

present generation. They little consider the personal assiduity, the economy, the self denial and perseverance which are necessary to warrant success in trade. The business does not make the man respectable, but the man makes the business so. Any business is disgraced by unprincipled cheats and blockheads engaging in it. A man will enjoy himself better with a dirty shut than a dirty conscience. There is no occupation exempt from its peculiar evils; the clergyman and physician experience evils and trials of which others are little aware, "he that wears the shoe can tell best where it pinches." Because we have real evils let us not augment them by creating imaginary ones. If the farmer could comprehend at a glance, all the difficulties and unpleasant occurrences which are unavoidable in every other occupation, he would rejoice at his lot, rather than envy the superbist, who, after he daily meets with, and have reason to bless his luck that his "lines have fallen to him in pleasant places."

Wilmington, Mass., Dec. 14, 1842.

CHEAP DIET.

I have heard of only one published experiment for discovering the best diet for the human race. It was performed a short time ago in Glasgow Bridewell, and an account of it is given in Mr. Hill's Fifth Report on Scottish Prisons. "Eight different forms of diet were prepared, and a class of prisoners was placed on each diet, and confined to it for one month. Before commencing each prisoner was examined as to the state of his health, and weighed, and the same was done at the end of the experiment. The diet which was, on the whole, preferred by the prisoners, consisted of 26 oz. of potatoes per day, divided into 8 meals, costing in all 1gd. "A class of ten young men and boys was put on this diet. All had been in confinement for short periods only, and all were employed at light work, teasing hair. At the beginning of the experiment, eight were in good health, and two in indifferent health; at the end, the eight continued in good health, and the two who had been in indifferent health had improved. There was on an average, a gain of nearly 3½ lb per prisoner, the greatest gain being 8½ lb by a young man whose health had been indifferent at the beginning of the experiment. Only two prisoners lost at all in weight, and the quantity in each case was trifling. The prisoners all expressed themselves satisfied with this diet, and regretted the change back again to the ordinary diet. The ordinary diet of the prison consisted of 13 oz. of oat meal, 4 oz. of barley, 1 oz. of honey, and 8 oz. of bread, in all 26 oz. of solid food, exclusive of vegetables, and ½ pint butter-milk. The expense was 3d., and this was also divided into 3 meals. Five young men, and five young women on this diet, lost nearly half a pound. Another class with the same quantity of meat and milk as in the last case, were allowed at dinner half a pound of meat, and a pound of potatoes, in all 37 oz. of solid food. There was neither loss nor gain in point of weight at the end of the experiment; but although the most expensive of all the diets, two-thirds of those put upon it preferred the ordinary diet of the prison.

Thus it appears that the first of the diets, though decidedly the cheapest, was, on the whole, the most satisfactory. I do not pretend to say that this experiment is sufficient to determine the best diet for a laboring man. In many respects, the report is incomplete. The ages of the prisoners are not given, and no inference can obviously be drawn from the increased weight of such as had not arrived at their full size. Neither is the season of the year mentioned, or the temperature of the atmosphere at the time, though that would unquestionably affect the result. We know that the inhabitant of tropical climate eats little but vegetables, while in the polar regions, no kind of animal food is too gross for digestion; and in this country also, food which is relished in cold weather is not acceptable in warm. But we may safely draw this conclusion from the Glasgow experiment, that, if the potato alone, after a trial of a whole month, was still preferred to diets containing a considerable amount of animal food, it cannot be denounced as unwholesome. And if it was capable of sustaining the constitution with the imperfect ventilation of a prison, and under the gloomy reflections with which its inmates are oppressed, it can hardly be insufficient food for a man breathing the pure air of the country, and enjoying the society of his family and his friends. In farther confirmation of this, we find that in the House of Industry of Dublin, bread is "given as being less acceptable to applicants, and as a kind of test of actual want, the potato being gene-

rally preferred by the people," and when English and Irish are employed together on public works, each of course living in the way in which he had been brought up, I have never heard that the higher bred Englishman is able to do more work than the Irishman whose diet consists of little else than potatoes.

Who denounce the potato, with the addition of milk, has been the principal nourishment of the lowest grades of the population, and if sufficient in quantity, we can scarcely, in the face of the above experiment, find ourselves entitled to pronounce it defective in quality. At all events, it will be granted that vegetable food is by far the most important to the labouring classes, for those we hear much of the pressure of the high price of corn, no complaint is ever made of the rise of the price of animal food. We measure, men, could the land-holders of Scotland adopt, to secure a sufficient supply of this most important article?

By limiting their own consumption, and assessing themselves a poor rate, they might equalize a deficiency, but the amount of want must remain the same.—Quarterly Journal.

CEMENTS - The Diamond cement for uniting broken pieces of china, glass, &c., which is sold as a secret at an absurdly high price, is composed of isinglass soaked in water till it becomes soft, and then dissolved in proof spirit, to which a little gum resin, mastic, or galbanum, and resin mastic are added, each previously dissolved in a minimum of alcohol. When to be applied it must be gently heated to liquefy it; and it should be kept for use in a well corked vial. A glass stopper would be apt to fix so as not to be removable. This is the cement employed by the Armenian Jewellers in Turkey, for gluing the ornamental stones to trials of various kinds. When well made it resists moisture.

Shellac dissolved in alcohol, or in a solution of borax, forms a pretty good cement. Whites of egg alone, or mixed with dissolved quicklime, will answer for uniting objects which are exposed to moisture.

A cement which gradually indurates to a stony consistency may be made by mixing 20 parts of clean river sand, two of lime, and one of quick lime, into a thin putty with linseed oil. A quicklime may be replaced with litharge. When this cement has dried to mend broken pieces of stone, as steps of stairs, it acquires after some time a stony hardness. A similar composition has been applied to coat over Brick walls, under the name of mastic.

The iron-rust cement is made of from 50 to 100 parts of borings, pounded and sifted, mixed with one part of sal ammoniac, and when it is to be applied moistened with as much water as will give it a pasty consistency.

Mixtures of a resinous or bituminous nature must be softened by heat.

Boiled Linseed oil and red lead mixed together into a putty often used by copper-smiths and engineers, to secure joints. Washers of leather or cloth are smeared with this mixture in a paste state.

The resin mastic alone is sometimes used by Jewellers to cement by heat, cameos of white enamel or coloured glass to a real stone as a ground to produce the appearance of an onyx. Mastic is likewise used to cement false backs of doublets to stones, to alter the hue.

Melted brimstone, either alone, or mixed with resin and dust, forms a tolerably good and very cheap cement.

Plumber's cement consists of black resin one part, brick and two parts, well incorporated by a melting heat.

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