#### (From the H lifes enordian.) RETROSPICTION.

RETROSPIC PION.

In vonth I looked back to my car dinoid; sweet hours, and to ought or the dear hour, at gardens, and flow'rs,—be point where I dabbled—the gade where I swang—se of capple tree—with one i temp from hind hand—freed of the mitter ware green, he mutgrove, with the sumer of sky glowing between, and time look the smartined not clusters too! step like a farty be—either though and wild—eit geathe, as ever he for gid to a child,—either as ever he for gid to a child,—either the mark where the ring! and wild—either the first branch of the constantly flung fine merry heart's hargher wherever it rung! at, also I had seen mate west bloom decay, he crosedush of health from the check fade away, are growdush of health from the check fade away, and we ware from that die anders repuse! In them, it was said loa'd, my life seem'd overcast, and my heart in ode ats hour—as bright hour, in the Part! here included cancer, with as sortows and cares,

on in inhood came on, with its sorrows and enros,
friendships, its lovings, its hopes in I despairs,
i I wish'd for my sister again at my side,
j secule with her love, with her counsel to guide;
at I monta'd that the sweetest the somest should fade,
at its hallow'd hoore still in the Past my heart made!

And its hallow'd from a till in the l'ast my heart made!
But a light dawn'd upon me! that smile, love of thine,
Would have went from its grief a heart sadder than mine;
O'r bleat he the true heart thoug giver to me!
The house which thou brightness a paradise seems,
And my forcy-lint is no longer in dreams!
My candition in neithout my sweet wite, and my home,
I could find no such treasures where'er I should roam!
And do I took back to the Past with a sixh!
Yes soo it on a a tear dog, who start is mine eve,
When I think of the true-hearted long good to rest,
How they would report could they see me so blest.
I bellow the past, long my childhood a home yet.

I hallow the post, love my Childhood whome yet, An I the heautiful dead I evo in weer for get;— Now, my hourt looks for joy in bright hours to co But hade in the hear.—I Present de Aone ? ra to come.

DOR A.

### Literary Department.

### THE BAY OF SAN FRANCISCO.

description of the finest harbour in the Western World, as well for the value of the information it from their known character, to say that the Yanaffords as for the special interest which (in consequenco of the Mexican War) at this moment attaches to that part of the World. The American modesty displayed in the latter part of the article we can overlook, and we have no d ubt our readers will be equally indulgent to the foible of National vanity.

The Bay of San Francisco is the glory of the western world. Its mouth lies in latitude 37 degrees 53 minutes. The water on the bar is eight fathoms at low tide. The mountains on either hand rise several hundred het above the sea, and form fine land-marks in foggy weather to point out the bar, and the channel into the harbor .-The capes at the ocean's edge are about two miles apart; always verdant and o freshing to the eye: and, as you go up the passage the little streams tumbling from the rocks among the greenwood, and the wild game standing out on the chils or frolicking among the brush, and the seal barking on the water, give promise of pleasure and rest from the toils of the sea.

This passage is about five miles in length. Four and a half miles from the capes it narrows considerably, and presents a hold point north and On the southern one stands the Presido or fort, on which this mighty harbor condescends to depend for protection. The fort is in ruins — A dozen old rusty guns in the care of thirty or torty half-clad half-bred soldiers, usually foraging in squads of five or ten among the neighboring Missions; one side of its walls tumbled down, and another strongly disposed to plunge into the sea. and not the tenth of a true soldier's heart beating for a hundred miles around, is a true summing of its present strength.

The house of the commandant, situated in one corner, is a respectable whitewashed pile of mud and bricks. On the other corner of the same side is the chapel, also built of mud; a filthy place for worship. On another side are artificers' shops and a prison. The two other sides are broken down, not by the flying metal of brave conflict, but by the gentle pattering of the rains; the ruins covered with bones' not the bones of fearless men, who have fallen in the breach, throwing their gushing blood in the face of a conquering foe; but the bones of beeves that have been guawed by the garrison during the years of valorous eating. Densely manued, also, are these piles of adebie and esseous ruins, not with rank and file of mailled warriors, but with dogs, vul-tures, and juckals. This is Fort San Francisco, strongest posts in the Californias. oue of the Heaven help its dogs, vultures, and jackals, in case of a seign!

Six miles from the capes at the mouth, and at the point where it begins to open into the Bay, are two small islands on which forts might be conveniently built, that would command the narrows, and also the entrance into both the north and south parts of the bay. Indeed, the whole bay is so studded with islands easily fortified, and so everhang by headlands, which of themselves

parative security. From the narrows to the north part of the Bay is twenty four miles, and to the couth-eastern point thirty-five unles.

The southern half of the Bay varies from fourteen to fifteen, the northern half from four to twenty miles in width. In overy part of this large tract of water is good holding ground, and on all its shores are coves in which vessels of any tonnage may be snug and secure from storms within a cable's length of the land. In the NW. corner of the Bay is the inlet of the Rio Sacramento. It is about one and three fourth indes wide for the distance of seven indes, and then spreads out into a bay seven index wide, and twelve in length, when it narrows down to four unles for the distance of two unles and a half, then widens to seven or eight indes to the distance of cleven unles, with islands in the centre, then narrows to four inles for the distance of three miles, and then it widens into a bay about twenty indes north and south, and about the same distance east and west, studded with nine islands. On the east of it between the mouth of the Sacramento and the Bay, hes one about fifteen miles in length, NE, and SW., and of a breadth varying from three miles to ten. All these islands are low and marshy. On the southern part of this large island comes in the Rio San Joaquim, and on the northern point of it is the northern mouth of the Sa-

On the south side of the promonotory on which tands the fort, Castillo de San Francisco, is a little village celled Yerba Bueno. As the barbor in which foreign vessels refit and purchase sup-We publish the following clear and striking plies, hes in front of Yerba Bueno, it will scarcely be imparting any fact not legitimately inferable kees have built and inhabited this town. These descendants of the kings and nobles of the old Saxon Heptarchy, knighted and enobled anew by the physical and mental conquests over the wilderness of America and over the oppressions of their Norman conquerors, the reigning families and nobles of Great Britain have built up an empire of mind on which the sun never sets. Bay of San Francisco is Yerba Bueno. In the Sandwich Islands a nation is spoken into being .-The Chinese seas are burdened with its ships. On the coast of Africa the emancipated slave unturk the banner of Freedom over the fortunes of an independent national existence, and almost the enthe habitable parts of this great continent are enpaying the impulses to human Freedom which the American Saxons sent out to the race on the Fouth of July, 1776. These Yankees at Yerba fluencemployed themselves in their characteristic business of doing everything.

The surpassing beauty and magnificance of this harbor of San Fracisco can never be properly estimated by being viewed from the land. must approach it from the sea; have a full view of the lufty shores north and south, rising at intervals into lofty peaks girded at their bases with primeval forests of evergreen cedars and pines mottled with the houghs of the oak, the ash, and the plane. The har which springs from the northern headlands of its entrance, and, running beneath the blue waters of the Pacific from five to nine fathoms, causing a belt of surf to roll across the mouth, must be pased. A breeze must bear your bark over and along the dangerous rocks three quarters of a mile mside on the right, quarrelling with the surges; and onward four unles between the projecting cliffs, overhanging peaks and verdant woodlands illed with starting deer and other game, to the harbor at the narrows beneath the fort; and thence onward till past the fort and the islands lying across the entrance; and Bay is seen! a broad dieet of water stretching off, north and south, the largest and best harbor of the earth, surrounded hy a country, partly wooded, and partly disposed in open glades and prairies of the richest kind, covered with the flocks and herds of the Missions. and deer, and elk, and bears. And amid the beautiful hills of the south and east are Sama Clara, El Pueblo San Jose, and Mission San Jose; and on the southern peninsula, five miles miles wide, is San Francisco, Yerba Bueno, the trading-house of the Hudson Bay Fur Company, the Presido and the Castillo; on the northern penneula is San Rafael, and in the north San Francisco Solano; a group of beauty and grandeur, that knows no superior in any clime.

## WHITE AND BROWN BREAD.

Several years ago, we threw out the surmise, that the separation of the white from the brown parts of wheat grain was likely to be baneful to sealth. We proceeded upon theoretical grounds believing that providence must have contemplated our using the entire grain, and not a portion so overhung by headlands, which of themselves only, selected by means of a nicely arranged man. Capthin Dexter what was the cause of the sick-are fortresses, that a party in possession of them chinery. It struck ne forcibly, that to go on for a new of his men? He replied "The bread was could hold the Bay against vast odds, and in com- long course of years, thus using a kind of food too good."—[Chambers' Edinburgh Journal.

different from what nature designed, could not fail to be attended with bad consequences. We nave since learned that our views have some reagnized support in science. The following par-

aph from a recent pamphlot will at once serve keep the subject alive in the minds of our readers, and explain the actual grounds on which the separation of flour is detrimental. "The general belief," says the writer, "is, that bread made with the finest flour is the best, and that whiteness is the proof of its quality; but both these opinions are popular errors. The whiteness may be, and generally is, communicated by alum, to the injury of the consumer; and it is known by men of science that the bread of unrefined flour will enstain life, while that made with the refined will not. Keep a man on brown brend and water, and he will live and enjoy good health; give him white bread and water only, and he will sicken and die. The meal of which the first is made contains all the ingred ents necessary to the composition of nourishment to the various structures composing our bodies. Some of the ingredients are removed by the indier, in his efforts to please the public; so that fine flour, instead of being better than meal, is the least nourising and to make the case worse, it is also the most difficult of digestion The loss is, therefore, in all respects, a waste; and it seems desirable that the wimirers of white bread, but especially the poor, should be acquainted with these truths, and brought to enquire whether they do not parchase at too dear a rate, the provides of infulging in the use of it. The unwise preference given so universally to white bread, leads to the pernicious practice of mixing alum with the flour, and this again to all sorts of adulterations and impositions; for it enables batters who are so posed, by adding more and more alum, to make read made from the flour of an inferior grain look like the best or more costly, and to dispose of it accordingly; at once defrauding the purchaser and tampering with his health. Among the matters removed by the miller are the large saline substances, which are indispensible to the growth of the bones and teeth, and are required, although in a less degree, for daily repair. Brown bread should therefore be given to nurses, and to the young or the growing, and should be preferred by all, of whatever age, whose bones show a tendency to bend, or who have weak teeth. It is believed that brown bread will generally be found the best by all persons having sluggish bowels and stomachs, equal to the digestion of the bran-But with some it will disagree; for it is too ex citing to irritate bowels, and is dissolved with difficulty in some stomachs. When this happens, the bran should be removed, either wholly or in part; and by such means the bread may be adapted, with the greatest case, to all habits and all constitutions."

Mr. Smith, in his late remarkable work on fruits and farmacia as the food of man, gives some illustrations of this doctrine. "Bulk," he says, "is nearly as necessary to the articles of diet as the nutrient principle. They should be so managed that one should be in proportion to the other. Too highly nutritive is probably as fatal to the prolongation of life and health, as that which conains an insufficient quantity of nourishment." is a matter of common remark among old whale men, that, during the long voyages, the coarser their bread, the better their health. "I have followed the seas for thirty-five years," said an inteligent sea-captain to Mr. Graham, "and I have been in almost every part of the globe; I have always found that the coarsest pilot-bread which contains a considerable quantity of bran, is decid-odly the best for any men." "I am convinced, odly the best for any men." from my own experience," says another captain, that bread made of the unboked wheat mell is far more wholesome than that made from the best superfine flour the latter always tending to produce constinution."

Captain Dexter of the ship Isis, belonging to Providence, arrived from China, in December, 1804. He has been about one hundred and ninety days on the passage. The sen-bread, which constituted the principal article of food for his men, was made of the best superfine flour. He had not been long at sea before his men began to complain of langour, loss of appetite and debility. These difficulties continued to mercase the whole and reveral of the hands died on the passage of debility and inanition. The ship was obliged to come to anchor thirty miles below Providence; and such was the debility of the men on board, that they were not able to get the ship under weigh again, and the owners were under ity of sending men down from Provithe neces dence. When she arrived the owners asked Captain Dexter what was the cause of the sick-

# QUANTITY OF FOOD CONSUMED BY

A MAN. The difference between eight ounces and a half of boiled meat and ten onnes appears very trivi al; ) at if the greater of the two quantities be persevered in regularly every day for the term of a man's adult life of light a century, it may excite a little surprise in the person who practices it to learn that he will have consumed a flock of sheep. consisting of about fifty-three head, in excess above what he ought to have made use of. In a life of sixty-five years, allowing eight ounces and a half per day for lifty years, two-thirds of that quantity for ten years, and three ounces a day for three years of childhood, the total animal food amounts to 350 sheep. If to this be added the excess above mentioned, the number of sheep the cooked meat of which is devoured by one man during a life of sixty-five years, is about 409; along with five tons of potatoes, about the same of turnips or other vegetable, nine tons weight of common drink, and six tons weight of wine, at one pint per day for 30 years only; thus for dinner alone about thirty tons weight of solids and liquids must have passed through the stomach. Inordinate work will wear out any machinery before its time, especially if the work performed be of a peculiarly wearing character. Whether it is advisable to add the Ilfry-three unnecessary slicep to one's dinner, is a question which every reader will answer to himself as he thinks proper. The food of old Parr, who died at 153 years of age, consisted of cheese, coarse bread, nulk, and small beer. Would it have made no difference in the duration of his life if he had swallowed 1050 sleep, for about this number would have been his share at the usual rate, along with his wenty tons of wine ! It may assist in drawing a conclusion, to recollect that when he was brought to London, and lived in splendour, " fed high, and drank plentiful of the best wines," he soon died; and his death was generally attributed to that cause, for he had vigour of body " to have lived a while longer," as the reporter says.-Donovan's Domestic Economy.

#### INFLUENCE OF WAR.

Dr. Channing, in a discourse before a convenion of Congregational Ministers, in Massachuetts, in 1916, used the following language in relation to the devastating influences attendant upon war:-

"The influence of war on the community at large, on its prosperity, its morals, and its politi cal mstitutions, though less striking than on the soldiery, is yet most baleful. How often is a community impoverished to sustain a war in which it has no interest. Public burdens are aggravated, whilst the means of sustaining them are educed. Internal improvements are neglected. The revenue of the state is exhaused in military establishments, or flows through secret channels into the collers of corrupt men whom war exalts to power and office. The regular employments of peace are disturbed. Industry, in many of its branches, is suspended. The laborer, ground with want, and driven to despair by the clamour of his suffering family, becomes a soldier in a cause which he condemns, and thus the country is drained of its most effective population. The neonle are stripped and reduced, whilst authors of war retrench not a comfort, and often fatten on the spoils and woe of their country.

But the influence of war on the morals of so iety is still more fatal. The saspension of industry, and the pressure of want multiply vice. Criminal modes of subsistance are the resource of the suffering. Public and private credit are shaken. Distrust and fear takes the place of mutual confidence. Commerce becomes a system of stratagem and collusion; and the principles of jusuce receive a shock which many years in peace not able to repair.

Wasting Effects of Yeast in Bread-ma-ning.—We quote the following paragraph from the Economist newspaper, for no practical sugges-tion for economizing the national stock of food at this afficting crisis should be overlooked:—"It is a positive fact that throughout Great Britain and freland a quantity of flour-sufficient for the supply of many thourands is every day destroyed, dissi-pated, and lost atterly to human use. This is the mevitable result of using yeast in the composition of bread. A portion of flour becomes decomposed in the process of fermentation; and passes off into the atmosphere in the slaspe of carbonic acid gas. As it escapes it puffs up the tenacious dough, and makes it spongy and light. This is the only and for which yeast is employed in bread-making; but the same object can be effected quite as well by other chemical processes, which do not escaled any loss of substance to the flour. Dr. Bundes Thompson has ascertained, by experiments on a large scale, that in a seck of flour there in a differ-ence in favour of bread made without yeast to the amount of thirty pounds thirteen enness; or, in round numbers, a seck of flour would produce