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FARM AND GARDEN.

Many young chickens are killed by being fed too much water with their meal, and especially if corn meal is fed, which is very concentrated food. The wet masses are compacted in the stomach so that they cannot be well digested. If corn is ted it is better for young chickens if broken into small pieces and fed dry, but wheat without breaking is better still.

Cut clover hay when about half the heads are of a reddish brown. It injures the quality of the hay to cut it too soon or after the seeds are ripe.

Cooked food answers as well for poultry as for stock, but should not be fed exclusively.

WHAT IS FARMING ?-It is something more than staying on a farm. It is something more than skinning the soil. It is more than selling hay or potatoes, and bulky crops manimalized. Farming is a busiscientific operation whereby the worked in harmony with the chemterms and language, in that sensible understanding, that commonand capabilities may be turned to best accounts. The lawyer works nitrogenous matter. by law and precedent, the physician the merchant by rules and observacapacities. The farmer must work by all rules, observation and experiment. He must be a practical lawyer, doctor, merchant and mechanic of the vegetable, the animal and the be a skilful workman in the procircles in which his business lies and his sphere of circulation ex-

a farmer, and a hope of a serene old grains, shows that these amounts intellectual mediocrity, but the and water (alone, and in beverages) children yet to be.

above solution with a sponge. One sumed by those engaged in light must be careful not to use sulphuric | work, the sugars and starches refor sulphurous acid, as the former maining the same. would be hurtful in this case, instead off disease.

I have long been in the habit of ed by German observer as grading it according to size and age. diseases and vermin.

A simple method of burning it is | ter one, fats six, starches and sugars

on a slip of cardboard, or extra three; and these proportions appear stout paper, a foot long and two or | to be represented with singular exthree inches wide. Scatter sul- actness in the ordinary dietaries phur on one end of this, light which experience has recommended the paper and then move it about to mankind. Excess of food in the the cattle in the stable. Be very matter of nitrogenous elements careful to set nothing on fire when | tends to induce diseases of an indoing this. In order to guard from | flammatory and gouty nature, and fire, if litter is in the stable, it should | likewise leads to fatty degeneration be removed previous to lighting the of the tissues. When, on the other sulphured paper. A safer way, hand, there exists lack of nitrogenhowever, would be to put some ous substances, the individual experipaper in a hollow dish or pan with encess weakness, want of muscular a handle to it to take hold of and power, and general prostration. move about .- N. Y. Tribune.

#### HEALTH HINTS.

FOOD AND WORK .- In determining the standard of health it is clear that from our food alone we can obtain the energy or power of work required for the discharge of the duties of life. An interesting point therefore arises regarding the differences which are entailed by varying conditions and amounts of labor. Dr. Letheby tells us that an adult man in idleness requires to obtain from his food for the support ness, a profession, a practical and of his body 2.67 ounces of nitrogenous matter, and 19.16 ounces of soil is used for profit, and improved non-nitrogenous matter per day. under the operation. The processes If the individual is to participate in of nature must be understood and ordinary labor, the amount of nitrogenous matter obtained from his istry of the earth and air. The food must be increased to 4.56ounprocesses of the elements must be ces, while the non-nitrogenous must understood, if not in their technical be represented by 29.24 ounces. In the case, lastly, of active labor, the amount of food required must sense way, that their own advantages | be increased to 5.81 ounces of nitrogenous, and 34.97 ounces of non-

Dalton gives the following as the works by symptoms and indications, amount of food per day required for the healthy man taking free exercise tion, the mechanic by measure and in the open air: meat, sixteen ounces; bread, nineteen ounces; fat or butter, three and a half ounces; water, fifty-two fluid ounces. It ought to be borne in mind that these amounts of food represent the diet trade world about him. He must for a whole day compressed, so to speak, into a convenient and readily ductive, operative and commercial understood form. Another calculation, setting down the daily amount of food required by an adult at nitrogenous matter three hundred There is a quiet about the life of grains, and carbon at four thousand age, that no other business or pro- would be obtained from eighteen fession can promise. A professional ounces of bread, one ounce of butter, man is doomed sometimes to feel four ounces of milk, two ounces of that his powers are waning. He is | bacon, eight ounces of potatoes, six doomed to see younger and stronger ounces of cabbage, three and a half men pass him in the race of life. ounces of cheese, one ounce of sugar, He looks forward to an old age of three-quarters of an ounce of salt, farmer goes, as it were, into part- sixty-six and a quarter ounces, a nership with trees and flowers-he | total of no less than six pounds fourbreathes the sweet air of fields. teen and a quarter ounces. Sum-There is no constant and frightful | ming up the question of the amounts strain upon his mind. His nights of food required by a healthy adult are filled with sleep and rest. He daily, and excluding water in all watches his flocks and herds as they forms as a matter of separate calfeed upon the green hilly slopes. He | culation, it may be said that four hears the pleasant rain fall upon the and a half ounces of pure nitrogenwaving corn, and the trees he plant- ous matter would be required in aded in his south field rustle about dition to three ounces of fatty food, him as he plants others for the fourteen ounces of starch or sugar, and one ounce of mineral water. An ordinary adult consuming in twenty-SULPHUR FOR STOCK.—An Eng- four hours food items equal to those lish correspondent puts about two contained in one pound of meat and ounces of sulphurous acid into a two pounds of bread, may be requart bottle of water, and gives a garded as consuming food of suffitablespoonful of this dilution three cient amount for ordinary work, pared to raise a tune. As the congretimes per day to cattle suffering When the work is increased, the gation stood ready to sing. seconds with foot and mouth disease. In diet must naturally be increased addition to this, he burns a little likewise. We find that persons in sulphur three times a day in the active employment require about a stable in which the animal is kept. fifth part more nitrogenous food, and He moistens the feet also with the about twice the quantity of fat con-

An interesting practical calculaof curative. Burning sulphur in the tion has been made regarding the of curative. Burning sulphur in the tion has been made regarding the stables of healthy cattle once or amounts of different foods required to sing; I caan't sing: but I can whistle to sing; I caan't sing: but I can whistle to sing; I caan't sing: but I can whistle twice a week, he thinks would ward to perform a given and fixed piece the approving word or nod he started of work. Taking the work perform- whistling, the congregation took up the giving a heaping tablespoonful of standard, namely, that of raising a sulphur for this purpose to my man's weight (one hundred and horses and cows once a week, in a forty pounds) ten thousand feet mess of meal; also to large swine; high, it has been found that the to full grown sheep about half this amounts and cost of various foods quantity; to lambs and pigs less, required for the performance of this work are as follows: Bread, 2.345 For poultry once a week I mix sul- pounds, cost 31-2d.; oatmeal, 1.281 phur with their pudding, at the rate pounds, cost 3 1-2d.; potatoes, 5.068 of a heaping tablespoonful of the pounds, cost 5 1-4d.; beef-fat, .555 former to a gallon of the latter. pounds, cost 5 1-4d.; cheese, 1.156 This keeps them free from lice, un- pounds, cost 11. 1-2d.; butter, .693 | Three roots bear up dominion; Knowless they are much exposed to these pounds, cost 1s.1-2d.; lean beef, parasites on their roosts or other- 3.532, cost 3s. 6 1-2d.; pale ale, wise. Sulphur in moderate doses, nine bottles, cost 4s 6d. The proand not given too often, is health- portion of the different food elements ful, and a guard against various in an ordinary dietary has been set down as follows: nitrogenous mat-

The healthy mean is that in which the proportions of nitrogenous and non-nitrogenous food are maintained

as above indicated. In the construction of dietaries a few practical hints remain for notice. Thus, as regards sex, the dietaries of women are usually, in the ease of the working classes, estimated at one-tenth less than those of the opposite sex. Age has an important influence in determining the amount and quality of food. The growing body consumes more food, relatively to work and weight, than the adult, inasmuch as it requires material for new tissue. An infant under eight or nine months should receive no starch whatever in its dietary, because it is unable to digest that sub- SPURGEON, stance. Health is naturally a condition in which the question of foods assumes a high importance, and various dietaries, as is well known, are adapted for the cure of disease. The relation of food to work has already been alluded to, and statistics detailed; but it may be added that the brain-worker requires his food in a more readily digestible form, and also in smaller bulk and in more concentrated shape, than the muscle-worker or ordinary laborer. What has been said concerning foods will tend to show how wide is the field which the subject of nutrition occupies. It may only here be added that the education of the individual in health laws, and in the science of foods and food-taking, forms the only sure basis for the intelligent regulation of that all important work, the nourishment and due support of the frame in relation to the work we perform and to every circumstance of life. - Chambers' Journal.

#### VARIETIES.

Both in New and Old England the postponement of the day for washing clothes has always been open to the severest criticism. There are various versions of the folk-lore on this subject.

They that wash on Monday Have all the week to dry; They that wash on Tuesday Are not so much awry; They that wash on Wednesday Are little more to blame; They that wash on Thursday Wash for very shame; They that wash on Friday Wash because in need; And they that wash on Saturday

Are dirty things indeed. On the contrary, in many parts of Germany it is considered a mark of aristocracy to wash at long intervals, showing a large stock of clothes; and there are some households that wash their clothes but once a year.

RAISING THE TUNE. - A learned doctor of divinity was conducting an an niversary service in a small chapel. Having announced the opening hymn, he was surprised to find no one preseemed minutes, and the suspense was April 16. anything but pleasant. The minister repeated the hymn, but still there was no precentor; and, though a doctor of divinity, he was not able to lead the service of praise. It was a critical moment, and he was about to advise the people to resume their seats, when a working man from the far end of the chapel came striding along the aisie, saying, as he walked, 'I bean't agoin' tune, and the hymn was sung .- Sword and Trowel.

President Webb, of Mississippi College, was interviewed by a young man who wanted to go to school. 'Well,' said the President, 'what do you know?' 'Nothing,' was the response. 'Well, you are just four years ahead of some of the other students. It takes them four years to learn what you know to start with. Your prospects are fine

ledge, Will, These two are strong, but stronger still

Obedience; 'tis the great tap root which

Knit round the rock of Duty, is not Though storm and tempest spend their

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# IT IS TRUE!

KIND WORDS. WHAT OTHERS THINK OF BUDS AND BLOSSOMS.—The following is from The Christian at Work, a first-class religious weekly, published in New York: " In the City of Halifax, Nova Scotia, is published a monthly magazine called Buds AND BLOSSOMS and edited by J. F. Avery. Each number contains forty pages. plentifully and handsomely illustrated, and at 75 cents a year is certainly one of the cheapest publica-tions extant. But better still, it is one of the best. Its pages are full of the gospel spirit, excellent temperance sketches, missionary intelligence, short stories, household hints and suggestions, all entertaining clean and wholesome literature, suitable for the home and family circle, and calculated to promote purity and knowledge among its readers. We do not know what the circulation of this excellent publication may be, but of this we are sure, it ought to be double whatever it is, for it is just the right kind of reading to be put into the hands of young folks; bright, cheery, hopeful and strong, without cant or sickly sentimentality. We hold it as an indisputable truism that when an opportunity offers to promote the circulation of such literature among the young it becomes a religious duty to do so. Send to the publisher for a specimen copy, and you'll find that we have not said onehalf the good things we might concerning it."

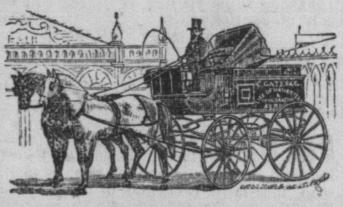
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We will send back numbers till the end of 1884 for 50 cents, or for \$1.00 will take new names from date until end of 1885. So confident are we you will like it, we offer it for 25 cents remainder of the year. Send 6 cents for specimen and opinions

of the press. Buds & Blossoms.

REV. J. F. AVERY, Editor, Mizpah Cottage, Kempt Road, Halifax, N. S.

Aug. 6.



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It is certain to check Diarrheea and Dysentery almost instantly as well as cholera, Cholera Morbus and all kinds of violent pain.

No family should fail to have a supply of this in the house as it may save life before a physician can be called, beside saving a great amount of suffering. Would recommend to diet for a short time after relief is obtained. For children nothing can be found to equal itbeing very pleasant to the taste and giving relief instantly.

TRY ONE BOTTLE. Full directions of Label and Wrapper. Sold everywhere at 25 cts. per bottle. Manufactured by C. GATES SON & CO., Middleton, Annap. N. S.

See Certificate next month. July 23.

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

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when all other food has been refused JOHN M. HODGES, Esq., M. D., F. C.S., Public Analyst for Antrim County and Belfast

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