

all parts of the country; ripe from November to March.

Esopus Spitzenburg.—Rather large, surface nearly covered with a deep rich red with grey dots; yellowish, streaked with red on the shade side; flesh yellow, firm crisp, rich and excellent, with a delicious spicy flavor; tree when young rather a feeble grower, but afterwards growing vigorously; shoots rather long and slender, not so fine in some soils or localities as in others, but generally esteemed as excellent.

Roxbury Russel or *Boston Russel*.—Size, medium to large; skin covered with a rather rough brownish russet on a greenish yellow ground, with sometimes a dull brown cheek; flesh greenish white, moderately juicy, with a rather rich sub-acid flavor, although not high flavored, not to be compared in that respect to the *Pomme Grise*; its uniform productiveness and fairness, and its long keeping qualities, render this variety very profitable for orchard culture; ripens in January, and may be brought to market in June.

Red Canada.—Medium size, surface nearly wholly covered with red, interspersed with large whitish dots; flesh fine grained compact, with a rich sub-acid and excellent flavor; one of the best apples, and succeeds in nearly all localities; tree a rather slender grower, productive, and fruit always smooth and fair; ripe from November til May.

Swaar.—Large, yellow, sometimes slightly russeted, with numerous brown dots; flesh yellowish, fine grained, tender, with an exceedingly rich aromatic, slightly sub-acid flavor, and a spicy smell; esteemed by many as the finest winter desert apple, succeeds best on a deep rich sandy loam, and does not thrive on cold moist soils; requires good culture to bring it to perfection, when it is one of the very best apples; tree a moderate erect grower, and bears fair crops; is in season from November to April and May.

Hubbardston Nonsuch.—Large, color striped and splashed with pale and bright red, on a rich yellow ground; considerably russeted near the stalk, and resembling the *Ribston Pippin* a good deal; flesh yellowish, juicy and tender, very rich and sweet, with an agreeable mingling of acid; flavor excellent, considered by some superior to the *Bullfinch* and equal to the *Swaar* in richness; a strong grower and good bearer; in season from November to January.

Melon or *Nor'on's Melon*.—Large medium; color pale yellow, with bright red stripes; flesh white, tender, juicy, nearly melting, with a fine spicy, slightly sub-acid flavor; growth of tree rather slow, but a good bearer; ripe from October to March, and retains its freshness late in the spring.

Ladies' Sweet.—Large, smooth, nearly covered with red in the sun, pale yellowish green in the shade, with broken stripes of pale red; the red is sprinkled with greenish dots, and with a thin white bloom; flesh greenish white, exceedingly tender and rich, juicy and crisp, with a delicious sprightly agreeably perfumed flavor; the tree

does not grow very strong, but it is thrifty and bears abundantly; ripens in November, and keeps without shrivelling or losing flavor till May.

The time of ripening given in the forgoing list, is the time they would ripen in average seasons west of Lake Ontario. East of that they will be later ripening, and of course will keep in season longer. As the summer however, is as warm in Eastern Canada as here, it will be found that summer apples will ripen pretty much at the same time all over Canada. Some fruits that would be only autumn here, will be late autumn and early winter at Montreal.

JAMES DOUGALL.

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Scientific.

THE FAVORITE POISON OF AMERICA.

(Concluded from our February Number.)

And what, then, is the mystery of fine physical health, which is so much better understood in the old world than the new?

The first transatlantic secret of health, is a much longer time passed daily in the open air by all classes of people; the second, the better modes of heating and ventilating the rooms in which they live.

Regular daily exercise in the open air, both as a duty and a pleasure, is something looked upon in a very different light on the two different sides of the Atlantic. On this side of the water, if a person—say a professional man, or a merchant—is seen regularly devoting a certain portion of the day to exercise, and the preservation of his bodily powers, he is looked upon as a valetudinarian,—an invalid, who is *obliged* to take care of himself, poor soul! and his friends daily meet him with sympathising looks, hoping he “feels better,” &c. As for ladies, unless there is some *object* in taking a walk they look upon it as the most stupid and unmeaning thing in the world.

On the other side of the water, a person who should neglect the pleasure of breathing the free air for a couple of hours daily, or should shun the duty of exercise, is suspected of slight lunacy; and ladies who should prefer continually to devote their leisure to the solace of luxurious cushions, rather than an exhilarating ride or walk, are thought a little *tete montee*. What, in short, is looked upon as a virtue there, is only regarded as a matter of fancy here. Hence, an American generally shivers in air that is only grateful and bracing to an Englishman, and looks blue, in