

necessity for us to urge the injurious effects of resorting to alcohol. The spirit of reform has preceded us, and every intelligent man would as soon think of supplying himself or workmen with foot stoves or pea-jackets for haying, as any liquid of which alcohol formed a part, yet a suitable provision must be made for the excessive labors that are required during the hottest portion of the year.

As a preliminary to what is required for drinks, we would suggest some remarks as to what is required for food, as by properly adapting this to the season, we may very much lessen the quantity of drink required, even during the greatest exposure to heat and labor. And the first thing we would suggest, is to lessen the quantity of meat generally used during hot weather. The appetite does not crave or relish much meat in summer, and it is a great provocative of thirst; and whatever is used should be plainly cooked, not too highly salted or spiced. A larger share of light food should be substituted for meat, than is generally used in summer; and, for this purpose, a well-stocked vegetable garden will afford a great variety of wholesome, palatable, and nutritious dishes, when skillfully prepared. There are numberless forms, also, in which milk, and fruit, and berries may be used, in the various combinations a skilful housewife so well knows how to prepare, which are far more tempting to the weary man than the solid and constantly repeated dishes of meat, meat, meat. The excessive use of hearty and solid food was not common among many of the hardiest nations of antiquity—as the Greek and Roman, nor even among our English ancestors of the middle and later centuries. Tusser, who wrote nearly 300 years ago, in alluding to the ordinary food of farmers, says, "No spoon meat, no bollyful laborers think," and it was not till the cold weather of the approaching Christmas they could indulge with impunity in the medley of the gourmand.

Good bread and good drink, a good fire in the hall,
Brown pudding and *saus*, and good mustard withal,
Beef, mutton, and pork, sh-d pies of the best,
Pig, veal, goose, and capon, and turkey well drest.

It is a mistaken notion that there is not strength enough in any other food to work by. We once knew a man win a wager in a three days' job at mowing, and his only food was Indian pudding and milk; though of this he had a full supply, and took it as often as he chose. The example of Franklin is familiar, who, living on his plain biscuit or bread and a handful of raisins, and drinking only water, could yet do more presswork than the strongest of his beef-eating, beer-drinking companions. An Indian will take his pouch of parched corn, and, with this and water only, he will perform a journey that would tire out successively any two or three of our hardest laborers. The Arab, with his camel's milk, and the wild Cossack of the steppes of Central Asia, on mare's milk, will endure fatigue which would exhaust the most inveterate beef and pork eater. Notwithstanding these examples, we are decided advocates for the use of meat in moderate quantities, but are satisfied there is altogether too much of it used in this country, either for health, economy, or comfort. Though inflexible advocates for three regular meals a day, under ordinary circumstances, we are satisfied when the breakfast is taken early in the morning, and supper late in the evening, hard-working men require a lunch between meals. This should be light in quality; not meat, or hearty cake, or other rich food; but simple bread and butter, or something light and easy of digestion and moderate in quantity, and so timed that it shall leave a good appetite for the regular meals. With the lunch, a moderate quantity of drink should be taken, and hardly any will be required at any other time. It is much better when the stomach is empty and craves something, to take a cracker, or some bread and cheese, and a light draught of some liquid, than to attempt to satisfy the craving entirely with drink of any kind, unless it be milk, which is itself a food. Excessive drinking weakens and disorders the stomach, and should never be indulged in; and if the proper kinds of food be used, it will not be craved. A little self-denial or discipline will do much to lessen the desire for drink. Some never drink except with meals, and not being accustomed to this indulgence, find no inconvenience in doing without; but we deem such a habit hardly possible with the excessive perspiration to which laboring men are frequently subject.

But to the kinds of drink. After excluding alcohol in all its various shapes and disguises, whether ardent spirits, wine, strong beer, or cider, and we would add, strong tea and coffee, the last of which we deprecate as especially injurious to the stomach and nervous system, we would allow the taste or convenience of each to select for himself. Of water, pure, unadulterated, unmixed water, might be said, as the primitive legislators of Connecticut said of the

Bible,—they would use the laws of God till they found a time to make something better. Like air and light, it is of universal prevalence, and with these and all other works of their great Author, it is best suited to answer the general purposes of its creation. An addition to it, however, may be made, and perhaps with advantage, of ground ginger, vinegar, and molasses. We have used this beverage during summer for the last few years, with a large number of hands, and never found any inconvenience from it. It is better to stand two or three hours, or longer, after mixing; and water should in no instance be drunk immediately after being taken from the spring or well, especially if the person be warm. When heated, and it is desirable to drink immediately, a stream of water poured on the wrists or palms of the hands, will soon reduce the temperature so that one can drink with impunity. Successive mouthfuls of cold water, held in the mouth till it becomes warm and thrown out again, will mitigate thirst, reduce the heat of the body, and can never do injury to the stomach. When water is impure, such as is taken from stagnant ponds or filthy streams, or charged with mineral substances, as is much of it which the occupants of new lands are obliged to use, it should invariably be boiled; and if then insipid, may be mixed with milk, sugar, vinegar, or jellies from some of the fruits and berries which the careful housewife may supply for this purpose, with little trouble to herself, and great comfort to her household. Light beers, as ginger beer, mild hop and root beer, are economically made, palatable, not injurious, and within every one's reach. We give some original receipts in the present number, of such as are without objection. But of all the forms of drink, we consider milk, with which every farmhouse is ought to be abundantly supplied, mixed with water, one of the most wholesome. When it does not agree with the stomach, boiling usually render it acceptable. Oatmeal mixed with water, and allowed to remain a few hours, is a long-practised and favorite Scotch beverage, grateful to the palate, and invigorating and bracing to the stomach.

The above are brief hints, hurriedly thrown together, and may be enlarged upon by each person for himself; but if strictly followed out, we will agree to pay for every lost day, and doctor's bill, incurred in consequence of practising them.

From the Albany Cultivator.

CURING AND PREPARING PROVISIONS FOR THE ENGLISH MARKET.

The revisions of the tariff upon provisions, by the English government, will have a much more important bearing upon the agriculture! interest of this country, than any, and indeed all the changes that could be safely made in their corn laws. At present prices even, without any change in the duty, both beef and pork could be sent to the English market at a profit, if it had been cured in the same manner, and put up in the same kind of packages, which has been so long the custom in that country. It is useless to expect a whole nation to change their customs to suit our views; and if we would avail ourselves of their markets, we must conform to their customs and prejudices; if the fixed and unchanging habits of a whole nation must be called so.

Foreseeing that at no distant day the provision business must become the great business of the country, while in Europe last winter I endeavored to make myself perfectly familiar with every thing connected with the provision trade. I visited the great curing and packing establishments in Ireland, and made myself master of the whole subject of curing and packing provisions. I then visited the great markets of Europe, Liverpool and London, and under the instruction of some of the oldest and most respectable provision merchants of those cities, endeavored to make myself thoroughly acquainted with every thing relative to the wants and peculiar shades of the different markets. While abroad, I gave you the result of my observations relative to butter and cheese. I now give you, in as condensed a form as possible, the best method of curing and preparing for the English market, Beef and Pork, and hope it will not be without interest and profit to your numerous readers, especially in the west and southwest.

PORK.—There are various kinds or divisions of Pork—depending upon the size and quality of the hog and the market for which it is intended. There is Bacon singed and scalded, which is divided into whole side Bacon or Middles. Barreled Pork is divided into Prime, and Bacon Mest, and is put up into barrels and tierces.

In some parts of England they will not purchase or use scalded