

Jacobs' Rheumatic Liquid Cures Rheumatism.

7th Month.

JULY, 31 Days. Begins on Wednesday.

Moon's Phases.		Quebec.	Montreal.	Kingston.	Toronto.	London.
	D.	h. m.	h. m.	h. m.	h. m.	h. m.
Full Moon.....	4	3 51 ev.	3 45 ev.	3 33 ev.	3 21 ev.	3 13 ev.
Third Quarter.....	12	7 52 ev.	7 46 ev.	7 34 ev.	7 22 ev.	7 14 ev.
New Moon.....	19	5 8 ev.	5 2 ev.	4 50 ev.	4 38 ev.	4 30 ev.
First Quarter.....	26	9 3 mo.	8 57 mo.	8 45 ev.	8 33 mo.	8 25 mo.

DAYS.		Montreal.		Toronto.		Sun's Declinat.	The Moon.	Sun on Meridian.		
								D.	h.	m. s.
Jan.	Week.	Sun Rises.	Sun Sets.	Sun Rises.	Sun Sets.	North.	R. & S.	1	12	3 38
								9	12	4 58
								17	12	5 53
								25	12	6 14
		h. m.	h. m.	h. m.	h. m.	Deg. Min.	h. m.	Calendar, Aspects, &c.		
1	Wed.	4 20	7 46	4 27	7 39	23 4	2 24	Excessively warm for some		
2	Thu.	21	46	28	39	22 59	3 3	days this part of the week		
3	Fri.	22	46	29	39	22 54	Rises.	No special change.		
4	Sat.	23	45	30	38	22 49	7 17	Full Moon 3.45 ev.		
5	D.	4 23	7 45	4 30	7 38	22 43	8 1	4th Sunday after Trinity.		
6	Mon.	24	44	31	38	22 37	8 40	Weather changeable.		
7	Tues.	25	44	32	38	22 31	9 16	Look for heavy showers.		
8	Wed.	26	44	33	37	22 24	9 49	Heavy winds prevail.		
9	Thu.	27	44	34	36	22 17	10 19	Some rain, not much.		
10	Fri.	28	43	34	36	22 9	10 48	Real warm day. Sultry		
11	Sat.	28	43	34	36	22 1	11 17	12 day. Moon 3rd qr. 7.46 ev.		
12	D.	4 30	7 42	4 34	7 35	21 59	11 48	5th Sunday after Trinity.		
13	Mon.	30	41	35	34	21 44	Morn.	Rainy weather this week if		
14	Tues.	31	41	36	34	21 35	0 22	wind be S. or S. W.		
15	Wed.	32	41	37	33	21 25	0 58	St. Swithin's Day.		
16	Thu.	33	40	38	32	21 15	1 41	Unsteady season, but not		
17	Fri.	33	39	39	32	21 5	2 30	altogether unseasonable.		
18	Sat.	34	38	40	31	20 54	3 25	Windy and dull.		
19	D.	4 35	7 37	4 41	7 30	20 43	Sets.	6th Sunday after Trinity.		
20	Mon.	36	36	42	29	20 32	8 2	19 day. New Moon 5.2 ev.		
21	Tues.	37	35	43	29	20 20	8 48	Fair, fine and warm.		
22	Wed.	38	34	44	28	20 8	9 30	Much the same as yesterday		
23	Thu.	39	33	45	27	19 56	10 5	Exceedingly warm day.		
24	Fri.	40	32	46	26	19 43	10 41	Heat and dry.		
25	Sat.	41	31	47	25	19 30	11 16	St. James.		
26	D.	4 42	7 30	4 47	7 24	19 17	11 49	7th Sunday after Trinity.		
27	Mon.	43	30	49	23	19 3	Morn.	20th day. 1st qr. m. 8.57 mo.		
28	Tues.	43	28	49	22	18 49	0 25	Rainy and disagreeable.		
29	Wed.	44	27	50	21	18 35	1 4	Quite a wet day or two		
30	Thu.	46	26	51	21	18 20	1 45	Still dull but warm.		
31	Fri.	47	25	52	20	18 6	2 3	Changeable.		

JULY.—Dr. Erasmus Wilson, quite celebrated in England, has published several lectures to prove that the great body of the young English gentry are annually starved into imbecility and death, by the insufficient quality of their food. To this cause, if we mistake not, Dr. Workman of Toronto attributes many cases of insanity which arise among our Canadian rural population. Insufficiency of substantial food, and miserable cookery are very great evils. And yet these things exist in the midst of plenty, partly from niggardliness and partly from ignorance. Dr. Wilson does not approve of tea and toast alone for breakfast, but for growing youth, instead of meat once a day for dinner, he thinks three times a day would be none too much.