

varieties by attention given to breeding, so that their original form is lost. The value of the ox to the farmer is recognized in all countries where the horse cannot be employed with advantage. They have been found capable of large growth. An ox weighing two thousand pounds is by no means rare among cattle breeders. After having performed their allotted amount of labor, unlike the horse, they are still held at a high value as an article of food.

No. 8.—The Horn Pout.

[Only of local interest in *Maine*—a fish found in its ponds and streams.—ED. JOURNAL.]

No. 9.—A Knowledge of Self.

Perhaps there is still as much need of the advice of the ancient sage who uttered the well known bit of advice, "Know thyself." We design in this number to call the attention of our readers to the matter of general health, a subject of vast importance to the great majority of our citizens in a climate so changeable as ours.

When an epidemic breaks out in a community, there is generally much excitement, but such epidemics are generally not so fatal as those more insidious diseases that creep into the system unawares till they have secured their victim in their relentless grasp. Amongst those which sweep away many people in *Maine* at this season of the year is what is known as lung fever. If our citizens generally would be as guarded in their person against this disease as they would be if the small pox prevailed in our midst, we should have a much smaller number of deaths in this State from this disease. Young children and old people are peculiarly exposed to this disease. Children whose feet are only half warm enough, and who have at the same time a full ruddy face, are apt to be seized at this season of the year. Now we believe in warm clothing and plenty of it. As long as ladies persist in wearing eight or more thicknesses of clothing round the waist, and only a pair of thin woollen or even cotton stockings, and a pair of thin fashionable shoes, so long must husbands and parents expect to hear constant complaints of colds and coughs and pains in the sides. We are so accustomed to this state of things that we hardly deign to think of it in its true light. Many a person would be frightened could they see how they but too often are exposing themselves.

But there is another still more fruitful source of disease. We refer to the indifference which most persons give to the condition of the stomach, liver and bowels. If these are obstructed, disease is pretty sure to follow. In the spring of the year, which is near at hand, we shall find a great many persons affected in this manner. They have a dull headache. Their eyes are sore, they feel dull and stupid. Look into their eyes and the white of the eye will be tinged with yellow. Ask them if their stomach and bowels are regular and they will reply in the affirmative, when the truth is they are suffering from severe costiveness, while the liver is out of order and the bile is pouring itself into the blood which causes all this headache, sore eyes and yellow eyes and skin. This condition of things is brought about by the kind of diet many families

are compelled to use during the spring months. Salt pork and salt beef are their staple articles of food, and they serve to bring on these difficulties. Many persons of a naturally bilious temperament are more so by drinking coffee. We do not make a tirade against these articles. We only speak of them as existing facts. Now to remedy this state of things it is necessary to keep all the functions of the animal economy in regular order so that no organ shall be obstructed in the regular performance of its duties. When this is the case it is seldom that a person will suffer from those things which we have just enumerated.

There is one fact connected with this condition of things which it may be well to notice, which is, that the sufferer rarely ever feels a willingness to make use of any remedies till he is absolutely compelled to do so. It is a wretched habit to be all time dosing up with this and that nostrum. Such persons are always ailing, and making everybody they see feel as though they were sick. The old rule to keep the head cool, the feet warm and the system open, is still one of the best of prescriptions. By a little more attention to these things we should save many a doctor's bill. It is this condition which we have just described that renders so many persons low spirited at this season of the year. Unhappy themselves, they render everybody else so. Their food does not digest, and they feel as though the whole world is against them. It is astonishing how one's feelings are affected by their physical condition. Some persons boast that they never take medicine. Such persons do not need it. The internal organs are in good plight, just as nature designed they should be. But many persons are not so. Some organ is not strong enough to perform its requisite duty, and medicine must then be called in to assist nature.

It is not within our province to prescribe for persons afflicted with such troubles as we have here described. We must leave this for a family physician. We close as we commenced—Know thyself.

A NATURALIST'S HOME.

"There is no place like England for a rich man to live in exactly as he pleases. It is the appropriate exercising ground for the hobbies of all mankind. You may join an Agapemone, or you may live alone in dirt and squalor, and call yourself a Hermit. The whim of the late Charles Waterton, naturalist, was a very innocent one, namely, to make his home a city of refuge for all persecuted birds, a sanctuary inviolate from net and snare and gun; and he effected his humane purpose. An intimate associate and fervent admirer of his, one Dr. Richard Hobson, has given to the world an account of this ornithological asylum; and it is certainly very curious. The name of the place was Walton Hall, near Wakefield; and it seems to have been peculiarly well adapted for the purpose to which it was put. It was situated on an island, approachable only by an iron footbridge, and having no other dwellings in its immediate neighborhood. The lake in which it stood gave the means of harboring waterfowl of all kinds, while the "packing" of carrion crows in the park exhibits a proof of the protection.