

Rural Economy.

ALDERNEY CREAM AND CONSUMPTIVES.

E. M. R. writes to the Rural New Yorker as follows:—
Has somebody Alderney stock for sale? We fancy so. Hear him expatiate on the healing virtues of cream from Alderney cows. In order to gain an audience, he takes his place in the Country Gentleman—a very respectable medium for advertising. "Have you heard," he inquires, "that cream from Alderney milk was [sic] excellent for consumptives? I am told that one of the most celebrated physicians in Edinburgh, whose skill in the treatment of consumption is very great, recommends its use as fully equal to cod-liver oil, and much more palatable. If this is a fact, it is worth knowing, and should greatly increase the value of this breed of cattle." Ah! indeed! But what is the fact "worth knowing"? There are two that seem to have been discovered and recommended by "the celebrated physician of Edinburgh" to the notice of the world: first, that Alderney cream is fully equal to cod-liver oil for consumptives; and secondly, that it is "more palatable"—a notable discovery, worthy of the "distinguished physician" for which we thank him, making our politest bow, and of which we intend to avail ourselves to-night in connection with our tea and raspberries.

But it is quite as well known as it ought to be that a milk-and-cream diet is most favorable to consumptives? We would not be so nice as to limit this remedial luxury to the few who have an Alderney cow. Any good cow's milk will answer the purpose—though we will not vouch for milk-men's milk, which is manufactured from a chalk quarry with the aid of a hydrant. Doubtless there is a difference between the richness of both cream and milk from different cows; but not enough to make it essential in the question of dietetics. The Alderneys are good; and so are many of our native cows. The prescription of milk and cream for consumptives is not a new thing,—not first known, at least in this country, in connection with Alderney cows. Dr. TIMOTHY CHILDS, pretty well known for many years, as head of the Pittsfield Medical Institution, long ago, before he had ever seen an Alderney, we must believe, substituted cream for cod-liver oil for consumptives. Only last year, a well-known practitioner sent an emaciated invalid up into this region among the valleys formed by the spurs of the Green Mountains, with the express direction to make a free use of milk diet, which he accordingly did, much to his benefit, albeit there are no Alderneys hereabouts. Another from a neighboring city went to New York, that he might receive the best medical advice, which consisted in ordering him to make breakfast and supper on bread and milk alone; and this he followed to the letter, remaining in the city some months to eat bread and what, by courtesy, is called milk. The best evidence of the excellence of milk diet is the fact that the man survived, when he received so little milk and so much of water and other ingredients. The two essential qualities of wholesome milk are purity and cleanliness,—the latter is seldom so carefully attended to by milkers as it ought to be. With these qualities milk and cream from any cows will be found equal to cod-liver oil for consumptives, and better than all the nostrums for dyspepsia and nervous prostration.

But to secure this good effect, they must be daily though not sole articles of diet. The consumptive needs variety as well as others in his food. But let him quench thirst with cool milk; eat it with bread, apple pie, berries and, above all, with baked sweet apples the year round if possible. Let him eat cream and sugar, and not some vile compound called gravy, on his puddings. With some, molasses cookies and milk are a favorite dish. Let all his salt fish, if he eats any, be freshened in milk. With a little forethought and ingenuity a great variety of palatable dishes—aye, "more palatable" than cod-liver oil—can be made, in which milk or cream may be a large ingredient. The more cream, of course, the more concentrated and powerful, as a remedial agent, this diet will be.

And now, O country friend, let me tempt your palate by giving a recipe for one dish of this kind. If you have not heard of it before, you will thank me forever and bless your stars that you live in the country where pure milk and good fruit can be easily obtained. I have not seen it in the Rural, though it is not new. Take good, fair, pound sweet apples—they are the best—one for each of you, mind,—that is enough for tea; pare and core them whole; steam them thoroughly; put them on the table and sprinkle them to your taste with white sugar and milk or cream; then eat them; but not without thanks to the Giver of all good things.

MANURE FOR THE GARDEN.

Experience has proved what science has taught us, that no matter how rich and suitable our soil, when we commence to raise crops and remove the produce, it will become gradually unproductive. The reasons for this result have been fully stated, and are questioned by no intelligent cultivator. We need not here enter upon the demonstration of this fact; our purpose is to offer a few hints upon the best method of obviating this exhaustion of the soil. The active soil has been found to contain a certain number of essential elementary constituents; these exist in very various proportions in different soils. The absence of any of them, however, renders the fertility doubtful. The entire want of the least of these elementary parts, is held to be disastrous to the cultivator. In cases where less than the average exists in any one of these, say magnesia, iron, or even manganese, and where we plant a crop which takes up a large proportion of

these particular constituents, we may unwittingly render our soil unproductive in a single season. How carefully then should we ascertain the nature of the soil, and the nature of the crop it is to bear, so that we may replace the waste of any special ingredient. Nor, to accomplish this, is there any necessity that we should be expert chemists. We have the teachings of experience to show us that well composted barn-yard manure, properly applied, will return to soil almost all the principles required; a little lime or salt, may, at times, be desirable, as an additional application—but the use of these is pretty well understood. We might with safety, affirm that to soils of average quality, a sufficient annual dressing of barn-yard manure would prove a preservative of fertility, provided, always, that the fundamental principles of good culture are complied with and carried out. There are, nevertheless, circumstances and cases, where special applications of manures are productive of increased fertility, and where even barn-yard manure should be so prepared as to correspond with the texture of the soil. There are contingencies, also, where the favorite material is beyond the reach of the cultivator at the time required: in these cases, concentrated fertilizers, such as a pondrette, super-phosphate, guano, bone-manure, and other manufactured substances, may be substituted, if procured of good quality and applied skillfully. A compost prepared by the cultivator, in good season, and made up of fresh, unexhausted loamy turf, decayed leaves, cow-droppings and stable litter, with such liquid matter as is to be procured in the barn-yard, together with a proportion of fully-dried swamp muck, weeds and refuse, rotted or burned; and, in fact, any such material as farm or garden affords; such compost is of more value to the kitchen gardener, when kept for a sufficient time to render its decomposition certain, than any other manure he can apply, especially for hastening his succession of vegetables as it is all-important that the material employed impart the requisite stimulant at once.

There is much to be said in regard to the requirements of certain soils and certain crops. In this place we shall content ourselves with remarking that soil newly broken up, will not at first produce a variety of vegetables in perfection, though it may be rich in all the necessary elements. It requires commixture and comminution of its particles, with free access of air and water. If a heavy clay, it will require several seasons to pulverize it. If sandy soil, it will require the addition of some tenacious material, such as clay, or very fully decomposed barn-yard manure and muck.

Fresh loam is, perhaps, soil mostly readily reduced to fit state for general crops. If the soil is tenacious, do not apply in a decomposed state; let the litter be fresh, so that it may decompose in the soil, producing combustion, and consequently, melioration of the cohesive properties of the soil. For such a soil, guano, or similar fertilizers are much inferior to litter. Some vegetables dislike fresh manure in close contact with their roots. Such are the carrot, parsnip, pea, and others; there are many which will not succeed in the absence of rich and highly-stimulating material, as cabbage, onions, leek, celery, &c. Some of these are partial to particular soils also, and several demand a special routine or culture different from that which agrees with their less fastidious neighbors.—Country Gentleman.

CURE FOR THE DOG PLAGUE.—C. R. Rockford (Ill.) referring to dogs writes:—"When dogs or wolves have made havoc among the sheep, remove the dead and wounded from the field with the exception of one. Hang that one up on a tree or fork out of the reach of the dogs. Cut from the ham a number of pieces and flavor each well with strychnine, and drop them on the ground near the carcass. You will probably have an opportunity to collect the dog tax the next morning, but the result need not be published."

SUNFLOWER SEED.—Those who have sunflower seed going to waste will find it to their advantage to feed it to the fowls. Where poultry raising is made a specialty it will pay well to raise sunflower seed for feeding the fowls. They will eat it in preference to corn.

Scientific.

A GREAT IMPROVEMENT.

The New York Central Railroad are now adopting what seems to us one of the greatest improvements in the construction of a railroad track yet discovered. We refer to that which is called the Fish-joint. Instead of laying the ends of the rails upon what is called a chair, which will give, or rack, more or less, in spite of all that can be done, and will allow the wheels to strike the ends of the rails with that pounding motion so common, by this invention the ends are held firmly in their place by a bar of iron two or three feet long, inserted in the groove on the inside of the rails, and stoutly riveted to them. The effect in riding is the same as on the compound or continuous rail; the wheels gliding smoothly and almost noiselessly along.

The advantages of this are many. It must save much in the wear and tear of machinery. The rolling stock must last much longer. The rails cannot be so easily displaced or broken, as these troubles most frequently occur at the ends, where two rails meet. Trains will not be so often thrown from the track and smashed up. Great damage and expense must often be saved in this way. And thus also the peril of travel is lessened, and the rates of accidental insurance might be reduced. But better than all, we had almost said, the wear and tear

on nerves and ears and eyes and throats must be greatly reduced. Talking and reading will now be easy, and less hurtful, because of less noise, less motion, and less dust. The change is striking, the relief instantaneous, in passing from the old rail to the new, as the substitution is as yet made only on small portions of the road. But large piles of the new rails are scattered along the track, and workmen are busy in various places making the change. When it is completed the travelling public ought to hold a big meeting and pass an unanimous and loud vote of thanks to the enterprising Directors of this great central avenue of locomotion for their considerate attention to their safety and comfort.

The business and travel on this road would seem to be increasing all the time. Trains of twelve, fourteen, sixteen passenger coaches are seen passing over the road. Cattle, sheep, and hogs by thousands are coming from the West. And now, also, loads of iron may be seen hurrying westward for the great Pacific Railway. These cars, we are told, are loaded at Athens, on the Hudson River, and unloaded almost at the foot of the Rocky Mountains. The gauge of the Central Road, corresponding as it does with the roads westward, enables its freight cars thus to pass right on wherever the iron is wanted, without breaking bulk. Who could have predicted this even twenty years ago? GENESEE.

A NEW SUBMARINE EXPLODER.

A number of gentlemen of New York city, a few days ago subscribed \$5,000 to build a new submarine exploder, with which to attempt the recovery of the £1,300,000 from the wreck of the frigate Hussar, sunk near Hell Gate. When the object of a diver has been to attach ropes and chains to some sunken body, it has been customary, and found most convenient, for him to use only a simple armor, and the same was the case when he descended merely to examine the location of a wreck or anything of that kind. But, in cases where it was the object to send several persons down at once, and lift the weight directly or move it, as in laying the foundation of piers under water, a bell, called the Nautilus was successfully used. In cases where attempts have been made to raise sunken bodies by the use of a bell directly, an air pump was placed on some vessel above water, and persons going down in the bell, after fastening it to the object to be raised, would send up a signal to have more air pumped into the bell, which, forcing water out of the same, would raise a considerable weight, even though the bell was not actually brought to the surface. This was a preliminary proceeding to enable the divers to place the object in such a position that they could grapple it; after which hoisting machinery worked it up to the surface. But none of the bells hitherto used to any extent have had any material lifting power of themselves, the lifting power being generally applied from the surface. The "Nautilus" had chambers filled with water, into which compressed air could be admitted from a reservoir above, and thus rise and fall in the water without sending any message to the surface. The new submarine exploder is to be so constructed that it will have a great lifting power independent of any aid from the surface. The bell, which is to be moderate in size, will have a working-chamber in which several operators can work upright; interior diameter, 7 feet; total diameter from 9 to 10 feet. It is claimed that it will possess a lifting power of 100,000 pounds. The bell is to be so adapted as to have a horizontal motion, at its own control. This, it will be seen, is a novel and important feature, inasmuch as a vessel having only a rising and falling power, might have to ascend and descend 50 times to get an advantageous position. As to the depth to which a man may descend, there is a great diversity of opinion. Many men go down without inconvenience 100 feet, and go down with comparative rapidity—say as fast as a man would ordinarily descend a stairway. Others begin to feel unpleasant symptoms at a less depth. It has been assumed by some that the superincumbent weight of water renders it almost impossible for the operators to move about and perform their duties. This, on the contrary, it is held, is evidently fallacious, inasmuch as the pressure of the air within the body balances the pressure of the water without, so the pressure of the water acting in every direction, neutralizes any restrictive power that it would otherwise possess upon the body moving within it. Connected with the bell, a plan has been devised by which, during all motions of the bell under water and the tender above, constant telegraphic communication can be maintained between them.

OUR OWN GLACIERS.

Along with our other valuable property in Russian America, we get a fine lot of glaciers. Mr. Wm. P. Blake, who has seen them, makes a satisfactory report of their number and condition in *Silliman's Journal* for July. From this statement, it appears that the glaciers are not on the Pacific coast, south of Sitka, where the weather is too mild for their perfect development, but along the river Stickeen. This stream rises in the Blue Mountains opposite the head waters of the Mackenzie, and flows in a general south easterly direction parallel with the coast until it breaks through the mountains east and a little north of Sitka. When the snows are melting the Stickeen is navigable by small steamboats about 125 miles from its mouth; so that it will be possible to sail up the river and enjoy a full view of the glaciers. Their appearance is said to be magnificent. One fills a rocky gorge of rapid descent, stretching far back to the peaks of the Blue Mountains, and looks like an enormous cascade. In the course of ages it has cut its way through solid rock, and is overhung by freshly-broken cliffs which attest its power. Another one sweeps grandly out

from an opening between high mountains, and ends on the river in an irregular bluff of ice about two miles long and 150 feet high. Mr Blake made a particular examination of this glacier, and found its surface broken up into enormous blocks and ledges, or caves and pyramids with curved sides. These obstructed his progress, and could be surmounted only by ladders or by cutting steps in them. Deep crevasses are of frequent occurrence, and the sun illuminates them with the most beautiful aquamarine tints, passing into a rich sea-blue where they are narrow and deep. Far beneath are rushing and roaring streams, which constantly wear away the under surface, and empty into the river. Mr. Blake judges from various indications that the climate of the region has been greatly ameliorated in the course of time. This is a gratifying fact; for give it centuries enough, and our Russian purchase may become pleasantly habitable for human beings. There are four large glaciers of the kind described and some smaller ones visible within a distance of 60 or 70 miles from the river's mouth. Above Sitka, on the Pacific coast, in latitude 60 degrees, where the weather is colder, glaciers abound. The shores of Icy Bay, at the foot of Mount Elias, are lined with them. But they are not so accessible as the glaciers of the Stickeen, which will be regarded hereafter among the first-class natural curiosities of the United States, like Niagara Falls, Mammoth Cave, and the Yosemite Valley, and will not be forgotten by the future railroad tourists to the Pacific.

Advertisements.

This is a personal invitation to the reader to examine our new styles of FINE CLOTHING, Cassimere Suits for \$16, and Black Suits for \$22. Finer Suits, all prices up to \$75. WANAMAKER & BROWN, OAK HALL, Southeast corner of SIXTH & MARKET STS.

DR. WISTAR'S BALSAM OF WILD CHERRY. Where this article is known it is a work of supererogation to say one word in its favor, so well it is established as an unfailing remedy for Coughs, Colds, Bronchitis, Croup, Whooping Cough, Asthma, diseases of the Throat, Chest, and Lungs, as well as that most dreaded of all diseases Consumption, which high medical authority has pronounced to be a curable disease. Those who have used this remedy know its value; those who have not, have but to make a single trial to be satisfied that of all others it is the remedy.

The Rev. JACOB SECHLER, well known and much respected among the German population of this country, writes as follows:— HANOVER, PA., Feb. 10, 1859.

DEAR SIR:—Having realized in my family important benefits from the use of your valuable preparation—WISTAR'S BALSAM OF WILD CHERRY—it affords me pleasure to recommend it to the public. Some eight years ago, one of my daughters seemed to be in a decline, and little hopes of her recovery were entertained. I then procured a bottle of your excellent Balsam, and before she had taken the whole of it there was a great improvement in her health. I have, in my individual case, made frequent use of your valuable medicine, and have always been benefited by it. I would, however, caution the public against imitations, because there is a great deal of spurious Wistar's Balsam of Wild Cherry about throughout the country. JACOB SECHLER. None genuine unless signed "J. B. BUTTS" on the wrapper. Prepared by SEBETH W. BOWLE & SON, 18 Tremont st., Boston and for sale by Druggists generally.

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