

Not One in Fifty.

How many really healthy persons are there? Hardly one in fifty. What ails nearly all of us? We eat and still lack strength. We are soon tired, both body and mind. We are "under the weather" without knowing why. Women are languid, "easily upset," "not at all well," "nervously depressed," and have many curious aches and pains. Men (strong looking men, too) complain of lack of ambition and energy, dull headedness, and loss of snap in business. Chances to make fortunes slip through their fingers because they are afraid to grapple with them. Eat more simple food, rest more, sleep more, and use Mother Seigel's gently-acting Pills.

A Good Excuse.

Judge—Why didn't you give the purse to the police when you found it?

Prisoner—Because it was late in the evening.

Judge—But why didn't you give it on the following morning?

Prisoner—Because there was nothing more in it then.



ENGLISH

The Opening Gun.

She—You live in bachelor apartments, do you not? How do you like it?

He—Fairly well, but it isn't half such a nice place as this is.

Would You Live Long?

Man's natural term of life is 120 years. Why doesn't he live that long? Because he eats, drinks and debauches himself to death. Would you like to stay here as long as you can? No doubt. Then look out. Don't outrage nature's laws; and when you need a medicine at all take something gentle and helpful, like the vegetable preparations of Mother Seigel, who lived long and was never racked with pain after she found the secret of health.

Don't forget that kindness and tenderness are needful to successful nursing. Human nature longs to be soothed and comforted on all occasions when it is out of tune.

Great Air.

"And is the air healthy here?" asked a visitor to a mountain resort?

"Excellent, sir, excellent. One can become a centenarian here in a little while."

1st Month.

JANUARY, 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	MON.		Circumcision—New Year's Da	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.*	New Moon..... First Quarter..... Full Moon..... Last Quarter.....
2	TUES.		Gen. Wolfe born, 1727.	7 40	4 27	2 37	7 34	4 33	2 34	
3	WED.		Battle of Princeton, 1777.	7 40	4 28	3 44	7 34	4 34	3 39	
4	THUR.		Sir Isaac Newton born, 1643.	7 40	4 29	4 50	7 34	4 35	4 44	
5	FRID.		Paris bombarded, 1871.	7 40	4 30	5 55	7 33	4 38	5 47	75th MERIDIAN. 6d 10h 7m ev 14d 7h 9m ev 21d 10h 11m m. 28d 11h 5m m.
6	SATUR.		Epiphany.	7 40	4 31	6 54	7 33	4 37	6 46	
7	SUN.		Gen. Putnam born, 1718.	7 39	4 32	sets.†	7 33	4 38	sets.†	
8	MON.		Galileo, died, 1642.	7 39	4 33	4 56	7 33	4 39	5 04	
9	TUES.		Emperor Napoleon III. d'd, 1873.	7 39	4 34	6 03	7 33	4 40	6 10	90th MERIDIAN. 6d 9h 7m ev 14d 6h 9m ev 21d 9h 11m m. 28d 10h 51m m.
10	WED.		Stamp Act passed, 1765.	7 39	4 35	7 11	7 33	4 41	7 17	
11	THUR.		Sir J. A. Macdonald born, 1815.	7 39	4 36	8 19	7 33	4 42	8 23	
12	FRID.		Lavater, physiognomist, d'd, 1801	7 38	4 37	9 27	7 33	4 44	9 27	
13	SATUR.		Salmon P. Chase born, 1808.	7 38	4 38	10 36	7 33	4 45	10 36	105th MERIDIAN. 6d 8h 5m ev 14d 5h 11m m. 21d 8h 11m m. 28d 9h 51m m.
14	SUN.		Gibbon died, 1794.	7 36	4 40	11 40	7 32	4 46	11 48	
15	MON.		Talma born, 1763	7 36	4 41	morn.*	7 32	4 47	morn.*	
16	TUES.		Daniel Webster born, 1782.	7 35	4 42	0 59	7 32	4 48	0 56	
17	WED.		President Taylor died, 1862.	7 35	4 44	2 17	7 31	4 49	2 11	
18	THUR.		Bulwer Lytton died, 1873.	7 34	4 45	3 39	7 31	4 50	3 31	
19	FRID.		Copernicus born, 1472.	7 34	4 46	5 01	7 30	4 52	4 52	
20	SATUR.		Peace of Paris, 1783.	7 33	4 48	6 18	7 29	4 53	6 08	
21	SUN.		Louis XVI. executed, 1793.	7 32	4 49	7 22	7 28	4 54	7 13	
22	MON.		Byron born, 1783.	7 31	4 51	rises.†	7 27	4 55	rises.†	
23	TUES.		William Pitt died, 1806.	7 30	4 52	6 09	7 26	4 57	6 14	
24	WED.		Frederick the Great born, 1712.	7 29	4 54	7 30	7 25	4 58	7 35	
25	THUR.		Robert Burns born, 1759.	7 28	4 55	8 50	7 24	4 59	8 51	
26	FRID.		Dr. Jenner died, 1823.	7 27	4 57	10 04	7 24	5 01	10 04	
27	SATUR.		Mozart born, 1756.	7 26	4 58	11 15	7 23	5 02	11 13	
28	SUN.		W. H. Prescott died, 1859.	7 25	5 00	morn.*	7 22	5 04	morn.*	
29	MON.		Victoria cross instituted, 1856.	7 24	5 01	0 25	7 21	5 05	0 21	
30	TUES.		Charles I beheaded, 1649.	7 23	5 03	1 34	7 20	5 07	1 28	
31	WED.		Corn Laws abolished, 1849.	7 22	5 04	2 42	7 19	5 08	2 35	
				7 21	5 06	3 47	7 18	5 10	3 39	

*a.m.

†p.m.