

the cattle from rubbing against their trunks. These bushes gradually decayed and formed a rich mould about the trees, while at the same time they served to keep the ground mellow.

We ought not to depend too much upon others for anything that is constantly wanted on the farm.

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HOW TO RAISE ONIONS.

MR. EDITOR:—I find in your valuable paper of last week an inquiry by a subscriber how to raise *onions*? I have had some fifteen years experience in raising vegetables. My way to raise onions, is, first to manure with rotten manure, and plow as early in the month of April as the ground will admit; pulverize the top of the ground by raking with common hay rakes, so that it shall be perfectly free from lumps, and then sow the seed with the seed-sower; no matter if the ground freezes, or if the snow falls, it will not injure the seed. I recollect once of having my onions up so that they could be distinctly seen in the drills at a distance, and had a fall of snow of four or five inches deep upon them, without doing the least injury. The great secret is the sowing early in the season and pulverizing the ground thoroughly before sowing. I never have had any trouble with onions in bottoming.

The old rule is, that the tops should begin to wilt or die before dog-days. My yield is from six hundred to eight hundred bushels to the acre. I think they are a sure and profitable crop. I sow them in drills fourteen inches apart.

HOLLIS CHAFFIN.

Providence, R. I., Feb. 3d, 1857.

New England Farmer.

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LORD WESTERN'S ESSEX BREED.

The Essex pigs, have been indebted for their improvement to crosses with the foreign breeds, and especially the Neapolitan, and with the Berkshire swine. They are mostly black and white, the head and hinder parts being black, and the back and belly white; they have smaller heads than the Berkshire pigs, and long and thin upright ears, short hair, a fine skin, good hind quarters, and a deep round carcass; they are also small-boned, and the flesh is delicate and well-favored. They produce large litters, but are bad nurses.

The most esteemed Essex breeds are entirely black, and are distinguished by having small teat-like appendages of the skin depending from the under part of the neck, which are commonly termed *wattles*. Some of these animals will attain the weight of 488 lbs., but they are not, according to some breeders, quick fatteners; while others prize them for their rapid growth and aptitude to lay on flesh, as well as for its excellence; it forms small and delicately-flavored pork. Lord Western has been the great improver of the Essex pigs, and his breed is highly esteemed throughout Great Britain.

HINTS TO WORKMEN ON HEALTH

1. Abstain from all spirits and dram drinking. Spirits relax the muscles, diminish the strength of the body, and render men susceptible of disease.

2. Let your food be coarse and plain. Concentrated and highly-seasoned food is, if possible, as bad as liquors.

3. Where (well-filtered) water does not disagree, value the privilege and continue it. Pure water is a far better beverage for the sedentary, and those who take but little exercise, and for those whose labor or exhausted strength do not require stimulants.

4. The quantity (of most things) is always more hurtful than the quality.

5. Take your meals at regular hours always. The human frame is capable of being changed from sickness to perfect health, by a well-regulated system of diet.

6. Avoid everything, however agreeable to the palate, that from experience you find to disagree with you.

7. Make daily ablution the first thing on rising; you will feel stronger and more refreshed from it during the day. I fancy that I hear you say that you have not the time to do so. My answer to you is, rise ten minutes earlier, dip a coarse towel in cold water, wring it out, and rub the whole body over. "Cleanliness is next to godliness."

8. Never quack with your constitution by taking patent medicines: they are offered for every kind of diseases, for many of which they are decidedly prejudicial, producing very often fatal results. If indisposed (and if it is possible to do so), remain quiet, avoid all excitement, and abstain from all meats and fermented liquors for the day. In headache and slight fever, this plan mostly effects a cure. Never use purgatives.

9. Take exercise if you value your health, but proportion it to your strength.

10. Never learn to smoke; shun tobacco in all its forms, it stunts the growth, when taken at too early an age; it is a great promoter of indolence and laziness; it causes laziness, nervous trembling of the hands, and nervous debility; it has nothing nourishing or stimulating in it, but is merely a narcotic, of which the moral and physical effects upon those who use it are of a very dubious character.

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PROFESSOR LAYCOCK ON DRUNKENNESS.

Last night Dr Laycock, Professor of the Practice of medicine in the University of Edinburgh, delivered his first lecture on this subject, under the auspices of the Edinburgh Total Abstinence Society, in the Queen Street Hall, to a very numerous audience. Adam Black, Esq., M. P., occupied the chair; and among others on the platform, were—Professor Simpson, Bailies Brown Douglas, Blackadder, and Stephenson, Councillor Dickson, Professor Dick, Messrs T. Knox, Renton, &c., &c. The Chairman said they had many eloquent addresses

from both moralists and divines on the dreadful effects of the vice of drunkenness; but upon this occasion they were to have its effects scientifically exhibited to them by an eminent Professor in the University of Edinburgh. He (Mr. B.) admired the results and the labours of this Society. Though he could not himself pretend to be a total abstainer—(hear, hear)—he had, however, all his life been careful to go to excess in nothing. He held that he was not a bad representative of temperance—(cheers)—for he had now reached that time of life which was considered the limit of active life—that was three score and ten—and two years beyond it—(hear hear, and cheers)—and if he did not fall into the error of the Bishop of Grenada, as recorded in the romance of Gil Blas, he flattered himself that, through the favour of Providence, he was better able to attend to the more responsible duties which now lay upon him than he was able to do when he was only half that age. Cheers.) This he attributed in a great measure to temperance, and he would now conclude by asking his friend Professor Laycock to favour them with his address. The lecturer divided his subject into three topics—first, the evils of drunkenness; secondly, its nature and causes; and thirdly, the means available for its abatement. On the first two of these he enlarged at considerable length, noticing the action of alcohol on the faculties of man; how drunkenness induced insanity, and caused idiocy and insanity in the offspring of the drunkard. Exhausting labour of body or mind was a cause of the desire for stimulants. Impure atmosphere at home, labour unduly prolonged in workshops, and an imperfect supply of food, were three heads of the hydra which must be subdued before religion, morality, or temperance could spread among the poorer classes of this country. In Edinburgh their common stairs were so imperfectly ventilated that many of them were but reservoirs of a deleterious atmosphere—so deleterious that a man coming from the country to reside in some houses and rooms must inevitably fall into ill health, if not into habits of drunkenness. The learned Professor was frequently applauded in the course of his lecture. At its conclusion he stated that in his next lecture he would examine what had been done in the way of remedy, and what ought to be done if they would secure an effectual reform of national drunkenness. A vote of thanks was then moved to the Chairman, on the motion of Bailie Brown Douglas, which was warmly responded to, and the meeting separated.

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CHINESE PIG.

This breed forms one of the recognized stock breeds of England. There are two distinct varieties, the *white* and the *black*; both fatten readily, but from their diminutive