air from sewers bubbling up through the waste-pipes of washing basins, when the steam engines were vigorously exhausting their steam into the sewers. In 1835 or 1836 a friend of ours, in a private letter, suggested that the smoke nuisance might be abated by drawing the smoke from houses through sewers by powerful exhausting engines on all sides of a city—only those to the leeward to work at any time. Of course there would be no outlet of foul air from the sewer, except on the leeward side. But very large sewers would be required, and the system would be very costly. But it is easy to see that it would insure a more perfect ventilation than is practicable at equal cost on the old plans; and the air prawn into the houses would not be mixed with smoke, sewer-gas, and the other impurities now sent into the atmosphere in the city.

Probably five thousand lives and fifty thousand cases of sickness might yearly be saved in New York by a perfect system of ventilation.]—*Eds. American Artisan.*

Manufactures and Agriculture.

The intimate dependence of agriculture, for its enlargement and compensation, upon the establishment of manufactures is well put in the following extract from the new official volume of statistics compiled from the last Federal Census, by Mr. Kennedy, late Superintendant of the Census. Mr. Kennedy says:

"To enter upon any discussion respecting the relative importance of interests which hold such intimate relations, with such indispensable independence reciprocally as agriculture and manufactures, the one augmenting the prosperity of the other, neither flourishing with the other languishing, would be profitless. To every observer the fact is evident that lands enhance in value in proportion to the capital expended in manufactures, and that negligence and barrenness disappear in proximity to riches and population. The poor acre, with its rocks and tangled thickets, becomes transformed, by the presence of the factory or iron works, into a productive garden of greater value than fourfold its quantity of the most fertile valley distant from the avenues to the market. In truth, farming lands, everywhere, fertile as they may be, would possess but little value were it not for the consumption of their surplus produce either as food to sustain a commercial and manufacturing population, or as raw materials in the arts and manufactures, and, other things being equal, it will be found that the prices of lands and the value of their products vary in proportion to the cost of transporting the latter to the place of consumption. These prices are not controlled so much by distance as by the cost of carriage, as we see illustrated in the efforts of railroads and other means of conveyance, which deliver at a profit to the producer those articles which, transported by ordinary means, would cost more than the value of the crop in market, and this results from the enhanced worth of products occasioned by increased consumption, and the return freight in articles of manufacture, a process constituting the greater portion of commerce.

The system of agriculture, as pursued at present, with its labor-saving machinery, could no more continue without the aid of mechanic arts, than it would pay without the absorption of its products by manufactures, or than manufactures could thrive independently of the products of agriculture or the consumption of mechanical productions by the farmer, and so inseparably are they identified in interest, that with the spindle at rest, and the anvil ceasing to ring, the plough must inevitably stop in the furrow.—*Maine Farmer.*

Poisons in Daily Use.

Poisons are introduced into the system by various means. They are often concealed in food by the ignorant cook or housekeeper, and as ignorantly partaken of by herself and others. Pickles are often poisoned by being scalded in brass or copper kettles: it makes them look green, but that greenness renders them poisonous. Brass or copper vessels ought not to be used for any purpose, unless they are previously scoured very bright; it is better for health to avoid their use for cooking purposes. Brass wash-dishes ought never to be used; they cause sore eyes, eruptions, etc Water is poisoned by being conveyed in lead pipes, or standing in pails painted in the inside. Milk is poisoned by using such pails for milking. Cheese is often poisoned in the same way, and by using, in its manufacture, brass, copper, or wooden tubs painted inside.

Ignorance often places a deadly weapon in our choicest article of food, but selfishness often conceals a greater. It manufactures and commends poisons for others in many temptingly disguised forms. Candies, toys, and cakes are ornamented or coloured with various poisons. The blending of colors in various ways, in candies, and on cakes, makes them attractive to the eye but destructive to the health of those who use them. Cakes ornamented with colored dust, candies colored in such nice style, toys so highly attractive to children, cause decayed teeth, canker, intestinal inflammation, nauseating headache, colic, spasms, and often convulsions. Confectionery may be prepared without coloring material, so as to be wholesome. Gay colors are made of poisonous materials, that ought never to be introduced into food or drinks.

Wall-paper—ornamented with beautiful green, pretty yellow, and lively red—often diffuses, through sleeping and sitting rooms, an atmosphere impregnated with a poisonous vapor, that causes headache, nausea, dryness of the mouth and throat, cough, depression of spirits, prostration of strength, nervous affections, boils, watery swellings of the face, cutaneous affections and inflammation of the eyes. These occur in more serious forms in apartments that are not constantly and thoroughly ventilated.—*Home Journal.*

Diet in Relation to Health

A writer in one of the leading English magazines, in reviewing a new book upon this subject says:

As to diet, many of the regulations are excellent, chiefly because they prescribe wholesome food and moderation. But many are absurd, and all are without the illumination of intelligent principles.

Let us glance at one or two. "There is no circumstance," says Sinclair, "that seems to be more essential than to permit only a small quantity of liquid food," and Jackson also says, "The less one drinks the better." It is rare that reasons are assigned, and when they are assigned, they are usual-