



UP THE HILL A BERRYING.

On a fine summer morning,
Early as the dew was dry,
Up the hill I went a-berrying;
Need I tell you, tell you why?
Farmer Davis had a daughter,
And it happened that I knew,
On each Sunday morning, Jenny
Up the hill went berrying too.

Lonely work in picking berries,
So I joined her on the hill.
"Jenny, dear," said I, "your basket's
Quite too large for one to fill!"
So we strayed—we two—to fill it,
Jenny talking—I was still—
Leading where the hill was steep,
Picking berries up the hill.

"This is up-hill work," said Jenny;
"So is life," said I. "Shall we
Climb it each alone, or, Jenny,
Will you come and climb with me?"
Redder than the blushing berries
Jenny's cheeks a moment grew,
While, without delay, she answered,
"I will come and climb with you!"

Dyspepsia among Farmers.

A physiological writer discourses in the following strain to the farmers of the Western States:

It is a notorious fact, that indigestion prevails more extensively among the farming population of the West than among any other class. Why is this? They certainly take any reasonable amount of exercise, and that too in the open air, and in the broad sunlight. Their houses are well ventilated, and by their isolated situation are free from the many unhealthy influences of a pent-up city.

We think if our farmers will pause for a moment and look this matter gravely in the face, they will discern the cause of the prevalence of this mother of most maladies, among them to be:

1. The constant use of salt meat, particularly salt pork. It is well known that this abominable swine's flesh, fried in its own filthy grease, constitutes the "staff of life" in nearly every farm-house in the Mississippi valley. Hog and hominy are household gods, and according to the Hoosier's creed, indispensable to man's existence.

2. The use of coffee. The faithful western housewife serves it up "strong and good," morning, noon and night. Reader, just think of it, the vilest of flesh washed into the stomach three times a day by a decoction of narcotic poison!

3. Rapid eating. We should remember that swallowing one's food is not the first process necessary to healthy digestion. If we had gizzards we might swallow our food whole as ducks do, but instead of gizzards, we have teeth (some of us), and are commanded to use them in grinding food for the stomach, but if we compel the stomach to do both its own work and that of the teeth, it will soon give signs of debility and disease in the shape of acidity, headaches, sense of weight over the whole nan, irritable temper, despondency, etc.

Our farmers seldom spend more than ten or fifteen minutes at a meal, and then go immediately to the field and engage in the most laborious work. At least one hour should be spent after each meal in repose of both body and mind. This will allow the stomach to collect to itself, so to speak, a due quantity of blood, out of which to elaborate the gastric juice. Violent exercise calls the blood to other parts of the body, and thus robs the stomach.

We are not aware that the dyspepsia has to any extent peculiarly exhibited its unwelcome symptoms among the farmers of the mountain vales of Utah. So far from this, we are persuaded that more healthy, active, enterprising and intelligent farmers than those who now successfully till the once sterile soil of these valleys cannot be found in any other country on the globe.

While we are quite confident in the truth of the above statement, we reluctantly acknowledge that the appetite for coffee and other poisonous stimulants prevails with some to an inordinate degree. Whether dyspepsia or other indisposition is the consequence, the general and final result will be the same—nervous debility, lack of concentration and, as a legitimate result, but limited success in the various labors involved in farming operations.

Tea, also, is injurious in its effects upon the system—not only so, but great frauds are practiced in the manufacture of this commodity. Some interesting facts relative to this subject, from the *Gardener's Chronicle*, will not be found quite out of place in this connection. Unquestionably, those who are much acquainted with the quality of the stuff sold under this name in country

places, will be fully prepared to expect something wrong in its modern composition. Under the name of a cup of tea a beverage is now prepared which, if it does not produce serious illness, at least is destitute of every agreeable quality; bitter, or tasteless, or musty, or even acrid, the poorer classes exchange a wholesome refreshing potation for what is neither the one or the other. Their Chinese tea has no more virtue than the home-made herb tea, formerly prepared from sloe leaves, or ash leaves, or vervain leaves, or any similar trash. And yet we have no reason to suppose that the adulteration takes place to any extent in this country, unless it be with redried tea "leaves."

Merchants sell what they import, and tea dealers doubtless sell what they buy. The fraud, when there is any, is committed in the celestial empire itself. Lie tea, consisting of little balls of dust and rice water, glazed to look like gunpowder tea, was one example of the tricks that the Chinese would continue to practice if they would pass in Europe.

Some years ago a whole cargo of tea was seized by the Custom House officers, and upon examination it was found not to contain a single leaf of the tea plant. It was reported to have come from Cochinchina, and consisted of the dried leaves of some Zizyphus, whose action, if any, was purgative and not tonic. A fraud of this kind was, however, too clumsy to escape detection, and does not seem to have been repeated, at least in this country. We have, however, reason to believe that leaves much like those of tea are now mixed by the Chinese without attracting attention.

Since his residence at Bangkok, the capital of the kingdom of Siam, the British Consul, Sir Robert Schomburgk, has found in nearly every garden a shrub there called the "tea plant," which he believes is employed for the purpose of adulteration in China, though not by the Siamese. If so, it is not likely to be detected after the leaves are roasted and curled up, for in form and texture they are much like those of the true tea shrub. They are, however, distinguishable by the trained botanical eye. Now this shrub belongs to the genus called Acalypha, and is allied to the plant distributed by Wallich under the name of Acalypha alnifolia. And since Acalypha is a member of the poisonous Euphorbiaceae order, we must not be surprised at any disagreeable effects produced by tea in which its leaves shall have been mixed. We recommend the buyers of low priced tea, or the consumers of bad tea to look to this.

Weber Valley.

We were shown by Gen. Grant a few days since, some specimens of wheat grown in Weber Valley this season, which was not inferior to any that we have seen. The heads were large and well filled, and the General assured us that the field from which it was taken was one of the best that he ever saw in this or any other country.

Since peace and quietude has been restored to Utah many have turned their attention to that secluded valley where the facilities for farming, stock raising, &c., are said to be good, but its geographical position has not been so very inviting, consequently none but stock-raisers have turned their attention in that direction till recently, but the probability is that every foot of land suitable for growing wheat that can be irrigated in that valley will soon be enclosed and cultivated, and that an abundance of grain will be produced there hereafter.

The experiments that have been made this season as to the adaptation of the soil for wheat have been very satisfactory, and the expense of making a good road from the mouth of Weber canyon to the crossing of the emigration road between this city and Fort Bridger can not be so great as to preclude the hope, that at no distant day the work will be accomplished, and when done, the lower valley where a large settlement can be made, will not be an out of the way place as now considered.

Gardening.—The author of the article on landscape gardening in the last number of the *North American Review* truly and beautifully says—

At the present day, horticulture in some form is a very general pursuit. The man of business finds it a pleasing recreation from care; it is a bath to the student's heated brain; the statesman, while occupied in it, meets no rivalries or thwarted plans, and rejoices to see that, for once, his speculations do no injury. Where is childhood happier than in the garden plucking flowers, sowing and planting and pulling up daily, to see how the little things get on? Youth and manhood here find agreeable occupation, and in life's Indian summer the calm retreat and friendly aspect of the garden seem specially adapted to man's condition and wants.

Milking Cows.

The first requisite of a good milker is, of course, the utmost cleanliness. Without this, the milk is unendurable. The udder should, therefore, be carefully cleaned before the milking commences. The milker may begin gradually and gently, but should steadily increase the rapidity of the operation till the udder is emptied, using a pail sufficiently large to hold all, without the necessity of changing.

Cows are very sensitive, and the pail cannot be changed, nor can the milker stop or rise during the process of milking, without leading the cow more or less to withhold her milk.

The utmost care should be taken to strip to the last drop, and to do it rapidly, and not in a slow and negligent manner, which is sure to have its effect on the yield of the cow. If any milk is left, it is reabsorbed into the system, or else becomes caked, and diminishes the tendency to secrete a full quantity afterwards. Milking as dry as possible is especially necessary with young cows with their first calf, as the mode of milking, and the length of time to which they can be made to hold out, will have very much to do with their milking qualities as long as they live.

I have never practiced milking more than twice a day, says a dairyman and farmer, because in Spring and Summer other farm-work was too pressing to allow of it; but there is no doubt that, for some weeks after calving, and in the height of the flow, the cows ought, if possible, to be milked regularly three times a day—at early morning, noon, and night. Every practical dairyman knows that cows thus milked give a larger quantity of milk than if milked only twice, though it may not be quite so rich; and in the young cows, no doubt, it has a tendency to promote the development of the udder and milk-veins.

A frequent milking stimulates an increased secretion, and, therefore ought never to be neglected in the milk-dairy, either in the case of young cows or very large milkers, at the height of the flow, which will ordinarily be for two or three months after calving.

The charge of this branch of the dairy should ordinarily be intrusted to women. They are more gentle and winning than men. The same person should milk the same cow regularly, and not change from one to another, unless there are special reasons for it.

Stirring the Soil in Drouth.

At the present time, when the sultry sun, in connection with the total absence of rain and the limited supplies of water for irrigation, the following, from the *American Agriculturist*, recommending a more frequent use of the hoe as a remedial agent, will be found timely and, we opine, not a little efficient:

An old topic, surely, but one of the greatest practical importance. An old topic, but one about which men are not agreed in opinion. There is theory and practice on both sides. Some farmers hold that stirring the earth in dry weather injures the roots of plants, and exposes the soil to the sun and the dry air so much as to do more harm than good. But the other side of the question has, also, its good arguments. We will hint at one or two:

Frequent stirring of the soil in drouth renders it more porous, and so fits it to absorb moisture from the atmosphere, and to draw it from the wet subsoil. By being frequently broken up it becomes like a sponge. Any one can easily satisfy himself of this. Go into your garden and loosen up the soil over a space of a few feet square, and then see if, for several mornings after, that patch is not moist, while the surrounding surface is dry? A neighbor of ours had a potato patch last summer, which, being in a warm and sandy soil, became badly parched in July. The stalks drooped, and a total loss of the crop was threatened. Here was a fair subject for a desperate experiment. Accordingly, on one of the hottest and driest days of the month, he gave them a thorough plowing, passing the plow four times through each furrow, first plowing two furrows from the hills, and then returning the ground back by two other furrows. No rain fell for ten days after. In three days the vines stood erect and began to grow again. The soil was moistened by the dews of every night; the crop was saved, and it proved quite an abundant one.

Again: the stirring of the soil in drouth renders the earth a poorer conductor of heat than it would be if it remained unbroken and hard. Every one knows that a stone or any metallic substance lying in the sun, becomes hotter than a bunch of cotton, because it is a better conductor of heat. So, when the surface of the earth becomes baked and hard, it absorbs heat more than when it is broken and pulverized. In a well-tilled garden, the ground, two or three inches below the surface, is quite cool at midday. It is partly on the same principle, that a few inches of mulching material will keep the ground cool and moist all the summer long. Hence it is easy

to see that stirring the soil in drouth will keep the roots of plants cool and moist, and so promote their growth.

But let the theory be as it may, the fact remains, that thorough tillage is the best possible security against drouth.

Linnaeus the Great Botanist.

A correspondent of the *North British Agriculturist*, traveling in Sweden, gives the following account of the great Swedish savant:

Linnaeus was the only son of a country gentleman of very moderate means, and was born on the 3d of May (old style), 1707, and showed in early youth a predilection for the study of natural history by wandering into the fields and forests in quest of plants and insects. His father had purposed him for the church, and sent him to the academy, but it was discovered that from his roving habits in the forests, he had made but poor progress, and found at length, when he should have been fitted for college, that he knew more of plants and worms than Latin and Greek. He therefore determined in great disappointment to learn him a trade, and fixed upon that of a shoemaker as the only thing he would be fit for.

A friend of his father, however, a professor of medicine, having a better opinion of his talents, determined to avert such a fate from the young philosopher, took him home and educated him as one of the family, and initiated him into the mysteries of physic. Afterwards he sent him to the college at Upsala, where with scanty purse he was obliged to fight his road to knowledge.

The Professor of Botany there, however, also discovering the talents of Linnaeus, bethought of enlisting him into his service, to help him in his researches—made him his assistant, by which he was enabled to finally prosecute his studies—so much so, that at the age of twenty-three he was delivering a course of lectures on his own account. He was informed upon, however, as not being qualified by a diploma, and as a matter of course was stopped. He, however, against all impediments, completed his studies, and was shortly afterwards invited by the Academy of Sciences of Upsala to visit Lapland on a botanical excursion, which he willingly accepted, having the munificent sum of £7 10s. sterling put into his hand to defray the cost of his journey. On this small sum he traveled eight hundred German leagues in six months—a no small feat of itself. He successfully concluded his journey, and gave a graphic account of his labors and frugality in his journal entitled "Lachesis Lapponica."

After which he went to Holland, where he resided three years, during which he paid a short visit to England, where he also added much to his knowledge.

At the end of that period he returned to Sweden, and settled in Stockholm as a physician, and there married. While here he originated the Academy of Sciences, and was elected its first president.

With all this, however, he was not contented—something of a higher order kept floating in his mind, till he was finally appointed, in 1740, Professor of Botany in the University of Upsala. This was the goal for which he had been always striving, and Providence, with his own abilities, ultimately favored him in his longing desires. From the professor's chair and the printing press together his fame spread over the scientific world, drew students to the university, and honors to himself from all parts of the world. He occupied the chair for the long period of thirty-eight years, and died in 1778, at the age 71. His father fortunately lived to see him at the climax of his scientific career and world-wide fame. How different from the fate he intended for him!

The number of his publications was immense in the several departments of Botany, Zoology, Ichthyology, and Mineralogy, besides Physic. He arranged plants into genera and species, discovered their sexual nature and principles, and simplified their nomenclature—naming them according to some common generic characteristic. He accomplished this mighty task upon a list of about 8000 different plants; but this has been immensely added to since his day.

After his death his mother and sisters, into whose hands they fell, fearing that the University of Upsala would not give their value, disposed of his collection to Dr. Smith of London, but a graduate of the University of Edinburgh, for 1000 gs. The king of Sweden happening to be absent from the country during this transaction, and having heard that it had just been shipped off for England, and regarding it as a national loss and disgrace, despatched a quick sailing ship of war in pursuit to overtake and bring it back, but it was unavailing—the English merchantman beat the Swedish man-of-war in this scientific pursuit, and landed them safely in London, with all his books and manuscripts to boot.

Manuring Grass Land with Straw.—A writer in the *Prairie Farmer*, by spreading a quantity of straw over a timothy meadow in the spring, increased the product of hay one-third the same season, and it has been double for two seasons since over the remainder of the field. He says he had no trouble in raking the meadow with a horse-rake without disturbing the mulch, and that he has since used all his coarse litter in the same way, with good results.