

compare Sunday-schools with what I wish them to be, they, all of them, appear like ciphers; but when I reflect on the state in which we should be without them, I could clasp my hands with joy, and lift up my heart with thankfulness.—*E. Holding.*

Scientific.

[From the Watchman and Reflector.]

THE LAWS OF HEALTH.

WARMING SUDDENLY, AND TOO LONG.

If caution is needful in regard to warming ourselves, in general, especially in the autumn, it is still more so in regard to sudden warming. For nothing is more common than when cold, to get warm as soon as possible; and the colder we are, the more apt are we to rush to the fire. There is, however, one exception to the truth of this remark. When it is known that the extremities are actually frozen—the nose or ears, toes or fingers—there are few so ignorant or so incautions as to go suddenly to the fire. They may not know why there is danger in doing so. They may not know that by suddenly heating the part, they are liable to destroy its vitality. They only follow a tradition which has long existed—which, however, is founded in experience.

When, however, the part is not quite frozen—when the temperature, instead of having fallen quite to 32 dg., the freezing point, but only to 34 dg. or 33 dg., it seems hardly to enter the thoughts of one person in a hundred, that there is any danger. No matter how cold the extremities are, provided they are not quite frozen, an entirely different course is pursued. Can such a course be safe? Can the difference of one or two degrees in temperature require a treatment so entirely opposite.

True, we are not obliged, in the nature of the case, to be as cautious in approaching the fire when a part has been cooled down to 33 dg., as when it has reached the freezing point; for the experience of thousands proves that the consequences are not so hurtful. There is a wide difference between the state of the parts in the two cases, although there is no such distance as many suppose.

But what are the evils which follow from approaching the fire too suddenly when we have been long subjected to a low degree of temperature, and yet are not quite frozen?—What, at least, are some of the more formidable?

First, we injure the chilled parts themselves. They are rendered weaker than before. They are more susceptible of disease; and the disease, whenever it fixes on any of these weakened parts, is apt to be more severe than it otherwise would have been.

Secondly, other parts are weakened from sympathy. If we are in the habit of warming our fingers and face rapidly when they are very cold, we not only weaken them to the eyes, but the effects are frequently transferred, by what medical men call the law of sympathy, to some of the internal organs, such as the lungs, stomach, liver, intestines, &c.—Every internal cavity which opens, in any obvious degree, to the external air, is lined by what is called mucous membrane; and between the skin and these parts, the sympathy of which I have spoken is particularly active and strong.

Thirdly, we injure the eyes by getting too near the fire, in such a way as to induce suffering, both in the organs themselves and in all parts with which they sympathize. The eye is too delicate to bear the radiating heat from a fire place, or any other fixture. God did not design that it should bear strong light or heat. He has interposed a curtain (the eyelid) between it and the sun, so that the rays of the latter hardly ever reach the delicate eye ball, unless we look upward. When we sit much by the fire, or even gather round it to warm ourselves, or bring both the light and heat to bear upon the eyes, they are largely and inevitably injured. And sudden approaches to the fire, when we are very cold, often occasions what we call sore eyes. In some few cases, ophthalmia has been induced.

The question may be asked concerning cold feet. But suppose your feet really become cold, and you cannot get them warm by other means, would you not then go to the fire? My reply is, I would never sit long with them cold. But there are other ways of warming feet besides this. An aged friend of mine, in Hartford, warms his feet, in some instances, by plunging them in a tub of cold water. This will frequently secure the point aimed at better than warming at the fire. This very friend had a neighbor twenty years ago, who used to

warm his feet at the fire even in midsummer. Both were invalids and both dyspeptics. The neighbor, who warmed himself carefully in July, has been dead ten years; while my friend who dips his feet in cold water, is comparatively healthy, and almost free from dyspepsia. But the best way is so to live as not to have the feet cold. For twenty years I have enjoyed an almost entire exemption from this form of suffering, although up to that time few persons suffered more than myself.

House Building in Paris.

This branch of industry is under the supervision of a special bureau at the prefecture. Before a proprietor can build, he must hand in a detailed plan of the structure, setting forth not only the relative position of the apartments, but the thickness of the walls, the nature of the materials to be used, the number of stories, the slope of the roof, and in short, all the particulars about it. When the plan is approved, he is permitted to commence. As the work progresses it is frequently visited by officers attached to the bureau, who sees that the plan is strictly adhered to, that the proprietor does not encroach on the street or his neighbor, and that the materials are good.—The two great objects of the police requirements seem to be to secure the putting up of houses solidly built, and not liable to take fire. For instance—every foundation wall must be of stone, and at least sixty centimeters (one foot and eleven inches), thick. This thickness is preserved in all the outer walls, but in some partition ones may be diminished for stories above the second. Frame houses are unknown. A common material for walls is cement, mixed with stones and pebbles. The cement, if well made, becomes hard as rock, and is very durable. But to make assurance doubly sure, a solid frame-work of seasoned timber, the joints well secured by broad iron bands, is first put up, and the cement is built upon this skeleton. One result of these judicious precautions is that the Paris houses are remarkable for solidity. One hears of no workmen crushed by the falling in of a nine inch wall; one sees no houses with sides bulging out like those of an over-stuffed bandbox; or cracked from top to bottom and the halves ready to fall in opposite directions.

Great pains are also taken to guard against fire. The joints near the fire-place must be well sheeted with iron, and the houses roofed with some fire-proof material, such as metal, earthenware tiles, or a composition of asphaltum. Shingle roofs, which on a hot summer's day light up at a spark as easily as so many sulphur matches, are not in use among the Parisian architects, who prefer a hum-drum state of safety to the romantic uncertainty of the shingle system. Their precautions are so well taken that fires are very rare in Paris; and as to conflagrations, the oldest inhabitant does not remember such a thing. The streets are never filled with crowds shouting "fire" at the top of their lungs; with zealous firemen rushing like madmen to the scene of action, to the great danger of quiet elderly gentlemen; with furniture tumbled out of the windows of burning houses; or with families weeping over the loss of their property.

The Farm.

SMALL FARMS.

One advantage to the nation arising from a system of small farms, is the moral influence which grows out of it. Talk as you will of patriotism, there can be no doubt that this feeling is strengthened by the possession of a competency vested in property identified with the country. The man of immense wealth, amassed perhaps by commercial skill or good luck, is much less identified with his country than the small but independent farmer. The man of large fortune, especially if engaged in commerce, is much more sensitive to a policy which affects the commercial operations than the other. He can, too, at once remove his wealth to another country—he is not so closely connected with his own country. So, too, with the mere hireling; where he can procure the best wages is his home. Otherwise with the farmer who tills his own ground—who, entering upon his little tract, has himself cut down the forest—cleared his own fields, planted his own orchards, built his own house. His love of country is no ideal abstraction—it is a tangible reality. In the travels of an English baronet through Holland, we find the following observations on the advantages of the small farm system, as it has been manifested in that country. Agriculture in this

country is far in the rear of modern improvements. Professor Johnson, of England, who has recently visited this country for the express purpose of studying this subject, says that American farming at this day is on a par with that of Scotland eighty years ago. There are millions of acres now which our people disregard, and consider worthless for cultivation, which by the discoveries of modern science, can be made to yield a rich return. In connection with the surrender of the public domain to the western States, as trustees for the people of all the States, there should be established an agricultural bureau in every State, soils analysed, surveys made, reports published, experimental farms established, premiums awarded, and every means used to improve the slovenly agriculture of the country.

"The many spires and chimneys of villages peeping above the trees in all directions, the small divisions of land, the neat and numerous little farm-houses which abounded on all sides of us, presented a picture of industry and prosperity seldom seen in any other country. The sound wisdom displayed by the Dutch in preventing the overgrowth and consolidation of farms, cannot fail to strike the observation of the traveller, and particularly an English one. By this admirable policy, Holland is enabled to maintain its comparatively immense population, under the great disadvantages of a soil far from being genial; hence it is but little burdened with paupers, and hence the abundance of its provisions.—In England, on the contrary, the farmers, grow opulent by availing themselves of the calamities of unproductive seasons, and consequent scarcity, have for many years past omitted no opportunity, by grasping at every purchase, to enlarge their estates; and hence a portion of land which, if separated into small allotments, would give food and moderate profit to many families, is now monopolized by one; and those who ought to be farmers on a small scale are now obliged to toil as laborers in the fields of their employers, at wages that are not sufficient, if their families are numerous, to prevent the necessity of their applying for parochial aid. If some legislative provision could be effected to restrain this monstrous and growing evil, by that ardent and cordial lover of his country, and particularly of the lower classes of society, Mr. Whitebread, who has laudably in Parliament applied his enlightened mind to ameliorate the condition of the poor, it would be one of the most beneficial measures that ever received the fiat of the British Senate."

Curious Facts in Natural History.

It is little more than twenty years since the first crow crossed the Genesee River westwardly. They, with the fox, the hen-hawk, the swallow, and many other birds and insects, seem to follow civilization.

The locust-bore, is not of more than thirty years introduction into the United States, and has not yet reached the native groves of the locust tree at the south and west. It commenced its ravages on the east side of Genesee River in 1830, and it was seven years before it crossed to the west side.

The grain worm or weevil, began its course of destruction in Vermont, about the year 1828, and it progresses in the course it takes from ten to fifteen miles a year. It has not yet reached Western New York to any extent; but the destroyer is on its march, and desolation will follow its track in this great wheat growing region.

Rose bugs have been so common in some of the Eastern States, that on the sea-shore they have floated in winnows on the sands, having been driven into the sea by winds, and drowned. They have only made their appearance in this region, in any quantities, within two or three years.

The cedar or cherry bird was first noticed west of the Genesee River in 1828, and now it is so great a pest as to induce many to give up the cultivation of cherries, especially if near woodland.

The plum-weevil, or curculo, which is indigenous to America, being unknown to Europe, was first discovered by Mr. Goodsell, the first editor of the Genesee Farmer, since which time it has disseminated itself over the whole continent.—*Genesee Farmer.*

Hints.

Don't let the buckwheat stand over a day after it is cured, without taking care of it; one heavy rain, after it is right, musts one half.

Carrots, bagas and beets should be dug the last of this month, and if you have not room

in the cellar, bury slightly in steep ridges, to protect from rains—in which insert twisted wisps of straw for ventilation. They require but little protection, and a chance to send off moisture in vapor. White turnips are excellent food for sheep and spring calves, and worthless for the table after January. Bagas should take their place after that period.

Fruit trees may be safely set any time after the first frosts. Peaches and cherries are safer set in the spring, if done absolutely before the buds expand.

Push your fattening hogs this month with all your ability of cheap feeding. Cattle intended to be turned off as grass beef, should have a daily feed of pumpkins and roots, if you intend to get a paying price.

The Guinea Hen.

The Guinea Hen, or Pentado, is near an everlasting layer. They are said to unite the properties of the turkey and the pheasant.—They are a native of Africa, though said by some to belong equally to this country, and are easily domesticated. Their flesh is more like that of the pheasant than the common fowl, both in color and taste, and is reckoned a very good substitute for that bird. They assimilate perfectly with the common fowl in their artificial habits and kinds of food. Their gait is peculiar, as are also their cries. They are fond of marshy places, and always perch during the night in high situations, or on trees. It is a little singular that American farmers do not turn their attention to these fowls. A knowing Jerseyman named David Bonner, from England, hired a patch of five acres four years ago, and commenced raising eggs for the New-York market. Bonner has never hired any help, and at this moment owns a farm, for which he paid \$4,700, of which the buildings cost over \$3,000. His farm is all paid for—he owes not a cent in the world, and he owns a flock which varies from 800 to 1,200 Guinea hens.

Cure for Glanders.

In answer to one of your subscribers inquiring what will cure "Nasal Gleet," or discharge from the nose of horses, I would say, that I have cured many with the following simple compound, and two cases that were called glanders confirmed, viz:—Take one teaspoonful of common rosin, one teaspoonful of copperas, two table-spoonfuls of salt, and four spoonfuls of dry ashes; pulverize the rosin and copperas, and mix the whole and give it in bran, or shorts, or oats dry, and in four weeks time, by giving the same quantity twice a week, I cured the two cases of glanders. I have used the same in cases of cold or catarrh, and three or four does have performed a cure. I have also used it for horse distemper with success.—*Exchange.*

Stockbridge, Mich., 1850.

Scalding Milk.

In Devonshire, England, where dairying is extensively practiced, the milk intended for the churn or for cheese, is scalded as soon as it comes from the cow. This process obviates most effectually the natural tendency of the milk to sour in warm weather, and when intended for butter making, secures the advantage of sweet milk for family use, after the cream is removed.

Rose Cuttings.

One of the best methods of securing the success of these is to stick the cutting about an inch deep into clear river sand, with properly prepared soil about an inch below to receive the roots as soon as they strike. The clean sand prevents the roots from rotting.—A correspondent of the *Horticulturist* succeeded with this when every other mode failed, and says she does not lose one in twenty. We would add, that if the cuttings are thrown into water for a day or two, they are much more likely to grow. They should of course be placed under glass during winter, and the continuance of frost. The last half of this month and the first week of next month is the time to set out. The cuttings are necessarily of this year's growth.

Plum Trees.

A gentleman says:—"I smoked a part of the trees with birch bark when they were in full bloom. The trees that I smoked are completely full of plums, while on those not smoked a plum is not to be seen. On the three small trees that I smoked, I think there will be from a bushel to a bushel and a half of the finest plums."