

The Messenger Almanac.

July.
Last Quarter, July 3rd, 4h. 47m. afternoon.
New Moon, " 10th, 5h. 32m. "
First Quarter, " 17th, 5h. 58m. morning.
Full Moon, " 25th, 3h. 5m. "

Day	SUN.	MOON.	High Tide
W.	Rise.	Set.	at Halifax
1 SU.	4 23 17	44 10 54	11 7
2 M.	4 23 7	44 11 12	11 43
3 Tu.	4 24 7	44 11 30	11 50
4 W.	4 25 7	44 11 52	12 56
5 Th.	4 25 7	43 0 8	1 52
6 Fr.	4 27 7	43 0 53	2 43
7 Sa.	4 27 7	43 1 39	3 39
8 SU.	4 28 7	42 2 30	4 31
9 M.	4 29 7	42 3 11	5 19
10 Tu.	4 30 7	42 3 55	6 1
11 W.	4 30 7	42 4 40	6 58
12 Th.	4 31 7	42 5 28	7 49
13 Fr.	4 31 7	42 6 19	8 43
14 Sa.	4 32 7	42 7 13	9 40
15 SU.	4 33 7	42 8 10	10 27
16 M.	4 34 7	42 9 10	11 15
17 Tu.	4 35 7	42 10 12	12 0
18 W.	4 36 7	42 11 16	12 47
19 Th.	4 37 7	42 12 22	1 34
20 Fr.	4 38 7	43 1 30	2 23
21 Sa.	4 39 7	43 2 40	3 15
22 Su.	4 40 7	43 3 52	4 10
23 M.	4 41 7	43 5 06	5 5
24 Tu.	4 42 7	43 6 21	6 16
25 W.	4 43 7	43 7 38	7 9
26 Th.	4 44 7	43 8 56	8 30
27 Fr.	4 45 7	43 10 15	9 5
28 Sa.	4 46 7	43 11 35	9 36
29 Su.	4 47 7	43 12 56	10 8
30 M.	4 48 7	44 1 17	10 38
31 Tu.	4 49 7	44 2 39	11 10

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. At Westport, 2 hours 54 minutes LATER. At 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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And all diseases that lead to it; such as COUGHS, NEGLECTED COLDS, BRONCHITIS, PAIN IN THE CHEST, AND ALL DISEASES OF THE LUNGS.

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Jan. 10.

SCIENCE.

HOW TO LEARN TO SWIM.—Every boy should know how to swim, and girls, too, for that matter.

When I was a boy I learned to swim by means of a swimming-board. This is the safest method possible. If corks are used they may slip from around the breast down beneath the body, throwing the head below the surface, and putting the wearer in danger of drowning. Some country boys get two bladders and then tie them together with a short cord, and use these as supports. They are the most dangerous things possible for a boy to have. The board is perfectly safe, and one may learn to swim in a very short time by using one. It should be over four feet long, over a foot wide, and two inches thick, made of soft white pine or cedar.

To use it a boy wades into the water up to his shoulders, then taking hold of the end of the board, he pushes it before him—towards the bank, and not into deeper water—springs forward with his feet, and throws himself flat upon the water. This movement carries him along a few feet. He then draws up both his legs at the same time, keeping the knees as far apart as possible, and then strikes out with both feet, not straight backward, but sideways, just as a frog does. The stroke is made slowly, and is repeated again, drawing up the legs slowly and steadily. The board keeps the head above water. When the leg-stroke has been learned, one hand is taken from the board and the stroke learned, or the chin may be rested on the board while the stroke is taken with both hands. This is a very good plan, as it compels the swimmer to keep his hands under the water, which he should always do. By-and-by the board may be pushed ahead, and the young swimmer may swim after it, always keeping it within reach. When a number of boys go to swim, they should always have two or three of these boards with them for use in case of any accident.—*Cor. Am. Agriculturist.*

LEARN THE VALUE OF MONEY.—A silver dollar represents a day's work of the laborer. If it is given to a boy, he has no idea of what it has cost, or of what it is worth. He would be as likely to give a dollar as a dime for a top or any other toy. But if the boy has learned to earn the dimes and dollars by the sweat of his face, he knows the difference. Hard work is to him a measure of values that can never be rubbed out of his mind. Let him learn by experience that a hundred dollars represents a hundred weary days' labor, and it seems a great sum of money. A thousand dollars is a fortune, and ten thousand is almost inconceivable, for it is far more than he ever expects to possess. When he has earned a dollar, he thinks twice before he spends it. He wants to invest it so as to get full value of a day's work for it. It is a great wrong to society and to a boy to bring him up to man's estate without this knowledge. A fortune at twenty-one, without it, is almost inevitably thrown away. With it and a little capital to start on he will make his own fortune better than any one can make it for him.—*Hunt's Merchants' Magazine.*

CAUSES OF HEADACHES.—Dr. Geo. T. Stevens, a prominent medical man of Albany, who has recently published through the medium of the *New York Medical Times*, the results of a long investigation into the causes of headaches, is of the opinion, and is at pains to demonstrate that many nervous diseases, including headaches, are due in a great measure to defective or disordered eyesight. He addresses many illustrative arguments to prove that difficulties in the ordinary use of the eyes, arising from far-sightedness, short-sightedness, and other defects of the kind, must cause continual irritation to the nerves. Especially is this the case with far-sightedness, and numerous instances are cited where patients suffering frequently and severely from headaches have been entirely cured by wearing spectacles suited to their eyes. Other affections of the eyes result similarly, but the instances met with in practice are fewer. There seems to be abundant evidence, judging from what Dr. Stevens says, that several more serious forms of nervous disease may be an outgrowth of such irritation.

To take ink stains from linen, we always soak for several hours in milk, then the stain will generally wash out. Another way is to dip in melted tallow, after a few hours wash all out.

AGRICULTURE.

PUTTING HIS HORSE TO BED.—The grooms were bedding up their horses. I walked up to mine, and commenced by patting him on the neck, and talking to him in soft, low tones. He began pawing first with one forefoot, then with the other, and evidently knew me and my voice. Taking a snaffle bridle, I put it on, pulled him gently back into the stall, rubbed his hand up and down on his knees, and then, putting my mouth to his ear, whispered into it as if talking to him. He began immediately to move, and, bending his knees, slowly let himself down on his near side, I, at the same time, keeping well clear of him, while I still patted him on the neck. When I took the bridle off, he settled for the night. "Now," said I, "he's safe, and will sleep all night. Come away." They were astonished. *From Major Charles Loftus' Book.*

RATS AND MICE.—These vermin do not agree, and rats will soon drive mice away, so they often are hailed with gladness, for they are much more easily destroyed. Last winter a neighboring farm-house was nearly over-run with rats. They were undermining the foundations, destroying a basket or two of turnips and of apples every night. They would not look at traps; they could only be poisoned at the risk of destroying the chickens, for all ordinary poisons make the creatures sick and they run out of doors and throw off the load upon their stomachs, and this it is that poisons the chickens. Some one mentioned the use of Plaster of Paris (calcined gypsum), so I brought some up from town for them. It was mixed dry with wheat flour and Indian meal. The rats ate this; and it settled them, and we laughed over this mortal mortality; but it does seem cruel—no worse, however, than poisoning with arsenic.—*Agriculturist.*

OIL OF HEMLOCK is an excellent remedy for burns; preventing a scar. It will also cure any sore of long standing or flesh wound of any kind on man or beast; it keeps down inflammation, and proud flesh will never appear where it is used.

The *Alta California* says: "The signs that the California farmers generally have a hard year before them continue to increase. At least one-third of the area in wheat and barley is now beyond the hope of yielding enough to pay for threshing, and another third is in serious danger. Many fields will not even make hay."

THE HOUSEHOLD.

COOKING BEANS.—Beans are very valuable food. Persisted in we have known them to cure many cases of scrofulous taint accompanied by disfiguring eruptions. The contained oil, not unlike castor oil in character, induces a gentle activity of the alimentary canal, and the effects of the blood-poison disappear in due time. But with beans and peas, cooking is everything. As ordinarily brought to the table they are utterly unfit for a human stomach. They are heavily freighted with salt and pork and grease. The pork is perhaps stale or ill-fed and rank. It gives off its excess of salt in the cooking and the beans absorb it. The pot of baked beans is often a mess indigestible save by the strongest stomach, and certain to destroy the solvent power of even the strongest. There is a close grained tenacious hull upon the bean and pea, composed of cellulose or woody fiber, which takes high heat, long continued, to dissolve. This shell cannot be digested until dissolved. The cooking process must do this, or the mass must be strained or sifted. If beans are cooked in a double boiler—a boiler having a water-jacket, as they should be—they can be kept on the fire for days without burning. Baking is not the best mode of cooking beans and peas. They need water and a good deal of it. Bean soup is the best bean food. It should be made thin boiled long, and strained from its useless, irritating, and flatulent hulls. When cold it will form a solid jelly. Eaten with cream it is delicious.—*Hall's Journal of Health.*

POULTRY.—An epicure writes us: "You may talk about your spring chickens, but for me, give me a sitting hen, or rather a hen that hatched three broods successively—got down to skin and bone—then been fed liberally until the bones are covered with flesh. When she is in condition ready to begin laying, off with her head. You will have the chicken flesh in its prime."

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