

Institution, by recommending it to their members, and making its advantages known to surround them.

Young men, especially young farmers, between ages of 15 and 21, are at present, greatly at a loss how to dispose of their time advantageously, and have it not in their power, however they are naturally inclined, (and many are so,) by any means but reading, to increase their little stock of knowledge. The advantages of reading, we have already strongly inculcate, but yet there is a great objection; for these young men may be spending the whole days, months and years of their youth in the most idle and unprofitable manner, which is so either on account of its being unlearned, too much beyond their comprehension, or even though it appears plain and easy of being followed up, they cannot do so in execution, having seen it put into practice.—an Agricultural College and an Experimental Farm combined is the very kind of remedy for this serious defect in our system of Education, and social improvement.

In the United States, and other countries, the sons of gentlemen resident in Towns and Cities, at one time, having no opportunity of acquiring any knowledge of Agriculture or Horticulture, and consequently knowing nothing of the pleasures of a country life—talked slightly of, or sneered at, and even despised the occupation of a farmer.—but now, having been students in similar institutions to that now under notice, and having had the "BOOK OF NATURE" opened up to their astonished, and formerly benighted vision, explained to their ardent minds by plain, and pleasant instruction and experiment; they have thence derived such a stock of useful knowledge, as will prove to them a genuine fund of wisdom and moral contemplation, highly valuable to their character and conduct in whatever situation they may be placed, or profession they may choose to adopt, in life. In their opinion, agriculture as an art and a science, has been raised to its due and proper standard, and in place of despising, they look upon it with something approaching to reverence and delight. With such examples before them, will our Canadian youth be found lagging behind? We answer for them, emphatically, no! We do so with entire confidence, as we are able to point out to them, that at this Institution they will be taught not to follow up the

old beaten track, or to do things in such and such a way, and at such and such a time, merely because "others ALWAYS did so before!" They will be taught to advance to a higher degree of intelligence and efficiency, and will receive a training in rural economy, pending their progress in literature, so that, when their course of study is accomplished, they may not only (as Mr. Skinner appropriately remarks in the *Farmers' Library*.) "have achieved the usual attainments acquired in Literary Institutions, but exhibit a thorough and well grounded knowledge of practical and theoretical Agriculture and Horticulture; and possess in a high degree, the presumable addition of good health and habits; being thereby better fitted to enter upon the general duties of life, or into any profession, as well as that of agriculture."

In conclusion, we trust, that the time—years ago contemplated,—is not merely approaching, but is now quite at hand, if not altogether arrived, when, throughout the length and breadth of our land, there will prevail in the minds of all ranks, classes and conditions of our people, an abiding conviction of the mighty truth, hitherto so unhappily neglected, that the system of Agricultural Education ought to combine the cultivation of the intellect, along with that of the soil.

*Fasting good both for mind and body*—A degree of abstemiousness is, by all reasonable persons allowed to be favourable to mental effort; but an occasional fast is also found, in our constitutions, to invigorate both mind and body. It seems to give time for the functions to complete their work, and then to rest for a while. Fasting, for a moderate period, diminishes the carbon in the blood, and thus prevents drowsiness, while promoting a free circulation of highly vitelized blood through the brain; and as on this kind of supply the ready power of the mind depends, a clearness and rapidity of perception may reasonably be expected under such circumstances, provided the muscles are not much in demand. Those who by mental habit can take advantage of this state may then attain the highest ecstasy of meditative abstraction. Probably the greater number of persons who think themselves morally and physically in health, would find how greatly they are mistaken if they could be induced to bring their appetites more into subjection, and wait for something like an urgent demand for nourishment before they indulged in eating. Instead of submitting to custom, and regularly resorting to the table three or four times a day for the mere gratification of the palate, the wise plan would be sometimes completely to break through the habit, and enjoy the quickening powers of a rational will triumphing over animal appetite. Thus health of body and mental fortitude, which together constitute the best assurance of intellectual power, may be equally promoted.—*The Lory in relation to the Mind*, by G. Moore, M. D.