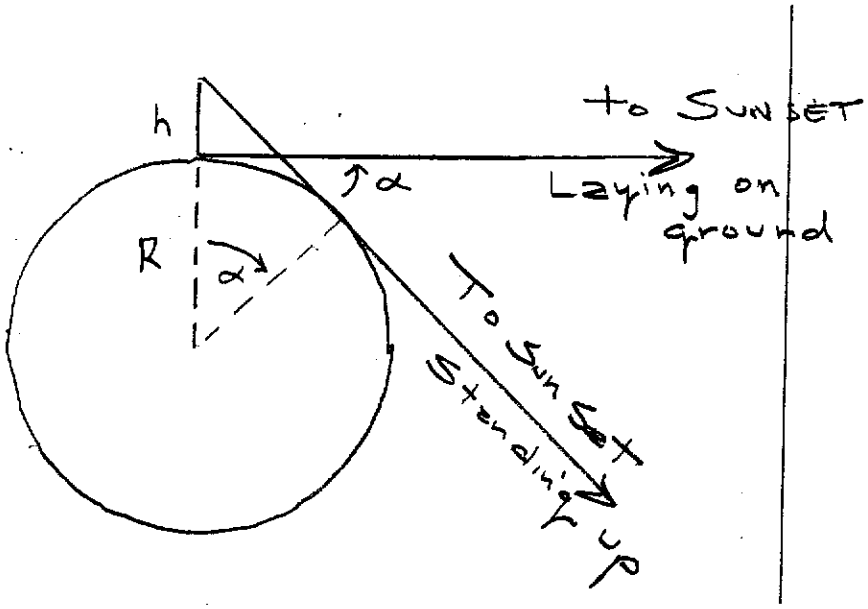
P.1.19 A hard Problem ca be made simple with a good diagram.
Step #1 for solving many Problems is to draw a good Diagram
of the conditions stated in the Problem.
Here is my Diagram for this Problem (NOTE: I used "h" for "H")



P.1.18 The Length of the Day increases by 1 millisecond every Century.
Let Δt = the increase in the Length of the Day after just 1 Day.
Then "The Total of the daily increases in time for N Days" is

$= 1\Delta t + 2\Delta t + 3\Delta t + 4\Delta t + 5\Delta t + \ldots + N\Delta t$

This is an "Arithmetic Series". Math Books explain how to find its Sum if you do not remember or can not deduce it.
You might Google "arithmetic series"

I think that this Question could have been worded better:
If the Day was constant and equal in time to t_o,
then the Length of N days would be Nt_o.
In Reality this duration of N days is = T.
"The Total of the daily increases in time for N Days"
is = $T - Nt_o$. This is what the Problem is asking for.