

I think, however, it is not proper that we should always be in performance of the sober duties of life. Nature does not bestow all her care on the sturdy oak and mountain pine, but adorns the landscape with an endless variety of fanciful colors and forms, enlivens the whole music, and the frolicsome play of animated beings. Nor did she fail to implant in the human mind faculties harmonizing with the beauty, melody, and gaiety of external nature, which find a legitimate sphere of action in ornamental horticulture, vocal and instrumental music, &c.

AMANDA.

**FEMALE CULTURE.**—The great entertainments of all ages are reading, conversation and thought. If our existence after middle life is not enriched by these, it becomes meagre and dull, indeed—and these will prove sources of pleasure just in proportion to the previous intellectual culture. How is that mind to have subject matter of pleasurable thought during its solitary hours, which has no knowledge of the treasures of literature and science, which has made no extensive acquaintance with the distant and the past? And what is conversation between those who know nothing? But on the other hand, what delight is that mind able to receive and impart, which is able to discuss any topic that comes up, with accuracy, copiousness, eloquence and beauty? The woman who possesses this power can never fail to render herself agreeable and useful in any circle into which she may be thrown, and when she is so, she cannot fail to be happy. A full mind, a large heart, an eloquent tongue, are among the most precious of human things. The young forsake their sports and gather round, the old draw nigh to hear, and all involuntarily bow down to the supremacy of mind. These endowments add brilliancy to youth and beauty, and when all other charms are departed, they make old age sacred, venerable, beloved.

**WASHING CLOTHES.**—We publish to-day, for the benefit of the ladies, the greatest recipe for washing clothes ever yet published. By this process one hand can do as much as three hands in the old method, and do it much better. Be sure to keep this recipe. If you file our paper, mark round the recipe with pen and ink; if not, cut out the recipe and file it away.

**RECIPE.**—Take good home-made soft soap, 4 lbs.; borax refined, 4 oz.; common salt, 3 oz.; water seven pints. Boil slowly to cake soap; separate the top from the sediment for the cake soap. The bottom or sediment will do for washing dishes and such like.

**PROCESS.**—1. Wet the clothes thoroughly. 2. Rub the dirty and greasy spots with some of the soap. 3. Boil the clothes in strong soap suds of the above soap. 4. Rinse the clothes three times well in clean water. —*Exchange paper.*

**MUSIC OF INSECTS.**—A sound like the humming of bees is often heard in lonely rural retreats, among mossy dells and leafy solitudes; the poet heard this music of the groves as he penned the following couplet:

"Not undelightful is the ceaseless hum.  
To him who, musing, walks at noon."

Sounds like the humming of bees are frequently heard, though not a single insect is to be seen. The existence of these diminutive creatures,—who only appear in the evening,—is said to terminate before the dawn of day; though short, it is a life of incessant pleasure. By naturalists they are now classed as coral flies, who congregate in millions, as Gardner supposes, for the pleasures of music and the dance.

It is related of Beethoven that those imitative sounds in his celebrated Pastoral Symphony were caught from na-

ture; that he employed the violin, in that extraordinary composition, to represent the soft, fluttering stir of the insects,—the hum in a noontide warmth of a summer's day. He used to sit upon a stile in the environs of Vienna, a lovely, sequestered spot, and listen to the ceaseless sound of unnumbered winged insects dancing in the air.

Plutarch tells us that when Terpander was playing upon the lyre, at the Olympic games, and had enraptured his audience to the highest pitch of enthusiasm, a string of his lyre broke, and a grasshopper immediately perched on the bridge, and by its voice supplied the loss of the string, and saved the fame of the musician.

The Athenians kept those delicate creatures in cages for the sake of their song, and called them the nightingales of the nymphs. As in the case of birds, the males only sing.

**SUGGESTIONS ON HEALTH.**—Children should be taught to use the left hand as well and as much as the right.

Infants should be sponged with cold water every day. Infants should be carried into the air every day of the season. Infants should be nursed at regular intervals, once in about three hours. From the time they are weaned, until they have passed the first dentition, children should be fed on bread and milk.

Coarse bread is better for children than fine.

Children should sleep in separate beds, and, where it is practicable, in separate rooms, and should not wear night-caps.

Children under seven years of age should not be confined over six or seven hours in the house—and that time should be broken by frequent recesses.

From the time of the first, to that of the second dentition, children should be denied animal food.

Children and young people must be made to hold their heads up and shoulders back, while standing, sitting or walking. The best beds for children are of hair, or in winter, of hair and cotton.

At proper times, and in proper places, children should be indulged in the free use of their limbs and lungs. A play-room is a useful appendage to a house.

After the second dentition is passed, young people may eat all kinds of wholesome food. Young children should drink only water. One pint of liquid to a person a day, is sufficient for health; and that should neither be hot nor very cold, and should be taken at some interval after eating.

From one to one pound and a half of solid food is sufficient for a person in the ordinary vocations of business. Persons in sedentary employments should drop one-third of their food and they will escape dyspepsia.

Young persons should walk at least two hours a day in the open air.

Young ladies should be prevented from bandaging the chest. The author has known three cases of insanity, terminating in death, which began in this practice.

Every person, great and small, should wash all over in cold water every morning.

Reading aloud is conducive to health.

The more clothing we wear, other things being equal, the less food we need.

Sleeping-rooms should be furnished with a fire-place, or some other mode of ventilation besides the windows.

The proper temperature of sleeping-rooms is from 55 to 60 degrees Fahrenheit.

The temperature of a room warmed by an open fire-place is sufficiently high for health and comfort at 70 degrees Far., but in a room warmed by an air-tight stove, it needs to be at 75 degrees. Air-tight stoves are not good for health unless the room is plentifully supplied with cracks and crevices.