The Messenger Almanac.

MARCH.					
First Quarter, March 1st, 3h. 44m. M. Full Moon, Sth, 8h. 55m. M. Last Quarter, 14th, 11h. 27m. A. New Moon, 22nd. 4h. 50m. A. First Quarter, 30th, 8h. 51m. A. Day Rise.Sets. Rises. South. Sets. at Halifax					
1 Sa. 6 41 5 44 10 31 6 28 1 28 M 0 38 3 M. 6 38 5 46 A. 30 8 16 3 17 1 35 4 Tu. 6 36 5 48 1 41 9 10 4 2 2 56 5 W 9 34 5 49 2 55 10 3 4 39 4 39 6 Th. 6 32 5 50 4 12 10 55 5 11 5 56 7 Fr. 6 31 5 52 5 30 11 46 5 38 6 49 8 Sa. 6 29 5 53 6 48 M 6 2 7 34 9 SU. 6 27 5 54 8 7 0 38 6 28 8 11 10 M. 6 25 5 56 9 29 1 30 6 53 8 49 9 SU. 6 27 5 54 8 7 0 38 6 28 8 11 10 M. 6 25 5 56 9 29 1 30 6 53 8 49 11 Tu. 6 23 5 57 10 49 2 24 7 19 9 29 12 W. 6 22 5 58 M 3 21 7 53 10 9 13 Th. 6 20 5 59 0 7 4 20 8 33 10 50 14 Fr. 6 18 6 1 1 16 5 20 9 24 11 33 15 Sa. 6 16 6 2 2 16 6 20 10 24 A. 22 16 SU. 6 14 6 3 3 5 7 17 11 29 1 22 17 M. 6 12 6 5 3 42 8 10 A 38 2 47 18 Tu. 6 10 6 6 4 13 9 0 1 47 4 28 19 W. 6 9 6 7 4 38 9 46 2 54 5 49 20 Th. 6 7 6 8 5 0 10 30 4 0 6 43 21 Fr. 6 5 6 10 5 18 11 10 5 2 7 23 22 Sa. 6 3 6 15 5 56 A. 31 6 6 8 27 24 M. 5 59 6 13 6 17 1 13 8 9 8 57 25 Tu. 5 57 6 15 6 40 1 56 9 12 9 25 26 W. 5 56 6 16 7 8 2 42 10 16 9 55 27 Th. 5 54 6 17 7 7 43 3 30 11 17 10 24 28 Fr. 5 52 6 18 8 27 4 21 M 10 54 29 Sa. 5 50 6 20 9 21 5 13 0 15 30 Su. 5 48 6 21 10 16 6 5 1 5 5 11 28 30 Su. 5 48 6 21 10 16 6 5 1 54 0 11 31 31 M. 5 46 6 22 11 21 6 58 1 54 0 11 31 31 M. 5 46 6 22 11 21 6 58 1 54 0 11 31 31 M. 5 46 6 22 11 21 6 58 1 54 0 11 31 31 31 31 31 31					

THE TIDES.—The column of the Moon' 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., utes LATER, and at St. John's, Newfoundland, 20 minutes EARLIER, than at Halifax. At Charlottetown, 2 hours 56 minutes LATER. A Westport, 2 hours 54 minutes LATER. A Yarmouth, 2 hours 20 minutes

FOR THE LENGTH OF THE DAY.-Add 12 hours to the time of the sun's setting, and rom 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

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AGRICULTURE.

BOYS ON THE FARM,-It is a proud day when the average boy gets on his first pair of boots and trudges to school by the side of an older sister. He does not care any longer to take her hand. The leading strings are cut. But this early ambition to be a man is entirely eclipsed, when he has taken charge of his first pair of steers, and started for the Exhibition. Has he not raised them, broken them to the yoke, put a piece of butter in a frying pan, taught them to pull and to back, to haw and to gee? They are evidence of his skill in subduing brute muscle. He is going up to the exhibition to display the fruits of his triumph, and, as he hopes, to wear the laurels of victory. He is no longer merely a spectator, but an exhibitor, an entertainer of spectators. There is a difference of native tastes in boys. Some have a natural aptitude to one calling and some to another, but most men have their callings determined by early circumstances, sometimes by incidents so trivial that they have hardly a place in memory. It is not difficult generally for a father, who loves the farm, to determine the calling of his children. If he makes it a business of thrift, and provides comfortably for his family, they will respect the calling. If he is discouraged and continually shifting his work or his home, they will not be very likely to make tillers of the soil. One can hardly begin too early with and Portland Maine, 3 hours and 25 min- his boys to incline them to the calling and lay the slices of bread; them cut that is to give them bread, and the the slices in halves. means of their tuture asefulness. In the boy is to be a farmer, he must begin to have a personal interest and venture in farming while he is yet a boy. Filial affection, in a happy home is a very strong motive to industry and the Baltimore Underwriter, who are fidelity, but it does not shape a boy's plans for life like an investment of his own brains and muscles in his daily work. He should have crops and animals, not only that he can 'call' his own, but that are his own, to keep, to enjoy, and to sell for his own pleasure and profit. The trusts may be small at first, but they should be absolute, and let him have his ewn experience of success and failure in managing them. Let him manage poultry, a lamb, a calf, or a colt, and exhibit his own stock at the Exhibition. We notice with great satisfaction the increasing attention paid to the boys at the fall Fairs. Boys did some of the best work at a recent plowing match at one of our Fairs. One, a boy of fourteen, held the plow and drove his own team, and made as good a seed bed as older competitors. These premiums for boys' sumption has been 19-17 per cent of work are in the right direction; let them be noted in making up the lists for next year .- American Agriculturist.

> Calves must be fed grain or roots with good hay to get them through the first three months or they will lose a year's growth, which may be saved by

> Any country that has farms with groves of forest trees, with orchards, with vegetable and flower gardens, is beautiful and attractive. Every dollar spent in trees and flowers will add \$10 to the value of the home.

A very important adjunct to the farmer's garden is the hot-bed. Indeed, the sudden transition in this country from winter's cold to summer's heat, renders the hot-bed a necessity. Tomatoes, melons, early cabbage, celery, peppers, lettuce, etc, can only be obtained in good season by having a hotbed in which to start plants.

AN ARTIC VOYAGE.—The London correspondent of Harper's Bazar. says . from Sweden, and appears in some re- instructed to go out in rain, snow, dampspects to be more complete than any ness, or even night air or dew, the habit previous expedition. The Vega, a thus acquired neutralizes the danger of steam-ship, has sides twenty-three in- catching cold from such exposure. Only ches thick and a mainmast 100 feet strong head winds and extreme hot high; it has enough coal in its hold to weather need be guarded against. The admit of its steaming 6,000 miles, and patients sleep with the windows open, provisions to last for two years. Noth- summer and winter. ing since Robinson Crusoe's time has week.

If a shirt bosom, or any other article has been scorched in ironing, lay it

ened by soaking in sour milk.

THE HOUSEHOLD.

CABBAGE. - Boil for fifteen minutes, drain, and replenish with boiling water. Cook until tender all through, drain well, pressing out every drop of water. Serve either whole or chopped, season with pepper and salt, lay a large lump of butter on top and cover for a few minutes before sending to the table.

If any is left, the next morning take equal parts of cabbage and cold boiled potatoes, mince with a chopping knife, turn in the cabbage, season with pepper and salt, and let it become thoroughly hot. This is very nice for breakfast, with either sausages or cold meat. Take cold cabbage cooked as above, chop and drain very dry, stirring in a tablespoonful of melted butter, a little sweet cream and pepper and salt. Heat until smoking hot in a buttered frying pan, add a couple of beaten eggs, and turn out by putting a flat dish upside down upon the frying pan and reversing the latter.

TONGUE SANDWICHES .- Boil a good sized smoked tongue for four or five hours, not letting the water boil hard, but keep it on a simmer. Leave it in the pot until the water is cold; then skin it, and when ready to make the sadwiches, cut it as thin as wafers, using a sharp, thin bladed knife. Rub a small quantity of mustard into a large slice of sweet butter, and cut slices of bread as thin as they can be shaved. Spread them with the prepared butter,

HEALTH HINTS.

THE ART OF PROLONGING LIFE. necessarily exposed to miasmatic exhalations, will find that lime juice mixed with water and taken freely as a beverage, will prove an excellent preventative of malarial fevers. Those who are suffering from intermittents will find that the antiperiodics, which are cheaper than quinine, the great type of the class will answer as good purpose if taken in the only proper way, that is, a full or even heroic dose one hour before the expected recurrence of the child. Agents for the Christian Messenger. When distributed throughout the intermission in very small doses their effect is lost, and disappointment follows.

The medical gentleman who so carefully prepared the tabulated reports of the mortuary experience of the Mutual Life, of New York, have shown in their that the propertion of loss from con
Beaver River—Wm. S. Raymond, Esq.

Berwick—John M. Parker, Esq. the total mortality of the company, and 19 per 10,000 annually. Such figures show the immense importance of more effective methods of treatment, and we are glad to observe in the Medical Record the details of a treatment that, so far | Clements—Jas. E. Potter, Esq.

The theory of cure is to clear the lungs by a mechanical effort, chiefly by manipulating the muscles of the throat so as to cause more forcible breathing:

Oanson W. A. Hutcheson.

Do, Billtown—Gideon Cogswell, Esq.

Do, Canning—Jas. S. Witter, Esq.

Digby—Rev. Joseph H. Saunders.

Digby Joggins—Wm. Aymar, Esq.

Digby Neck—Rev. J. C. Morse. second, to establish perfect digestion; third, to promote a process of healing the tubercles, so that they shall become chalky or calcified masses; fourth, to compel the patients to take plenty of fresh air, sunlight, and out-door exercise. To secure perfect digestion, a special diet is ordered in each case, and the food is changed as the power of assimilating it improves.

To promote the calcifying of the tubercles, the salt of lime, which are found in most vegetable and animal Mahone Bay—Joseph Ham.
food, must be supplied in a soluble conNew Germany—Adam E. Durland. dition; the theory is that too much heat Newport-Wm. H. Knowles. in ordinary cooking destroys the natural combination of these salts with albumen, and renders them insoluble to a weak digestion. Out-door exercise is regard-The last venture for the Artic seas is | ed as so important that the patients are

AMinneapolis physician, whose cinbeen so perfect in its arrangements for chona recipe for the cure of drunkards the future. The crew consists of only recently attracted attention, recommends thirty-seven men, and they have 3,000 this highly carbonaceous mixture in the preserved rump steaks on board, and treatment of consumption: One half enough of other fresh meots and vege- pound finely cut up beafsteak (fresh); tables to supply them for three days a one drahm pulverized charcoal; four ounces pulverized sugar; four ounces rye whisky; one pint boiling water. Mix all together, let it stand in a cool Do. place over night, and give from one to where the bright sunlight will fall di- two teaspoonfuls, liquid and meat, berectly on it. It will take it out at once. fore each meal. The value of this meth-Salt fish are quickest and best fresh- in a form that may be readily appropriated is obvious .- Scientific American.

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At 1.30 p. m., (Express) from Riviere du Loup, Montreal, &c.

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3.00 p. m.-Accommodation daily. Arrive at Windsor-9,35 a.m., 11.15 a.m. 5.40 p. m.

LEAVE WINDSOR: 3.35 a.m.—Accommodation daily, 1.45 p. m.-(Accommodation) Mondays, Tuesdays, Thursdays & Fridays. 6.35 p. m.—(Express) Wednesdays and

Arrive at Halifax 11.32 a. m. 4.45 p.m, 8.35 p. m. Feb. 26. 1879.

Saturday.

Railway.

Winter Arrangement, Commencing 6th Jan. 1879.

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Miles.	GOING WEST.	Express Wed. and Saturdays.	Pass. & Frgt. Mons., Tues., Thurs. & Fri.	Passengers and Freight, Tues., Thu., and Saturday.
25 53	Windsor Leave Wolfville do Kentville, Arrive " Leave Wilmot, Leave Anuapolis, Arrive	A.M. 9 40 10 36 10 56 11 10 12 27 2 00	A. M. 11 30 12 49 1 20 1 40 3 35 5 40	P. M. 5 45 6 51 7 16
	St. John, do	8 00	1	
Miles.	GOING EAST.	Pass. and Freight Mon. Wed. and Fri.	Pass. & Frgt. Mons. Tues., Thurs., & Fri.	Express Wed. & Sat.
	St. John, Leave	A. M.	A.M.	A. M 8 0 P. M

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