

WEEKLY MISCELLANY.

Devoted to the Intellectual and Moral Improvement of the Young.

Vol. I. Halifax, N. S. Thursday, January 21, 1864. No. 30.

PUBLISHED WEEKLY, AT \$1 PER YEAR
IN ADVANCE, BY

W. Gunnabell, 155 Upper Water Street.

Subscriptions received by the Agents, and at the
office of publication.

HALIFAX, N. S. JANUARY 21, 1864.

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"IT IS LOW."

We scarcely know any error into which people are more ready to fall than the notion that certain lines of business are low. What this thing is which is called low, we have never been rightly able to understand: for it varies in different places, and is never exactly the same anywhere. It likewise varies according to times. A thing was low twenty years ago which is not low in the present day; and we have a distinct remembrance of things being considered low, which are low no longer. We are quite certain of the fact, that those who once called out low, have themselves yielded to the spirit of lowness, and now emulate others in their multifarious efforts. Thus a change is perpetually going on in notions of what is low. The idea is breaking down. The thing that was low in one year, is not low the next; and he who scruples to transact any honest piece of business from an idea that it is low, may rest assured of this, that he will soon see some one less fastidious step in and take the said business from him: and what is more, he will see that very person thrive and be respected for doing that which he at one time foolishly rejected and was ashamed of.

There is nothing intrinsically low, if it be consistent with what is just and reasonable. We are all, every one of us, living by ministering, some way or other, to each other's necessities and comforts. The proprietor who lets his land to a farmer, properly speaking, also lives by the sale of grain, turnips, grass, cattle, &c., the farmer being merely a convenient instrument for conducting the negotia-

tions and gathering in the money; or he owns coal-pits, and through the medium of a tax-man or lessee, supplies fuel to all and sundry who will buy of him. What great difference, then, is there, in one respect, between a nobleman who possesses lands and coal pits, and the merchant or tradesman who keeps a shop? No one pretends there is any substantial difference. The whole world is but a great shop, in which all are sellers and buyers in turn, and in which each is expected to do something useful for the general well-being of the concern. Let us, for the sake of consistency and common sense, get rid of this preposterous notion of lowness. It is the bane of rational enterprise, and keeps hundreds from doing that which would be really profitable and lucrative. Honour and shame, as Pope observed, arise from no particular condition in life; true merit consists in the correct performance of our part, whatever that may chance to be.

Family Department.

Sleeplessness.—Among the remedies for sleeplessness, with which so many are troubled, the following is worth a trial:—Nervous persons, who are troubled with wakefulness and excitability, usually have a strong tendency of blood to the brain, with cold extremities. The pressure of blood on the brain keeps it in a stimulated or wakeful state, and the pulsations in the head are often painful. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands, to promote circulation, and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments. A cold bath, or a sponge bath and rubbing, or a good run, or a rapid walk in the open air, or going up or down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep. These rules are simple, and e. s. of application in castle or cabin, mansion or cottage, and may minister to the comfort of thousands, who would freely expend money for an anodyne to promote "Nature's sweet restorer, balmy sleep."

Holland Cases for Pillows, &c.—One very common instance of the unfortunate result of being "penny wise and pound foolish" is to be found in the continual

escape of valuable feathers or down from valueless old "ticking" cases. As ticking is an expensive article, many house-keepers find a difficulty in procuring it; not thinking that any other material can supply its place. Thus every day the feathers diminish in their pillows, and the dust and flue increase in their rooms, until their formerly really valuable pillows are not deserving of an expensive covering. In such cases, and as a preventive of such cases, I can recommend a *fine close brown holland*, instead of ticking. It will be found to answer every purpose, to wear as well (for fine feathers or down), and to be much softer and pleasanter to lie on than the harsher and more expensive ticking. The French mostly use nothing else for the first covers to the down of which their quilts or "duvets" are composed; nor, speaking from experience, can anything be better.

To Season Earthenware and Iron.

It is a good plan to put new earthenware into cold water, letting it heat gradually till it boil, then letting it cool. Brown earthenware especially may be toughened in this way. A little rye or wheat bran, thrown in while it is boiling, will preserve the glazing from being injured by acid or salt. New iron should be gradually heated at first, as it is apt to crack.

To obtain Flowers from Bulbous Roots in three weeks.—Put quick-lime into a flower-pot till it is rather more than half full; fill up with good earth; plant your bulbs in the usual manner; keep the earth slightly damp. The heat given out by the lime will rise through the earth, which will temper its fierceness; and in this manner beautiful flowers may be obtained at any season.

A Charlotte Pudding.—a good pudding for those who cannot eat pastry. Grease a pie-dish, and put in it a layer of bread crumbs, then a layer of apples peeled and sliced, with a sprinkling of sugar, and a little alspice or nutmeg. Fill the dish with alternate layers, letting the bread crumbs be at the top; pour over all a sufficient quantity of milk or melted butter to moisten the bread crumbs, and bake an hour; or, if very large, it may require rather longer time to bake.

BROWN BREAD.—A lady sends the Rural New Yorker her receipt for Brown Bread, as follows: Also, for steamed brown bread, with description of steamer:

Two-thirds corn meal; one-third rye meal—that is, rye not bolted—for two loaves, baked in six quart pans: one coffee cupful of molasses; one pint mol-