R. S. MCGILL.

his tasts and comfort has been silently consuited, their long voyages, the courser their bread the bet. se ar as is practicable -- on his wife devolves the ter their health. I have followed the seas for thircare of preparing the "nine small children" to take | 1y-five years, said an intelligent sea captain to M their sents there also, and in some degree of regu- Graham, and I have been in almost every part of lating their conduct. Breakfast ended, the husband | the globe; and have always found that the coarses mes forth to his workshop, his counter, his count- | pilothrend, which contains a considerable portion of ing house or his office, greets pleasantly his ac- | bran is decidedly the healthiest for my men.' 'I am quaintances by the way, and passes the day among | convinced, from my experience,' says another cap the everyarying scenes of every day business life. Itain, that bread made of the unbolled wheat meal The wite, meanwhile, amid incessant clamor, must is for more wholesome than that aride of the best must settle disputes in the kitchen, and quarrels | ninety days on the passage. The sea-bread which

France of mining

ed in a fimily. care-worn visige in those "wreathed smiles" so in- | come to an anchor about thirty miles below Previ dispensable toward maintaining the good humor of dence; and such was the devility of the men

much needed, to enable him to meet the unavoidable and in the He requise, The bread was too good." cares of to morrow, and sleeps as quietly as "the restless inmates of the trunnel bed and the crib, all the pow r of he Electro Telegraph, is shown in

Until a be ter state of things can be brought about, I am firmly resolved to continue. AN OLD MAID.

From the National Anti-slavery Brandard. WHITE AND BROWN BREAD.

Several years ago, we threw out the surmise that the separation of the white from the brown parts of wheat grain was likely to be baneful to be eving Providence must have contemplated our naing the entire grain, and not a portion only, selacted by means of a nicely-arranged machinery. struck us forcibly, that to go on, for a long course el years thus using a kind of food different from what nature designed, could not fail to be attended with bad consequences. We have since learned that our views have some recognized support in science. The following paragraph from a recent pamphiet, will at once serve to keep the subject alive in the minds of our readers, and explain the actual grounds on which the separation of flour is

"I'ne general belief," says the writer, "ie, that bread made with the finest flour s the best, and that whitness is the proof of its quality; but hoth these opinions are popular errours. The whiteners may be, and generally is, communicated by alum, to the injury of the consume; and it is known men of science that the bread of unrefined flour not. Keep a man on brown broad and water. and he will live and enjoy good health; give him white bread and water, only, and he will gradualsicken and die. The meal of which the first is made contains nourishment of the various structure composing our bedies. Some of these ingredients are removed by the miller in his efforts to please ter than the meal, in the least neurishing; and to in our more peaceful and enlightened days .- And the public; so that fine flour, instead of being betmake the case worde, it is also the most difficult of digestion. The loss is, therefore, in all respects a waste; and it seems desirable that the admirers of white bread (but especially the poor) should be made acquainted with these truthe, and brought to inquire whether they do not purchase at too dear a rate the privilege of indulging in the use of it. The unwise preference given so un versally to whi bread, led to the pernicious practice of mixing alum with the flour, and this again to all sorts of adulterations and impositions; for it enabled bakers, who were so disposed, by adding more and more alum, to make bread made from flour of an interior grain, look like the best or most costly, and to dispose of it accordingly; at once defrauding the purchaser, and tampering with his health. Among the mitters removed by the miller are the large saline substancer, which are indispensable to the growth of the bones and teeth, and are required, although in a less degree, for daily repair. Brown bread should, therefore, be given to nurses, and to the young or the growing, and should be preferred by all, of whatever, age, whose bones show a tendency to bend, or who have weak teeth. It is believed that brown bread, will generally be found the best by all persons having sluggish bowels and siem. achs equal to the digestion of the brain. But with some it will disagree; for it is too exciting to irri- eye benolds them, repay and riculy too, days of ble nowels, and is dissolved with difficulty in some stomachs. When this happens, the brain should be rameved, either wholly or in part; and by such means the bread may be adopted with the greatest

ease, to all habits and all constitutions." Mr. Smith, in his late remarkable work on Fruits and Firinacea as the tood of man, gives some ilustrations of this doctrine. "Bulk," he says, "is nearly as necessary to the articles of diet as the nutrient principle. They should be so managed that one will be in proportion to the other. Too highly nutritive diet is probably as fatal to the prolongation of life and health, as that which contains an insuf.

Wives, in what is called a "well regulated family;" ficient quantity of nourishment. It is a matter of pretty flower; but in a sermon, prettiness is out the former takes his seat at the breakfast table where common remark among old whalemen, that during of place. To my ear it would be any thing but renew the treadmill task of yesterday -innet wash superfine fiver -the latter always tending to produce the same facer, make the same beds, sweep the constinution' Captain Dexter of the ship lais, besame rooms; must give directions for the succeed- longing to Providence arrived from China in De- lady's winding a sword with ridands, and studing meals and perhaps assist in preparing them; cember, 1804. He has been about one hundred and among the nine fallen little sons and daugiters of counti used the mincip a article of food for his men her Adam -and anid all these occupational mo- | was made of the best suprifine four. The had not ments to "sitch" the innumerable garments need- | been lo g at sea before his inco began to complain of langour, loss of appetite, and debilit .. The diffi-Let her look to it, according to the appient and culties continued to increase during the whole voyoff reiterated advice above alluded to, that she gets | age; a m several of the hands died on the passage of through all mis in time to clothe her harrassed and I deutity and manition. The ship was obliged to her liege lerd. He too has had troubles to encoun- | board, that hey were not able to get the ship under ter for from trouble no one is exempt-but not of weigh again' and the owners were under the necesthat petty har a sing kind, that are wearing away sity of sending men down from Providence to work the spirits and the life of the pirmer be mis carsen. | her un. When she arrived, the owners asked Cap-Night comes-the husband finds the repose so | tain Dexter what was the cause of the sickness of

babes in the woods," while the wife starts at the CLOCKS REGULATED BY LIGHTNING .zlightest noise, to minister to the comfort of the One of he lates and mos wonderful exhibitions of A of whom are sure to be astir at the earliest dawn, the regulation and running of clocks, placed fir the same routine--iruly she should smile! wheth- Eninburgh, by its connection with the inagretic er she always can is a debateable question. I the wires, that the oscillations of its pendulum mark sist, therefore, that the hu-band should have a full the hours on a dial plate in Glasgow, and upon anshore of the advice so lavishly bestowed on the other in Edinburgh, at one and the same mement. So perfect is its operation, that the electrical current passer from one city to the other in a second of time not perceptible, since the two closus never. very percepubly. When the pendulum in Edinburg's moves to the right, the magnetised rod to Gasgow meyes in the same direction, and both return to ether to the left. Two other chicks are also to be placed in the intermediate stations of Linkingow | flicks, of this town, that on the 29th, ultimo Monsieur and Falkirk, to be regulated by the one in Edinburgh. It is proposed, as soon as all the railroad health. We proceeded upon incoretical grounds, lines are supplied with telegraphic wires along their whole extent to establish the general regulator in | merchant schooner "L. Bonne, from Gore," and Greenwich, bien will mark a uniform time upon and four sailors were drowned in attempting to cros. the several stations up nevery railroad in the whole | the bar at the Gallenas. The commander left the Com\_ kingdom. In this manner, the whole country will | etc in one of his own boats; but at the solicitation of know the exact Greenwich time and thus will be obviated all the present danger arising from disagreemant in watches, and the sad callistrophes they have not unfrequently occasioned, by mistakes in | man's boat capsized. We understand that the body of the departures of trains."

> THE WIFE, A BEING TO COME HOME TO -And after all, what is it that man seeks in the comparionship of a woman? An influence like the genthe dew, and the chearing light more felt throughharmonizing power, than can be acknowledged by a single act, or recognized by any certain rule. is in fact a being to come home to in the happiest of that expression. Poetic lays of ancient times were wont to tell how the bold warrior, returning from ng from his toils, lay bare his weary limbs that woman's hand might pour into their wounds the heal-

But never wearied knight nor warrier covered with the dust of the battle field was more in need of weman's southing power, than those care-wern sons of the soil, who strugge for the bread of life still, though the romance of the castle, the nelmet, the waving plume, and the--

"Clarion, wild and high," may all have vanished from the scene, the charm | 20th for Ascension. of woman,s influence lives as brightly in the picture of domestic joy, as when she placed the wreath of victory on the hero's brow. Nay, more so, for there are desper sensibilities at work, thoughts more intense, in our great theatre of intellectual and moral sirile, than were the contest for marile. fame, and force of arms procured for each competitor his share o glory or of whealth.

Among an changes which have taken place in the condition of mankind, it is then not the least of woman's privileges, that she can still be all to man which his necessities require; that can retire from the turnult of the world, and seek ner society with a zest which nothing can impar, so long as the receives .... with a crue and faithful neart-true to the best and kindes impulses of which her nature is capable; | complain of an unpleasant sensation in her head, and sacred to the faithful trust committed to her

And that it is so, how many a home can witness -now many a fireside weico. ne-now many a happy meeting after absence painfully prolonged. there are seenes wi hin the preciucts of the household hearth which not the less because no stranger's | years. But who shall paint them? and those who hold the picture there in all its beauty, vividness, and truth, would scarcely wish to draw aside the veil which screens it from the world.

# PRETTY PREACHING

I am tormented with the desire of preaching

better than I can. But I have no wish to make fine, pretty sernoss is in place. I like to see a pretty child, a minery.

commendation, should it be said to me, "You have given us a pretty sermon." If I were upon trial for my life, and my advocate should am ise the jury with his tropes and figures, burying his argument beneath a profusion of the flow ers of thetoric, I would say to him-"Tut man, you care more for your vanily than for my hang Put yourself in my place-speak in view of the gallows, and you will tell your story plainly and earnestly " I have no objection to a ding it with roses, when she presents it to her hero lover; but in the day of battle he will tear away the ornaments, and use a naked edge on the enemy .- Rev. Robt. Hall.

THE FARMER -With no inheritance but health, with no riches but industry, and no ambition but virtue, he is the sole king among men, and the only man among kings.

MONROVIA, LIBERIA, APRIL 2 1847

The emigrants by the "Roamake" who came to the colony in December 1845, have not idled away their time. The greater part of them went to work on their faring, with a determination to gain an honest and inand demanding the immediate care of the mother. apart from eart from eart from a foreign | dependent livelihood; and we are quite certain that who rate weary and unretreshed again to go through journal, that it clock has been so arrang d in they have succeeded. Their cottages and farms present to the most indifferent observer an air of content. ment not often scen.

> We are told that two vessels have lately been launched at liassa Cove; and that they will be in our port in a few days. We congratulate the Bassa Covians on this addition to their commercial marine.

DROWMED .- We are inforwed by Col. N. M. Frogerays commander of the French Brig of war "Com\_ eie:"-and a Monsieur Fombrouge master of the French the master of the schooner, took a nest with him. A very few minutes after the exchange, the merchant. the commander has been found.

It is reported here by Samuel Lovett master of the American Brig "Hollander," that the English force stationed off New Cesters; intends in a few days to desout the whole existence, in its softening, healing, troy the slave establishment at that place; and that the chief officer in command of that force, has given notice to the Monorable John Day superintendant of public offairs at Grand Bassa of the fact.

No official notice has been received by the Executive the fight, would doff his plumed heimet, and repos- from the superintendent in reference to this reported movement-consequently we are left in doubt as to its correciness,

We hope, however, that the report is true, and that there will be no delay in breaking up and puting a stop to the traffic in slaves in that quar er.

NAVAL. March 18. Arrived H. B. M. Sloop "Favorite" Ceptain Murray from the windward, and sailed on the

March 24th The United States Frigate "United States," Capiain Joseph Smoot bearing the broad penant of Commodore George C. Read, from Porto Praya.

The United States sailed on the 2nd inst. for Cape Palmas via Sinne.

# AN AFFLICTIVE BEREAVEMENT

Departed this life on the 9th inst., MRS ANN consort of Rev. Wm. H. Payne, missionary at Jamaica, after an illness of but two days but tour days before her death, she began to which increased until it resulted in congestion of the brain, which deprived her of conscious ness most of the time for the last two days of her life. She has been a worthy member of the Bap tist church in this place for the last five or six

weary conflict, and long nights of anxious care. surviving husband. He left her, and their infant son about seven weeks since, both in usual health. When symptoms became alarming, a messenger was immediately despatched for her husband; about twenty five miles distant but he did not arrive until an hour after her burial. scelings may be imagined but not described. bespeak for him and her surviving friends an interest in the prayers of the faithful. We presume a more extended notice will be furnished, by mons. Prettiness is well enough when pretti- some one acquainted with her -Africa's Lu-

COPARTNERSHIP NOTICE. The undersigned have formed a connexion in Merchantile business under the firm of Samuel F. Mc Gill & Brother. SAMUELF. MCGILL,

Cape Palmas January 9th 1847.

#### Office of the Liberia Herald. Monrovia Sept. 30th, 1846

The understaned takes this method of calling the attention of the subscribers to their accounts with the "Herald."-It is hoped that they will not wait to be personally called on, for their several amounts. Agents in Africa and in the United States will please bear in mind that we are pa-

JOHN N. LEWIS.

Gen: Agent und Treasurer.

tiently waiting for remittances from them.

At Marshall on the 10th vit. Mr. Randelph. Cooper, after a long, hugering illness.

## WHOLESALE PRICES CURRENT.

ARTICLES,	PER	FROM	T•
Pacon.	1 Lb. 1	8	10
Bends, pound,	44	25	33 1.3
Beei, carge No. 1.	Bb	10 00	12 04
Plue Bafts,	Ps.	2 50	3 00
Bricks,	1000	10 00	12 00
Butter,	Firkin	2:	30
Boards,	1000ft	30 00	40 00
Candles Sperm,	Lb.	45	50
Choese,	4.6	12 1 2	1834
Corn meal,	Bbl	5 00	6 00
Checks domestic,	Ps	12 1.2	14
Cotton unbleached,	Bale	8	13 1.2
Cotton bleached,	j	10 00	15 00
Calicoes, assorted,	Ps	8	
Camwood,	Ton	60 00	
Flour superfins	Bbl	10 00	12 00
Flints Gun,	100	1 00	1 32
Guns,	Box	70 80	75 00
Iron, bars,	Cwt	40 00	50 00
Lead, pig,		none	
Lard,	Keg,	15	16
Lime,	Bashel,	50	
Molasses	Gailon	45	50
-Mackerel .	Bbl	8 00	10.00
Nails '	Keg	8 00	10 00
Oil paint	Gallon	none	
Oil palm	44	33 1.3	34
Pork ,	Bbl	15 00	18 00
Pots iren	Civt.	8 00	10 00
Powder	Bbl.	15 00	16 00
Padlocks .	Dozen	none	
Porter		nene	
Pipes gumbe	Box	none	
Prints various	Yard,	12 1-	POST TO NO BOIL PROPERTY.
Romauls -	Ps.	1 00	1 25
Salt	Ton	nune	
Sugar leaf	Lb.	18	
Sugar brown	14 14 15 15 16 16 16 16 16 16 16 16 16 16 16 16 16	12	
Shoes	Box	nolle	
Slippers .	•	nene	1
Soap	• • • •	8	
Shad		none	ATLANTA PROBLEM SOUNDS AND S
Satin stripe	Ps.	3 0	MATERIAL CONTRACTOR OF THE
Tobacco -	10076	10 THORSE DESIGNATION OF A PARTY OF	10 00
Washhand bewls -	Dozen	COLUMN TOTAL TOTAL CONTRACTOR AND A PARTY OF THE	
Wine claret,	.,	4 00	Comment of the Commen
Wine heck	•	8 00	SALES ON DESIGNATION OF SALES
Wine champaigns '	"	15 6	9 20 0
		1	

# MARINE LIST.

PORT OF MONROVIA.

# ARRIVALS.

March 19. Col. sloop Nathan Bangs, Ammons master, from windward. " 19. Col. stoop Perseverance, Jones master from windward, . 23. Am. brig Hollander, Lovett master. from Boston; via, Sierra Leone, passenger C. Goe-

27. French ship Quos-Ego, Celin master, from " Col Cut ter Eliza Frances, Howard master. from Junk. " 29. British steamer - Tonsley master, from Sierra Leone. 30. Am. parque Montgomery, Hooper mas-

## ter, from leeward; paseenger, H. W. Dennis. DEPARTURES.

March 29. Am. brig Hellander, Lovett, mas ter, " SO. Am. schooner Mary Wilks, W H. Folger master, for New-Orleans. " Col. sloop Nathan Bangs Ammons master, for leeward.

Col. Cutter Eliza Frances, Howard mas-31. French ship Ques-Ego, Colin master, " British steamer - Townsley master, for leeward

Maryland Historical Society

The Maryland State Colonization Society Papers

XII. Newspapers B. Liberia Herald

February 1842(XI,4)--February 18,1857(n.s. VII,4)

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