

Educational Department.

Sleep.

There is no danger of wearing this subject threadbare, for people are beginning to wake up to the fact that plenty of sleep is requisite to the health, particularly in the case of brain workers. The more sleep the brain gets, the better does the brain work. All great brain workers have been great sleepers. Sir Walter Scott could never do with less than ten hours. A fool will want eight hours," as George III said, "but a philosopher wants nine." The men who have been the greatest generals are the men who could sleep at will. Thus it was with both Wellington and Napoleon. The greatest speakers in the House of Commons have been the men who could go to sleep there as much as they like. This explained the juvenility of the aged Palmerston. Sleep is in many cases the best of medicines. A friend told me that he treated himself for a fever. He went to bed with a large pitcher of lemonade by his side. He drank and slept, slept and drank, and slept himself well again. It is safe to say of any man, that if he sleeps well he will do well.—*Ex.*

More Than a Living.

Public education, like all social institutions, necessarily changes with the views of the community.

Its popular support at present is based not so much upon the necessity for providing facilities for the poor as upon its value to the community. This value is most frequently stated to be the making of good citizens.

What qualities are most essential to good citizenship? Shall we seek to inculcate industry, self-help, and liberality of views, or is the end more easily attainable by omitting these and concentrating our efforts upon direct instruction in what we judge to be the future calling of the pupils?

Shall we directly prepare the pupil for skill in special calling (as for example, breaking stone, driving a wagon, running errands, plumbing, carpentering, or cabinet making?) or shall we best secure skill even in these callings by an elementary mental training?

Is mechanical skill possible without a head to lay out work for the hands?

Is manual skill more or less easi-

y acquired when the mind has received an elementary education?

Are the duties of good citizen-

ship confined to the ability to gain one's living by the sweat of one's brow? or are the elements of good citizenship not included in the requirements for success as a day laborer?—*Educational Journal*

Women In Journalism.

The first daily newspaper printed in the world was established and edited by a woman—Elizabeth Mallet, in London, 1702—almost 200 years ago. In her salutatory, she said she had established a newspaper "to spare the public half the impertinences which the ordinary papers contain." The first newspaper published in America, of which we have any record, was in Massachusetts. It was called the *Massachusetts Gazette and News-Letter*. After the death of the editor, the widow edited it in the most spirited manner for two or three years. It was the only paper that did not suspend publication when Boston was besieged by the British. The widow's name was Margaret Craper. In 1732 Rhode Island issued its first newspaper. It was owned and edited by Anna Franklin. She and her two daughters did the printing and their servants worked the printing-press. History tells us that for her quickness and correctness she was appointed Printer to the Colony, supplying pamphlets, etc., to the colonial officers. She also printed an edition of the Colonial Laws of 340 pages. In 1776 Sarah Goddard printed a paper in Newport, R. I., ably conducting it, afterward associating with her John Carter. The firm was announced as Sarah Goddard & Co., she taking the partnership precedence, as was proper and right. In 1772 Clementine Reid published a paper in Virginia favoring the colonial cause, and greatly offending the royalists; and, two years after another paper was started in the interests of the Crown by Mrs. H. Boyle, borrowing the name of Mrs. Reid's paper, which was the *Virginia Gazette*, but which was short-lived. Both of the papers were published in the town of Williamsburg. The colonial paper was the first news paper in which the Declaration of Independence was printed. In 1773 Elizabeth Timothy published and edited a paper in Charleston, S. C. After the Revolution, Anne Timothy became its editor, and was appointed State

Printer, which position she held seventeen years. Mary Crouch published a paper in Charleston about the same time, in special opposition to the stamp act. She afterward removed her paper to Salem, Mass., and continued its publication there for years after.

The Names of Type Sizes.

So few printers can state a reason for calling certain sizes of type by their recognized names, that we are induced to offer the following information, which we find in one of our exchanges, concerning the origin of the present designations.

Originally there were but seven sizes. The first was called *Prima*, whence the name Primer. It is now known as Two-Line English. The second was called *Secunda* now our Double Pica—in France, Great Paragon. The third was *Tertia*, at present our Great Primer. Then there was the middle size, still called in German *Mittel*, but it is now our English. After these came the three sizes on the opposite side of the scale—Pica, Long Primer and Brevier. In Germany, the names *Secunda*, *Tertia* and *Mittel*, are still retained.

Pica, in France and Germany, is called Cicero, because the works of that author were originally printed in it. English printers so styled it from being the type in which the Ordinal, or Service Book of the Roman Church was originally set. This Ordinal was also at first called Pica. *Bourgeois* was so named because it was introduced into the country from France, where it was originally dedicated to the "Bourgeois" or citizen printers of that capital. *Brevier* obtained its name from having been first used for printing the Breviary or Roman Catholic abbreviated Church Service Book. *Minion* is also of French origin and was so termed owing to having rapidly become a special favorite on its introduction in that country. *La Mignone*, is "the darling." *Nonpareil* was so named because at the time of its introduction, it had "no equal," being the smallest and finest type then produced. *Pearl* is of English origin. The French have a type of the same size which they call *Parrissienne*. It is a smaller type than *Nonpareil*, and was thought the "pearl of all type." *Diamond* is another fancy name given to what was regarded at the time of its origin, as the *ultima thule* of letter foundry achievement—*Type Foundry*.

Weather Report.

During January, 1883, there were 17 days during which rain fell, and an aggregate of 7.37 in. of water, 3 clear and 11 cloudy days other than those on which rain fell.

The mean temperature for the month was 36.03°. Highest daily mean temperature for the month 50°, on the 30th.

Lowest daily mean 9°, on the 19th. Mean temperature for the month at 2 o'clock P. M. 40.97°.

Highest temperature for the month 57°, at 2 o'clock P. M., on the 9th. Lowest temperature 5°, at 7 o'clock A. M., on the 19th. Frosts occurred on the 2nd, 3rd, 7th, 8th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd and 24th. Four and a half inches of snow on the 3rd, which disappeared on the 4th.

The prevailing winds for the month were from the North during 17 days, S. W. 9 days, South 4 days, N. W. 1 day.

During Jan., 1882, there were 13 days during which rain fell and 5.65 in. of water, 6 clear and 13 cloudy days. Mean temperature for the month 36°. Highest daily, 46°, on the 4th. Lowest daily, 22°, on the 29th. T. PEARCE.

Eola, Or., Feb. 1, 1883.

Temperance.

Awake ye nations to the glorious cause,
The glorious cause of temperance;
Arise ye young without the world's applause,
And in your strength have confidence.
King Alcohol is on the battle field,
With all his hosts in full array;
He swears that every law and court shall yield
To him and his despotic sway.
His claims are not in equity and law,
He is a tyrant and a thief;
And from his dreadful scourge he should withdraw
And give the innocent relief.

He is upheld by tyrant Beelzebub
Whose angels lead the whisky ring
Who soon will form an anti temperance club
And try to crown the Devil-King.

L. C. HILL.

Myrtle Creek, Or.

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