

which it requires for its perfect development. It is well known that the second crop of the same sort of vegetables, grown on the same soil, will not be produced in the same perfection as the first crop. It is affirmed by some that an excrementitious matter, thrown off by the roots, will act injuriously on the same sort, if immediately following; in short, that such root-excretions will act as a poison to the succeeding crop. But it is certain that what was formerly attributed to root-excretions is now proved to be caused by the crop extracting from the soil the different ingredients necessary for its existence and maturity; and by partly or wholly exhausting it of such substances, of the elements of which it is composed, the succeeding crop is deprived of the food particularly required for its growth and maturity. By supplying the soil with the particular materials of which the plant is composed, we could then continue to grow the same crop on the same piece of ground for many years, the influences of air, heat, light, and moisture being the same. But until that more perfect knowledge, to which we are advancing rapidly, is attained, we must continue the rotation system of cropping. By that system the long tap-rooted vegetables, which extract nourishment from the soil at some distance from the surface, are succeeded by vegetables with fibrous or widely-spreading roots, which extend more closely to the surface; the ingredients extracted by one is no detriment to the other crop. But such practices cannot be long continued without a supply of manures, and the more the manures are made to contain the constituents of the plants cultivated, the greater will be the produce; and in proportion to the absence of one or more of such ingredients, will the crop be affected. Hence the importance of possessing a correct analysis of plants as a guide to the best system of cultivation.—*William Keane, Chelsea.—Gard. Chron.*

To Cook Tomatoes.—He that does not love tomatoes is an object of pity. Every art of cooking should be employed to inveigle the appetite of every man to love a vegetable so wholesome.

Peel a dozen ripe tomatoes and fry them in a little sweet butter (which nine Hoosiers out of ten will understand to mean a little clean lard), together with two or three sliced green peppers; sprinkle on a little salt; and finally slice up an onion or two, and let the whole cook thoroughly. This is the Spanish method of preparing them.

Another method, which from a long experience we know will wear well, is as follows. The directions are for a mess of tomatoes amounting to about three plants when cooked.

Begin by parboiling two onions. While this is doing peel the tomatoes, which is easily done after hot water has been poured over them; cut them up and add the onions, also a teacupful and a half of bread crumbled fine, a table spoonful of salt, a heaping teaspoonful of black pepper, a lump of butter of the size of a turkey's egg, or about four table spoonsful. Beat these thoroughly together and set them over a slow fire to stew. *They should cook slowly and for a long time*; never less than three hours, but the longer the better. About fifteen minutes before they are to be used beat up six eggs and stir them in, and put them on fresh coals and give them one grand boil, stirring them all the time. When so cooked, no directions will be needed how to eat them.

The art of cooking the tomato lies mostly in cooking them enough. They should be put to work the first thing after the breakfast things are out of the way, even if you do not dine till three.—*Indiana Far. and Gar.*

Efficacy of Bathing in certain Morbid States of the Mind.—Judging from the beneficial effects of cold and warm water bathing in case of mental irritation caused by cerebral disease, I should feel disposed to consider that the steady use of these remedial agents would, in incipient derangement of the mind, be accompanied by the happiest results. It is much to be lamented that the practice of regular systematic bathing is not recommended and adopted in this country. The state of the mind is closely dependent upon the condition of the cutaneous secretion. I would advise those who are subject to mental depression, hypochondriasis, vapors, ennui, or by whatever term it may be designated, to try the effect of bathing. I feel assured that in many cases violent attacks of insanity may be warded off by the use of the warm or cold bath. In cerebral irritation, evidently the result of vascular excitement, bathing the head regularly every morning with cold water, or vinegar and water, will be found highly serviceable. — *F. Windslow's Health of both Body and Mind.*