

water from nature's living springs? Why do the box, cellar, or stable-fed cows of large cities become diseased, though fed on the most nutritious and abundant food? Do they not breathe an atmosphere in which, with other matters, their own insensible perspiration is mingled, and are they not commonly kept in comparative darkness?

The influence of light on the vegetable and animal economy is immense, though science has not yet fully made out in all cases the manner of its operation. It is well known to practical men that animals excluded from light fatten faster than those in the light, but there can be no doubt that their health suffers thereby. Even the insensible exhalation of water by plants ceases when they are removed from the influences of light, the material effects of which on animals is at present but imperfectly understood. There is no doubt that the brilliancy of the plumage of the birds and insects of warm climates is chiefly attributable to the intensity of the light to which they are exposed. Without this agent plants do not attain their various and pleasing shades of green; the common cockroach, reared in the dark, becomes nearly colourless, and tadpoles remain tadpoles. On the other hand, observes Dr. Carpenter, in his treatise on physiology, "the more the body is exposed to the influence of light, the more freedom do we find from irregular action or conformation." He instances the effects of the absence of light on certain wards of the hospitals both in London and on this continent; and the absence of all natural deformity in the natives of South America, who do not wear any clothing. *Light, air, and exercise* then certainly conduce not only to animal, but to vegetable life; the action of the wind exercises, as it were, the growing plant.

The salutary effects on human health of the great principle involved in the foregoing remarks was thus set forth some years ago by an eminent London physician:—

So then, I thought, Health can't be bought;
From drugs and draughts she flies:
I'll court her stay another way—
By air and exercise.

And forth I went, and felt content
The azure sky to see,
To watch the herds, to hear the birds
That sing from tree to tree.

Poor men I met, 'midst toil and sweat
Yet gay, to my surprise:
I think I know what makes them so—
'Tis air and exercise.

A park was near, with lodge and . cer,
And down the avenue,
Awhile I stay'd, to see the maid
Who milked a cow or two.
Her rosy face had not a trace
Of care; her laughing eyes,
To one that heeds, said—This proceeds
From air and exercise.

'Midst shrubs and flowers a mansion towers,
And rears its lofty head;
I walked indoors, and saw the floors
With richest carpet laid.
My lord has gout, and can't get out;
In bed my lady sighs,
And takes a pill, but never will
Take air and exercise.

The drawing-room is full of gloom;
The husbandman, at plough,
Is full of life, and keeps his wife
And children, God knows how.
On dainties fed, one goes to bed,
With aches and cares to rise:
The poor man's health is all his wealth
From air and exercise.

But what is this? Behold a Miss,
Who, pallid, stiff, and lank,
In seeking strength, stretched out full length,
Upon a sloping plank.
They say her spine is out of line,
So, looking at the skies,
She gets hump-backed, when all she lacked
Was air and exercise.

Then would you gain Hygeia's fame,
Take horse to her abode;
Or, if you choose, wear walking shoes:
She has no carriage road.
Nor fear to go in sleet or snow,
For noble is the prize!
'Tis appetite, and sleep by night,
From air and exercise.

NEW YORK STATE FAIR.

For some years past it has been our good fortune to be present at the New York State Fair. This year, to our great regret, we were unable to attend it. In default of personal observation and notes, we cull from our excellent contemporary, the *Rural New Yorker*, the following particulars of the affair:—

ELMIRA, Sept. 16th, 1869.

GROUND, MANAGEMENT, ETC.

The twenty-ninth Annual Exhibition of the New York State Agricultural Society is held in the valley of the Chemung, in the western outskirts of the city of Elmira. The grounds are fine, both in location and present condition.