

a short rest, he is again exercised until his next meal time, and so on throughout the day. His diet is chiefly confined to the lean of underdone beef and mutton, fowl, and stale bread. He takes two or three glasses of sherry, with, perhaps, a little old ale daily. The distance he is made to walk and run, every day, varies from ten to forty miles. He begins with what he is conveniently able to bear, and increases his exertions in proportion to his increasing strength. By these means, a man is shortly brought from a state of plethora and listless inactivity, to one of liveliness, energy, and endurance. Body and mind are alike invigorated and improved; but the benefit is mainly referable to the air and exercise. No training, however skilfully conducted, would bring a man into good condition who had to breathe an impure atmosphere.—*Medical Times.*

GUANO.—**ICHABOE, Jan. 21.**—A large number of vessels are here unable to obtain any guano. The island is completely worked out.

RAISING EARLY CUCUMBERS.—**H. G. Dickerson, of Wayne co., N. Y.,** adopts the following mode of raising early cucumbers. He makes his hot-bed at the usual time, and when the soil is placed upon the stack of manure, pieces of turf are placed just below the surface, on which the seeds are planted. If the grass of this turf is alive, it is to be put upside downwards. On the arrival of warm weather, and when the soil in the open air becomes fit for cultivation, these pieces of turf are removed entire, with the young plants upon them, and placed in highly manured ground where they are finally to grow. In this way, the roots are taken up without the least mutilation, consequently no check is given to their growth. Afterwards, whenever there is any probability of a night frost, each hill is covered with a bell glass. These glasses have a small opening at top, which prevents the sun scorching the plants in case the glasses are not removed in time. Where such glasses cannot be had, boxes with panes inserted, will answer nearly as well. By this means, cucumbers fit for the table, were raised the past season, by the first of June.—*Alb. Cult.*

CHINESE PROVERBS.—The greatest cowards are those who have most courage to do ill. The flatterer is only despised, whilst the calumniator is both hated and despised; notwithstanding which, a hundred calumnies are sooner believed than one eulogium; and it is not even necessary for them to be probable. What is a man in office who has no merit? A dwarf in a giant's dress. Whoever wishes others to resemble him, should be like himself. Those who have nothing to do themselves, find most for others. The silliest person is not so foolish as he who measures his talents. He is rich who has nothing to lose. Till, nourish, sow, water, hoe your fields, and then pray for the harvest as if it were to fall from Heaven.

THE SUM OF THE MATTER.—The sum of the matter, in all who diet for full strength, is, that they should make the sustenance, or prop, upon corn; they should temper with meat; they should exhilarate with wine; and they must have continued freedom of air to the lungs. The want of this latter important aid to natural dieting is the cause of great failure of health and strength in those whose occupations at the bar expose them to the confined air of the study-room, and the noxious atmosphere of crowded small courts of law.—*Parry on Diet.*

PRESERVATION OF FOOD.—Whilst, in former times during long voyages, mariners were confined to salt and smoked meats, which in the long run, always proved injurious to health, and thousands of human beings lost their lives for the want of fresh aliments, which were even more essential in sickness, these dangers and discomforts become more and more rare at the present day. This is certainly one of the most important contributions to the practical benefit of mankind ever made by science; and for this we are indebted to Guy Lussac. At Leith in the neighbourhood of Edinburgh, at Aberdeen, at Bordeaux, Marseilles, and in many parts of Germany, establishments of enormous magnitude exist, in which soup, vegetables, animal substances, and viands of every description, are prepared and sent to the greatest distances. The prepared aliments are enclosed in canisters of tinned iron plate, the

covers are soldered air-tight, and the canisters exposed to the temperature of boiling water. When this degree of heat has penetrated to the centre of the contents, which it requires three or four hours to accomplish, the aliments have acquired a stability which one may almost say is eternal. When the canister is opened after the lapse of several years, the contents appear as if they were only recently enclosed. The colour, taste, and smell of the meat are completely unaltered. This valuable method of preparing food has been adopted by many persons in my neighbourhood and other parts of Germany, and has enabled our housewives to adorn their tables with green vegetables in the midst of winter, and with dishes at all times which otherwise could be obtained only at particular seasons. This method of preserving food will become of the greatest importance in provisioning fortresses, since the loss incurred in selling off old stores, and replacing them by new, especially with respect to meat, ham, &c., is far more considerable than the value of the tin canisters, which, moreover, may be repeatedly employed, after being carefully cleansed.—*Liebig's Letters on Chemistry.*

MILK AND BUTTER IN CHINA.—During his late visit to Manchester, Sir Henry Pottinger stated that in China he had never been in the habit of seeing either milk or butter; but when the young Englishmen at Chusan were determined to have milk in their tea, they set some of the Chinese to work, and for the first milk they got paid a dollar. The consequence was that the Chinese set their wits to work, and began to keep cattle, and produce milk and butter; and now the civic service in China was supplied with some of the finest milk and butter that existed in the world. [We commend this statement to the consideration of those who have combated our proposition, that when a market is opened for an article, if the materials of production exist, they will be brought into active operation.]

AGRICULTURAL COLLEGE.—The College about to be opened at Leopardstown, near Dublin, is situated on the south side of the city, and five miles distant from the Post-office. The farm consists of 209 Irish acres of land of medium quality. The terms for pupils in the Agricultural School will be £15 per annum, for which they will receive a suitable education; they will be engaged one half of each day at farm-work, under the superintendence of the best practical and scientific agriculturist that can be obtained, and during the other half in the school, over which a teacher of like ability will preside. It is proposed, also, as soon as pupils shall be obtained, to connect with the Agricultural College a school for the education of the sons of the gentry in classics, and all the branches usually taught in first-rate schools, for which there is ample accommodation.—*Southern Reporter.*

GRAFTING CURRANTS.—The Gardener's Chronicle recommends for the pretty appearance presented, as well as for improved flavour, to graft currants of different colors, as the red, black, and white, variously intermixed, on stocks trimmed up to a single stem, three or four feet high. The tops may be headed down to a dense compact head, or trained as espaliers in the horizontal or fan method, the two latter modes of training, by the free exposure to sun and air, much improving the quality of the fruit. The importance of trimming the bushes up to single stems to improve the fruit and facilitate clean culture, instead of suffering two hundred and fifty suckers to shoot up all round into a dense brush heap, is very obvious to those who have tried both.

TRIAL OF PLOUGHS.—A trial of various ploughs by Cottam and Hallen's dynamometer, took place on the farm of Charles Porcher, Esq., at Cliffe, on Tuesday, Dec. 13, 1844, of which the result may be interesting to farmers, as showing the great variations in draught of different implements. The field was of a light loamy soil, which had been very deeply ploughed for two years following, first for Swedes, and then for white turnips and carrots, and the heavy rain on the previous day had rendered this soft land wet and very clingy, so that from the general draught of the ploughs perhaps four or five stones might be fairly deducted. Depth of furrow 7