

from rant of ball, rank STAT TRADAR REALISTERS BLARTER IN THE

New Series, Vol. V., No. 23. Whole No. 231.

From the Morning Star.

MOONLIGHT MUSINGS. I am watching the silvery moonbeams that fall on shore and sea,

Bringing their silent fancies and treasured memo-

ries to me; Wreathing a pearly garland, linking a brilliant

chain. Dancing in quiet gladness over the open plain.

Bathing the leafless forest, barren and cold and gray.

Peering into the valleys, chasing the gloom away; Diving beneath the ocean, home of the gleaming

shell, Where, in their dreamless slumber, the long-lost loved ones dwell.

The Frost-King comes with the north wind, painting the window pane,

Sending his frost-tipped arrows over the star-lit

plain; Clasping the laughing waters close in his chill embrace.

Building a bridge of crystal over the river's face. OFFICE-Corner Prince Wm. Street and Market

The silver-tipped wings of the moonbeams glide

thro' the casement low Of many a cheerless dwelling, where sorrow and

soffering go; Scattering pearls of pity over the well worn floor, Giving the broken spirit hope of a brighter shore.

The children of earth may gather a treasure of golden dust,

which receipts will be given, bearing interest at the rate of six per cent, per annum, and payable either at call or fixed periods, as may be agreed upon. Forgetting the great commandment, and give to the world their trust;

But deep in their souls' recesses, shining with holy ray,

A heavenly spirit lingers, unfolding a nobler way. Down from the star-gemmed heaven-down thro'

the silent night,

The moonbeams bring me a vision, a beautiful dream of light;

Picture a pearly portal, guarded by angel bands, Mansions of grace and beauty that are builded not with hands.

I remember with tearful sadness those who are lowly laid, Those who have long been sleeping under the willow's shade; Flowers of rarest beauty, blooming but soon to die,-Buds that the dark winged angel kissed as he hastened by.

Silently gather round me memories cherished of Friends that are widely severed, forms I shall see no more; Lips that have long been silent, eyes that have

ceased to beam.

"Hold fast the form of sound words."-2d Timothy, i. 13

SAINT JOHN, N. B., THURSDAY, JUNE 6, 1867.

Vol. XX., No. 23. less, all agree to come to Florida, for they have it

> It is but justice to Winnah to state that her butter is the only butter we ever ate in America that seemed to us as good as the continental article. It is made every day of fresh cream, and is itself in taste only solidified cream, as butter should be. The buttermilk resulting from the process is rich and slightly acid, a delightful drink for warm weather. This buttermilk, together with all the skimmed milk, goes to the hands as a sort of perquisite, and it is one of Winnah's morning tasks to fill the pails of numerous applicants who come from the different cabins at the quarters. In this dispensation she magnifies her office, and dispenses admonitions, orders and advice with loud emphasis. Evidently she feels herself to be a power in the earth, but she endeavors to bear rule with justice and equity, and no more leaning to the tribe of her own children and grandchildren than might fairly be expected. So go matters in this easy, rollicking, sunny climate, where the warm days so outnumber the cold that the laborer never thinks it a hardship to live in a house without glass windows, general ly being certain that no rain storm will beat in at all four sides of his house at once, so that he can have an open shutter somewhere.

It is hardly possible to run a plantation with hands trained under the old regime without running in the same old, worn, rattling grooves in which the machinery of plantation life has always moved.

A climate whose summer lasts pretty much the year round, inclines people, spite of themselves, to the large, leisurely, easy way of doing things. Nature here does not bring you up with the short decided, step-mother turns of northern latitudes, where if you do not sow to-day it will be too late to-morrow, where frost stands sentry on both ends of the three months called "summer." to warn you that it is now or never with you, and a cold winter bids you look ahead and store provisions and fuel for its long months. Here, where one can go on sowing and reaping and tending garden the year round, every thing inclines one to take matters by the day, to comfort one's self that there is time enough to morrow for what isn't done to-day. So even Northern Yankees find the grim clutches of care relaxing their hold; they laugh at inconveniences which at home they would find matters of grave importance, and agree to take life as our friend Romeo is convinced the last trumpet will find them, cool and easy."

But we are out-running our space, and must lefer what more we have to say of Florida life to another letter.

TREADING UNDER FOOT THE SON OF GOD.

Disheartened by the extraordinary dangers and difficulties of their enterprise, a Roman lost courage, and resolved on a retreat. The General reasoned with his soldiers." Expostulating with them, he appealed to their love of country, to their honour, and to their oaths. By all that could revive a fainting heart he sought to animate their courage and shake their resolution. Much they trusted, they admired, they loved him, but his appeals were all in vain. They were not to be moved ; and carried away, as by panic, they faced round to retreat. At this juncture they were forcing a mountain pass; and had just cleared a gorge where the road, between two stupendous rocks on one side and the foaming river on the other, was but a footpath,-broad enough for the step of a single man. As a last resort he laid himself down there saying, " If you will retreat, it is over this body you go, trampling me to death beneath your feet." No foot advanced. The flight was arrested. His soldiers could face the foe : but not mangle beneath their feet one who loved them, and had often led their ranks to victory-sharing like a common soldier all the hardships of the campaign, and ever foremost in the fight. The sight was one to inspire them with decision. Hesitating no longer to advance, they wheeled round to resume their march; deeming it better to meet suffering, and endure even death itself than trample under foot their devoted and patriot leader. Their hearts recoiled from such an outrage, But for such as have named the name of Christ not to depart from iniquity, for such as have enlisted under his banner to go back to the world, for such as have renounced sin to return to its pleasures, involve a greater crime. A more touching spectacle bars our return. Jesus, as it were, lays minself down on our path; nor can any become backsliders, and return to the practice and pleasures of sin without trampling him under their feet. These, Paul's very words, call up a specta-

CHRISTIAN VISITOR 58 PRINCE WILLIAM STREES. SAINT JOHN, N. B. REV. I. E. BILL. Editor and Proprietor. Address all Communications and Busin Letters to the Editor, Box 194, St. John, N. The Christian Visitar

THE OFFICE OF THE

Is emphatically a Newspaper for the Family It furnishes its readers with the latest intelligence, RELIGIOUS AND SECULAR.

SPIRITUAL FOOD. Two friends living in the country met togethe at the village church, a little way from the dwelling

"What is the use of going to church so often, said the younger to his companion, "since we always hear nearly the same thing ?"

"What is the use," replied the other, " of taking your meals so regularly every day, since they are composed of nearly the same disbes 1229 "The cases are very different. I must cat t ourish my body, which would otherwise perish. " Not so different as you suppose ; for what food is to the body, the exercises of worship are to the soul; and spiritual life will languish if we cease to support it by the means which God has graciously given us." " But how happens it," said the younger, " that

all men have not the same relish for these exercises as they have for their food."

"You are mistaken again," replied his friend ; all men, it is true, receive their food with pleasure when they are in health; but when they are sick, food becomes not merely tasteless, but disgusting. It is the same with the soul ; that is, in health, while it has peace with God through the redemption that is in Christ Jesus our Lord. then it desires the exercise of religion ; it enjoys them, and cannot consent to omit them. It is sick when it is hardened in sin, it has then no appetite for spiritual food ; it avoids opportunities of receiving it. The sanctification of the Sabbath is unpleasant. The resemblance goes further still ; for, as sickness of the body, if not cured by medicine, ends in death, so also the corruption of the soul-that disease with which all men are infected -ends, unless God heals it, in spiritual and eternal death, that is, in the exclusion of the soul from the presence of God."

THE "GOOD TIME COMING."

A California writer (" Mark, Twain") takes a

lugubrious view of the projected millennium of

women's rights : wil dguohil) tall houldmuseaso mi

In that day a man shall say to his servants,

What is the matter with the baby ?" And the

ervant shall reply, " It has been sick for honrs."

And where is its mother ?"... " She is out elec-

tioneering for Sallie Robbins." And such conversations as these shall transpire between ladies and servants applying for situations : " Can you cook ?" " Yes." "Yes," is the even of a wobin table soltom "Yes, and or the sed onesies a landianimor "All right. Who is your choice for State nilliner ?" musiances "who that loves the " Judy McGinniss," mitudininen viemit a blod "Well, you can tramp? to os for to ; ow tol And women shall talk politics instead of disthe fashions; and they shall neg duties of the household to go out and take a drink with candidates; and men shall nurse the whiskers shall beat the homely man of wisdom for governor, and the youth who waltzes with exquisite grace shall be chief of police, in preference to the man of practised sagacity and determined energy. Every man, I take it, has a selfish end in view when he pours out eloquence in behalf of the public good in the newspapers, and such is the case with me. I do not want the privileges of women extended, because my wife holds office in nineteen different female associations, and I have to do all her clerking. If you give the women full sweep with men in political affairs, she will proceed to run for every office under the new dispensation. That will finish me. She would not have time to do any thing at all then, and one solitary thing I have shirked up to the present time would fall on me, and my family would go to destruction ; for I am not qualified for a wet nurse.

ed in the domestic circle. The peculiarities of this ill-fated race strikingly distinguish them from other savage tribes. They have long been in other savage tribes. They have long been in Judy, Lizzy, Sophy, Viry, and any half dozen collision, but have never blended with the materials of civilized society One of the most interesting features in the character of North American Indians, is the sulowed to do everything in company. perior purity of their religious belief over that of A glance at the Southern kitchens at once other savage nations, and we may add, over even the boasted elegance of the poetical mythology with which the polished nations of antiquity thinly veiled the gossness of their superstitions. They believe in the existence, omnipotence, and unity of God, and in a future state of rewards and punishments. To the Great Spirit, whom

they worship, they attribute both the creating and the government of all things, with infinite wisdom, power and goodness. Their heaven is a delightful country, far in the Western ocean, where their employments will be divested of pains and trouble ; not changed in their nature ; where the sky will be cloudless and serene, the game abundant, and the spring eternal. There, it the perpetual fruition of ease and happiness, they hope to be again restored to the favour, and to enjoy the immediate presence, counsel and protection of the Great Spirit. But they have the enduring conviction that the cultivation and observance of good and virtuous actions can alone secure to them a blissful futurity ; and they are qually sure that the pursuit of an opposite course

between neighbouring tribes.

gard as valuable : yet subject to the direction of matically as in a Northern household, seems never the Great Spirit, for whom they had a profound yet to have dawned on their minds, any more veneration, and whose moral actions were perthan the kindred idea of washing dishes at reguformed in compliance with His will, as they unlar seasons when you have done using them, inderstood it. How, we ask, could they have been stead of letting them all stand in jolly confusion unhappy. Nay, the contrary was the case, not-withstanding the wars which frequently happened There are some old families here who are excellent housekeepers, and who have managed to Alas, Mr. President, that the knowledge of retain under the new regime their old house sermany of Indian life should be so scanty as to vants, and such proceed without trouble. But the generality of professed house servants are lead them to suppose that, because they have been fond of congregating in cities, ask extravagant called savages, there was no law-no order among wages for coming out on plantations, and would them. Not so, Sir, they had their councils, where those only who were reputed for wisdom were be considered, as to any of our Northern stand-permitted to speak. Order characterized all their ards of housekeeping, good for very little. A deliberations for the public good. Their laws woman with ordinary strength and a pair of

hands would much prefer cooking her own dinwere absolute, and they inflexible in the administration of justice. The like spirit of order reignner, sweeping her own parlor and making her own bed, to allowing that jubilee of dirt and confusion which results from the combined efforts of to help along each others' operations, and think themselves excessively abused if they are not al-

> shows that they were made for this barbarous, ansystematic, noisy dirty way of getting on. A neat, tidy kitchen, in a honse with hot and cold water, set tubs, sinks, and other arrangements for cleanliness and order, is a thing quite undreamed of by these poor souls. The kitchen of our establishment is a log hut, about twenty paces from the house, with a great open fireplace. The win-dows are unglazed, and can be only closed from wind and rain by wooden shutters which shut out light as well; and in windy weather the great chimney smokes to that degree that the Stuart's cooking stove-which has lately been introduced there-seems utterly confused in its mind, and to ask itself the question, Am I really a Stuart's stove, or am I a leaky old chimney flue ? There is no sink or drain of any kind ; the only resource for getting rid of house-slops is to pour them out of the window aforesaid. Luckily, this fine, dry, white Floridian soil swallows any amount, and yet looks clean as if nothing had happened. Finally, there is no resource for bringing water into this kitchen except the well, which is situated quite a distance off, in the yard. One cannot but admire

will curtail on them endless affliction, wants and wretchednes: such as barren, parched and deso-late hunting grounds. The habitual piety of the Indian mind is remarkable. "Brothers, we all belong to one family; we are all children of the Great Spirit," was the commencement of Tecum-se's harangue to the Osages, when that famous goes out in the stove, and there is not a drop of Chief sought their aid to resist the hostilities and water in her water pail, nor a thought of heating outrage of the enemy against their tribes. " When any dish-water. " Then when the idea of washing the white man," he continues, " first set foot on dishes actually is brought to her mind by a mesour grounds, they were hungry ; they had no pla- sage or expostulation from her mistress, she conces on which to spread their blankets, or to kintemplates it wholly as a new and unexpected dle their fires. They were feeble ; they could do emergency, and probably discovers for the first nothing for themselves. Our fathers commise- time that she is out of wood, and must send Lizrated their distress, and shared freely with them zie down in the lot to call up Joe to cut some, or whatever the Great Spirit had given to his red else that she has the rheumatism in her shoulder, children. Our lives are in the hand of the Great Spirit. He gave the lands which we possess to our fathers. If it it be his will, our bones shall for her. Pending these operations she will seat herself quietly with all her unwashed dishes whiten on them ; but we will never quit them." An old Oneida chief who was blind from years. around her, fold her arms and appear lost in contemplation. To do her justice, she often in the observed, "I am aged hemlock; the winds of 100 years have whistled through my branches. I most hidden, unprecedented and unexpected ways am dead at the top. Why I yet live, the great, gets up something that is very good to eat, makes excellent coffee and corn muffins, and stews some Good Spirit only knows." Such are examples of of this tough Florida beef so that it is really a patriotism and piety. most presentable dish, and has odd intervals of (To be Continued.) cleaning up her kitchen and washing her dishes and a state of the second second second which take one entirely by surprise, because the (From the Watchman and Reflector.) most philosophic mind can never predict when LETTER FROM FLORIDA. they are likely to occur-they are the secret BY MRS. HARRIET BEECHER STOWE. counsels of her own inscrutable will. Speaking of beef leads us to treat of the dairy PLANTATION LIFE. in said that aris matters of a Florida farm, which to a Northerner The negroes upon the plantation where I am Our dairy woman is an ancient, strong-minded, strong-limbed sybil from South Carolina, who is generally called Aunt Winnah. The whole care of milking, butter-making, and the dispensing of The work is principally conducted by the foremilk and cream is lodged in her hands. We were astonished to hear that the plantation numbered forty cows, and that Aunt Winnah, with one assistant, did all the milking. But on inquiry we found that this operation consisted only in milking so many of the forty cows as Joe felt disposed to bring up from the woods, or that came up of their own accord to visit their calves, of whom there are about fifteen in a peninear the house. dw to sures availaging In Florida cows run wild in the woods: every calf is allowed to grow up to maturity, and every body's calves run together in the woods, being first branded with the owner's name. Many stock them do their work in their own way. owners never see their cattle all together from one year's end to another. Enough calves are Mose's horn awakens us while it is yet quite kept near the house to attract up some of the cows, and it is considered the proper, orthodox way to let the calf suck while the cow is being milked, in order to make her give down her milk. The consequence is, that the forty cows together do not yield in actual milk more than we have seen given by two good cows treated in the Northern way installed bedd enimaxy and Winnah churns every day-unless Joe forgets to bring up the cows, or something else happens, in which case they go without being milked for a morning or an evening-which fact dawns on us in the sudden perception of there being no milk or cream for our breakfast or tea. Winnah makes valiant fight for her butter, and feels aggrieved at the demand set up by the ladies of the establishment for cream morning and night. Somebody " mus' jes bring up more o' dem cows ef I's to gib de ladies so much milk and these surroundings, far better. On this plantation every hand has the right to un cream ; dere won't be no butter, shor." We have sometimes described to Winnah the manner of proceeding with Northern cows, which seems to fill her soul with horror. She informed us that " de cow would jes dry right up if you kill her chile."

primitive, natural and valuable dress, and, above mer. House hands, in general, are the most all, with a benevolent heart, carable of appre- clumsy, unskilled, untrained, delaying, deferring, all their own way here. ciating all the tender attachments of home, wife, shirking tribe that can be imagined. The idea children, connexions-nay, with the spirit of pa- of doing anything at the same hour and time for triotism in an eminent degree, fitting them for mighty deeds of daring in defence of all they re-

FIRE DEPARTMENT. The most gratifying proof of the expansion of the busi-ness is exhibited in the one following fact—that the increase alone of the last three years exceeds the entire business of some of the existing and of many of the recently defunct n of the busi-

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and main used and TOTAL CAPITAL, and which if

	e insurance companies of this kingdom. In the net tert
1	The Premiums for the year 1855 being
	While the Premiums for the year 1558 are 196,148
11	Showing an actual increase of

or upwards of 50 per cent. in three years. The recent returns of duty made by Government for this latter year (1858) again show the "Royal" as more than maintaining the ratio of its increase as stated in former years. Only one among the London insurance offices exhibits an advance to the extent of one-half the increase of the Com-

advance to the extent of one-half the increase of the Com-pany, while all the others respectively fall far short of the molety of its advance. LIFE DEPARTMENT. The amount of new Life Premiums received this year is by far the largest received in any similar period since the commencement of the business, and must far exceed the

Years.	No. of Polic	ies. Sums Assu	red. New Preni	ums
1848	98	£48,764 17	£1,380	9 1
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1854	408	161,848 18	4,694 1	60
1856	703	297,560 16	3 8 8,850	8 11
1858	882			
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in 1855, which amounted to no less than £2 per cent. per unum on the sums assured and averaged 80 per cent. u

the premiums paid. PERCY M. DOVE, Manager and Actuary. JOHN M. JOHNSTON, Secretary to the London Board. All descriptions of property taken at fair rates, and Fire losses paid promptly, on reasonable proof of loss—without ference to the head Establishment. JAMES J. KAYE, Agent for New Brunswick, Princess-street.

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fits for the past nine years, amount to 44½ per cent. References of the first respectability, and any other formation given by W. J. STARR, formation given by Oct 12, 1865-v CITY OF GLASGOW

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W. F. BIRKNYRE, Esq!, Manager and Actuary.	1.1.2
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Half Premium	n System			or	interes
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al Act of Parliame nsive and in

on of Bonus was made 20th January,

company's maneral , and a half per cent. on urs in exis-Agent, WILLIAM MACKAY, THOMAS & WETMORE,

INSURANCE AGENTS, SHIP BROKERS.

Voices of gentle sweetness that come to me only in dream. Many an autumn sunset has brightened the gold-

141 Bars

en sheaves, Many a frosted pencil has painted the falling leaves;

Yet I can see the lost ones dimly thro' gathering tears, Looking thro' life's thick shadows, piercing the

mists of years.

Down from the far-off heaven, lighted by starry

gleam. Cometh another vision, falleth another dream ; Hope from the mystic future lifteth the veil away, Shows me the radiant temple lit by eternal day.

Thus do the mellow moonbeams, brightening the

ishore and sea, Bring, on their silvered pinions, beautiful dreams

to me; Smoothing my life's rough billow, cheering my spirit's night,

Over my spirit's midnight hanging a pillar of light mait moitem nO model an LYRA.

For the Christian Visitor THE RIGHTS OF THE RED MAN OF NORTH AMERICA.

BY REV. SAMUEL RICHARDSON, A. M.

This vast continent lay reposing in the lap of cean : its widely extended surface in places towering in sublimity to the clouds of heaven, from which eminence the king of birds looked down in pride, upon the lightnings which played, fantastically, beneath him; and listened in conscious safety, to the reverberation of the rolling thunder, as it boomed, echoing and re-echoing from cliff to cliff in other places, gently undulated by hill and dale, covered with the green foliage of forests, which century after century ward to and fro, under the breezes of heaven, and afforded a shelter for game, which abounded therein. And in others, extended, level, and limitless to the eye as the mighty ocean, covered with its luxuriant herbage. All with its innumerable and ocean lakes, its pavigable rivers, its dashing cataracts, growing in importance up to Niagara, " that hill of waters," occupied by the fleet deer, which growing in importance up to Magara, " that hill of waters," occupied by the fleet deer, which sported in safety, together with other animals which still continue in greater or less numbers to exist in its forests, and the numerous piscatory tribes which swarmed in its rivers and lakes. All, we say, lay quietly as a babe reposing in its nur-se's arms, for the foot of the red man had not pressed its soil nor his paddle ruffled the surface pressed its soil, nor his paddle ruffled the surface in by the grant of the ever plenty light wood. of its silvery streams. Exceptional hands of more skill and capacity than

of its silvery streams. But this wide domain, luxuriating in its native simplicity, grandeur and sublimity, with all its resources and capabilities for sustaining man, the Lord of Creation destined to become the homethe happy home-of thousands, was ultimately discovered by a hardy and daring race of adventurers from the North-West, who possibly had, like Æneas and his companions, fled from the siege of some ancient Troy, to seek their fortunes in unexplored regions, far removed from violence and strife. Having, by the best of rights, taken possession of this "Ultimea Thule," a land pre-vionsly unoccupied and undiscovered by man, they separated by their families, after the manuer of their forefathers, into different tribes, as the remnant of them exist at the present day. Here the Red man, the true and native sportsman, penetra-ted the deep forests with his bow and arrows in search of venison, where he found a rich reward. The unerring arrow, driven by the strength of his sinewy arm, drew forth the life blood from the search of venison, where he found a rich reward. The unerring arrow, driven by the strength of his sinewy arm, drew forth the life blood from the antiered and stately leader of the herd. The choicest venison was his food, the limpid stream his drink, and the most valuable furs his covering.

now stopping are, like most ignorant people, high-ly conservative. Though freedmen, they still are attached to many of the old ways and works of their plantation life.

man of the plantation, a shrewd, middle-aged Virginia negro, named Mose. Mose knows the capability of every hand, and just where to put each. He forms them into gangs, and sets the leaders over each gang. We should think our New England mode of rising up early and eating a good breakfast before going to the field the proper way of managing a day's labor. Not so our friends. They have always been in the habit of getting up in the gray of dawn and working two hours, and then coming home and cooking their breakfast and eating it, and so they insist on doing now, and their employers wisely let

dark, and every hand musters at once. We hear no complaint of skulkers, and no shamming sickness. The simple idea that a day's work belongs to the laborer, and that if he loses it he loses the the common run of laborers, command sixteen, eighteen, and even twenty dollars per month. They are reckoned by employers who have worked. Northern laborers, to be, with good, careful overseeing, just about as efficient as the average run of white laborers that can be hired at the North, and they are, probably, for this climate

work an acre of land for himself or herself, and many do it to considerable purpose, and their crops, whatever they may be, are cared for and accounted in the sales made by their employers. Some of the best field laborers are women. They harness the nules, and drive plough with quite as much skill and energy as the men. Many quite as much skill and energy as the men. Many of them have never done any other than field work all their lives, and have the bodily look, the work all their lives, and have the bodily look, the

In vain we described to her the charms of fresh yeal, a dish unknown and inadmissible in Florida.

cle from which every lover of Christ should recoil with horror: "If he," says that apostle, "who despised Moses' law died without mercy, of how much sorer punishment, suppose re shall he be thought worthy who hath trodden under foot the Son of God."-Dr. Guthrie.

THE BAD MARK.

A man came up to the master workman of a arge establishment to get a situation for a neighbor's boy.ad a stradues "I've got a new boy for you," he said to the oremanauda ai zi cosiw .tada "Glad of it," said the other ; " who is he ?". The neighbor mentioned his name and resi

"Don't want him," said the master promptly He's got a bad mark. 1 meet him every day with a cigar in his month. I don't want smokers.'

It was a bad mark, indeed for any boy, though I dare say he thought it made him appear very smart and man like. It was certainly like the men one sees about the benches and doors of taverns and liquor shops, They usually have a cigar or an old pipe stuck in their mouths. | But they are not very good models for our young men and boys. They can find a great deal bet-

ter ones. When a boy strolls off for a walk on Sunday instead of going to the church or the Sabbath school, it is " a bad mark."

Two boys, who studied side by side in day-chool, and who were about on a level as scholars, both sharing about equally in the regard of the teacher, went forth into the world with ap-

parently equal chances of success in life. John pursued his studies for a term of years, and was at last ordained as a minister of the Pres-byterian Church. Five days after his old friend and classmate, Henry, was hanged. What could have made such a fearful difference

in their future, when their early years gave such

CONSUMPTIVE LOCALITIES.

Not those which cause consumption, but which revent or tend to cure it. Whatever represses the action of the lungs, as grief, or binding cloth-ing; tends to develop phthsis ; whatever expands them, wards it off, on the principle that the larger the lungs are, the better is the blood purified, because more air is consumed-that is, more oxy-gen is conveyed to the blood, and oxygen is its life. All know that the narrow chested are more liable to the disease than those who have well developed lungs-not so much that the latter had more lungs originally, but that from habits of life the now good pair of lungs were exercised. more developed, were brought to their full capacity, thus enabling them to receive a much larger amount of air at each breath than would have

A bladder partly filled with air will soon distend to bursting if held near the fire, because the heat rarifies the air, and makes a given amount occupy a large space. The higher we ascend above the level of the sea, the more rarified the air becomes, and distends the lungs more fully ; but this given quantity being less nutritious than an equal bulk of common air, the lungs make instinctive efforts to take in more, and this has the effect to give the lungs a permanently fuller development. If half an hour daily is expended in taking in forcible, full and deep inspirations, the circumference of the chest is perceptibly increas-ed. Besides, the air of elevated situations being purer, is more nutritious, gives more life and vi-gor to the system. All know that mountain air is purer than that, of the plain, and that mountaincers are more healthy than those who live on flat lands. About one person in six dies of con-sumption in England and the United States. In the city of Mexico, seven thousand feet above the level of the sea, about one person in every hundred dies of consumption. In the higher Alps it is almost absent. It is a rare occurrence among the priests on the great St. Bernard, and among the priests on the great St. Bernard, and is scarcely ever observed amongst the inhabitants of the upper Alps, and when they do become consumptive away from home, and return to their native mountains before the disease has made great progress, they are generally cured. The further we go north, the less elevation is required to almost begins the statement of the statement to almost banish consumption. In the tropics is is rare above seven thousand feet; in the tem perate zone it is rare above four thousand feet in Switzerland, between forty-six and forty-eight degrees, north latitude, its frequency diminishes above three thousand feet; in the Black Forest, between forty-seven and forty-nine degrees, north latitude, above two thousand five hundred feet; in the Hazy Mountains, and those of Thur

