BARREN MARES.

A correspondent of the Irish Sportsman & Farmer writes as follows :—

"I have now in my possession a half-bred mare that, after producing one foal when put to the stud, some eight years ago, has remained barren until this season, but is now within a few weeks of foaling. The summer she was suckling she was put to the horse, but has been served every year since, and by every variety of stallion, from the thoroughbred to the pony. She was during all this time in what is considered a natural state—*i. e.*, on grass—and was sometimes in high flesh, at others in opposite condition. Mechanical means were likewise resorted to by experienced hands, but in vain.

At length a bright idea struck me. I remembered those lines in Virgil, where he advises that the mare, before being introduced to the sire, should be violently exercised.—Forthwith I changed my tactics; I took the mare off grass, and I gave her a season's hunting; I put her into training, and a couple of days after she had won a private steeplechase, I gave her the horse.

As I had her in condition, and as, notwithstanding her age, she was remarkably fresh, I thought I might as well enter her for a couple of small stakes; but now her very nature appeared to have undergone a change, and though very game, and a stayer to boot, she was completely pumped out before she had gone a mile, and was easily bowled over by an animal that she had 'lost' a short time before. From being of an extremely hot and irritable temperament, she now became so cool and indifferent that Lanercost himself might have envied her; and this change, coupled with a defeat she sustained from rubbish that at another time she could have distanced, at last opened my eyes to the fact that she was in an interesting condition. I have my own ideas anent the matter, but leave your readers to draw their own conclusions."

CHANGING A HORSE'S GAIT.

In Barbary pacing horses are held in such high estimation that the method of making a spirited trotter shackle like a boat in a chop sea is reduced to a science. To make him rack easily, a ring of lead covered with leather is put around each hoof; a cord from each weight ascends and is fastened to the saddle, front and rear; next, a strap runs horizontally from the fore to the hind foot on both sides. Being rather short, it is impossible to make a long step. Restraint compels the animal to practice a new gait to progress at all. As soon as a habit is established of going ahead thus tethered, the desirable amble is fully and permanently accomplished.—*Spirit.*

VALUE OF DOMESTIC ANIMALS.

The value of domestic animals is not fairly appreciated by the community. They never will see till famine or some other calamity reminds them of their dependence. When an epidemic sweeps over the land prostrating the noble horse, internal commerce is paralyzed, domestic intercourse is stopped, and a stagnation in business follows the loss of the services of the faithful horse. Man is dependent upon the brute creation. Nations can only become independent by developing their agricultural, animal and mineral resources. It is the productive power of land and labour that feeds and clothes mankind. Governments to be strong must encourage their subjects in agriculture, and protect their animal and cereal productions. Stock raising is a source of national wealth. It constitutes the strength of a nation. It contributes to the public defence by feeding and clothing armies. It is the fulcrum that holds the balance of power. The animal kingdom was created to perpetuate their kind and preserve the human race. They are indispensible to human existence and national progress.

The small birds question receives an illustration from the case of St. Helena. Bishop Piers Claughton states "the island has the most wonderfully fertile soil, and the climate is most favorable to the growth of both tropical and European productions. But these were of no avail for many years, from the inroads of various insects, and it was not until the assistance of various Indian and African birds had been obtained that the people were able to cultivate their gardens with success. This they are now able to do. The same thing is true of Ascension Island."

Good Health.

HOARSENESS — SIMPLE CURE FOR "LOSS OF VOICE."

Dr. John W. Corson, of Orange, N. J., furnishes the *Medical Record* with a valuable paper on "Borak and Nitrate of Potass, in the Loss of Voice from Colds in Public Speakers and Singers;" and we have no doubt our readers will thank us for reproducing some of his practical hints.

Dr. Corson says that some years ago, while in charge of the class of "Diseases of the chest and throat," in connection with the New York Dispensary, at the suggestion of a non-professional friend engaged in teaching elocution, he was led to test the efficacy of the Borak, or the biborate of soda, in many cases of sudden hoarseness from cold, which he at once found in mild attacks acted like magic. Ten minutes before any continuous effort at speaking or singing, a lump of borak the size of a garden pea, or about three or four grains, is to be held in the mouth until it is slowly dissolved and partially swallowed—distilling, as it were, down the throat. For an hour or so it renders the voice quite silvery and clear. For this purpose it possessed three special advantages. It is easily obtained, convenient to carry in the vest pocket, and is perfectly harmless.

Borak thus used, as one may readily prove, stimulates the secretion of saliva and makes the whole mouth and throat "water" profusely. Dr. Corson is careful not to claim too much for borak, and he remarks that neither in chronic affections of the throat, nor in acute inflammation, nor in "tonsillitis," once established, has he found borak of any special efficacy as a curative.

The use of the other remedy named, "Nitrate of Potassa," is thus introduced:

An early friend and patient of ours, since deceased, a New York dock builder, much exposed to the weather, claimed to have a secret remedy for "colds." But he was too generous to bury anything useful. At length he confessed that it consisted in covering up warmly in bed, drinking a glass of water and sucking a piece of the nitrate of potassa—or "saltpetre," as he preferred to call it—the size of a garden pea, or a little larger, till it was slowly dissolved or swallowed. We think we improved his prescription by sweetening the water, to cover the mawkish taste of the saltpetre, mixing them and swallowing both together. We also increased the dose, from gratifying personal experience, to five grains. As a courtesy from our profession to clergymen and singers, we may suggest that they will find it very convenient, in travelling, to carry a few five grain powders of the nitrate of potassa prepared by druggists, for ready use. Like the borak, it relieves the dryness of the vocal cords. It is also easily obtained in every household, and, taken in the dose recommended, is quite harmless.

With the help of the extra clothing and the glass of water, it excites for a while a night a gentle perspiration, and thus, if taken at the very commencement, breaks up the cold. It accomplishes this as do warm foot baths, if used early, by opening those millions of pores of the skin which Erasmus Wilson counted through his microscope. As the aching, the weariness, and the headache of a severe cold tell us, the blood is slightly poisoned by suppressed perspiration. And the simple lesson of cure is promptly to open these pores. We may add, that the efficiency of any of these remedies is much increased by putting on a warm shawl or great coat and throwing the arms about, and walking the floor rapidly till the hands and feet are in perfect glow before retiring to bed.

PRESCRIPTION FOR A DYSPEPTIC.

Mr. A. had been for years a hearty laboring man, and as he advanced in life, very naturally turned over the hardest of his work to his grown up boys. But now that he expected to lead an easy life his trouble increased. He suffered untold miseries from dyspepsia.

"I have such dreadful nights," he said to a friend. "If I sleep, I dream more than a malefactor might be supposed to, and if I am awake, I am always in great distress. It seems almost as though I had an iron wedge in my stomach. I've taken a power of medicine, but nothing seems to help me."

"You live pretty well at your house, don't you?" inquired his friend.

"Well, middling; my wife is as good a cook as there is about."

"What do you generally have for supper? Last night, for example, what did you eat?"

"Let's see. We always have buckwhea cakes, buttered hot for supper, and last night we had sausage and fried potatoes and pumpkin pie, besides the common fixings of hot biscuit, pickles and such like."

"I suppose you made a good meal?"

"Well, middling. I didn't feel much appetite before I sat down, but I kind of nibbled round till I got up one, and finished off the last slice of mother's pie myself."

"So you could not sleep well last night?"

"I heard the clock strike every hour."

"Would you like a prescription that would take away this iron wedge in your chest, and remove all your bad symptoms? I can give you one that you can find great benefit from in one day, and I don't doubt but a few days would cure you. For breakfast take a cup of weak tea and a slice of stale bread and excellent butter, for dinner a bowl of broth with bread crumbed in it, and for supper a cup of tea, only."

"Why, a fellow would starve to death on that."

"Not quite, but he will die of over-eating very speedily if he keeps on long in your present course, with your present symptoms. Be persuaded to save your life for a dozen years longer, my friend. It is sinful to commit suicide as you are doing."

Mr. A. was at last induced to follow the spirit, if not the letter, of his friend's directions, and a month after declared that he felt like a new man, mentally and physically.—There are a great many who could follow the same prescription with great profit.

UNBOLTED FLOUR BREAD.

I have had nearly eight years' experience in making unbolted flour bread, and having used it almost exclusively in my family I believe it to be the most delicious and wholesome bread in use.

The unbolted bread which I consider so wholesome is unleavened bread, generally known by the name of "gems." It is made perfectly light, without fermentation. The following is the recipe:—

Stir together unbolted flour and cold water, or two-thirds water or one-third sweet milk or cream, to about the consistency of cup cake batter. Bake in a hot oven fifteen to twenty minutes in small pans, not larger than two and a half inches square, and one inch deep. If larger pans are used the bread will be heavy; if much smaller, it will be dry and hard. Cast iron gem pans can be procured at almost any tin or stove store. The pans should first be heated hot, and then well greased; now fill even full and bake until the gems are of a light brown. They will then be as light and porous as sponge cake, and much more wholesome than fermented bread.

Fermented bread or biscuit made with yeast can be made with unbolted flour as light as with bolted flour, and is much more wholesome. This, however, is not to be compared with the above unfermented bread called gems. —*Ex.*

WHY NOT MORE SIMPLE FOOD?

Many ladies who agree in thinking that rich cakes and pies are unwholesome, remark that their husbands feel that their comfort is not properly cared for if such things are not provided in profusion. To such I would say, try if your husbands would not be equally contented with plainer cakes and with simple and delicate puddings for desserts. If you do not mention the absence of pastry, my word for it, they will never notice the difference.

It appears to me that the main secret of the supposed attachment of the masculine gender to such articles of diet is, that our housekeepers far too generally leave what they consider the coarser items of cookery to the uneducated daughters of Erin, and devote their own clearer perceptions to the more substantial and less necessary viands, so that really the best cooked eatables in the houses are those which are too rich to srtisfy a vigorous appetite, without serious injury to the stomach. If the beef is outwardly but a cinder, and inwardly but raw flesh; if the potatoes are watery; the beets hard, the beans blackened, the peas cooked to a mash, and the bread heavy or clammy, or sour, while the pies are light, crisp and delicately palatable, what can be expected but that the latter should be preferred.

If ladies turned their brighter wits and more dexterous hands to the bread, meats and vegetables, leaving to Biddy the pastry and sweet cakes, would not the case be reversed? Would Paterfamilias send away a nice juicy steak to take in exchange a piece of greasy or sole-leather pie crust, think you? If you set before him on the table delicious bread, some finely shaved smoked beef, or thinly sliced tongue, or cold boiled ham or chicken, or a bit of nicely broiled fish, with plenty of fruit, either fresh or canned, or even dried and stewed, will he be likely to scold? Will he not be better pleased than with uneatable bread and unappetizing meat, while the cake basket is piled with many varieties of rich cake? The trouble of preparation is about equal either way, but the after troubles of chronic dyspepsia or periodical sick headaches, make the balance very unequal.—*Health and Home.*

CHARCOAL AND BRIMSTONE FOR SWINE.

In every hog pen there should be deposited weekly a quantity of charcoal. The hog can early discern this substance, and is greatly benefitted and strengthened by its use. It prevents many unpleasant diseases, and contributes largely to the fatty secretions. A few spoonfuls of pulverized brimstone or flour of sulphur, in a little dough, should be administered as often as once a fortnight to swine while fattening.

Correspondence.

WHOLE OR CUT TURNIPS.

SIR,—As I am quite a novice in stall feeding, I should like to have your or some of your correspondents' opinion as to the comparative advantage of feeding whole or cut turnips with provender once or three times a day; also, whether it would be better to commence with a small amount of provender and increase, or feed the same proportion all through. Any information on the matter will much oblige.

R. Y. GREENE.

March, Ont., Feb. 25th, 1873.

Prize Essay on Beans.

WHITE BEANS AS A CROP AND AS FOOD FOR SHEEP.

Take a poor, worn oat stubble and immediately after the oats are removed, put on the cultivator, and give the land a good scarifying, crossways and lengthways. This should be done when the soil is dry, as the object is to kill the weeds that are then growing, and to cause the weeds and shelled grain that may be on the surface to germinate, to ensure their destuction by the plough, and also to enrich the land in some measure by their decomposition. Plough deep in the fall, if the subsoil is of sufficiently fertile a character to bear bringing to the surface; if such is not the case plough only such a depth as has been previously turned, and subsoil. If your soil is clay, plough into four-pace lands; be sure it is not too wet, and that no water can lodge in the furrows during winter. Manure on the surface, it is sure to get down deep enough. I have found the best results from well-rotted sheep manure. When putting in your spring grain, if you see any weeds showing their heads, run the cultivator over the piece, once or twice, when the weather is dry, to kill them. As soon as your grain is in, say the 20th of May, prepare your land for beans, by cross-ploughing into wide "sets," say 20 yards each; back a few sods into the furrows so as to leave the land nearly level; or, if the land is mellow, (which it ought to be for beans), a good stirring with the cultivator, I have found to answer as well as ploughing; in either case the land must be well pulverized before drilling. If you have not got a double mould board plough, you can do quite well with any ordinary plough. What are called single drills are the best as they can be made lighter and more expeditiously, they should be made in the same direction as the fall ploughing had been done. I make the drill 28 or 30 inches wide, and three inches deep. A boy should follow with a seed sower, dropping the seed immediately after the plough, so that it may be deposited before the horse walks in the drills, by that means it is placed at a uniform depth and more in line; cover with two rubs of a diamond harrow, given lengthways of the drills, before the soil gets too dry. The seed should be dropped about three inches apart in the drill; I should prefer having three seeds placed at intervals of nine inches for convenience in cleaning and harvesting. This latter I have never been able to accomplish, in fact, I have raised hundreds of bushels of beans, the seed of which were dropped with a tin pail with a half inch hole in the bottom. The moment the beans are high enough to hoe run a horse-hoe twice in a row, as *close* to them as is possible without rooting them out; by attending to this you will leave little or nothing to be done by the hand hoe. They should get a second hoeing before they get too large. When the pods are forward, if the crop is good, the rows will touch and form one mass of green, very grateful to the eyes, at a season too when nearly everything else is parched with the heat of "dog days." As soon as a majority of the pods are ripe the crop is fit to pull; in fact, I have seen beans pulled green, ripen; and although a little smaller on that account, they have turned out much better than if left standing while green until struck by frost. Beans raised in sandy loam, or sand, might be taken out by an implement drawn by one horse, with knives attached, to take out two rows at a time, in the same manner as a writer in the ADVOCATE describes one for taking out turnips. I have generally raised them in clay, or should have attempted something of the kind. I have to employ boys and girls from eight to twelve years of age; each one takes a row, two children pull together, in bunches the size of a half bushel; small bunches are safest, as they dry out readily after a slight rain. If there is danger of bad weather, it is better to stack in the field. Some stack in a conical form around a pole stuck firmly in the earth. This answers well enough if built on sticks or stones, to keep them off the ground, and covered with straw. I prefer stacking on two rails eighteen inches apart; on these I put the beans with the roots inward, until I built a stack ten feet long, three feet wide, six feet high at one end and four feet at the other, supported by four stakes driven in the ground, two at each side. I cover with three boards. One of these stacks will hold fifteen or twenty bushels and are perfectly safe. As soon as quite dry, draw them in, and put them on a loft, where they can have air. If for sale thresh with a flail. In winter they thresh easy. If intended for sheep they may be fed