

**CASTLE BUILDING.**—The habit what in common parlance, is called "building castles in the air," has a most pernicious influence on the health of the mind. There is a legitimate exercise of the imaginative faculty which is advantageous to the understanding, and to this no reasonable objection can be urged; but when the fancy is allowed "to body forth the forms of things unknown," without being under proper discipline, much evil will result. Individuals endowed with an unhealthy expansion of imagination create a world within themselves, in which the mind revels until all consciousness of the reality which surrounds them is lost.—The disposition to reverie is very pernicious to intellectual health. Many habituate themselves to dream with their eyes open, without the sense being literally shut; they appear to be insensible to the impression of objects external themselves. This condition of mind borders closely upon the confines of insanity. If the imagination be thus permitted to obtain so predominant an influence over the other faculties of the mind, some particular notion will fix itself upon the fancy; all other intellectual gratifications will be rejected; the mind in weariness or leisure, recurs constantly to the favorite conceptions, and feasts on the luscious falsehood whenever she is offended by the bitterness of the truth. By degrees the reign of fancy is confirmed: she grows first imperious, and in time despotic; the fictions begin to operate as realities, false opinions, fasten upon the mind, and life passes in dreams of rapture or anguish.—*Selected.*

**TO YOUNG LADIES.**—There are a great many young ladies who, regardless of the hard times, deck themselves as if for the sacrificial altar. Ladies must recollect that because their male friends do not tell their pecuniary distresses, it does not follow that that they have, and are at ease, in these troublesome times. Many a man worth his thousands is 'cramped' now. Ladies, be economical, lay off your rings, put on your soiled slippers, resume and mend your rent gowns. We call on females to practice economy, to cut off extravagancies—regulate your expenses—curtail your wants, and show your affectionate husbands, kind brothers and fond fathers, that you are ready to hear a recital of their troubles—that you will sympathize with them, and do all you can to help them. If necessary resign luxuries, and do it with a good grace—have none the less smiles for them for what they would gladly avoid, and what they are not to blame for enduring.—*Watch Tower.*

**HINTS ON HEALTH.**—Avoid excess of food, as the principal source of dyspepsia. Five or six hours should elapse between meals. Commercial and professional men should avoid long fasting. Do not hurry from dinner to business, rest an hour afterwards. Never eat things out of season, nor much of dishes to which you are unaccustomed.—Much liquid delays the digestion. Avoid intemperance. Water is the most wholesome beverage. Excess of fermented liquors is highly injurious. Useful exertion is indispensable to health, and happiness. Muscular exercise well regulated, is conducive to longevity. The sedentary should walk whenever they have an opportunity. Never continue exercise after it has become painful. Standing at a high desk to write, when fatigued with sitting, will be found highly beneficial to literary men. The constant use of soft stuffed seats is injurious. Rooms in which the sedentary are employed, should be warmed by fires in open grates, which assist ventilation: not by steam, hot water, gas, or close ovens. Never stand or sit

with your back to the fire. Mental excitement is one of the most prevalent causes of disease, producing dyspepsia, monomania and insanity. Few things tend more to the preservation of health, and the prolongation of life, than the maintenance of a calm, cheerful, and contented state of mind, and the cultivation of feelings of affection. Mental inactivity is scarcely less injurious than excessive exercise, given rise to hypochondriacy. In the choice of professions, the talents, disposition, and natural bent of the mind of the individuals ought to be studied. Trips to the country, to watering or bathing places, are highly beneficial to those who live in towns.—*Curtis's Work on "Preservation of Health."*

**AGRICULTURAL CLUBS.**—A Farmer's Club has been formed by our friends near Wilmington, Del., on a somewhat novel plan. It consists of twelve members only, who meet on the first Tuesday of each month, at the house of one of the members in rotation, at 10 o'clock, A. M. when "an examination," says the Delaware Gazette, "made by the club of all that pertains to the farm, stock and cultivation of their host—his fields, his fences, farming utensils, mode of applying manure, rotation of crops, &c. &c. The conveniences and accommodations of his farm, house, barn, piggery and poultry yard, are all matters of observation and discussion. At an early hour a plain farmer's dinner tests the thrift and cookery of his *better half*—her bread, her butter, her savory meat and pies, well fattened poultry, her cheese, milk and cream, rich, fresh, and cool from the just admired dairy, all afford practical themes at the dinner for the discussion of their merits, and of woman's worth; as far as practicable, the products of the farm are required to be used for this part of the entertainment. Politics and political matters are at no time alluded to or admitted. After dinner, agricultural subjects are discussed and experiments reported; agricultural works and journals exchanged, noxious weeds noticed, and all the agricultural improvements and publications since the last meeting are passed upon and reviewed—seeds, plants, new grains, &c. distributed—the entertaining member for the next month agreed upon, and the club adjourns, *always early* to attend to the *feeding and foddering at home*, before dark. The gentlemen who compose this club, consist of Messrs Bryan Jackson, C. P. Holcombe, John W. Andrews, Jesse Gregg, Samuel Canby, Henry Dupont, J. Boles, J. W. Thompson, Francis Sawden, William Boulden, George Lodge, and Major Joseph Carr.—*American Farmer.*

**CLEAN CELLARS.**—Cellars should be thoroughly cleansed. Not only every worthless and decaying vegetable substance should be removed to make additions to the manure, but the loose earth, dust and dirt should also be cleared out, for this has already become foul from impurities in the air produced by the vegetables, some of which have been, at least, in a partially decaying state. The walls and the boards overhead should be swept clean that all the dust may be removed. And after the cellar is thoroughly cleaned it should be ventilated occasionally, though it be generally mostly closed to preserve vegetables. Most kinds of roots may be saved in a better condition in the latter part of summer, by exposing them in some measure to the air, that they may become partially dry, and thus check vegetation.

When the sprouts of potatoes start they should be spread and exposed to a dry atmosphere to check them. It has been stated that they will not sprout if laid on charcoal.

Cellars are frequently so arranged that foul air from them is admitted into the house, to the great disadvantage of the family as to health; even if it be not admitted through the door, it is continually rising in a small degree through the floor. Therefore, every one who sets a proper value upon the great blessing of health, will be careful to have his cellar thoroughly cleaned, and kept clean, neat, and healthy.—*Boston Cultivator.*

**BEARD'S IMPROVED BEE HOUSE.**—We have heretofore noticed the cheap and convenient Bee House patented by Ebenezer Beard of New Sharon, Maine; having tasted of the pure honey taken from one of these houses, sent us last winter by Doct. E. C. Rolfe of Farmington, Maine, who is an agent for selling the right and furniture of the houses, we again call the public notice to them. These houses are so constructed as better to secure and protect the bees than any other that has yet come within our knowledge. Mr. Rolfe, at the Concord lower bridge has summered and wintered the bees for two houses, now busily engaged at their summer's work. Without the protection of any cover other than the house itself, these bees have withstood in a remarkable state of preservation, the inclemency of the last long winter. Any person who has the curiosity to see these newly invented houses, may do so by calling at the toll-house of the bridge passing from Concord to Pembroke, where they can obtain information how the hives may be procured.

The following mode of constructing these Bee Houses is extracted from the schedule of Mr. Beard's letters patent. "The Houses may be made of various sizes, according to the number of swarms that inhabit them.—A Bee-House, for four swarms of common size, should be thirty-nine and a half inches in length. The width on the bottom, twenty-three inches: and from the bottom upwards fifteen inches it widens to twenty-nine inches. From the fifteen inches to the top is fourteen inches. Across the top is eleven inches, and from the top downwards, on both sides, it is sloping so as to shed off the water. This sloping part or roof is hung on hinges at the top, so as to put four small hives, with bees in them, into the large house; and also, small boxes for the bees to make honey in. On the top of the houses a cap is put to shed off the water from the joints that are made by the covers or lids. The Bee-House stands on four legs, made fast to it by nailing at each end. The bottom has one board, ten inches wide, which runs from end to end, and to this bottom board there are on each side two small bottom boards, hung by hinges, that should be let down in hot weather, to give the bees more room to enter the hives in the time of making honey, and also to give them a fresh circulation of air and thereby facilitate them in their labour. These bottom boards are to be put in the fall as soon as the flowers disappear, so as to protect them from being robbed by their neighbours, and kept so until flowers appear again."—*Boston Cultivator.*

**CORN STALK SYRUP.**—We have before us an article of *Corn Stalk Syrup*, which is equal, in every respect, to the best molasses. It was left at our office by Col. John S. Thomas, of this county. The process of manufacturing, we learn, was of the simplest character. The corn stalks were cut up, beaten in a trough, and then thrown into a common cider press—the juices of the stalk, then underwent boiling, &c., and the syrup is thus made. Our planters without exception, should prepare to make this syrup—if not for a market, at least for their own home consumption. The sample before us was made in South Carolina. The stalks from an acre of land, it is said, will produce about 90 gallons.—*Georgia Journal.*