

HEALTH HINTS.

WOUNDS.—Farmers, in knocking around the barns during the winter frequently get ugly cuts and bruises, which are affected by the cold weather, and prove not only painful in this season but open sores in the spring. Kerosene oil is very good. It is good also for diseases of the scalps of children. There is a bad odour about it, which can be relieved by the village druggist, but aromatics are not always healthful additions. Vaseline is the condensed petroleum. But we are never without carbolic acid in some shape. For a toilet soap nothing is better. It cleanses the hair and the skin. It cures chafed portions of the body, especially where the clothing is rough. There is a strong carbolic soap for use on animals. We have used it successfully on hens and dogs, sheep and cows. Do not let it get into their mouths, for it is a poison. The carbolic saline is a great healer of sores. It can be put up by any druggist.

HOME THE BEST PLACE FOR INVALIDS.—The New York Sun compiles from the Continent the opinions of a physician about the curative powers of nature. The physician concludes that it is better for a consumptive to stay at home, where he can be comfortable, than subject himself to the discomfort of hotel life, or to the greater inconvenience of a camp. He says that the camp cure may be fairly tried by sleeping on one's own house top. Another medical man replies that the summer conditions of spruce forests are eminently favorable, and consumptives have recovered in the most surprising way living under canvas in them, where the air is impregnated with the healing emanations peculiar to the non-deciduous tree growths. There are consumptives whose lungs crave the salt air of the ocean; others to whom the dry atmosphere of Colorado is infinitely soothing; and others again who are benefited by the climate of Florida or Southern California. To prescribe Florida for one person might mean death, while if he went among the northern paradise of spruce, recovery might follow.

HEALTH IN THE SCHOOLS.—Health in school-children is the first condition of good intellectual work. This principle is often disregarded by our most conscientious teachers, and the neglect of the physical side of the child's nature often leads to the most disastrous results. In the first place, the teacher should inquire into the bodily ability and vitality of his pupil, and learn at the outset as much as possible of his temperament, tendencies, and temptations. A sound body must possess a sound mind. Of forty children no two have the same strength of mind, size of lungs, and working force of the brain, condition of nervous system, quality of voice, gait, address etc. no more than any two resemble each other in the form and the features of the face. Here is a boy with the lungs of a stentor; there one is flat chested, with flabby muscles and weak constitution. Here is a girl with rosy cheeks and vigorous mental action; there another, pale, almost bloodless in cheek, heart, and brain. All are in the Arithmetic class. The same lesson is assigned to the four. Is it probable that all will grasp the principles and their application equally quickly, or express them with equal clearness and accuracy? Not at all; and the teacher who attempts the impossible either in restraining the strong to meet the capacity of the weaker, or of spurring on the weak to equal the stronger, is doing an injustice to the physical and intellectual natures of both, and should be punished by the society for the Prevention of Cruelty to Children. The first purpose of the teacher should be to preserve the ruddy cheek and the strong muscle of the strong, and, if possible, by the best conditions of study, exercise, etc., to make them more vigorous and healthful; and, on the other hand, a more important duty rests on the teacher, relating to the over-nervous, bloodless, and less vital children. To tax these to their utmost is cruelty, and to cause their bodies to weaken under study is a costly and expensive performance. That is the best school where the dull ones have the best chance, because they need it the most, and

where the weak ones can get a better hold on life, its vital forces and supports, that they may not fall in the supreme hour of life's trials and temptations. To equalize as far as possible the conditions of healthy manhood and womanhood, teachers should study to educate the child physically, by proper light, heat, ventilation, exercise, and study; by removing all preventable causes of disease from the school-room, and watching lest contagious or infectious diseases come within the school premises. Those who can graduate healthy children with medium attainments, are superior instructors of youth, to those who press the intellect at the expense of the bodily powers, and who send out into the world a class of physical weaklings, top-heavy, to be turned upside down in the world's struggle.—The Public School.

CURE FOR RHEUMATISM.—A gentleman of West Newton, Mass., is confident that he knows of a certain cure for rheumatism. A few years ago he was severely afflicted by the disease, which affected his whole system, and finally settled in the sciatic nerve. He suffered intensely, often being deprived of sleep. He tried many remedies without avail, till finally a physician prescribed gum guaiacum and sulphur in equal parts, to be taken in small doses three times a day. He found that one dose was all he could bear, and took it at night. At the end of ten days he was entirely relieved of the rheumatism. He has since had touches of the complaint, but the above remedy always proves efficacious. He thinks he has recommended it to at least two hundred sufferers from rheumatism, and in every case it effected a cure except one, and in that instance the person continued the use of intoxicating drinks.

HOUSEHOLD. COOKING BEETS.—If you object decidedly to the odour of beets when boiling, and on this account do not have them on the table as often as you would otherwise like, try this way of preparing them. Boil more than the quantity required for one meal, in salted water, and of course with their jackets on. Do not remove the skin from those which you are not to use that day; set them in some cool closet, and when you wish to serve them remove the skin, cut the beets in slices, pour hot water over them, after putting them in a saucepan, and let them stand on the stove until hot.

EGGS.—There is a vast difference in the flavor of eggs. Hens fed on clean, sound grain and kept on clean grass run, give much finer flavored eggs than those that have access to stable and manure heaps, and eat all kinds of filthy food. Hens feeding on oily species of fish and onions, flavor their eggs accordingly, the same as cows eating onions or cabbage, or drinking offensive water, impart a bad taste in milk and butter.

BOILING MEAT.—Boiling fast renders meat hard because the excessive action of heat causes the albumen of the meat to set solid, crisps up the fleshy fibres and prevents heat having a gradual access to the interior.

FARM AND GARDEN. A writer in The American Cultivator urges the importance of allowing grains to ripen fully before harvesting. Early harvesting of wheat he says, causes deterioration in the quality of the flour, shown by its working soft and sticky. For seeding, it is especially important that the wheat should be thoroughly ripe. But 1 1/2 bushels of seed will be required per acre if well ripened, while over 2 bushels of immature seed are often required, and it is much less able to resist insects, or if fall wheat, to withstand winter-killing.

FOR A STUMBLING HORSE.—A writer in the Pittsburgh Stockman gives the following as the cure for this disagreeable habit:

Some good horses are addicted to stumbling walking or moving in a slow trot. A well-versed veterinarian states that there are two causes that would tend to produce this faulty action; one, a general weakness in the muscular system, such as would be noticed in a tired horse; the other, a weakness of the exterior muscles of the leg, brought about by carrying too much weight on the toe. To effect a cure, he adds, lighten the weight of each front shoe

about four ounces; have the toe of the shoe made of steel instead of iron, it will wear longer; have it rounded off about the same as it would be when one-third worn out, in order to prevent tripping; allow one week's rest; have the legs showered for a few minutes at a time with cold water through a hose, in order to create a spray; then rub dry, briskly from the chest down to the feet. Give walking exercise daily during this week for about an hour twice a day. When you commence driving again omit the slow jog, either walk or send him along at a sharp trot for a mile or two, then walk away, but do not speed for at least several weeks. By this means the habit of stumbling from either of the above causes will be pretty well overcome.

SCIENCE.

Mr. Shields, by laying pipes perforated at intervals some hundreds of yards out of Folkestone harbour, and forcing oil through them, successfully carried out, the other day his invention for calming stormy water and making easy the entrance for vessels in distress. As the oil for the purpose can be procured for six pence a gallon, and as fifteen to twenty gallons completely calmed the entrance to Folkestone in a very stiff breeze, it is manifest how easy of appliance and cheap the plan is.

DREDGING FOR THE GALLEYS SUNK AT SALAMIS.—The Archaeological Society at Athens has decided to make researches at the bottom of the sea in the Bay of Salamis, where the famous naval battle between the Greeks and Persians was fought. The water is not very deep in the bay. As the present state of technical science enables the society to adopt efficient means of investigation, and as the association possesses the necessary financial strength, it is hoped that the enterprise will succeed. Since the Greeks lost about fifty and the Persians nearly two hundred galleys, which have since been lying undisturbed at the bottom of the sea, it is thought that it may be possible to bring up some complete specimens, or at least portions of them, which may afford more accurate knowledge of the naval architecture of the old Hellenes and the Persians than can be gathered from their writings. The attempt is looked forward to with great interest.—London Times.

VARIETIES.

ENOUGH: God holds the key of all unknown And I am glad. I other hands should hold the key, Or if he trusted it to me, I might be sad. I cannot read His future plan; But this I know; I have the smiling of His face, And all the refuge of His grace, While here below. Enough; this covers all my want, And so I rest. For what I cannot, He can see; And in his care I sure shall be Forever blest.

Little Johnnie and Mary were sitting on an ottoman in rather close quarters. Both realized the crowded situation of affairs, and it was finally righted by Johnnie, who said: 'Mary, there would be more room for me on this ottoman if one of us was to get off.'

A young lady received the following note, accompanied by a bouquet of flowers: 'Dear—: I send you by the boy a bucket of flours. This is like my love for you. The nite shades menses kept dark. Rosies red and posies pale, my love for u shall never fade.'

A Farmer's wife wants to know if we can recommend anything to destroy the common grub. We guess the next tramp that comes along could oblige you, if the family can't stand your cooking.

An inquiring man thrust his fingers into a horse's mouth to see how many teeth it had, and the horse closed its mouth to see how many fingers the man had. The curiosity of each was fully satisfied.

Do you wish to find out a girl's weak points? Note the failings she has the quickest eye for in others. They may not be the very failings she is herself conscious of, but they will be their next door neighbors.

"Miss Mollie," said a little boy who had been strictly charged by his mother not to ask for anything to eat, when he went to his neighbor's house, "can't you give me a cake every day when I come over here without my asking for it?"

ANALEPTICS

(RECUPERATIVE, RESTORATIVE. ALL MEDICAL OBSERVERS are of one opinion in regard to the great value of GOOD LIVER OIL, to be the best and most reliable, and (when uncombined with other medicines) when presented in a palatable and digestible form, of all recuperative medicines known, not only in CONSUMPTION but in other WASTING DISEASES, as SCROFULA, DISEASES OF THE JOINTS, SKIN ERUPTIONS, RHEUMATISM &c., and as

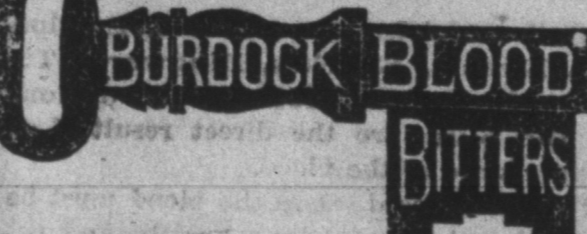
BUDD'S CREAM EMULSION

Is the only simple EMULSION in the market. The medical profession use it extensively.

BUDD'S EMULSION will cure the most obstinate cough. In bronchitis, asthma, influenza, it acts like a charm.

YOU MAKE NO MISTAKE if you get BUDD'S EMULSION, it is the only one made by PUTNER BROS. Sold by all dealers. PRICE 50 CTS. Jan. 18.

THE KEY TO HEALTH.



Unlocks all the clogged avenues of the Bowels, Kidneys and Liver, carrying off gradually without weakening the system, all the impurities and foul humors of the secretions; at the same time Correcting Acidity of the Stomach, curing Bileousness, Dyspepsia, Headaches, Dizziness, Heartburn, Constipation, Dryness of the Skin, Dropsy, Dimness of Vision, Jaundice, Salt Rheum, Erysipelas, Scrofula, Fluttering of the Heart, Nervousness and General Debility; all these and many other similar Complaints yield to the happy influence of BURDOCK BLOOD BITTERS. Sample Bottles 10c; Regular size \$1. For sale by all dealers. W. L. GAY, Proprietors, Toronto Oct. 4, 1883.

AYER'S PILLS.

A large proportion of the diseases which cause human suffering result from derangement of the stomach, bowels, and liver. AYER'S CATHARTIC PILLS act directly upon these organs, and are especially designed to cure the diseases caused by their derangement, including Constipation, Indigestion, Dyspepsia, Headache, Dysentery, and a host of other ailments, for all of which they are a safe, sure, prompt, and pleasant remedy. The extensive use of these pills by eminent physicians in regular practice, shows unmistakably the estimation in which they are held by the medical profession.

A sufferer from Headache writes: 'AYER'S PILLS are invaluable to me, and my constant companion. I have been severely suffering from Headache, and your pills are the only thing I could look to for relief. One dose will quickly move my bowels and free my head from pain. They are the most effective and the easiest physic I have ever found. It is a pleasure to me to speak in their praise, and I always do so when occasion offers.' W. L. PAGE, of W. L. Page & Bro., Franklin St., Richmond, Va., June 3, 1882.

'I have used AYER'S PILLS in numerous instances as recommended by you, and have never known them to fail to accomplish the desired result. We constantly keep them on hand at our home, and prize them as a pleasant, safe, and reliable family medicine. FOR DYSPEPSIA they are invaluable.' J. T. HAVES, Mexico, Texas, June 17, 1882.

The REV. FRANCIS B. HARLOWE, writing from Atlanta, Ga., says: 'For some years past I have been subject to constipation, from which, in spite of the use of medicines of various kinds, I suffered increasing inconvenience, until some months ago I began taking AYER'S PILLS. They have entirely corrected the excessive habit, and have vastly improved my general health.'

AYER'S CATHARTIC PILLS correct irregularities of the bowels, stimulate the appetite and digestion, and by their prompt and thorough action give tone and vigor to the whole physical economy. PREPARED BY Dr. J. C. Ayer & Co., Lowell, Mass. Sold by all Druggists.

YOUNG, OLD, AND MIDDLE-AGED. All experience the wonderful beneficial effects of Ayer's Sarsaparilla. Children with Sore Eyes, Sore Ears, or any scrofulous or syphilitic taint, may be made healthy and strong by its use. Sold by all Druggists; \$1, six bottles for \$5. Feb. 7, 1884.

HALIFAX STEAM DYE WORKS 566 Upper Water Street, (Opposite H. M. Naval Yard) Established 1871. JOHN HUBLEY, Proprietor.

COATS, Pants, Vests, Shawls, Sacques, Dresses, Cloaks, Curtains, Table Cloths, Cashmere Shawls, &c., Cleaned and Dyed to look like new. Silk Ribbons, Scarves, Gape Shawls, Satin Neckties, &c., Dyed all Colors. FEATHERS DYED AND CURLED. Gents Garments cleaned and pressed. Goods damaged by fire or water, faded or soiled, Coats Dyed to look like new. Mourning Dyed at the shortest notice. Gents Garments and Ladies Dresses, all wool, Dyed and Pressed whole, without ripping.

AGENTS—MISS CAROLINE LAWSON, 87 Barrington Street, MR. G. STREET, 100 Gerrish Street. JOHN HUBLEY, 566 Upper Water Street, Cheapest Place in the city for Dyeing. Oct. 12.



GATES' ACADIAN LINIMENT AND NERVE OINTMENT CURE RHEUMATISM AND DIPHTHERIA.

TRURO, February 1st, 1879. MESSRS. C. GATES, SON & Co.: Gentlemen—I came home two weeks ago and found my boy perfectly helpless and crying with pain. I took your Acadian Liniment and Nerve Ointment, mixed them together and bathed the painful parts, and they killed the pain immediately. I called in a doctor to see what ailed the child, and he pronounced it Inflammatory Rheumatism. I believe that pain cannot stay where they are properly tried. I have seen people who had diphtheria us.

Your Acadian Liniment, in preference to the Doctor's gargle, as it gave them more relief. When the throat is coated, it can be used as it is in the bottle, without being diluted. I believe that every house should have your medicines in them. Yours truly, JAMES FULTON. Sold everywhere at 25 cts. per bottle. Manufactured only by C. GATES SON & CO., Middleton, N. S. Feb. 27.

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 Ridge's Food, Pick-me-up Bitters, &c., with a well-assorted stock of Pure Drugs. April 17.

"CUSTOM TAILORING."

H. G. Laurilliard, 119 HOLLIS STREET, HALIFAX, N. S. Agency for New York Fashion. For Superintendents and Teachers. FOR MINISTERS. For Scholars.

Paper Hangings AT WM GOSSIP'S, UNITED SERVICE Book & Stationery Warehouse, NO. 103 GRANVILLE ST., HALIFAX, N. S.

ROOM PAPER

This season are very attractive. They are in time to escape the additional protective duty imposed by the Dominion Government, and will be sold at correspondingly low rates. SOLD WHOLESALE by the bale of four or five hundred rolls, about twenty patterns in a bale, from 6 cts. a roll and upward. Send to William Gossip, No. 103 Granville Street, Also just received, a large assortment of Artists' Materials, Oil and Water Colours, &c. Drawing Paper, Canvases, Brushes, &c., &c. March 22.

Nova Scotia Book Bindery, G. & T. PHILLIPS,

Car or Granville & Sackville Streets. BOOK BINDERS, PAPERS RULERS, BLANK BOOKS, Manufacturers, Perfumers, Steam Machine PAPER BAG Manufacturers. Cheapest in the Market. Jan. 31.

J. B. KINNEY, ARCHITECT.

Designs, Plans and Specifications prepared for all classes of Buildings. Also: Rural Cemeteries surveyed and planned. Yarmouth, N. S. Oct. 12.

CHRISTIAN MESSENGER Printing Office,

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Executed with neatness and despatch BOOKS, PAMPHLETS, CIRCULARS, BILL-HEADS, POSTERS, Business Cards, Of all kinds, WEDDING CARDS, LADIES VISITING CARDS, TICKETS & LABELS. At reasonable prices.

400 PER CENT. PROFIT.

To Young Agents Everywhere. If you wish to make a little pocket money during your leisure time, return this notice with 25 cents, or 9 three cent stamps, and we will send you, by return of mail, post-paid, a box containing 12 very Useful and Saleable Articles, used by almost everybody. You can sell each of these articles anywhere on sight at 10 cents each. Anybody that uses them once will buy them again. We are selling thousands of them. 6 articles for 15 cents. SEND NOW. Address all letters plainly to A. W. KINNEY, Yarmouth, Nova-Scotia till March 31. Dec. 19.

1883-4. NEW GOODS. 1883-4.

SMITH & CHISHOLM

HAVE JUST RECEIVED AT 18 GEORGE STREET, 18 A FULL LINE OF OVERCOATINGS, CONSISTING OF Whitney's, Meltons, Irish, Freize, Astracans, Beavers and Heavy Worsteds.

ENGLISH AND SCOTCH TWEEDS,

All suitable for Fall and Winter, which will be made up in the latest styles at short notice and moderate prices. A good fit and every satisfaction guaranteed. Ladies' Sacques and Ulsters made to order in the latest styles. Oct. 10.

30 YEARS!

Important trial of THIRTY YEARS decided, and a jury of half a million, people have given their verdict that

MINARD'S LINIMENT!

Is the best inflammation allayer and Pain destroyer in the world. 500 Medical men endorse and use it in their practice, and believe it is well worthy the name. KING OF PAIN! \$100 will be paid for a case it will not cure or help of the following Diseases: Diphtheria and Rheumatism, Scalds, Chilblains, Galls, Boils, Sprains, Lumbago, Bronchitis, Burns, Toothache, Broken Breasts, Sore Nipples, Felons, Stings, Frost Bites, Bruises, old Sores, Wounds, Earache, Pain in the Side or Back, Contraction of the Muscles. There is nothing like it when taken internally for Cramps, Colic, Croup, Colds, Coughs, Pleurisy, Hoarseness, and Sore Throat. It is perfectly harmless, and can be given according to directions without any injury whatever.

A Positive Cure for Corns and Warts

And will produce a fine growth of Hair on bald heads in cases where the Hair has fallen from disease, as thousands of testimonials will prove. A trial will convince the most sceptical that the above is true. Send to us for testimonials of distinguished men who have used MINARD'S LINIMENT

And now have a beautiful crop of Hair; and hundreds who have used it are willing to swear that by the use of Minard's Liniment they have obtained a new growth of Hair. W. J. NELSON & Co., Proprietors, Bridgewater, N. S. Wholesale agents—Forsyth, Sutcliffe & Co., and Brown & Webb, Halifax. Feb. 14.

FERTILIZERS.

THE CELEBRATED "GERES" SUPERPHOSPHATE, (The complete Fertilizer.) Three grades of GROUND BONE. Fertilizers analyzed by Prof. George Lawson of Dalhousie College. Silver and Bronze Medals awarded at the Dominion Exhibition, 1883. MANUFACTURED AT THE Chemical Fertilizer Works, JACK & BELL, proprietors, Pickford & Black's Wharf, Halifax, N. S. Send for Circular. Agents wanted in unoccupied territory. Dec. 26.