

FOOD EASILY DIGESTED.

THERE is no subject connected with health deserving of greater attention than the proper kind of food for invalids. Every kind almost may be eaten with impunity by the hale, hearty laborer. He eats what is provided, but the person with weak digestive organs, in order to comfort, it is needful for him to eat only such articles as the stomach can digest. It becomes important therefore, to know what kind of food there are which may be eaten without injury, and which, instead of increasing our maladies, serve to diminish them.

We give below a table of the results, obtained by Dr. Beaumont, not as a mere matter of curiosity, but as furnishing information of the most valuable kind in connection with animal nutrition. The first column indicates the substance taken into the stomach, the last, the time for its digestion.

	H. M.		H. M.
Boiled Rice.....	1 00	Mutton, Fresh.....	2 15
Sago, Tapioca, Barley and boiled.....	2 15	Veal.....	4 00
Milk.....	2 15	Wheat Bread, fresh baked.....	3 30
Tripe and Pig's Feet.....	1 00	Corn Bread.....	3 15
Fowl, Beef's Liver.....	2 30	Sponge Cake.....	2 30
Hard Eggs.....	3 30	Succotash.....	2 45
Soft Eggs.....	3 00	Apple Dumpling.....	3 00
Custard.....	2 15	Apples, sour and mellow.....	2 00
Trout, boiled or fried.....	1 30	Apples, sweet and mellow.....	1 30
Other fresh Fish.....	3 00	Parsnips, boiled.....	2 30
Beef, rare roasted.....	3 00	Potatoes, boiled.....	3 30
Beef dry roasted.....	3 30	Potatoes, roasted.....	2 30
Salt Beef, with mustard.....	2 30	Raw Cabbage.....	2 30
Pickled Pork.....	4 30	Raw Cabbage, with Vinegar.....	2 00
Fresh Pork.....	3 00	Cabbage boiled.....	4 30

Digestion is much facilitated by the particles of food being made fine when taken into the stomach, and the quantity of nutritive matter furnished is greater. Individuals, therefore, in whom the digestive powers are weakened, find a benefit in thoroughly masticating or chewing their food. This principle is of great importance in the feeding or fattening of animals, and shows the necessity of grinding or cooking the material given them if we would have them derive the full benefit of the nutritive contained.

WEIGHTS AND MEASURES.

STANDARD WEIGHT OF GRAIN, PULSE AND SEED.

Wheat.....	60 pounds.	Oats.....	34 pounds.
Indian Corn.....	56 "	Beans.....	60 "
Rye.....	56 "	Clover.....	60 "
Peas.....	60 "	Timothy Seed.....	48 "
Barley.....	48 "	Buck Wheat.....	48 "
Flax Seed.....	56 "	Oat Meal, brl.....	200 "

MEASURES OF SURFACE.

144 Sq. Ins.	= 1 Sq. Foot.	4 Rods	= 1 Acre.
9 Sq. Feet	= 1 Sq. Yard.	10 Sq. Chains	= 1 Acre.
30 1/2 Sq. Yds.	= 1 Perch.	80 Acres	= Sq. Mile.
40 Perches	= 1 Rod.		

MEASURES OF SOLIDITY AND CAPACITY.

1,728 Cubic Ins.	= 1 Foot.	127 Cubic Feet	= 1 Yard.
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IMPERIAL MEASURES OF CAPACITY FOR LIQUORS AND DRY GOODS.

4 Gills	= 1 Pint.	8 Gallons	= 1 Bushel.
2 Pints	= 1 Quart.	8 Bushels	= 1 Quarter.
4 Quarts	= 1 Gallon.	5 Quarters	= 1 Load.
2 Gallons	= 1 Peck.		

MEASURES OF WEIGHT.

27 1/2 Grains	= 1 Drachm.	25 Pounds	= 1 Quarter (qr.)
16 Drachms	= 1 Ounce.	4 Quarters	= 1 Hundred weight (cwt.)
16 Ounces	= 1 Pound (lb.).	20 Cwts.	= 1 Ton.

This weight is used in almost all commercial transactions, and in the common dealings of life.

11th Month.

Moon's Phases.

Full Moon.....
Third Quarter.....
New Moon.....
First Quarter.....

DAYS. Montre

M. Week. Sun S

h. m. h.

1 Sat. 6 44 4

2 E. 6 46 4

3 Mon. 48

4 Tues. 49

5 Wed. 51

6 Thur. 52

7 Fri. 54

8 Sat. 55

9 E. 6 56 4

10 Mon. 57

11 Tues. 58

12 Wed. 7 00

13 Thur. 1

14 Fri. 3

15 Sat. 5

16 E. 7 6 4

17 Mon. 8

18 Tues. 11

19 Wed. 12

20 Thur. 13

21 Fri. 14

22 Sat. 15

23 E. 7 25 4

24 Mon. 17

25 Tues. 18

26 Wed. 19

27 Thur. 21

28 Fri. 22

29 Sat. 23

30 E. 7 25 4

ONE day, at the inquired of one of "Monsieur, exact net forth?"

The retort was a "Those of your

"Shall I help ye able physician, as "No, sir, I than potatoes, if you

A GENTLEMAN -body's love to ever somebody."

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ROCHESTER HAS