#### THROWING BREAD AWAY.

called, the "staff of life," bread. Now, bread it regards them the whole meal is nearly three lar, seems to be very deep : it is isolated from instant re-ascent. is so plenty that we throw half of it away. In times more nourishing than fine flour. Now the Atlantic by a submarine ridge or neck, As to the idea that the bleeding of a tree order to show wherein this is done every day, let us sum the whole together and see if we which, in the narrowest part of the Strait of begins first at the root, and in connection with let us "reason together" a little. The prin- have not made out a clear case, viz. ; that we Gibraltar, is not more than 1,000 below the this supposition, that what is called the rise of cipal material of which bread is made in New- are daily actually throwing vast quantities of surface. But a little farther towards the east the sap is the cause of the expansion of buds England, is flour and this you all know is food away.

that we have changed most essentially with total 354. them. People may say what they please about One thousand pounds of fine flour contains, the " hardy New-Englanders." There used muscular matter, 130 pounds; bone matter, he has not made some mistake in the state-branches the bleeding will be found to have to be such a race, but they are disappearing, 60 pounds; fat matter, 20 pounds; total 210, ment, there has been found in the prolongation commenced. This was observed some years and an effeminate race is growing up to sop- Now deduct 210 from 354, and you have of the Pyrenees the enormous depth of 9,000 ago by Mr. Thompson, at that time the Duke ply their places. There are many causes for 144 pounds of matter' very essential to nou-feet. Not far from Cape Asinara, on the north of Portland's gardener, who thought he had this deterioration of the strength of the people, rishment thrown out. Who then will say that west of Sardinia, the plummet has been sunk, discovered that the sap of trees descends in the but the principle cause is the present mode of we are not throwing away food every day of without touching bottom, to a depth of nearly spring, instead of ascending; a strange speculiving. We throw away the best half of the our lives ? Is it any wonder that we are 5,000 feet. Transed and the our lives ? wheat, and eat only the finer parts. Everybody growing up a delicate and effeminate people 2 must have superfine flour on their table.- Our children instead of being fed upon coarse Well, to make superfine flour the wheat must bread, and turned into the open air for exerbe ground fine-the meal must then be bolted cise, whereby lungs and limbs may be exerthrough the finest bolts or sieves, and the cised and expanded, are fed on flour cake of bran and other coarser parts are carefully se- the finest kind, and mewed up in air-tight more destitute of any real foundation. If in houses like plants in a hot-bed, which wilt on the spring, when the buds are just swelling, exposure. We do not wish to be ultra in our parated, and consigned to the pig trough or cat- notions or expressions, but we honestly believe tle manger. What did the Almighty make that the man who invented the bolt to a flour these parts of wheat for ? For the nourish- mill cursed the nation .- Maine Farmer. ment of man; but man has become so " unco" without wise that he throws them to one side and picks out only the finer particles ; and he dearly pays the penalty of his folly, in decreased health, sun's light, but they are never so dense as to to enter so narrow a lodging at the root.

and that we may not rest wholly on our own forming the clouds, is diffused through the tained in the interior of a tree. In the spring common occurrence should put people on their individual authority, we will call others in, whole mass; therefore, the light we receive who have carefully examined the physical and on cloudy days, instead of coming in parallel ed; in the summer, autumn and winter it does this subject .- Prof. Lindsley. chemical nature of wheat. Professor John- rays directly from the sun, is diffused among not, unless exceptionally, make its appearance. ston has done this pretty thoroughly, and so the vapors in the air, which has become a But in truth the sap is always in motion at all we will draw upon him for a few facts."

of the materials of our bodies; and second, clearest day, a great portion of the light from ence is that there is a great deal of it in the what is needed to keep up the repairs and sup- the sun is diffused by the vapors of the atmo- spring and much less at other seasons. plies of these materials as fast as they are wested sphere. It is this diffusion of the light that When a tree falls to rest at the approach of or spent in the course of life. The solid parts produces the bright appearance of the sky .-- winter, its leaves have carried so much more of the human body are fat, muscle, (flesh,) and Were the air to be perfectly transparent, the fluid than the roots have been able to supply, bone. The liquid or fluid parts of the body sky would appear almost black; because, as that the whole of the interior is in a state of contain also the fat and muscle and bone in- the rays of light are invisible, except when comparative dryness, and a large portion of them perpendicularly upon the ground with gredients in a fluid state, whereby they are they strike directly upon the eye, if there that sap which once was fluid, has become soconveyed to different parts of the body, to be were nothing above us that could reflect them, lid in consequence of the various chemical deposited where needed. Now every one no light could be perceived, and the sun him- changes it has undergone. Between simple knows that these three substances are liable self would appear like a brilliant orb sur-evaporation on the one hand and chemical soto constant waste, and require to be renewed rounded by the darkness of night. In a fine lidification on the other, the sap is, in the au-constantly. To renew them we must eat food dry, climate, the sky is of much deeper blue tump, so much diminished in quantity as to constantly. To renew them we must eat food dry climate, the sky is of much deeper blue tumn, so much diminished in quantity as to constantly. To renew them we must eat food dry climate, the sky is of much deeper blue tumn, so much diminished in quantity as to that contains fat-making, muscle-making, and than we ever behold it in this country; and at be no longer discoverable by mere incisions. small stack, sufficiently protected from the bone-making materials, and the food is diges-the tops of high mountains, above the mistry ted in a healthy manner, this waste is repaired with ease and pleasure. As we commenced still deeper color. It is to the diffusion of of this drying process. with the article bread, we will confine out-selves to that. Vegetable food contains these are indebted for the twilight that ushers in are indebted for the twilight that ushers in o longer subject to much loss of fluid by perthree ingredients or materials, and especially the day, and cheers its departure. In a per-wheat. That food must be the most nourishing that supplies all the ingredients of the body most abundantly, on the whole, or in proportions diffused light after he is below the horizon, is upwards into the system. The effect of this most suited to the actual wants of the animal and during the summer months, spread a ge- is that after some months of such an action, years ago, I bought a young cow which proved. that eats it. Now the grain of wheat consists nial twilight throughout the night .- Philoso- that loss of fluid which the tree has sustained to be very wild, and when I took away her of two parts, the inner grain and the skin that phical Paper. covers it. The inner grain is your superfine phical Paper. flour, and the covering is the bran. The miller is not able to peel the outer part perfectly. away from the inner, and so a little of it is always mixed with your flour; but by the process of bolting, it is removed more completely than in any other way, and it may be considered as wholly separated. d. gab ing materials, whole grain contains twentyeight pounds in one thousand; fine flour twengive you sixty. If therefore you grind the wheat all together, you get nearly half as much again of fattening material. Well, how is it with muscle or flesh-making material? Whole grain contains one hundred and fifty-six pounds in one thousand; fine flour, one hundred and thirty pounds. So you see that wheat ground all together gives one fifth part more muscle material than fine flour. wheat and use only the fine, we throw away

### Diffusion of Light.

strength, and general stamina of constitution. obstruct it altogether. The light of the sun, Let us inquire into the ingredients of wheat ; when it strikes upon the particles of moisture great reservoir of light, and transmit it to the seasons and under all circumstances, except First, we will take into consideration some earth in various directions. Even on the in the presence of intense cold. The differ-

Of the bone-making material, whole grain con- basin of the Mediterranean may be called a across at the ground line, the surface of the We hear complaints on all sides, that money tains one hundred and seventy pounds in one basin broken through and fallen in, resembling stump was found to be dry, but the end of the is scarce, the times hard, and that it is difficult thousand; bran seven hundred pounds; fine on a small scale what the Pacific Ocean is on trunk itself dipped with sap. Sap, then, is for the poor, in these dull times to get a living. flour sixty pounds. You will certainly allow a large one. All the short and abrupt slopes always in motion, and if it ever settles to the We suppose that by the word living is meant that bones are a very important part of your of the lands surrounding it fall rapidly towards root in a visible manner, that is owing to temthe prime staple of life, or, as it is sometimes bodies, and you will see by the above, that as the interior. The western basin, in particu- porary causes, the removal of which causes its

### mai feed winds The Farm.ow lost word

# Trees.

What curious hallucination is that which parts with which they are in contact; to supfluids of the trunk and head of a tree can, by which we call bleeding, effected. The clouds obscure a great part of the any natural force of compression, be compelled

the depth falls suddenly to 3,000 feet; and at and leaves aud branches, nothing can well be made of wheat. The good old days of corn bread and "rye and Indian" have gone by tains, muscular matter, 156 pounds; bone Times have changed, and we may well say matter, 170 pounds; fat matter, 28 pounds; certained by Captain Smith. Captain Berare indicates, still greater depths on the coast of ing will take place, neither will the sap flow Algeria. If we may believe Marsigli, and if for some distance upwards, but among the lation enough it must be confessed. The fact is, that the sap is driven into accelerated motion first at the extremities of a tree, because it is there that light and warmth first tell upon Popular Errors about the Rise and Fall of Sap in the excitable buds. The moment the buds are excited they begin to suck sap from the

> supposes the sap of trees to fall or settle in the ply the waste so produced, the adjacent sap winter into the roots! One would have thought pushes upwards; as the expansion of the that the notorious difficulty of cramming a leaves proceeds, the demand upon the sap near quart of water into a pint measure might have them becomes greater; a quicker motion still suggested the improbability of such a pheno- is necessary on the part of the sap to make menon. For it certainly does require a very good the loss ; and thus from above downward large amount of credulity to believe that the is that perceptible flow of the fluids of trees,

> The well known fact of trees sprouting in the spring, although felled in the autumn. We shall assume the word sap to signify proves that the sap had not at that time quitted the fluids, of whatever nature, which are con- the trunk to take refuge in the roots. Such a the sap runs out of the trunk when it is wound- guard against falling into the vulgar errors on

## Read oner Cutting Grain.

The gathering of your wheat and rye is important. Here we think our farmers might earn a useful lesson from the cultivators in their fathers' land. In England you will see the gatherers of the wheat and such grains going into the field with their sickles when the grain is nearly ripe, reap it, and soon bind the heads upwards and leaned one against the other, then arranging the others around these pressing the tops together, and finally with a

### Depths of the European Seas.

seas are often shallow, and their bottom seems branches, when warmth and light stimulate stable, got a bushel of grain and put it on her to be only the continuation, by gentle slopes, them into growth. back ; but not being heavy enough, I took it

This is a most wise provision in order to in- on a cow's back would make her give her In the neighborhood of the Continent the sure abundant food to the new born leaves and milk down. I accordingly drove her into the

of the relief of the continents which border During all the winter period the sap ap- off and put my elbows in the centre of her back. them. Thus the Baltic Sea has a depth of pears to be at rest, for the re-filling process is While she was kept in this position, she had According to Professor J., of the fat-mak-and those of Sweden—scarcely a twentieth of part of that of Lago-Maggiore near the Italian rate of motion of the sap may be measured at and afterwards putting my hand on the back eight pounds in one thousand; fine flour twen-ty pounds, bran sixty pounds. Thus you see, that while a thousand pounds of whole grain will give you twenty-eight pounds of fat, a thousand pounds of fine flour will give you but we see that the bed is only the continuation of considerable influence upon the direction in her to church, where she was kindly favored twenty, and a thousand pounds of bran will the gentle inclination of the plains of Northern which the sap moves. In mild weather the with a front pew, near the speaker, and near Germany and of Friuli. It is the same with sap was constantly rising, but when frost was the Northern Sea, and with those which wash the British Islands. Here is found a subma-nomenon which he referred to the contract-immediately give down her milk.—Am. Ag. rine plateau, which serves as a common basis ing power of cold on the vessel of the trunk sendies conversitents mid doeds as botto

for the coasts of France and the British and branches, the effect of which was to force BREAKING ROCKS WITH FIRE .- A corres-Islands : nowhere does it sink lower than 600 the sap downwards into the roots, lying in a poudent of the American Agriculturist says : feet, and frequently it rises much higher. Be- warmer medium ; then, again, when the frost -" I believe it is not generally known that tween. France and England the greatest depth reached the roots themselves and began act- large boulders may be easily broken with fire. does not exceed 300 feet ; but at the edge of ing on them, the sap was forced back into the I have broken many that were on my land in Our muscles, you will allow, are very ser- the plateau, (south-west of Ireland, for exam- trunk; but as soon as a thaw came and the the following manner : If the rock is imbedded Our muscles, you will allow, are very ser-viceable, and their strength of great import-ance to us. Ought we not to supply them with right materials? But when we bolt south of Europe are distinguished from the them, and the sap was forced to fall. A large it cracks, it will separate of itself. Then, about two pounds of such out of every ten. preceding by their much greater depths. The poplar tree in the latter state, having been cut make a narrow fire across it, and in a short