

The Primrose, *Primula Vulgaris*, from *primus*, is well-known as the earliest plants to flower in the spring, and many of the varieties are beautiful. *Cortusoides* is one of the best here. The *Polyanthus* is a sub-species of the common primrose as is also the *Auricular*; *Primula Auricula*. In England the *Polyanthus* is one of the greatest ornaments in the cottager's garden, and of late years it has been vastly improved. I have some very fine varieties raised from English seed, some of the individual flowers or pips measuring one inch across, and 10 or 12 pips in a truss.

The *Auricula* is a general favorite with the Londoners or Cockney, many of whom will persist in calling them *Recklesses*, notwithstanding the spelling of the name, and I have seen some excellent ones in this country. They must, however, have a little protection during the winter. It is a noble flower and worthy of very general attention.

The *Viola Tricolor* or Pansy, although strictly speaking not a perennial, may also be made to add to the appearance of the garden, by the gorgeous beauty of its flowers and by procuring good varieties or good seed they may be made to produce flowers two inches in diameter and of every shade of purple and yellow to black and even bronze color.

I might go on with a host of others, but the space forbides, but all the foregoing deserve marked attention, and persons not possessing all or any of them, who intend replenishing or making their gardens in the spring, will do well to try them, carefully discarding all inferior varieties, and may success attend their efforts. Meanwhile, *au revoir*.

W. T. GOLDSMITH.

Rochester, January 6, 1857.

HINTS TO WORKMEN ON HEALTH.

1. Abstain from all spirits and dram drinking. Spirits relax the muscles, diminish the strength of the body, and render men susceptible of disease.
2. Let your food be coarse and plain. Concentrated and highly-seasoned food is, if possible, as bad as liquors.
3. Where (well-filtered) water does not disagree, value the privilege and continue it. Pure water is a far better beverage for the sedentary, and those who take but little exercise, and for those whose labor or exhausted strength do not require stimulants.
4. The quantity (of most things) is always more hurtful than the quality.
5. Take your meals at regular hours always. The human frame is capable of being changed from sickness to perfect health, by a well-regulated system of diet.
6. Avoid everything, however agreeable to the palate, that from experience you find so disagree with you.
7. Make daily ablution the first thing on rising; you will feel stronger and more refreshed from it during the day. I fancy that I hear you say that you have not the time to do so. My answer to you is, rise ten minutes earlier, dip a coarse towel in cold water, wring it out, and rub the whole body over. "Cleanliness is next to godliness."
8. Never quack with your constitution by taking patent medicines; they are offered for every kind of disease, for many of which they are decidedly prejudicial, producing very often fatal results. If indisposed (and if it is possible to do so,) remain quiet, avoid all excitement, and abstain from all meats and fermented liquors for the day. In headache and slight fever, this plan mostly effects a cure. Never use purgatives.
9. Take exercise if you value your health, but proportion it to your strength.
10. Never learn to smoke; shun tobacco in all its forms, it stunts the growth, when taken at too early an age; it is a great promoter of indolence and laziness; it causes nervous trembling of the hands, and nervous debility; it has nothing nourishing or stimulating in it, but is merely a narcotic, of which the moral and physical effects upon those who use it are of a very dubious character.