

warmth and the absence of exercise lessened materially the need of food. When Sir John Franklin and his polar party travelled on snow nearly a fortnight without food, they felt no pain or hunger after the second day; they became lean and weak by severe exercise and cold, but sustained life by drinking warm water, and sleeping in blankets with their feet round a fire; alas, a knowledge of such facts may be needful and useful in the approaching winter.

"I will now consider the best substitutes for at least one-third of the potato crop, which has already perished all over Europe, and this in Ireland is the loss of the only winter food of 2,000,000 of the people. In times of scarcity, man must take unusual trouble and adopt unusual expedients. Happily this year the crop of turnips is large and good, and already in Hampshire, farmers are selling turnips to the poor at a moderate price. This, if done generally, will form one kind of substitute for the lost potatoes. Field carrots and parsnips and mangel-wurzel, which have been grown for sheep and cattle, may be also reserved for boiling, and if sold at the usual price of potatoes, will supply more nourishment than an equal weight thereof. I shall not plead in vain to the farmers of England for this boon and benefit to their poor neighbours, who may otherwise be distressed for food and suffer hunger. Oil-cake will do as well or better for the sheep, and may be bought with the price of the above roots.

"It has been already stated that the most nutritious of all vegetable food is the flour of peas, which was the staple food in Europe before potatoes. The flour of kiln-dried peas stirred in hot water makes a strong and pleasant Scotch brose, on which alone a man may do good work. Barrels of peas brose flour may be brought from Scotland or prepared in England wherever there is a malt-kiln.

"In England, peas-soup and peas-pudding are still a common and most nourishing food. Our forefathers and their children we know from nursery rhymes, ate

Peas pudding hot, peas pudding cold,
Peas pudding in the pot, and nine days old."

"Let us for a part of this and next year once live as they lived 300 years ago. Boiled or fried slices of peas-pudding are not unsavoury food; and what boy would not prefer parched peas to nuts?

"Let every labourer who can get them lay up a sack or two of peas, and he will be safe. Where peas cannot be had, let him lay in a sack or two of beans; their flour is as nutritious as that of peas, and has no bad taste; bakers mix it with bread, and we taste it not; mixed with meal of wheat, barley, or oats, it makes good cakes and puddings, and strong soup or broth. All over the world except in England, both the rich and poor rarely dine without a dish of beans, sometimes their only dish. Let resident proprietors and chief farmers in each village lay in a stock of peas and beans, and sell them to the poor three or four months hence, at their present cost. Let them also reserve for their labourers, at present prices, some good barley, and good oats, to be ground into meal next spring, when food will be most scarce.

"Barley bread or cakes alone are not good for working men—they are too heating; but mixed with other flour, or eaten with other kinds of food, barley is very nourishing.

"Oat cake is the bread of all Scotland, and of much of Ireland, and of the North of England; and oatmeal made into broth and porridge is the universal and almost the only food of Highland children. Let those who have quailed under the charge of a Highland regiment tell the results.

"Bread made of rye is the chief food of farmers and labourers in Germany and the north of Europe; it is of a dark colour, and little used with us, but it is very nourishing, and in a time of scarcity, is a good substitute for wheat.

"Indian corn or maize is the food of man over a large part of the world, and makes bread and cakes; not very

palatable to us, but better than nothing in times of scarcity.

"Rice and sago eaten alone may suffice for persons who take little exercise, for women and children, but not for working men. These and potato flour may be added to give bulk to the more nutritious kinds of meal above mentioned.

"Lastly, let every poor man get his garden vegetables as forward as possible next spring. Let him plant his potatoes early, and when the ground is dry; let the sets be entire, or if cut, let the pieces be shaken in a sieve of quick-lime before planting. Before to-morrow's sun has set let every man bestir himself, and take a little extra trouble in the next week, that he and his children may not suffer hunger in the next year. Let no man shut his eyes and fold his arms, and say there is no danger; but let one and all arise to-morrow, and put their shoulders to the wheel. The blessings of Providence will help, and rest on those who may help themselves. 'Up and be going, and God will prosper.'"

SMITHFIELD CATTLE CLUB

EXHIBITION OF STOCK.

(From an English Paper.)

On Monday the private view was given. This year's exhibition did not equal that of last year, but there were some well-fed and well-shaped animals, and the South-down and Leicester Sheep, as well as some of the cross breeds, were very fine in appearance. Although some prizes were awarded to royal and noble exhibitors, yet the farmers took the best prizes at the exhibition. Mr. R. M. Layton's Hereford ox, which we last week noticed as having taken prizes at the Leicester and Rutland Society's Show has taken the first prize of £20 and the gold and silver medal in the first class. The first prizes in the other classes of oxen were taken, two by M. T. W. Fouracre, of Durston, near Taunton, two by Mr. Thos. Umbers, of Wapenbury, near Leamington Spa, one by Mr. W. Trinder, of Wantage, one by the Earl of Radnor, and one by the Earl of Leicester. The second prizes were awarded to Mr. W. Woodward, of Bredons Norton, near Tewkesbury, Mr. Henry Adams, of Calcut, near Cricklade, the Earl of Warwick, Mr. Willet Goodale, of Borroberry House, near Peterborough, Mr. William Bennett, of Lowsley Farm, near Dunstable, Mr. M. E. Lythall, of Hartshill near Atherstone, and Mr. J. W. Walters, of Barnwood, near Gloucester. The third prizes were awarded to Prince Albert, the Duke of Bedford, and Mr. Drinkwater Scott Hayward, of Forcester Court near Stroudwater. There were several very fine animals commended by the judges, belonging to Prince Albert, the Earl of Leicester, the Marquis of Exeter, Earl Spencer, Hon. M. W. B. Nugent, Mr. Frith of Kirkstall, Mr. H. Adams, of Calcut, Mr. John Steeds, of Frome, and Mr. John Davis of Warden. A fine Suffolk ox, bred by Lieut.-Gen. Sir Edward Kerrison, attracted great attention; we understand this animal obtained two prizes in Suffolk. The first prize and gold and silver medals were awarded to Mr. Samuel Webb, of Babraham in two classes. There were several other successful competitors. Mr. Fisher Hobbs, as usual, took a prize for his pigs, as did M. C. Eley, the Earl of Radnor, and Mr. Whiting.

WEDNESDAY.—The attendance was very numerous. His Grace the Duke of Richmond, the Earl of Leicester, the Earl of Warwick, Lord Portman, Lord Leigh, Mr. Pusey, M. P., and Mr. J. W. Childers, M. P., were among the earlier visitors during the morning, and Major-General Wemyss, who is "steward" to the Prince Consort, also paid a visit to the exhibition during the morning. The annual meeting of the members of the Club was held at one o'clock in the committee-room, the Duke of Richmond, as senior vice-president, occupying the chair. Mr. H. Gibbs, the honorary secretary, after alluding to the lamented death of the late president, Earl Spencer, proposed the name of the Duke of Richmond, so long connected with the Club, as one of its vice-presidents. The Duke of Richmond, briefly, returned thanks. Mr. Gibbs then called the attention of the meeting to the vacant