

11th Month.

NOVEMBER, 1898.

30 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 Rises.	Sun Rises.	Sun Sets.	Moon Rises.	
		h.m.	h.m.	h. m.	h.m.	h.m.	h. m.	
1	TUESDAY.....	6 39	4 47	6 33	6 36	4 50	6 40	Last Quarter..... New Moon..... First Quarter..... Full Moon.....
2	WEDNESDAY.....	6 41	4 45	7 27	6 37	4 49	7 33	
3	THURSDAY.....	6 42	4 44	8 23	6 39	4 48	8 30	
4	FRIDAY.....	6 43	4 42	9 24	6 40	4 46	9 29	
5	SATURDAY.....	6 45	4 41	10 28	6 41	4 45	10 32	
6	SUNDAY	6 46	4 40	11 33	6 43	4 44	11 36	75th MERIDIAN. 6d 9h 28m m. 13d 7h 20m ev. 20d 1h 3m ev. 27d 11h 39m ev.
7	MONDAY.....	6 48	4 38	morn.	6 44	4 43	morn.	
8	TUESDAY.....	6 49	4 37	0 39	6 46	4 41	0 41	
9	WEDNESDAY.....	6 51	4 36	1 49	6 47	4 40	1 49	
10	THURSDAY.....	6 52	4 35	2 53	6 48	4 39	2 52	
11	FRIDAY.....	6 53	4 34	4 07	6 50	4 38	4 05	90th MERIDIAN. 6d 8h 28m m. 13d 6h 20m ev. 20d 1h 3m m. 27d 10h 39m ev.
12	SATURDAY.....	6 55	4 33	5 25	6 51	4 37	5 21	
13	SUNDAY	6 56	4 32	6 42	6 52	4 36	6 37	
14	MONDAY.....	6 57	4 31	sets.	6 54	4 35	sets.	
15	TUESDAY.....	6 59	4 30	5 37	6 55	4 34	5 44	
16	WEDNESDAY.....	7 00	4 29	6 46	6 56	4 33	6 53	105th MERIDIAN. 6d 7h 28m m. 13d 5h 20m ev. 20d 1h 3m m. 27d 9h 39m ev.
17	THURSDAY.....	7 01	4 28	8 01	6 58	4 32	8 07	
18	FRIDAY.....	7 03	4 27	9 20	6 59	4 31	9 24	
19	SATURDAY.....	7 04	4 26	10 39	7 00	4 30	10 42	
20	SUNDAY	7 05	4 25	11 58	7 01	4 30	11 59	
21	MONDAY.....	7 07	4 24	morn.	7 02	4 29	morn.	
22	TUESDAY.....	7 08	4 24	1 09	7 03	4 28	1 09	
23	WEDNESDAY.....	7 09	4 23	2 20	7 04	4 28	2 19	
24	THURSDAY.....	7 11	4 23	3 33	7 06	4 27	3 30	
25	FRIDAY.....	7 12	4 21	4 44	7 07	4 27	4 40	
26	SATURDAY.....	7 13	4 21	5 51	7 08	4 26	5 46	
27	SUNDAY	7 14	4 20	6 56	7 09	4 26	6 50	
28	MONDAY.....	7 16	4 20	rises.	7 10	4 25	rises.	
29	TUESDAY.....	7 17	4 19	5 18	7 11	4 25	5 24	
30	WEDNESDAY.....	7 18	4 18	6 15	7 12	4 24	6 21	

Sleep at Night.

Night is the time for sleep. Day is the time for work. If you feel like sleeping much in the day time, it shows that something is wrong. Perhaps you feel languid and listless, and good-for-nothing. You have no special pain, yet you are not fit for work. You don't think you are sick; just lazy. And yet you don't like to own up to being

lazy. You want to take half a dozen naps a day, especially if it is Sunday. Somebody tells you to stir yourself and keep awake. You can't do it. This state of things proceeds from a congested liver. Free the liver by means of a few doses of Mother Seigel's Syrup. Now you have new life, new energy, new spirits, and you can joyfully stay awake and do your work.

Coated tongues yield to Seigel's Pills,