

Keep the Pump Going.

"Keep up a good heart," our friends tell us when we are discouraged and in the doleful dumps. The word heart, as they use it, means feeling. But the real heart that beats inside one's bosom needs encouragement, too, sometimes. This is a hard worked organ, and must have plenty of nourishment in the form of pure and rich blood. And it can't have this unless the digestion goes on naturally and well. The occasional use of Mother Seigel's Syrup promotes this and so helps the heart to pump the vital stream through the whole body.

The Cincinnati Way.

"So poor Bill Stubbs is dead?" said a man on the train the other day.

"Yes, I understand so. Where did it happen?"

"In Colorado."

"Did you learn any of the particulars?"

"Nothing, except that he died a natural death."

"Is that so? Why, I was told that he was knocked down on the street and had the life beaten out of him?"

"Well, that's what they call a natural death in Colorado now."



Watch the Engine.

The human body lives, works and keeps warm by the fire inside of it; or in other words, by the digesting food,—which is slower, but the same thing, as burning fuel in a stove. When the stomach breaks down a man cools off, loses strength and falls ill. Power doesn't exist of itself; it is created by heat; and the body is run on exactly the same principles as an engine. That is the reason why we advise you to keep your stomach in good order, the kidneys and bowels in motion, and the skin free of clogging matter, by the use of Mother Seigel's Operating Pills. Don't cram the stomach, give it what it needs, and no more. Then watch your bodily machinery just as an engineer keeps his eye on his engine. Then you will go through all right and on time when others get hopelessly stalled between stations.

Only a Poser.

Artist—Since you are through posing, I wish you would put things to rights around the studio.

Model—No, sir; I am not a working model.

3rd Month.

MARCH, 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	THUR.	St. David's Day.	h.m.	h.m.	h.m.*	h.m.	h.m.	h.m.	3 25
2	FRI.	Wesley died, 1791.	6 38	5 47	3 34	6 36	5 49	3 25	
3	SATUR.	Russian serfdom abolished, 1863.	6 36	5 48	4 22	6 34	5 50	4 14	
4	SUN.	First American Congress, 1788.	6 34	5 50	5 02	6 32	5 51	4 54	
5	MON.	Covent Garden Theatre burnt, 1856.	6 32	5 51	5 33	6 30	5 51	5 27	
6	TUES.	Artemus Ward (C. Brown) d'd, 1876.	6 30	5 52	5 57	6 28	5 54	5 52	7d 18m m.
7	WED.	St. Thomas Aquinas died, 1274.	6 29	5 54	sets.†	6 27	5 56	sets.†	14d 1h 28m ev.
8	THUR.	Sir J. F. W. Herschel born, 1792.	6 27	5 55	6 16	6 25	5 57	6 17	21d 9h 11m m.
9	FRI.	Americus Vespucius born, 1451.	6 25	5 53	7 27	6 24	5 53	7 27	28d 3h 28m m.
10	SATUR.	Prince of Wales married, 1863.	6 23	5 54	8 39	6 22	5 59	8 37	
11	SUN.	Charles Sumner died, 1874.	6 22	5 59	9 54	6 21	6 01	9 50	
12	MON.	Senator Plumb died, 1888.	6 20	6 00	11 12	6 19	6 02	11 06	
13	TUES.	Cranmer burnt, 1556.	6 18	6 02	morn.*	6 17	6 03	morn.*	7d 18m m.
14	WED.	Sir Arthur Helps died, 1875.	6 16	6 03	0 33	6 15	6 04	0 25	14d 1h 28m ev.
15	THUR.	General Jackson (U.S.) b'rn, 1767.	6 14	6 04	1 51	6 14	6 05	1 41	21d 9h 11m m.
16	FRI.	Duchess of Kent died, 1861.	6 12	6 06	3 01	6 12	6 06	2 51	28d 3h 28m m.
17	SATUR.	St. Patrick's Day.	6 10	6 07	3 57	6 10	6 08	3 47	
18	SUN.	Palm Sunday.	6 08	6 08	4 39	6 08	6 09	4 31	7d 18m m.
19	MON.	Bishop Kerr died, 1711.	6 06	6 10	5 11	6 06	6 10	5 05	14d 1h 28m ev.
20	TUES.	Sir Isaac Newton died, 1727.	6 04	6 11	5 36	6 04	6 11	5 33	21d 9h 11m m.
21	WED.	Robert Southey died, 1843.	6 03	6 12	rises.†	6 03	6 13	rises.†	28d 3h 28m m.
22	THUR.	William I. of Prussia born, 1797.	6 01	6 13	6 29	6 01	6 14	6 29	
23	FRI.	Good Friday.	5 59	6 15	7 43	5 59	6 15	7 41	
24	SATUR.	Il. M. S. Eurydice founder'd, 1878.	5 57	6 16	8 56	5 57	6 16	8 52	
25	SUN.	Easter Sunday.	5 55	6 17	10 08	5 56	6 17	10 02	7d 18m m.
26	MON.	Duke of Cambridge born, 1819.	5 53	6 19	11 18	5 54	6 18	11 11	14d 1h 28m ev.
27	TUES.	Bishop Stillfleet died, 1699.	5 51	6 20	morn.*	5 52	6 20	morn.*	21d 9h 11m m.
28	WED.	Canada ceded to France, 1632.	5 47	6 22	0 25	5 50	6 21	0 17	28d 3h 28m m.
29	THUR.	Alb. Hall (Kensington) open'd, 1871.	5 47	6 23	1 24	5 48	6 22	1 15	
30	FRI.	Sicilian Vespers, 1282.	5 45	6 24	2 15	5 46	6 23	2 06	
31	SATUR.	Treaty of Paris, 1856.	5 44	6 25	2 59	5 45	6 24	2 51	
			5 42	6 26	3 34	5 43	6 25	3 27	

*a.m.

†p.m.