

along the shores of the sea, has all the virtues of fresh water mud that of sea salt superadded, which is one of the most important ingredients in the composition of the best manures. I might add, that it abounds, more than any other mud, with putrified animal substances. Much of these are contained in the sea itself: And innumerable are the fowls and fish that have perished upon flats since time began; and the component parts of their bodies have been inclosed by their supervenient slime.

Mud taken from flats where there are shell fish or even where they have formerly lived, is better for manure, than that which appears to be more unmixed. The shells among it are a valuable part of its composition. If it abound much with shells, it becomes a general manure, fit to be laid upon almost every kind of soil.

That mud, however, which is a richer manure than any other, is taken from docks, and from the sides of wharves in populous towns. For it has been greatly enriched by the scouring of foul streets, and from common sewers; as well as from an unknown quantity of animal and vegetable substances, accidentally fallen, or designedly thrown into such places.

Sea mud may be taken up at any season, whenever the farmer has most leisure. It is a good method to draw it up on sleds from the flats, in March, when the border is covered with firm ice. I have thus obtained mud from flats, with great expedition and little expense.

Mud that is newly taken up, may be laid upon grass land. But if it is to be ploughed into the soil, it should first lie exposed to the frost of one winter. The frost will destroy its tenacity, and reduce it to a fine powder; after which it may be spread like ashes. But if it be ploughed into the soil, before it has been mellowed, it will remain in lumps for several years and be of less advantage.

A layer of mud will be no bad ingredient in a heap of compost. But it should be contiguous to a stratum of lime, if that can be obtained, but where this is wanting, new horse dung is the best substitute, to excite a strong fermentation.

The best method of managing all sorts of mud, were it not for increasing the labour, would be to lay it in farm yards, and let it be thoroughly mixed with the dung and stale of animals. When it is so managed, the compost is excellent, and fit for almost any soil, though best for light ones. Perhaps the advantage of it is so great as to pay for the increased expense of twice carting. For it will absorb the stale of cattle, and retain it better than straw, and other light substances.

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ANIMAL AND VEGETABLE FOOD.

It is amusing to hear a nervous female, whose daily exercise consists in going up and down stairs two or three times a day, and shopping once a week, complain that she cannot preserve her strength unless she eats freely of some kind of meat, and takes her twice daily potatoes of strong coffee, to say nothing of porter, and wine sangaree. The same opinion prevails among all classes of our community. A child (in the arms) cannot, it is thought, thrive unless it have the leg of a chicken, or piece of bacon in its fist to suck: a boy or girl going to school must be gorged with the most substantial aliment at dinner, and perhaps little less at breakfast and supper. The child is crying and screaming every hour in the day; has, after a while, convulsions; or obstinate diseases of the skin, or dropsy of the brain.—

The little personage going to school complains of headache, is fretful and unhappy, and becomes pale and feeble. The poor books are now blamed for the fault of the dishes, and school is given up. The doctor is next consulted on the best means of restoring the strength to the dear creature, that has lost its appetite, and can eat nothing but a little cake, or custard, or at most some fat broth.—Should he tell the fond mother the unpalatable truth; and desire her to suspend the system of stuffing, and allow her child, for sole food, a little bread and milk diluted with water, and daily exercise in the open air, she will be heard exclaiming in a tone of mingled astonishment and reproach, why doctor, would you starve my child.

For the information of such misguided persons we would beg leave to state that the large majority of mankind do not eat any animal food, or so sparingly, and at such long intervals that it cannot be said to form their nourishment. Millions in Asia are sustained by rice alone, with perhaps a little vegetable oil, for seasoning. In Italy, and southern Europe generally, bread made of the flour of wheat, or Indian corn, with lettuce and the like mixed with oil, constitutes the food of the most robust part of the population. The Lazzeroni of Naples which forms so active and finely proportioned, cannot even calculate on this much; coarse bread and potatoes is their chief reliance; and their drink of luxury is a glass of iced water slightly acidulated. Hundreds of thousands, we might say millions of Irish, do not see flesh meat, or fish from one week's end to the other. Potatoes and oatmeal are their articles of food; if milk can be added it is thought a luxury; yet where shall we find a more healthy and robust population, or one more enduring of bodily fatigue, and exhibiting more mental vivacity? What a contrast between these people and the inhabitants of the extreme north, the timid Laplanders, Esquimaux, Samoideans, whose food is almost entirely animal!

AXIOMS.

All human happiness, whether public or private, domestic or national, are founded on individual cultivation.

Knowledge is pleasure as well as power; and of any two individuals in society, whether rich or poor, the more highly cultivated, other circumstances being the same, will possess the greater share of happiness, and will be the more valuable member of society.

Every good principle in society, to do good effectually and generally, ought to be effectually and generally applied, and, therefore, to raise any society or nation to the highest degree, individual cultivation should be carried to the greatest practicable extent in all classes of society,

To introduce an ignorant youth into a highly civilized country under the supposition that he could obtain the requisite degree of prosperity and happiness, would be more absurd than to turn an educated child into a country of savages.

In all countries, education, in as far as it has been carried, has had an effect of rendering the poor content. The uneducated, are prone to consider wealth and happiness, as synonymous, a delusion, which knowledge quickly dispels; philosophy teaches its fallacy, and history exemplifies it. Education increases the happiness of the rich and gives happiness to the poor.

There is nothing more worthy of a man than truth, nothing more despicable than falsehood.