ome mor f this imenty-nve propelled h of the cle of the e process wth and les which system, sc! arged ungs, the has pronous and body. ormation for variancreatic with anis natural with imometimes more of a paracter be estabsons, and e weakest st invarihat there y particurgan the t has the nvariably s to a certhe body d, damp, es of dised up, its icted, and sequent'y racute or verity of organ. If disease of

Kidneys; those orr; if the

have pre

Disease,

the Blood

First Month

MOON'S PHASES. CALENDAR. Mar. Provinces. Ontario. d. h. m. 8 p.m. Ontario & Province d. h. m. 8 p.m. 41 n.m. Maritime New Moon 41 p.m. **Provinces** Quebec. 8 8 First Quarter. 17 2 37 a.m. 24 10 57 a.m. 3 37 a.m. 24 11 57 a.m. Moon Moon Moon Last Quarter Sun Sun Sun Last Quarter 24 10 57 a.m. New Moon . . 31 4 10 a.m. 31 5 10 a.m: 8618. rises sets. rises sets. sets. Miscellaneous Phenomena. pl C. h.m. h. m. h.m. h.m. h. m. h. m. M. W. 5 Sa 1st Congress in Washington, 1801. with = 7 51 4 53 7 31 4 13 6 9 30 8 52 9 22 8h. 43m. Length of day. 1) 2na Sunday after Christmas. 9h. 4m. 7 50 4 54 7 31 4 14 6 10 37 10 01 10 30 7 M (6) Henri Herz, pianist, died, 1888.  $\times$  7 50 4 56 7 30 4 15 6 11 41 11 08 11 35 8 Tu Battle New Orleans, 1815. cold  $\times$  7 50 4 56 7 30 4 16 7 a.m. a.m. a.m. 9 W Gen. Sevell U.S.A. died, 1888. and  $\ominus$  7 50 4 57 7 29 4 17 7 0 43 0 12 0 38 10 Th R.R. accdnt Bradford, Mass, 11 kld, '88.  $\ominus$  7 49 4 58 7 29 4 19 8 1 43 1 14 1 39 11 Fr Earthq'ke felt in Canada, '88.  $\ominus$  7 49 4 59 7 28 4 20 8 2 44 2 16 2 40 12 Sa N.W.blizzard, abt 150 frozen, '88. high 8 7 49 5 00 7 28 4 22 9 3 43 3 17 3 40 6 Su Epiphany. 7 M (6) Henri Herz, pianist, died, 1888. snow 8h. 56m. Length of day. 9h. 13m. 2) 1st Sunday after Epiphany. Length of day. 9h. 23m. 9h. 11m. 3) 2nd Sunday after Epiphany. Length of day. 9h. 40m. 9h. 29m. 4) 3rd Sunday after Epiphany. SIMPLICITY of character is the natural result of THINGS that were not exacted during the floodprofound thoughts. Water taxes.

An open mind, an open hand, and an open heart will find everywhere an open door.

COUNT on the fidelity of the man who carries his heart in his hand, and wears his soul in his foe.

CHERFULNESS is an excellent wearing quality. It has been called the bright weather of the water taxes. A FAST man is usually very slow when it com A FAST man is usually very slow when it com to paying h s debts.

The rays of happiness, like those of light, are colorless when unbroken.

There is a decided difference between wanting what you say to be approved and admired, and wanting to be approved and admired because you say it. heart. As the mind must govern the hands, so in every society the man of intelligence must direct the man or labor.

INDOLENCE is a sort of suicide; for the man is efficiently destroyed, though the appetite of the CONTENTED mind-heart-sunshine-takes a A CONTENTED mind—heart-sunshine—takes a glory out of gloom, and can turn the most untoward events so that they will prove a faithful spring of unmeasured joy.

Ear, digest; read, remember; earn, save; love and be loved. If these four rules be strictly followed, health, intelligence, wealth, and transpiness will be the result. brute may survive. It is very often more necessary to conceal con-tempt than resentment, the former being never forgiven, but the latter sometimes forgot.

JANUARY, 1889.

31 Days.