

waste. He has shown that it is accessible to navigation and trade; and the climate is as healthy as that of the tropics generally; that there are regions of beautiful and fertile country, affording opportunities for legitimate commerce of indefinite extension. This adventurous traveller explored the river Niger within forty miles of Timbucto. He has thrown light on thousands of miles of richly fertile and wooded country, watered by the great stream; and upon the ivory, vegetable tallow, peppers, indigo, cotton, wool, palm oil, dye woods, timber woods, skins and a great variety of produce, which invite the trade. To carry on this trade in the vessels which navigate the river, it is necessary to have black crews. The *London Spectator* remarks:—"Of course the free blacks, educated in the West India trade, will become useful workmen in penetrating the naive land of their race. We must depend, at least for generations to come, on the black race to supply the bulk of the crews." For our own part, we do not see why our own country should not compete with Britain for the rich trade of Africa. Nor do we know any more efficient method of competition than the proposed line of steamers.—*American Paper*.

**CORNS ON THE TOES.**—These annoying excrescences are produced by long continued pressure and friction on the parts upon which they occur. The skin is rubbed and irritated by the boot or shoe on one side, and is in immediate contact with the hard bone on the other side, and has no means of escape; and the consequence is that the epidermis acquires an increased thickness and hardness. Sometimes corns are formed between the toes. Here a particular point of the skin presses against the head of an opposite bone, gets inflamed and becomes the seat of a corn, which is usually small and soft and occasionally secretes a minute quantity of fluid. Now and then an ulcer is produced and the bone itself is diseased, and the case becomes a serious one. We will not however, detain the reader with further description of a trouble with which he may be quite familiar, but will rather suggest the best means for its amelioration or removal. A very loose shoe or a very snug one is bad. Wear a boot or shoe moderately tight.—Daily ablution with soft water and a liberal quantity of soap should be practiced, and the parts affected should be kept covered with a piece of nice cotton wool. The above is the safest, neatest and best way of treating the difficulty in question in all ordinary cases. This I know by experience.

**WHY WOMEN ARE UNHEALTHY.**—Many of the physical evils—the want of vigor, the inaction of the system, the languor and hysterical affections—which are so prevalent among the delicate young women of the present day, may be traced to a want of well trained mental power and well-exercised self-control, and to an absence of fixed habits of employment. Real cultivation of the intellect—earnest exercise of the moral powers—the enlargement of the mind by the acquirement of knowledge, and the strengthening of its capabilities for effort, for firmness, for endurance of inevitable evils, and for energy in combating

such as they may overcome, are the ends which education has to attain; else weakness but becomes infirmity. The power of the mind over the body is immense. Let that power be called forth; let it be trained and exercised, and vigor both of mind and of body will be the result. There is a homely, unpolished saying, that it is better to wear out than to rust out; rust consumes faster than use. Better, a million times better, to work hard even to the shortning of existence, than to sleep and eat away this precious gift of life, giving no other cognizance of its possession. By work or industry, of whatever kind it may be, we give a practical knowledge of the value of life, of its high intentions, of its manifold duties.—Earnest, active industry is a living hymn of praise, a never failing source of happiness; it is obedience, for it is God's great law for moral existence.—*The Physical Training of Girls at School, by Mudam de Wah*.

**MEDICINE FOR HORSES.**—Many seem to imagine that the constitution, physiology, and diseases of the horses are different from those of man and other animals. This is a mistake. The common diseases of the horse are similar to those of man; and the same medicines, in those diseases, are as useful to one as the other. Some writers states that the doses should be from eight to twelve times larger when the horse is the patient.—The anatomical structure of the stomach issued as to forbid his vomiting, so that an emetic should never be given.

**IMPROVEMENT IN SUGAR REFINING.**—The London Morning Herald states that an important improvement has taken place in the manufacture of sugar. It says, "By means of the now well-known patent for drying by centrifugal force, and the aid of a few simple adjuncts, sugar, which took from three to five weeks to refine, is now done in as many minutes. Incredible as this may seem, the whole process, with the result here stated, has been witnessed by our informant at the sugar-houses of Messrs. Finzel & Son, at Bristol. Moreover, sugars altogether unsaleable in our markets were converted in a few minutes into an article worth about \$8,48."—*Am*.

**HOME-MADE CANDLES.**—If you manufacture your own candles, immerse the wicks in lime water in which a little, (saltpetre,) has been dissolved, and dry them before dipping. The light from such is much clearer, and the tallow will not "run."—*Ibid*.

**TO PURIFY MOLASSES.**—Boil and skim your molasses before using it.—When applied for culinary purposes, this is a prodigious improvement. Boiling tends to divest it of its unpleasant, strong flavor, and renders it almost equal to honey. When large quantities are made use of, it is convenient to prepare several gallons at a time.—*Ib*.