

Oh, remembered for aye, be the blessed Isle,
 All the day of our life till night—
 When the evening comes with its beautiful smile,
 And our eyes are closing to slumber awhile,
 May that "GREENWOOD" of Soul be in sight!

OBITUARY.

WE have the sorrowful task of recording here, where the notice of "Miss Hale's School" has so long appeared, that her duties on earth are closed.

MISS SARAH JOSEPHA HALE died May 3d, suddenly at the last, although her health had been failing for some months; still she had been able to manage all the concerns of the school till the last day of her life. Endeared to all who knew her, and greatly beloved by the young hearts she had usefully trained to occupy woman's true place in the world, while earnestly seeking the heavenly inheritance, she was, in the prime of womanhood, taken from this world by her Almighty Father to enjoy the reward of the redeemed in Heaven. The mourning hearts she has left behind feel that her immortal gain is to them an irreparable loss, and that as daughter, sister, teacher, and friend, her loss cannot but be mourned deeply and long.

In our next number a friend has promised to furnish a sketch which may be more satisfactory, than this brief notice, to the many pupils who have enjoyed the benefits of Miss Hale's instruction.

COMMON SENSE, AND HOW TO GAIN IT.—In an excellent Essay on "The Mistakes of Literary Men," Professor John S. Hart makes the following wise suggestions:—

"This habitual intercourse with men and women, and thoughts and things outside of your own little circle, is the true generator of common sense. How often do we see men of great ability and of prodigious learning, become, for the want of a few grains of common sense, mere ciphers in the community. You see a Professor in the lecture-room, whose knowledge in his department is of the very first order, yet utterly powerless in discipline, and consequently utterly useless as an instructor. He has no common sense, no tact. His talents, consequently, are all thrown away. His pupils learn from him nothing, but the habit of insubordination, and skill in the arts of unmanly annoyance. We want among us, undoubtedly, profound scholarship—that original, independent knowledge, which comes only from patient, protracted study in particular lines of investigation. But we do not want men of merely one idea. We do not want the mere book-worm."

PAMPHLETS.—We have the Reports of the New-England and the Pennsylvania Female Medical Colleges, both of which we intend to notice next month.

Other notices are, unavoidably, postponed till the next number.

TO OUR CORRESPONDENTS.—The following articles are accepted: "Uncle Hugh"—"Heroism"—"Eldorado"—and "The Old Maple."

The following are not needed: "A Storm at Sea"—"The Soldier's Fate"—"Columbia"—"England in a Fury"—"Debt and Danger"—"Lady May"—"Admission to the Bar"—"The Sacrifice" (we are sorry to disappoint the writer, but the story is not well written; literature is not an easy path of life, and cannot be successfully pursued without greater effort than young ladies are willing to make)—"Early Friendships"—"The Money Chest"—"My own little Girl"—"Painting as an Art for Ladies"—"Idle Words"—and "The Gift." Other MSS. on hand will be reported next month.

E. O.—We have no favorite localities. Our contribu-

tors are from all points of the compass. If an article is good, well written, and we want it, then it is always accepted. Your article is declined.

Health Department.

CHILDREN'S FOOD.*

THIS is a subject of literally vital interest to every family in the land; more especially in large towns and cities, where the want of facilities and inducements to out-door activities makes it absolutely indispensable to adopt some system in reference to the times, quantities, and qualities of the food to be taken by children; for the want of attention to which things multitudes die early, while other multitudes, not as large, however—for half of all that are born die before the age of eighteen years, in consequence mainly of inattention to the habits and health—become dyspeptic, scrofulous, or consumptive before the age of twenty-five, many of whom are destined to a life of weariness, of painful toil, and of wasting efforts for a living through sickness, and disease, and chronic sufferings.

On entering the fifth year, or sixth at farthest, a child can be very easily habituated to eat at three regular times a day, at intervals of five or six hours, with nothing whatever between, except, at a little past mid-way, a single good ripe apple, or a piece of cold, dry, coarse bread may be allowed to the less vigorous.

A second consideration is quantity. If children are taught to eat slowly, in loving good-nature—as will be the case if they are let alone by their parents, and not put in an ill-humor by incessant reprimands and innumerable rules and regulations about a hundred and one contemptible trifles—they may generally be allowed, for breakfast and dinner, to eat as long and as much as they want, only if all the hard food is cut up carefully with a sharp knife into pieces not larger than a pea. This should be conscientiously and always attended to by one of the parents, for it cannot be safely trusted to one hiring out of a million; parental affection only will do it as it ought to be done.

At supper, children should always be controlled; let observation determine how much a child will eat and leave something over, and then allow thereafter certainly not over two-thirds of that amount.

And now as to that most important of all items—quality of food for growing children. The instinct for sweetness is insappable; without it, any child, however healthy, will soon die, and, fortunately, the two things which children most love everywhere, and of which they never could get tired, and will always relish when hungry, are milk and bread, and these furnish as much sugar as any child needs. But no child can ever grow up healthy and handsome without good teeth, and as the permanent ones begin to be made from the fourth year, their food should contain in great abundance those elements which are needed for sound, durable teeth. The bony part of the tooth contains seventy-one per cent of lime, the enamel ninety-four per cent. Out of one hundred parts of the finest, whitest flour, only six per cent is lime; of one hundred parts of flour made of the whole grain, there is twenty-five per cent of lime, or four times as much; and no other general article of

* From "Hall's Journal of Health," W. W. Hall, Editor. Terms one dollar a year; single numbers ten cents. Office of publication 831 Broadway, New York.

contains anything like as much lime as common brown bread. Therefore, it is a reasonable conclusion that if children were to live largely on flour made of the whole product of the grain, in the shape of well-made and well-baked brown bread, very much would be done toward securing them durable and beautiful teeth.

When children are from home, let them live as others; when at home their bread should be uniformly made of the whole product of the grain ground, from their third to their fifteenth year, to be eaten with half a pint of milk for breakfast and supper, adding some berries from June until September, and one or two baked apples the remainder of the year, adding a teaspoon or two of sugar. Such a supper or breakfast will always "taste good" to them. Such a bill of fare with two or three variations a week, and allowing them to eat what they want for dinner, will pretty surely, other things being equal, give good health, good teeth, a good constitution, and a good old age.

Literary Notices.

OWING to the immense increase in the price of books, we will not receive further orders to send by mail. It never was a source of profit to us, but generally a loss, on account of the postage we had to pay.

From GEO. W. CHILDS, Philadelphia:—

THE GEOLOGICAL EVIDENCES OF THE ANTIQUITY OF MAN; with Remarks on Theories of the Origin of Species by Variation. By Sir Charles Lyell, F. R. S., author of "Principles of Geology," "Elements of Geology," etc. etc. This book enters deeply and extensively into all the ramifications of the subject of which it treats. The author proceeds with commendable caution over his ground, rejecting all evidence in favor of his theory which bears the least suspicion of incredibility; while he uses the rest so boldly as to render his conclusions almost beyond cavil. All persons of intelligence will be interested in this work.

THE AMERICAN PUBLISHERS' CIRCULAR AND LITERARY GAZETTE is a new and handsome publication of ninety-six pages, which is to be issued semi-monthly at \$2 per annum, by the publisher G. W. Childs. It is issued simultaneously in Philadelphia, New York, and Boston, and, besides giving all the important literary information respecting current literature and authors, gives a list of all the works published in this country during the last year, with announcement of those which are to be published. To publishers of the country, this will be a very useful publication as well as an interesting volume. It will astonish the trade in Europe, being much superior to any publication of a similar character in London or Paris. The publisher may well be congratulated upon his enterprise, good taste, and tact.

From PETERSON & BROTHERS, Philadelphia:—

ANNETTE; or, *The Lady of the Pearls*. By Alexander Dumas (the Younger), author of "Camille, the Camelia Lady." Translated by Mrs. W. R. A. Johnson.

From BLANCHARD & LEA, Philada., Publishers:—

THE AMERICAN JOURNAL OF THE MEDICAL SCIENCES. Edited by Isaac Hays, M. D.

From J. B. LIPPINCOTT & Co., Philadelphia:—
CHAMBERS' ENCYCLOPEDIA OF USEFUL KNOWLEDGE FOR THE PEOPLE. Parts 61 and 62 of this valuable work have been received.

THE BOOK OF DAYS. Part 13.

From HARPER & BROTHERS, New York, through T. B. PETERSON & BROTHERS, Philadelphia:—

THE INVASION OF THE CRIMEA: its Origin, and an Account of its Progress down to the death of Lord Raglan. By Alexander William Kinglake. Volume I. This is a full and minute account of the Crimean war, written with evident care, and from an abundance of reliable material. The book is, however, intended for the especial glorification of Lord Raglan, and he is brought forward on all occasions in the position of a hero. Though the book is more peculiarly interesting to Englishmen, it will, undoubtedly, find many readers on this side the Atlantic.

A FIRST FRIENDSHIP. *A Tale*. This is a novel which it gives us pleasure to commend. Its tone is a healthy one, and its incidents sufficiently exciting to engage the reader, while it is far from being of the sensational school. Its theme is that pure and rare friendship that "loveth at all times."

A DARK NIGHT'S WORK. *A Novel*. By Mrs. Gaskill, author of "Sylvia's Lovers," "Mary Barton," etc. Mrs. Gaskill, usually so quiet in her style, has, in this work, attempted a sensational novel. And in this, though she may not have entirely failed, neither has she quite succeeded. Spite of an excellent plot and well drawn characters, the story drags a little, and would be none the worse for condensation. Nevertheless, this talented lady's works are always worthy of perusal.

HARPER'S PICTORIAL HISTORY OF THE GREAT REBELLION. We have received Nos. 1 and 2 of this serial. This promises to be a work of both interest and importance, while its portraits of distinguished generals and statesmen on both sides render it particularly valuable.

SEA-KINGS AND NAVAL HEROES. *A Book for Boys*. By John G. Edgar, author of "History for Boys," "Foot-prints of Famous Men," etc. In this book we have brief yet spirited sketches of Rollo the Norman, Hasting, Sir Francis Drake, Sir Walter Raleigh, Lord Nelson, and a number of other distinguished Naval Heroes. In subject and style it is well calculated to please those for whom it is intended. The volume contains a number of illustrations.

A FIRST LATIN COURSE. *Comprehending Grammar, Delectus, and Exercise-Book*. With Vocabularies. By William Smith, LL. D., author of "A History of Greece," "A Classical Dictionary," etc. Revised by H. Drisler, A. M., Professor of Latin in Columbia College, New York; editor of "Liddell and Scott's Greek Lexicon," etc.

C. SALLUSTI CRISPI *Catilina et Jugurtha*. Recognovit Geo. Long, M. A. One of Harper's series of Greek and Latin Texts.

From D. APPLETON & Co., New York, through W. P. HAZARD, Philadelphia:—

THE PENTATEUCH AND BOOK OF JOSHUA *Critically Examined*. By the Right Rev. John William Colenso, D. D., Bishop of Natal. Part II. We prefer not to enter into the discussion concerning the merits or demerits of this volume, as it is a matter of too serious consideration for a hastily formed or briefly expressed