

C. M. S. Excelsior Car-leaves for
PLYMOUTH, in about one week.

THE NORTHVILLE RECORD.

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A Picture of the Ruin in France.

Mr. Capper, one of the English Commissioners for the distribution of the "War Victims' Fund," writes to the London Times, from Thionville, France:

"I have just returned from a three days' tour among the villages between Metz and Brie, with a brother deacon Dr. Nicholson, and everywhere we found the same tale of ruin."

"Most of these villages to the north-west are entirely agricultural. They were inhabited, in many cases, by substantial farmers, and in some cases rich peasant proprietors, but their riches were all upon the ground."

"In August last, if its granaries were full

of corn, its stables were full of horses

and oxen, and a more prosperous neighborhood we could not find."

"By the end of October all their horses had been requisitioned, their cattle taken and killed, their granaries were emptied, and their seed corn had been eaten—even if the movements of contending armies had not prevented them from sowing their fields."

"When their own stores were quite exhausted, the Prussian soldiers shared their rations with them, and in many cases they had nothing whatever besides to depend upon. Even their stores of firewood had been burned, and thus stripped and destitute, they had to face a winter of tremendous severity."

"This was the state of things when our society commenced its operations, and now we have about fifty villages, the majority of which supply us with lists of the most necessitous of their inhabitants, to whom we supply regular rations of potatoes, flour and bacon."

"If any one is afflicted with a love of military glory, let him visit the neighborhood of Metz; let him see the wasted environs, with the stamps of thousands of what were choice fruit trees; let him enter the half-burnt desolate families, fever and small-pox stricken villages, and as he drives along the charred, now lined with rows of stumps of what were once trees, giving gloomy shade, and notices here and there great mounds on the bleak plain-mounds under the frozen surface of which lie the remains of hundreds of brave men, let him think at how great a cost the battle was fought."

"There is no name to sign, but occasionally is to be seen a rough wooden cross, to tell you that beneath lie such and such a son of the Fatherland, who rests in God, having found a hero's death in one or other of the great fights."

"At St. Marie aux Cheneaux, around which raged the battle of the 18th of August, nearly 7,000 bodies lie buried under a few feet of soil. Often has the ploughman to turn his share on one side. Neatness, I believe, brings down their re-interment."

"Toulonville, where I now write from, was nearly wrecked by the bombardment. Twenty thousand shells fell in the town, and there was hardly a house but was struck. Strange to say, but one inhabitant was killed. The fortress is of immense strength, and every precaution was taken to render it impregnable. Thousands of men were sent out, down that they might not interfere with the range of the guns, yet the fortifications have hardly been touched; they are as strong as ever were. The Prussian shells went right over them, and by the destruction they wrought in the town compelled the commandant to yield."

Quantity of Food for Man.

The quantity of food absolutely required for health varies according to sex, age, constitution, and habits of life. The appetite is the best guide we have. We ought to eat when we are hungry, but not eat as long as we are full; for it is not always wise, perhaps never. Hunger does not feed so much upon the emaciation of the stomach, as upon the demand for food, and eating cannot immediately satisfy this demand; so that if we bolt our food, we may take into the stomach much more than we need.

Here again, we see the wisdom of chewing what we eat; the time thus taken up to say nothing of the mechanical division of the food allows the system to become aware of the fact that its wants are being supplied, and prevents us taking more than the necessary amount. When we feel a sensation of perfect satisfaction and quiet content, we have had enough. How few persons follow the wise old maxim, "Always eat up from the table hungry"; how many eat too much or too quickly, even though they leave off with an appetite! Kilos of food kills thousands, where want of it kills one."

From experiments in prisons, and in the army and navy, it is known that thirty-five ounces of solid food daily are sufficient to maintain health; of this twenty-six ounces may be vegetable, and the rest animal; if active exercise be taken; sugar and cocoas (or were allowed) in the British Navy in exchange for ardent spirits. In the case of prisoners, a few ounces less is sufficient for health.

During the late war in the South, our army was fed much better than this; probably no army ever took the field so well fed and clothed as ours; it is also true that eating too much or eating saluted meats with too few vegetables, was the cause of the scurvy, inevitable under such circumstances in the unhealthy regions of that part of the country.

During the revolution, the French army, which life is known to have been supported with vigor, for a long time, is that upon which the famous Carnavalet lived; he ate only twelve ounces a day, chiefly vegetables for fifty-eight years, reaching a very advanced age; the records of ship wrecks and similar disasters show that life may be prolonged for a considerable time on a very limited supply of food, but with great loss of vigor.

From the records of gluttony, to show how much can be eaten at a time, may be mentioned the following: According to Captain Hardy, a young Lancastrian devoted twenty-four hours thirty-five pounds, including tallow candles. The half-breed "four-gours" of Canada and the Siberian Cossacks consume an amount of animal food that would be fatal to those unaccustomed to it; the former, according to Sir John Franklin, are very discontented when put on a short allowance of eight pounds of meat per day, their usual allowance being from twelve to twenty pounds—these amounts are much larger than the thirty-five ounces of the army and navy, of which only about one-fifth is animal food; but it must be remembered that the greater part of this arctic diet goes to maintain the respiratory process and the animal heat.

Much on this point may be learned from the annals and customs of the prize ring. Jackson, the famous fencer and athlete in England, gives the following account of the diet he found best for himself: "A similar course may be recommended to many suffering from dyspepsia, and from the accumulation of fat. Begin, he says, on what may be called a 'clear foundation,' that is, by giving an emetic and

two or three purges; the lean of fat beef and mutton constitutes the principal food; veal, lamb and pork are less digestible, especially the last—no vegetables, stale bread, breakfast at eight; dinner at two, and a light supper at eight, two hours before bed-time. Boiled meats were found to be better than roasted or broiled; no fish, nor fermented liquors nor butter nor cheese, nor pastry (dumplings), being likened to 'earthware' in the stomach; and a bath of mud, this diet being accompanied by active exercise; it resembles that used by the American Indians when about to begin a long march. Good Health."

The Value of Accomplishment.

Is the active struggle for competence and wealth, men of abilities are very apt to underrate the real value of those attainments which are styled accomplishments. Accustomed to the men according to their working power and pursuits, according to the money returns they bring, these persons look down upon those things which seem to have little practical value, because their office is to throw light upon many of the dark places in life's journey, and to make the overburdened forget for time their oppressing cares. A life that is all labor or one continued round of pleasure, becomes monotonous; the time spent is healthful labor for a good part of each day, with sensible relaxation and harmless amusements when the day's work is done, and we gather, with the dear ones who nestled about the family hearth. A laboring man may be proud of his capability to accomplish great tasks day after day, for a long period, but his working force would be so far lessened had he accomplished with which to acquire his hours of ease. As a general thing, however, we find that the workers each day

make use of amateur power, certainly are compelled to seek rest in sleep from sheer exhaustion, while the butterflies and cricket sing on in the sunshines without many serious thoughts about anything save that they may best enjoy themselves.

"It is not easy matter to know exactly how to combine work and play, labor and recreation, and we Americans have not yet solved the problem. Our German brethren seem to understand the master better. They are frugal and industrious,

and a community offers an opportunity of enjoying themselves, always including their families with them in their meetings. We would not, however, advocate an increased number of large beer-halls, and other German institutions, but we would see more music in the family circle, and more of an effort on the part of each member to contribute to the happiness of every other one. We may be assured that those homes to which grown-up children look back with the fondest remembrance are those where music and mirth most abounded, and not those where the old Puntzins spirit held sway, and where a good hearty laugh was unknown. Whistler, in his "Sport" is well drawn, a delightful picture of a New England father; the characters all sit, yet if we were compelled to choose one as a companion for solitary journeys, could it not surely be the schoolmaster, with his air of good character and varied accomplishments? At this winter session the professors of accomplishment stand no mean figure.

The strain of the Lenten Liddle, indifferently played, sounds all the more charming when the wind outside is mounting a wild accompaniment. A long without some applied instrument, and especially to play on, is a sea-farmer in his boat. Even though the performer be not great artist, and the tones note at the lively, the music is still acceptable. If the instrument be musical the week, and only is heard on Sunday evening, as a companion to will-o'-the-wisps and hymns, it is of great value. The children may not thoroughly appreciate it at the time, but many a sad moment in after life will be cheered by the memory of such of these familiar airs, and even in old age we may take pleasure in groaning over the tunes learned in childhood.

Music is one of the most common accomplishments, but what has been said will serve to illustrate the whole class. Whatever will make those about us happier and better, is worth cultivating, if only for the sake of the pleasure it gives. In any ordinary gathering of educated men, it is an easy matter to select a number of persons who can and will make speeches on a large variety of subjects, but the number who can entertain the rest by narrating some humorous incident, or by vocal or instrumental music, is comparatively small. Yet these are just the men who ought to be able to contribute something to the pleasure of the others, and would be safe to do so were it not for a false idea about the worthlessness of mere accomplishment, implied in such words as "idle消遣". Even though the performer be not great artist, and the tones note at the lively, the music is still acceptable. If the instrument be musical the week, and only is heard on Sunday evening, as a companion to will-o'-the-wisps and hymns, it is of great value. The children may not thoroughly appreciate it at the time, but many a sad moment in after life will be cheered by the memory of such of these familiar airs, and even in old age we may take pleasure in groaning over the tunes learned in childhood.

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