

HEALTH HINTS

ASTHMA.—I have suffered greatly from this complaint, but now enjoy good health. My first successful experiment was eating raw suet and apples; next eating beef, and chewing it till it became like a piece of bleached cotton. If I feel the least symptoms of the complaint coming on I eat nothing that has been heated hotter than blood heat. It matters not what it is, having four hours between meals, as it takes about an hour to eat enough raw beef with a good set of teeth. There ought to be four hours between leaving off the meal and commencing the next.

While suffering from this malady, I would at times be so miserable that I could scarcely move. This I found to be remedied by a thorough washing and rubbing. Soap can be used, but the result is not as good as without soap. The palm of the hand should be used freely after the towel.

HYGIENIC INFORMATION ABOUT FOOD.—Persons who decide what shall be our food and drink, and its preparation, decide, to a great extent what shall be the health of the family; hence they should obtain hygienic knowledge about food, and adapt it and cooking to the laws of health. Abundance of facts can be shown which prove that habitual use of fine flour and bread improperly fermented, are very injurious to health. Cracked or unbolted wheat, corn, rye, oat, and barley meal, should be used often; they afford double the nourishment of fine flour, are better for health and powers of endurance.

Peas and beans are highly nutritious and strength-imparting; the Chinese make cheese of peas; they contain casein, the chief ingredient of cheese. Milk contains everything the system requires, but it disagrees with many persons; it may be made agreeable by adding a little lime-water. The microscope shows that if a few drops of water are added to a dish of pure milk, it almost immediately commences to change. From this fact, housekeepers and milkmen may get an important hint.

The free use of salt and salted meats, especially pork, and other fatty substances, also buck-wheat, oat-meal, and oily fish, produces pimples, boils, etc.; long abstinence from such food, also animal food, causes cutaneous eruptions; condiments contain volatile oil; continual use of them debilitates the stomach. —*American Rural Home.*

Dr. Henry Tomkins, an English physician, says the most striking proof of the efficacy of vaccination comes from the small-pox hospitals. During forty years experience at Highgate, no nurse or servant who had been re-vaccinated was ever attacked. The students who attended the hospital for clinical instruction were favored with the like immunity from the disease.

COUGH SYRUP.—Four teaspoonfuls of castor oil, four teaspoonfuls of molasses, one teaspoonful of camphor, and one teaspoonful of paregoric. Mix together and take a teaspoonful at a dose four or five times a day. Mothers, try this: a month-old baby can take a few drops, six months a half a teaspoonful, and a year-old a spoonful. When a child has a cold, and threatened with croup, begin giving the syrup during the day and on going to bed. If it coughs during the night, give more. It will not fail to prevent croup and cure a cough. A grown person can take a larger dose.

HOW TO TREAT A COLD.—When you get chilly all over and away into your bones, and begin to snuffle and almost struggle for your breath, just begin in time and your tribulation need not last very long. Get some powdered borax and snuff the dry powder up your nostrils. Get your camphor bottle and smell it frequently; pour some on your handkerchief, and wipe your nose with it whenever needed. Your nose will not get sore, and you will wonder what has become of your cold. Begin this treatment in the forenoon, and keep on at intervals until you go to bed, and you will sleep as well as ever you did. I'm just telling you my experience.

SCIENCE.

CINDERS IN THE EYES.—Persons travelling by railway are subject to continued annoyance from the flying cinders. On getting into the eyes they are not only painful for the moment, but are often the cause of long suffering that ends in a total loss of sight. A very simple and effective cure is within the reach of every one, and would prevent much suffering and expense were it generally known. It is simply one or two grains of flaxseed. These may be placed in the eye without injury or pain to that delicate organ, and shortly they begin to swell and dissolve a glutinous substance that covers the ball of the eye, enveloping any foreign substance that may be in it. The irritation of cutting the membrane is thus prevented, and the annoyance may soon be washed out. A dozen of these grains stowed away in the vest pocket may prove in an emergency worth their weight in gold.

A NEW VARIETY OF GLASS.—A Vienna chemist has, it is said, discovered a new variety of glass. It does not contain any silica, boric acid, potash, soda, lime, or lead, and is likely to attract the attention of all professional persons on account of its peculiar composition. Externally it is exactly similar to glass, but its lustre is higher, and it has a greater retraction, is of equal hardness, perfectly white, clear, transparent, can be ground and polished, is attacked only by hydrochloric or nitric acid, and not affected by hydrofluoric acid. It is easily fusible in the flame of a candle, and can be made of any color. Its most important property is that it can be readily fused on to zinc, brass or iron. It can also be fused for the glazing of articles of glass and porcelain. As hydrofluoric acid has no effect on the new glass, it is likely to find employment for many technical purposes.

STRENGTH AND USES OF PAPER.—One of the most remarkable things about paper is its strength. Take, for illustration, a bank note of the Bank of England. These notes are made by a peculiar process, which is known only to the English mints. The process is such as to make the linen fiber into the paper without destroying any of its strength. You can take a five pound note of the bank of England and twist it in your fingers into a kind of rope, and you can then suspend 329 pounds upon one end of it and not injure it in the slightest. Here is another article—a small kitchen or louse truck on wheels, used for wheeling loads around the house. The sides and bottom of this are very thin, but made of finely compressed paper, and it is capable of bearing a weight of five tons. Bath tubs and pots are made in the same manner, by compressing the paper made out of linen fibers and annealed—that is, painted over with a composition which becomes part of the paper and is fire-proof. The tubs will last forever, and never leak, or you can put them in the fire and they will not burn up. It is almost impossible to break them, as you can beat on them with a hammer and not injure them in the least. A bust of President Garfield has been made of paper, and pressed over a mold and made very solid. In making such articles as these, it requires but very little pressure. Plates are made of paper, compressed and annealed, and are also very durable; you can wash them and not injure them in the slightest, or drop them on the floor and stand on them. Paper plates are cheaper and much handsomer than china ones, and will come into use. Knives and forks are made in the same manner as the others, by compressing the paper. The fork can be used for any practical purpose, and is as good as a steel one, and the knife will last forever, and can always be kept sharp.

Another great use to which paper can be applied is to substitute it for any kind of wood. It is a growing complaint in this country that black walnut is getting very scarce, and furniture manufacturers are talking of substituting cherry and other woods for it. Picture frames made of paper and colored like walnut are so perfect that no one could detect them without cutting them. The paper makes a much harder and

better piece of furniture than wood itself. A bedstead made of paper looks beautiful, and is everlasting. It is made in the same manner as the car wheels, only they are made out of long strips of paper instead of paper rings. Another very valuable article which can be made out of paper is a cooking or heating stove. These paper stoves are annealed, and it is impossible to burn them out, and they are much cheaper than iron. You can make a house out of paper, and one that will last forever, furnish it finely with paper furniture, make all the dishes, stoves, knives and forks, and all other articles in the house out of paper. A building like any of the great city printing offices, could be erected out of paper, only it would be much more durable. Another thing which can be made out of paper is a complete steam engine, which would do all the duties of a metal one and last longer. The fact of the matter is that there is not an article that cannot be made, and splendidly made, out of paper. The time it takes to transform a linen fiber into a fine car wheel or other article is twenty-nine hours. It will take some little time longer to make paper shoes and clothes. —*Edison's Review.*

The Duke and Duchess of Edinburgh will open the new Eddystone Lighthouse about the end of March. The Duchess will be the first to light it.

THE FARM.

MANURE FOR THE HOT BED.—There is a great variation in the different sorts of manure as regards heating properties; and a little judgment and experience will be needed to make a good hot-bed. The advice usually given, to put in two or three feet of manure would perhaps be safe for cow dung, or horse dung from horses fed on meadow hay without grain or litter; but there is no need of taking all this trouble if a load or two of good fresh straw horse manure can be obtained from some village stable where there are several horses kept, and were they are well fed and littered; The hotter the manure, and the fresher, the better. Ten or twelve inches of such heat will be better than three feet of half-dead and-alive stuff. To start hardy seeds, such as cabbage, or lettuce, or radish, only six or eight inches of such heat is needed, covered with six inches of soil. For the more tropical seeds, as tomato, egg-plant, pepper and cucumber seed, about twelve inches of heat is desirable, covered with six inches of loam. The temperature of the loam for hardy seeds should be 50° to 60°, and for the tender or tropical plants 60° to 70°.

Mr. Frank Travis, McCaffery Settlement has a valuable cow that was taken very ill some six weeks since, and continued growing worse until last Saturday, when, having swollen up so much as that she was just able to enter a double stall, she fell apparently in the last stages of life, and remained in that condition until Sabbath morning, when Mr. Benjamin Delong tapped her on the side and removed, by measurement 14 pails of water. The cow immediately got upon her feet, went to eating, and is now apparently getting well. —*Woodstock Sentinel.*

It costs very little to prepare a place where everything used about a farm can be stored without danger of rust and decay. If a permanent building cannot be made, make a temporary one, and use it until something better can be provided. It will pay.

An Ohio farmer had last winter plenty of corn, and fed it, with a good bit of wheat and oat straw, to his sheep, and never had them do better. This winter he has fed hay, with very little grain of any sort, and has about come to the conclusion that he would as soon feed good straw and corn, as hay and no corn.

A French chemist reports that water made slightly salt, and to which, when boiling, bran in the proportion of one quart to every gallon has been added, has been found in a series of experiments to increase the yield of milk twenty-five per cent, if given to the cows as their ordinary drink.

The winner is he who gives himself to his work body and soul.



HALL'S VEGETABLE SICILIAN HAIR RENEWER

Has been in constant use by the public for over twenty years, and is the best preparation ever invented for RESTORING GRAY HAIR TO ITS YOUTHFUL COLOR AND LIFE.

It supplies the natural food and color to the hair glands without staining the skin. It will increase and thicken the growth of the hair, prevent its falling off, and thus AVERT BALDNESS.

It cures itching, Eruptions and Dandruff. As a HAIR DRESSING it is very desirable, giving the hair a silken softness which all admire. It keeps the head clean, sweet and healthy.

The State Assayer and Chemist of Mass. and leading Physicians endorse and recommend it as a great triumph in medicine.



BUCKINGHAMS DYE FOR THE WHISKERS

will change the beard to a BROWN or BLACK at discretion. Being in one preparation it is easily applied, and produces a permanent color that will not wash off.

PREPARED BY R. P. HALL & CO., NASHUA, N.H. Sold by all Dealers in Medicine. BROWN & WEBB, Halifax, Dec. 1. ly. Wholesale Agents.

TABERNACLE SHARES.

WE THANK CONTRIBUTORS, and will acknowledge sums received in this space:

Will our friends continue to return the slips with CASH or PROMISES.

1,500 DOLLARS

are still needed.

J. F. AVERY, MIZPAH COTTAGE, Kempt Road, Halifax, N. S.

March 8.

"Photography."

PARTIES living in the country who intend visiting Halifax on business or pleasure, should visit the Studio of the **HALIFAX PHOTOGRAPHIC COMPANY**, corner of BARRINGTON & PRINCE STREETS. If time is limited, a sitting can be secured by Postal Card in advance, so that no time will be lost. Photographs taken at this establishment mailed to any address free of charge. Feb. 2.

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.

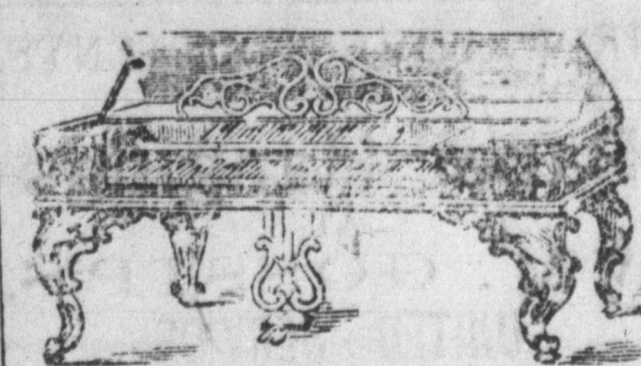
Constant users will find our No. 4 size (always the most economical size to buy) now much larger than formerly, thus materially lessening the expense.

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. Laurillard, 110 HOLLIS STREET, HALIFAX, N. S.

Agency for New York Fashions



1879—Provincial Exhibition—1879

Fraser & Sons,

82 & 84 Barrington Street, Halifax, N. S. EXHIBITED SQUARE AND UPRIGHT

PIANOS.

—And were Awarded—

DIPLOMA AND HIGHEST PRIZE.

These Pianos were not got up for exhibition but were our ordinary manufacture. We invite inspection of our instruments; all first class and warranted to give satisfaction.

Piano-Fortes, Cabinet and Church Organs Tuned and repaired. Nov. 5.

KNABE

PIANOFORTES.

UNEQUALLED IN

Tone, Touch, Workmanship and Durability.

WILLIAM KNABE & CO.

Nos. 204 and 206 West Baltimore Street, Baltimore.

No. 112 Fifth Avenue, New York. Nov. 2.

WHY YOU SHOULD INSURE

—IN THE—

UNION MUTUAL

LIFE INSURANCE CO.

OF PORTLAND, MAINE.

IT IS AN OLD COMPANY, having been established over thirty years.

IT HAS PASSED THROUGH EVERY GREAT PANIC since its organization, paying every honest loss without dispute or delay.

IT IS A POPULAR COMPANY, having gained an established character for liberality by many years of fair dealing with its policy holders.

IT HAS THE ENDORSEMENT of the highest insurance authorities and the most prominent business and professional men all over the country, and for all these reasons is entitled to your consideration and respect.

IT IS A PURELY MUTUAL COMPANY, having no stockholders to take lion's share of the profit. Mutual companies never fail.

IT HAS OVER THIRTEEN THOUSAND POLICIES in force, and is therefore sure of a fair average mortality, and cannot be seriously affected by epidemic.

INCONTESIBLE POLICIES! All policies issued after Nov. 16, 1881, are incontestable three years from the date of the policies for any cause except fraud or misstatement of age.

ITS DEFINITE CONTRACT POLICY provides for every contingency, which can occur during its continuance, and is so simple and clear that even a child can understand it.

ITS MAINE LAW EXTENSION is the most just and perfect plan for protecting the interests of the policy-holder ever devised.

ACCELERATED ENDOWMENTS! Whenever the reserve upon the policy and the dividend additions thereto, amount to the sum insured, the policy becomes payable at once as a matured endowment.

Prompt Payment of Death Losses.

OUR ESTABLISHED RULE is to pay our death claims promptly upon their approval by the loss committee, without waiting the customary ninety days—and without rebate of interest!

JOHN E. DE WITT, President
DANIEL SHARP, Vice President,
HENRY D. SMITH, Secretary,
NICHOLAS DE GROOT, Assistant Sec.
THOS. A. FOSTER, Medical Director.

HALIFAX AGENCY,

F. B. K. MARTER, Manager, for Nova Scotia and P. E. Island.

W. R. ANDERSON, Special Agent.

March 1.

Good Pay! Steady

Employment!

THE

FONTHILL NURSERIES,

LARGEST IN CANADA.

We wish to increase our force of salesmen, and can give good salaries and steady work to successful men. We give canvassers advantages no other firm in the business can offer. Good references required. Apply to

STONE & WELLINGTON, NURSERYMEN,

Montreal.

J. W. BEALL, Manager.

N. B.—We are now prepared to receive orders for our celebrated new white grape, the "Golden Pocklington," perfectly hardy, having stood without protection last winter 32° below zero uninjured, and the vines were loaded with fruit during the past season. Price for two-year vines \$2 each, \$20 per dozen. One-year vines \$1.50 each, \$15 per dozen. Special terms to parties wanting a large number for vineyard. S. & W. Nov. 23rd.

GRAND BEATTY PIANO

For sale at 214 Golden Square, New York. Price \$100.00. Before you buy please to write me, I will send you a full description of the piano and a list of the names of the persons who have bought it. Address DANIEL F. BEATTY, Washington, New Jersey.

Oct. 22. 1yr.

CHRISTIAN MESSENGER'S

Printing Office,

69 & 71 GRANVILLE ST.,

HALIFAX, N. S.

All kinds of

JOB PRINTING

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.