

JULY, 1884.

Water, ices and green fruits bring dysentery.
Summer complaints are quickly cured by Fowler's
Wild Strawberry.

MOON'S PHASES.

	Ontario.			Maritime Pro.		
	d. h. m.			d. h. m.		
Full M'n.	8	4	53 a.m.	8	5	50 a.m.
Last Qr.	15	4	21 p.m.	15	5	18 p.m.
New M'n.	22	7	37 a.m.	22	8	34 a.m.
1st Quar.	29	4	44 p.m.	29	5	41 p.m.

CALENDAR.

DAY OF MONTH.	DAY OF WEEK.	Ont. and Maritime Provinces.		Province of Quebec.		Moon sets.	Weather Probabilities.
		Sun rises.	Sun sets.	Sun rises.	Sun sets.		
		h. m.	h. m.	h. m.	h. m.		
1	Tu	4 17	7 50	4 10	7 57	0 04	
2	We	4 17	7 50	4 10	7 57	0 34	
3	Th	4 18	7 50	4 11	7 57	1 07	Warm.
4	Fri	4 19	7 50	4 12	7 57	1 41	Rain.
5	Sat	4 20	7 49	4 13	7 56	2 20	Cool and pleasant.
27) 4th Sunday after Trinity.							
6	Sun	4 20	7 49	4 13	7 56	3 03	Rain
7	Mo	4 21	7 48	4 14	7 55	3 53	and hot
8	Tu	4 22	7 48	4 15	7 55	Rises	for
9	We	4 23	7 47	4 16	7 54	8 16	some
10	Th	4 24	7 47	4 17	7 54	8 50	days.
11	Fri	4 24	7 46	4 17	7 53	9 21	Wind.
12	Sat	4 25	7 45	4 18	7 52	9 51	Dull.
28) 5th Sunday after Trinity.							
13	Sun	4 26	7 45	4 19	7 52	10 22	Showers
14	Mo	4 27	7 44	4 20	7 51	10 51	and
15	Tu	4 28	7 44	4 21	7 50	11 25	hot
16	We	4 29	7 43	4 22	7 49	A.M.	for
17	Th	4 30	7 42	4 23	7 48	0 02	some
18	Fri	4 31	7 42	4 24	7 48	0 47	days.
19	Sat	4 32	7 41	4 25	7 47	1 37	Wind.
29) 6th Sunday after Trinity.							
20	Sun	4 33	7 40	4 26	7 46	2 36	Dull.
21	Mo	4 35	7 39	4 28	7 45	3 41	Showers
22	Tu	4 36	7 38	4 29	7 44	Sets	and
23	We	4 37	7 37	4 30	7 43	8 07	hot
24	Th	4 38	7 35	4 31	7 42	8 41	for
25	Fri	4 39	7 34	4 32	7 40	9 11	some
26	Sat	4 40	7 33	4 33	7 39	9 39	days.
30) 7th Sunday after Trinity.							
27	Sun	4 41	7 32	4 34	7 38	10 07	
28	Mo	4 43	7 31	4 36	7 37	10 26	
29	Tu	4 44	7 30	4 37	7 35	11 07	
30	We	4 45	7 29	4 38	7 34	11 41	
31	Th	4 46	7 28	4 39	7 33	A.M.	

HEALTH ALPHABET.

The Ladies' Sanitary Association, of London, gives the following simple rules for keeping health, which we find copied in the *Sanitarian* :

As soon as you are up shake blanket and
sheet;
Better be without shoes than sit with wet
feet;
Children, if healthy, are active, not still;
Damp beds and damp clothes will both
make you ill;
Eat slowly and always chew your food
well;
Freshen the air in the house where you
dwell;
Garments must never be made too tight;
Homes should be healthy, airy and light;
If you wish to be well, as you do I've no
doubt,
Just open the windows before you go out;
Keep the rooms always tidy and clean;
Let dust on the furniture never be seen;
Much illness is caused by the want of
pure air,
Now, to open the windows be ever your
care;
Old rags and old rubbish should never
be kept;
People should see that their floors are
well swept;
Quick movements in children are healthy
and right;
Remember the young cannot thrive with-
out light;
See that the cistern is clean to the brim;
Take care that your dress is all tidy and
trim;
Use your nose to find if there be a bad
drain;
Very sad are the fevers that come in its
train;
Walk as much as you can without feeling
fatigue;
Xerxes could walk full many a league.
Your health is your wealth, which your
wisdom must keep;
Zeal will help a good cause, and the good
you will reap.

If the Stomach becomes weak
and fails to perform its digestive
functions, Dyspepsia with its long
train of distressing symptoms will
follow. Cure it with Burdock
Blood Bitters.

When Henry was courting
Sarah he used to boast that he
had a "boss" girl; now that he
is married, he finds that he has a
"boss" wife; but he never men-
tions it.

There are few influences more
detrimental to health than a Con-
stipated State of the Bowels.
Burdock Blood Bitters will speed-
ily cure Constipation.

The right man in the right place
is a husband at home in the even-
ing.