FOREIGN INTELLIGENCE.

FRANCE.

President McMahon issued a proclamation to the army in which he says: The choosing of the President of the Republic from your ranks shows the confidence of the National Assembly in your loyalty. The President has also issued an order appointing Gen. Ladmirault, now military Governor of Paris, to the command of the army at Versailles.

A RECEPTION .- PARIS, June 5 .- The first reception of President McMahon took place this evening and was a brilliant affair. All the members of the diplomatic corps, with the exception of Von Arnim, the German Ambassador. were present, as well as the Orleans Princes, officers of the army and navy, the editors of the Conservative journals in Paris, distinguished clergymen, and members of the Bar, with many ladies.

LONDON, June 5.—It is reported that the ex-Empress Eugenie is in Paris.

JEROME BONAPARTE IN PARIS .- PARIS. June 5.—Prince Jerome Napoleon has arrived in this city. His presence causes much agitation in the lobbies of the Hall Assembly.

Special despatches to the London Times contradict the reports that there is less cordiality in the relations between the French and German Governments since the election of President MacMahon.

PARIS, June 6 .- Duke De Broglio, Minister of Foreign Affairs, has addressed a circular letter to the representatives of France abroad, declaring that the difference betwen the majority of the Assembly and Thiers' was not on his foreign but Domestic Policy; the late cabinet not offering sufficient guarantee against revolution in the country. The policy of the new Government he continues will be moderate at home; and pacific abroad. All attempts at revolt will be vigerously opposed, without attacking existing institutions.

Marshal Bazaine is not likely to escape without a trial. An official denial has been given to the rumour that the military judges who conducted the preliminary inquiry had declared that there was no case against him.

The French Government, desirous to perpetuate the memory of the services rendered by Alderman Purdon, late Lord Mayor of Dublin, to the French agriculturists during the Franco-Prussian war, has ordered a gold medal to be struck in commemoration of those services, and his medal has been forwarded to Alderman tPurdon. The French Minister of Agriculture has also requested Alderman Purdon to be his interpreter to all who took part in the work, and to return them his most sincere thanks.

PILORIMAGES .- While the various parties are squabbling for place Christian France is besieging Heaven with prayers. Three thousand pilgrims visited S. Anne d'Auray en the 1st of May. Lourdes is crowded daily. It is too early for Salette, for the snow still lies thick and heavy on the Dauphiny Alps, but Mont S. Michael, an almost forgotten pilgrimage on the Norman coast, and one of the most celebrated in the middle ages, is being revived. Issondun, Paray le Monial, Fourniere, and Mont Roland, are thronged, and the movement will go on through the year if events permit. It is so very probable that they will not, that of the Austurias. Senor Martos, Minister of Foreign any of your readers desirous of visiting Lourdes Affairs in the late short reign, has been arrested at Vittoria while alighting from a train, and Caballas especially will do well not to postpone their Rodas was arrested in another part of the country pious journey beyond June, as they may find it while endeavoring to escape out of Spain in a lugdifficult to do so later.—Cor. Catholic Opinion.

CONSECRATION OF FRANCE TO THE SACRED HEART.—The inhabitants of Rodez having almost unanimously signed a recent address to the French Assembly, praying that body to at Madrid, has harangued the authors of the coup legalize a ceremony by which France should be consecrated to the Sacred Heart. His Holiness the Pope has addressed a brief of congratulation to the signatories in which he pointed out the great value of the dedication and the expectations he entertains that God will, by its means, further glorify His name and add to the beauty and strength of religion.

His Holiness has addressed a magnificent Brief to the Viscomte Maurice de Bonald and the other promoters of the Dedication of France to the Sacred Heart, by a petition to the Assembly for that end.

M. Paulin, of Paris, has issued an essay on the Origin of the Holy Graal. He contends that the legend sprang from the Apocryphal Gospel of Nicodemus; that Joseph of Armathea's bones were stolen from the Abbey of Moieumoutier and brought to Glastonbury, where Arthur was also buried; that Joseph's dish of the Last Supper was woven into the Arthur legends; and that Walter Map, at the request of Henry the Second, wrote the romance of Joseph of Arimathea, or the Graal, which set up Joseph as the first Christian bishop, in order to place England on a level with wife. She is ready to follow me, wherever I may Rome, and so help Henry in his struggle with go; to share my lot, whatever it may be. To tell your Weight how much I love my country and how the Pope.

The festival of Joan of Arc, May 8th, was celebrated this year with rare state in Orleans. Mgr. Dupanloup officiated in the cathedral, and the sermon was preached by the celebrated Abbe Lehmann, of Lyons. The Princes of Joinville and Montpensier were present. A procession took place in the afternoon through the streets of the city. Rouen also worthily commemerated the martyrdom of the great to submit to the dictates of those who had called French heroine.

NAPOLEON I .- The Paris correspondent of the Echo writes that the Mass for the repose of the soul of the Napoleon I., which was prohibited at the Invalides on the anniversary of his death, was celebrated on Tuesday at Notre-Dame. Notwithstanding that no invitations were issued, several hundred persons attended, Navarre, of the recent engagement near Estella, among them a great number of ladies and old from which it appears that the defeat of the Governofficers in uniform. Prince Murat, the Duc ment thoops was decisive and disastrous. The same unimpeachable authority also says the "insurgents" bere with them "a characteristic hody of cavalry the Bonapartist Deputies were present. Conspicuous by his absence was M. Reuher, who mostly cadets of the old Basque nobility, and comleft Paris early this morning for England, on a manded by the Marquis Valdespina." mission to the widow of Napoleon III.

There are a section of optimists, and M.

Berrenger is one of them, who fondly believe that if a definite Republic is proclaimed it will take all the wind out of Radical sails, and that the crisis will be thus tided over. They must look very little below the surface to believe and this by "Liberals !" such a thing. The Radicals do not want a Republic, save as an instrument for bringing utterly breaking down social order, and that they alone will profit by the declaration of that definite form of judgment is patent. A Republic in France, as in all Monarchical countries, means nothing more or less than Anarchy, and no issue save that of civil war can be looked

THE WHITE ABOVE THE RED. - Order above disorder-peace above bloodshed-religion above irreligion—God above the Commune-MacMahon above Gambetta-France, counting from the time when Robespierre would heal the wounds of society, by washing them well with human blood, has just had her thirteenth revolution. This time it was a bloodless one. The tigers of the Commune are chaffing; their leaders in the extreme left, are sullen; there is another Archbishop in Paris, why can they not fly out the red flag, and shed his blood? The Hibernico-French Marshal, commands the army, he has the Confidence of the nation, and the Sans Cullotte must nurse his anger. No living man but Mac-Mahon, perhaps, could have taken the reins of government, and saved France from bloodshed. and terrible disorder .- Celtic Index.

It is pleasing to read the denunciations of the Carlists in the proclamations of Senores Figueras and Castelar as "rebels." And what are these gentlemen? and what were they who overthrew the throne of Queen Isabella? Rebellion means violent resistance to duly constituted power. Such was the character of the uprising which subverted Isabella's throne. And such is really the character of the late uprising which made Senores Figueras and Castelar masters in Madrid. Whether the proclamation of the Republic upon the abdication of King Amadeo was or was not a legitimate act, it is beyond all doubt that the violent dissolution of the Permanent Committee of the Cortes and the usurpation of absolute authority by the present rulers at Madrid was as flagrant a rebellion as ever was committed. Senores Figueras and Castelar committed precisely that outrage upon law and propriety in Spain which the Times ad nauseam urged M. Thiers to perpetrate in France, but which the President of the French Republic was too prudent to attempt. If the term "rebel" was ever fitly applied to any human being, the present rulers in Madrid are rebels. And they are as mendacious as they are rebellious. If the forces who obey them were only half as clever in winning victories over the Carlists as the concectare of the official telegrams are in inventing such successes there would not have been an avowed Carlist in the Peninsula for the last fortnight. So audacious have these telegraphers of false news become, that a few days ago it was officially announced, as one of the glorious achievements of the republican troops, that Don Alphonzo had been obliged to seek safety by a precipitous flight across the border into France. The latest authentic accounts mention the presence of the Prince and his consort, accompanied by several Carlist chiefs, and a considerable military force, at Capellades, on their route to Claramuret, a long way from the French frontier, and very near the capital of Catalonia-affording incontestable proof of the falsity of the announcement of the republican usurping government. The "rebel" Government are justifying our application to them of the term Committee of Public Safety. All "suspects" upon whom their myrmidons can lay hands are seized and imprisoned; and the Ministers of Amadeo are as much suspected as the Carlists or the partisans of the Prince gage train proceeding to the north. Serrane and Topete have succeeded in escaping from Madrid and are now safe at Biarritz. The marshal proceeded under escort of the British Minister as far as Santander. General Sickles, the American Minister d'etat, when presenting to them the resolution of the United States Government and Congress, congratulating them upon their exploit and wishing well to the Iberian Republic. The general said for his Government and for himself, with reference to the emancipation of the negroes in Porto Rico, that "the United States desire only the happiness of those neighboring communities, and cannot look with indifference upon whatever concerns the welfare of the West India Islands." A gentle suggestion to England that the Monroe doctrine is still cherished in the United States. The general added that freedom in Cuha and Porto Rico will make these provinces more loyal to Spain for the future, and a source of strength instead of difficulty and weakness. Is this a pledge that there shall be no more American filibustering in Cuba and that the "lone star" society is no more ?-London Exchange.

THE EX-MONARCH OF SPAIN.—HE DIDN'T WANT TO BE A KING.—The following letter from the Duke of Aosta to his father the King of Italy, dated January, 1869, and now published in the Radical El Imparcial of Madrid, throws much light on the views entertained by Don Amadeo, from the first to the last, during his sovereignty :-- "Your Majesty, it was with extreme surprise that, for the first time and without any previous communication to me on the subject. I heard from your Majesty that it was seriously incontemplation to confer on me the crown of Spain. On my return to Genoa I have spoken of this to my go; to share my lot, whatever it may be. To tell your Majesty how much I love my country, and how much I am willing to do for her, is needless; any sacrifice, even that of life itself, would seem light to me for her sake. But what is it that I am now asked to undertake? It is to rule the destinies of a country which is divided and torn to pieces by a thousand political parties; and a task which would be arduous to any one would be doubly so to one who, like myself, has had no experience in the difficult art of governing. The consequence would be that I should in fact not govern, but should have me to the throne. These reasons are strong enough to induce me, this very day, to place in the hands of your Majesty my formal refusal of the crown of Spain, begging your Majesty to transmit my decision to those whom it may concern. Your Majesty's affectionate son.

Details have been received from a correspondent of a London daily paper with the Carlist army in have with them "a characteristic body of cavalry, composed entirely of young Catholic gentlemen,

SWITZERLAND.

scription for the Swiss clergy, who, by the last decree, are not only deprived of their stipend in the Canton of Jura and Soleure but are now forbidden to celebrate Mass, instruct their flocks, confess or administer Holy Communion or attend the dying;

ITALY. ROME.—BIRTHDAY OF THE HOLY FATHER.—The Holy the new Ordre Sociale into power, and for Father completed on Tuesday, May 13th, his eighty-utterly breaking down social order, and that first, or as some believe his eighty-second year—the exact year of his birth being a matter of some doubt, in consequence of the destruction of the Sinigaglia registers in the calamitous period of the French Revolution and invasion of Italy. His Holiness has been giving audiences as usual in spite of his recent rheumatic attack; but the telegrams state that he did not receive the deputations which came to congratulate him on his birthday in consequence of a fresh attack of indisposition. This indisposition was made the most of by the Liberal Press, as its practice is, and telegrams dated Tuesday represented the Pope as having had a serious fainting fit and being altogether in a very critical condition. The next day, however, the telegram was in a different key; the Holy Tather was better, and heard Mass as usual. We believe the truth to be that he had caught a cold. and having just recovered from an attack of lumbago, was advised by his physicians to confine himself for a day or two to his bedroom. At eighty-one years of age, every ailment of course requires care, and justifies a certain anxiety; and the prayers of the whole Catholic world are being constantly offered that their Chief Pastor and Father may be spared to see at least the dawn of a better time-of peace for the Church and of triumph for the cause of religion .- Tablet.

The Count de Bourgoing, the late French ambassador to Rome, has addressed a letter to the Marquis de Baviera, the editor of the Osservatore of Rome thanking the people of Rome through him for the address sent him some time ago, expressive of popular approbation for his loyal conduct while French representative at the court of the Holy See.

Eighty-two heads of religious orders signed documents protesting against the bill for the suppression of religious corporations, and appealing to the Pope. the law of nations, and to God.

THE OUTRAGE NEAR THE GESU.—The following letter from Mr. Arthur Vansittart was published lately in

"Sir,-The Times of April 9 contains a letter headed Clericals and Liberals in Rome, upon which I venture to offer a few observations in order to prevent misapprehension. Your 'Occasional Correspondent' has given his own version of the causes which led to the affray in which I was wounded, besides translating into rather loose English my letter, written in Italian to the Osservators Romano and forwarding also an original statement from Dr Barberi Borghini, who declares himself my as-

sailant. "It is not my desire to impute wilful inaccuracy either to your correspondent or Dr. Barberi Borghini I must, however, deny in the most distinct manner that I was in any way connected with the alleged interference of the 'clericals' in the masked balls during Lent, or cognizant of any organization intended to prevent them. Nor was I mixed in any with the alleged 'demonstrative sermons' at the Gesu. In fact, I never heard even one of those sermons, and was present only twice during the whole of this Lent in that church, having heard part of a Mass on the Monday previous to the riot, and the entire of the last Mass on Sunday, the 30th

"Upon the day last mentioned I left home unaccompanied, carrying only a light stick, which happened to be ansound, and had been broken and mended with glue. It was not a 'loaded cane.' After Mass, when the attack occurred, I was returning homeward with two friends. We were three in number, and not five. None of us carried 'loaded We were not armed in any way, and did not in any way provoke a fight. Count Antonelli is but 20 years old, but looks even less; Count Brazza only 172; I am 23 years old. We were not, 'passing and repassing, but simply took our way homewards. None of us 'raised his cane against a street boy.' We saw no street boy at all.

" My letter to the Osservatore Romano was dictated, but not written by me, as I was, until a day or two ago, compelled to keep my arm in a sling, and this

Your faithful servant,

" ARTHUR VANSITTART. "Via Alessandrina, Rome, April 14."

A RECANTATION .- The Palermo Sicilia Cattolica of March 2nd, published the retraction of another apostate priest, who, touched by Divine grace, has lately sought and gained re-admittance into the true sheepfold-Father Vincenzo Caprera, a native of Caltanisetta (Sicily), and ex-Jesuit, a friend and protege of ex-Pere Hyacinthe, and Secretary of the soi-disant committee of "Old Catholics" of Rome. He was likewise a contributor to the columns of the Esperance de Rome, organ of that party, which has now ceased its issue for want of support. Duringthe month of July and August, 1872, the semi-official Liberta published a series of letters over the signature of Father Caprera, directed principally against the Society of which the latter had been a member. He then sought to obtain a support as a Professor of Languages, in which he was an adept; failing in this, he accepted a position in the Ministry of Public Works. The Sicilia Cattolica, already alluded to above, gives the letter under date January 27th, addressed by Father Caprers to the Vicar Capitular of Palermo, in which he says :—

"Your Lordship, will, I hope, remember me in the Holy Sacrifice of the Altar, and, meantime, may I take the liberty of entreating you to make known my conversion to good Father Orlando, to whom I will shortly write to make amends for my many misdeeds, and to cause to be inserted in the columns of the Sicilia Cattolica-

"1. The fraternal announcement of my reconcilia-

tion with Holy Mother Church. "2. The retraction pronounced by me of all the errors put forth by me in journals and in pamphlets, published by myself—namely, in the pamphlet upon The Temporal Power (Dominio Temporale), and in the two pamphlets: 'Religious Superstitions' (Le Superstizioni Religiose), and in an especial manner in the impious sheet, edited by me under the title, Patrice Vangelo (Country and Gospel); and, let it be distinctly stated, that I henceforth profess no other doctrine regarding the personal infallibility of the Sovereign Pontiff, and upon the temporal power, saving that universally taught and held in the Holy Church, by the Catholic Episcopate, and by all the

faithful. "3. In my name, to render thanks to the clergy of Caltanisetta, for their too often manifested desire for my conversion, likewise expressed to me in a letter addressed to me in the early days of my pre-

varication. those who possess copies of the pamphlets above- the surface of its particles. The soil, at a certain named, or numbers of my journal, to destroy them and to consign them to the flames, whereby they when plants need moisture most, and when there is may cease to corrupt hearts and the minds of men, | plenty of it in the air, will have moisture deposited through the venom wherewith they are filled.

"5. To announce that I protest formally against the calumnies set forth in that aforesaid journal regarding the zealous pastors and regarding the min-isters of the altar, in whose lives and in whose conduct there not only was never the slightest cause for reprehension, but on the contrary, there was frequently reason to admire the singular edification as well as their holy zeal for the House of the Lord; and to state further that in so writing I was actuated SWITZERLAND. solely by a feeling of intense hatred against the entire body of the clergy.

"Finally, Monsignore, I earnestly beseech you to deign to implore for me pardon from the Most Rev. said and written on this subject, yet comparatively Archbishop for the offences offered him, through Archbishop for the onences onered min, various serves. No small part of the support of a family malum, he will kindly remember me in the holy Sacrifice of the Altar.

"Likewise craving pardon of your Tordship, I beg you to hold me ever in the Sacred Hearts of Jesus

and Mary. "Your Lordship's most devoted servant and son in Jesus Christ.

"VINCENZO CAPRERA, Sacérdos." ANNIVERSARY OF THE FOUNDATION OF ROME.-Rome celebrated the two thousand six hundred and twenty sixth anniversary of her birthday on the 21st April a holiday which she honors with great splendor, to keep green in the memory of her people the foundation of the city 753 years before the birth of Christ. The Coliseum, the Arch of Titus, the Palatine and Basilica of Constantine, and the Forum where the "immortal" accents of notable stump-orators are still said to glow, were all illuminated in colored lights successively; and finally all were illuminated with Bengal lights, rockets, and a majestic light from the Capitol.

GERMANY.

Berlin, June 3.—Asiatic cholera has appeared in two vilages in West Prussia. It has been communicated from Russian Poland. A rigid quarantine has been established.

BERLIN, June 4.-The Emperor William is slightly ill. He was unable to attend the banquet yesterday in honor of the Shah of Persia.

A Times telegram from Berlin states that the shipyard for the construction of cuirassed vessels at Nicholayeffesk on the Black Sea, is rapidly approaching completion and will be ready this summer.

COLOGNE, June 4.—The Old Catholics have elected Professor Reiskens Bishop.

They are decidedly progressing in Germany. We learn from authentic sources that the following charming little scene really took place in a commu-nal school not long since. Master—"What is man?" Scholar (8 years old)—" He is a mortal being endowed with an immortal soul." Master-" Tut, tut, there is no such thing, my dear, as a soul; man is a mammiferous animal, only distinguished from others of his class by his superior intelligence, the result of his enlarged brain.—Catholic Review.

London, June 6.-Special despatches from Berlin to the London News says that Emperor William is in a serious state, and his physicians have advised him not to undertake his contemplated journey to

Berlin, June 6.-A despatch from Carlsbad announces the death in that town of Prince Adalben, cousin of the Emperor William.

HAMBURG, June 6.—The Princess Augusta, of Leiningen, widow of King Frederick William 3rd, of Prussia, died here to-day.

HOLLAND.

THE HAGUE, June 6:- The Most Rev. J. Schapman, Archbishop of Utrecht, died to-day.

He is not a very wily fowler that same "Signor Alessandro Gavazzi," but his recent experiences in America seem to have taught him that here, at least, there is not too much need of caution in spreading his snares, even in the sight of the birds he is anxious to entrap. Waste paper being not so much of an object to him as to the Chinese, who com-placently use the gifts of the colporteurs as gunwadding, or for still more degrading purposes, while, at the same time, they quietly wonder at the incomprehensible British and American generosity which bestows on them so unremitting a gratuity, he suggests, with the most engaging candor, a more agreeable way of bestowing the spare cash of his eager dupes. This is how he does it:

"When the precious Book is so gratuitously and blindly squandered, it generally falls into the hands of priests, who rejoice in tearing and burning the Sacred Volume before their people; and not seldom glorify their zeal for the Papal cause by throwing the Divine Word in sewers, and even worse, to vilify it in the estimation of their dupes. How far better would it prove if our Protestant friends, instead of wasting so much money in damaging the value of the Bible, should devote a little cash to support some Bible readers, to the sure profit of souls, and the moral progress of families."

That is an idea worthy of the exemplary spiritual progenitor of Mr. Joseph Moyototi, and if acted on will doubtless do quite as much good and quite as a half or three tons, and such hay as is not made from little harm as any other his Protestant admirers could devise .- Brooklyn Cath. Review.

The Catholic Telegraph states that the average attendance at the Catholic schools in Cincinnati numbers seventeen thousand, and there are fully a thousand more in Catholic colleges and academies. This is evidence enough that the number of Catholic children frequenting the public schools is rapidly growing beautifully less. This depletion of the common schools will continue, and the day is not far distant when Catholic children will have entirely disappeared from these nurseries of proselytism or

. Washington, June 3.—The question as to what shall be done with Capt. Jack and his band is to-day privately discussed in military and civil circles. All scem to be agreed that, as the Modocs surrendered as prisoners of war, they cannot be punished by the army, which, for the present, will hold them in eustody until further orders.

GARDEN SOIL AND ITS PREPARATION .- Try to select a light, not a heavy soil, and a southeastern rather than a northwestern exposure. If clayey, make it friable by adding sand or sandy soil, wood's mould. or prepared muck. To prepare muck, dissolve a bushel of salt in water enough to slack four bushels of lime, (oyster-shell lime is the best) and slack the lime with this solution.—The lime and salt mixture should be prepared under cover, or put under cover when prepared, to prevent rains from washing away its most soluble parts. Let it remain so several weeks, turning it occasionally before mixing it with the muck. Then mix it with the muck at the rate of four bushels to a cord of muck. Treated in this way the latter will soon desompose, lose all ascidity and be ready, when composted with farm-yard fertilizers, to act as a devisor and to absorb and retain gases resulting from the decomposition. Thus ammonia which has a marked influence on the coloring of plants, will be saved. Muck treated in this way will be very valuable for a garden soil having but a small percentage of organic matter. Besides improving the mechanical condition of both clayey and sandy soils, it will also render them earlier than they otherwise would be on account of its capacity to absorb and retain heat, and the roots of plants in such a soil are not so liable to injury from intense freezing. A garden soil, if possible, should be trenched for many reasons, of a mechanical and chemical kind. Suffice it to say that in such a soil, plants will not suffer from drouth because the "4. To beg and to entreat in my name, of all air in circulating through it deposits moisture on when plants need moisture most, and when there is on its particles because of their being at a lower temperature than the surrounding stmosphere. A piece of polished steel taken from an ice-house and exposed to summer air will have moisture at once deposited on its surface, for it is at a lower temperature than the atmosphere; and the same will be true of a deeply trenched garden sqil when the air circulates freely through its particles, which it will do if not pervaded by stagnant water. In loosening the soil about plants, use a fork rather than a spade. It will do the work better, and with less injury to

the root.—Pen and Plow

THE VEGETABLE GARDEN.—Though much has been said and written on this subject, yet comparatively can be found in a well cared for vegetable garden We have noticed many gardens, in both city and country, going wild, but which would, if properly cultivated, supply more vegetables of good quality, than their owners could use all the year round. For the few who take care of their gardens well, there are many who go to work so thoughtlessly, and so slovenly, and with so little sense about a proper application of labor, that they may well decide that it is cheaper for them to buy their vegetables in market. Even farmers, as a class, are negligent of their vegetable gardens. Some seem to think such gardens unworthy of their attention, and others look on the little labor which they call for as disturbing the work of the farm. Now, let any one take the trouble to think how small a spot of land, well tilled, will grow more vegetables than a family can use, how important it is to have a full and varied supply of the choicest kinds each day in the year, and as we have already said—how much of the healthful sup-port of a family such a garden will afford; and the intelligent farmer will not, after all, look on it as the least unfruitful portion of his acres. Even when the farm is snow covered and frost bound, he may find in his well stored cellar and fruit rooms enough of all the products of his garden, many of which may be kept the greater part of the year by simply protecting them from frost, while others of the more delicate kinds may be canned and kept almost as fresh as when they rippened on their parent plants. Who that lives in the country ought not to feel as shamed to be without a fine garden full of the fruits of the soil? The care of such a garden would tend to profit as well as health, and many an hour which might otherwise be wasted, or worse employed, can be well spent in the vegetable garden .- Pen and

How we Abuse our Stomachs.—No other civilized people, probably, are accustomed to abuse their stomachs so badly as we Americans of the United States. Our food is often badly chosen, still more frequently spoiled in cooking, and almost always eaten in utter disregard of dictic rules. We cat far too much flesh ment, (and especially pork, in its most objectionable form,) and too little bread, veg. etables, and fruits. Our hot soda-raised biscuite, hot griddle cakes, saturated with butter, and the hot, black, intolerable coffee, which form the staples of our breakfasts, are, in the way in which they are taken, among the most deleterious articles ever put upon a table. Pies are another American abomination, and have no small share of our ill-health to answer for. The mince pie, as it is generally made, is the abomination of abominations. Some one describes it, as "very white and indigestible at the top, very moist and indigestible at the bottom, and with untold horrors in the middle;" even our bread is unwholesome. It is made of the finest of fine flour, and either fermented till its natural sweetness and a large portion of its nutritive elements are destroyed, or raised with those poisonous chemicals, soda and cream of tartar. In either case it is unfit to be eaten. The rich cakes which our good housekeepers deem so indispensable, are still worse, and so on. Now, add to our badly chosen dishes and our objectionable cookery, the rapid eating and imperfect mastication, and the continually interrupted digestion which our intense and feverish life necessitates, and we have a complication of abuse which would, one must believe, have long since utterly destroyed the vital stamina of any people not originally endowed with marvelous physical powers.aques' Hints toward Physical Perfection.

CLOVER-How IT ENRICHES.-We are afraid of clover. We are afraid to raise it largely, afraig to feed it extensively especially as a main feed; and afraid to plow it in. This is wrong, very wrong; we are constantly losing by not growing more clover, losing in many respects. You can make this plant work for you on poor soil. A little manure applied on the surface will do this, and if plenty of seed is sown there will be a thick set. Then it needs but a chance with the atmosphere, and plaster will aid this greatly. -With warm showers there will be a growth almost surprising. It will be dense, fine-stemmed, and of fair length depending somewhat on the season. But this when it begins to lodge-which will be about the time when blossoms appear, and then will be avoided all rot or mildew consequent on long, coarse any other plant, and the second crop will be nearly or perhaps quite as good as the first.

Tanning Leather .- It is often matter of both convenience and economy in the household or on the farm to be able to do a litle tanning; so we give here an approved receipt which may prove useful:-Soak the skin or hide eight or nine days in water, then put it in lime; take it out, and remove the hair by rubbing, and soak it in clear water until the lime is entirely out. Put one pound of alum to three of salt, dissolve in a vessel sufficiently large to hold the hide; soak the hide in it three or four days, then take it out, let it get half dry; and then beat or rub it until it becomes pliable. Leather prepared by this process will not do well for shoes, but answers for hamstrings, backbands, and various other purposes on the farm.

One of the most celebrated physicians of Philadelphia, it is said, eats two raw apples every evening before he retires to rest, and thinks they not only supply food to his brain, but keeps the whole system in a healthy condition.

Men make steam engines of themselves from morning till night, and, vice versa, dream of gold. The fearful strain upon the nervous system by thus taxing the mind produces not only Heart Disease, Dyspepsia and Lung Maladies, but is often the direct cause of Apoplexy, Insanity and Suicide. It is very remarkable that during the world's progerss discoveries are made suitable to the times. Hardly had man become prepared for speedy transit when the Railroad and Steamboat were introduced, the desire for rapid intelligence developed the telegraph. Coals are usually discovered as wood becomes scarce, and now when men's minds are being taxed to their utmost in order to secure and enjoy the luxuries of an extravagant age, Fellows' Hypophosphites appears that they may by artificial means keep up this mental strain to an indefinite extent.

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