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JAMES POOLE,

EDITOR AND PROPRIETOR

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ON HEALTH.

PLAIN LIVING.—Hall's Journal of Health says:—"We believe a man feels as happy after a plain dinner as after a luxurious one; certain are we, that he sleeps sounder that night, and feels better for it all next day; all the advantage to the luxurious is the transient passage down the throat. White beans whole or split peas, hominy, oat meal, corn meal, samp, hulled corn, crushed wheat and rice, are among the cheapest, most wholesome and most nutritious articles of food, and all alike recommended to those who want to be healthy. If fruits were largely used with the above diet, either baked, if green, or stewed, when dried, both the digestion and the health would be greatly improved, to say nothing of the agreeableness of the addition.

FASTING.—Fasting has been frequently recommended and practiced, as a means of removing incipient disease and of restoring the body to its customary healthful sensations Howard, the celebrated, philanthropist, used to fast one day in the week. Franklin for a period did the same. Napoleon, when he felt his system unstrung, suspended his wonted repast, and took exercise on horseback. The list of distinguished names might, if necessary, be increased—but why adduce authority in favor of a practice which the instinct of the brute creation leads them to adopt, whenever they are sick. Happily for them they have no meddling prompters in the shape of well-meaning friends, to force a stomach, already enfeebled and loathing its customary food, to digest this or that delicacy—soup, jelly, custard, chocolate, and the like. It would be a singular fashion and yet to the full as rational as the one just mentioned, if on eyes weakened by long exercise in a common light, we were to direct a stream of blue, or violet, or red, or even green light, through a prism, in place of keeping them carefully shaded and at rest.

WEARING FLANNEL.—Put it on at once; winter or summer; nothing better can be worn next the skin than a loose, red, woolen, flannel shirt; "loose," for it has room to move on the skin, thus causing a titillation which draws the blood to the surface and keeps it there; and when that is the case no one can take a cold; "red," for white flannel fulls up, mats together, and becomes tight, stiff, heavy, and impervious. Cotton wool merely absorbs the moisture from the surface; while woolen flannel conveys it from the skin and deposits it in drops on the outside of the shirt, from which the ordinary cotton shirt absorbs it; and by its nearer exposure to the exterior air, it is soon dried without injury to the body. Having these properties, red woolen flannel is worn by sailors even in the mid-summer of the hottest countries. Wear a thinner material in summer.—*Hall's Journal of Health.*

The above is good advice; but most persons, we suppose, would prefer to wear white in preference to red flannel, were it possible to prevent it fulling up. Red flannel discharges its color by perspiration; this is an evil which does not belong to white flannel.—Red flannel soon loosses its bright appearance and becomes a dull, dirty-looking crimson; this is also caused by the perspiration.—White flannel, when washed, always looks clean. Old red flannel cannot be made to look clean by all the waters of Lake Huron: white flannel, therefore, has much to recommend it over red, and for under-shirts nothing else should be worn. It can also be prevented from fulling up, as well as red flannel. What property does the latter flannel possess over the former that prevents it from fulling up by frequent washing? It is made of the same materials, consequently the cause cannot be in any difference in the quality of the wool. Red flannel, however, undergoes boiling for about an hour in the act of coloring, and this alone, we conceive, is the cause why it does not full up so readily as the white. Let white flannel be boiled in clean soft water for an hour, then dried before it is made up into shirts, and it will be found no more liable to full (thicken) then red flannel.—*Scientific American.*

HOW TO PREVENT COLDS.—Dr William A. Abbott, the author of "House I Live in," and well known as a lecturer on the laws of health, has in press a work on Hygiene, which will probably be of great practical value. From a chapter on colds we take the following advice, which is quiet seasonable:

"Those who would avoid colds must not muffle themselves, especially their faces and throats, every time they go into the open air. I do not say that none of the vast number already diseased should be allowed to break the force of a stream of air lowered in temperature to zero, or fifteen or twenty degrees below it, either by a respirator or a muffler. I am writing for those who as yet deem themselves healthy.

After brisk walking, or other exercise, during which we have worn more than a needful amount of clothing, we must beware of throwing off a part of it; and sitting down in a temperature which is very low, or in air which is damp, especially if we have been in a free perspiration. Better to keep on our clothing till we see how matters are going with us. It would be safer to add clothing in such circumstances than to diminish it.

Those who would be perfect in this matter should avoid sitting with wet feet after exercise, or sleeping in damp clothing. While a person is exercising in the open air, if not over-heated or over-fatigued, it may be safe for him to have wet feet. Indeed some will go with their feet wet all the forenoon without injury, if they keep in motion; but the philosopher, Locke, who recommended that children should have holes in their shoes, would hardly have justified the practice of sitting with wet feet.

Those who are accustomed to warm clothing should not exchange it for that which is extremely thin, when they are about to go abroad in the cold air, unless they are to walk. Thousands of young people, especially females, might trace the consumption, neuralgia, or fever, which destroyed them to some act of recklessness, like that which is implied by the foregoing.

In general, we are quite too much afraid of the sun and rain to enjoy that hardihood which is indispensable in a climate as much exposed to colds and consumption as that of the United States. The late Gen. Dearborn of Massachusetts, would have no such thing as an umbrella in his family, if he could help it. He thought it safer, on the whole, to be occasionally a little wet, than to exclude ourselves from every drop of rain—nineteen times in twenty, with the almost entire certainty of being some time caught without one, and of suffering severely as the consequence.

SLEEP.—There is no fact more clearly established in the physiology of man than this, that the brain expands its energies and itself during the hours of wakefulness, and that these are recuperated during sleep; if the recuperation does not equal the expenditure, the brain withers—this is insanity.—Thus it is that, in early English, persons who were condemned to death by being prevented from sleeping always died raving maniacs; thus it is, also, that those who are starved to death become insane; the brain is not nourished, and they cannot sleep.—The practical inferences are these:—First. Those who think most, who do most brain-work, require most sleep. Second. That time saved from necessary sleep is infallibly destructive to mind, body, and estate. Third, Give yourself, your children, your servants give all that are under you the fullest amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the moment they awake; and, within a fortnight, nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and sufficient rule—and as to the question how much sleep any one requires, each must be a rule for himself—great nature will never fail to write it out to the observer under the regulations just given.—*Dr Spicer.*

LYING IN BED.—No piece of indolence hurts the health more than the modern custom of lying abed too long in the morning. This is the general practice in great towns. The inhabitants of cities seldom rise before eight or nine o'clock; but the morning is undoubtedly the best time for exercise, while the stomach is empty and the body refreshed from sleep. Besides, the morning air braces and strengthens the nerves, and in some measure answers the purpose of a cold bath. Let any one, who has been accustomed to lie in bed till eight or nine o'clock, rise by six or seven, spend a couple of hours in walking, riding or any active diversion without doors, and he will find his spirits cheerful and serene throughout the day, his appetite keen, and his body braced and strengthened. Custom soon renders early rising agreeable, and nothing contributes more to the preservation of health. The inactive are continually complaining of pains, etc.—These complaints, which pave the way to many others, are NOT to be removed by medicines: they can only be cured by a vigorous course of exercise, to which indeed they seldom fail to yield. It consists with observation, that all very old men have been early risers. This is the only circumstance attending longevity to which we never knew an exception.

WALL PAPER POISONING.—Dr Hinds, of Birmingham, has lately called attention to a method of accidental arsenical poison, which should be generally known, and from which he was himself the sufferer. He chanced to select, for the adornment of his study, a particularly bright tinted, wall paper, the pattern of which was confined to two shades of green. About two days after it had been applied, he used the room in the evening, sitting there reading by a gas-light. Whilst thus engaged, he was siezed with severe depression, nausea, abdominal pain, and prostration. The same chain of symptoms ensued on every subsequent evening when he occupied the room. This led to an enquiry into the cause. He scraped off a little of the bright colouring matter from his pretty paper, and, by sublimation, produced abundant crystal of arsenious acid. The paper was coloured with arsenite of copper (Scheele's green.) The use of this pigment to colour wall-papers has already proved injurious in previous cases. In one, a child sucked some strips of paper thus coloured, and narrowly escaped with life. Dr Hinds remarks that the presence of the arsenical pigment may be recognised by its brilliant and beautiful hue, and by a little running of the colour at the edges of the patterns, as though it did not take freely to the paper.—*The Lancet.*

AGRICULTURE.

THE FARMER THE TRUE ARISTOCRAT.—N. P. Willis, of the *Home Journal* says: "The star of the farmer is on the rise. To be a distinguished man now-a-days, there is no safer or more substantial way than to be an eminent 'agriculturalist,' or 'successful horticulturalist,' or the like—a Longworth a Wilder, a Grant, a Johnson. There is no way for a man to be 'looked up to,' for the next half century, like being an enterprising and successful farmer, and there is certainly no way to pass life so pleasantly and no vocation which is so sure to keep him company till he dies."

"A SMALL FARM WELL TILLED."—Elihu Burritt gives an account in the Homestead of a visit to the farm of Wm. Birnie, of Springfield, Mass., a "small farmer," with only 50 acres of land, who yet keeps more stock and raises more grain and grass than many hundred acre farmers. Mr. B. says, "the keeps 32 head of cattle, three horses and several hogs, all fed from the produce. The past year he raised 4,000 bushels of roots—ruta bagas, mangel wurtzel, and yellow turnips. Besides corn, oats, rye, and potatoes, he also grew $400 worth of tobacco. There is," adds Mr. Burritt, "no good reason to doubt, if the number of farms in Connecticut were doubled by making two of each, and concentrating the labor and manure now spread over 100 acres upon 50 acres, the production of the half would exceed that of the whole on the old system of agriculture." Mr. Birnie cuts and steams all the fodder for his stock, and thinks he thus effects a saving of 33 per cent in the cost of wintering his stock.

WILLOW HEDGES.—The yellow leaf willow makes the quickest and best hedge that we have seen in any part of New England. Instead of waiting for years to nurse tender thorn, we have a hedge-row of willows in four years, strong enough to turn any cattle where a slight ditch is made in moist land. The willow is propagated at one-tenth of the cost required for a thorn hedge. For you have no roots to be buried, no digging holes, and expensive cultivation to make the plants survive the rupture of the roots. All we have to do to spread the yellow willows to an indefinite length, is to cut off limbs from grown trees, and stick them into the earth one foot in length—into a hole made by an iron bar. The stick to be inserted into this hole should not rise much above the surface of the soil. Then branches will shoot four feet apart. At this distance a man will set a mile in length in one day, and warrant the growth of seven-eights of the cuttings. A willow hedge, if kept in trim, will be without cost, since the wood cut off once in five years will pay all cost of trimming. A growing fence is a consolation to all farmers who have been in the practice of relying on common posts and rails, which must be often reset.

WOOL-GROWING ON LIMESTONE SOILS.—"A countryman in the city," signing himself "Steuben," gives in the *Rural New-Yorker*, some notes of a visit to a great wool-house in Rochester, where he was 300,000 pounds of American wool in store, most, if not all of it, grown in Western New York. That purchased in different markets was put up in different piles, and its examination confirmed "Steuben in what he thought he discovered more than twenty years since, viz: "that sheep grown on limestone soils will produce more and better wool than on any other soils." He says:

"I am fully satisfied that you may take 200 sheep of one flock, equal in all respects as to grade and condition, divide the flock and leave half in Monroe, and take the other half to the beech and maple lands of Cattaraugus, giving each flock the same same chance as to quantity offeed; and the Monroe flock will out-shearthe Cattaraugus one by three-fourth of a pound to the sheep, while a like improve-ment will be visible in the fibre and felting properties of the wool."

RIPENING TOMATOES IN WINTER.—At a meeting of the Rockford (Ill.) Horticultural Society, last winter, Mr. Ordway brought a specimen of Tomatoes, red and yellow, small and large, but all perfect, which had been ripened in his cellar, according to the following method:—If any one wishes to know how to keep them fresh and good all Winter, read the following recipe: "Plant late in the season, and pull up the vines in the Fall, before they are injured by the frost; fasten a bag about the stock, two inches above the root; then hang them up in the cellar by a cord, tied round the vine above the bag, and fill the bag with moist dirt. When the bag is tied over the root, leave a small hole at the top for the admission of water, which should be used occasionally to prevent the roots becoming dry. The more light in the cellar the better. They should be hung up clear from the wall on every side, and where the sun will strike them from a window, if possible, and swing the vines up with the root uppermost."

ERADICATION OF BUSHES.—Speaking of the improvement of hill pastures, the Boston *Cultivator* gives the following directions, in the above subject: "That larger bushes, which grow in stools, like the barberry, had better be twitched out. With a 'root-claw,' such as is sold at the agricultural warehouse, and a strong yoke of oxen, under the direction of a suitable man, a 'ripping business' can be done. Smaller bushes may be subdued by mowing. After the growth of the present year is finished—as may be known by the buds for the next being formed—the scythe may be laid as near as possible to the root, with good advantage. They will seldom start much in the same year they are cut—the cutting being usually the latter part of August—and if the sprouts which make their appearence the following Spring can be got at by sheep, they will prevent their making much headway. Cattle also will crop the sprouts some, which, with the increased growth of grass, will weaken them."

STEEPS FOR WHEAT AND OTHER SEEDS.—Among the various steeps recommended and employed by the British farmers are the following: 1. A solution of sulphate of soda (Glauber's salts,) one pound to a bushel of seed. 2. A salution of nitrate of soda in the same proportion. Where nitrate of soda is not easily obtainable, nitrate of potash (saltepetre) may be substituted. We have used a steep of saltpetre, an ounce to a quart of water, for sweet corn, carrot seeds, and some other garden seeds, with very obvious advantage. Seeds which have been steeped in the foregoing, or other solutions, may be dusted with lime, plaster, guano, hen manure, or any other dry fertilizing powder, with a certain expectation that the vigor of the young plants will be thereby increased.

A correspondent of the *Country Gentleman* writes: "The writer purchased a farm of 60 acres ten years ago. He immediately sold 30 acres of the less valuable portion, and with a part of the receipts from this sale, underdrained and subsoiled 12 acres of that which he retained. The soil is a gravelly loam and dry; but he drained it, he says, made it wet, and succeeded. The whole of the manure from the barn-yard went to enrich these 12 acres, and now the land is really good. The second year after he came in possession, his crops from these 12 acres were than double the produce taken by his predecessor from an average of at least 30 acres annually devoted by him to cultivation, while the quality of his products was 25 per cent, better than they ever had been. Off an acre and a third he took four tons and three-quarters of clover hay.

It would be well, says the Saratoga Farmer, if farmers would surround their barn-yards and pig pens with fruit trees. Such trees bear abundantly, and heavy crops of plums can often be obtained in such places, as the stung fruit is sure to be picked up and devoured as soon as it falls, thus preventing the increase of the curculio. Apples, pears, cherries and all other fruit do well for the same reason, and they are also provided with a plentiful amount of liquid manure from the drainage of the barn yard.

USEFUL INFORMATION.

CODDLED APPLES.—Take fall apples, wash them, and put half a peck into a preserving kettle; add half a cup of water, sweetened with a large cup of sugar, or half a cup of molasses. Cover them, and boil gently until tender.

TO STEW CARROTS.—Half-boil the carrots; then scrape them nicely, and cut them into thick slices. Put them into a stew-pan with as much milk as will barely cover them, a very little salt and pepper, and a sprig or two of chopped parsley. Simmer them till they are perfectly tender, but not broken. When nearly done, add a piece of fresh butter rolled in flour. Send them to the table hot. Carrots require long cooking.

TO MAKE OYSTER BROTH OF CODFISH.—Pick into small bits a piece of codfish—the thick part is best. To a teacupful of the fish, add three pints of boiling water, a piece of butter the size of an egg, and a teacupful of sweet cream. Crumb in a few crackers, add a little pepper, and serve up hot with crackers. It is almost equal to oysters and more harmless. When not seasoned too highly, sick people like it.

FRUIT CAKE WITHOUT EGGS.—One cup of molasses, one cup of brown sugar, one cup of butter—heat together sufficiently to melt the butter—two teaspoonfuls of cloves, two of cinnamon, one of nutmeg, one coffee-cupful of raisins, (with or without currants,) citron; then add one teaspoonful of soda dissolved in hot water; one cup of sour milk or buttermilk, and one quart of flour; bake an hour.

Quinces, baked like apples and eaten with sugar and cream, are said to yield new and exquisite sensations to the lovers of delicacies.

STUFFED CABBAGE.—Take a large fresh cabbage and cut out the heart. Fill the place with a stuffing made of cooked chicken or veal, chopped very fine and highly seasoned rolled into balls with yolk of egg. Then tie the cabbage firmly together, and boil in covered kettle for two hours. It makes a very delicious dish, and is often useful for using small pieces of cold meat.

PICKLING SWEET APPLES—To one-half peck of sweet apples, make a syrup of two pounds of sugar and one pint of vinegar. Boil the apples in this syrup until tender, then remove them, and make a new syrup of two and a half pounds of sugar and one pint of vinegar. Add one tea-spoonful of cloves, and one of cinnamon, tied in a bag. Let the syrup boil fifteen or twenty minutes, then pour it while hot over the fruit. The first syrup is good for other sauces.

To remove the disagreeable smell of onions from the breath after eating them, chew a garlic. It is an infallible remedy.

FLOUR—HOW TO SELECT GOOD.—The editor of the Maine Farmer gives the following advice to house-keepers how to select good flour: "The best flour is not snowy white, but has a yellowish tint when a handful is squeezed together and then broken open. Lay a little in the palm of your hand and smooth it with a knife or your finger, and see that it is free from specks and of even fineness, but not an impalpable powder. To prove this, throw a little lump against a perpendicular board or smooth wall, upon which the moist of it, if good, should stick. Good flour squeezed in the hand will retain its shape. If you wet a little in your hand, see that it does not work soft and sticky, or you may get spring wheat instead of winter wheat flour. Flour that works sticky is not good. If it has a bluish tint it is not good. If it falls in dry powder when thrown, or if it falls apart, dry and powdry when squeezed, it is not good. We commend all families who buy flour to try these tests with the flour now on hand, the quality of which is known."

PRESERVING HAMS.—Take slacked lime, say a peck or half bushel, (according to the number of hams,) mix the lime with water and boil in an iron vessel, the same as you would for whitewashing; let it boil as thick as for whitewashing, and when cold have your hams laid with the skin down upon planks, then take a brush, (the same as for whitewashing,) and lay a good coat upon the part unprotected by the skin; let this dry, hang up your meat, and you have sweet hams free from bugs and skippers, if done in time.

RECIPE FOR CURING SWEET HAMS.—For four hams, take two ounces of saltpetre, two quarts of molasses, quarter of a pound of pepper, half an ounce of cochineal, and about three pints of fine salt. If the hams have been in salt pickle the salt will not be needed; pound the saltpetre and cochineal, then put all these ingredients together; and rub the hams thoroughly with the pickle, turning them every day. Let them remain in sweet pickle two weeks, then take them out, smoke them a week or more, to suit the fancy.—*Taunton America.*

TO PREVENT "SKIPPERS" IN HAMS.—In a communication to the Cotton Planter, Mr W. McWillie says: "There is, according to my experience, nothing easier than to avoid the skipper and all worms and bugs that usually infest and destroy bacon. It is simply to keep your smoke house dark, and the moth that deposits the egg will never enter it. For the past twenty five years I have attended to this, and never have had my bacon troubled with any insect. I have now hanging in my smoke house hams one, two, and three years old, and the oldest are as free from insects as when first hung up. I am not aware of other causes for the exception of my bacon from insects, but simply the fact that my smoke-house is always dark. Before adopting this plan, I had tried many experiments, but always either without success or with injury to the flavor of my bacon. I smoke with green hickory; this is important, as the flavor of bacon is often utterly destroyed by smoking it with improper wood."

LINIMENT.—One of the best liniments for lameness, rheumatism, sprains, &c., is made of three ounces of sulphuric ether, one ounce alcohol, half ounce oil lavender, two drachms laudanum.

MEDICAL HERBS.—All herbs, when gathered to be used medicinally, should be cured in the shade. They should also be cut in clear weather, with a bright sun overhead, and in the absence of dew. An open room, or loft, where there is a free circulation of air, is the most eligible place to cure them.

HORSE FEET IN SNOWY WEATHER.—It would be an act of charity, says an old traveller, towards man and beast (during this weather,) if you would publish what few seem to know, namely, that grease or soap put into the horses' hoofs will prevent the snow from remaining there.

TO DESTROY MOTHS.—Moth's can't bear tallow; and if curtains, &c., are put away for any time, I should recommend a pound of the commonest tallow candles to be put in paper, and placed in with them. In the museum of the Jardin des Plantes, at Paris, they told me they used benzoin collas to keep the moths out of the skins of the animals, and not a moth did I see in their miles of galleries of stuffed beasts.

VIRTUES OF COAL OIL.—Coal oil is said to be a sure destroyer of bed-bugs. Apply plentifully with a small brush or feather to the places where they do most congregate. The cure is effectual and permanent. Gilt frames, chandeliers, &c., rubbed lightly over with coal oil will not be disturbed by flies.

AN EXCELLENT FURNITURE POLISH.—Into one pint of linseed oil put half a pound of treacle and a glass of gin; then, stirring well, apply savingly with a linen rag, and, if rubbed until quite dry with linen cloths, this mixture will produce a splendid gloss. Eating tables should be covered with oil cloth or baize to prevent staining, and be instantly rubbed when the dishes are removed.

Apply, a day or two before papering walls that have been whitewashed, a solution of common glue to the walls, hot and thin, and as it grows thick, add more boiling water. The brush should be applied thoroughly, (a clean white one is best,) and the wall must be well saturated with the solution. In papering, mix flour for the paste with a weak solution of glue. In this way, you can avoid using thick paste, which is very detrimental to the beauty and durability of a papered wall.

WHITE-WASH THAT WILL NOT RUB OFF.—A correspondent of the Prairie Farmer furnishes the following: "Take half a bushel of unslacked lime, slake it with boiling water, and cover it during the process to keep in the steam. Strain the liquid through a fine sieve or strainer, and add to it a peck of salt, previously well dissolved in warm water. Then, three pounds of ground rice, boiled to a thin paste, and stirred in boiling hot; half a pound of powdered Spanish whiting, and a pound of clean glue, that has been previously dissolved by first soaking it well, and then hanging it over a slow fire in a small kettle, within a large one filled with water: add five gallons of hot water to its whole mixture, stir it well, and let it stand five days, covered from dirt, &c. It should be put on right hot. One pint of this mixture will cover a square yard if properly applied with a brush, as in painting. It answers as well as oil paint for wood, brick or stone, and is much cheaper. It retains its brilliancy for many years. There is nothing of the kind that will compare with it, either for inside or outside walls. Coloring matter may be put it, and made of any shade you like."

GRAND TRUNK RAILWAY OF CANADA.

(*From the Daily News, Dec. 27.*)

A meeting of bond and shareholders of the Grand Trunk Railway of Canada was held on Monday, in Messrs Dowells and Lyon's Rooms, George street, Glasgow, to consider the present state of the affairs of the company.

Mr John Miller, C. East, who presided, informed the meeting that a statement had been prepared by some of the gentlemen present, but that as a statement by the London bond and shareholders, had arrived in town, and, considering that it embodied the views of the gentlemen present, perhaps it might be as well to read it.

Mr Milton then read the statement of the London board, and thereafter proposed its adoption, as expressing the views of the meeting.

Mr Wm Miller, stockbroker, seconded the adoption of the London report, and moved that the thanks of the meeting be conveyed to the London committee by the chairman, expressive at the time of the high opinion of the able and temperate but firm report which they had issued, and of the trouble they had taken in the matter.

The motion was agreed to.

Mr John S. Milligan, writer, proposed the next resolution:—"That, for the better management of the company's affairs, and as the bulk of the capital is held on this side the Atlantic, the entire control should in future be vested in the proprietors in Britain, and managed through an English Board." Mr. Milligan supposed nine-tents of the shares were held in this country, and that for a very good reason, that the Canadians had very little money to spare in getting up joint-stock enterprises. He therefore throught that those on this side of the Atlantic, who advanced the money, should take care of it.

Mr Thompson, corn merchant, seconded the motion.

An amendment to this motion, proposing delay of proceedings until the result of the meeting in London on 3rd January, was lost by 7 to 2.

Mr Moulton moved the next resolution, which was as follows:—"That the bond and shareholders should have been apprised of the intention to saddle the undertaking with the present enormous floating debt, as well as of the object for which the said debt has been incurred."

The resolution was unanimously agreed to.

Mr W. Miller then moved a vote of thanks to Mr Milton for the trouble he had taken in getting up a report for the meeting, for which, although it had not been read, they were greatly indebted to him.

The vote of thanks was cordially agreed to.

THE "TRUE WITNESS" ON PROTESTANTISM:

Protestant journalists are after assailed by Catholics, and censured by liberal Protestants for publishing, even as news, facts or statements which reflects upon the Church of Rome or the conduct of its adherents. We have come in for our share—a pretty large one too—of the anathemas of the Catholic Press for presuming to give publicity to items of this kind. It might be expected that those who complain so bitterly would never be found sinning in this way themselves.—But take up any number of the Toronto *Mirror, True Witness* (the organ of the Lower Canada Hierarchy), or indeed any avowed Catholic journal, aad what do we find?—Not arguments against the *doctrines* of Protestantism, not proofs of its demoralizing, pauperizing, barbarizing tendency, as seen in the daily life of individuals, or in the history of the nations that profess it; not expressions of Christian sympathy for the deluded victims of a false faith, and of pious hope for their conversion; but the very opposite of all this,—indiscriminate abuse, vile insinuation, insulting mockery, slang epithets, obscene comparisons, and not seldom attempts at irony, which, in most Protestant ears sounds amazingly like blasphemy.

We give the following from the *True Witness* as mild specimens compared with some we have seen. The religious exercises which Protestants have been asked to in engage in during the present week, and especially the proposal to unite on the 16th inst, in prayer to the Almighty for the conversion of Romanists, is the "occasion" which the *Witness* has improved after the following fashion:—

"When such activity prevails in the brothels and in the meeting-houses, the revival mania has driven thousands to the one, and filled the other with blaspheming maniacs; Rome trembles on her seven hills at the brightness of the coming of Garibaldi, and the people of the earth are rising in their might against the bondage of Popery; wherefore, it behoves the elect, the chosen people, and all who *snuffle through the nose* to bestir themselves in the good cause. Prayer, incessant and united, must be made for the conversion—not of the heathen myriads of Protestant England, not for the conversion of the brutalized Protestant masses of the United States—but for Papists generally, and for the Papists of Ireland especially; that the daughters of Erin may become pure even as the mothers of Protestant Israel, and may be found clad in the white garments of a Maria Monk on the day when the Lord shall come to judge the nations. This is the object of the prayer, and we say, "Pray away, gentlemen, till you are black in the face."

In the same paper, we are told that:—"Protestantism is but the *cloaca maxima* of the Church, the sink into which she ejects all her impurities."—*Globe.*

GRAND TRUNK OF CANADA.

London Railway Times, Dec. 22.

The president (Mr. Ross) is amongst the passengers by the "New York" steamer. This gentleman will be able to state what amount has been paid, either in cash or securities, or is expected to be paid, for legal services to the company, to himself and partner (Mr. Bell), and to Mr. Cartier the present Prime Minister, as well as the nature of these services, parliamentary and otherwise.

Elswhere we give some edifying remarks of the Canadian press, both Ministerial and Opposition. It is boldly asserted that the records of the Ordnance Department will show that ordnance lands at Sarnia were actually sold to the Grand Trunk for two dollars per acre (their full value); but before the deeds were passed, Gzowski & Co. applied to the department to them drawn out in the name of their firm; the department refused to do so without authority from the Grand Trunk board in the shape of a minute duly certified. This document, it is avouched, was obtained by Gzowski & Co., and this they secured the property in their name, reselling it either to Mr. Baring or the company, for £24,000. The shareholders should have this matter cleared up when Parliament meets, by procuring some member to move for production of the correspondence. Facts, and not assertion, will then settle the question. It is worthy of remark, likewise, that the Toronto *Leader* treats the matter with infinite coolness, as not being in any degreo extrordinary for a contractor to purchase land at 240*l* and sell it to the Grand Trunk, for $24,000. It is not probably known that this *Leader* is recognized as the Ministerial organ in Upper Canada, and the proprietor and editor (Mr. Beaty) has been and is a director of the Grand Trunk, receiving 250 per annum. It is not surprising therefore, that he should denounce the idea of investigation, although it might result in further aid to the Grand Trunk-in the shape of an honest payment for postal services. The bondholders and shareholders, at the meeting to be held in London on the 2nd January, will consequently, among other changes, have to insist on the resignation of Mr. Beatty, and the election of honest Mr. Stayner, to whom the proprietors are indebted for a correct knowledge of the system of administration in Canada.

IN THE COURT OF THE BISHOP OF TORONTO.

In the case of The Rev. Richard Lewis. } Judgment.

In this case, articles have been exhibited against the defendant, charging him with impropriety of conduct in his clerical office, in having on several occasions taken improper liberties with a young lady, one of his Parishioners, by kissing her, and with having used language both to her, and of her to others, calculated to defame and disperage her; and also, in reference to her, had falsely and malignantly made statements tending to the disgust of another family, with whom the young lady was on intimate terms.

To these articles, defendant has put in a general denial of their truth; the evidence that has been all on the side of the complainants, the defendant having stated that he was unable to procure attendence of some witnesses, but one witness was present whose testimony his counsel however did not consider material, and the case remains to be adjudged upon the testimony adduced by the complainant alone.

The evidence, in my judgement, makes out a case of great levity and frivolity on the part of the defendant. He is proved to be married, yet he is very frequently in the company of the young lady, whose father is the complainant and on various occasions he is shown to have used the improper liberty charged against him, of kissing her, and has otherwise acted towards her, in his constant visits to her home, and his following her to Brockville, in a manner unbecoming a clergyman and calculated to bring scandal upon the church. It is quite true that in the course of these proceedings, the young lady herself is not free from blame, but has exhibited by her own admission a want of that maidenly delicacy and reserve which I should have expected from a young lady in her rank of life, but she is evidently so much younger than the defendant, and he was placed in such a position towards her, as her spiritual adviser, that he should have been himself the person to warn her against lightness of conduct, instead of leading her to the commission of acts, for which he can offer no excuse, much less justification.

I consider also that his remarks to her, and about her, as set forth in the second and third articles, were unbecoming and scandalous, and although the words charged in the third article cannot be pronounced false, yet the motive for making use of them cannot I fear be attributed to any desire to promote good will among the parishioners, or for any object that I can declare praiseworthy.

Under all circumstances of the case, I pronounce that all articles are proved, with the exception of the words false and malicious as applied to the first part of the words charged in the third article; and I admonish Mr. Lewis to abstain from offending in like manner in future, I condemn him in the costs of these proceedings, and if these costs are not paid in one calender month from this date, I adjudge him to be suspended, *ab officio et benefisir*, until these costs are paid,

[Signed]
JOHN TORONTO.

Dated, 29th September, 1860.

ACCIDENT ON THE NORTHERN RAILWAY.

On Friday evening last, about seven o'clock, an accident occurred on the Northern Railway, which, while resulting in injury to limb, was fortunately attended by no loss of life. The accident occurred to the down passenger train. As it was crossing Scanlon's bridge, three miles north of Bradford station, the rear axle of the tender broke and one of the fragments displacing the sleepers the baggage car was thrown from the track and rolled on its side at the end of the bridge. The sudden shock stopped the train just in time to prevent the passenger-cars following the baggage-van. In the latter were eight persons at the time it was upset, and all of them with one exception received injury to a greater or less extent, but none severe enough to justify any apprehension with regard to their ultimate recovery. Mr Thomas McCormick, the mail conductor, is the principal sufferer, three of his ribs having been fractured and his body somewhat contused. Mr Hawley, of Weston, a passenger who happened to be in the baggage-car, had an arm broken in two places. Mr Daniel Kane, the baggageman was injured in the back—but not dangerously. Mr Joseph Chapin, employed on the road as Superintendent of the water-tanks and supply, was rather seriously cut in the head, as was also one of his assistants whose name we did not learn. A boy named Roland had a finger badly contused, rendering amputation necessary; and a man whose name is unknown to us was slightly hurt.—The eighth occupant of the car was Mr Charles Plumb, an employee on the road, who escaped uninjured. Intelligence of the accident was immediately telegraphed to Toronto and as quickly as possible afterwards a special train was made up, and the Superintendent of the road, Mr Grant, with the master mechanic and a gang of men started to remove the sufferers and repair the track.—When they reached the spot, they found that the conductor of the train, Mr Watson, had done everything in his power for those who had been injured. Dr Morton, of Bradford had been summoned and was in attendance, carefully ministering to their wants, and those of the patients who required it were provided with comfortable temporary pallets in one of the cars. Mr Grant set the men to work at once to clear the track; and this having been done the train proceeded on its way and reached Toronto about seven o'clock on Saturday morning. Mr Hawley and another were left at Weston, and carefully conducted to their homes by Mr Watson and some other employees of the Company, Mr McCormick and the remainder of the party were taken to their homes in Toronto, and now, we are happy to say, give indications of an early recovery. That the accident was not more serious in its result, is almost miraculous; but that it was one of those which no ordinary precaution could have provided against, there seems little reason to doubt.—The severity of the weather had doubtless an effect upon the axle and caused it suddenly to snap in the manner it did. The road has always been managed with the utmost care, and this is the first occasion on which a passenger has ever been injured by an accident. May it be the last.

THE INVASION OF CHINA.

(*From the Edinburgh Witness.*)

The Tartar's policy has been hereditary for three thousand years. When pressed, they retire to their fastnesses in the steppes and wilds of Asia, burning and devastating as they retreat. They could always find an apology for not fighting, and for retreating to their 'fathers' graves.' It was the policy pursued in Russia when the French advanced on Moscow; and it is copied, perhaps without any knowledge of the last example, and by instinct, during this advance on Pekin. The copy has some exaggerated and horrible features. Tung-chau, a city only a few miles from Pekin, had been taken, and on entering the place, many females were found slain by the Tartars, and the wells full of the bodies of their murdered children. Men who are guilty of these atrocities in their own families, who might have been removed if a great dread was entertained of the allies,—for the advance of the latter was only at the rate of seven or eight miles daily,—will adopt any extreme measure, if necessary; even perhaps the conflagration of Pekin.

The policy pursued by the enemy in the towns around that capital clears the rebels of the south from the charges of cruelty founded on the deaths and devastation that marked the fields of war; for the same result precede the allies on their march, and they find the millet cut, the fields wasted, and stores of grain withdrawn, the young and old murdered, on the close of their day's progress. It is a deplorable history, and we sincerely wish that it were written out; for although the allies captured teas in one place to the value of £250,000, yet they never capture food; and the dependence of invaders on the invaded for stores is a mistake that commanders endeavor to avoid in warfare. Ere the 23rd of September we presume that the Earl of Elgin and his interpreters must have felt that our interests would have been better served by an acknowledgement of Tai-ping-Wang in the south. Without any other assistance than could have been paid for and procured in the ordinary course of commerical relations he could have maintained himself on the Nankin river, or probably in all the land south of the Hoang-Ho. That is the region from which we draw silks and teas, and the country with which our existing transactions are conducted. In time the Chinese of the South might have conquered the North, or the authorities of Pekin would have opened their part of the country to our merchants and shipping. At present we have incurred the enmity of both Governments,—one of them most unjustly; and even the Pekin case, although the quarrel may be correct on the ground of etiquette and some other grounds, barely justifies all the slaughter of which we have read

As the season was far advanced when the allies reached Pekin, we shall not consider their mission completed until their safe re-embarkation at the entrance of the Peiho, and then we shall not doubt that the treaty will exist during the convenience of the Mandarins, and not a day nor an hour longer; for they already know that the expenses of these expeditions is a consideration, even to the barbarians, which we cannot undertake every second year for all the profits to be drawn from a Chinese trade.

AFRICAN EXPLORATION—TRIBE OF CANNIBALS—THE GORILL, &c.

On Friday evening, an interesting lecture was delived before the New York Geographical Society, by P. B. Du Challin, Esq., on the Equatorial Mountains of Africa.

The district described by the speaker lies on the Western Coast of Africa, and extends about two degrees on either side of the equator, and inland about four hundred miles. He commenced his explorations on the Moonda River, where he first met traces of human beings. The tribes he encountered he soon found were cannibals, but possessed of great mechanical qualifications.

The speaker showed some very ingenious implements of war manufactured from iron by these people. He said they were the only tribe he visited who understood the manufacture of iron. It was in this part of the country that he first met his "old friend," the Gorilla, and as he was in no danger from the natives who thought he was a spirit, he remained there three months, exploring the country and making a collection of various animals and birds. He went from here southwardly to the Ogobai River, where he found the people living in small tribes, but, unlike those he had left, there was no canni-