seven-eighths of the nerve food from their wheat, had fed his soldiers with the unnatural manufacture; may not we be allowed to think there would have been equal trouble? For one cannot imagine such a large diminution without a corresponding lack of tenacity in those tissues needing and accustomed to a full supply. To put it differently, suppose Cæsar had removed 87½ per cent. of his soldiers' proper nerve food from their wheat; would he not have had a right to expect only 12½ per cent of energy, tone or vital force in those soldiers' nerves? And yet this is just the state of things our boasted modern civilization has put us into. Because public opinion says that the whiter and lighter the bread is baked the better it is, therefore all Christendom acknowledges the declaration, and eats the food which contains the less of solid, substantial elements the whiter and lighter it is. It cannot be denied that neurotic complaints are very common and chronic. Never were there so many insane people; never were physicians called upon oftener to treat nervous diseases than at present. How often people drop dead from heart disease, found upon examination to be solely from the want of proper innervation. How marked is the prevalence of paralysis. How the nerves of special sense suffer. We have trouble with the eyes very commonly. Our children, if we have any, grow up thin, unreal, *nervous*, anæmic. They die of consumption, and break down readily under the discipline of schools. Then we see a vast amount of nervous diseases in women of every condition and class of society. Go into any public assembly in New England; see the cry of distress and care impressed upon the countenances, a cry for something they lack. It is a beseeching look. Some say it is from hard work! Well, it is hard work to fight the battles of life with but 12½ per cent. nerve food!

May it not be that the diet of our farmers, *white bread, pies, cakes, doughnuts, crackers*, deficient as they are in the full amount of nerve food, is partly the cause of their own and particularly their wives' decay, and distressed looks, and decayed teeth, and weak nerves, that tremble and shake and ache when engaged in services which should be pleasureable not painful? Consider also the amount of nerve force it takes to digest the starch which is a main constituent of flour, compared with the amount required to digest animal food containing the same amount of nerve food. Sometimes cases of dyspepsia (difficult digestion) seem to depend upon the fact that the nerve power (so scantily fed upon flour) is all used up in labor and work, and in carrying on the other functions of the body so that there is none left to digest the food. In other words, the system is too tired to eat. What follows? As a matter of course the whole sytem is unnourished, the other functions fail in their full performances, and if this be carried too far the nervous system rebels, and we have neuralgia, headaches, and distress in various parts of the body; and, if these things be continued, disease results, sometimes followed by death.

The fact is that we are surrounded constantly by the causes of disease. Vegetation is subject to the same law. The moment animal and vegetable systems are reduced in their vitality, then step in parasites, animal and vegetable, which are called disease. In potatoes, for instance, that rot, it has been found that there is a withdrawal of lime to nearly 75 per cent. of the normal quantity. The aphides and fungi and microscopic algæ prey upon the tubers, and by some are thought to be the cause of the potato rot; but, as they are found wherever there is decay, animal or vegetable, it is more probable that the loss of the mineral constituents so weakened the vitality of the potatoes that they fell an easy prey to the insects and spores which are everywhere present, ready to act if they get a chance. Our present system of agriculture allows the ground no time to rest, and, when the soluble salts of mineral plant food are exhausted from the soil, plants grown in that soil

The old Mosaic law of letting the ground enjoy the rest of a sabbatic year, (one in seven), allowed the undissolved lime, soda, potash, magnesia, salts, etc., to become soluble under the atmospheric influences, so that when the land came to be planted the next year it possessed the materials in a soluble form for making growths with their full amount of mineral constituents. Thus built up, the plants resist the aphides, and the fungi, and, as people say, they do not rot.

Dr. Nichols, the able editor of this paper, said that when he gave his land a dressing of salts (sulphate of magnesium) then it bore perfect wheat, while before it was a failure. The same gentleman has a cold grapery in which he raises large quantities of perfect and most beautiful fruit, entirely free from rust, mildew, smut, mould, or insects. The peculiarity of this grapery consists in having no manure but mineral manure in the form of salts of the various alkaline earths. The supply was put in the border outside, and is calculated to last for thirty years! Eight of these years have passed and the abundance, perfection, and beauty of the fruits are a growing and indisputable comment upon the doctor's wisdom and the law of the indispensableness of mineral food to perfection in vegetation.

If mineral salts are so necessary to healthy vegetation, is it unfair to reason that animal life needs them just as much? And as nerve force is so indispensable a part of animal life, do we reason incorrectly when we assert that in our opinion nervous disease would not be so prevalent if the human system were fed with all the 100 per cent. of phosphoric acid that God intended it should have? Ours is such a bustling, active, nervous age, that we need more nerve food than ever before in the history of the world. How many of us wear out, how many of us suffer, how many of us fail from want of proper nerve food none can tell. One thing is certain the old Roman soldier did not give out until the introduction of wealth brought on an age of the most extravagant living the world ever saw. If the diet and habits had been kept down to the wheat standard in the palmy days of the empire, Rome too might have withstood decay (other things being equal) a much longer time. And what perpetuity can we expect for our own country, if we rear a weak race with feeble nervous systems on food which has lost nearly 87½ per cent. of phosphoric acid?

The subject is one of importance. If the case has been made out, even feebly, public opinion should be moulded in the right direction. This can be done only by united, continuous effort of right-minded people. Let these, when convinced, say so, and become centres around

PROVINCIAL EXHIBITION.

(From the "Colchester Sun," 26th January, 1876.)

From the present aspect of affairs we think we are safe in concluding that Colchester County will this year, 1876, hold what may be termed a "Provincial Agricultural and Industrial Exhibition." As many of our readers are doubtless aware, applications have been made to the Central Board of Agriculture of this Province, asking for Colchester the privilege of holding such an Exhibition, in terms of the Act passed during the last session of the Local Legislature, which gives a bonus of $4000.00—to be expended in prizes—to any County willing to erect suitable buildings and otherwise satisfy the Central Board that such an Exhibition will be successfully carried out. This responsibility Colchester is, or, at least, will in a few days, be prepared to assume.

Yesterday a meeting was convened in Truro, in response to a circular issued by W. M. Blair, Esq., President of the Onslow Agricultural Society, who, it will be remembered, was appointed at a public meeting held in January, 1875, to look after the interests of this County in the matter of a Provincial Exhibition, and to communicate with the authorities on the subject, when the proper time and opportunity were presented. The meeting was