

MEDICINAL PROPERTIES OF SOME HERBS AND GARDEN VEGETABLES.

The wholesomeness of vegetables is often adduced as a reason why every farmer should make the cultivation of a garden a part of this domestic economy.

There is a trite saying that as regards his own health, a man is a Fool or a Physician at forty. Doubtless if people would pay more attention to the most simple sanitary rules, as to diet, regularity, seasonable clothing, avoidance of undue, and often, unnecessary exposure, and would eat such vegetables as are known to prevent or relieve certain disarrangements of the system, indicated to each individual by symptoms, he would soon learn to understand, he would sustain his health and prolong his life.

Therefore it is hoped that a list of a few of the vegetables that can be easily grown, with a brief outline of their various medicinal and corrective qualities may act as an inducement to some "scoffers" to change their minds as to the profit to be derived from the "garden of the farm".

Asparagus—enlivens the blood, stimulates the action of the kidneys, relieves palpitation of the heart, and is good for rheumatism.

Beans—are highly nutritious and invigorating.

Beet—purifies the blood; acts as a good appetiser.

Cabbage—blood-purifier and mild purgative.

Capsicum—"Chili" or *Cayenne pepper*. Cure for habitual drunkenness. Efficacious in liniments; stimulating.

Carrots—Relieve liver complaints and gout, purify the blood and make good poultice for ulcerated sores.

Celery—very nutritious, and an excellent blood purifier, very advantageous in all nervous diseases also in rheumatism and neuralgia.

Cress—the cresses are excellent blood purifiers and useful in action of the liver and in scrofula.

Cucumbers—are cooling to the blood.

Dandelions—when boiled are good for the kidneys also.

Endive—good for torpid liver.

Horse-radish—stimulating, and good for scurvy.

Leeks, Onions—Garlic and Shallots stimulate the circulation of the blood and promote digestion.

Lettuce—the heart and young leaves are cooling, induce sleep, and soothe pain; the seed stem is poisonous.

Melons—cooling, refreshing, and a mild aperient.

Parsley—acts with good effect upon the kidney and bladder.

Parsnip—very full of nutrition.

Peas—not medicinal but very nutritious.

Rhubarb—refreshing and good for the stomach.

Spinach—good in ailments of the kidneys.

Tomato—a stimulant to the action of the liver.

Camomile—"Tea" good for stomach complaints.

Horehound—for coughs and colds.

Rue—good to lessen fever.

Wormwood—(absinth), an excellent appetiser.

CURIOUS FACTS.

Japan has made mushroom-raising quite a profitable industry. They are raised from oak logs. The logs are cut into lengths and the bark beaten or cut with axes, they are then left in the forest to decay and from these the mushrooms spring.

They are then gathered and dried, either in the sun or by artificial heat, in which state they are exported. In 1895, 1,780,597 lbs. were shipped.—(*Scientific American*.)