

f the body, but in the horse but a four-undreih. Ten days per annum is the average sickness of human life. About the age of 36, the lean man generally becomes fatter, and the fat man leaner. Richter enumerates 100 distinct species of disease in the eye.—The pulse of children is 180 in a minute; at puberty it is 80; and at 60, only 60. Dr. Crotton ascribes health and wealth to water; and appiness to small beer; and all diseases and ickness to the use of spirits. Elephants live for two hundred, three hundred, and even four hundred years. A healthy full grown elephant consumes thirty pounds of grain per day. Bats in India are called flying foxes, and measure six feet from tip to tip. Sheep in wild pastures practise self-defence by an array in which rams stand foremost, in concert with ewes and lambs, in the centre of a yellow square. Three Hudson's Bay dogs draw a sledge, loaded with 300 pounds, fifteen miles per day. One pair of pigs will increase in six years to 119,160, taking the increase at fourteen per annum. A pair of sheep, in the same time, would be but 64. A single female horsefly produces in one season, 20,080,320 eggs. The flea, grass-hopper and locust jump 200 times their own length, equal to a quarter of a mile for a man.—*Up-Canada Journal of Education.*

**DR. HALL'S JOURNAL OF HEALTH ON THE WAY TO CURE A COLD.**—Hall's *Journal of Health* says, the moment a man is informed that he has taken a cold, let him do three things:—1st, eat nothing; 2nd, go to bed, cover up warm, in a warm room; 3rd, drink as much as he can, and as he wants, or as much hot herb tea as he can, in three days out of four he will be almost well in twenty-six hours.

If he does nothing for his cold forty-eight hours after the cough commences, there is nothing that he can swallow that will by any possibility, do him any good, for the cold, from such a start, will run its course of about twenty-eight days, in spite of all that can be done, what is swallowed in the mean time in any way of physic, is a hindrance, and not a

"Feed a cold and starve a fever," is a mischievous fallacy. A cold always brings a fever; the cold never beginning to get well until the fever subsides; but every mouthful of food allowed is so much more fuel to feed the fever, but for the fact that as soon as a cold

is fairly seated, nature in a kind of desperation, steps in and takes away the appetite, the commonest cold would be followed by very serious results, and in frail people would be almost fatal.

These things being so, the very fact of waiting forty-eight hours, gives time for the cold to fix itself in the system; for a cold does not usually cause a cough until a day or two has passed, and then waiting two days longer gives it the fullest chance to do its work before anything at all is done.

**SCRATCHES IN HORSES.**—This troublesome cutaneous disorder, it is said by correspondent of the *N. E. Farmer*, may be cured by washing the part affected with warm castile soap-suds, wiping it dry, and then bathing it with a decoction of the leaves and twigs of an evergreen plant called "Lamb-Kill," common on cold wet land, and a valuable medicine in all diseases of the skin. A few thorough applications will effect a cure, and no dosing is necessary, though some attention to the diet, that it be cool and loosening, should be given in severe cases. Roots—potatoes particularly—might form a part of the feed.

**THE ENGLISH FARMER.**—Unfortunately, farmers have, like other people, a greater sense of the faults of others than of their own. They are not conscious of their own want of education and of their own awkwardness in many things; and yet they often entertain a most profound contempt for town-people. It would be better if they piqued themselves upon their real merits and position rather than on their being able to do a few things which, living as they do in the country, they cannot avoid understanding. They really have a position and a character to maintain, and be proud of. The English farmer is a member of a most important class of society. Living in the country, and in the enjoyment of sun, and air, and fields, and trees, without the wearing routine of labour, which too often blinds the peasant to all these blessings, and makes him walk amongst them as if they were not; removed from all the excitement of city life; enjoying a distinctly marked position, free from the temptation of moving up into a higher grade, and so losing happiness and fortune, and all which makes life sweet and honourable; living in old manor-houses, occupied often from father to son for centuries, with their quiet country church, and honest invigorating recreations, the farmer has the means of being one of the