Scientific.

SYMPTOMS OF AN OVER-TAXED BRAIN.

Sleeplessness is oftimes the prayer of the cerebral lobes for relief from work and worry, and it should never go long unanswered. Some of the greatest and healthiest natures of the world-like Goethe and Thorwaldsen-have had a "talent for sleeping," which made all their other talents shine at their best, for the brain is never so brilliant as just after fully awaking from repese. Sir Walter Scott found by experience that his mind was clearest for thinking out his novels just after rising, and for that reason he took pains to prolong as much as possible his morning toilet; and in the same way we may explain the fact that Calvin loved to compose while lying in Eed.

In great and pressing crises, when our work and our cause for worry are trebled, the temptation is very strong to cut short our hours of sleep; but these are just the occasions when, if possible, we should sleep the most. General Grant is credited with the statement that he owed the preservation of his health during the late war to the fact that come what might, he always would have his eight or nine hours' sleep. At one time, during the Viesburg compaign, I believe, he was unable to obtain this, and then he began to suffer. Gladstone has declared that when he enters his home he leaves the cares of state behind him.

Sleep is food for the brain. If a penny saved is a penny earned, then to economize nerve force by rest is, within certain limits, to supply nerve force by eating and drinking.

The motto of the over-taxed brainworker should be: More sleep, more sleep, and as much as possible of folding of the hands to sleep. By day or by night, after meals or before, early or late, on horse-car or on the ferryboat, we should welcome each desire to doze as an angel from heaven. The habit of early rising—which, under the old dispensation, before the era of the telegraph, steam power, the press, and other agencies that rob us of our nerveforce, was a virtue-we in this year 1873, should with all our might avoid. Early to bed and late to rise makes the modern brain-toiler healthy and wise. -Independent.

A SIMPLE METHOD OF IMPROVING THE HEALTH OF CITIES -Dr. Alfred Carpenter, of London, strongly recommends the connection of all house drains with one of the chimneys, or with a special ventilating pipe leading to the roof of the dwelling. By this simple arrangement a circulation of air through the sewers is obtained and the foul gases, instead of entering the house to produce typhoid and other diseases, would be oxygenized, rendered inocuous and dissipated.

In New York, and other cities, there are thousands of unhealthy dwellings, made so by the back pressure of air from the sewer pipes, which would be instantly cured by the use of a few feet of pipe to connect the house drains and water closet pipes with the chimneys. We believe that the passage of a law requiring the insertion of such pipes would be an excellent sanitary provision. We compel the owners of tenement houses to place fire escape ladders upon the outside of their buildings, as a means of saving life in case of conflagration. But a far greater number of lives might be saved if owners were compelled to put in vent air from the sewers is one of the main cause of disease and death in all large

CARBOLIC SOAP FOR INSECTS -A few days since, I tried an experiment with carbolic soap in killing insects upon green-house plants, particularly the green fly (Alphis), which as everybody knows, is a great pest, and one not readily destroyed, except by fumigating with tobacco - not a very agreeable operation to perform upon parlor plants or in a conservatory attached to a dwelling. My first experiment with this soap was a decided success, operating upon two hundred roses just in bloom, and it was conducted as follows :- Into a pail of warm water I put a lump of soap the size of a small hen's egg. The soap was cut up into small pieces and the water agitated until it was all dissolved, forming a warm suds. The water should not be too hot, but if not above 120 or thereabout, it will do no harm. Into this suds each rosebush was plunged (holding the pot in-

verted in the hand) and kept there under the old one, and bring it into about half a minute. After plunging, culture, their business would pay them the plants were set aside for a few better, and be pursued more pleasantthen returned to their former place in is especially necessary in the cultivathe house. Whether it was the soap | tion of deep tap-rooted crops, like turor warm water that kill the green fly | nips, mangolds, carrots and parsnips. I will not say, but there is one thing certain, they are all dead .- Rural New Yorker.

A THREAD can hide a star; a sixpence can hide the view of everything around us; and a man with but little of this fleeting world may blind his mind, harden his heart, and may lose himself, and be cast away at last.

Agriculture.

MANGOLD WURZEL.

Mangolds now occupy a very prominent position in England husbandry -and it is much to be regretted that they are not cultivated to a far greater extent than at present. In most parts. they are a much surer crops than Swedes; a larger crop of them can ordinarily be obtained than of Swedes; and they keep better and are more valuable for cattle food than Swedes.

that contain a fair proportion of clayey into the depths of the subsoil.

cation of farm-yard manure to this tendency not only to oppose the easy descent of the tap root, but also to induce either a distorted growth of the main root or a growth of lateral roots, which affect materially the bulk and value of the crop.

KILLING THE ROOTS OF TREES .-Travellers in this country must have observed on our agricultural farms large numbers of unsightly stumps standing in the so-called cleared paddocks of colonial farms. In addition to the difficulty of ploughing suchpaddocks, the loss of the grain which might be grown upon the land occupied fal no relief. I took one bottle of your Bitters by these worse than useless appendages is a matter of some moment; and any cheap and expeditious mode of getting rid of the stumps and roots of trees is worthy the attention of all agriculturists. In the region of Lake Superior they practice the following :- In the autumn, bore an inch or an inch and a quarter hole (according to the size of the stump) vertically into the middle of a stump, eighteen inches deep, and put into it an ounce to an ounce and a half of salepeter; fill the hole with water, and plug it up; in the spring take out the plug, and put into the hole half a gill to a gill of kerosene, and ignite it; it will go on burning, without any blaze, until the whole stump, to the extremity of the roots, is consumed, leaving nothing but ashes. The stump must be moist, as an old dry stump will not be penetrated by the saltpetre."

GO GRADUALLY DEEPER. - There | ly recommend it to all young and old. pipes as above indicated. Noxious can be no doubt that other things being equal, a deep soil is preferable to a shallow one, but it is quite possible to deepen the seed-bed injudiciously and injuriously. When the top-soil is a mere surface coating, and the subsoil hungry and barren, the deepening of the soil must be a work of time. To bury the thin stratum of good soil, under a mass of poor soil, would be most unwise; yet we have known this done, and then in view of a meague harvest, deep plougning has been denounced as a delusion and a snare. The true course in such a case, is to put the plow down an inch or so deeper each time, and it possible, give the land a good dressing of manure at every ploughing. In this gradual way, a deep soil and a rich one may be secured at one and the same time.

Deep ploughing enlarges the farm, it gives more land to the acre. The rage is usually for broad acres, but deep ones are more preferable every way. Farmers generally cultivate too much land. If they would till less and do it better, if they would go down in search of the new farm that there is

minutes, then dipped in the same way ly. For deep ploughing saves labor, into clean water, shaking them about while it increases land. While deep thoroughly, washing the leaves, and ploughing is beneficial to all crops, it

> Churning .- Some do not skim at all, but churn the whole milk. This requires more power to churn, but it does away with the trouble and waste of skimming, and produces the largest yield-for, if the work is properly done, it secures all the butter. Where the milk is churned, it should be done soon after it begins to sour. There is nothing gained in quantity by allowing it to go farther, but there is a loss in quality. This loss occurs in two days-by the acid consuming the oil in the cream, and by the caseine mixing with the butter, which cannot be got out without extra working-and the more butter is worked the worse it is for it. If we could get all the buttermilk out without working at all, it would be all the better. But we have not yet discovered how to do

AN ESTABLISHED FACT !!!-One The Mangold thrives best in soils year's trial has proved the wonderful benefits arising from the use of the matter, although it by no means rejects | Nutritious Condiment of "THE NORTH those of a lighter character. For the BRITISH CATTLE-FOOD COMPANY OF vigorous development of the mangold, London and Glasgow," hundreds the soil in which it is grown must throughout this Province who have possess the necessary properties, of used it, testify that it is decidedly the moisture free from stagnation, and a best thing for seasoning the food of liberal supply of mineral substances animals, especially Horses, Cows and that enter largely into its structure. Oxen, during this season of the year, And in the case of the long varieties es- it is also the cheapest -one cent's worth pecially, free untrammelled penetration | seasons one meal, and effects a saving of twenty-five per cent, on the ordinary It is essential that the soil should be food Get a small bag, and try it, and in a fine state of tilth for the proper | you will be satisfied. Sold in bags, at growth of Mangolds; it is equally \$11,821, \$41, and \$8-a Pamphlet important to guard against the appli- with full directions for use in each bag.

Address, GEORGE FRASER, Mancrop in a green state, as producing a ager, North British Cattle Food Co., 83 Lower Water Street, Halifax,

Joyful news for the Afflicted,

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Aylesford, Feb 7th, 1872. Mr. Caleb Gates-Dear Sirt-This is to certify that I have been troubled with the dyspepsia for about three years and have taken almost every kind of medicine within my reach that has been prescribed for the disease, but could and one bottle of your Invigorating Syrup which effected a complete cure You are at liberty to publish this for the

benefit of other sufferers.

I am, sir, respectfully yours, MRS. W. H. GRAVES.

Sworn to before me, TUPPER, J. P.

Lunenburg, Nova Scotia, Sept. 1871 Mr. Caleb Gates, - Dear Sir, - I have very much pleasure in writing to you so that all may receive the same benefit from your Life of Man Bitters and Invigorating Syrup. I was much troubled last winter with a severe cold which centinued to get werse until I feared it would settle upon my lungs. My cough was incessant. I could get no relief from any quarter or from any medicine man, until I accidently fell in with your valuable Syrup. I now honestly on my oath state that one bottle of it gave me instant relief. I use it continually in my family and would not be without it en

Several other persons with whem I am acquainted have also been cured by your valuable medicines. I shall be happy to give any further information concerning your medicines at any time. I have also been cured of palpitation of the heart by the use of Gates' medicines. One of my daughters was in a fearful state as regards a cough er cold, and she received im-mediate relief and a perfect cure, and can honest-

JAMES YOUNG. Sworn before me-one of her Majosty's Justices of the Peace for the County of Lunenburg JAMES D. SELIG, J. P.

Bitters \$1 per quart : Syrup 50 cents per pint bottle : Liniment 20 cents per bottle and the cintment 30 cents per box. Address CALEB GATES & CO.,

Farmington. Wilmot, Annapolis Co. A large number of certificates, similar

to the above, have been received and will be published at times for the information of the afflicted and the people generally.

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HALIFAX, N. S., APRIL 23, 1873.

MESSENGER ALMANACK.

New Moon,

APRIL, 1873. First Quarter, April 4th, 2h. 22n. atternoon. " 12th, 5a. 37m. afternoon. Full Moon, " 20th, 1h. 33m morning. Lust Quarter,

" 26th, 6h. 28m, afternoon.

D	Day		SUN.			MOON.					High Tue		
	Wk	$\hat{\mathbf{R}}$	ise	8	ets	Ris	ses	Soi	uth	8	ets	at Ha	litar
1	Tu	5	43		25		6		43	11	20	10	29
2	W			6	26	8	45		46)rn	11	7
3	Th	5	39	6	27	9	34		30	0	27		49
4	F	5	37		28	10	26	6	22	1	27	mo	
5	Sa .	5		6	29	11	25		13	2	18	0	35
6	SU.	5		6	80	A.	26	8	1		1	1	33
7	M	5	35		35	1	29	8	46		36	3	1
8	Tu.	5	30		-33	-2	-33	-9	30	4	-3	4	32
9	W	5		6	34	3	35	10	10	4	27	5	49
10	Th	8			36	4	37	10	51	4	45	6	36
11	F	5		6	37	5	41	11		5	5		13
12	Sa	5	23	6	38	6	48		rn		25		46
13	SU.	5	21		39	7	54	0	15	5	42		12
14	M	5	19		10	9	4		0	6	6		45
15	Tu	5		6	42	10	13		47	6	30		15
16	W	5		6	43	11	25		38		3		44
-17	Th.	5	15	6	44		rn	3	34	7	43		18
18	F.	5		6	46	0	29	4	32	8	35		55
19	Sa	5	11	6	47	1	24	5	32	9	40		38
20	SU.	5	10	6	48	2	16	6	31	10	46		33
21	M	5	8	6	49	2	50	7	26	Λ,	2	1	16
22	Tu.,		6	6	50	S	26	0	24	1	22		20
23	W	5		6	51	3	52	9	15	2	38		50
24	T	5		6	53	4	17	10	6	3	55		54
25	F	5	2	6	54	4	38	10	55			6	43
26	Sa	5	0	6	55	5	3	11	45	6	27	7	27
27	SU.	4	59	6	57	6	28	A.	36	7	44		8
28	M	4	57	6	58		0	1	29	8	58		47
29	Tu	4	56	6	59	6	37	3	23	10	9		26
30	W	4	54	7	0	7	31	3	18	11	5	10	4
		Acres 1	grade a decade a de	1		1		1		1		1	

THE TIDES .- The column of the Moon's Southing gives the time of high water at Parrsboro', Cornwallis, Horton, Hantsport, Windsor, Newport, and Truro.

High water at Pictou and Cape Tormentine, 2 hours and 11 minutes later than at Halifax. At Annapolis, St. John, N. B., and Portland Maine, 3 hours and 25 minutes later, and at St. John's, Newfoundland, 20 minutes earlier, than at Halifax. At Charlottetown, 2 hours 56 minutes later. At Westport, 2 hours 54 minutes later. At Yarmouth, 2 hours 20 min-

hours to the time of the sun's setting, and from the sum subtract the time of rising. FOR THE LENGTH OF THE NIGHT -Subthe time of the sun's setting from 12

hou. and to the remainder add the time of

WINDSOR & ANNAPOLIS RAILWAY. CONDENSED TIME TABLE.

DECEMBER, 1872.

HALIFAX TO ST. JOHN.

Miles.	STATION	Exp.	Pass.	Pe.	
ام				A. M.	
CONTRACTOR OF THE PARTY OF THE	Halifax-	Leave		8 40	
	Bedford			9.17	
	Wind. Junction		8.40		
26	Mount Uniacke	"	9.18	10 40	
39	Newport	"	10.00	11 33	5.33
45	Windsor		10.20	12.20	6 10
52	Hantsport		10.40		
	Wolfville		11.10		
	Kentville		11.40		
82	Berwick	· · · ·	12.12	3 40	
100	Avlesiord	61	12.25	4 12	
4 7 7 7 1	Middleton		12.58		
	Lawrencetown			5 25	
4 2 2	Bridgetown	** **	1.35		
	Annapolis-arri		2.15		

190 St. John by Steamer ... 8.00

ST. JOHN TO HALIFAX.

STATIONS. Exp. Pass. Pass. A. M. A. M. A. M. St. John by Steamer ... | 8.00 0 Annapolis Leave... 8.15 2.20 9.05 2.55 14 Bridgetown 9.40 3.15 22 Lawrencetown 28 Middleton 10.07 3.32 42 Aylesford 47 Berwick 59 Kentville 66 Wolfville 77 Hantsport 84 Windsor 90 Newport. .. 10.45 4.35 7.07 .. 11.45 5.35 7.45 .. 12.03 5.55 8.00 103 Mount Uniacke 116 Windsor June. 121 Bedtord 129 Halifax-Arrive...... 12.30 6.25 8.25

N. B .- The Express Trains run on Monday, W duesday, and Saturday only. Steamer "Scud" leave St. John on Monday, Wednesday, and Saturday, at 8 a. m., for Annapolis, and return same day on arrival of 8 a. m. Express Train from Halifax. International Steamers leave St. John every Thursday at 8 a. m., for Eastport, Portland,

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