

us cuts for publication will advertise other stock with which they come into competition, and it is not dignified for other breeders to take advantage of this, seeing that they have an opportunity of bringing forward their stock in the same way.]

**Mushrooms.**—As I intend to plant a bed of mushrooms, I thought I would write and ask you to give me some space in your valuable paper. 1. What kind of soil will they grow in best? 2. Where can I obtain the spawn? 3. When should they be planted? 4. Is there a good market for them? 5. What would spawn enough to plant a square rod of ground cost? 6. Will they grow in a shed where the sun cannot get at them? 7. How should they be planted? 8. Give a recipe for making them in to catsup. 9. How often should they be watered? 10. How often should they be picked?—E. P., Granton, Ont.

1. Horse manure mixed with  $\frac{1}{4}$  its volume of fresh loam, well mixed. 2. At most of the larger seed merchants. 3. This depends upon the time you desire the mushrooms; they are seeded and grown all the year round. 4. The limited demand is confined to large cities. 5. About \$7; spawn costs 30 cents a lb., and a pound seeds about 12 square feet. 6. Yes; they grow in cellars, sheds or open air, in dark or light, provided there is a temperature never exceeding 80 or 90 degrees, and never lower than 40 degrees. The best temperature is between 50 and 60 degrees. 7. Mix partially fermented horse manure with  $\frac{1}{4}$  its bulk of loam; make this into a bed about 10 inches deep and not wider than 5 feet; break spawn into pieces about the size of walnuts; plant these about a foot apart on the bed; in about a week cover the bed with 1 to 2 inches good soil. 8. You will find different recipes in cookery books. 9. Never, unless the soil is very dry, and then only sparingly with warm water. 10. Depends upon the size you want them.]

#### Quarter-ill or Blackleg in Young Cattle.

A correspondent sends us the following from a British paper:—What is described as a tried remedy for this nasty disease was communicated to the directors of the Highland and Agricultural Society, at their meeting last week. It was sent by Mr. R. Buchanan, a tenant farmer of Fordoun, who described it as "a remedy or prophylactic." The treatment consists of a species of inoculation by which the young animal is freed from liability to the disease. A preparation of garlic and turpentine is inserted under the skin in each quarter, and so quickly does it permeate the system that, within a few minutes of its application, the smell of the ingredients is perceived in the breath of the animal. "The art of the operation," says its inventor, "is in the way of performing it so that the remedy shall remain inside the skin and not come out until the animal is killed and skinned, when it will be found as fresh and active as when first put in." Mr. Buchanan has long been under the impression that what is called braxy in young sheep is the same as quarter-ill in cattle, and so last September he inoculated 100 ewe lambs, with the result that not one of them died. They were sent to the low country for the winter along with another 300, and of these latter 21 died. The following are the full directions for treatment:—"Get from a seedsman  $\frac{1}{2}$  lb. of finest French garlic bulbs, and remove the skin and break every section of the bulb one from the other; these again all have to be skinned; after which take a jar or wide-necked bottle, put in the garlic as prepared (i.e., the soft juice parts), and then put turpentine into the bottle sufficient to cover the garlic. Cork it up for 24 hours, when it will be ready for use. The animals are inoculated on all the four quarters, on the flat of the fore and hind legs, on the thigh—in the most convenient place. Take the skin between the finger and the thumb of the left hand, make sure and draw it well from the flesh, make a horizontal cut with a sharp knife, sufficient to admit of your little finger, which insert to remove the skin from the flesh in the direction of the animal's foot. Put the finger as far down as you can get it, making a hole exactly like a pocket. In this put one of the sections of the garlic and leave it there." This remedy ought to be tested by the society, for it appears that its cost is but little. For sixpence twelve head of cattle could be treated, while for half-a-crown sufficient of the remedy could be made for dealing with a hundred sheep.

#### Post Office Orders.

We have received numerous complaints of late regarding money sent by P. O. Order from Ontario and the Maritime Provinces, and, upon making inquiries, find that some people keep the order they get from the postmaster as a receipt instead of forwarding it to us. We have known instances where orders have been kept in this post office for over twelve months, after which they have been returned to the parties who procured them, when the mistake is explained. When remitting money care should be observed in writing the name and post office legibly. Please examine the label on your paper and see that it is marked '88.

### The Household.

#### How to Grow Strong.

No one can grow strong, or preserve health, or even life very long, without an abundant supply of natural, regular sleep. We may go without solid food a long time with no very serious effects, if we have an abundance of water, milk, etc., and have plenty of pure air to breathe, and if we may spend our time in sleep or without much exercise. But nothing is so wearing to the entire system as long continued want of sleep.

It is during sleep that the eliminatory organs are most active, and long continued wakefulness or disturbed sleep causes an accumulation of effete, poisonous matter that must generate disease, and frequently causes that most appalling of all diseases, insanity.

It is a sad fact, sleeplessness, or insomnia, as it is technically called, is becoming daily more and more prevalent among us, and insanity and nervousness are increasing on every hand to an alarming extent.

One great cause is the ceaseless rush and strain there is for more, more, making haste to be rich, making haste to be famous, making haste for place, for power, for all that this world has to offer to its votaries, in the way of fashion, art, science, social life and popular aggrandizement. Women who have no ambitions for themselves work and overwork for the supposed good of their families and friends, or perhaps in compassion for the miseries or wrongs of others. They are good women, excellent women, good wives and mothers, kind members of society, but perhaps they have not had the blessing in early life of obtaining a practical knowledge of physiology.

They may have studied long ago in Natural Philosophy that "action and reaction are equal," but they have little idea that it has any practical application to their every day life. They have an idea that they must not waste time, and so all day long and up to the last minute before retiring, the brain is busy working with all its might, revolving plans, comparing, choosing, refusing, selecting, remembering, thinking always of the right thing at the right time, never resting a moment, but working, working on, without intermission or repose, during all the waking hours. What is the result?

"Long, long after the storm has ceased,  
Rolls the wave on the turbulent billow."

and so it is with the overtaxed brain, it cannot be quiet.

"Action and reaction are equal," and the harder and longer the brain has been used, the more violent the rebound before calm can come which precedes sleep.

Resolutely set yourself to do something that shall pleasantly occupy your mind. If you once loved music go on with it now. How glad your children will be by and by that you have never forgotten your old songs. Keep up your knowledge of what is going on in the world, not the crimes, the slanders, and odious, sickening details that fill our daily papers. They are any thing but improving, and certainly not calculated to fill our minds with agreeable impressions just before we try to calm ourselves to sleep; but we may read of the great reforms that stir the hearts of men and women, or of new discoveries made. We may read some of the best thoughts of the best authors, if not too heavy or deep, and above all, let us have always on hand for the last half-

hour or hour of the evening, some religious works, the bible and one other, that our last waking thoughts may be calmed with the thought of the most exalted subjects, the shortness of time, the certainty of death, the infinite love of our Heavenly Father in the plan of redemption, and kindred topics. Such thoughts are best for gaining quiet sleep with all its refreshing results.

But now about sleep. That is the first duty, for without that we can do nothing else well. During sleep the brain recedes to the back of the head, the flow of blood is less toward the head, and the respiration is slow and regular.

To induce sleep we must first see that the feet are warm. It is impossible to sleep soundly with cold feet. Next we must see that the air of the room is changed by opening the windows as long as is necessary for that purpose. A bath is likewise a good thing to promote sleep, especially a tepid bath. The supper should have been taken long enough to be perfectly digested. Of course, we must avoid taking at night what is apt to disagree with us. Neither must we go to bed hungry, for that will be almost sure to drive away sleep. Even a dog or a baby goes to sleep quickly and naturally after being fed, and this is a hint for us with wiser heads but similar stomachs and nervous systems. Hunger produces a nervous exhaustion and irritability that is opposed to sleep. Food digested and assimilated tends to that quiet and good nature and general hopefulness which is very favorable to sleep.

It is very important to go to bed early.

There are no truer adages than "One hour before midnight is worth two after," and good Dr. Franklin's maxim,

"Early to bed, and early to rise,  
Will make you healthy, wealthy and wise."

Also, "Early sleep is beauty sleep," etc.

This reminds me of one of the stories that the late Dr. Dio Lewis used to enjoy telling. A young lady came into his office one day looking rather grave and troubled.

"Doctor," she said, "do you not think I am looking very old for twenty, and so thin, too—nothing but skin and bones?"

The doctor admitted that she was right, that she did look rather old for twenty.

"But, doctor, what can I do?" she asked.

"Can you not give me some prescription?"

"Would you be willing to take something very bitter?" asked the doctor.

"Yes."

She would take any thing if it would only improve her looks. The doctor told her it was very bad indeed, and must be taken at night.

"I don't care how bad it is, what is it?"

"The technical name of it is Bedibus-nine-o'clockibus."

"Bedibus-nine-o'clockibus! Oh, doctor, what an awful name!"

"Yes, it means you must be in bed every night before nine o'clock."

"Oh, that is dreadful! I thought it was something to take."

"What time do you generally go to bed?"

"Generally about twelve o'clock."

"I thought so. Now, if you will go to bed every night for six months at nine o'clock without making any change in your habits, you will gain ten pounds in weight and look five years younger. Your skin will become fresh and your spirits improve wonderfully."

"I'll do it, though, of course, when I have company—"