

JULY. Full Moon, July 3rd, 5h. 24m. A. Last Quarter, " 11th, 4h. 40m. M. New Moon, " 19th, 4h. 52m. M. First Quarter, " 26th, 6h. 21m. M.

Table with columns: Day, SUN. Rise, Sets, MOON. Rise, South, Sets, High Tide at Halifax. Rows for days 1 to 31.

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

High water at 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. A Westport, 2 hours 54 minutes LATER. A Yarmouth, 2 hours 20 minutes LATER.

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.

BAPTIST CHURCH REQUISITES.

- Articles and Covenant \$1.00 per 100. Church Record and Register \$2. and \$3 each. Alphabetical List of Members 40 cents each. Letters of Dismission 50 cts. per quire. Psalms, in all varieties, from 85 cts. Baptist Hymn Book from 50 cts. Baptists Hymn and Tune Book \$1.00 and \$2.25. Scripture Catechism, \$6.00 per 100. CHRISTIAN MESSENGER OFFICE, No. 69 & 71 GRANVILLE ST., HALIFAX. April 15.

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50 VISITING OR CALLING CARDS with your name finely printed, sent for 25 cents. Agents wanted. 6 samples sent for three cent stamp. Address: A. W. KINNEY, Yarmouth, N. S. May 24.

HEALTH HINTS.

MILK AND LIME WATER IN NERVOUS DISORDERS.—In a paper on "Milk with Lime Water as Food and Medicine in Nervous Disorders," presented by E. N. Chapman to the Medical Society of the State of New York, at its recent annual meeting, the author deprecates the warfare of drugs against disease which is now being waged by specialists more vigorously and systematically than ever before. Digestion and assimilation, he asserts, are ignored, and the attention is absorbed by one or more prominent symptoms in a part remote from the primary source of morbid action. Consequently the efforts of the physician to cure his patient are too often unavailing.

He states that having used, the last few years, milk with lime water almost exclusively as the diet of his patients, he has attained a success unknown to him when he depended more on medicine and less on food. To illustrate the ready assimilation, the nutritive quality and the remedial power of milk, when rendered digestible by lime, he presented notes of a number of cases treated by him, embracing a class involving the nerve centers, and that are acknowledged to be little under the command of accepted modes of treatment; such, for instance, as marasmus, anaemia, paralysis, indigestion, neuralgia, chorea, dementia, and alcoholism.

In concluding his paper, Dr. Chapman remarks that the efficacy of milk with lime water in the illustrative cases brought forward by him is equally observable in others whenever, either primarily or secondarily, the nutritive functions are much at fault. The milk (with a pinch of salt) being rendered very acceptable to the stomach by the lime, may almost always with advantage be made the prime article of diet in the sick room, however diverse the conditions. It is the most digestible and at the same time the most nourishing food that can be given. It allays gastric and intestinal irritability, offers a duly prepared chyle to the absorbents, supplies the blood with all the elements of nutrition, institutes healthful tissue changes, stimulates the secreting and excreting glands, and, in a word, provides nature with the material required to sustain herself in her contest with disease. If it be conceded that nature always accomplishes the cure whenever it is secured, and that drugs merely aid, direct, or modify her efforts to this end, it will be self-evident that the food which supplies the vital forces with all the power of resistance they possess is a matter of the first importance, and that milk acted upon by lime, provided it contains all the essential properties of other articles epitomized, and is more friendly than any or all of them, has a range of application almost as extensive as the disease itself, whatever its character and whoever the patient.

HEALTH HINTS.

A REMEDY FOR NERVOUSNESS AND WAKEFULNESS.—Grace Glenn tells the following in the Country Gentleman: "Aunt had been suffering all day with nervous headache, occasioned by wakefulness at night, with which she has been greatly troubled since her long continued vigils with grandma. 'I was afflicted just so one time in my life,' said Mrs. Jacobs. 'I used to lie awake hour after hour, restless and nervous enough, longing for sleep which would not come, and thinking of a thousand things to worry and distract me all in a moment's time. I found a very simple thing at last which relieved both wakefulness and headache, and I have never been troubled in that way since. It is to put a teaspoonful of spirits of lavender into half a tumbler of water, and drink a little of it an hour or two before bed-time, and occasionally afterwards, until it takes effect. It does not produce sleep, but quiets the nerves, and sleep follows. It is harmless, and I wish you would give it a trial.'"

HEALTH HINTS.

FRUITS IN DISEASE.—A writer in the Herald of Health makes a strong statement regarding the use of ripe fruit in diseases. He says:—"There is scarcely a disease to which the human family is heir but the sufferings therefrom would be greatly relieved by the use of the very fruit which are now so strictly forbidden. Further, many of these diseases would be conducted to a safe termination under the free use of fruits, because of the acids they contain. There is scarcely a disease accompanied with fever but grapes and bananas may be freely given to the patient.

HEALTH HINTS.

Extreme self-love will set a man's house on fire, though it were but to roast their eggs.—Bacon.

AGRICULTURE.

HENS WANT COAL ASHES.—Not having had an opportunity to get oyster shells enough to supply our hens, we have been giving them coal ashes with the cinders left in, and have been surprised to see how much they will eat. They eat the charred portions. We have a great deal of confidence in the instinct of animals. They know what they want. Our hens, 50 of them, eat a panful of coal ashes every day, notwithstanding they have lime before them all the time.—Rural New Yorker.

AGRICULTURE.

SALT NOT POISONOUS TO POULTRY.—I have experimented with salt feeding poultry, and have come to the conclusion that the notion that salted food is poisonous to them is mere nonsense. I have fed it in every form—salt soup from boiled ham, or salt beef, in which I mixed corn meal and other food, and allowed the poultry to eat all they pleased. I have mixed salt many times (always once a week) with corn meal, middlings, &c., for old and young alike, which they eat voraciously, and which they eat voraciously, and instead of any of them being sick or dying, they are much the better for it, and I am convinced from experience that they need such food, just as do nearly all other animals. I make the food fully as strong of salt as we do our own food generally.—Country Gentleman.

A calf will draw milk in three minutes, and the nearer a milker can come to that time the better. A slow milker makes a cow impatient, which often causes her to hold up her milk. The "strippings" are the richest part, and if a cow is milked quietly as well as quickly there will be more as well as richer milk because of strippings."

In the Lilloet section of the Province of British Columbia no rain fell during month of April, and seeding was going on slowly. A large number of cattle and horses died during the winter, which was comparatively mild. The spring season is considered late, and vegetation consequently backward.

FRUITFULNESS OF A GRAIN OF WHEAT.—If, says a writer in a German contemporary, we reckon that a single grain of wheat produces fifty grains, and that these fifty will each produce fifty grains more, and so on, we find: In the second year, 2,500 grains " third " 125,000 " " sixth " 15,625,000,000 " twelfth " 244,140,625,000,000 "

The third year's crop would give 300 men one meal, leaving enough bran to feed eight pigs for one day. The produce of the single grain in the twelfth year would suffice to supply the inhabitants of the earth with food during their lifetime.—Scientific American.

THE HOUSEHOLD.

AN EXCELLENT FILTER.—Those who cannot afford to buy a filter may easily make one. Stuff a piece of sponge in the hole of a flower pot, place above this a layer of pounded charcoal three or four inches in depth. Another layer of pebbles should be placed above the charcoal to prevent it from being stirred up when the water is poured in. The contents of the flower pot should be occasionally renewed. But by a small addition to this a cottage filter may be made which, for practical use, is quite equal to the most expensive filter of corresponding size. It consists of two flower pots, one above the other, the lower one fitted with a sponge and filtering layers above described, and the upper one with a sponge only. The upper pot should be the largest, and if the lower one is strong the upper one may stand on it, or a piece of wood with a hole to receive the upper pot may rest on the brim of the lower one. The two pots thus arranged are placed on a stool with a hole in the centre through which the projecting part of the lower sponge passes, and the water drops into a jug placed below. The upper pot serves as a reservoir, and the sponge stops the coarser impurities, and thus the filtering layers of the lower one may be used for two or three years without being renewed if the upper sponge be occasionally cleaned. Care must be taken to wedge in the upper sponge tightly enough to prevent the water passing through the upper pot more rapidly than it can filter through the lower one.

Science is made for few men; but duty is the mistress of all men; they cannot be men without it.—W. E. Gladstone.

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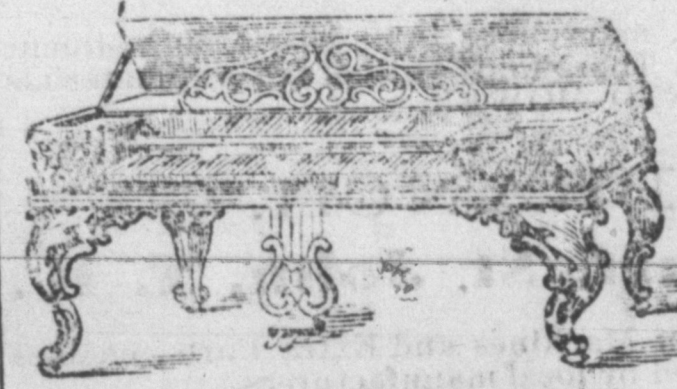
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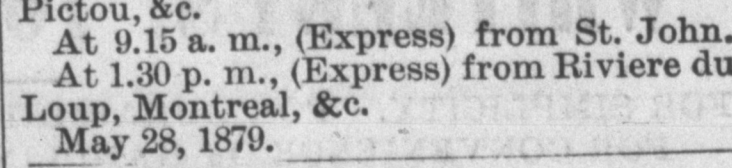
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INTERCOLONIAL RAILWAY.

1879. 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.

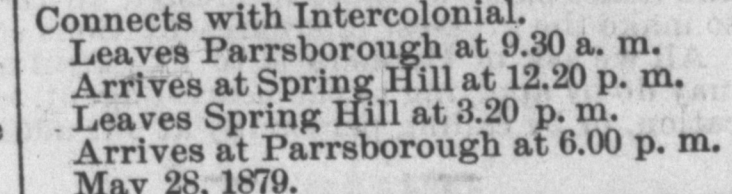
WILL ARRIVE: At 8.20 p.m., (Express) from St. John Pictou, &c. At 9.15 a.m., (Express) from St. John. At 1.30 p.m., (Express) from Riviere du Loup, Montreal, &c. May 28, 1879.



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. May 28, 1879.



WESTERN COUNTIES RAILWAY.

1879. Arrangement, 1879.

TRAINS LEAVE HALIFAX

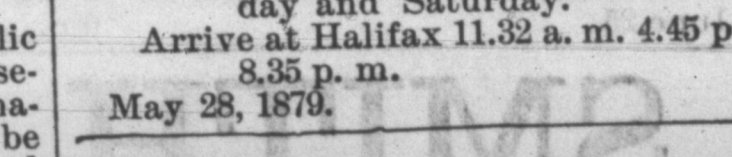
8.00 a.m.—(Express) Monday, Wednesday and Saturday. 8.00 a.m.—(Accommodation) Tuesdays, Thursdays and Fridays. 3.00 p.m.—Accommodation daily.

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) Tuesdays, Thursdays and Fridays. 6.35 p.m.—(Express) Monday, Wednesday and Saturday.

Arrive at Halifax 11.32 a.m. 4.45 p.m. 8.35 p.m. May 28, 1879.



WINDSOR & ANNAPOLIS RAILWAY.

Summer Arrangement, Commencing 12th May, 1879.

GOING WEST. Miles. Express Mon. Wed. and Saturday. Pass. & Frgt. Mon., Tues., Thurs. & Fri. Passengers and Freight, Tues., Thurs. & Saturday.

Table with columns: Miles, Express Mon. Wed. and Saturday, Pass. & Frgt. Mon., Tues., Thurs. & Fri., Passengers and Freight, Tues., Thurs. & Saturday. Rows for Windsor, Wolfville, Kentville, Berwick, Wilmot, Annapolis, St. John.

GOING EAST.

Table with columns: Miles, Express Mon. Wed. and Saturday, Pass. & Frgt. Mon., Tues., Thurs. & Fri., Passengers and Freight, Tues., Thurs. & Saturday. Rows for St. John, Annapolis, Wilmot, Berwick, Kentville, Wolfville, Windsor.

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