

Scientific.

SYMPTOMS OF AN OVER-TAXED BRAIN.

Sleeplessness is oftentimes the prayer of the cerebral lobes for relief from work and worry, and it should never go long unanswerd.

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.

The motto of the over-taxed brain-worker should be: More sleep, more sleep, and as much as possible of folding of the hands to sleep.

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 nerve-force, was a virtue—we in this year 1873, should with all our might avoid.

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.

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.

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.

verted in the hand) and kept there about half a minute. After plunging, the plants were set aside for a few minutes, then dipped in the same way into clean water, shaking them about thoroughly, washing the leaves, and then returned to their former place in the house.

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.

The Mangold thrives best in soils that contain a fair proportion of clayey matter, although it by no means rejects those of a lighter character. For the vigorous development of the mangold, the soil in which it is grown must possess the necessary properties of moisture free from stagnation, and a liberal supply of mineral substances that enter largely into its structure.

It is essential that the soil should be in a fine state of tilth for the proper growth of Mangolds; it is equally important to guard against the application of farm-yard manure to this crop in a green state, as producing a 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 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 saltpetre; 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.

GO GRADUALLY DEEPER.—There 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.

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

under the old one, and bring it into culture, their business would pay them better, and be pursued more pleasantly. For deep ploughing saves labor, while it increases land. While deep ploughing is beneficial to all crops, it is especially necessary in the cultivation of deep tap-rooted crops, like turnips, mangolds, carrots and parsnips.

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.

AN ESTABLISHED FACT!!!—One year's trial has proved the wonderful benefits arising from the use of the Nutritious Condiment of "THE NORTH BRITISH CATTLE-FOOD COMPANY OF LONDON AND GLASGOW," hundreds throughout this Province who have used it, testify that it is decidedly the best thing for seasoning the food of animals, especially HORSES, COWS and OXEN, during this season of the year, it is also the cheapest—one cent's worth seasons one meal, and effects a saving of twenty-five per cent, on the ordinary food. Get a small bag, and try it, and you will be satisfied.

Address, GEORGE FRASER, Manager, North British Cattle Food Co., 83 Lower Water Street, Halifax, March 26. 1st.

Joyful news for the Afflicted.

GATES' Life of Man Bitters.

CALEB GATES, Esq., Aylesford, Feb 7th, 1872.

Mr. Caleb Gates—Dear Sir:—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 find no relief.

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 continued to get worse 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 accidentally fell in with your valuable Syrup. I now honestly say on my oath that one bottle of it gave me instant relief. I use it continually in my family and would not be without it on any account.

Several other persons with whom 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 or cold, and she received immediate relief and a perfect cure, and can honestly recommend it to all young and old.

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

PRICE. Bitters \$1 per quart; Syrup 50 cents per pint bottle; Linctum 20 cents per bottle and the ointment 30 cents per box.

Address CALEB GATES & CO., Farmington, Wilmet, 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.

AGENTS.—George V. Rand, Wolfville, John Webb, Windsor, J. E. Newcomb, Hantsport, J. L. Cogswell, Kentville, Sheffield & Wickwire, Canning.

GENERAL AGENT, JOHN K. BENT, 126 Granville Street, Halifax.

April 9.

To Parents and Sabbath School Teachers.

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

MESSENGER ALMANACK.

APRIL, 1873.

First Quarter, April 4th, 2h. 22m. afternoon. Full Moon, " 12th, 5h. 37m. afternoon. Last Quarter, " 20th, 1h. 33m. morning. New Moon, " 26th, 6h. 28m. afternoon.

Table with columns: Day, SUN, MOON, High Tide, Low Tide. Rows for various days of the month.

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

FOR THE LENGTH OF THE DAY.—Add 12 hours to the time of the sun's setting, and from the sum subtract the time of rising.

FOR THE LENGTH OF THE NIGHT.—Subtract the time of the sun's setting from 12 hours, and to the remainder add the time of rising in the morning.

WINDSOR & ANNAPOLIS RAILWAY.

CONDENSED TIME TABLE.

DECEMBER, 1872.

HALIFAX TO ST. JOHN.

Table with columns: STATIONS, Exp. Pass. P. M. Rows for Halifax, Bedford, Wind. Junction, Mount Unlocks, Newport, Windsor, Hantsport, Wolfville, Kentville, Berwick, Aylesford, Middleton, Lawrenceton, Bridgetown, Annapolis.

ST. JOHN TO HALIFAX.

Table with columns: STATIONS, Exp. Pass. P. M. Rows for St. John by Steamer, Annapolis, Bridgetown, Lawrenceton, Middleton, Aylesford, Berwick, Kentville, Wolfville, Hantsport, Windsor, Newport, Mount Unlocks, Windsor Junc., Bedford, Halifax—Arrive.

N. B.—The Express Trains run on Monday, Wednesday, 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.

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P. INNES, Manager.

Kentville, 10th Dec, 1872. Jan. 1.

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