

A "DIGNITARY'S" IDEAL OF A WORKING MAN'S DINNER.—Wholesome food (he says) according to my definition, ought to consist of a diet of which bread, made of the ground seeds of the more generous cerealia, ought to constitute a large element; and this bread might, to a great extent, be partially displaced by preparations of the seeds of leguminous plants. But along with this farinaceous food, there ought to be consumed a fair proportion of animal substances, whether in the form of milk, butter, cheese, flesh, fowl, or fish. I have no hesitation in adding, that there should also, in the case of hard-work men, be a due allowance of fermented liquor, the soul of the seeds of the cerealia, or of fruit-trees, in the shape of cider, wine, beer, porter, ale. This will be recognized all over Europe as the Englishman's bill of fare. Such was the food of the patriarchs—the kid, the calf, the lamb taken from the fold, milk in its various forms, and especially bread, without which Jacob and his children could not live comfortably, with all their numerous flocks and herds. Such was the food which Melchisedec brought forth to refresh the wearied servants of Abraham. He refreshed them with bread and wine, God's best earthly gifts to his creatures. The priests of the old world, under every dispensation, approached the altars of their gods with similar offerings. Old Homer allowed no other food to his warriors before Troy but the generous diet of bread, what we call butchers' meat, and wine. And the riotous suitors in the Odyssey revel in the same substantial course. The harvest food of even his reapers was the roasted ox, and newly baked scones; and his very ploughmen received, at regular intervals, a refreshing draught of wine. Herodotus states as an historical fact, that the warriors of Egypt received, among other perquisites, a daily allowance of bread, butchers' meat, and wine: even her very bondsmen, when taxed hardest to their work, were allowed to revel in the luxuries of the flesh-pots.—*From a Letter to the Archbishop of Canterbury, by a Dignitary of the English Church.*

NUTRIMENT IN SUGAR.—The nutritive properties of sugar are much underrated in this country. As an aliment, Dr. Rush, of Philadelphia, maintains that sugar affords the greatest quantity of nourishment, in a given quantity of matter, of any subject in nature. Horses and cattle were fed wholly on it at St. Domingo for some months, when the exportation of sugar and importation of grain were prevented from want of ships. During the crop time in the West Indies all appear fat and flourishing. The cattle fed on the cane-tops become sleek, and in a fine condition. The negroes drink freely of the juice, and become fat and healthy. Sir George Staunton observes, that many of the slaves and idle persons in China hide themselves among the canes, and live entirely on them for a time. In that kingdom the emperor compels his body-guard to eat a certain quantity of sugar every day, that they may become fat, and look portly. Sugar and rice constitute the common food of the people, and every kind of domestic animal is fed on sugar. Plagues, malignant fevers, and disorders in the breast, are unknown in the countries where sugar is abundantly eaten as food. The celebrated Dr. Franklin used to drink syrup every night before he went to bed, to alleviate the agonies of the stone. In short, Dutrone, with all the vivacity of a Frenchman, burst into a rhapsody on the excellence of sugar. He not only panegyrises it as the triumph over seasons and climates, in enabling us to assemble at our tables the fruits of every season and country; as the softener of asperities; the *delice* of confectionary; the seductive

charm of liquours; but he would exalt it as the panacea of life, the invigorator of infancy, the restorer of sickness, the renovator of old age. He invites the brewer, the baker, the vintner, to prove its beneficial influence in their several arts. He calls upon the apothecary to acknowledge its aid in compounding medicine; and he recommends the surgeon to lay aside his unctuous plasters, and to apply saccharine lenitives.—*Popular Errors Explained.*

THE MOON IN LORD ROSSE'S TELESCOPE.—With the moon, every object on its surface, of the height of one hundred feet, was now distinctly to be seen, and he had no doubt that under very favourable circumstances it would be so with objects sixty feet in height. On its surface were craters of extinct volcanoes, rocks, and masses of stones almost innumerable. He had no doubt whatever that if such a building as he was then in were upon the surface of the moon, it would be rendered distinctly visible by these instruments. But there were no signs of habitations such as ours—no vestiges of architectural remains to show that the moon is or ever was inhabited by a race of mortals similar to ourselves. It presented no appearances which would lead to the supposition that it contained any thing like the green fields and lovely verdure of this beautiful world of ours. There was no water visible—not a sea, or a river, or even the measure of a reservoir for supplying town or factory; all seemed desolate. Hence would arise the reflection in the mind of the Christian philosopher—Why had this devastation been? It might be further inquired—Was it a lost world? Had it suffered for its transgression? Analogy might suggest the question—Had it met the fate which Scripture told us was reserved for our world? It was obvious that all this was mysterious conjecture.—*Dr. Scoresby's Letter on Astronomy.*

We are glad to find, from the following portion of a gratifying letter from Mr. J. D. Gilbert, dated July 29th, 1845, that the schools are still progressing so well.

"I have to day seen Harris, the Master of one of the self-supporting agricultural schools, established by the late Mrs. David, in the parish of East Dean. He informs me that he occupies 5 acres of land, for which, with a house) he pays £8 15s. a year rent. His school has been opened 3½ years; he has, at present 16 scholars who each pay him 1d. a week, and work for him on his land from 2 to 5 o'clock every afternoon, in return for the instruction he gives them in the morning between the hours of 9 and 12. The ages of his scholars vary from 4½ to 12 years, and the numbers who have attended his school, daily have averaged about 17 and 18. Harris has paid his rent regularly and has repaid £2 15s. out of a sum lent him to purchase a cow. He is perfectly satisfied with his situation, and the school, is, I believe, well conducted and flourishing. James Sherwood's school, at Pevensy, has been established 2 years. He occupies a house and 3½ acres of land at a rent of £9 18s. He has, at present only five scholars, this being the season of the year at which children are employed in weeding for the farmers. He keeps his school on the same principle as Harris, and is perfectly satisfied with his situation. He has never had so small a school as at the present time; generally 20, and at one time 37, children attended his school daily."

It behoves us always to bear in mind, that while actions are always to be judged by the immutable standard of right and wrong, the judgments which we pass upon men must be qualified by considerations of age, country, situation, and other accidental circumstances, and it will then be found that he who is most charitable in his judgment is generally the least unjust.—*Southey.*