

The Messenger Almanac.

September.

New Moon, Sept. 7th, 8h. 46m. morning.
First Quarter, " 14th, 6h. 54m. "
Full Moon, " 22nd, 11h. 21m. "
Last Quarter, " 30th, 2h. 6m. "

Day	SUN.	MOON.	High Tide
W.	Rise.	Sets.	at Halifax
1 Sa.	5 26 6 34	11 7 6 13	2 16 A. 24
2 Su.	5 27 6 32	M 7 13	3 19 1 21
3 M.	5 28 6 30	0 19 8 15	4 11 2 42
4 Tu.	5 30 6 28	1 37 9 16	4 55 4 25
5 W.	5 31 6 26	2 3 10 14	5 26 5 46
6 Th.	5 32 6 24	2 45 11 9	5 53 6 46
7 Fr.	5 33 6 23	2 58 11 2	6 16 7 34
8 Sa.	5 34 6 21	3 6 10 52	6 38 8 16
9 Su.	5 35 6 19	3 25 11 43	7 1 8 58
10 M.	5 37 6 17	3 53 12 35	7 27 9 38
11 Tu.	5 38 6 15	4 20 1 32	7 56 10 18
12 W.	5 39 6 13	4 42 2 31	8 31 10 57
13 Th.	5 40 6 11	5 17 3 14	9 14 11 36
14 Fr.	5 41 6 10	5 42 4 10	M 1 21
15 Sa.	5 42 6 8	6 3 5 11	4 0 2 22
16 Su.	5 44 6 6	6 35 6 1	4 12 2 43
17 M.	5 45 6 4	6 43 6 50	4 7 2 43
18 Tu.	5 46 6 2	6 48 7 11	4 23 3 11
19 W.	5 47 6 0	6 57 7 18	4 51 3 41
20 Th.	5 48 5 58	7 5 10 49	5 19 4 19
21 Fr.	5 50 5 56	7 11 11 28	5 43 4 53
22 Sa.	5 51 5 55	7 18 M 5 25	6 17 5 27
23 Su.	5 52 5 53	6 7 10 6 28	6 51 6 1
24 M.	5 53 5 51	6 28 10 7 33	7 24 6 34
25 Tu.	5 54 5 49	6 53 11 8 40	7 52 6 42
26 W.	5 56 5 47	7 23 11 9 49	8 20 6 51
27 Th.	5 57 5 45	8 6 12 10 59	8 48 7 0
28 Fr.	5 58 5 43	8 39 12 12 11	9 16 7 8
29 Sa.	5 59 5 41	9 11 1 11	9 44 7 16
30 Su.	6 0 5 39	10 18 2 6	10 12 7 24

THE TIDES.—The column of the Moon's Southings gives the time of high water at Parrsboro, 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. At Charlottetown, 2 hours 56 minutes LATER. A Westport, 2 hours 54 minutes LATER. A Yarmouth, 2 hours 20 minutes LATER.

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.

EXERCISE FOR THE TEETH.—M. L. Holbrook, M. D., in the *Herald of Health*, says:—"There is very little doubt but the human teeth have become more fragile and liable to decay than is either pleasant or profitable. Just how much of this is due to lack of care and cleanliness, and just how much more to food, no one can tell; but it is evident these causes are among the chief, and it would seem reasonable that man in civilization should do something to prevent it. Now in barbarous tribes of men the teeth are generally sound, and yet a toothbrush or soap is never used, and this may be because their teeth are exercised more by hard food, and cleaned by the abundant flow of saliva which would naturally come from hard food. Man cannot, however, go back to a savage life, so he must contrive means for keeping his teeth so that they shall not decay. That one of these means is the toothbrush and tooth-soap is certain; but is this sufficient? We think not, and believe that exercise is an additional means of toughening the teeth and making them strong. But how are they to be exercised? Surely it cannot be done on soft bread and such food as is too often found on our tables. It may be that the eating of raw wheat would give the proper exercise, and we suggest that it be tried in this way. Each day let the teeth be exercised on a teaspoonful of clean, dry, uncooked wheat. Children become fond of it, and if chewed fine it is very sweet, and promotes the rapid flow of much saliva. Unless swallowed whole it cannot harm. It must not be supposed that any effect, however, to prevent entirely the decay of the teeth, weakened by ages of bad dietetic habits, can in one generation be effected, and so the dentist must for the present be called in to our aid.

"Speaking of dentists, let me remark that a good New York dentist told me the other day that the teeth of boys brought up in New York were much worse than those of country boys. The jaws are smaller, the teeth are softer, and not always covered over with enamel. If this is so, it is a great misfortune to be born in a city. But the dentist admitted that if the boys or girls were to chew a handful of raw wheat every day, it would cure the defect, so let us try it. We exercise our horses, why not our teeth?"

Sunstroke is not necessarily produced by the direct rays of the sun, or even by a high temperature, except as compared by that which has just preceded. Undue exercise after sudden changes in the weather from very cool to very warm, is attended with special danger to weak organisms; and all persons predisposed to apoplexy or heart disease, should observe caution. The condition brought about is an exaggerated form of the disturbance occasioned by entering too suddenly the "hot" room of a Turkish bath. The skin does not immediately perform its function as an evaporating, and, therefore, cooling surface, and an acute febrile state of the organism is established, with a disturbed balance of circulation, and more or less cerebral irritation as a prominent feature of the complaint.

Before the drought of 1864 Los Angeles, County Cal., was renowned for the number of her cattle. During 1864 hundreds of thousands of cattle died of starvation. The disappearance of these cattle inaugurated the era of farming in Los Angeles. It was a blessing in disguise, and most of the thousand productive farms of which the country now boasts, owe their existence to that drought.

ECONOMICAL PAINT.—Skim milk, 2 quarts; fresh slacked lime, 8 ounces; linseed oil, 6 ounces; white Burgundy pitch, 2 ounces; Spanish white, 3 pounds. The lime to be slacked in water, exposed to the air, and mixed in one fourth of the milk. Dissolve the pitch in the oil and add a little at a time. Then add the rest of the milk and the Spanish white.

A TWO FOOT GEAR RAILWAY.—The two feet gauge railroad between Billerica and Bedford is making good progress, and will be soon finished. The passenger cars, now building at Laconia, N. H., will be a decided novelty, as they will have a row of single seats on each side. The road is eight and one half miles long, and will cost about \$50,000, or less than \$6,000 per mile, being only one eighth the cost of the ordinary railways.

AGRICULTURE.

HOW TO MANAGE CUTTINGS.—In reply to a correspondent, the *Floral Cabinet* gives the following directions in regard to the making and managing of plant cuttings: In selecting a cutting, a great deal depends upon a judicious choice; if the slip is too young and full of fresh sap, it will fade away from too much evaporation; if it is too old—hard and woody—it will take a great while to strike root. You must take a cutting that is perfectly ripened and is from a vigorous shoot, yet a little hardened at the base. It is also essential to have a bud or joint at or near the end of the cutting, as all roots strike from it, and the nearer it is to the base, the greater your chance of success. Plant your cuttings in common red pots, filled half full of rich loam and two inches of sand on top (scouring sand will do, but not sea sand); wet it thoroughly, and put the cuttings close around the edge of the pot, for if the bud or joint comes in contact with the surface of the pot, it seems to strike root more quickly. Pull off the lower leaves before you plant the cutting. Press the wet sand tightly about the tiny stem, for a great deal of your success in rising the cutting depends upon the close contact of the sand with the stem. When the cuttings are firmly planted, cover them with a glass shade if possible, as it will greatly promote growth of the plant. Moisture, light and heat, are the three essentials to plants life—without them no cutting will start. Shade for two or three days from the sunlight, but don't let the sand become dry; then give all the sun you can obtain, keep up a good supply of moisture, and you can hardly fail to root most of your cuttings.

The Omaha Indians in Nebraska, numbering 1,000, raise this year 9,000 bushels of wheat, 600 bushels of oats, 5,000 bushels of potatoes, 27,000 bushels of corn, and 850 bushels of vegetables. These Indians are nearly all self-supporting.

A farmer at Mount Sterling, Ky., has obtained a fine sample of sugar from the bloom of the common poplar tree. It is granulated in appearance and snowy in color.

Good fences pay better than law-suits with neighbors.

THE HOUSEHOLD.

SOME CAUSES FOR POOR BUTTER.—Among the causes which injure the quality of butter I will name, first, disease in the cow; right also has an injurious effect upon the milk; breathing foul gases or odors often leaves its taint upon the milk; it is also affected by whatever the cow lives upon. Next, the cream while exposed to the air in rising is very susceptible to taints of all kinds; churning it at too high or too low a temperature always injures the produce. Butter can be greatly hurt by over-churning, over-working, or both, and much of the poor butter in market is spoiled in these ways. When overworked it appears greasy and sticky, and will keep but a short time. The secret of this injury is in the breaking of the grain. Perfect butter, like sugar, appears under the microscope to be made up of granules or crystals, and to crush and destroy these is to destroy the distinguishing feature of perfect butter, and ruin completely its keeping quality. I find in going among dairymen and dairywomen that a large proportion of them do not know how to make butter which would keep sweet to get to market. On seeing a package of butter being put up, I asked the good lady whether she believed her butter would keep perfect for a long time. She replied that it always had kept good until her husband carried it to the village every Tuesday, which was their market day. This butter was churned, washed, salted, worked and packed in less than sixty minutes from the time that the cream went into the churn. If it reached the consumer in a few days, it was probably eatable, but if through any delay or oversight, it was set one side for a few months it would be poor and perhaps altogether unfit for eating or cooking.—*Scientific American*.

A GOOD MOLASSES CAKE.—Two eggs, one cup molasses, one cup brown sugar, large spoonful of lard or butter, one teaspoonful soda, large spoonful mixed cloves and spice, one and one-half pints buttermilk, and flour enough to make a rather thick batter. Bake in a biscuit pan; cut out in squares while warm.

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