

The Messenger Almanac.

JAUGST. New Moon, August 5th, 11h. 31m. A. First Quarter, 13th, 8h. 28m. M. Full Moon, 20th, 1h. 4m. M. Last Quarter, 27th, 0h. 1m. A.

Table with columns: Day, SUN, MOON, High Tide. Rows for days of the month from 1st to 31st.

THE TIDES.—The column of the Moon's Southing gives the time of high water at PARSBORO, CORNWALLIS, HORTON, HANTSPOUR, 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., and Portland Maine, 3 hours and 25 minutes LATER, and at St. John's, Newfoundland, 20 minutes EARLIER, than at Halifax.

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.

WHOLESALE. SMITH BROS. JUST OPENED 60 Cases LADIES' AMERICAN HATS. Straw, Leghorn & Tuscan. A CHOICE ASSORTMENT OF STYLES TO ARRIVE By next Steamer from England, A Lot of Goods! 80 ORDERED TO ASSORT STOCK. May 12.

Ayer's Sarsaparilla. For Scrofula, and all scrofulous diseases, Erysipelas, Rose, or St. Anthony's Fire, Eruptions and Eruptive diseases of the skin, Ulcerations of the Liver, Stomach, Kidneys, Lungs, Pimples, Pustules, Boils, Blotches, Tumors, Tetter, Salt Rheum, Scald Head, Ringworm, Ulcers, Sores, Rheumatism, Neuralgia, Pain in the Bones, Side and Head, Female Weakness, Sterility, Leucorrhoea, arising from internal ulceration, and Uterine disease, Syphilitic and Mercurial diseases, Dropsy, Dyspepsia, Emaciation, General Debility, and for Purifying the Blood. This Sarsaparilla is a combination of vegetable alteratives—Stillingia, Mandrake, Yellow Dock—with the Iodides of Potassium and Iron, and is the most efficacious medicine yet known for the diseases it is intended to cure. Its ingredients are so skilfully combined, that the full alterative effect of each is assured, and while it is so mild as to be harmless even to children, it is still so effectual as to purge out from the system those impurities and corruptions which develop into loathsome disease. The reputation it enjoys is derived from its cures, and the confidence which prominent physicians all over the country repose in it, prove their experience of its usefulness. Certificates attesting its virtues have accumulated, and are constantly being received, and as many of these cases are publicly known, they furnish convincing evidence of the superiority of this Sarsaparilla over every other alterative medicine. So generally is its superiority to any other medicine known, that we need do no more than to assure the public that the best qualities it has ever possessed are strictly maintained. PREPARED BY DR. J. C. AYER & CO., Lowell, Mass., Practical and Analytical Chemists. SOLD BY ALL DRUGGISTS EVERYWHERE. BROWN & WEBB, Halifax, Dec. 11. 1y. Wholesale Agents,

AGRICULTURE.

FEEDING HORSES.—A great diversity of opinion prevails as to best method of feeding horses, and mistakes are frequently made by neglecting to give suitable attention to the matter. We have known farmers who were accustomed to throw a lock of hay to their horses several times during the forenoon or afternoon; and when not at work, the horses would be kept eating nearly the whole day, consuming much more hay on such days than they would require when at work. The practice cannot fail to injure a horse seriously if continued any length of time. Horses are frequently injured by over-feeding. A horse should no more have all the hay he can eat than a child should have all the bread or fruit he can eat. Regularity and moderation are as important in the one case as in the other. Driven horses are sometimes fed on cut straw and meal, without any hay, or very little. This is good feed for horses, as has been proved in many instances. Some believe that six or eight quarts of meal per day, with fifteen or twenty pounds of hay, is enough for almost any horse and better than more. Of course, a horse that works all the time needs more food than one that does but little. Some horses consume and seem to need more food than others doing the same work. The hay should be cut, or mostly so, and fed with meal wet. Cracked corn, to be fed with oats a part of the time, is recommended by some. Smoky hay is especially liable to induce a cough, and should be carefully avoided. If horses are fed mostly on hay it should be of good quality, well cured, and fed in moderate quantities three times a day. But it is the opinion of those best acquainted with horses that they can be kept in good condition cheaper by feeding some grain than by giving them hay alone; and if horses are in constant use grain in some form is necessary.—Record and Farmer.

Mr. Blackwood sends the following to the N. S. Journal of Agriculture. A NEW GRAIN.—According to the Kansas State Board of Agriculture, says the New York Shipping List, a new cereal, represented to be more nutritious than corn, rye or oats has recently been discovered in Kansas and New Mexico. This new cereal is variously called "pampas rice," "rice corn" and "Egyptian corn," and is supposed to have sprung from seed brought to the United States by the Mennonites who came from Southern Russia. The kernels grow in a tuft like that on the top of sorghum. Each one is somewhat smaller and rounder than a grain of wheat, and is inclosed in a shuck or independent capsule. The berry can be eaten ground into flour or cracked like wheat, or whole like rice, or used generally like any other cereal. The meal resembles that of Indian corn, and in color, is intermediate between the yellow and white varieties. A chemical analysis shows that its percentage of starch, fat, dextrine and sugar, which produces heat and fat in the animal organization, compares favorably with that of Indian corn, wheat, rye and oats and in its contents of flesh-forming albuminoids, it surpasses all Indian corn and ranks with wheat, rye and oats. The small percentage of cellulose, or non-nutritious woody fibre, is remarkable. The stalks make as good fodder as corn does, and a few acres will furnish a family with fuel for a winter—a consideration of first importance in that treeless country. All this signifies little in comparison with its power to resist drouth, and as to that, an example, one of a great many, attested by the signatures of practical, well-known farmers, may be given: Forty acres of turned-over sod, which had not been wet with rain for eight months, were planted with two or three grains, deposited with a seed-planter, something more than a foot apart. There was no rain for five weeks after planting, yet the corn germinated. After it was fairly started, the hot blasts from the Llano Estado blew over it, but it grew right along, although grass and garden-truck beside it were fairly burned up. It stood the rains equally as well, and finally it yielded sixty 60-pound bushels to the acre. It is, moreover, worm and grasshopper proof. The Board of Agriculture prints a mass of letters, which place these facts beyond question, and their significance is of the first importance. From New Mexico to the British lines there are tens of thousands of square miles—500,000,000 acres, according to a reliable estimate—which, it was thought, nothing but an expensive system of artesian wells, could re-

claim to any better use than pasturage, and now comes this African plant to furnish food and fuel to this vast country, besides crops for export, whose value it may yet be impossible to estimate.

HEALTH HINTS.

HYGIENIC INFORMATION ABOUT FOOD.—The quantity of food actually needed by the body depends on the amount of muscular and out-door exercise. Persons who have a strong constitution, a healthy stomach, and take much exercise, can eat and digest almost anything with impunity, but what is good for one is hurtful to another. One stomach should not be made the rule in regulating others, and every one should experiment, and observe the effects of various articles of food upon them, until they learn by experience, which is the best for digestion. The most unhealthful kinds of food are those which are made so by bad cooking, such as sour and heavy bread, cakes, piecrust, and other dishes consisting of fat mixed and cooked with flour.

Articles to be fried, should be immersed in boiling fat; they can then remain, as long as necessary to thoroughly cook them without soaking fat. Fried meats are indigestible, if greasy. Butter, if rancid or melted, also highly seasoned food, are very unwholesome. Meat when salted loses much of its nourishment, which is extracted; two gallons of brine in which meat has been saturated, will yield one pound of solid extract or nourishment, which is generally wasted. The meat is wholesome if used occasionally, but freely used causes scurvy, serofula, etc. Cream is nourishing, but on account of its fatness, difficult of digestion.

Sugar is a constituent of every article of food. Children could not live without it; it is fattening, but its immoderate use destroys health and appetite; it is heating, and like starch consists only of carbon and water. Insects, called sugar mites, inhabit brown sugar. Articles needed by the body for fat and heat-making, are sugar, fat, butter, oil, and molasses. For muscle, lean meat, cheese, oat-meal, beans and peas. For brain and nerves, unbolted flour, barley, eggs, very active fishes, and birds. Green vegetables, fruit and berries, furnish the acid and water needed.

A diet containing carbon, such as articles for fat and heat-making is needed for cold weather. It acts as fuel and the supply should vary according to the supply of oxygen in the air breathed, the colder the air the more oxygen it contains. Greenlanders live upon oil, eighty per cent. of which is carbon. Such food would destroy natives of warm climates. A portion of carbon obtained from food, meets in the lungs with the oxygen, supplied by the atmosphere, causing combustion, and heat for the body.

Animal food is quicker, and more easily digested than any other; but it produces plethora and inflammatory diseases if immoderately used; mutton is the most digestible and nutritious—beef more suitable for hard work. Nourishment, in beans, 92 parts; wheat, 85; rye, 80; meat, 35; potatoes, 25.

Rye meal has a laxative tendency, often becoming acid in the stomach; vegetables cause flatulency in some persons.

Sago is the pith of a palm tree. Tapioca is obtained from the root of a plant, which in its raw state is poisonous, but it is destroyed by heat in its preparation for market—both are healthy and very nourishing.

Soups are bad for weak stomachs, difficult of digestion. Cheese is all nutriment, hard of digestion; eaten in small quantities, a workingman can subsist on one half-pound of it, one pound of meal, and one quart of milk daily; they contain every constituent element needed by the body.

Graham flour contains more fat and muscle material, and nearly three times as much bone and teeth material as fine flour; this unbolted flour boiled and thinned with milk, is excellent for young children and adults.

Oat meal is very strengthening food when well cooked; contains much nutritive matter, twice as much as beef-steak; being oily, disagrees with some persons.

Real enjoyment can be added to life, by simply studying Nature's laws in regard to food, and by applying them to every-day life.—American Rural Home.

The rays of happiness, like those of light, are colorless when unbroken.

To Architects, Builders and Others.

BROKENSHIRE'S PATENT MINERAL FIRE-PROOF ROOFING

—AND COMPOSITION FOR— Paths, Sidewalks and Cellar Floors!

PATENT MINERAL FIRE-PROOF ROOFING.

There is an old saying that "necessity is the mother of invention," and perhaps nothing is felt, as a want, by our Builders and Architects, more than a good Material to cover flat roofs, and one that dependence can be placed in. It must be one that will be proof against fire and water, and one that will neither crack with the frost of winter nor run with the heat of summer. These faults have been found with other Roofing Materials, and have been the cause of much annoyance as well as serious expense.

A material to meet these shortcomings has been invented and patented by Mr. JOHN BROKENSHIRE, of Kingston, Ont., who has succeeded in introducing it extensively in that locality; and wherever it has been used it has given the greatest satisfaction.

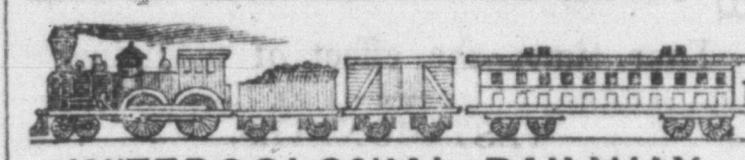
This roofing is pronounced by competent judges to be "far superior to anything yet discovered for SAFETY and DURABILITY, being perfectly safe from sparks or blazing shingles, and quite impervious to winter frost or summer heat."

PATHS, SIDEWALKS and CELLAR FLOORS made of this Composition become hard and durable almost as iron, and proof against atmospheric influences.

The undersigned is now prepared to show samples of the Roofing, and to receive and attend to orders for spring and summer operations.

The Prepared Roofing and Composition may be had in barrels, and sent to any part of the Province, together with full directions for use.

The most Perfect Satisfaction Guaranteed! Price and full particulars and testimonials on application to GEO. FRASER, Agent for the Maritime Provinces and Newfoundland. Bedford Row, Halifax, July 1st, 1880.



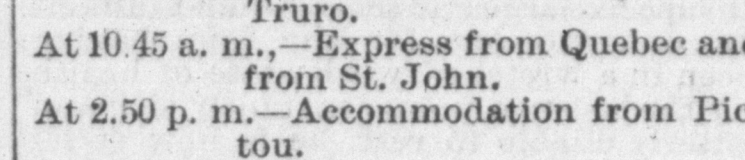
INTERCOLONIAL RAILWAY.

SUMMER ARRANGEMENT.

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

At 8.25 a. m.—Express for St. John, Pictou, and intermediate places. At 12.15 p. m.—Accommodation for Pictou. At 5.30 p. m.—Accommodation for Truro. At 6.45 p. m.—Express for St. John and Quebec.

WILL ARRIVE:— At 9.45 a. m.—Accommodation from Truro. At 10.45 a. m.—Express from Quebec and from St. John. At 2.50 p. m.—Accommodation from Pictou. At 7.45 p. m.—Express from St. John. June 8, 1880.



Windsor and Annapolis Railway.

Summer Arrangement, For Halifax Time add 16 minutes.

Table with columns: Miles, GOING WEST, Express Daily, Passengers and Freight, Monday, Wednesday, and Friday only, Pass. & Frgt. Daily. Rows for destinations: Halifax, Windsor, Wolfville, Kentville, Do., Berwick, Middleton, Annapolis, St. John.

GOING EAST.

Table with columns: Miles, GOING EAST, Pass. and Freight Daily, Pass. and Freight Tuesday, Thursday and Saturday only, Express Daily. Rows for destinations: St. John, Annapolis, Middleton, Berwick, Kentville, Do., Wolfville, Windsor, Halifax.

Steamer "Empress" leaves St. John every Monday, Wednesday and Friday for Digby and Annapolis, and leaves Annapolis on arrival of Express Train from Halifax at 1.40 p. m. every Tuesday, Thursday and Saturday for Digby and St. John.

HALIFAX AND CAPE BRETON RAILWAY.

Leaves Antigonish at 9 a. m., and New Glasgow at 1.45 p. m. Arrives at New Glasgow at 11.30 a. m., and at Antigonish at 4.15 p. m.

Western Counties Railway.

Train leaves Yarmouth daily at 7.45 a. m., and arrives at Digby at 11.15 a. m. on Monday, Wednesday and Friday; and at 11.45 a. m., on Tuesday, Thursday and Saturday. Leaves Digby on Tuesday, Thursday, and Saturday at 3.30 p. m., and at 12.15 p. m. on Monday, Wednesday and Friday. Arrives at Yarmouth Tuesday &c., at 7 p. m., and on Monday &c., at 4.15 p. m.

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.

SAVE THE NATION!

For it is sadly too true that thousands of children are STARVED TO DEATH every year by improper or insufficient food. Remember,

RIDGE'S FOOD FOR INFANTS AND INVALIDS,

Is all and a great deal more than we have claimed for it. It is simply a HIGHLY NUTRITIOUS and easily assimilated FOOD, grateful to the most delicate and irritable stomach, and especially adapted for the INFANT and GROWING CHILD.

Invalids, Nursing Mothers, and those suffering from INDIGESTION will find on trial that RIDGE'S FOOD FOR INFANTS AND INVALIDS, is all they can desire. It is carefully put up in four sizes.

Constant users will find our No. 4 size (always the most economical size to buy) now much larger than formerly, thus materially lessening the expense. WOOLRICH, Dispensing and Family Chemist, Upper Water St., Depot for Ridges Food, Pick-me-up Bitters, &c., with a well-assorted stock of Pure Drugs. April 17

Nova Scotia Book Bindery,

C. & T. PHILLIPS, Corner Granville & Sachville Streets. BOOK BINDERS, PAPERS RULERS, BLANK BOOKS, Manufacturers, Performers, Steam Machine PAPER BAG Manufacturers. Cheapest in the Market. Jan. 31.

A Sure Relief for Asthma. KIDDER'S PASTILLES. Price 35 cts. by mail. STOWELL & CO. Charlestown, Mass. Feb. 25.

MUSICAL.

GATES BROS.,

Manufacturers of ORGANS AND PIANOS, Organs from \$75 and upwards. Warranted for 7 years. Pianos \$200 and upwards. The usual discount to Clergymen, Churches, Teachers and Societies. Factory—MELVERN SQUARE, Annapolis Co. Sales Room 120 GRANVILLE STREET, Near Province Building, Halifax. ENCOURAGE HOME MANUFACTURES. Save Duty and High Commissions. Keep the money in the country. C. E. GATES, Musical Department, G. O. GATES, Manufacturing, W. J. Gates, Manager. Oct. 1.

THE CHRISTIAN MESSENGER

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