

As to Sprains.

You may get a sprain any time. Any slip of the foot or sudden wrench may do it. There is, of course, no dislocation of the bones in a sprain, but the injured joint must have immediate and complete rest, continued for weeks if necessary. Apply Seigel's Soothing Plaster, and be patient under the enforced inaction. Perhaps a greater number of permanent injuries arise from neglected sprains than from broken bones.

The American Infant.

"Pa, tell me a nice story."
"Shall I tell you a ghost story, Jimmie?"

"No, pa, I don't care to hear any ghost story. I haven't believed in ghosts since I was a child. Tell me all about the latest scandal in high life, and all that sort of thing."

Out of Sight.

"Have you a new kite?" asked Willie of Tommy who was standing on the hiltop holding the end of a string.

"Course I have," replied Tommy.

"Is it a good one?"

"You bet! It's out of sight."



IRISH

Simple.

Eastern man—Is there any way for a stranger to make money in this section?

Westerner—Yes, siree! See that lot over there? That's mine. Just buy it.

Eastern man Hum! How am I to make money on that?

Westerner—Sell it to some other stranger.

A Promise.

"I shall go right home to my mother, Hudson Hicks. I saw you kissing Mrs. Habberton-Browne in the conservatory."

"It was only a sisterly kiss, my dear."

"She is not your sister."

"Yes, she is—that is, she promised to be one to me, years ago."

Insurance.

You wouldn't carry loose powder in your pockets; and it is equally dangerous to carry poisons floating in your blood. Yet most people do carry these poisons without realizing it. And when some epidemic gets about they are all ready to become victims to it. Purify your blood with Mother Seigel's Syrup, and the diseases that strike down others will not touch you alone. This is a kind of insurance—more important than a policy on property.

6th Month.

JUNE, 1894.

30 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and region 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	FRI.	Johnstown Flood, 1889.	h.m.	h.m.	h.m.†	h.m.	h.m.	h.m.†	70th MERIDIAN.
2	SATUR.	Gordon Riots, 1780.	4 15	7 41	5 24	4 21	7 35	5 19	
3	SUN.	Montreal Gazette established, 1778.	4 14	7 42	6 47	4 21	7 36	6 40	
4	MON.	Battle of Magenta, 1850.	4 13	7 43	8 11	4 20	7 37	8 02	
5	TUES.	Battle of Stony Creek, 1813.	4 13	7 44	9 29	4 20	7 37	9 19	80th MERIDIAN.
6	WED.	Sir John A. Macdonald died, 1891.	4 12	7 45	10 31	4 19	7 38	10 22	
7	THUR.	First American Congress, 1765.	4 12	7 45	11 15	4 19	7 39	11 07	
8	FRI.	First Parliament, Ottawa, 1866.	4 12	7 46	11 48	4 18	7 40	11 42	
9	SATUR.	Charles Dickens died, 1870.	4 11	7 47	morn.*	4 18	7 40	morn.*	90th MERIDIAN.
10	SUN.	Roger Bacon died, 1294.	4 11	7 47	0 13	4 18	7 41	0 09	
11	MON.	Lord Stanley as Gov.-Gen., 1888.	4 11	7 48	0 33	4 17	7 41	0 31	
12	TUES.	W. C. Bryant died, 1878.	4 10	7 48	0 50	4 17	7 42	0 49	
13	WED.	Dr. Arnold died, 1842.	4 10	7 49	1 07	4 17	7 42	1 08	100th MERIDIAN.
14	THUR.	Lord Rosse born, 1800.	4 10	7 49	1 24	4 17	7 43	1 27	
15	FRI.	Magna Charta signed, 1215.	4 10	7 50	1 43	4 17	7 43	1 47	
16	SATUR.	Winthrop born, 1782.	4 10	7 50	2 07	4 17	7 44	2 13	
17	SUN.	Battle of Bunker Hill, 1775.	4 10	7 51	2 39	4 17	7 44	2 46	110th MERIDIAN.
18	MON.	Battle of Waterloo, 1815.	4 10	7 51	rises.†	4 17	7 44	rises.†	
19	TUES.	Great Fire at St. John, 1877.	4 10	7 52	8 44	4 17	7 44	8 35	
20	WED.	Accession of Queen Victoria, 1837.	4 10	7 52	9 27	4 17	7 45	9 19	
21	THUR.	Quebec Gazette issued, 1874.	4 10	7 52	10 03	4 17	7 45	9 56	120th MERIDIAN.
22	FRI.	Matthew Henry died, 1714.	4 11	7 53	10 31	4 18	7 45	10 26	
23	SATUR.	Leibnitz, philosopher, born, 1646.	4 11	7 53	10 52	4 18	7 46	10 48	
24	SUN.	St. John the Baptist.	4 11	7 53	11 10	4 18	7 46	11 08	
25	MON.	First Wesleyan Conference, 1874.	4 12	7 53	11 27	4 18	7 46	11 28	130th MERIDIAN.
26	TUES.	Archbishop Leighton died, 1684.	4 12	7 53	11 43	4 19	7 46	11 43	
27	WED.	Hiram Powers, sculptor, d'd, 1873.	4 12	7 53	morn.*	4 19	7 46	morn.*	
28	THUR.	Queen Victoria crowned, 1838.	4 13	7 53	0 00	4 20	7 46	0 02	
29	FRI.	St. Peter and St. Paul.	4 13	7 53	0 18	4 20	7 46	0 22	140th MERIDIAN.
30	SATUR.	Earl of Argyle beheaded, 1685.	4 14	7 53	0 39	4 21	7 46	0 44	
			4 14	7 53	1 08	4 21	7 46	1 15	

*a.m.

†p.m.