole lifetime, he will as completely fulfil his duty to his own and to future generations, as the native of our less temperate climate can do by ploughing in the cold of winter, and reaping in the summer's heat, as often as these seasons return; even if, after he has procured bread for his present household, he should convert the surplus into money, and lay it up for his children." Not only does this tree supply food, but clothing, and numerous other conveniences of life. The inner bark, which is white, and composed of a net-like series of fibres, is formed into a kind of cloth. The wood is soft, smooth, and of a yellowish color, and is used for the building of boats and houses. In whatever part the tree is wounded, a glutinous, milky juice issues, which, when boiled with cocoa nut oil, is employed for making bird-lime, and as a cement for filling up cracks in such vessels as are intended for holding water. Some parts of the flowers serve as tinder, and the leaves are used for wrapping up food, and other purposes.—As the climate of the South sea islands is considered not very different from that of the West Indies, it was, about 42 years ago, thought desirable, that some of the trees should be transferred, in a growing state, to the English islands there. His Majesty's ship the *Bounty* sailed, in 1787, for this purpose, to the South seas, under the command of lieutenant, afterwards admiral, Bligh. But a fatal mutiny of the crew at that time prevented the accomplishment of this benevolent design. The commander of the vessel, however, returned in safety to his country, and a second expedition, under the same person, for the same purpose, was fitted out in the year 1791. He arrived in safety at Otaheite, and, after an absence from England of about 18 months, landed in Jamaica, with 352 bread-fruit-trees, in a living state, having left many others at different places in his passage thither. From Jamaica, these trees were transferred to other islands, but, the Negroes having a general and long-established predilection for the plantain, the bread-fruit is not much relished by them. Where, however, it has not been generally introduced as an article of food, it is used as a delicacy; and, whether employed as bread, or in the form of pudding, it is considered highly palatable by the European inhabitants.

Encyclopædia Americana.

DAWN OF GENIUS.

JOHN PHILIP BARATIER.

This youth was the son of a minister of the reformed church at Swabach, near Nuremberg, who was also his preceptor. He was born in 1721. At the age of nine he was master of five languages, including the Greek and Hebrew. At eleven he published a learned Latin letter, and a translation of the Itinerary of Rabbi Benjamin, from Rabbinical Hebrew into French, with curious notes and descantations. It is remarkable that he learned these languages, not by the aid of grammars and dictionaries, but by the use of different versions of the Bible.

To Philology he added Philosophy, Ecclesiastical History and Theology. In 1785 he was admitted a member of the Academy of Sciences at Berlin, on which occasion he drew up some *thèses*, which he defended with so much spirit and ability that he excited the admiration of all who heard him.

Frederic the great hearing of this sent for him, and told him if he continued to improve for ten years, he might be the first minister of state in Europe. The young philosopher replied, that he was too much charmed with quietude and study, to aim at so high a situation; and, returning to Halle, applied himself with so

much zeal to learning that he died of a decline, some what under the age of twenty.

SELECT SENTENCES.

To come but once into the world, and try away our right use of it, making that a burden which was given for a blessing, is strange infatuation.

There is but little need to drive away that tyr by foolish diversions, which flies away swiftly of itself, and when once gone, is never to be recalled.

A man's best fortune, or worst, is a wife.

Better is a portion in a wife, than with a wife.

How unreasonable is it, to begin to live when we live no longer: That man does not live as he should do who does not reckon upon every day as his last.

Most men that affect sports, make them a principal part of their lives: not reflecting, that while they are diverting the time, they are throwing it away. What alter the very nature and design of recreation, when we make a business of it.

Sir Philip Sidney used to say, That he liked hunting next to hunting worst; which implied he had little esteem for either.

There is nothing that so much engages our affection to this world, as the want of consideration how soon we are to leave it.

Time is what we want most, but what we use worst for which we must all account, when time shall be no more.

There are but very few who know how to be idle as innocent. By doing nothing we learn to do ill.

Make the most of your minutes, says the emperor Aureolus, and be good for something while it is in your power.

POETRY.

TO THIRTEEN YEARS OF AGE.

Thy smiles, thy talk, thy guileless plays,
So beautiful approve thee,
So winning, light, are all thy ways.
I cannot choose but love thee.
Thy balmy breath upon my brow,
Is like the summer air,
As o'er my cheek thou leanest now,
To plant the soft kiss there.

Thy steps are drawing tow'ards the bound,
Between the child and woman,
And thoughts and feelings more profound,
And other years are coming.
And thou shalt be more fondly fair,
More precious to the heart;
But never shalt thou be again,
The lovely thing thou art!

And youth shall pass with all the brood
Of fancy-fed affection,
And care shall come with womanhood,
And waken cold reflection.
Thou'lt learn to toil, to watch and weep,
O'er pleasures unreturning,
Like one who wakes from pleasant sleep
Unto the cares of morning.

Nay, say not so, nor cloud the scene
Of joyous expectation,
Ordained to bless thee, little one,
Thou freshling of creation.
Nor doubt that he who now doth feed
Thy early lamp with gladness,
Will be thy present help in need,
Thy comforter in sadness.

Smile on thou little winsome thing,
All rich in nature's treasure,
Thou hast within thy heart a spring
Of self-renewing pleasure.
Smile on fair child, and take thy fill
Of mirth, till time shall end it,
'Tis nature's wise and gentle will,
And who shall reprehend it.