

it a duty to be present on the show grounds to judge for himself of every thing which will be there exhibited for his instruction. Why should we not have as much interest in these great Agricultural fairs, as the Upper Canada farmers, who rush by thousands at the entrance gates on every exhibition day. Every inducement will be offered to visitors. The railway and steamboat companies have agreed to charge half fares. A general review of our volunteers will take place on the occasion, as well as a provincial rifle match. A balloon ascension and a regatta are contemplated, besides evening entertainments. The presence of His Excellency the governor general, and of the members of both branches of the legislature, will add still a greater eclat to the greatest provincial exhibition which has as yet taken place in Montreal.

We would advise every county society to name a commission among its board of directors, with instructions to carefully examine every department of the exhibition and draw a detailed report on every improvement, with suggestions for local application. Thus the whole country would benefit greatly by the very large amount of information to be gathered on the show grounds. Each society must be careful to send two delegates to the annual meeting of the Directors of the Association, which is to take place on the show grounds, to choose the place of the next Provincial Exhibition.

#### USE OF FRUITS AND VEGETABLES.

Prof. Loomis, in his Essay on Food in the last Patent Office Report, thus alludes to the difference in the healthfulness of fruits and vegetables as gathered and used by farmers and those so frequently used in cities.

*Here lies the whole trouble: the vegetables of the city are not the vegetables of the country.* The latter are usually gathered and eaten at the time of their perfection, the former before or after; in either of which cases their chemical constitution, as we have seen, is not that of the ripened fruit: the one is digestible, nutritious and cooling; the other either acrid and irritating, or indigestible and poisonous.

These chemical facts fully explain all the results attendant upon eating fruit and vegetables. When eaten fresh gathered in the country, they fully answer the character we have assigned them, as being the most healthful and beneficial of summer food; in the city, after leagues of transportation under a burning sun, and hours of storage in addition, they are well adapted to justify the common suspicion as to their sanitary qualities.

The countryman, as he gathers the full grown and luscious products of his own fields, may know he is receiving, for himself and those he provides for, gifts from the goddess of health. The citizen, as he returns from the market, may well reflect whether the goddess of health or traffic presides in that mart.

Though the solution of the whole case is so simple, the remedy appears far less so.

It is difficult to get sufficient supplies of proper vegetable food for a densely populated city;

so difficult, in fact, that we shall do a better service by indicating what is our best means of meeting the case as it stands, than of indicating its remedy.

1. It is better to do without vegetables altogether, than to use them in any other than their primo condition.

2. No intelligent provider for a household ought ever to bring into his home, fruits, berries or vegetables, green, unripe, over-ripe, wilted, or decayed.

3. Produce purchased in market, because it is cheap or under price, is culpable economy; it is paying half price for what is not only worthless, but worse.

4. Salads, lettuce, kale, cucumbers, peas, and green corn, wilt under any circumstances in a few hours, and should therefore be eaten the same day they are gathered. Peas should be picked, shelled, and cooked immediately.

5. Berries, melons, tomatoes, and all similar juicy fruits, having but a brief interim between the unripe and decaying condition, are always just objects of suspicion and intelligent examination.

#### GREAT AGE OF TREES.

There is "a glory in trees" as they lift their tall branches on high, giving shelter to the merry squirrel or the singing bird in summer; or when forming Eolian lyres in winter as the winds sing in their leafless boughs. There are many trees which have become sacred by the endearing associations of family scenes. Generation after generation connected with the old homestead have sported beneath them in infancy, and reclined in their shadow in old age. That exquisite ballad, "Woodman, spare that tree!" is brimful of poetry, because it is full of truth and vibrates on the feelings of every heart.

Some trees attain to a great age. In a recent lecture on geology by Mr. Denton—delivered in Montreal, C. E., and reported in the *Gazette* of that city—he said that there was a tree cut down in California 96 feet in circumference. He had counted on a block of it, shown in Wisconsin, 13 rings of annual growth to an inch! Here then was a tree 2,496 years old—a tree that was a sapling when Nebuchadnezzar was a boy—that was nearly 200 years old when Socrates was born. A yew at Fortingall, in Scotland, was calculated to be 2,600 years old, and one in Kent, 3,000. There was a tree in Senegal in which an incision was made and the concentric rings counted, from which it was calculated to be 5,150 years old!

#### WHEN TO SELL WOOL.

We believe that we can answer this important question, which all sheep owners are putting to others, or mentally to themselves, that is, "When shall I sell my wool?" For the last ten years, we are assured by a disinterested person who has been in a position to know, good fair clipped wool has sold at prices that will average 40 cents a pound. That is, then, the price at which a farmer can afford to sell his wool at his own house or convenient market town, less the expense of transporta-