

The Messenger Almanac.

Table with columns for Day, Sun, Moon, High Tide, and various astronomical data for September.

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

BAPTIST CHURCH REQUISITES.

Articles and Covenant \$1.00 per 100. Church Record and Register \$2. and \$3 each.

For Consumption

And all diseases that lead to it; such as COUGHS, NEGLECTED COLDS, BRONCHITIS, PAIN IN THE CHEST, AND ALL DISEASES OF THE LUNGS.

ALLEN'S LUNG BALSAM

IT IS WARRANTED to break up the most distressing Cough in a few hours time, if not of too long standing.

PRICE \$1 PER BOTTLE.

SOLD BY ALL DRUGGISTS. APR 22.

PATENTS

Obtained for Inventors, in the United States, Canada, and Europe, at reduced rates.

50 VISITING OR CALLING CARDS

with your name finely printed, sent for 25 cents. Agents wanted. 6 samples sent for three cent stamp.

HEALTH HINTS.

A LECTURE ON FOOD.—An instructive address on "The Relations of Food to health" was delivered by Miss Juliet Corson before the Farmers' Club of the American Institute.

The body is made up of flesh, blood, bone, and nerves; these different parts are composed of water, fat, fibrin, albumen, and gelatin, sugar, and several acids and mineral salts.

Fat is found in butter, oil, lard, dripping, milk; eggs, cheese, fish, meat, the cereals, dried peas, beans, and lentils, and in nuts, cocoa, and chocolate.

Fibrin, albumen, and gelatin are all found in flesh, and gluten, which is closely allied to them, exists in many vegetables.

The acids and mineral salts are present in both animal and vegetable foods, and are abundant in fruits.

The fact that the different elements necessary to health are distributed among the various well-known foods establishes the value of a mixed diet composed of the greatest possible variety of food is useful only in its relation to the needs of its consumer.

There are, however, a few foods which nearly approach the combination necessary to health, and when a restriction of diet is compulsory it would be well to give these a trial.

Foods are generally classified as nitrogenous or flesh-foods, carbonaceous or heat-foods and phosphatic or brain and nerve foods.

Flesh foods keep up the general strength of the system, and are especially required by persons engaged in manual labour which calls for short and sudden bursts of strength.

Heat foods, which maintain the vital heat and keep the temperature of the body at a healthy point, are best for slow, steady workers and for invalids suffering from wasting diseases.

Brain and nerve foods which are the best diet for speakers and writers and nervous invalids, include juicy vegetables and certain chemical compounds which are usually prescribed by physicians.

Among the articles of food in general the different members of the family can find the sort of food each one needs; for instance, soup supplies both flesh and heat food; fish yields flesh, brain and nerve food; meat gives chiefly flesh food; vegetables combine all these elements, besides furnishing the waste matter indispensable to health.

Condiments are useful to persons with impaired digestive powers and poor appetites. Young people seldom need them. In youth the body grows rapidly and calls for frequent and abundant supplies of food.

way of reminding us that all the available nutriment in the blood is exhausted, and that more must be supplied. The healthy appetite of childhood should always be satisfied.

Many condiments possess medicinal properties. Salt, especially, is entitled to a high rank as a valuable promoter of health.

Fresh meat after beginning to sour, will sweeten if placed out of doors in the cool air over night.

AGRICULTURE.

TO KEEP FOWLS HEALTHY.—Without a free use of white-wash, no poultry breeder can expect to keep his fowls healthy for any length of time, and to a neglect of this can be attributed many of the disappointments and much of the loss experienced by amateurs.

Water is found in beverages, fruits, and vegetables, eggs, fish, meat, cheese, the cereals, and animal fats.

It reduces the cost of Feeding on the old system 25 to 30 per cent!

FROM PROFESSOR LAWSON. Secretary Central Board of Agriculture of Nova Scotia, Dalhousie College, Halifax, May 6th, 1879.

DEAR SIR, I am glad to hear that you are about to resume the agency for the North British Co's "Nutritious Condiment," originally introduced by you in 1872.

VARIETIES.

A lady not accustomed to raising poultry, set a hen on some eggs, and in due course of time a brood of chickens was hatched.

A large copper box has been discovered at Stewart's Point, N. B., in which was the skeleton of a man, with tomahawk, sword and other articles.

The Rev. A. B. Kendig, pastor of the Trinity Methodist Episcopal Church in Worcester, Mass., made a prayer before his farewell sermon lately, in which, after having prayed for every member of the church, the choir, organist, sexton, and ushers, he finally prayed for the "one who, although hidden from sight, yet contributes so much to the musical part of our worship."

People say children cannot understand. We greatly underrate their capacity to understand and to reason. Willie, aged ten, and Jemmy, aged six, were playing together.

THE USE OF SPANKING.—A child at Fort Wayne, Ind., had the misfortune to suck a kernel of corn into its windpipe. The doctor was sent for in haste, and announced that it would be necessary to perform the operation of tracheotomy to save the child's life.



THE NUTRITIOUS CONDIMENT FOR HORSES & CATTLE.

Important to every man who keeps a Horse, Cow, Ox, Pig, Sheep or Poultry.

ADVANTAGES DERIVED FROM THE USE OF THE NUTRITIOUS CONDIMENT.

- 1. It insures perfect digestion. 2. It creates a healthy, natural appetite. 3. It makes pure blood. 4. It expels humors, cures scratches, galls, and sore backs.

Every Domestic Animal (including Poultry) should have it.

It reduces the cost of Feeding on the old system 25 to 30 per cent!

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TESTIMONIAL FROM MAJOR GOOLD, PAYMASTER TO HER MAJESTY'S FORCES. HALIFAX, N. S., 9th June, 1879.

DEAR SIR: My cow having been under the effect of lead poisoning, has been successfully treated by Mr. Byrne, Veterinary Surgeon, and having become much emaciated from its effects, I was induced to try your "Nutritious Condiment."

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W. FRASER & SONS, 82 & 84 BARRINGTON STREET, HALIFAX, N. S.

have just finished some very fine trichord

COTTAGE PIANOS,

overstrung and oblique, with full metallic frames and supports, in handsome rosewood and walnut cases, which, for material, workmanship and tone, cannot be surpassed by any in the market, and which they are willing to dispose of

AT LOWER PRICES

than are obtained elsewhere for instruments of an inferior class. Sept. 27.

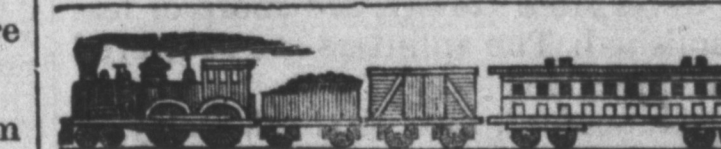


WESTERN COUNTIES RAILWAY.

1879. Arrangement. 1879.

TRAINS LEAVE HALIFAX

7.55 a. m.—Express daily for St. John and intermediate points. 3.30 p. m.—Express daily for Windsor, Connection for Kentville and intermediate points on Tuesday, Thursday and Saturday.



WINDSOR & ANNAPOLIS Railway.

Summer Arrangement, Commencing 1st July, 1879.

Table with columns for Miles, Express Daily, Pass. & Freight, Mon. Wed. & Fri., Passengers and Freight, Tues. Thurs. and Saturday.

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Steamer "Empress" leaves St. John every Monday, Wednesday and Friday, at 8 a.m., for Annapolis, and returns every Tuesday, Thursday and Saturday on arrival of Express Train.



INTERCOLONIAL RAILWAY.

1879 SUMMER ARRANGEMENT 1879

TRAINS leave Halifax daily (Sunday excepted) as follows:—

At 8.05 a.m. (Express) for St. John, Pictou and intermediate points. At 12.15 p.m. (Accommodation) for Pictou and intermediate points.

At 5.00 p.m. (Accommodation) for Truro and intermediate points. At 6.15 p.m. (Express) for St. John, Riviere du Loup, Quebec, Montreal, and the West.



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.

THE CHRISTIAN MESSENGER

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