

Catching Cold.

When the skin is chilled, the arteries in it contract, as is shown by the person becoming very pale. Thus an undue amount of blood is thrown into the internal parts, the blood vessels there becoming gorged with blood or congested. This easily passes into inflammation. Consequently very long exposure of the surface to cold, is very apt to be followed by inflammation of parts inside of the body, and give rise to a so-called "cold" (which is really an inflammation), of the mucous membranes of the head or throat, or lungs; or of the intestines, causing diarrhoea.

The best, and indeed the only way to prevent taking cold is to prevent impurities from the stomach entering the blood,—in other words, to cure indigestion and dyspepsia. The remedy for this, as all the world knows, is Mother Seigel's Curative Syrup.

The Reason.

Syms—Why do society people style themselves the "smart set?"

Wyles—For fear that no one else will.



Recovery Complete.

"Hello, Pickway! Where are your crutches? Have you got entirely over the effects of that railway accident at last?"

"Er—yes. By the way, the company settled with me last week for \$3,000."

Before Eve Came.

"Er—lemmy see. Who was it that was clothed in a little brief authority?"

"Adam, I guess."

A mermaid sat in her pearly cave And sighed as she combed her hair;

"What conquests I could make if I Could silken stockings wear."

Stop that Nonsense!

Some people just turned of fifty talk as though they were growing old. Humbug! After fifty we are just beginning to know something and to be of some use. Under that age we are simply green and shallow boys and girls. Live right, brace up, keep at work, and when you really do need a medicine take Mother Seigel's. She knew that the jolliest and best piece of life's road is after one has passed the fiftieth mile-post.

7th Month.

JULY, 1894.

31 Days.

Day	Month	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Province of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.
				Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	
1	SUN.		Princess Alice married, 1862.	h.m.	h.m.	h.m.*	h.m.	h.m.	h.m.*	New Moon.....
2	MON.		Visitation of Virgin Mary.	4 15	7 52	7 03	4 22	7 45	6 53	
3	TUES.		City of Quebec founded, 1608.	4 15	7 52	8 11	4 22	7 45	8 01	First Quarter.....
4	WED.		Garibaldi born, 1807.	4 16	7 51	9 06	4 23	7 44	8 57	
5	THUR.		Victoria of Wales born, 1868.	4 16	7 51	9 44	4 24	7 44	9 37	Full Moon.....
6	FRI.		Edward VI. of England d'd, 1553.	4 17	7 51	10 13	4 24	7 44	10 08	
7	SATUR.		Richard Brinsley Sheridan d'd, 1816.	4 18	7 50	10 36	4 25	7 43	10 33	Last Quarter.....
8	SUN.		La Fontaine born, 1621.	4 19	7 50	10 55	4 26	7 43	10 54	
9	MON.		General Braddock killed, 1755.	4 19	7 50	11 13	4 27	7 43	11 13	New Moon.....
10	TUES.		Gibraltar captured, 1703.	4 20	7 49	11 30	4 27	7 42	11 32	
11	WED.		Charles Macklin died, 1797.	4 21	7 49	11 49	4 28	7 42	11 53	First Quarter.....
12	THUR.		Battle of the Boyne 1690.	4 22	7 48	morn.†	4 29	7 42	morn.†	
13	FRI.		Lingard, historian, died, 1851.	4 23	7 48	0 11	4 29	7 41	0 16	Full Moon.....
14	SATUR.		Chicago fire, 1873.	4 24	7 47	0 38	4 30	7 41	0 45	
15	SUN.		Crusaders take Jerusalem, 1099.	4 25	7 47	1 12	4 31	7 40	1 20	Last Quarter.....
16	MON.		Sir Joshua Reynolds born, 1723.	4 25	7 46	1 55	4 32	7 40	2 04	
17	TUES.		J. J. Astor born, 1723.	4 25	7 45	rises.*	4 33	7 39	rises.*	New Moon.....
18	WED.		Lady Franklin died, 1875.	4 27	7 44	8 06	4 33	7 38	7 57	
19	THUR.		Bishop Wilberforce died, 1873.	4 28	7 43	8 34	4 34	7 37	8 28	First Quarter.....
20	FRI.		Spanish Armada defeated, 1588.	4 29	7 42	8 57	4 35	7 36	8 53	
21	SATUR.		Robert Burns died, 1796.	4 30	7 41	9 17	4 36	7 36	9 14	Full Moon.....
22	SUN.		Battle of Shrewsbury, 1403.	4 32	7 40	9 34	4 37	7 35	9 32	
23	MON.		General Grant died, 1885.	4 33	7 39	9 49	4 38	7 34	9 49	Last Quarter.....
24	TUES.		Jac. Cartier landed at Gaspé, 1534.	4 34	7 38	10 05	4 39	7 33	10 07	
25	WED.		St. James the Great.	4 35	7 37	10 22	4 40	7 32	10 26	New Moon.....
26	THUR.		Louisbourg taken by British, 1758.	4 36	7 36	10 42	4 41	7 31	10 47	
27	FRI.		St. Joseph of Arimathea.	4 37	7 35	11 07	4 42	7 30	11 13	First Quarter.....
28	SATUR.		Cowley, poet, died, 1667.	4 38	7 34	11 41	4 43	7 29	11 49	
29	SUN.		Wilberforce died, 1833.	4 39	7 33	morn.†	4 44	7 28	morn.†	Full Moon.....
30	MON.		William Penn died, 1718.	4 40	7 32	0 23	4 45	7 27	0 37	
31	TUES.		Andrew Johnson died, 1875.	4 41	7 30	1 31	4 46	7 25	1 41	Last Quarter.....
				4 42	7 29	2 50	4 48	7 24	2 59	

*a.m.

†p.m.