

it dries on; lay them in the sun, or an upper room till dry, and then put them in a dry bin in a cellar not too warm or too moist, so as to wither a little. In that state, they will keep a long time and improve in flavor. But if put in a damp cellar with dirt adhering to them, the tops will soon begin to start; a new set of fibres will be thrown out, and then their sweet flavor will be changed to a strong and bitter taste. Take a parsnip that has been out of the ground for some time, kept dry so as to shrivel; and another just dug, or that has been kept in a damp cellar until it has begun to grow again, and cook them together, and it will not require an epicure to distinguish the difference in their flavor.

When I took up my pen, it was my intention to describe my manner of cultivating the parsnip, and to point out the soil best adapted to its growth; but discovering that it will spin my thread too long, shall conclude by saying that the parsnip, like the beet, requires a deep, rich, moist soil, with an earlier planting than the latter, and about the same after culture. It is not so great an exhauster as the beet, and may be grown several years in succession on the same spot without degenerating.—*Wickford, R. L., Feb. 1844.*

N. E. Farmer.

EXERCISE.

Many people look upon the necessity man is under of earning his bread by labor as a curse. But it is evident from the structure of the body, that exercise is not less necessary than food for the preservation of health: those who labor are not only the most healthy, but generally the most happy part of mankind. This is peculiarly the case with those who live by the culture of the soil.

The love of activity shows itself very early in man. So strong is the principle, that a healthy youth cannot be restrained from activity. Our love of motion is surely a strong proof of its utility. It seems to be a law throughout the whole animal creation, that no creature, without exercise, shall enjoy health, or be able to find subsistence.

Inactivity never fails to produce a universal relaxation of the solids, which disposes the body to innumerable diseases. When the solids are relaxed, neither the digestion nor any of the secretions can be duly performed. How can persons who loll all day on easy chairs, and sleep all night on beds of down, fail to be relaxed? Nor do those much mend the matter who never hardly stir abroad but in a coach.

Glandular obstructions generally proceed from inactivity. These are the most obstinate maladies. So long as the liver, kidneys and other glands, duly perform their functions, health is seldom much impaired; but when they fail, it is difficult to be restored.

Weak nerves are also the constant companions of inactivity. We seldom hear the laborious complain of weak nerves. This plainly points out the sources from which nervous diseases generally originate, and the means by which they may be prevented.

It is absolutely impossible to enjoy health, where the perspiration is not duly carried on; but that can never be the case where exercise is neglected. When the matter which ought to be thrown off by perspiration, is retained in the body, it vitiates the humors, and occasions the gout, rheumatism, &c.

No piece of indolence injures the health more than the custom of lying in bed too long in the morning: the morning is undoubtedly the best for exercise, as the air braces and strengthens the nerves. Custom soon renders early rising agreeable, and next to total abstinence from all intoxicating drinks, nothing contributes more to the preservation of health.

Every person should lay themselves under some sort of necessity to take exercise. Indolence, like other vices, when indulged, gains ground, and at length becomes agreeable. Hence many who were fond of exercise in the early part of life, become averse to it afterwards. This is often the case with gouty and hypochondriac persons, and frequently when their diseases are difficult to cure.

Indolence not only occasions diseases, and renders man useless to society, but promotes all manner of vice. The mind, if not engaged in some useful pursuit, is consequently in quest of some ideal pleasures. From these sources proceed most of the miseries of mankind. Certainly man was never intended to be idle. Inactivity frustrates the very design of his creation, whereas an active life is the best and greatest preservative of health.—*Oracle of Health.*

BUTTER FROM SCALDED MILK.—We have seen various accounts of butter made in winter from scalded milk, but we have never put any of them to an experimental test. On Monday we called on Mr. Patten Johnson, of Framingham, and ate some of his butter. He has been feeding his cattle for some time with hay, in part, and this is very apt to give an unpleasant taste to butter. Mr. J. scalded his milk as soon as it was drawn from the cow, and then set it away in the usual manner. His butter now tastes as well, and appears as yellow and solid as any that is made in June. Mrs. Johnson tells us the churning is performed now as soon as in September, and she cannot perceive that this is inferior to any butter which she has made this season. We hope many of our friends will make trial of this mode of preparing the milk to be set away. People who have large dairies will be much assisted if they can make as good butter in November and in December as in the early part of autumn. The churning is commonly a tedious business when the milk is set away in the usual mode, and the butter, when it comes, often looks like lard. The milk must not be allowed to boil over the fire, but it should be made scalding hot; it may come near boiling.—*American paper.*

CORNWALL AGRICULTURAL ASSOCIATION.

Report of an Essay on Sub-soil Ploughing, to which a Premium was awarded by the Cornwall Agricultural Association, and read at the Annual Meeting in December, 1843. By Mr. PETERS, Telidy Farm, Illogan.

SUB-SOIL PLOUGHING.—In the essay on this subject, Mr. Peters commences by remarking that in most of the great and permanent improvements in agriculture, considerable time must elapse before the full benefits can be derived. It is only by rating the progress and development of any scheme that we can arrive at that degree of knowledge called experience; after which we may lay down as acknowledged truth, the benefits to be derived, or the period when they will become tangible.

In the greater part of the county of Cornwall, shallow ploughing was all but universal; sub-soil ploughing, therefore, came as a direct innovation here, but it had also something to recommend it, even to the advocates of shallow ploughing, as while it broke and pulverised the sub-soil, it left the same stratum uppermost.

The first object sought to be obtained by the operation was deepening the soil; the second, facilitating the descent of surface water where the sub-soil was retentive; and the third, to secure the beneficial influence of the atmosphere and manure to a greater depth.

The first object is described as mechanical, deepening the soil so as to remove obstructions for the more easy and perfect performance of all the operations necessary to correct cultivation; and the essay points out the advantages of this mode of deepening the soil, over the frequent practice of carrying on earth.

"To cover an imperial acre one inch deep with soil would require 6,272,640 cubic inches, or a fraction more than 154 cubic yards. It is well known that a cubic yard is a good cart load, and if brought from any distance at