

The Messenger Almanac.

Table with columns for Day, SUN., MOON., High Tide, and Low Tide. Rows list days from 1st to 28th with corresponding times for sunrise, moonrise, and tides.

THE TIDES.—The column of the Moon's Southing 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 next morning.

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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.

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HEALTH HINTS.

The Clothing of Infants.

BY DR. J. H. HANAFORD.

To understand the necessity of ample clothing for infants, it is needful to know that they are frail before they become acclimated, and that in most respects they are at least similar to adults, having the same wants, in kind, at least. The principle that the feet should be kept warm and the head cool applies to all ages, and forbids the wrapping of the head of the infant in several thicknesses of flannels, as is often done, so closely bound that breathing is next to impossible. It is cruel to wrap a bandage or swathe so closely around the body as to impair digestion, prevent full breathing, and, in general, to torture an innocent babe; and not less so to overclothe the head—and keep it nearest the stove—while the feet are unprotected, since a well-established rule is to keep the head cool and the feet warm. It is cruel to keep infants tightly wrapped in warm flannels in a hot room, in a close cradle, etc.—almost a certain means of taking colds, when slightly exposed to a little fresh air, and then remove them to a cold room with no increase of clothing. Let it be remembered that a cold contracted under such circumstances may be attributed as properly to the excessive warmth—always debilitating and therefore predisposing to colds—as to the consequent exposure.

It is also true that a lack of uniformity in clothing is one cause of debility and colds, and resulting sickness. When the extremities and limbs are insufficiently clad, of necessity preventing the natural flow of the blood to the parts, followed by coldness, and when the body is so clad as to produce undue perspiration, local debility prepares the way for more general weakness. It is unquestionably true that many, if not most, of the young suffer from insufficiency of clothing—local—as the feet, hands and limbs, while the head is kept uncomfortably warm, inducing headaches and brain diseases. One kept uncomfortably cold or warm, locally or as a whole, will be likely to suffer from colds, sore throats, the croup, diphtheria, etc. It is best to be comfortable.—Watchman.

BREATH-GYMNASTICS.—The importance of breathing plentifully of fresh air as an essential of health is generally admitted. The art of breathing is very much overlooked, it being a process not depending on the will for its exercise, it is too much left to the mere call of nature. It is, however, an act which can be influenced very materially by the will. Properly trained singers are taught to attend very carefully to their breathing.

When the body is at rest or engaged in occupation requiring a confined posture, and especially when the mind is absorbed in thought, the breathing naturally becomes diminished, and the action of the lungs slow and feeble. The consequence is that the oxygenation of the blood is imperfectly carried on.

As a remedy for this it has been suggested that there is room for what might be fitly termed breath-gymnastics—to draw in long and full breaths, filling the lungs full at every inspiration and emptying them as completely as possible at every expiration, and to acquire the habit of full breathing at all times. This mode of breathing has a direct effect in supplying the largest possible amount of oxygen to the blood, and so producing animal heat. It has also the very important effect of extending the chest and so contributing to the vigor of the system.

The breath should be inhaled by the nostrils as well as by the mouth, more especially while out of doors in cold weather. This has partly the effect of a respirator, and renders one less liable to catch cold. In short breathing a large proportion of the air-cells remain nearly stationary, the upper portion of the lungs only being engaged in receiving and discharging a small portion of air.

Profound thought, intense grief, and other similar mental manifestations have a depressing effect on respiration. The blood unduly accumulates in the brain, and the circulation in both heart and lungs become diminished, unless, indeed, there be feverishness present. An occasional long breath or deep-drawn sigh is the natural relief in such a case, nature making an effort to provide a remedy.

Breathing is the first and last act of man, and is of the most vital necessity all through life. Persons with full broad, deep chests naturally breathe freely and slowly, and large nostrils

generally accompany large chests. Such persons rarely take cold, and when they do they throw it off easily. The opposite build of the chest is more predisposed to lung disease. The pallid complexion and conspicuous blue veins show that oxygen is wanted, and that every means should be used to obtain it. Deep breathing also promotes perspiration by increasing the circulation and the animal warmth. Waste is more rapidly repaired, and the skin is put in requisition to remove the used materials. Many forms of disease may thus be prevented, and more vigorous health enjoyed.

AGRICULTURE.

Mr. E. T. Tunnicliffe's Duchess 8th, says Bell's Messenger, is an extraordinary dairy cow. A few weeks ago the whole of her milk for seven days, always milked by one man, was kept apart from that of any other cow, skimmed also and churned separately, under special superintendence. The butter made from those seven days' produce weighed eighteen pounds but for two ounces. Besides this, "I think her," Mr. Tunnicliffe remarks, "the finest flesh-grower I ever saw." Mr. Tunnicliffe further informs us that his cows when in full milk in the summer made an average of over ten pounds per cow, weighing good eighteen ounces to the pound!

Parsnips may be fed to cows and bring returns of one pound of butter for a bushel of parsnips.

CANKER SORE MOUTH.—Being a druggist, I have had a good chance to experiment some in curing canker sore mouth in poultry. The recipe is as follows: After removing the canker with a quill, swab or paint the mouth with a solution made as follows: Glycerine, two ounces; carbolic acid crystals, one ounce; warm the acid and add the glycerine; use twice a day. Since I have used this solution I have cured every case of canker that my poultry have had.—Poultry World.

The liquid yieldings of animals are worth more—good authorities say one-sixth more, pound for pound, than the solid excrements, and are saved with greatest care by the best European farmers and gardeners.

ABOUT ASHES.—Many fires occur through careless disposal of ashes. The ash-house should be at a safe distance from any other buildings. A safe way is, to keep the ashes in an iron can or holder, until cool, and then throw them into the box or receptacle provided for them. Wood ashes are too valuable to waste, and coal ashes make an excellent absorbent in the earth-closet, and are very good for making hard foot-paths.

VARIETIES.

A temperance missionary in Glasgow left a few tracts with a young lady one morning. Calling at the same house a few days after, he was rather disconcerted to find the tracts doing duty as curl paper on the head of the damsel to whom he had given them. "Weel, my lassie," he remarked, "I see you have used the tracts I left wi' ye; but," he added in time to turn confusion into merriment, "ye ha' putten them outside, instead of inside, your head."

High Church Housemaid [to Low Church cook]—"Lor, cook, how can you sit and listen to a man as wears nothin' but black alpaca! You should have seen our young priest this morning! He had on a black silk skirt with a white cambric tunic trimmed with real Walansheens lace as missis give him, a sarrer igh-art green scarf round his neck; an' when he folded his arm across his buzzum, with his air parted down the middle, oh, he looked puffedly l-ove-ly!"—Punch.

An old coloured preacher in Atlanta Ga., was lecturing a youth of his fold about the sin of dancing, when the latter protested that the Bible plainly said, "There's a time to dance," "Yes; dar am a time to dance," said the dark divine; "and it's when a boy gets a whippin' for gwine to a ball."

Senior—"Well, fellows, there is one thing you cannot accuse me of, and that is, of studying on Sunday?" Junior—"Just so, and you are just as innocent the other six days of the week."—The Transcript.

LITTLE INNOCENT.—Young housewife: "What miserable little eggs again? You really must tell them, Jane, to let the hens sit on them a little longer!"—Funny Folks.

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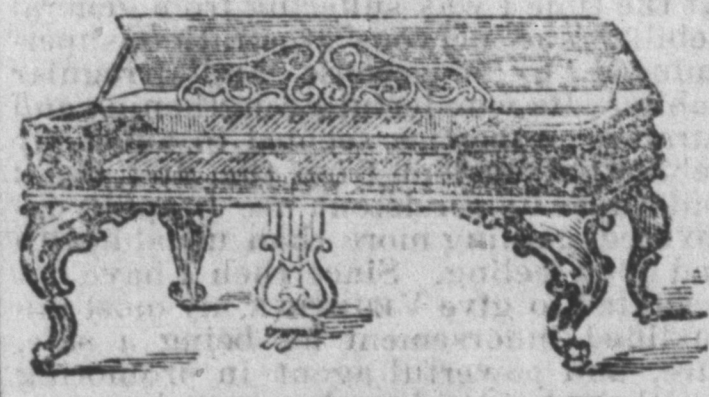
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Agents for the Christian Messenger.

Table with columns for destinations (e.g., Windsor, Wilmot, Kentville, Annapolis, St. John) and departure times. Includes sections for 'GOING WEST' and 'GOING EAST'.

INTERCOLONIAL RAILWAY

Winter Arrangement, 1879

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

WILL ARRIVE: At 8.20 p.m. (Express) from St. John. At 9.15 a.m. (Express) from St. John. At 1.30 p.m. (Express) from Riviere 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

7.45 a.m.—(Express) Mondays, Wednesdays and Saturdays. 8.00 a.m.—(Passengers and Freight) Tuesdays and Fridays. 3.10 p.m.—Accommodation daily. Arrive at Windsor—9.30 a.m., 10.50 a.m., 5.30 p.m.

WILL ARRIVE:

8.35 a.m.—Accommodation daily. 1.45 p.m.—(Passengers and Freight) Tuesdays, Thursdays & Fridays. 6.35 p.m.—(Express) Monday, Wednesday and Saturday. Arrive at Halifax 11.00 a.m. 4.25 p.m. 8.30 p.m. Jan. 8, 1879.

WINDSOR & ANNAPOLIS RAILWAY.

Winter Arrangement, Commencing 7th Nov., 1878.

Table with columns for 'GOING WEST' and 'GOING EAST', listing stations and departure/arrival times.

Express Trains every Monday, Wednesday and Saturday, connect at Annapolis with Steamer for St. John. Steamer "Scud" leaves St. John every Monday, Wednesday and Saturday, at 8.45 for Annapolis. Nov. 13

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