

say, I cannot, I am pledged. I am sure they will find the benefit in a week. It is not so hard if they will call God's assistance. He will strengthen them to resist the temptation; for on the Monday after I took the pledge, I was asked three times to have my liquor, and on Tuesday they brought a bottle of brandy to the ship to get me to drink, but I would not. It was a trying moment and I think I should have drank, had it not been that I was a pledged man in the presence of God and you; and what man must he be who will violate his word to God? They laughed and jeered at me, but I heeded them not for God assisted me at this trying moment. I was firm and they now trouble me no more. I now rise with a clear head for business, a contented mind and healthy frame of body, (thank God) and I go through the duties of the day with contentment to myself and satisfaction to my superiors. But I must be brief. I thank God and you for effecting this change. It will give joy to my friends to know that the Americans in New Orleans have reformed a repulsive drunkard that was incurable at home. I pray God to give grace to continue the work you have so generously begun, and may he prosper your religious endeavors with the conversion of many such as me, and bring to a sense of what is due to God, themselves and society. I have studied much, both religious books and others,—for instance Blair's Sermons, Saturn's Reflections, Bishop Heber and many others with much benefit; but that little tract has done more than all. Every word came home to my heart as solid truth which there was no denying. The author deserves a crown, and the book ought to be printed in letters of gold. Every drunkard ought to read it. His heart must be callous indeed if he can resist such astounding facts. I am sorry to say I have sinned much and God has punished me severely; but I must not complain. He bore with me patiently many years, yet he will not chide, neither will he keep his anger for ever. This I found; for three years ago I was at sea off the Bermudas in a storm; a heavy sea struck the ship, and swept the decks of every thing. I was washed overboard and the vessel was nearly going down. After the water cleared off, I was found with my shoulder dislocated, my left ribs broken and my right leg shattered all to pieces. I was taken for dead, jammed between the lanyards of the fore rigging. It was fifteen days after before I got medical assistance, and when I was sent to the Hospital they wanted to amputate the leg, but I would not consent. I was two years laid up with it, had eighteen pieces of bone cut out of it, and suffered much from the other injuries I received. My next voyage was to Quebec last fall. We left in November, were dismasted twice, lost the rudder and filled with water,—a total wreck in the middle of the Atlantic ocean, 1200 miles from land. There we were for 30 days, and must have perished had not God sent the Loodianah to our assistance; for the same night they took us off the wreck, it blew a perfect hurricane, and she must have gone to pieces. Capt. Dallimore treated us with great humanity. So I have much to be thankful for, and when I am far away on the dark blue waters I shall read the tract and bless the kind friend that gave it, and God for sending you.

I remain, dear sir, your humble serv't.—N. O. Pres. S. M.

THE FAMILY.

Means of Preserving Health.

The following from Dr. Fitch's lectures, contains valuable suggestions and important advice. Though interesting to all, we commend it especially to those who work in-doors.

THE CHEST AND LUNGS.—Those in easy circumstances, who pursue sedentary employment within doors generally use their lungs but very little—breathe very little air into the chest, and thus, independently of bad positions, contract a wretchedly narrow, small chest, and lay the foundation for the loss of health and beauty. All this can be perfectly obviated by paying a little attention to the matter of breathing. Recollect that the lungs are like a bladder in their structure, and can be stretched to double their ordinary size with perfect safety, giving a noble chest, and perfect immunity from consumption. The agent—and all the one required—is the common air we breathe; supposing, however, that no obstacles exist, external to the chest, such as *laçang*, or tying it around with stays or

tight dresses, or having the shoulders lay upon it, as I have before described.

On rising from the bed in the morning, place yourself in an erect position, your chest thrown back, and your shoulders entirely off the chest; now inhale or suck in all the air you can, so as to fill the chest to the very bottom of it, so that no more air can be got in; now hold your breath and throwing your arms behind, holding in your breath as long as you can; again fill your chest, and walk about holding in your breath as long as possible. Repeat these long breaths as many times as you please. Done in a cold room is much better, because the air is heavier and denser, and will act much more powerfully in expanding the chest with air; throw the head back so as to lift up the breast bone, and bend the whole bust backward from the waist. You may in this manner expand the chest a thousand times a day, if you like. On going out of doors into the cold air, inhale all the air you can, and hold it in as long as possible; stand or sit perfectly erect whilst walking or riding through the street, along the road, in fields or garden. Practice in this mode of expanding the chest. Do not stoop forward at all, but suck in all the air you can, throwing the head and neck backwards, and hold in the air as long as possible. By this exercise you will often at once check a cough, or a disposition to cough. The chest may also be fully expanded while lying in bed.

Exercising the chest in this manner, it will soon become very flexible and very expandible and will enlarge its capacity and the size of the lungs, so as to hold in a few weeks, double its quantity of air, while externally it will measure from one to six inches larger in its circumference. Should you not have full strength to enlarge the chest in this way, then use an inhaling tube. The inhaling tube will greatly assist you in expanding the chest, if you are weak or not. The chest should be treated in this way during your whole lives. Should you become invalids, from any cause, keep your chest expanded by long breaths and the inhaling tube, and continue to breathe a little cold fresh air daily, by having it drawn from out of doors, by leather or tin pipes, or in any other manner you please.

While forming a fine chest, and after it is formed, great care is required to establish perfectly correct positions, so that the chest shall not be contracted, and all your efforts counteracted by bad passions. If your positions are habitually bad, in spite of all you can otherwise do, the chest will be more or less contracted. The rule with you should be, and the rule of health is, to keep the bottom of the chest, the ends of the short ribs, and the lower end of the breast-bone, as far out from the back bone as possible. To effect this, the chest must be perfectly straight, and thrown a little backward from the waist at all times.

The small of the back is made flexible, but the hip joints are the points at which to stoop either backward or forward. The joints are ball and socket joints, like a swivel in some degree. The trunk of the body may be bent forward as much as you please for all useful purposes, and the chest and the whole spine and neck be kept perfectly straight. Hence no lady should ever make a table of her lap either for sewing, reading or writing, or any occupation whatever. Let all these and all works you do, be arranged on a table before you, and that table be raised to the armpits, or as high as possible, so as to keep the chest straight.

A little practice will make this infinitely more agreeable than to stoop, whilst little or no fatigue will be experienced whilst stooping, or from habitual stooping. The weight of the shoulders will thus be kept off the chest, which is one of the grand causes of fatigue from manual labor. You will thus entirely prevent the mark of servitude being impressed on your person, in a pair of round, stooping shoulders, and flat contracted chest.

A Nubian Loom.

Early one morning, when walking ashore, I came upon a loom which would excite the astonishment of my former fellow-townsmen the Norwich weavers. A little pit was dug in the earth, under a palm,—a pit just large enough to hold the treadles and the feet and the weaver, who sits on the end of the pit. The beam was made of a slender palm stem, fixed into two blocks. The treadles were made of spines of the palm fixed into bits of stick. The shuttle was, I think a forked twig. The cotton yarn was even, and the fabric good,—that is, evenly woven. It was, though coarse, so thin that one

might see the light through; but that was intended, and only appropriate to the climate. I might have wondered at such a fabric proceeding from such an apparatus, if I had not remembered the muslins of India, produced in looms as rude as this. It appears, too, from the paintings in the tombs, that the old Egyptian looms were of nearly as simple a construction, though the people were celebrated for their exports of fine linen and woollen stuffs. The stout-looking gay chequered sails of the boats, and the diversified dresses of the people represented in the tombs, were no doubt the produce of the rude looms painted up beside them. The baskets made by the Nubians are strong and good. Their mats are neat, but neither so serviceable nor so pretty as those of India; but then, these people have not such a material as the Hindoos. Their ropemaking is a pretty sight; prettier even than an English rope-walk, though that is a treat to the eye. We often saw men thus employed, one end of their strands being tied to the top of a tall palm, while they stood at the other, throwing the strands round till they would twist no more.—*Miss Martineau's Eastern Life.*

AGRICULTURAL.

Best Plan of a Barn.

It has been remarked that no building on the farm in the northern states is of more importance than the barn. Those who have had the charge of cattle during our long winters, can at once see that much time and hard labor could be saved by a judicious arrangement of stalls, and bays, granaries, &c., so that every creature could be fed by taking as few steps as possible. One very important thing to be considered, is the best mode of preserving as well as collecting manure, so that it shall retain all its valuable properties in the spring and be easily got out. We like the plan of having a barn on the side of a hill, and so arranged that you may drive your team or cart load pretty near the ridge pole, and thus pitch most of your hay down instead of up. Having your stalls near you can continue to pitch the hay down, and if you have a cellar beneath, you can throw the manure down also, and thus make the attraction of gravitation perform much of the labour of transportation from the mow to the manure cart.—*American Journal of Ag. and Science.*

Curious Mode of Making Butter.

If I want butter only for my own breakfast, I lay a sheet of blotting paper upon a plate and pour the cream upon it. In a short time the milk filters through, and the butter is formed. If I wish to expediate the operation, I turn the paper over gently upon the cream, and keep it in contact for a few moments, and then press upon it for a few moments and the butter is formed in less than two minutes. If you submit it to severe pressure by a screw press it becomes as hard as when frozen. I cannot think but the simplicity of this mode of proceeding would be universally adopted, if any better material than blotting paper could be thought of for the filter—the paper adhering firmly to the butter, and the finest muslin admitting the passage of the cream.—*Garbener's Chronicle.*

Effects of Mud on Grass Land.

Last season, Mr. David Choate, of Essex, Massachusetts, sent us, says the Boston Cultivator, some heads of herds grass, showing the effects of mud on the crop. At that time no particulars were communicated, but since, Mr. Choate has given the following:—In the fall, meadow mud was hauled from low land, and laid in a heap on high dry land, that yielded a very light crop of grass. In a short time the heap was removed, leaving about an inch depth of the mud, in consequence of which a very stout crop of grass was produced the next season. The heads of herds grass from the land not thus manured by mud, are about two and a half inches long, and of a small size; those manured by the mud are eight inches long, and of a large size. This shows the very powerful effects of mere mud, which abounds in every section of the country. Almost every farmer has on his farm a mud mine, more valuable in contributing to the happiness of himself and others, than a mine of gold.

Treatment of Horse Manure.

Fresh horse dung, when dried, contains about two and three-quarters percent of ammonia and other fertilizing salts; but when allowed to fer-

ment, as it usually does in practice, it contains only about one per cent, of fertilizing salts, and loses besides, nearly nine-tenths of its weight. This gives some idea of the waste which generally attends the practice of neglecting this kind of manure on the farm. In order to prevent this waste, it is only necessary to throw the dung into a heap, under cover, and sprinkle a few handfuls of charcoal dust, or plaster of Paris among it every few days, or if it becomes heated to mix with it few quarts of common salt.

ARRIVAL OF THE NIAGARA.

The letters by the English Mail arrived in this City at 11 o'clock, p. m. on Wednesday, and the newspapers in about 12 hours afterwards. The intelligence is not of great importance if we except the gloomy account which is furnished of the prospect of the potato crop, throughout the United Kingdom, which we regret to say, is likely to prove a very general failure. The Chartists are again becoming a little troublesome in and about some of the manufacturing districts in England, on the 14th instant, a mob of these fellows murdered a policeman in Ashton, a manufacturing town in the interior of Lancashire. These nefarious vagabonds have altogether abandoned their design in the Metropolis, where their recent demonstration proved such a disgraceful failure, when they were most effectually put down by their fellow citizens, without any aid whatever on the part of the military, thus proving that London is sound to the core. In Ireland affairs are quiet, several of the rebel ringleaders have been arrested, and will in due course be tried by a jury of their country, and ultimately punished for their outrageous enormities. In consequence of bad accounts of the coming harvest, commercial prospects have also changed for the worse, and the staple exports of this Province have suffered in value in the home markets.

IRELAND.

Saturday will indeed be an eventful day in the history of the Irish Rebellion of 1848. On that day it was that Smith O'Brien's engagement with the police, at Ballingarry, took place. It was on that day he was arrested by a Railway Guard, at Thurles, and on that day Meagher, Doheny, and others, found themselves in the hands of the Government authorities. Thus, one after another of the valiant "leaders" are denuded of that liberty, which they had vowed and protested a thousand times, they would only forfeit with their lives. Alas! how are the mighty fallen, and how miserably the poor creatures must have mistaken their own strength, and the disposition and sincerity of their own followers. Thank God it is so. It will teach others that the trade of sedition and treason is a desperate one, and will deter them from the commission of acts which might, if allowed to continue, produce a most dreadful state of anarchy and confusion. We had never much fear, but now we have less than ever, that there will be even a moderate attempt at revolution, and sincerely do we hope that the future course of the Government will be such as to allay, as much as possible, the ill-feeling which has been excited by recent events, and at the same time apply itself with as much earnestness and vigour in the adoption of remedial measures, as it has shown in subduing the Rebellion.

Public attention has this week been chiefly centred in the State Trials now in progress in Dublin, and much dissatisfaction has been expressed that in the case of O'Dogherty the officials allowed themselves to be defeated by a jury who could not agree on a verdict. After being confined for forty-eight hours, they reported that there was no chance of their coming to any conclusion, and they were in consequence discharged. The prisoner has not, however, been liberated, but another jury has been empanelled to try the case. In the matter of Martin, the proprietor of the *Felon*, the Government have been more fortunate, and have got a verdict of guilty. This result is said to have been attained after considerable disagreement amongst the jurymen, and it is even hinted by some of the Repeal papers, that it was only on condition that the prisoner should be recommended to mercy that unanimity was obtained. Some colour is given to this statement, by the fact that the prisoner was recommended to mercy, in consequence of the letter upon which he was found guilty having been written in prison, and under feelings of excitement.

On Wednesday the Attorney General applied for a postponement of the trial of Charles G. Duffy, until the next Commission, on the ground that a letter in Mr. Duffy's hand-writing had been found in possession of Mr. S. O'Brien implicating Mr. Duffy in the crime of high treason. The Court has not as yet given any final decision, though it is believed that the application will be granted.

On the eve of our last publication, it was currently reported that O'Gorman had made his escape from Limerick, in a vessel bound for Quebec. We did not give currency to the report because we disbelieved it. Subsequent accounts prove that our doubts were well founded, as it is now ascertained that he is still in the neighbourhood of the Keeper Mountain.