The Messenger Almanac.

JULY, 1881. First Quarter, July 4th, 1h. 2m. A. 11th, 9h. 59m. M. Full Moon, Last Quarter, . " 18th, 1h. 5m. M. High Tide MOON. Day Rise. Sets. Rises. South. Sets. at Halifax 1|Fr. |4 23|7 44| 9 32| 3 48 10 4| 10 48 2|Sa. |4 23|7 44| 10 33 | 4 30| 10 27| 11 21 3|SU. |4 24|7 44| 11 34| 5 12 10 50 | M 4 M. 4 25 7 44 A. 38 5 57 11 16

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

31 Su. 4 49 7 23 10 27 3 53 9 19

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 from the sum subtract the time of rising. FOR THE LENGTH OF THE NIGHT.-Sub-

tract the time of the sun's setting, from 12 hours and to the remainder add the time of rising next morning.

obtained for Inventors, in the United States, Canada, and Europe, at reduced rates. With our principal Office located in Washington, directly opposite the United States Patent Office, we are able to attend to all Patent Business with greater promptness and despatch and less cost, than other patent attorneys, who are at a distance from Washington, and who have, therefore, to employ "associate attorneys." We make preliminary exami- infant diet his special study, believes nations and furnish opinions as to patentability, free of charge, and all who are interested in new inventions and Patents are invived to send for a copy of our "Guide for obtaining Patents," which is sent free to any address, and contains complete instructions how to obtain Patents, and other valuable matter. We FELIX L. OSWALED, in Popular Scirefer to the German-American National Bank, Washington, D. C.; the Royal Swedish, Norwegian, and Danish Legations, at Washington; Hon. Jos. Casey, late Chief Justice, U. S. Court of Claims, to the Officials of the U. S. Patent Office, and to Senators and Members of Congress from every State. Address: LOUIS BAGGER & CO.

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SCIENCE.

How LONG SHOULD WE SLEEP?-The vital processes of man, like those of all his fellow creatures, are partly controlled by automatic tendencies. Some functions of our internal economy are too important to be trusted to the caprices of human volition; breathing, eating, drinking, and even love, are only semi-voluntary actions; and during a period varying from one-fourth to twofifths of each solar day the conscious activity of the senses undergoes a complete suspense; the cerebral workshop is closed for repairs, and the abused or exhausted body commits its organism into the healing hands of Nature. Under favorable conditions eight hours of undisturbed sleep would almost suffice to counteract the physiological mischief of the sixteen waking hours. During sleep the organ of consciousness is at rest, and the energies of the system seem to be concentrated on the function of nutrition and the renewal of the vital energy in general; sleep promotes digestion, repairs the waste of the muscular tissue, favors the process of cutaneous excretion, and renews the vigor of the mental faculties. The amount of sleep required by

muscular exertion, mental activity (or the true flavor of the tea. emotion), or by the process of rapid assimilation, as during the first years of growth and during the recovery from such as you like for turkey or duck. an exhausting disease. The weight of Take a steak, pound it, but not very a new born child increases more rapidly hard. Spread the dressing over it, LATER. A Westport, 2 hours 54 minutes than that of a superptic adult, enjoying sprinkle on a little salt, pepper, and a liberal diet after a period of starra. tion, and, though an infant is incapable roll the steak up tightly, and tie hours to the time of the sun's setting, and of forming abstract ideas, we need not closely. Nowspread two large spoonfuls doubt that the variety of new and b3- of butter over, then wash with a wellwildering impressions must overtask beaten egg. Put water in the bake- 130 Annapolis. its little sensorium in a few hours. pan. Lay in the steak so as not to Nurslings should therefore be permit- touch the water, and bake as you would ted to sleep to their-full satisfaction; a duck, basting often. A half hour in weakly babies, especially, need sleep a brisk oven will bake it. Make a more than food, and it is the safest plan brown gravy, and send to the table never to disturb a child's slumber hot. while the regularity of his breathing indicates the healthfulness of his repose; there is little danger of his "oversleeping', himself in a moderately warmed, well-ventilated room. Never mind about meal-times: hunger will awaken him at the right moment, or teach him to make up for lost time. Three or four nursings in the twentyfour hours are enough; Dr. C. E. Page, who has made the problem of that fifty per cent. of the enormous number of children dying under two years of age are killed by being coaxed to guzzle till they are hopelessly diseased with fatty degeneration .- DR, ence Monthly for July

> THE STATURE OF MEN .- In comparing races as to their stature, we concern ourselves not with the tallest or shortest men of each tribe, but with the the crows from pulling his young corn ordinary or average-sized men who may be taken as fair representatives of The barrel is suspended by a cord may be taken as fair representatives of their whole tribe. The difference of general stature is well shown where a tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and short people come together in the length of the parts in Mr. W.'s tall and the length of the parts in Mr. W.'s tall and the length of the their whole tribe. The difference of from a cross-bar, which rests upon the one district. Thus, in Australia the average English colonist of five feet six feet high; cross-bar six feet long; eight inches, looks clear over the heads | the barrel being hung so that it will be of the five feet four inch Chinese labor- two feet from the ground. The heads ers. Still more in Sweden does the of the barrel are both removed, and by Swede of five 'feet seven inches tower being hung by the cord exactly in the over the stunted Lapps, whose average middle of one side, or so, it balances, it food. Remember, measure is not much over five feet. Among the tallest of mankind are the a barrel thus suspended is seldom still. Patagonians, who seemed a race of This constant motion of so large an giants to the Europeans who first object has an alarming effect upon the watched them striding along their cliffs corn-loving crows. One barrel will Is all and a great deal more than we have draped in their skin cloaks; it was even answer for four or five acres. Pieces decared that the heads of Magalhaen's of tin and other objects, as bright men hardly reached the waist of the colored cloth, may be attached to the first Patagonian they met. Modern trav- suspended barrel, but they are not ellers find, on measuring them, that they really often reached six feet four inches, American Agriculturist. their mean height being about five feet eleven inches-three or four inches taller than average Englishmen. The shortest of mankind are the Bushmen and related tribes in South Africa, with an average height not far exceeeding four feet six inches. Thus, the tallest race of man is less than one-fourth higher than the shortest, a fact which seems surprising to those not used to measurements. In general, the stature a herd of starved ones. of the women of any race may be taken as about one-sixteenth less than that of the men. Thus, in England a man of five feet eight inches and a woman of five feet four inches look an ordinary well matched couple.—E. B. TAYLOR,

Its a pretty serious thing to break an price than theory. old friendship, for like old china, it can never be quite whole again. A broken friendship may be soldered, but it will of the mothers. If the world was lost through woman, she alone can save it. always show the crack.

THE HOUSE.

TO PRESERVE STRAWBERRIES WHOLE .- Take equal weights of the largest strawberries procurable and fine loaf-sugar; lay the fruit in deep dishes, and sprinkle half the sugar over them in fine powder; give the dish a gentle shake, that the sugar may always touch the under part of the fruit; on the next day make a syrup of the remainder of the sugar and the juice drawn from the strawberries, and boil it until it jellies; then carefully put in the strawberries, and let them simmer nearly an hour; next put them with care into jars or bottles, and fill up with the syrup, of which there will be more than required, but on the next day the jars will hold nearly or quite the whole; cover the jars or bottles with brandy papers.

To MAKE TEA .- To make a cup of good tea is a matter of some importance. The plan that we now practice is this: The teapot is scalded and at once filled with boiling water, the tea is then put in and allowed to stand five minutes in a warm place before it is used, the leaves gradually absorb the water, and as gradually sink to the bottom; the result is that the tea leaves man is generally proportionate to the are not scalded, as when boiling water waste of vital strength, whether by is poured over them, and you get all

Mock Duck.—Prepare a dressing

TO RESTORE COLOR. - When the color of a fabric has been accidentally or otherwise destroyed by acid, ammonia should be applied to neutralize the acid. after which an application of chloroform will, in almost all cases, restore the original color.

MEAT HASH .- Remnants of boiled or roast meat may be utilized by chopping them with twice their quantity of bread, seasoning with salt, pepper and herbs, moistening with eggs and a little melted butter beaten together, and either cooking in a loaf or in small cakes on a griddle.

AGRICULTURE.

A BARREL SCARECROW .- Mr. Laman Wood, Bay County, Mich., keeps by means of a "Barrel Scarecrow." scarecrow is as follows. Upward stakes, turns easily with a slight wind; in fact, essential to the barrel scarecrow .-

FARM PROVERBS .- 1. One acre well tilled is worth two half tilled, 2. A good farmer will get rich where

a poor one will starve. 3. Negligence and laziness both

breed poverty. 4. A wise farmer never keeps more stock than he can feed.

5. One cow well cared for is worth 6. An acre well tilled brings a bag

well filled. 7. Compost brings impost.

g. A change of crops is to the soil what a change of diet is to a man. 9. Foul weeds, like bad boys, gener-

in Popular Science Monthly for July. ally grow without much care. 10. Experience fetches a higher

The future of society is in the hands

INTERCOLONIAL RAILWAY.

SUMMER ARRANGEMENT.

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

(Halifax time.) At 8.25 a. m.—Express for St. John, Pictou, Quebec. At 12.15 p.m. - Accommodation for Pictou. At 5.00 p. m.—Accommodation for Truro. At 6.15 p. m.—Express for St. John and

WILL ARRIVE :-

At 9.15. a. m. - Accommodation from Truro. At 10.15 a. m.,—Express from Quebec and from St. John. At 2.50 p. m.-Accommodation from Pic-At 7.45 p. m.—Express from St. John. Nov. 24, 1880.

Windsor and Annapolis Railway.

Summer Arrangement—Commencing Monday, April 4th, 1881.

The following is according to Railway Time. Halifax times is 15 minutes later.

Daily. ळळ GOING WEST ngers A. M. A.M. P. M. Halifax.....Leave 7 45 8 52 3 00 9 40 P.M. 12 30 6 15 10 30 1 36 7 17 11 05 2 30 7 40 641 Wolfville. 71 Kentville. 11 36 3 18 83 Berwick. 102 Middleton. 12 23 Arrive 1 40 6 40

GOING EAST. A.M. A. M. A M St. John, Leave Leave, Annapolis, 28 Middleton. 8 20 3 31 47 Berwick. 6 30 11 15 5 00 59 Kentville, 6 57 11 45 5 22 66 Wolfville. P.M. Arrive 11 00 4 30 8 10 84 Windsor,

Steamer "Empress" leaves St. John at 8a. m. every Monday, Wednesday and Friday for Digby and Annapolis, and leaves Annapolis, on arrival of Express Train from Halifax, 1.40 p. m., every Tuesday, Thursday and Saturday, for Digby and St. John.

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130 Halifax

Leaves Antigonish at 9 a.m., and New Arrives at New Glasgow at 11.00 a. m., and at Antigonish at 4.30 p. m.

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it purges out the fout corruptions which contaminate the blood and cause derangement and decay. It stimulates and enlivens the vital functions, promotes energy and strength, restores and preserves health, and infuses new life and vigor throughout the whole system. No sufferer from any disease which arises from impurity of the blood need despair who will give AYER's SARSAPARILLA a fair trial.

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