

an almost incredible power of maintaining an equality of temperature through vicissitudes of heat and cold. A variation of a few degrees from the normal standard of internal heat proves fatal; yet, human beings have borne with impunity, for some length of time, temperatures ranging from below zero, or 0°, to 600°, or nearly that number. Of this power of resisting heat and cold, civilized society, in its present debilitated state, has little conception. While shivering under our furs, we can scarce credit the "tales that our grandfathers tell," or conceive, in our warm flannel and close rooms, how the hardy savage can expose his bare limbs to the keenest weather, and sleep cosily with no covering but his blanket, in his open wigwam. Strange, that civilization has hitherto degenerated physical man, while it has so largely developed the mental. Will not the time come, when men will learn that the noblest development of the spiritual must be based on a sound organism? Ignorance of this important fact has caused most, perhaps all, the concomitant evils of civilization. Sickly bodies will make sickly minds, and sickly minds will have sickly manifestations. Close, over-heated, ill-ventilated rooms, where the air is so loaded with carbonic acid, as to reduce the organism to the condition of those reptiles whose blood is but half aerated, combined with unnecessarily warm clothing, which, by retaining heat and moisture on the surface, debilitates the skin; and gross, concentrated food; over-eating, late suppers; late hours, tight dresses, neglect of bathing, indolence,—in one word of plain English, FASHION, has rendered us what we deserve to be, a race of shivering, nervous pigmies compared to what we might have been.

Brooklin, April 1st, 1854.

THE FARMER'S DAUGHTERS.

BY MRS. M. F. H. THOMAS.

What is the reason that the Farmers' daughters are so much more obnoxious to educational restrictions than anybody else's daughters? Or why should there rest a peculiar unction upon them, from which other females are exempted? Are they formed of different clay; or with different attributes from others? Do not like causes produce like effects upon them, with universal humanity? Are not their natures—their need, spiritual and physical, the same as the daughters of professional men? Why then should their time for education be shorter? Are their prospective duties, as wife and mother, any more sure and onerous than other females? I know that the *spirit of caste* is abroad in the land;

but there is too much good sense and radicalism in the public mind, for its undisputed sway. Its limits are perpetually changing; and *farmer's daughters do not always make farmer's wives*. They who were born and bred farmer's daughters, often grace the highest circles of society—wives of our statesmen, philosophers, and even, I am sorry to say of *genteel do-nothings*, while the daughters of professional men, and even so-called gentlemen, are often happy to become wives to our farmers.

But even were not this so, what is there so peculiar in the situation and necessary training of the farmer's daughters? Health, and perfect physical development, is necessary to all; for without it life is a burden, and usefulness is destroyed. All females should be educated for the situation of wife and mother. All females should be instructed in the necessary processes of house-keeping; for such knowledge is required in a mistress, to preserve a well-ordered household, and besides, who knows what turn the wheel of fortune may take? All human beings should have their intellectual and moral natures developed to the utmost possible extent. What more, or, what less, is required for a farmer's daughter? Surely, among the green fields, pure air, most wonderful phenomena, and choicest gifts of nature, the mind as well as body, should find its most perfect development. If there be a being whose situation I envy, it is the intelligent and educated farmer's daughter, whose home is in the great laboratory of nature.

Brooklin, March 30th, 1854.

Reviews, &c.

How to choose a good Milk Cow, &c.—Glasgow: Blackie & Son. Toronto: Macleay & Co., 1853.

This is an excellent treatise, abounding in valuable, practical information. The first part is a translation from the pen of J. H. Magne, Professor of the Veterinary School, Alfort. It consists of a description of all the marks by which the milking qualities of cows may be ascertained. The second part, or Supplement, is written by Mr. John Haxton, and contains an interesting account of the Dairy Cattle of Britain; their qualities, management, and productive results; with practical hints for selecting. M. Magne's are founded upon the researches of Monsieur Guenon, the ingenious advocate of the "euchæon theory," and are designed to explain, modify, and render more practical the statements of the latter, and to disencumber them of certain fanciful hypotheses and wise-drawn refinements and calculations, which are otherwise calculated to engender scepticism as regards the entire system propounded. The work is illustrated by a large number of well executed engravings, which render the text more easily understood, and the price is only 3s. 9d.

The Anglo American Magazine—Toronto: Macleay & Co. April 1854.

This Canadian production continues to show signs of a vigorous growth. Its original literature is healthful and instructive, and its selected matter, which forms a much smaller portion of each number than is usual in such publications on this con-