

rookery. By some extraordinary telegraph other crow communities picked up the tidings, and within a day or two it is believed that every rook within a circuit of twenty miles had found his way to the grub feast in Luss Glen. Our informant, who witnessed the scene in the beginning of the week, states that the glen and the fields around it are blackered with rocks, and that the caterpillars have fairly met their match. The birds commence the assault by the earliest streak of morning light; and after making a copious breakfast, they retire to the fields for rest and digestion, returning to the feast time after time until darkness covers the land, and they can eat no more. The rocks which live farthest from the spot have deserted their ordinary homes for the time being, and have pitched their tents in the glen, where it is presumed they will remain as long as there are grubs to feed them. As it is, the progress of the caterpillars has been completely checked since the birds have commenced in earnest, and it is believed that before long they will have exterminated these destructive insects. The rooks are ably seconded by a corps of jackdaw auxiliaries, and indeed they have allies in most every bird that flies; being the most hungry of the assailing force in Luss Glen.—*Glasgow Daily Herald*.

TAKE CARE OF THE FEET.—"Of all parts of the body," says Dr. Robertson, "there is not one which ought to be so carefully attended to as the feet." Every person knows from experience that colds, and many other diseases which proceed from colds, are attributable to cold feet. The feet are at such a distance from "the wheel at the cistern" of the system, that the circulation of the blood may be very easily checked there. Yet for all this, and although every person of common sense should be aware of the truth of what we have stated, there is no part of the human body so much trifled with as the feet. The young and would-be genteel-footed, cram their toes and feet into thin-soled, bone pinching boots and shoes, in order to display neat feet, in the fashionable sense of the term. There is one great evil, against which every person should be on their guard, and it is one which is not often guarded against—we mean the changing of warm for cold shoes or boots. A change is often made from thick to thin-soled shoes, without reflecting upon the consequences which might ensue. In cold weather boots and shoes of good thick leather, both in soles and uppers, should be worn by all. Water-tights are not good if they are air-tights also; India-rubber over shoes should never be worn except in wet splashy weather, and then not very long at once. It is hurtful to the feet to wear any covering that is air-tight over them, and for this reason India rubber should be worn as seldom as possible. No part of the body should be allowed to have a covering that entirely obstructs the pas-

age of the carbonic acid gas from the pores the skin outward, and the moderate passage of air inward to the skin. Life can be destroyed in a very short time, by entirely closing up the pores of the skin. Good warm stockings, a thick-soled boots and shoes are conservators of health, and consequently of human happiness.

WHAT IS DYSPEPSIA?—With due attention to temperance, exercise, and early hours, you may set dyspepsia at defiance. Neglect one of the precautions, and you lay yourself open to the approaches of the enemy—neglect two of the and it is hardly possible that you can escape. And above all things, keep this in mind, that no other disease or affection of the body is so stealthy or insidious as dyspepsia. If the first instances of carelessness or transgression were to be visited with pains and penalties that afflict the patient when the malady has become chronic, few men would be so insane, or so obstinate, reckless as to postpone the work of reformation. But the earlier symptoms are rarely of an alarming kind. The appetite is not sensibly affected, though the digestion is impaired; and the complaint seems to be limited to flatulency or heartburn. Such unpleasant sensations, however, can be easily removed. Essence of ginger and fluid magnesia, seldom fail to give relief, and the patient flatters himself that there is ground for apprehension. But the symptoms do not disappear. They recur with great frequency; and the antidotal doses, though increased, are found to have lost their efficacy. The stomach has now become more seriously ranged. All kinds of food generate acid; in this stage the patient usually has recourse to the carbonates of soda or potash, which in turn give a temporary relief, though without any way arresting the disorder. By this time dyspepsia, like an insidious serpent, has fastened the victim within its embrace, and is squeezing him at its leisure. Everything he disagrees with him, and seems to undergo a wondrous transformation. That which served up at the table as haggis, seems converted, two hours afterward, into a ball of knot-tow—a mutton chop becomes a fiery cinder rending the interior with his claws; and even rice-pudding has the intolerable effrontery to come revived as a hedge-hog. After that comes nausea and vomiting. You derive no benefit from the food you swallow. From twelve-stone weight you dwindle down to ten. Your countenance becomes ghastly, your eyes hollow, you totter prematurely upon your pins. The mere notion of exercise becomes distasteful. You feel as if you had no strength for anything. You are pensive, moody, and irritable. Your mind loses its elasticity and power; and when you sit down to compose, instead of manly matter, you produce nothing but the dream-drivel.—*Blackwood's Magazine*.