

The Messenger Almanac.

Table with columns for Day, SUN, MOON, High Tide, and Low Tide. Includes dates for First Quarter, Full Moon, Last Quarter, and New Moon.

THE TIDES.—The column of the Moon's Southern gives the time of high water at Parreboro, Cornwallis, Horton, Hantsport, 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.

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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 two-fifths 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 organization into the healing hands of Nature.

The amount of sleep required by man is generally proportionate to the waste of vital strength, whether by muscular exertion, mental activity (or emotion), or by the process of rapid assimilation, as during the first years of growth and during the recovery from an exhausting disease. The weight of a new born child increases more rapidly than that of a euepeptic adult, enjoying a liberal diet after a period of starvation, and, though an infant is incapable of forming abstract ideas, we need not doubt that the variety of new and bewildering impressions must overtake its little sensorium in a few hours.

Three or four nursings in the twenty-four hours are enough; Dr. C. E. Page, who has made the problem of infant diet his special study, believes 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. FELIX L. OSWALED, in Popular Science 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 ordinary or average-sized men who 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 one district. Thus, in Australia the average English colonist of five feet eight inches, looks clear over the heads of the five feet four inch Chinese laborers. Still more in Sweden does the Swede of five feet seven inches tower over the stunted Lapps, whose average measure is not much over five feet. Among the tallest of mankind are the Patagonians, who seemed a race of giants to the Europeans who first watched them striding along their cliffs draped in their skin cloaks; it was even declared that the heads of Magalhaen's men hardly reached the waist of the first Patagonian they met. Modern travellers find, on measuring them, that they really often reached six feet four inches, 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 exceeding 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 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, in Popular Science Monthly for July.

Its a pretty serious thing to break an old friendship, for like old china, it can never be quite whole again. A broken friendship may be soldered, but it will 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 are not scalded, as when boiling water is poured over them, and you get all the true flavor of the tea.

MOCK DUCK.—Prepare a dressing such as you like for turkey or duck. Take a steak, pound it, but not very hard. Spread the dressing over it, sprinkle on a little salt, pepper, and a few bits of butter. Lap over the ends, roll the steak up tightly, and tie closely. Now spread two large spoonfuls of butter over, then wash with a well-beaten egg. Put water in the bakepan. Lay in the steak so as not to touch the water, and bake as you would a duck, basting often. A half hour in a brisk oven will bake it. Make a brown gravy, and send to the table hot.

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 the crows from pulling his young corn by means of a "Barrel Scarecrow." The barrel is suspended by a cord from a cross-bar, which rests upon the ends of two stakes driven in the ground. The length of the parts in Mr. W.'s scarecrow is as follows. Upward stakes, six feet high; cross-bar six feet long; the barrel being hung so that it will be two feet from the ground. The heads of the barrel are both removed, and by being hung by the cord exactly in the middle of one side, or so, it balances, it turns easily with a slight wind; in fact, a barrel thus suspended is seldom still. This constant motion of so large an object has an alarming effect upon the corn-loving crows. One barrel will answer for four or five acres. Pieces of tin and other objects, as bright colored cloth, may be attached to the suspended barrel, but they are not essential to the barrel scarecrow.—American Agriculturist.

- 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 a herd of starved ones. 6. An acre well tilled brings a bag well filled. 7. Compost brings impost. 8. A change of crops is to the soil what a change of diet is to a man. 9. Foul weeds, like bad boys, generally grow without much care. 10. Experience fetches a higher price than theory.

The future of society is in the hands of the mothers. If the world was lost through woman, she alone can save it.

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 Quebec.

Windsor and Annapolis Railway.

Summer Arrangement—Commencing Monday, April 4th, 1881. The following is according to Railway Time. Halifax times is 15 minutes later.

Table with columns for GOING WEST, GOING EAST, Miles, and various train types (Express Daily, Passengers & Freight, etc.).

Steamer "Empress" leaves St. John at 8 a. 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.

HALIFAX and CAPE BRETON RAILWAY.

Leaves Antigonish at 9 a. m., and New Glasgow at 2.30 p. m. Arrives at New Glasgow at 11.00 a. m., and at Antigonish at 4.30 p. m.

Western Counties Railway.

Train leaves Yarmouth daily at 7.45 a. m., and arrives at Digby at 11.45 a. m. Leaves Digby on Monday, Wednesday, and Saturday at 4.00 p. m., and at 12.30 p. m. on Tuesday, Thursday and Friday. Arrives at Yarmouth Tuesday &c., at 4.30 p. m., and on Monday &c., at 8 p. m.

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