

5th Month.

MAY, 1898.

31 Days.

Day Month.	Day Week.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Prov- ince of Ontario, lying on and bet. the Great Lakes.			MOON'S PHASES.
		Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.	
		h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	Full Moon.....
1	SUNDAY.....	4 48	7 07	2 15	4 51	7 03	2 14	Last Quarter.....
2	MONDAY.....	4 47	7 08	2 35	4 50	7 04	2 35	New Moon.....
3	TUESDAY.....	4 46	7 09	2 58	4 48	7 06	2 59	First Quarter.....
4	WEDNESDAY.....	4 44	7 11	3 18	4 47	7 07	3 21	
5	THURSDAY.....	4 42	7 12	3 44	4 46	7 08	3 49	
6	FRIDAY.....	4 41	7 14	rises.	4 45	7 09	rises.	
7	SATURDAY.....	4 40	7 15	9 42	4 44	7 10	9 35	
8	SUNDAY.....	4 38	7 16	10 46	4 42	7 11	10 40	
9	MONDAY.....	4 37	7 17	11 39	4 41	7 12	11 32	
10	TUESDAY.....	4 36	7 18	morn.	4 40	7 14	morn.	
11	WEDNESDAY.....	4 34	7 20	0 18	4 39	7 15	0 13	
12	THURSDAY.....	4 33	7 21	0 48	4 38	7 16	0 45	
13	FRIDAY.....	4 32	7 22	1 11	4 37	7 17	1 08	
14	SATURDAY.....	4 31	7 23	1 30	4 36	7 18	1 28	
15	SUNDAY.....	4 29	7 25	1 49	4 35	7 19	1 50	
16	MONDAY.....	4 28	7 26	2 11	4 34	7 20	2 12	
17	TUESDAY.....	4 27	7 27	2 31	4 33	7 21	2 34	
18	WEDNESDAY.....	4 26	7 28	2 54	4 32	7 22	2 58	
19	THURSDAY.....	4 25	7 29	3 22	4 31	7 23	3 28	
20	FRIDAY.....	4 24	7 30	sets.	4 30	7 24	sets.	
21	SATURDAY.....	4 23	7 31	9 06	4 29	7 25	8 59	
22	SUNDAY.....	4 22	7 32	9 54	4 28	7 26	9 47	
23	MONDAY.....	4 21	7 33	10 35	4 27	7 27	10 29	
24	TUESDAY.....	4 20	7 34	11 10	4 27	7 28	11 04	
25	WEDNESDAY.....	4 19	7 35	11 38	4 26	7 29	11 34	
26	THURSDAY.....	4 18	7 36	morn.	4 25	7 30	11 58	
27	FRIDAY.....	4 17	7 37	0 01	4 25	7 30	morn.	
28	SATURDAY.....	4 17	7 38	0 21	4 24	7 31	0 18	
29	SUNDAY.....	4 16	7 39	0 38	4 23	7 32	0 37	
30	MONDAY.....	4 15	7 40	1 00	4 22	7 33	1 01	
31	TUESDAY.....	4 15	7 41	1 19	4 22	7 34	1 22	

## A Sea Captain's Testimony

CANNING, KINGS CO., NOVA SCOTIA,

January 25, 1897.

MESSRS. A. J. WHITE &amp; Co.:

71 St. James St., Montreal, Canada.

Gentlemen: I wish to let you know what Mother Seigel's Syrup has done for my daughter. About four years ago she was troubled with sickness at the stomach, and a dizzy head in the mornings and whenever she stooped down. She grew very thin and had no more color than a piece of white

paper. The doctor's medicine did her no good and I tried a lot of different patent medicines with no better result. My wife induced me to get a bottle of Mother Seigel's Syrup; the first dose she took did her good, and by the time she had taken one bottle she was nearly as well as ever. She still takes some at intervals and now weighs 145 lbs. My daughter induced a young friend of hers to try the Syrup and it did her a lot of good. I am, gentlemen,

Yours truly, E. HOLMES,

Master Mariner.

Seigel's Pills Cure Constipation.