

food as for meat. The Swiss chamois hunters take on their expeditions among the higher alps, where they remain sometimes for days together, exposed to intense cold and undergoing the hardest of exercise, only a small quantity of cheese and a flask of brandy. The English harveeters live on ale, cheese, bread, and occasionally a bit of mutton. The Germans and Hollanders use cheese as a common article of food.

With some persons cheese is not in favor because of its constipating qualities. Eaten raw it is less so than when toasted or made into the popular dish known as Welsh rabbit, in this form it is scarcely fit for the human stomach. The fatty particles are separated from the albumen and appear simply as liquid oil, while the albumen is changed to a tough, stringy substance, without nutritious qualities and almost as indigestible as sole leather.

Cheese derives a factitious and market value from the districts in which it is produced. The Stilton cheese is a synonym of superior excellence to the English palate, and those who have made themselves acquainted with Teutonic tastes understand well what is meant by Limburger and Sweitzer kase. But for years past the American cheeses have been growing in favor, not only here but in England. A late number of the *London Grocer* says:—"The Americans and Canadians are emulating our most successful dairymen, and really choice American and Canadian cheese may now be obtained from those English importers who have made themselves well acquainted with the best sources of supply."

If cheese could be afforded at a fair price as compared with meat, there is no reason why it should not become, in a measure, a substitute, as it seems to restore the force expended by those whose work is extra laborious and exhaustive; and, indeed, it may be questioned, now, whether it is not as cheap, all things considered, as fresh meats. It is a subject worthy some consideration.—*Scientific American*.

### Cutting Timber.

If oak, hickory, or chestnut be felled in August, in the second run ning of the sap, and barked, quite a large tree will season perfectly, and even the twigs will remain sound for years; whereas that cut in winter and remaining until the next fall, (as thick as your wrist,) will be completely sap-rotten, and will be almost unfit for any purpose. The body of the oak split into rails will not last more than 10 or 12 years. Chestnut will last longer, but no comparison to that cut in August. Hickory cut in August is not subject to be worm eaten and lasts a long time for fencing. When I began farming in 1802, it was the practice to cut timber for post fencing in the winter. White oak post and black oak rails, cut at that time, would not last more than 10 or 12 years. In 1808, I began cutting fence timber in August. Many of the oak rails cut that year are yet sound, as well as most of the chestnut. If the bark is not taken off this month, it will of itself peel off the 2nd or 3rd year, and leave the tree perfectly sound. The tops of the tree are also more valuable for fuel, than when cut in winter or spring. I advise young farmers to try the experiment, and if

post fences do not last twice as long, I forfeit all my experience as worthless.

### Irish-American Whiskey.

Irish-American whiskey, according to the Revenue Commission, may be made by the following delightful receipt: 40 gallons of whiskey, 30 gallons of water, 5 gallons tincture of Guinea pepper, 1 quart tincture of killitory (or killaliberal), 2 ounces acetic ether,  $1\frac{1}{2}$  gallons of strong tea. To improve the flavor, add 3 ounces pulverized charcoal, and four ounces ground rice to the gallon, and let it stand for a week, stirring daily. Mix in any nasty receptacle convenient, in any subterranean den which the revenue officers are least likely to penetrate.—*Scientific American*.

### The Nature and Value of Oatmeal.

Dr Whislow writes: In Scotland, the nourishing quality of oats, both for man and brute, is well known. With respect to oatmeal, the people of England seem to have fallen into an egregious error respecting its qualities: from its producing in some a sensation of heartburn, or heat at the stomach, they have condemned it as heating; and from a mistake in regard to the nature of diseases, have supposed it to give cutaneous affections not more frequent in Scotland than in other countries; and which, indeed, arises from no peculiar aliment, but always from a contagion communicated from one person to another.—Besides, the most eminent French physicians speak of oatmeal as cooling; and consequently prescribe it in fever; and the inhabitants of the East and West Indies prefer it to arrow-root, when laboring under inflammatory diseases. Though oats be the food of horses in England, yet the people of Scotland live principally upon it; and in no country in Europe do we find a more healthy and vigorous race of men.—Oatmeal porridge is the best for children; and as an old author has justly observed. "It is the king of spoon-meats, and the queen of soups, and gratifies nature above all others."

### Separating Nitric from Sulphuric Acid.

The following remarks on the removal of nitric acid from sulphuric acid by charcoal, written by William Skey, analyst to the Geological Survey, New Zealand, were recently published in the *Chemical News*:—"In certain analytical operations, also for voltaic batteries, it is sometimes necessary to use sulphuric acid which is uncontaminated with nitric acid; but their separation has hitherto been a matter of difficulty, only attained by methods of a very protracted nature. In the case of dilute sulphuric acid, however, this can be effected by shaking it up with a little freshly burned charcoal in a state of powder for a few minutes and afterwards filtering. Sulphuric acid which has passed through this operation does not give any reaction of nitric acid when left in contact with crystallized sulphate of iron, although before the action may have been very decided. But if concentrated sulphuric acid which is only very slightly admixed with nitric acid be taken and agitated with charcoal as before, it will be found, even after a very