

country—so far from being injuriously interfered with, has received a fresh and enormous impetus from the vast amount of capital created at the "Diggings." This is proved, by the liberal support of agricultural societies, the increase in the production of wool and other colonial produce, by the extensive import from Europe of agricultural implements and machinery of the most modern and expensive description, and of horses, cattle and sheep, purchased in England at enormously high prices.

GYMNASIA IN COLLEGES AND SCHOOLS.—The experiment of introducing physical culture, by means of gymnastic and calisthenic exercises, as part of the system of education at Amherst College, is pronounced, after trial for one term, a decided success. The institution has a gymnasium, thoroughly appointed, with bowling alleys and wash rooms. The department is under control of a graduated professor, whose business it is not only to regulate the mode and quantity of exercise, but to impart instruction in physiology and hygiene as well. It is made obligatory upon the students to take exercise, just as it is to recite Latin and Greek. And it is found, under a careful and natural regimen, that what was feared would be disagreeable as partaking of the nature of compulsory routine, is a very pleasant pastime, under which great bodily good is realized by all the students.

INFALLIBLE CURE FOR CANCER.—The following recipe for the cure of this most loathsome disease, by Mr. Fugett, an old gentleman living in this country, who assures us that he has never yet known it to fail:

General Cancer Recipe.—Take pulverized beech drops, 29 grains. Red Puc coon root, 3 grains. Pure arsenic, 1½ grains. Mix together and keep in a dark place.

To make Ointment.—Take a handful of slippery elm bark, a handful of the weed life-everlasting; put in a pot and cover them with water, and boil until you get the strength thoroughly out; then remove the herbs and strain the liquor; then cleanse the vessel and return the strained liquor, and boil slowly down to one pint; then add about one pound of rosin, and one pound of mutton suet. Continue to simmer down until the water is out. While the mixture is cooling you must stir it.

Application.—If the cancer be not raw, scarify it, and take a piece of thin cloth, half an inch larger in diameter than the cancer, and spread the salve over it, and apply it to the cancer at night; the next morning remove it and put on a good coat of powders with the salve only on the good flesh, so as to hold the powders on the parts which are raw, let the powders remain about thirty-six hours and so continue until the cancered flesh is all eaten out; if the dead flesh should not come away of itself, or sticks to the bone, you may hasten the operation by cutting it away before applying the powders. Be not alarmed at this medicine, for it will not waste away good flesh. After you know the cancer is killed, and all the cancered flesh is out and

cleaned off well, you must keep the salve on the cancered parts until cured up, keeping all way from the cancer from the commencement.

I am an old man, now nearly eighty-five years of age—and I wish the world to know the virtue of this medicine and the good it has done. Be ware of all counterfeits for there are many in existence. I have received many counterfeit receipts, to know if genuine, which had my name falsely signed. This is my reason for publishing this recipe. I let Dr. January of Murfreesboro, have a recipe and medicine, and requested him to let the people know the good of it; but he has not complied with my request, neither will he give his medicine out.

I hope editors generally will copy this article for the good of the people, as the medicine is sure cure.—*American Paper.*

TOUNSEND FUGETT

BELLBUCKLE, Bedford Co., Tenn.

IMPORTANCE OF OCCUPATION.—Not unfrequently have I heard women, who were surrounded by all the advantages that outward wealth can give, say, with sad and timid self-pronouncement, "I ought to be happy. It is my own fault that I am not. But, I do not know how it is cannot get up an interest in anything." What I remind them that Richter said, "I have five proof perennial enjoyments, called employments," few have faith in such a cure for the monotony of life. But the only certain way to attain habitual content and cheerfulness is the active use of our faculties and feelings. At Somerville finds too much excitement and pleasure in her astronomical investigations, to be the poor stimulus of extravagant expenditure gossiping about her neighbours. Yet the astronomer discharges all womanly duties with beautiful propriety. She takes nothing from her family. She merely gives to science the hours which many women in the same state waste in idleness and dissipation. What can more charming than the example of Mrs. Huldevoting herself to the study of natural history to assist her blind husband in his observations. Or Mrs. Blake, making graceful drawings in her husband's studio, working off the impressions of his plates, and colouring them beautifully with her own hand?—*Mrs. Child.*

MATERNAL INFLUENCE.—The moral destiny of the world depend not so much upon institutions or upon education, as upon moral influence. The most powerful of all influences is the maternal. On the maternal character depend mind, the prejudices, the virtues of nations: other words, the regeneration of mankind. —*Aime Martin.*

The following facts in physiology are curious and interesting: A man is taller in morning than at night to the extent of an inch, owing to the relaxation of the ligaments. The human brain is the twenty-eighth