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Our planet is not a true globe, because of its former plastic condition before the formation and cooling of the surface.
When the globe was soft it was more or less yielding, and then the rotation of the earth to which I have reference tended to drive off, as it were, the matter in the equatorial regions; so that the difference through the centre of the earth between the two surfaces as far as possible removed from the poles of rotation, or those parts of the earth which the imaginary axis comes through, is rather greater than the distance between the two points where the axis comes to the surface. The reason of that fact, and that it must have been so, has been beautifully established by several experiments. That the earth was once hotter than it is now, is therefore proved, both by the irregularities of its surface, and by its shape as a whole. We must not imagine, however, that there has been but one change. The minor irregularities are all gradually changing by inner energies and the actions of air and water, and it may be that even the largest ones are young, compared with the age of the planets surface. Nor does the change end here; the equatorial protuberance itself may now but after all mark a point in a great cycle of change, which has compelled the earth to rotate about one axis and now about another. Mathematicians consider it highly probable that the axis of the earth may have been in ancient times very differently situated to what it is at the present, and, indeed, that "it might have gradually shifted through 10, 20, 30, 40, or more degrees, without at any time any perceptible sudden disturbance of either land or water." Thus it appears that Nature prevents catastrophes by the very hugeness of the scale on which she works.-Norman Lochyear, in "Good

INTEGRITY OF CHARACTER.

(Church Advocate.)

those principles and of cultivating those habits which will secure them the confidence and the esteem of the wise and the good.

A young man may be unfortunate, he may be poor and penniless, but if he possesses unbending integrity and unwavering pur-pose to do what is honest and just, he will have triends and patrons, whatever may be the embarrassments and exigencies into which he is thrown. The young may thus possess a capital of which none of the misfortunes and calamities of life can de-

We have known men who have sudden. ly been reduced from affluence to penury by some overwhelming misfortune which kitchen is often thrown out near the back they could neither foresee nor prevent. To-day they were prosperous, to morrow every earthly prospect was blighted, and every thing in the future aspect of life was dark and dismal. Their business is gone, their prosperity is gone, and they feel that all is gone; but they have a rich treasure that nothing can take away. They have integrity of character, and this gives them influence, raises up friends, furnishes them with pecuniary aid with which to commence life once more under auspicious circumstance.

We cannot too strongly impress upon our young men the importance of abstaining from everything which shocks their moral sensibilities and wounds their conscience, and has a tendency to weaken that nice sense of honor and integrity so indispensible to a good character. "Integrity of character!" Who ever possessed it that did not derive untold advantage from it? It is better than riches, is is of more value than diamonds and precious stones; and yet every man may possess it, and no power on earth can wrest it from him. Young men, prize integrity of character above all earthly gifts.

AMERICANISMS. - Among the best known Americanisms, unused and scarcely understood in England are: Locomotive for "engine," railroad for "railway," horse-cars for "tramways," depot for "station," switch for "shunt," baggage for "luggag." store for "shop," bureau for "chest of drawers," clever for "good natured," boards for "deals," calico for "prints" corn for "maize," dry goods for "drapers articles," or haber-dashery, Fall for "Autumn," dress for "gown," fix for "repair," guess for "think," hardware for "ironmongery," hold on for "stop," homely for "ugly," loafer for "lounger," mad for "angry," mail for "post," pantaloons for "trow-sers," vest for "jacket," quite for "very," rooster for "cock," sick for "ill," sleigh for "sledge," stoop for "porch," suspenders for "braces," venison for "deermeat." and woods for " a wood"

### DOMESTIC.

CHOOSING MEATS.

Perhaps a few words on the choosing of meats may be acceptable to some young housekeepers. The flesh of young ox beef should have a fine, smooth, open grain, be touch. The fat should not be very yellow, but rather white; the meat then is always better. Cow-beef has a closer grain and whiter fat, but the lean is not so red. Bull

frequent bleeding, or may be produced by inent - Lincoln (Ill. Times. giving the calf whiting to lick. Rather choose veal by the appearance of the kid-ney and by the size of the meat. If the kidney is well covered with fat, the calf must have been a healthy animal, and if of a good size it cannot have been killed too young. Mutton should have a fine grain, a good color, a firm white fat. The hind quarter is more economical than the cles of the stomach, cures dyspensia, fore, and always commands a higher price. which is but the result of loss of nervous

THE EARTH NOT A TRUE GLOBE. the lean-if young it will break. If the rind is tough the meat is sure to be old. The thinner the rind of pork the better the quality of the meat. Look closely to the fat of pork, and if you discover small kernels in it, do not buy, for it is measly.

A young turkey will have a smooth leg, full bright eye, and supple fat; the same will hold good with nearly all poultry. Black legged ones are considered the most juicy. Freshness of fish can best be determined by the redness of the gills and brightness of the eye. To choose a good lobster is very easy. Press in the sides with the thumb and finger; if firm the lobster is fresh, but if soft it is not so. Another mode is to judge by the weight for its size; if heavy, it is good, if light, not good. But that mode is not as reliable as the other, The inner part of the lobster often turns to water, and of course this will weigh as heavy as firm flesh, but by pressing the sides you will feel the wa-ter give way, while the flesh resists your touch. Medium sized oysters are best, but it is almost impossible to have your choice of them. One has in this case to trust to the honesty of the dealer-From New Dominion Monthly for Sept.

HOW TO MAKE ESSENCE OF BEEF.

Beef tea, an infusion of beef, is much used in debilitating maladies, and in convalescence. It may be made as follows: Take two pounds and a half of lean beef; cut it, in small pieces, into three parts of completed the cure. The little fellow water in an earthen pipkin; let this simmer, but never boil, until the liquor is consumed to a pint and a half, then strain carefully. It ought to be entirely free from fat or grease. Essence of beef—as it has been called—may be made by putting a pound of good beef, freed from fat, and cut into small pieces, into a porter-bottle, corking lightly. The bottle must be put into boiling water, and kept there until the water has been boiling at least cate. half an hour. As the boiling goes on, the cork may be inserted a little more tightly, Young men should be deeply impressed with the vast importance of cherishing juices of the beef are thus separated, and constitute the "essence," which may be seasoned to the taste. It contains much nutriment.

> It is not half well enough understood that in the country, where air ought to be pure and water untainted, typhoid fevers, diphtheria, and a whole catalogue of ma lignant and dangerous disorders are caused by drainage of barn-yards and filthy outbuildings into the well, which is often placed so low as to take even the surface drainage, to say nothing of the liquid filth which soaks through the soil and poisons the currents that supply wells with water. In addition to this the wash water of the door, instead of being carried away by a wide and free drain. And then very few persons understand how dangerous to health are the decaying vegetables and all sorts of impurities that accumulate in cellars, under houses, unless they are kept dry and clean and carefully watched.—
> The Housekeeper.

In this present age, when the life battle is so fiercely fought, and when upon even the strongest the tug and stress of it tells so heavily, how necessary it becomes for us to provide for the keeping up of our reserve stock of mental and physical stamina by the use of such a nervous tonic and vitalizing agent as Robinson's Phosphorized Emulsion of Cod Liver Oil with Lacto phosphate of Lime.

Its gently stimulating and nutritive tonic properties supply the materials, and assist nature in her effort to keep up with the exhaustive demands upon her reserves

Prepared by J. H. Robinson, Chemist. St. John, N. B., and for sale by Druggists generally. Price \$1 per bottle; six bot tles for \$5. Brown & Webb, and Forsyth Sutcliffe & Co., Halifax, wholesale agents aug 3-3-

DIPHTHERIA has for a long time been very prevalent, and very fatal. Its fatality seems to be greatly owing to neglecting what is supposed to be an ordinary cold or sore throat until it has progressed to its last stages, and then when medical aid is procured it is too often found to be too late. From the fatality attending this disease every family should keep a remedy on hand and use it on the first appear. ance of sore throat. A preparation called DIPTHERINE has been placed before the public. It is the discovery of an English physician, and has been regarded, where it has been used, to be an infallible remedy for that disease. It is placed within the reach of all, put up in bottles with full directions, and sold by Druggists and dealers in medicines at the low price of 25 cents a bottle.

NIJNE NOVGOROD FAIR.—The great market of the eastern world has been held at this junction of the Volga and Olga Rivers in Russia, every summer for hundreds of years. Here the nations of Europe and Asia meet with their products for trade. Cossack, Chinese, Turk, of a good, clear red, and feel tender to the | and Persian meet the German and the Greek with every variety of merchandise that mankind employs, from supphires to grindstones, tea, opium, fur, food, tools and fabrics, and last but not least, medibeef has a still closer grain, the fat hard, cines. J. C. Ayer & Co.'s celebrated rethe lean a deep red, and a stronger scent | medies from America were displayed in an than either of the other two. Ox-beef is elegant Bazaar, where the Dr. himself the best, and commands a higher price, though many prefer heifer beef, which is delicious if well fed.

Oxford is elegant Dazaar, where the first manner is might sometimes be seen. They are known and taken on steppes of Asia as well as the prairies of the west, and are an effective prairies of the west prairies of t tual antidote for the diseases that prevail Veal is usually chosen for its white tual antidote for the diseases that prevail color, but that is hardly a good plan. in the yacurts of the North as well as the transfer of the Western con-Whiteness may be merely the effect of buts and carins of the Western con-

> Curs -The best thing we know of to heal a cut or wound is to bind up the injured part with a cloth saturated in Perry Davis' Pain Killer.

Fellows' Syrup of Hypophosites, by restoring strength to the nerves and mus-



# FOR THE AFFLICTED.

Toney River, N. S., Nov. 15, 1877. C. Gates & Co.,—Gentlemen,—Some time last winter one of my children—a little boy about eighteen months-was badly frightened and his healtn became seriously affected. On the least alarm he used to go off in a kind of fit, becoming motionless and black in the face, his heart at the same time palpitating in the most alarming manner. Each fit was worse than the preceeding one, causing us to fear heart disease. Hearing of some of the numerous cures eff ected by your medicines in this and other localities, I procured from your agent, Mr. E. A. Gile, a bottle of your No. 2 Bitters, and before it was half gone I noticed a marked improvement in the child's health. A second bottle is now perfectly well and I am perfectly satisfied that Gates' Life of man Bitters saved his life. You are perfectly at liberty to publish this certificate if you wish so to do.

With respect, yours truly, WILLIAM McMILLAN.

I will vouch from personal knowledge

E. A. GILE.

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