

The Messenger Almanac.

Table with columns for Day, Rise, Sets, High Tide, and Low Tide for the month of March.

THE TIDES.—The column of the Moon's Southings gives the time of high water at Farnborough, 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 next morning.

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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.

THE ART OF PROLONGING LIFE.—Persons living in marshy districts, says the Baltimore Underwriter, who are 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.

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 good care and feeding.

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.

AN ARTIC VOYAGE.—The London correspondent of Harper's Bazar, says. The last venture for the Arctic seas is from Sweden, and appears in some respects to be more complete than any previous expedition. The Vega, a steam-ship, has sides twenty-three inches thick and a mainmast 100 feet high; it has enough coal in its hold to admit of its steaming 6,000 miles, and provisions to last for two years.

If a shirt bosom, or any other article has been scorched in ironing, lay it where the bright sunlight will fall directly on it. It will take it out at once.

Salt fish are quickest and best freshened 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.

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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 sandwiches, cut it as thin as wafers, using a sharp, thin bladed knife.

HEALTH HINTS.

Persons living in marshy districts, says the Baltimore Underwriter, who are 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.

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 admirable analysis of the causes of death that the proportion of loss from consumption has been 19-17 per cent of the total mortality of the company, and 19 per 10,000 annually.

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; 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 promote the calcifying of the tubercles, the salt of lime, which are found in most vegetable and animal food, must be supplied in a soluble condition; the theory is that too much heat in ordinary cooking destroys the natural combination of these salts with albumen, and renders them insoluble to a weak digestion.

AMINNEAPOLIS physician, whose cinchona recipe for the cure of drunkards recently attracted attention, recommends this highly carbonaceous mixture in the treatment of consumption: One half pound finely cut up beefsteak (fresh); one dram pulverized charcoal; four ounces pulverized sugar; four ounces rye whisky; one pint boiling water. Mix all together, let it stand in a cool place over night, and give from one to two teaspoonfuls, liquid and meat, before each meal.

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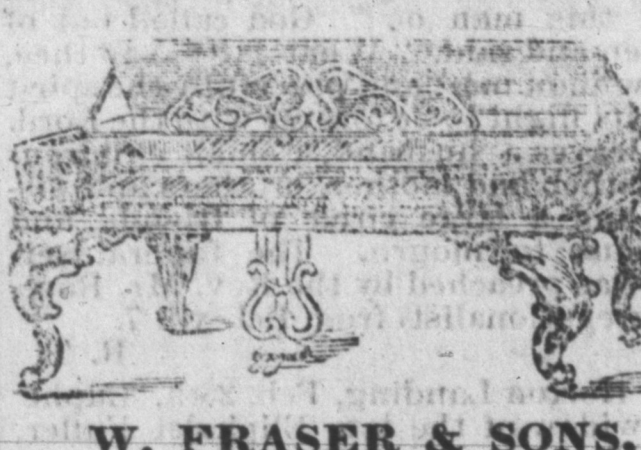
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INTERCOLONIAL RAILWAY.

Winter Arrangement, 1879.

TRAINS leave Halifax.— At 8.25 a.m. (Express) for St. John, &c. At 1.30 p.m., (Express) for Riviere du Loup, Montreal, &c. At 5.30 p.m. (Express) for St John and intermediate stations.

WILL ARRIVE:— At 8.20 p.m., (Express) from St. John Pictou, &c. At 9.15 a.m., (Express) from St. John. At 1.30 p.m., (Express) from Riviere du Loup, Montreal, &c. Jan. 8, 1879.

SPRING HILL AND PARRSBOROUGH RAILWAY.

Connects with Intercolonial. Leaves Parrsborough at 9.30 a.m. Arrives at Spring Hill at 12.20 p.m. Leaves Spring Hill at 3.20 p.m. Arrives at Parrsborough at 6.00 p.m. Jan. 8, 1879.

WESTERN COUNTIES RAILWAY.

1879—Winter Arrangement—1879.

TRAINS LEAVE HALIFAX

8.00 a.m.—(Express) Wednesdays and Saturdays. 8.00 a.m.—(Accommodation) Mondays, Tuesdays, Thursdays and Fridays. 3.00 p.m.—Accommodation daily. Arrive at Windsor—9.35 a.m., 11.15 a.m. 5.40 p.m.

LEAVE WINDSOR:

8.35 a.m.—Accommodation daily. 1.45 p.m.—(Accommodation) Mondays, Tuesdays, Thursdays & Fridays. 6.35 p.m.—(Express) Wednesdays and Saturdays. Arrive at Halifax 11.32 a.m. 4.45 p.m. 8.35 p.m. Feb. 26, 1879.

WINDSOR & ANNAPOLIS Railway.

Winter Arrangement, Commencing 6th Jan., 1879.

GOING WEST.

Table showing train schedules for Windsor & Annapolis Railway going west, including stations like Windsor, Wolfville, Kentville, Wilmot, and Annapolis.

GOING EAST.

Table showing train schedules for Windsor & Annapolis Railway going east, including stations like St. John, Annapolis, Wilmot, Kentville, Wolfville, and Windsor.

Express Trains every Wednesday and Saturday, connect at Annapolis with Steamer for St. John. Steamer "Scud" leaves St. John every Wednesday and Saturday, at 5 a.m., for Annapolis.

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