

CLEANLINESS.—Compare the dirtiness of the water in which you have washed when it is cold without soap, cold with soap, hot with soap.—You will find the first has hardly removed any dirt at all, the second a little more, and the third a great deal more. But hold your hand over a cup of hot water for a minute or two, and then, by merely rubbing with your finger, you will bring off flakes of dirt or dirty skin. After a vapor bath, you may peel your whole self clean in this way. What I mean is, that by simply washing or sponging with water you do not really clean your skin.

Take a rough towel, dip one corner in very hot water—if a little spirit be added it will be more effectual—and then rub as though you were rubbing the towel into your skin with your fingers. The black flakes which will come off will convince you that you were not clean before, however much soap you may have used. These flakes are what require moving. And you can really keep yourself cleaner with a tumblerful of hot water than a whole apparatus of bath, and soap and sponge, without rubbing. It is quite nonsense to say that anybody need be dirty. Patients have been kept as clean by these means on a long voyage, and where a basinful of water could not be afforded, and where they could not be moved out of their berths, as if all appurtenances of home had been at hand.

Washing, however, with a large quantity of water has quite other effects than those of mere cleanliness. The skin absorbs the water, and becomes softer and more perspiral. To wash with soap and soft water is, therefore, desirable from other points of view than that of cleanliness.—*Notes on Nursing, by Florence Nightingale.*

SWIFTNES OF BIRDS.—A German ornithologist says the vulture can fly at the rate of 150 miles an hour. Observations made on the coast of Labrador convince Maj. Cartwright that the wild goose can travel at the rate of 90 miles an hour. The common crow can fly 25 miles; swallows, according to Spallagin, 92 miles an hour. It is said that a falcon was discovered at Malta 24 hours after the departure of Henry IV. from Fontainebleau. If true, this bird must have flown 15 hours at the rate of 57 miles, not allowing him to rest a moment during the whole time.

ANALYSIS OF THE ATMOSPHERE.—An instrument has been invented by M. Pouchet, the French microscopist for concentrating upon an infinitely minute surface all the solid and normally invisible corpuscles floating in the atmosphere, so as to allow of their examination by means of the microscope. He succeeds in concentrating upon a glass, and within the space of two square millimetres, all the particles disseminated in a cubic metre of atmosphere. The new instrument will be valuable in facilitating microscopic analyses of the air in hospitals and other

localities, where, for hygienic purposes, a knowledge of the purity or impurity of the atmosphere is deemed desirable.

Editorial Notices.

BLACKWOOD'S EDINBURGH MAGAZINE FOR OCTOBER.—New York: Leonard Scott & Co. Toronto: H. Rowsell. Leonard Scott's report of this number of Blackwood has come to us somewhat earlier in the month than usual. The number is an attractive one, although containing rather a larger proportion than usual of light and amusing matter; which however the way will probably render it none the less agreeable to the majority of readers. The following are the titles of the articles:—

Seeing is Believing; The Papal Government Licker 2d among the Thieves; The recent Traces of Primeval Man; The Romance of Agostini, Part II.; The Fresco Paintings of Italy—The Arundel Society; Proverbs; A Meeting; Progress; Strength; Norman Sinclair An Autobiography. Part IX. Blackwood's year. Blackwood and any one of the four views \$5. The four Reviews and Blackwood \$10.

AYRSHIRE CATTLE—Patrick R Wright, Esq. Cobourg, C. W., breeder of Ayrshire Cattle, Sheep, &c., has several young Bulls and Heifers for sale. His herd is well known as one of the best in Canada West, and his terms of sale liberal.

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