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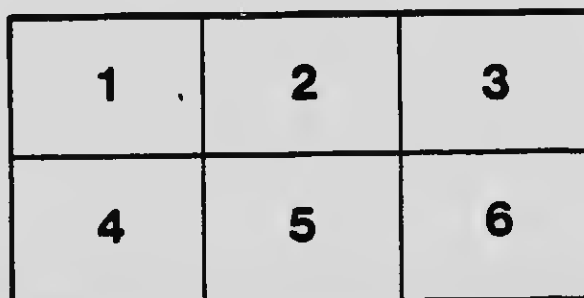
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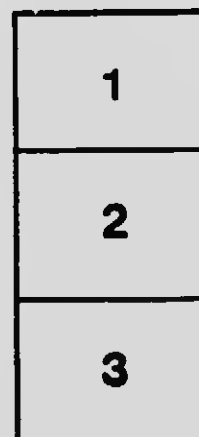
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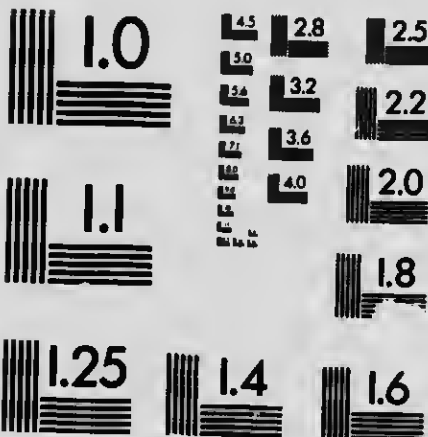
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**UNDER
THE UNION JACK**

ECLIPSES FOR 1912.

in the year 1912 there will be four Eclipses, two of the Sun and two of the Moon.

I. A Partial Eclipse of the Moon, April 1st, invisible here; the beginning visible generally in Europe, Africa, Asia, except the extreme north-eastern portion, central and western Australia, and eastern South America; the ending visible generally in South America, except the north-west portion, Europe, Africa, central and western Asia and western Australia.

II. A Central Eclipse of the Sun, April 16-17th, visible here as a Partial Eclipse—the Sun rising eclipsed. The central eclipse will be total for about thirty-two minutes at the middle of its duration. Visible to Europe, Asia, North Atlantic Ocean and northern South America.

III. A Partial Eclipse of the Moon, September 25-26th, the Moon setting here as the eclipse begins; the beginning visible generally in North America, except the extreme eastern portion, the Pacific Ocean, eastern Asia, and Australia; the ending visible in central and western North America, the Pacific Ocean, Australia, central and eastern Asia.

IV. A Total Eclipse of the Sun, October 3-10th, invisible here. Visible to South America and a large area around that continent.

LEGAL HOLIDAYS

FOR THE DOMINION.

New Year's Day.....	Jan. 1	Victoria Day	May 24
Good Friday.....	April 5	Dominion Day.....	July 1
Easter Monday.....	" 8	Labor Day.....	Sept. 3
Christmas Day.....	Dec. 25		

FOR THE PROVINCE OF QUEBEC.

New Year's Day.....	Jan. 1	Victoria Day.....	May 24
Epiphany.....	" 6	Dominion Day..	July 1
Good Friday.....	April 5	Labor Day.....	Sept. 3
Easter Monday.....	" 8	All Saints Day.....	Nov. 1
Ascension Day.....	May 16	Immaculate Conception	Dec. 8
Christmas Day.....	Dec. 25		

FACTS.

Facts speak for themselves! People are always able to *Judge for themselves* when they get the facts. Mother Seigel's Syrup has been for full forty years the most popular and successful remedy for Indigestion and disorders of the stomach, liver and kidneys. It has cured millions of people. Thousands upon thousands of them have sent voluntary, grateful testimony of such cures to the proprietors, in letters already published. We receive such letters, unsought and unbought, every week. They are always welcomed by us.

It is the people themselves who have given Mother Seigel's Syrup this verdict of public approval, based wholly on the merit they have found in it and the benefits they have obtained from using it. We alone possess the recipe for making it, and no imitations or substitutes can, or do, equal it. Its value to sufferers, its world-wide fame, are all based on the sterling merits of this famous herbal medicine. These are facts that speak for themselves—for you—and for Mother Seigel's Syrup.

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Under the Union Jack.



FOUR hundred and ten millions (410,000,000) of people; twelve millions (12,000,000) of square miles—not acres, mind you!—of land; twenty millions (20,000,000) of tons of shipping, or two out of every three of all the ships that sail the world's seas, are "Under the Union Jack!" These enormous figures—actually too vast for any mind to fully grasp them—may serve to give you an indistinct, yet forcible, impression of the great Empire to which King George V. succeeded in May last year, when his illustrious father, Edward the Peacemaker, passed away.

Alone, amongst all the monarchs of the world, King George can truly say:—
"The Sun in My Dominions Never Sets."

And he alone, of all the sovereigns of either ancient or modern times, has circumnavigated the globe, and has visited all the great divisions of his own vast Empire.

Canada alone has three times been favoured by his presence—first as a young Ensign of the Navy with his elder brother, the Duke of Clarence; again in 1900, when returning from a round-the-world trip with the Princess, now Queen Mary—and last, in 1909, for the dedication of the Peace Monument at Quebec.

But while we Canadians are pondering over this power and vastness of the Empire, let us pause for a moment to consider what Canada herself is, her own power and enormous area; her vast productive capacity; her rich, natural resources. Her territory covers 3,358,000 square miles and has a stretch of 3,000 miles across, from ocean to ocean—spanned by five great lines of railway, one of which alone has 10,000 miles of track. The East Coast fisheries yield fish worth \$15,000,000 per year. There are 180,000 separate farms in Ontario, alone; while other

pioneers of agriculture, from 12,000,000 acres of land, in Manitoba Saskatchewan and Alberta, are producing already 125,000,000 bushels of wheat yearly. Winnipeg, as a wheat shipping and milling centre, has wrested the laurels of energy and enterprise from Minneapolis, hitherto the great flour and wheat metropolis of the United States.

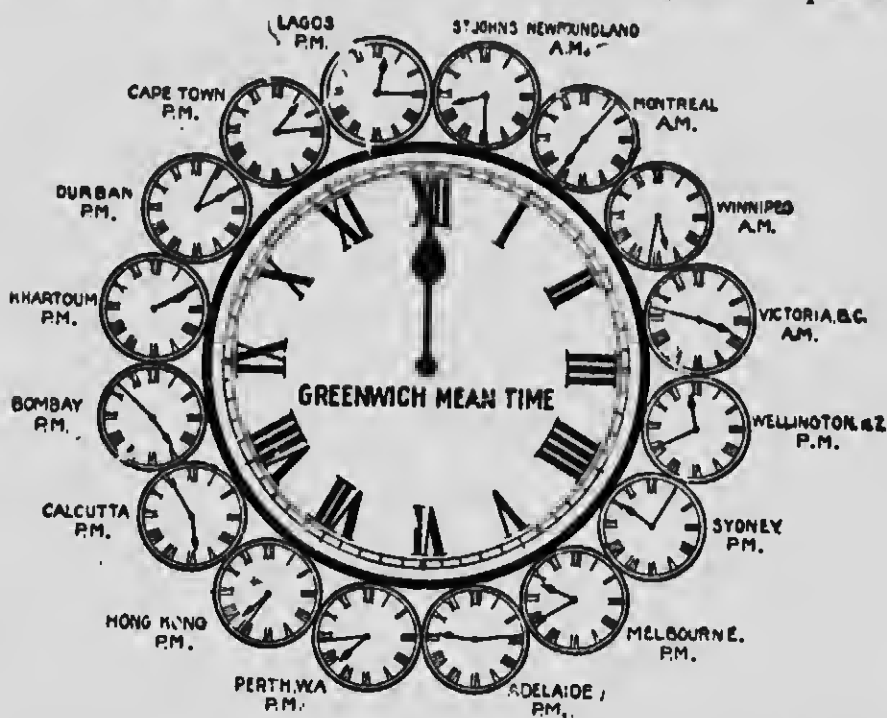
Canada's magnificent rivers bring down from her unequalled forests timber rafts of a yearly value of \$30,000,000. Canadian fruit and cheese and wheat engage the capacity of whole fleets of freight carrying steamers. In minerals, too, her riches are, perhaps, inexhaustible, embracing gold, silver, copper, coal and the richest nickel deposits known.

Now, to trace the sun's daily path and see why it is that he is always shining on some part of this Empire, spread out the covers of this book and look at the map of the world. All the British possessions, including the Egyptian protectorate, are printed in red excepting a few islands and ports, too small to be shown on this map.

Let us begin at London—"the heart of the Empire"—as it is called. When her eight million dwellers have been but a few hours astir, the sun is waking up the fishermen of Newfoundland. Slowly he creeps up the majestic St. Lawrence, opening a glorious vista of that mighty waterway! On, on to the spacious lakes and the thundering cataracts which flash like jewels at his coming. Soon he smiles on the golden wheat fields of Manitoba and Saskatchewan, and thence he gleams over the boundless prairies of Alberta and the North-West, and climbs the snow-clad summits of the Rockies, to shed his genial light and warmth upon the fertile slopes of British Columbia. Next, the light reveals the pasture lands and mountain peaks of New Zealand, and then, in their turn, Australians welcome the glow of the morning sun. Still shining on the British Empire, he rolls on and arouses the islanders in the East Indies! He sweeps over Borneo to open up the bazaars of Calcutta, and all the magic life of India and the Persian Gulf! Then it is daybreak on the African veldt, and in the diamond fields of Kimberley; and before our brethren in the sandy deserts of Egypt, or the jungles of West Africa, have rubbed their eyes, lo, a day and a night have passed, and once again the sun rises over Britain.

It is a glorious, world-embracing panorama; but how small would be the boast of Canadians, or any other of the peoples of the Empire, if they had nothing to be proud of save the size

of that Empire! Fancy a Canadian, or any other Britisher, having nothing more to stir his pulse than the knowledge that the Empire to which he belongs is a bit bigger than that of Russia! What makes our people justly proud is, that they are free-born inheritors of not only the biggest, but the best Empire that has ever been—an Empire unique in the world's history, a united family of nations, with common interests, common ideals, a common cause, and all devoted to human progress and peace.



If you wish to see how this Empire has grown and is growing, in population, wealth and power, read the separate sketches in this book, of other Colonies of Britain. Then ask yourself:—With such possibilities before us, what other Empire can ever rival us in greatness? Certainly none, unless we loosen our family ties and fail to stand together! And when will that be? With one voice, from the Scottish Shetlands in the North to Shetland Island in the South, from Vancouver in the West to New Guinea in the East, we answer as one man—"NEVER!"

"I have used Mother Seigel's Syrup for some time, and have found it an excellent medicine for the stomach and bowels, and would recommend it to every sufferer." (Signed) Mrs. Andrew Reid, Varna, Huron County, Ontario, Feb. 11, 1911.

GOOD DIGESTION.

How Lost and How Gained by People Like Yourself.

IN every country under the Union Jack, you will find Mother Seigel's Syrup in the homes of the people! Throughout the Colonies, as well as in the Motherland, it would be difficult to find a village, or even a street of over twenty houses, in which there do not reside persons who frankly state that they owe their good health to this old and world-famous remedy.

Now, just as the reason for the success of our great Empire lies in the sterling merits of the British peoples, so the reason for the unequalled success of Mother Seigel's Syrup lies in the sterling merits of the medicine itself!

The popularity of Mother Seigel's Syrup, as a remedy for those troublesome ailments which arise from stomach or liver disorder, is due to the fact that it is really a cure—a sure cure—in thousands upon thousands of cases, a cure after other medicines have failed! Mother Seigel's Syrup, the best and surest of all remedies for stomach and liver troubles, is made of certain curative extracts of roots, barks and leaves which tone up and strengthen the stomach, and gently stimulate the action of the liver and bowels—more surely and naturally than any other medicine known. We make no claim for Mother Seigel's Syrup that cannot be absolutely proved. We have never claimed that it is a cure-all, but we do say that nine out of ten of all human ailments arise from some disorder of the stomach, liver or bowels, and that no other remedy has been so successful in curing these disorders as Mother Seigel's Syrup!

You know, of course, that food is the chief source of health and strength. An ordinary person cannot live, without food of some kind, for more than a few days!

Therefore you must eat to live; but you must also digest what you eat, or trouble will follow. The food you digest is turned into blood to repair the daily wastage of the body, and so wonderful is this process of nature, that, taking regular meals, a man with sound digestion will often go for years together without losing or increasing in weight. If you eat enough food to keep you in health, but digest only a part of it, you must lose weight, strength and vigour. If you digest it only with difficulty, you must, of course, have the pains of Indigestion. But there is a still more serious view of the case. When you do not digest your food easily—without knowing or thinking

about it—it lies in your stomach and creates poisonous gases which pollute your blood, lower your vitality, and create disease.

These facts are so simple that a child could understand them; but even grown up people do not always realize that faulty digestion is the real cause of all such troubles as pains after eating, a sense of fulness in the chest, wind in the stomach, lost appetite, furred tongue, headaches, bilious attacks, constipation, loss of vigour, sleeplessness, anæmia, languor and low spirits, and often the indirect cause of rheumatism, gout, sciatica, and many skin troubles.

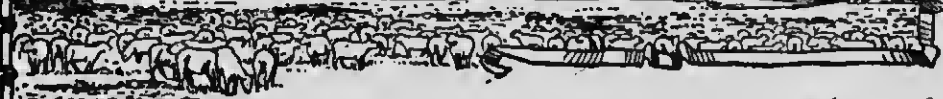
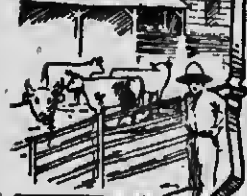
"But," you ask, "what is the cause of faulty digestion?" And the answer is, the failure of your digestive organs—your stomach, liver and bowels—to do their duty. Overwork, anxiety, bolting your food, or taking food that is not suited to your constitution, aye, even a change in the weather, may cause your stomach to lose tone and strength, your liver to be sluggish, or your bowels to be costive. Then some of the ailments we have mentioned are likely to seize upon you, unless you quickly assist your stomach, liver and bowels to regain their natural healthful working condition, with the aid of Mother Seigel's Syrup.

We have shown you why and how Mother Seigel's Syrup restores these organs to working order more surely than any other medicine in the world. It rid^s you of all digestive troubles and, better still, it makes food nourish you, purifies your blood, increases your vitality and ensures you health and strength. If you suffer from faulty digestion, sluggish liver, or any kindred disorder, take a course of Mother Seigel's Syrup, daily, after meals, and put our statements to the test. It always does good! It cannot do any harm, whatever. Try it!

NOW A STRONG, HEALTHY GIRL.

WM. S. Whidden, Archihald, Colchester Co., N. S., under date of January 21, 1911, writes on behalf of his daughter, who is now seventeen years of age. He tells us that when she was four years old, she had a severe attack of stomach trouble with great distress after eating. She could not sleep at night, and would get up in the morning with a nasty taste in her mouth. She also lost weight. The doctor attended her, but his medicine did not help her. Mr. Whidden then tried Mother Seigel's Syrup and after giving her about half a hottle he noticed a change for the better. He continued the treatment for about four months. She is now a strong, healthy young girl, and has had no return of her old complaint.

NEW ZEALAND'S PROSPERITY

WHEN you consider that New Zealand is less than one-thirtieth the size of Canada, and her entire population is rather less than double that of Montreal and its suburbs, her prosperity is almost staggering! New Zealand annually exports five million carcasses of frozen mutton and lamb, about half a million bales of wool, nearly eighty million linear feet of timber (sawn and hewn) and about \$10,000,000 worth of butter. Twenty-five million sheep graze on New Zealand's fields, and she has, under sown grass, an acreage of land six times greater than the sown grass area of Australia and Tasmania, put together.

Nor is New Zealand lax in her manufactures, as her 12,000 humming factories testify. Day by day, her prosperity increases, her commerce grows, and day by day her fortunes are linked up more closely with those of the Motherland. Over seventy per cent. of her trade is now done with the United Kingdom, and of every thirteen sea-borne ships which enter her harbours, twelve fly the British flag! What do these figures show? They show that in fertility, in land-wealth, in the pluck and enterprise of her people, New Zealand is well dowered! She is a natural and

alluring shelter for the young men of Great Britain who seek to better their fortunes. They show, moreover, how real is the tie which binds New Zealand to the Motherland, for Great Britain is not only the Dominion's staunch friend, but her best business customer, too!

Day Month	Day Week	JANUARY HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Province of Manitoba, Saskatch- ewan and Alberta.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
1	M	NEW YEAR'S DAY	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	T	General Wolfe born, 1727	7 34	4 35	4 21	7 59	4 10	4 52
3	W	Storm Period.	7 34	4 36	5 41	7 59	4 11	6 18
4	Th	Earthquake in Canada, 1663	7 34	4 37	7 00	7 59	4 12	7 40
5	F	West Indies discovered, 1492	7 34	4 38	rises	7 58	4 14	rises
6	S	Feast of Epiphany	7 34	4 39	5 46	7 58	4 15	5 03
7	S	1st SUNDAY AFTER EPIPHANY	7 33	4 40	7 08	7 58	4 16	6 34
8	M	Battle of New Orleans, 1815	7 33	4 41	8 31	7 57	4 17	8 08
9	T	Napoleon III died, 1873	7 33	4 42	9 52	7 57	4 19	9 39
10	W	Penny Post introduced, 1840	7 33	4 43	11 06	7 56	4 20	11 06
11	Th	Milder.	7 32	4 44	morn.	7 56	4 21	morn.
12	F	Japanese ent. Port Arthur, 1905	7 32	4 45	0 15	7 55	4 22	0 22
13	S	Severe gale in Can. 1890	7 32	4 46	1 27	7 55	4 24	1 46
14	S	2ND SUNDAY AFTER EPIPHANY	7 31	4 47	2 39	7 54	4 25	3 06
15	M	British Museum opened, 1759	7 30	4 48	3 47	7 53	4 26	4 20
16	T	Marshall Field died, 1906	7 30	4 49	4 52	7 53	4 28	5 35
17	W	Battle of Abu Klea, 1885	7 29	4 50	5 54	7 52	4 29	6 39
18	Th	Daniel Webster born, 1782	7 29	4 52	6 51	7 51	4 30	7 35
19	F	John Ruskin died, 1900	7 28	4 53	7 38	7 50	4 32	8 21
20	S	Great floods in France, 1910	7 27	4 55	sets.	7 49	4 33	sets.
21	S	3RD SUNDAY AFTER EPIPHANY	7 26	4 56	5 48	7 48	4 35	5 15
22	M	Acc'n of King Edward VII, '01	7 25	4 57	6 55	7 47	4 37	6 29
23	T	Ice bridge built at Quebec, 1885	7 24	4 59	8 04	7 46	4 39	7 48
24	W	Very cold.	7 23	5 00	9 16	7 45	4 40	9 07
25	Th	Hon. A. O. Blair died, 1907	7 22	5 02	10 18	7 43	4 42	10 19
26	F	General Gordon killed, 1885.	7 21	5 03	11 30	7 42	4 44	11 42
27	S	Ottawa constituted Cap., 1858	7 20	5 04	morn.	7 41	4 45	morn.
28	S	4TH SUNDAY AFTER EPIPHANY	7 19	5 05	0 45	7 40	4 47	1 06
29	M	King Christian IX died, 1906	7 18	5 06	2 00	7 39	4 48	2 30
30	T	Charles I was beheaded, 1649	7 17	5 08	3 18	7 38	4 50	3 54
31	W	Variable.	7 17	5 09	4 34	7 36	4 52	5 14
			7 16	5 11	5 47	7 35	4 54	6 28
Moon's Phases P.E.I. N.S. N.B.			Que.	Ont.	Man. Sask. Alta.	British Columbia		
Full Moon			4d 9h 15m m	4d 8h 13m m	4d 7h 0m m	4d 5h 15m m		
Last Quarter			11d 3h 29m m	11d 2h 27m m	11d 1h 14m m	10d 11h 29m ev		
New Moon			19d 6h 56m m	19d 5h 54m m	19d 4h 41m m	19d 2h 56m m		
First Quarter			27d 4h 37m m	27d 3h 35m m	27d 2h 22m m	27d 0h 37m m		

URIC ACID DISORDERS.

The Cause of Rheumatism, Gout and Sciatica—and the Cure.

URIC acid is a poison, a little of which is formed in the body every day. When your digestive organs do their duty, and your blood is pure, the quantity of uric acid is so small that it is easily passed off by the kidneys and bladder, and all is well. But when your digestive organs are not in thorough working order, your blood is tainted with the poisonous products of Indigestion, and a dangerous quantity of uric acid is formed. It is carried by the blood to every part of the body, but you have no pain until the poison settles in the form of crystals, and it usually settles in the joints and muscles, because the blood flows more slowly there than anywhere else.

You may have too much uric acid in your system for a

long time and not know it; but draughts, colds, chills and dampness cause uric acid to set up inflammation—then you *do* know it. Sometimes it all happens in a few minutes. You feel all right now, but half an hour later you may be in agony with the tortures of Rheumatism, gout or sciatica—the uric acid disorders. The attack may last only a little while, or it may cripple you for years, and you can be cured only when you drive the uric acid out of your system. Mother Seigel's Syrup will do this. Plasters, poultices or liniments may give temporary relief, but Mother Seigel's Syrup *cures you*. The herbal extracts of which Mother Seigel's Syrup is made purify your blood, make food nourish you, and drive all impurities, including the poisonous uric acid, from the system.

For this reason, Mother Seigel's Syrup is the natural remedy for rheumatism, gout, lumbago and sciatica. It has restored vigour and health to thousands of people who, but for the aid of the Syrup, would still be crippled sufferers. Test it yourself.

WHAT THE POSTMASTER KNOWS.

FEW people are better known in any town than the Postmaster. He usually knows everybody and everybody knows him. Mr. C. R. Williamson has been Postmaster at Rowena, Victoria Co., New Brunswick, for over ten years and had lived there many years before that. In a letter, dated Jan. 27, 1911, he tells you something that he knows about Indigestion and how he cured it. He says:—

"For the past twenty-five years I have been a great sufferer from Indigestion. I could not sleep at night and would rise in the morning with a nasty taste in my mouth, feeling more dead than alive. The pain after eating was terrible, and many times I have vomited before I could get relief. I lost about twenty-five pounds in weight, and at times had to give up my business. I tried various remedies but nothing seemed to do me any good. Some two years ago I was advised to try Mother Seigel's Syrup, which I did, and with wonderful good results. I felt relief after taking two or three doses. The pains in my stomach left me and I felt my food was doing me good. In all I took two bottles and am now a cured man and feel that I owe the result to nothing but Mother Seigel's Syrup."

Mr. Williamson had Indigestion for about a quarter of a century! Think of it! Twenty-five years of that sort of misery! Yet now he says he is a cured man and that he "owes this result to nothing but Mother Seigel's Syrup." If you have any form of Indigestion this world-famed Syrup will cure you.

Day Month	Day Week	FEBRUARY HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
1	Th	King Carlos of Portugal ass. '08	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	F	Clear and cold.	7 15	5 12	6 49	7 34	4 55	7 27
3	S	East India Ry. opened, 1855	7 14	5 13	rises	7 32	4 57	rises
4	S	SEPTUAGESIMA SUNDAY	7 13	5 14	5 59	7 30	4 59	5 32
5	M	Carlyle died 1881	7 12	5 16	7 23	7 28	5 00	7 06
6	T	Brockville raided by U.S. 1813	7 11	5 18	6 45	7 27	5 02	6 40
7	W	Great fire in Baltimore 1904	7 10	5 19	9 58	7 26	5 04	9 59
8	Th	Op. of Russo-Jap. War, 1904	7 09	5 20	11 12	7 24	5 06	11 25
9	F	Low temperatures.	7 07	5 22	morn.	7 22	5 08	morn.
10	S	Treaty of Paris signed, 1763	7 06	5 23	0 26	7 20	5 09	0 46
11	S	SEXAGESIMA SUNDAY	7 05	5 24	1 37	7 19	5 11	2 10
12	M	Gold dis. in Australia, 1851	7 04	5 26	2 44	7 18	5 13	3 26
13	T	Venezuelan hlockade rsd., 1903	7 03	5 27	3 47	7 16	5 15	4 32
14	W	St. Valentine's Day	7 02	5 29	4 46	7 14	5 16	5 60
15	Th	Big fire at St. Johns, N.B. 1906	7 01	5 30	5 37	7 12	5 17	6 21
16	F	Gen. Lewis Wallace died, 1905	6 59	5 31	6 17	7 10	5 19	6 59
17	S	Judge Andrews died 1906.	6 57	5 32	6 51	7 08	5 21	7 28
18	S	QUINQUAGESIMA SUNDAY.	6 56	5 34	7 17	7 06	5 23	7 48
19	M	Street car strike in Phila., 1910	6 54	5 35	sets	7 04	5 24	sets.
20	T	SHROVE TUESDAY	6 52	5 36	7 06	7 03	5 26	6 55
21	W	ASH WEDNESDAY	6 50	5 37	6 17	7 01	5 28	6 18
22	Th	Ogdensburg cap. by Can. 1813.	6 49	5 39	9 22	7 00	5 30	9 60
23	F	Very cold.	6 46	5 41	10 35	6 58	5 31	10 54
24	S	I.C.R. shops brnd. Moncton, '06	6 45	5 43	11 50	6 56	5 33	morn.
25	S	1st SUNDAY IN LENT.	6 43	5 45	morn.	6 55	5 35	0 17
26	M	Hochelaga School fire, 1907	6 41	5 46	1 05	6 53	5 36	1 40
27	T	Battles of Majuba and P'h's '00	6 40	5 49	2 20	6 51	5 38	3 00
28	W	EMASER DAY	6 39	5 50	4 36	6 49	5 40	4 13
29	Th	Gales.	6 37	5 51	5 26	6 47	5 41	5 18
						6 45	5 42	6 05

Moon's Phases	P.E.I.	N.S.	N.B.	Que.	Ont.	Man.	Sask.	Alta.	British Columbia							
Full Moon....	2d	7h	44m	ev	2d	6h	42m	ev	2d	5h	29m	ev	2d	3h	44m	ev
Last Quarter.	9d	6h	37m	ev	9d	7h	35m	ev	9d	6h	22m	ev	9d	4h	37m	ev
New Moon....	16d	1h	30m	m	16d	0h	26m	m	17d	11h	15m	ev	17d	9h	30m	ev
First Quarter.	25d	3h	13m	ev	25d	2h	11m	ev	25d	0h	58m	ev	25d	11h	13m	m

CONSTIPATION AND HEADACHES.

CONSTIPATION is one of the most disagreeable of common ailments, and often leads to serious illness. It means that what we call the lower bowel does not act naturally and, therefore, instead of the waste of the body being passed off, when it should be, it is retained in the system. Then, as the blood circulates through every part of the body, it is polluted by this foul waste and thus impurities are carried by the blood to every part of the system. First, you have a feeling of heaviness, then violent headaches, languor, loss of appetite, nervous depression and severe pains.

What you need to cure you completely is to gently stimulate the action of the liver and bowels. And for this purpose nothing else is so good as the herbal tonic, Mother Seigel's Syrup. It is an unfailing remedy for constipation, and, better still, it is gentle and safe! Try it yourself!

FROM GIRLHOOD TO OLD AGE.

A Chat with Women.

ELSEWHERE in this book, we describe, in simple language, the causes and effects of many disorders which assail men and women, and even children. All women know, however, that certain troubles afflict their sex alone. From the day she enters womanhood until after the changeful season of life, a woman is liable to grievous ills which may even threaten her life, and to avoid such ills, with all their painful consequences, she must maintain regularity of health. This is not always an easy matter, as chills, worry, excitement, weakness, and overwork, threaten continually to disturb the even course of her life, and, possibly, make her a pitiable wreck. Anæmia, constipation, biliousness, headaches, neuralgia and nervous breakdown are hard enough to bear, but if you add to these the far greater miseries which women suffer in silence, you may well ask: "Is there no remedy?"

There certainly is a remedy for many of the ills which afflict womankind—and this remedy and safeguard is available for *you*. Mother Seigel's Syrup is the best friend you can have at any and every period of life, because it helps your stomach to draw nourishment from your food; it purifies the blood; it stimulates the liver and bowels to healthy action; it cleanses your whole system.

If your digestive organs fail, your food cannot nourish you; it lies dormant or ferments in the stomach, giving off gases which poison the blood. Your liver and bowels fail to carry off the waste, and this corrupt matter still further pollutes your blood and clogs your system, so that regularity is impossible. Hence the numerous ailments which follow Indigestion.

Mother Seigel's Syrup contains medicinal extracts of roots, leaves and barks which regulate the action of stomach and liver, restore their vigour, and enable all the organs of the body to work naturally and harmoniously. Mother Seigel's Syrup has relieved thousands of women from untold suffering, and given them regular health and capacity for work or pleasure.

"For several years we have used Mother Seigel's Syrup and have found it an excellent remedy for faulty digestion. I recommend it to all persons who suffer from this common yet distressing complaint." (Signed) Jos. Paré, St. Gervais, Bellechasse Co., Que., Jan. 27, 1911.

Day	Month	Day Week	MARCH	For the Provinces of Ontario and Quebec			For the Provinces of Manitoba, Saskatchewan and Alberta.		
				Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
1	F		Ember Day	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	S		Ember Day	6 35	5 51	6 09	6 43	5 44	6 41
3	S		2ND SUNDAY IN LENT	6 33	5 52	rises	6 41	5 45	rises
4	M		Congo Free State annexed, '08	6 31	5 53	6 14	0 39	5 47	6 04
5	T		Gt. fire at Tokio, Japan, 1890	6 29	5 55	7 31	6 37	5 49	7 31
6	W		Michael Angelo born, 1475	6 27	5 56	8 40	6 35	5 50	8 57
7	Th		Gen. Roberts routed Boers, 1900	6 25	5 57	10 03	0 33	5 52	10 24
8	F		Nav. op'nd from Montreal, '08	6 24	5 59	11 18	6 30	5 53	11 48
9	S		Cold, windy.	0 23	6 00	morn.	6 28	5 55	morn.
10	S		3RD SUNDAY IN LENT	6 20	6 01	0 30	6 26	5 56	1 06
11	M		First London daily paper, 1702	6 18	6 02	1 37	6 24	5 58	2 19
12	T		M. Casimir Perier died, 1907	6 16	6 03	2 37	6 22	5 59	3 21
13	W		Occupat'n of Bloemfontein, '00	6 14	6 04	3 32	6 20	6 01	4 15
14	Th		Steamer "Oregon" sank, 1886	6 12	6 06	4 16	6 18	6 02	4 58
15	F		New Legislature Alta. op. 1906	6 11	6 07	4 51	6 16	6 04	5 33
16	S		Duchess of Kent died, 1861	6 09	6 08	5 21	6 14	6 05	5 55
17	S		4TH SUNDAY IN LENT	6 08	6 10	5 43	6 12	6 07	6 10
18	M		Rain.	6 06	6 11	6 01	6 09	6 09	6 18
19	T		Lucknow taken, 1858	6 04	6 12	sets	6 07	0 11	eete
20	W		Princess Louise married, 1871	6 02	6 14	7 10	6 05	6 13	7 15
21	Th		Spring begins	6 00	6 15	8 25	6 03	6 14	8 27
22	F		William I. of Prussia b'n, 1737	5 59	6 16	9 40	5 59	6 16	10 04
23	S		1st Can. paper published, 1752	5 57	6 17	10 55	5 58	6 17	11 26
24	S		5TH SUNDAY IN LENT	5 55	6 18	morn.	5 56	6 19	morn.
25	M		Annunciation or Lady Day	5 53	6 19	0 12	5 54	6 20	0 50
26	T		Rebellion in N. W. T., 1885	5 51	6 20	1 24	5 51	6 22	2 05
27	W		Unsettled.	5 49	6 22	2 30	5 49	6 24	3 12
28	Th		Canada ceded to France, 1632	5 47	6 23	3 24	5 47	6 25	4 02
29	F		Landslide at Frank, Alta.	5 45	6 24	4 07	5 45	6 26	4 42
30	S		Battle of Montmartre, 1814	5 43	6 25	4 40	5 43	6 28	5 08
31	S		PALM SUNDAY	5 42	6 26	5 05	5 40	6 30	5 23
				5 40	6 27	5 23	5 38	6 31	5 32
Moon's Phases			P. E. I. N. S. N. B.	Que.	Ont.	Man. Sask. Alta.	British Columbia		
Full Moon....			3d 6h 28m m	3d 5h 26m m	3d 4h 13m m	3d 4h 13m m	3d 2h 28m m	3d 2h 28m m	3d 2h 28m m
Last Quarter.			10d 3h 41m ev	10d 2h 39m ev	10d 1h 26m ev	10d 1h 26m ev	10d 11h 41m m	10d 11h 41m m	10d 11h 41m m
New Moon....			18d 5h 55m ev	18d 4h 53m ev	18d 3h 40m ev	18d 3h 40m ev	18d 1h 55m m	18d 1h 55m m	18d 1h 55m m
First Quarter.			25d 10h 48m ev	25d 9h 46m ev	25d 8h 33m ev	25d 8h 33m ev	25d 6h 48m ev	25d 6h 48m ev	25d 6h 48m ev

"SELLS IT—USES IT—NOTHING LIKE IT!"

MR. T. H. Weaver, Victoria Vale, Annapolis Co., N. E. in a letter dated February 14, 1911, states:—

"Not only am I a seller of your valuable medicine, but also a user. For years I suffered from a disordered stomach, accompanied by severe pains after eating. I tried several remedies but none of them did me any good, and until I took Mother Seigel's Syrup I did not know what it was to be free from pain. My wife also uses the Medicine and says that for all stomach disorders there is nothing like it."

People who have used Mother Seigel's Pills for Constipation write us often in praise of their excellent cathartic effect. Two, or in obstinate cases, four Pills, taken at bedtime, will be found effective, without producing griping pains or nausea.

AUSTRALIA'S ADVANCE




LESS than a hundred and forty years ago, the first settlers landed in Australia. The party numbered little over one thousand, and their flocks and herds consisted of only 29 sheep and 7 head of cattle! Think of the progress that has been made, when you learn that to-day Australians number 4,300,000 people and possess 11,000,000 cattle and 100,000,000 sheep. Such an increase in live stock is without precedent in history. Australia's wool, butter and cheese go to London by shiploads; London's huge refrigerators are filled with her meat. But that is not all! Her wines are drunk at the banquets of the Motherland and supply the salesrooms of her wine merchants; and when the English apple crop is over, Australia's apples find their way into English homes. Australia's mines yield \$150,000,000 a year; while the pastoral pursuits of Australia yield an income of over \$250,000,000 a year.

In population, however, she has about two thirds only, of that of Canada, though Australia covers three million square miles—that is, nearly as large as Canada and more than a quarter of the entire British Empire. In the greater part of Australia, the brunt of the pioneering has already been borne. Hersons have irrigated deserts, laid 16,000 miles of railway lines from township to township, diverted rivers, bridged mountain chasms and cataracts, removed forests, and turned a wilderness into a land of peace and plenty. They are still marching forward, and every homestead on newly cleared land marks another conquest in the name of Peace.

Day Month	Day Week	APRIL HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
1	M	Wreck of S.S. Atlantis, 547 lives	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	T	Warsaw Massacre, 1905 (lost)	5 39	6 28	rises	5 36	6 33	rises
3	W	Fair.	5 37	6 29	7 40	5 34	6 35	7 55
4	Th	Holy Thursday	5 35	6 30	8 57	5 32	6 36	9 20
5	F	Good Friday	5 34	6 32	10 10	5 30	6 38	10 43
6	S	Dr. W. H. Drummond died 1907	5 32	6 33	11 21	5 28	6 39	morn.
7	S	EASTER SUNDAY [1818]	5 30	6 34	morn.	5 25	6 40	0 02
8	M	King Christian of Denmark born.	5 28	6 35	0 25	5 23	6 42	1 08
9	T	Lee surrend'rd at Appomattox.	5 27	6 37	1 23	5 21	6 43	2 07
10	W	Unsettled. [1865]	5 25	6 38	2 12	5 19	6 45	2 57
11	Th	Peas of Utrecht, 1713	5 23	6 39	2 50	5 17	6 47	3 33
12	F	Chelsea Mass. d'at'd by fire, 1908	5 22	6 40	3 23	5 14	6 48	3 59
13	S	Dr. W. H. Drummond born, 1884	5 20	6 41	3 46	5 12	6 49	4 16
14	S	Low SUNDAY	5 18	6 42	4 05	5 10	6 51	4 27
15	M	President Lincoln assass. 1865	5 16	6 44	4 22	5 07	6 53	4 34
16	T	Warmer.	5 15	6 45	4 34	5 05	6 55	4 39
17	W	Hon. Alex Mackenzie died 1892	5 13	6 47	4 56	5 04	6 56	4 53
18	Th	Dynamite explos., Armagh, P.Q.	5 11	6 48	sets	5 02	6 58	sets
19	F	Battle of Lexington, 1775 [1908]	5 10	6 49	8 42	5 00	6 59	9 11
20	S	Big fire in Toronto, 1904	5 09	6 50	9 58	4 58	7 01	10 35
21	S	2ND SUNDAY AFTER EASTER	5 07	6 51	11 13	4 56	7 03	11 55
22	M	Sir H. Campbell-Bannerman d.	5 05	6 52	morn.	4 54	7 04	morn
23	T	Shakespeare died, 1616 [1908]	5 04	6 53	0 23	4 52	7 05	1 04
24	W	Showery.	5 02	6 55	1 21	4 50	7 07	2 01
25	Th	H.M.S. "Gladiator" sunk, 1908	5 01	6 56	2 07	4 48	7 09	2 45
26	F	C. Lawa fire 1900, \$10,000,000 d.	4 59	6 57	2 44	4 46	7 10	3 14
27	S	General Grant born, 1822	4 58	6 58	3 11	4 44	7 12	3 32
28	S	3RD SUNDAY AFTER EASTER	4 56	6 59	3 20	4 42	7 14	3 42
29	M	Crimean War ended, 1856	4 55	7 00	3 45	4 40	7 16	3 46
30	T	Battle of Fontenoy, 1745	4 53	7 01	4 07	4 38	7 17	4 02
			4 52	7 02	4 22	4 37	7 19	4 08

Moon's Phases	P.E.I. N.S. N.B.	Que.	Ont.	Man. Sask. Alta.	British Columbia
Full Moon....	1d 5h 51m sv	1d 4h 49m sv	1d 3h 36m ev	1d 1h 51m ev	1d 1h 51m ev
Last Quarter.	9d 11h 10m m	9d 10h 8m m	9d 8h 55m m	9d 7h 10m m	9d 7h 10m m
New Moon...	17d 7h 26m m	17d 6h 24m m	17d 5h 11m m	17d 3h 26m m	17d 3h 26m m
First Quarter.	24d 4h 33m m	24d 3h 31m m	24d 2h 18m m	24d 1h 33m m	24d 1h 33m m

GOOD OPINIONS FROM EAST AND WEST.

"I received the Mother Seigel's Syrup safely. I have suffered from Indigestion for some years, but since using your Syrup I have found great benefit, and have recommended it to a great many people." (Signed) Mrs. E. Nicholas, Roland, Manitoba, Jan. 30, 1911.

"I suffered from disordered stomach and Indigestion for a number of years, and tried all kinds of medicine, but nothing seemed to do me good, until a friend advised me to take Mother Seigel's Syrup. I used three bottles, and am now in perfect health; in fact, I never felt so well before." (Signed) Miss Lidia Savoie, Dundee, Restigouche Co., New Brunswick, Jan. 22, 1911.

WHAT AN ONTARIO MILL-OWNER SAYS.

The case of Mr. Thomas Peets, a mill-owner living at Duart, Ontario, which he brought to our notice by a letter, dated February 27, 1911, provides a striking example of the gratitude a man feels when lifted from a condition of pain, distress, weakness and inability to work. Mr. Peets says:—

"I am very pleased that I am able to write and tell you that Mother Seigel's Syrup has completely cured me of a severe attack of Dyspepsia. I suffered acutely for over a year, never escaping the violent pains that attacked me after food. Even half a potato was sufficient to put me in misery, but since taking Mother Seigel's Syrup I can eat anything, hot bread, pies and pastry, and rise from the table feeling fit to go right on with my work.

"The pain in the stomach and bowels has entirely left me, as has the Constipation that troubled me for some time. During the attack I lost 40 lbs. in weight, and developed Rheumatism, which settled in my legs, shoulders and arms. I also suffered a great deal with wind on the stomach, and my heart would thump violently on the slightest exertion.

"I shall always feel grateful to Mother Seigel's Syrup, as it has entirely removed all the pains that made life and business so irksome, and has enabled me to again take regular and hearty meals with perfect comfort."

When the digestive organs have from any cause become weak, out of order, no medicine will so quickly and thoroughly restore them to good condition as Mother Seigel's Syrup. As in Mr. Peets' case, you can then eat any ordinary food without distress and you will be nourished by it. No other preparation, whatever, contains the same combination of herbal extracts as Mother Seigel's Syrup. They are selected and combined in such a way as to act directly on the stomach, liver and bowels, toning them up and enabling them to do what Nature intended them to do. Take Mother Seigel's Syrup at once if you have any sign of Indigestion!

Mrs. A. A. Berten, of Robertville, Gloucester Co., New Brunswick, wrote us on Feb. 14, 1911, saying:— "For a year past I have been a constant sufferer from headaches, but am pleased to inform you that Mother Seigel's Syrup has now entirely removed it. It is an excellent medicine and I shall be pleased to recommend it at all times." Mother Seigel's Syrup cures headache by toning up the stomach, purifying the blood, and thus removing the cause of headache.

Day	Month	Day Week	MAY HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatchewan and Alberta		
				Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
1	W		Dewey dest. Span. fleet, 1898	4 50	7 03	h. m.	4 35	7 20	h. m.
2	Th		1st sod turned for C.P.R., 1881	4 49	7 04	rises	4 33	7 22	rises.
3	F		Milder.	4 48	7 05	9 02	4 31	7 23	0 38
4	S		Dr. Huxley born, 1825	4 47	7 06	10 08	4 29	7 24	10 52
5	S		4TH AFTER EASTER	4 45	7 07	11 11	4 28	7 25	11 55
6	M		Death of King Edward VII, '10	4 43	7 08	morn	4 27	7 27	morn
7	T		King George V. proc. King, '10	4 42	7 09	6 05	4 25	7 28	0 49
8	W		Aeroplane flights in U.S.A., '08	4 41	7 10	0 46	4 23	7 30	1 30
9	Th		Fever epidemic in Kieff, 1908.	4 40	7 11	1 21	4 21	7 31	2 03
10	F		Indian mutiny commenced, '57.	4 39	7 12	1 40	4 20	7 32	2 23
11	S		Warm and bright.	4 37	7 13	2 10	4 19	7 33	2 34
12	S		ROGATION SUNDAY	4 36	7 14	2 27	4 18	7 34	2 44
13	M		Hudson Bay Co. founded, 1670	4 35	7 15	2 40	4 17	7 35	2 49
14	T		20,000 Afghans att'ck Brith, '08	4 34	7 16	3 03	4 16	7 36	3 04
15	W		Louis Riel surrendered, 1885.	4 33	7 17	3 14	4 14	7 37	3 07
16	Th		Ascension Day.	4 32	7 18	3 36	4 12	7 41	3 14
17	F		Melting relieved, 1900. ('10	4 31	7 19	4 02	4 11	7 42	3 20
18	S		Earth p'd tail Halley's comet	4 30	7 20	4 19	4 09	7 43	sets
19	S		1st SUNDAY AFTER ASCENSION	4 29	7 21	10 10	4 08	7 45	10 51
20	M		Fun'l of King Edward VII, '10	4 28	7 22	11 15	4 07	7 46	11 54
21	T		Mild, pleasant.	4 27	7 23	morn	4 06	7 47	morn.
22	W		Explosion at Fernie, B.C., 1902	4 26	7 24	0 06	4 05	7 48	0 43
23	Th		Gen. Burnside born, 1824	4 25	7 25	0 45	4 04	7 40	1 17
24	F		Empire Day.	4 24	7 26	1 10	4 03	7 51	1 39
25	S		Fenians repulsed in Quebec, '70	4 23	7 27	1 30	4 02	7 53	1 51
26	S		WHIT SUNDAY.	4 22	7 28	1 53	4 01	7 54	1 58
27	M		Gen. Grant born, 1822	4 22	7 29	2 12	4 00	7 55	2 09
28	T		Rain.	4 21	7 30	2 28	3 59	7 56	2 18
29	W		EMMER DAY	4 21	7 31	2 46	3 58	7 57	2 24
30	Th		Federation of United S. Africa	4 21	7 32	3 08	3 57	7 58	2 37
31	F		EMMER DAY (established 1010)	4 20	7 33	rises	3 56	7 59	rises
						9 00	3 55	8 00	9 45
Moon's Phases			P.E.I. N.S. N.B.	Que.	Ont.	Man. Sask. Alta.	British Columbia		
Full Moon...	1d	6h 5m m	1d	5h 3m m	1d	3h 56m m	1d	2h 5m m	
Last Quarter	9d	5h 42m m	9d	4h 40m m	9d	3h 27m m	9d	1h 42m m	
New Moon...	16d	6h 0m ev	16d	4h 58m ev	16d	3h 45m ev	16d	2h 0m ev	
First Quarter	23d	9h 57m m	23d	8h 55m m	23d	7h 42m m	23d	5h 57m m	
Full Moon...	30d	7h 16m ev	30d	6h 14m ev	30d	5h 1m ev	30d	3h 16m ev	

JUST IN TIME.

A MESSAGE FROM ALBERTA.

"The bottle of Mother Seigel's Syrup my husband sent for me was *just in time*, and did as you claimed it would. My stomach was very weak, but with regular small doses I became stronger. I increased the dose, giving it a good trial before writing you, and can now truthfully say that I am feeling well, and have more interest in life, and in my work."—(Signed) Mrs. James Bruce, Ewelme, Alberta, April 21, 1911. There is no mystery whatever about the way in which Mother Seigel's Syrup cures people. The extracts of roots, barks and leaves of which it is made are combined in such a way that they strengthen the whole digestive system—the stomach, liver and bowels. Then they can do their proper work, you can digest your food, your blood becomes pure, health and strength follow. Try it!

THE DREAD OF EATING.

A Manitoba Lady Tells of Her Sufferings and of Her Cure.

CAN there be any more wretched state of health than to find that whenever you eat your ordinary meals, you suffer great distress and perhaps torturing pain? In such a case the food you take—and which you require to nourish and strengthen your body—becomes a means of weakening you and causes you untold misery. When it is not digested it is stagnating your system and producing poisonous acids, which taint your blood and spread disorders through every part of your body.



Mrs. James Robinson, of Ruth, Manitoba, sends us a letter dated January 28, 1911, in which she tells us that for thirty (30) long years she was a victim of debility, through indigestion. "I always suffered pains after eating," she says. But now she is enjoying good health and says this happy change was due to taking Mother Seigel's Syrup.

"About thirty years ago," she writes, "I began to suffer from Indigestion and debility, manifesting itself in giddiness and wind in the stomach that seemed to press against the heart, making it beat violent-



ly. I always suffered pains after eating, however light the meal, and often felt like vomiting. Headache was very frequent, and at night I could not sleep except on and off, and as a result I was weary and unrefreshed in the morning. I am, however, pleased to tell you that this unhappy state has given place to good health, for while in search of a remedy I was fortunate in procuring Mother Seigel's Syrup. It has cured me completely and I am glad to write this, so that others may know what it has done for me."

Mother Seigel's Syrup is made of the curative and tonic extracts of certain roots, barks and leaves which strengthen and build up the weakened organs of digestion. It gives good appetite, good blood, good health. Try it for yourself.

Day Month	Day Week	JUNE HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
1	S	EMBER DAY	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	S	TRINITY SUNDAY	4 20	7 34	9 57	3 51	8 01	10 40
3	M	King George V. born, 1865	4 20	7 35	10 42	3 53	8 02	11 26
4	T	Tornado Period [1900]	4 19	7 36	11 20	3 53	8 03	morn.
5	W	Lord Roberts entered Pretoria	4 19	7 37	11 51	3 52	8 04	0 02
6	Th	Great fire in Montreal, 1803	4 19	7 38	morn.	3 52	8 05	0 25
7	F	Goldwin Smith died, 1910	4 19	7 38	0 14	3 51	8 06	0 42
8	S	3,100 B't'sh. pris. rel'd. Pretoria	4 18	7 39	0 31	3 51	8 07	0 51
9	S	1st SUNDAY AFT. TRINITY [1901]	4 18	7 39	0 45	3 50	8 07	0 57
10	M	Cholera in Montreal, 1832	4 18	7 40	0 53	3 50	8 08	1 01
11	T	Natal cleared of Boers, 1900	4 18	7 40	1 20	3 50	8 09	1 15
12	W	Hot wave.	4 18	7 41	1 36	3 50	8 10	1 21
13	Th	Herald fire, Montreal, 32 lives lost	4 18	7 41	1 53	3 50	8 11	1 30
14	F	Battle of Naseby, 1645 [1910]	4 18	7 42	2 27	3 49	8 11	1 51
15	S	King John g. Magna Charta 1215	4 18	7 42	3 10	3 49	8 12	2 25
16	S	2nd SUNDAY AFTER TRINITY	4 18	7 43	sets	3 49	8 12	sets
17	M	Battle of Bunker Hill, 1775	4 18	7 43	9 55	3 49	8 13	10 34
18	T	Battle of Waterloo, 1815	4 18	7 44	10 41	3 49	8 13	11 15
19	W	Rev. C. H. Spurgeon born, 1824	4 18	7 44	11 16	3 49	8 13	11 41
20	Th	Accession Queen Victoria 1837	4 18	7 45	11 41	2 49	8 14	11 58
21	F	Longest day in the year	4 18	7 45	11 53	3 49	8 14	morn.
22	S	Three Rivers, P.Q., fire, 1908	4 19	7 45	morn.	3 50	8 14	0 09
23	S	3rd SUNDAY AFTER TRINITY	4 19	7 45	0 20	3 50	8 14	0 21
24	M	Warm winds.	4 19	7 45	0 36	3 50	8 14	0 27
25	T	Battle of Bannockburn, 1314	4 20	7 45	0 52	3 50	8 14	0 34
26	W	British Corn Laws repeal, 1840	4 20	7 44	1 12	3 51	8 14	0 45
27	Th	George IV. died, 1830	4 21	7 44	1 37	3 51	8 14	1 02
28	F	Coronation Queen Victoria 1838	4 21	7 44	2 12	3 51	8 14	1 29
29	S	St. Peter and St. Paul	4 22	7 44	2 52	3 52	8 14	2 06
30	S	4th SUNDAY AFTER TRINITY	4 22	7 43	rises	3 52	8 14	rises
			4 23	7 43	9 20	3 53	8 14	10 02

Moon's Phases	P.E.I.	N.S.	N.B.	Que.	Ont.	Man.	Sask.	Alta.	British Columbia							
Last Quarter.	7d	10h	22m	ev	7d	9h	20m	ev	7d	8h	7m	ev	7d	6h	22m	ev
New Moon...	15d	2h	10m	m	15d	1h	8m	m	14d	11h	55m	ev	14d	10h	10m	ev
First Quarter.	21d	4h	25m	ev	21d	3h	23m	ev	21d	2h	10m	ev	21d	0h	25m	ev
Full Moon....	29d	9h	20m	m	29d	8h	18m	m	29d	7h	5m	m	29d	5h	20m	m

Mrs. Adam Arseneau, of St. Maure, Balmoral, Restigouche Co., N.B., in a letter dated Feb. 22, 1911, says:—"I have used Mother Seigel's Syrup and Pills for sharp pains following eating, and for dizziness, with splendid results. These pains attacked me last summer, and were with me constantly for two months, but I am happy to say that they have now entirely left me." The Syrup and Pills simply restored her digestive system to good working condition—then her pains vanished—the cause of the pains was removed.

There is no other medicine made, for Indigestion, and general disorders of the stomach, liver and bowels, that combines the special curative, tonic and strengthening effects of Mother Seigel's Syrup. It is made of medicinal extracts of certain roots, barks and leaves, under our direct control and supervision. It always cures and cures quickly!



INDIA'S TEEMING MILLIONS

NO nation in the world's history ever accepted so great a task as Britain did, when she assumed sovereignty over India. Perhaps you can realize the population of that dependency when you remember that there are nearly as many people employed by the Government in India as there are men, women and children in the whole of Canada! For every woman and girl in our Dominion there are in India more than ten widows! Roughly speaking, the population of India is 295 millions, or over two-thirds of the entire population of the British Empire. If, you have not fully grasped the magnitude of the task Britain has undertaken in governing that great country, until you have realized that over 147 different languages and dialects are in common use among India's teeming millions. And among the people using these dialects there are several different religions and almost innumerable "castes," or social divisions which make their adherents the lifelong and hereditary subjects of a trade or calling.

In area, India, with her dependencies, covers 1,900,000 square miles, or about the same size as China proper, and rather more than half the size of Canada, yet her population is about fifty times larger than that of Canada. The valley of the Ganges alone supports fifty million people and this is the most densely populated district in the world. Think of these figures, and you will realize that the task of ruling India with a handful of white men is one which probably none but Britishers would venture to attempt and in which, certainly, none but Britishers could succeed!

Day Month	Day Week	JULY HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
1	M	Dominion Day	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.
2	T	President Garfield shot, 1881	4 23	7 42	0 52	3 54	8 14	10 28
3	W	Mauritius captured, 1810	4 24	7 42	10 17	3 53	8 14	10 48
4	Th	Heavy.	4 24	7 42	10 36	3 56	8 13	11 00
5	F	Cecil J. Rhodes born, 1853	4 25	7 41	10 52	3 56	8 13	11 06
6	S	Great fire at Pt. au Prince, 1908	4 25	7 41	11 04	3 57	8 12	11 10
7	S	5TH SUNDAY AFTER TRINITY	4 26	7 41	11 20	3 58	8 12	11 21
8	M	Rt. Hon. J. Chamberlain b., '36	4 27	7 40	11 39	3 59	8 11	11 28
9	T	Earl of Minto born, 1845	4 28	7 40	11 59	4 00	8 10	11 36
10	W	Sir Wm. Broadbent died, 1907	4 28	7 39	morn.	4 01	8 10	11 51
11	Th	Alexandria bombarded, 1882.	4 29	7 39	0 24	4 01	8 09	morn.
12	F	Advanced heat.	4 30	7 38	0 58	4 02	8 08	0 17
13	S	Berlin Treaty, 1878.	4 31	7 38	1 44	4 03	8 07	0 58
14	S	6TH SUNDAY AFTER TRINITY.	4 32	7 37	2 44	4 04	8 06	1 55
15	M	Manitoba ad. Confeder'n, 1870	4 33	7 37	sets	4 05	8 05	sets
16	T	Santiago surrendered, 1898	4 34	7 36	0 12	4 06	8 04	9 42
17	W	Gen. Roberts at Quebec, 1908	4 35	7 30	9 41	4 07	8 03	10 02
18	Th	Warmer.	4 36	7 35	10 03	4 08	8 02	10 14
19	F	Franco-German war begun, '70	4 37	7 35	10 19	4 09	8 01	10 10
20	S	Riel's trial commenced, 1885	4 38	7 34	10 42	4 10	8 00	10 36
21	S	7TH SUNDAY AFTER TRINITY	4 39	7 33	10 59	4 12	7 59	10 43
22	M	Prince of Wales at Quebec, '08	4 40	7 32	11 16	4 13	7 58	10 50
23	T	Riot in Bombay, 1908	4 41	7 31	11 40	4 14	7 57	11 07
24	W	Capture of Gibraltar, 1704	4 42	7 30	morn.	4 16	7 56	11 30
25	Th	St. James	4 43	7 29	0 12	4 17	7 54	morn.
26	F	Overcast.	4 44	7 28	0 50	4 19	7 53	0 04
27	S	Coney Island des. by fire, 1907	4 45	7 27	1 37	4 21	7 51	0 50
28	S	8TH SUNDAY AFTER TRINITY	4 46	7 20	2 31	4 23	7 50	1 45
29	M	King Humbert assassin'd, 1900	4 47	7 25	rises	4 24	7 49	rises
30	T	Prince Bismarck died, 1898	4 48	7 24	8 23	4 25	7 47	8 55
31	W	Cl. Murray cap. Plattsburg, '13	4 49	7 23	8 42	4 26	7 46	0 07
			4 50	7 22	8 59	4 27	7 45	0 17
Moon's Phases P.E.I. N.S. N.B.			Que. Ont.			Man. Sask. Alta		
Last Quarter.			7d 0h 33m ev	7d 11h 31m m	7d 10h 18m m	7d 8h 33m m		
New Moon...			14d 8h 59m m	14d 7h 57m m	14d 3h 44m m	14d 4h 59m m		
First Quarter			21d 1h 4m m	21d 0h 2m m	20d 14h 49m ev	20d 9h 4m ev		
Full Moon...			29d 0h 14m m	28d 11h 12m ev	28d 9h 59m ev	28d 8h 14m ev		

Mr. Joseph Doucet, of Nigadoo, Gloucester Co.; N. B., in a letter dated February 14, 1911, says:—"For years I suffered with Constipation without being able to obtain a remedy until I tried Mother Seigel's Syrup. By its virtue I have been entirely cured, and I take pleasure in recommending it to all sufferers from that complaint." The Syrup removed the Constipation by strengthening and toning up Mr. Doucet's digestive system. Mother Seigel's Syrup did for him, what it will do for you, if you have constipation; what it has done for thousands. It cured him; it cured them; it will cure you!

It is a purely herbal medicine, made from curative extracts of leaves, barks and roots, which tone up and strengthen the stomach, liver and bowels, makes food nourish you and gives you health, strength and bright spirits. Try it! It will cure you.

ANAEMIA, OR POOR BLOOD.

NEARLY every woman, at some period of her life, suffers from anæmia, though, happily, not all in a severe form! This complaint is not so common among men, yet they, too, are sometimes its victims. Those people you meet every day, with lack-lustre eyes, wax-like cheeks, and bloodless lips, are victims of anæmia. In simple language, anæmia means lack of good healthy blood. Anæmic people may have the right *quantity* of blood, but not the right *quality*. The kind of blood you need to keep you in good health has in it myriads of little bodies called "red corpuscles," and these corpuscles are the scavengers of the blood, for the oxygen they carry from the lungs consumes impurities in the blood and keeps it good and pure!

The causes of anæmia are various—lack of fresh air and proper exercise are two of them—but the chief cause is some disorder of the digestive system. When you do not digest your food thoroughly, the food lies in your stomach and creates poisonous acids and gases, which taint your blood and soon the blood becomes so full of these impurities that the red corpuscles are overworked and, consequently, they die. If you have constipation, so much the worse, because when the waste matter in the system is not regularly expelled, it helps further to pollute your blood, and so the trouble grows. In most cases, constipation does accompany anæmia, and many ordinary remedies for anæmia, containing large quantities of iron, are injurious because iron, in the ordinary forms, frequently increases constipation.

The really sensible cure for anæmia is to digest your food thoroughly and get nourishment from it, and thus ensure the purity and right quality of your blood. Here is where the aid of Mother Seigel's Syrup is invaluable! No other remedy in the world so quickly and surely restores sound digestion as Mother Seigel's Syrup. This great herbal tonic contains just those curative extracts which aid the stomach, liver and bowels, in natural ways, to do their duty, and when these organs are in working order, your food is sure to nourish you and your blood to be as healthy, rich and pure as your blood should be. And when your blood is like that, the cause of anæmia is entirely removed—its symptoms vanish, and soon your health and energy return. Then health glows on your cheeks and sparkles in your eyes! Try it yourself.

Day Month	Day Week	AUGUST	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.								
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises						
1	Th	Acesn. of House of Hanover 1714	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.						
2	F	Fernie, B.C. des. by fire, 1908	4 51	7 21	9 11	4 28	7 44	9 20						
3	S	'Quake shock in Algeria, 1908	4 52	7 20	9 31	4 30	7 42	9 32						
4	S	9TH SUNDAY AFTER TRINITY	4 53	7 19	9 44	4 31	7 40	9 36						
5	M	Iodian Massacre, Lachine, 1689	4 54	7 18	10 02	4 33	7 38	9 42						
6	T	Thunderstorm period.	4 55	7 17	10 22	4 35	7 36	9 53						
7	W	Brit. occupy L'hassa, 1904	4 56	7 15	10 50	4 36	7 34	10 14						
8	Th	Transvaal ceded to Boers 1881.	4 57	7 14	11 32	4 37	7 33	10 48						
9	F	Corooatioo K. Edward VII 1902	4 58	7 13	morn.	4 39	7 31	11 35						
10	S	Battle of Chevy-Chase, 1388	4 59	7 11	0 24	4 40	7 30	morn.						
11	S	10TH SUNDAY AFTER TRINITY	5 00	7 10	1 30	4 42	7 28	0 41						
12	M	Anglo-Jap. treaty signed 1905	5 01	7 09	2 47	4 44	7 26	2 01						
13	T	Florence Nightingale died, 1910	5 02	7 07	sets	4 45	7 24	sets						
14	W	Very hot.	5 03	7 06	8 04	4 46	7 23	8 21						
15	Th	Sir Walter Scott born, 1771	5 05	7 04	8 23	4 47	7 21	8 29						
16	F	Valparaiso des. by 'quake, 1906	5 06	7 03	8 43	4 48	7 19	8 40						
17	S	Frederick the Great died, 1796	5 07	7 01	9 01	4 50	7 17	8 48						
18	S	11TH SUNDAY AFTER TRINITY	5 08	7 00	9 20	4 52	7 15	8 57						
19	M	Stmra. first shot Lach. Rap. '40	5 09	6 58	9 42	4 54	7 13	9 13						
20	T	Anarchist riots in Paris, 1899	5 10	6 56	10 12	4 55	7 11	9 32						
21	W	Haileyhury, Oot. d. by fire, '06	5 11	6 55	10 48	4 57	7 09	10 04						
22	Th	Lord Salisbury died, 1903	5 14	6 53	11 33	4 58	7 07	10 47						
23	F	Great fire Coostantinople, 1908	5 15	6 51	morn.	4 59	7 05	11 37						
24	S	Japan annexed Korea 1910	5 16	6 50	0 24	5 01	7 03	morn.						
25	S	12TH SUNDAY AFTER TRINITY	5 17	6 48	1 25	5 02	7 01	0 38						
26	M	Battle of Crecy, 1346	5 18	6 46	2 27	5 04	7 00	1 45						
27	T	Rain.	5 19	6 45	3 32	5 05	6 58	2 58						
28	W	Slavery abol. Brit. Empire, '25	5 20	6 43	rises.	5 07	6 56	rises.						
29	Th	Royal George foundered, 1782	5 21	6 41	7 19	5 09	6 53	7 29						
30	F	Battle of Plevna, 1877	5 22	6 39	7 30	5 10	6 50	7 32						
31	S	John Buoyan died, 1688	5 23	6 37	7 52	5 11	6 48	7 47						
			5 24	6 36	8 07	5 13	6 46	7 52						
Moon's Phases			P.E.I. N.S. N.B.		Que.	Oot.	Man. Sask. Alta.		British Columbia					
Last Quarter.			6d	0h	4m	m	5d	9h	49m	ev	5d	8h	4m	ev
New Moon...			12d	3h	44m	ev	12d	2h	42m	ev	12d	1h	29m	ev
First Quarter.			19d	0h	43m	ev	19d	11h	41m	m	19d	10h	28m	m
Full Moon....			27d	3h	45m	ev	27d	2h	43m	ev	27d	1h	30m	ev

THE SAME — ALL ROUND THE WORLD!

IF there is a place in all the world where sweet fresh air should keep a man in good health it is the beautiful, breeze-swept island of Cape Breton; yet here comes a letter from Mr. James McPhee, of Boulardarie East, in which he tells you that he suffered from Indigestion—just the same as the people do who live in crowded cities. He wrote us on Feby. 17, 1911, saying:—

"I suffered for several years with severe stomach trouble and sick headache. I could not eat without having the most agonizing pains and would often vomit after taking food. My appetite failed me and I could not rest day or night. I became emaciated and fell into a very despondent condition. I tried all sorts of remedies but nothing seemed to do me any good. My case now seemed hopeless, but I was advised to try Mother Seigel's Syrup, which I did and to my great surprise, after taking

a few doses, I suffered no pains after eating. I could rest at night and felt a desire to take food. I continued taking the medicine for about two months and to-day I am entirely cured, and can eat anything without any bad after effect."

The truth about Indigestion is that it affects people all round the world, just the same. And the truth about Mother Seigel's Syrup is that it cures people all round the world just the same. When the stomach and liver go wrong—whether from weakness, over-eating, or eating unsuitable food, the Syrup tones up and strengthens the whole digestive system. The herbal extracts of which it is made are selected for that very purpose—and Mother Seigel's Syrup always cures!

THE KIDNEYS AND BLADDER.

JUST as the liver and bowels expel from the system the solid waste of the body, so the kidneys and bladder deal with that waste which should be passed off in the fluid, watery form. The kidneys are the filters of the blood, and so long as your blood contains only the ordinary natural impurities, the kidneys can do all that is required. But when, in consequence of Indigestion, constipation, or liver troubles, your blood is loaded with unnatural impurities, the strain on the kidneys is too great and they break down from sheer overwork. Then some of these impurities in the waste, which should pass off in watery form, become like fine, sandy grit, which, according to their nature, settle either in the kidneys and bladder, or the joints and muscles, and set up inflammation and tenderness. This is the cause of back-aches, of all such uric acid diseases as rheumatism, gout, lumbago and sciatica; of many distressing skin affections, and of gravel, stone and similar troubles.

But now that you know the cause, you may easily see how these dangers can be avoided! Keep your kidneys, as well as your stomach, liver and bowels, active! Then, as a natural consequence, your blood will be free from the impurities which give rise to those troubles. The means of doing this is ready to your hand in Mother Seigel's Syrup. By toning and strengthening the stomach, liver and kidneys, the Syrup expels impurities from the system, enriches the blood, and thus imparts health and vigour to every part of the body. Take it daily after meals.

Mother Seigel's Pills are always to be relied on in cases of Constipation and may be taken together with the Syrup, when the Constipation is obstinate.

Day	Month	Day Week	SEPTEMBER	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.												
				Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises										
1	S		13TH SUNDAY AFTER TRINITY	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.										
2	M		LABOR DAY	5 25	6 34	8 25	5 15	6 44	8 00										
3	T		Clear.	5 26	6 32	8 52	5 17	6 42	8 17										
4	W		French Rep. proclaimed, 1870	5 28	6 30	9 27	5 18	6 40	8 45										
5	Th		Malta capt. by British, 1800	5 29	6 28	10 13	5 20	6 38	9 27										
6	F		Pr. McKinley shot at Buffalo '01	5 30	6 26	11 11	5 22	6 30	10 22										
7	S		Battle of Turin	5 31	6 24	morn.	5 23	6 34	11 35										
8	S		14TH SUNDAY AFTER TRINITY	5 32	6 22	0 21	5 24	6 32	morn.										
9	M		Sebastopol taken 1855	5 33	6 21	1 41	5 25	6 29	0 56										
10	T		Perry's victory on Lake Erie '13	5 34	6 19	3 04	5 26	6 27	2 29										
11	W		Warmer.	5 35	6 17	4 30	5 28	6 25	4 08										
12	Th		Bat. Plains of Abraham, 1759	5 37	6 16	sets	5 29	6 23	sets										
13	F		Capture of Quebec, 1759	5 38	6 14	7 06	5 31	6 20	6 59										
14	S		Duke of Wellington died, 1852	5 39	6 12	7 24	5 32	6 18	7 05										
15	S		15TH SUNDAY AFTER TRINITY	5 40	6 10	7 43	5 33	6 16	7 10										
16	M		Gen. Hull sur. to Canada, 1812	5 41	6 08	8 10	5 35	6 14	7 33										
17	T		Storm wave.	5 42	6 07	8 44	5 37	6 12	8 00										
18	W		EMBER DAY	5 43	6 05	9 27	5 38	6 09	8 41										
19	Th		1st elec. st. car Montreal, 1892	5 44	6 03	10 17	5 40	6 07	9 30										
20	F		EMBER DAY	5 45	6 01	11 15	5 42	6 05	10 28										
21	S		EMBER DAY	5 46	6 00	morn.	5 44	6 03	11 32										
22	S		16TH SUNDAY AFTER TRINITY	5 47	5 58	0 16	5 45	5 01	morn.										
23	M		Marshall Bazaine died, 1888	5 49	5 56	1 21	5 46	5 58	0 44										
24	T		Clear and warm.	5 50	5 54	2 27	5 48	5 56	2 00										
25	W		Relief of Lucknow, 1857	5 51	5 52	3 38	5 50	5 54	3 17										
26	Th		Occupation of Balaclava, 1854	5 52	5 50	4 46	5 52	5 52	4 38										
27	F		First R.R. op. England, 1825	5 54	5 48	rises	5 53	5 50	rises										
28	S		Battle of Strasburg, 1870	5 55	5 46	5 14	5 54	5 47	6 03										
29	S		17TH SUNDAY AFTER TRINITY	5 55	5 44	5 31	5 55	5 45	6 10										
30	M		Lord Roberts, v.c., born, 1832	5 57	5 42	6 56	5 56	5 43	6 24										
				5 58	5 41	7 28	5 58	5 41	6 47										
Moon's Phases				P.E.I.	N.S.	N.B.	Que.	Ont.	Man.	Sask.	Alta.	British Columbia							
Last Quarter.				4d	9h	9m	m	4d	8h	7m	m	4d	6h	54m	m	4d	5h	9m	m
New Moon...				10d	11h	34m	ev	10d	10h	32m	ev	10d	9h	19m	ev	10d	7h	34m	ev
First Quarter.				18d	3h	41m	m	18d	2h	39m	m	18d	1h	26m	m	17d	11h	41m	ev
Full Moon...				26d	7h	20m	m	26d	6h	18m	m	26d	5h	6m	m	26d	3h	20m	m

SOME COMMON SYMPTOMS.

Mme. Frs. Desaulniers, of St. Alexis, Maskinonge Co., Que., tells you, in the letter which follows, of some of the miseries of Dyspepsia, from which she suffered during a period of eighteen months, and of which she was quickly and entirely cured by the use of Mother Seigel's Syrup. Her letter dated January 20, 1911, says:—

"The attack affected me all over; rheumatism in the legs, dizziness, violent headaches and acute pains in the chest after meals, keeping me in a most miserable condition. My sleep was irregular and gave me no chance to recover from one day's misery before the next came around. Constipation and bad breath, and an unhealthy taste in my mouth, made conditions still worse, and I got no relief from any medicines until I took Mother Seigel's Syrup. This splendid remedy soon made its value felt, and in three months ridded me entirely of the sickness."



SOUTH AFRICA'S WEALTH

GOLD and diamonds—diamonds and gold! There, in a nutshell, you have the secret of South Africa's wealth and a great deal of her history.

The figures for 1909—the last available—show that South Africa exported in that year \$32,850,000 worth of diamonds and no less than \$166,500,000 worth of gold! In this well-favoured continent men think in millions and, at times, they pay in millions too. When De Beers bought out their biggest rivals in the Kimberley Diamond Mines they gave \$26,693,250 the biggest cheque ever paid by one business firm to another! But gold provides the greater part of the wealth of South Africa, and the Transvaal yields, year by year, nearly one-third of the world's output, or over \$150,000,000. Of this vast amount, about \$140,000,000 worth of gold comes from the Witwatersrand district alone. The ostrich farmers of South Africa export annually over \$10,000,000 worth of ostrich feathers and nearly \$20,000,000 per annum goes into the pockets of sheep-rearers, for wool. To-day, in the Union of South Africa alone, without Rhodesia, there are 5,176,000 people, mostly coloured races. In other words, in a land four times as large as the United Kingdom there are only two-thirds as many people as

in London. The hope of South Africa, however, lies in the fact that her white races have "buried the hatchet," and are now loyally working together for their mutual benefit, and to secure for themselves, in the words of General Botha, "a bright and harmonious future."

Day	Month	Day Week	OCTOBER	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.								
				Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises						
1		T	Penny P't inst. U.S. & G.B., '08	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.						
2		W	First R.R. op. in U.S. 1833	6 00	5 40	8 09	6 00	5 39	7 24						
3		Th	Massacre of Cabul, 1879	6 01	5 38	9 02	6 02	5 36	8 14						
4		F	Rain.	6 02	5 36	10 07	6 03	5 34	9 18						
5		S	Rev. in Portugal, Rep. ca. 1910	6 03	5 34	11 21	6 05	5 32	10 37						
6		S	18TH SUNDAY AFTER TRINITY	6 04	5 32	morn.	6 07	5 30	morn.						
7		M	Battle of Mets, 1870	6 06	5 30	0 39	6 09	5 28	0 01						
8		T	The great fire in Chicago, 1871	6 07	5 29	2 00	6 10	5 26	1 35						
9		W	Kruger issued ultimatum 1899	6 08	5 27	3 24	6 11	5 23	3 11						
10		Th	Gt. forest fires in Canada 1910	6 09	5 25	4 49	6 13	5 21	4 48						
11		F	Fall in temperature.	6 10	5 23	6 03	6 15	5 19	6 10						
12		S	Columbus dis. America, 1492	6 11	5 22	sets	6 16	5 17	sets						
13		S	19TH SUNDAY AFTER TRINITY	6 12	5 20	6 08	6 17	5 15	5 35						
14		M	Egbert 1st King Eng. crnd. 827	6 14	5 18	6 40	6 18	5 13	5 57						
15		T	Dutch Par. op. by Queen, 1903	6 15	5 16	7 19	6 19	5 11	6 33						
16		W	Phipps exp. against Que., 1690	6 17	5 14	8 07	6 21	5 09	7 20						
17		Th	Fair and frosty.	6 18	5 13	9 02	6 23	5 07	8 18						
18		F	Napoleon I. left Moscow, 1812	6 19	5 12	10 04	6 25	5 05	9 20						
19		S	Cornwallis sur. at Yorkt'n. 1778	6 20	5 10	11 08	6 27	5 03	10 29						
20		S	20TH SUNDAY AFTER TRINITY	6 22	5 08	morn.	6 29	5 01	11 43						
21		M	Earthquake in Russia, 1907	6 23	5 07	0 14	6 31	4 59	morn.						
22		T	Revoca'n Edict of Nantes, 1685	6 24	5 05	1 21	6 32	4 57	0 59						
23		W	King of Siam died, 1910	6 25	5 04	2 30	6 34	4 55	2 18						
24		Th	Variable.	6 27	5 02	3 39	6 35	4 53	3 39						
25		F	Battle of Agincourt, 1415	6 28	5 01	4 45	6 37	4 51	4 48						
26		S	Prince Ito of Japan ass., 1900	6 29	5 00	5 56	6 38	4 49	5 10						
27		S	21st SUNDAY AFTER TRINITY	6 30	4 58	rises	6 40	4 47	rises						
28		M	Ladysmith besieged, 1899	6 31	4 57	5 29	6 41	4 45	4 50						
29		T	Sir W. Raleigh beheaded, 1618	6 33	4 55	6 07	6 43	4 44	5 25						
30		W	Red River rebellion, 1869	6 34	4 53	6 58	6 45	4 43	6 01						
31		Th	Hallowe'en	6 35	4 51	7 59	6 47	4 40	7 11						
				6 36	4 50	9 11	6 49	4 39	8 24						
Moon's Phases				P.E.I. N.S. N.B.		Que.		Ont.		Man. Sask Alta.		British Columbia			
Last Quarter				3d	4h	34m	ev	3d	2h	19m	ev	3d	0h	34m	ev
New Moon...				10d	9h	27m	m	10d	8h	25m	m	10d	5h	27m	m
First Quarter				17d	9h	52m	ev	17d	8h	50m	ev	17d	5h	52m	ev
Full Moon...				25d	10h	16m	ev	25d	9h	14m	ev	25d	6h	16m	ev

"IT FIXES ME UP, RIGHT AWAY."

MR. Treffe Laforge, a farmer of St. Didace, Maskinonge, Que., who was a martyr to Indigestion for 20 years, writes on Jan. 14, 1911, that Mother Seigel's Syrup has been the only successful remedy in giving him relief, although he had tried many others during that period. In his letter Mr. Laforge says:—"I believe your Mother Seigel's Syrup to be excellent, for it has certainly been of great assistance in relieving me of a persistent attack of indigestion, and the accompanying afflictions, such as sharp cutting pains in the loins, palpitation of the heart, loss of flesh and pale, unhealthy skin. The doctor did me no good at all, and if I had not been persuaded to try Mother Seigel's Syrup I should have been no better to-day. I now keep it always in the house, for it fixes me up right away."

WORTH MORE THAN IT COSTS.

WHEN a man or woman depends upon his or her daily earnings for livelihood, four dollars is an important item in the accounts. If the spending of it brings comfort, enjoyment of life, then the money is well spent. But if it changes a person's condition from ill health and misery to good health and strength and happiness—then the gain is worth ten times what it cost. **Money won't always buy good health!** There are thousands of wealthy people in the world who are chronic invalids, condemned to lifelong suffering, who would cheerfully give small fortunes to be cured of their maladies.

Take the case of Mr. A. Hide, of 1320 First Avenue W., Owen Sound, Ont., who wrote to us on Jan. 28, 1911. For five years, five long years, he was a vietim to Indigestion; he tried in many ways to get rid of his ailment and failed. Then as he says, "four one dollar bottles of Mother Seigel's Syrup" cured him. Read the letter for yourself:—

"I have used four one dollar bottles of Mother Seigel's Syrup, and find it an excellent remedy for Indigestion and Dyspepsia. During the past five years I have suffered a good deal from Dyspepsia and although I tried quite a few doctors they failed to do me any good, so I thought I would try a bottle of Mother Seigel's Syrup, and I am very pleased to say that after taking the first bottle I felt greatly relieved. In all I took four bottles and I may say that I am in better health and that my Indigestion and Dyspepsia have disappeared. I adviso any person suffering from Indigestion and Dyspepsia to try a bottle of Mother Seigel's Syrup, as I am sure this preparation is the cure for these common maladies."

We have hundreds of letters like Mr. Hide's in which people tell us that they have been cured by Mother Seigel's Syrup—sometimes after using only a single bottle—at other times three, six, or a dozen; but they never tell us that they have not been either greatly benefited or entirely cured. This great herbal remedy is unequalled in the cure of Indigestion. Try it!

Many very distressing symptoms grow out of Constipation—headaches, loss of appetite, hot flushes followed by chills, scummy tongue and mouth, bad breath and a trembling sensation all through the body. Mother Seigel's Pills give quick relief.

Day Month	Day Week	NOVEMBER HISTORICAL EVENTS	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.		
			Sun Rises	Sun Sets	Moon Rises	Sun Rises	Sun Sets	Moon Rises
1	F	ALL SAINTS DAY	h. m. 6 36	h. m. 4 49	h. m. 10 27	h. m. 6 50	h. m. 4 37	h. m. 9 40
2	S	ALL SOULS DAY	6 40	4 47	11 45	6 51	4 35	11 14
3	S	22ND SUNDAY AFTER TRINITY	6 41	4 40	morn.	6 53	4 33	morn.
4	M	Geo. Peabody died, 1869	6 42	4 45	1 06	6 55	4 31	0 47
5	T	Snow flurries.	6 44	4 44	2 27	6 57	4 29	2 21
6	W	Sir. Geo. Williams died, 1905	6 45	4 43	3 46	6 59	4 28	3 44
7	Th	C.P.R. completed, 1885	6 46	4 42	5 02	7 00	4 27	5 14
8	F	John Milton died, 1674	6 47	4 41	6 21	7 02	4 25	6 15
9	S	The great fire in Boston, 1672	6 48	4 40	sets	7 04	4 23	sets
10	S	23RD SUNDAY AFTER TRINITY	6 50	4 39	5 12	7 00	4 22	4 20
11	M	Chicago Haymkt. riots, 1887	6 51	4 37	5 56	7 07	4 21	5 09
12	T	G. T. R. opened, 1856	6 53	4 36	0 49	7 08	4 20	6 02
13	W	Colder.	6 54	4 35	7 49	7 10	4 19	7 04
14	Th	J. R. Birchall hanged, 1690	6 55	4 34	8 53	7 12	4 17	8 10
15	F	Empress of China died, 1908	6 56	4 33	9 59	7 14	4 16	9 24
16	S	Louis Riel executed, 1885	6 57	4 32	11 05	7 15	4 15	10 40
17	S	24TH SUNDAY AFTER TRINITY	6 59	4 31	morn.	7 16	4 14	11 56
18	M	Cape of Good Hope discovered	7 01	4 30	0 13	7 18	4 12	morn.
19	T	Fair and cold. 1497	7 02	4 29	1 24	7 20	4 11	1 17
20	W	Count Leo Tolstoy died, 1910	7 03	4 28	2 24	7 21	4 10	2 25
21	Th	Ft. Niagara bombarded, 1812	7 04	4 28	3 34	7 22	4 09	3 45
22	F	Lord Clive died, 1774	7 05	4 27	4 47	7 24	4 08	5 06
23	S	King of Holland died, 1890	7 07	4 27	6 03	7 26	4 07	6 33
24	S	25TH SUNDAY AFTER TRINITY	7 08	4 26	rises	7 28	4 06	rises
25	M	Sir Wm. Dawson died, 1699	7 09	4 26	4 51	7 29	4 05	4 04
26	T	Bright, frosty.	7 10	4 25	5 40	7 30	4 04	5 01
27	W	Magellan dis. Pacific Ocean 1520	7 11	4 25	6 59	7 31	4 04	6 13
28	Th	British Parliament dissolved '10	7 13	4 24	8 15	7 33	4 03	7 35
29	F	Cap. of Port Arthur by Japs. '04	7 14	4 24	0 36	7 35	4 02	9 01
30	S	St. Andrew	7 14	4 24	10 56	7 36	4 02	10 33
Moon's Phases P.E.I. N.S. N.B.			Que. Ont.		Man. Sask.	Alta.	British Columbia	
Last Quarter.	1d 11h 24m ev	1d 10h 22m ev	1d 9h 9m ev	1d 7h 24m ev	1d 7h 24m ev	1d 7h 24m ev	1d 7h 24m ev	1d 7h 24m ev
New Moon...	6d 9h 51m ev	8d 6h 49m ev	6d 7h 36m ev	8d 5h 51m ev	8d 5h 51m ev	8d 5h 51m ev	8d 5h 51m ev	8d 5h 51m ev
First Quarter	16d 6h 29m ev	16d 5h 27m ev	16d 4h 14m ev	10d 2h 29m ev	10d 2h 29m ev	10d 2h 29m ev	10d 2h 29m ev	10d 2h 29m ev
Full Moon...	24d 11h 58m m	24d 10h 56m m	24d 9h 43m m	34d 7h 58m m	34d 7h 58m m	34d 7h 58m m	34d 7h 58m m	34d 7h 58m m

"TO-DAY I AM A CURED WOMAN!"

Mrs. Hannah Ross, living at Culloden, Queens Co., Prince Edward Island, wrote us, on January 15, 1911, saying she was cured by Mother Seigel's Syrup! Read her letter:—

"I have been a martyr to Indigestion for several years. I suffered severe pains after eating, with headache and sleeplessness. I was often seized with giddiness and had severe pains in my back. After food there was a windy fulness in my stomach and I felt like vomiting, but could not. This went on for some time and I tried every remedy I could think of, but they did me no good.

"My case seemed hopeless, until one day I was persuaded to try Mother Seigel's Syrup. I did so and after the first bottle I felt relief. I persevered with the medicine and to-day I am a cured woman."

KNO-SKA.

**AN ANTISEPTIC OINTMENT FOR ECZEMA, HAEMORRHOIDS
AND ALL SKIN DISORDERS.**

KNO-SKA is an antiseptic and emollient ointment, of unequalled value in the treatment of all skin disorders.

This ointment was originally made on the private prescription of a leading London Physician. He had tried vainly every known treatment for a certain type of eczema, which defied all efforts to cure it; but when he devised and applied this formula he

was successful. Although we knew of his success, however, that alone would not have led us to regard his prescription as the supreme remedy for disorders of the skin. We put the preparation into widespread use for skin disorders and soon found that it made admirable cures, even where previous treatments had failed. Letters came to us from grateful people who had been cured; indeed, medical testimony was brought to us, to the same gratifying effect. Upon such convincing proof, only, we decided to put this splendid remedy upon the market, under the name KNO-SKA—for it was found that in fact it cured and left No Scar!



The Ruler and the Ruled

The Population of the United Kingdom compared with that of India.

overcomes the irritation and brings about a healthy healing of the surface—leaving NO SCAR. Being antiseptic, Kno-Ska counteracts poisons in wounds, or sores. Being also emollient, it softens, and at the same time heals the irritated surfaces.

In dealing with Hæmorrhoids (Piles) first bathe the affected parts liberally with hot water, using the hand or a soft cloth or sponge. Let the water be as hot as you can comfortably bear it. Then dry the surfaces with a soft towel and apply Kno-Ska gently with the fingers. In most cases, especially in bleeding piles, a

Day Month	Day Week	DECEMBER	For the Provinces of Ontario and Quebec.			For the Provinces of Manitoba, Saskatch- ewan and Alberta.								
			Sun Rises	Sun Sets	Mean Rises	Sun Rises	Sun Sets	Moon Rises						
1	S	ADVENT DAY	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.						
2	M	Monroe Doct. declared, 1823	7 15	4 24	morn.	7 37	4 01	morn.						
3	T	Mary Baker Eddy died, 1910	7 16	4 24	0 16	7 38	4 01	0 06						
4	W	Papineau Insurrection, 1837	7 17	4 24	1 28	7 39	4 00	1 28						
5	Th	Dry and cold.	7 18	4 24	2 45	7 41	4 00	2 55						
6	F	St. Nicholas	7 19	4 23	4 05	7 42	3 59	4 23						
7	S	Jefferson Davis died, 1889	7 20	4 23	5 21	7 43	3 59	5 51						
8	S	2ND SUN. ADV. (Coneep. Day)	7 21	4 23	6 35	7 44	3 59	7 12						
9	M	Sierra Leone discovered, 1786	7 22	4 23	7 45	7 45	3 59	8 28						
10	T	Hen. Edward Whalen died 1867	7 23	4 23	sets	7 46	3 59	sets						
11	W	James II abdicated, 1688	7 24	4 23	5 37	7 48	3 58	4 50						
12	Th	Rebt. Browning died, 1889	7 25	4 23	6 40	7 49	3 58	5 56						
13	F	Stormy.	7 26	4 24	7 44	7 50	3 58	7 07						
14	S	Minneapolis fire, 1904	7 27	4 24	8 51	7 51	3 58	8 21						
15	S	3RD SUNDAY IN ADVENT	7 28	4 24	9 57	7 52	3 58	9 39						
16	M	Beethoven born, 1770	7 28	4 24	11 05	7 53	3 58	10 55						
17	T	Lord Kelvin died, 1907	7 29	4 24	morn.	7 53	3 59	morn.						
18	W	EMBER DAY	7 29	4 25	0 14	7 54	3 59	0 14						
19	Th	Fine, frosty.	7 30	4 25	1 16	7 54	3 59	1 23						
20	F	EMBER DAY	7 30	4 25	2 27	7 55	3 59	2 43						
21	S	EMBER DAY	7 31	4 26	3 39	7 55	3 59	4 05						
22	S	4TH SUNDAY IN ADVENT	7 31	4 26	4 54	7 56	3 59	5 27						
23	M	Prince Consort buried, 1861	7 32	4 27	6 09	7 56	3 59	6 48						
24	T	Treaty of Ghent, 1814	7 32	4 27	rises	7 56	3 59	rises						
25	W	CHRISTMAS DAY	7 33	4 28	4 39	7 57	4 02	3 53						
26	Th	St. Stephen	7 33	4 28	5 56	7 57	4 02	5 19						
27	F	St. John the Evangelist	7 33	4 29	7 19	7 57	4 03	6 42						
28	S	Innocents Day	7 33	4 30	8 41	7 58	4 04	8 15						
29	S	1st AFTER CHRISTMAS	7 33	4 31	10 02	7 58	4 06	9 50						
30	M	Rudyard Kipling born, 1865	7 34	4 32	11 25	7 58	4 07	11 23						
31	T	President Loubet born, 1838	7 34	4 33	morn.	7 59	4 09	morn.						
			7 34	4 34	0 36	7 59	4 10	0 43						
Moon's Phases			P.E.I.	N.S.	N.B.	Que.	Ont.	Man.	Sask.	Alta.	British Columbia			
Last Quarter.			1d	6h	51m	m	1d	5h	49m	m	1d	2h	51m	m
New Moon...			8d	0h	53m	ev	8d	11h	51m	m	8d	10h	38m	m
First Quarter.			16d	3h	52m	ev	16d	2h	50m	ev	16d	1h	37m	ev
Full Moon...			24d	0h	16m	m	23d	11h	14m	ev	23d	10h	1m	ev
Last Quarter.			30d	3h	58m	ev	30d	2h	56m	ev	30d	1h	43m	ev

little smarting may be expected when the ointment is applied, but this will pass off in a very short time. Mild cases of Hæmorrhoids yield after two or three treatments with Kno-Ska, but old and obstinate cases naturally require patience and rather longer continuance of the treatment, dependent to some extent on the severity of the condition.

Kno-Ska is free from any injurious ingredient whatever. Kno-Ska is sold in compressible tubes, which are far more convenient, cleanly and economical than any form of salve-pot. No dust, germs, or dirt can enter the tubes, and the exact quantity required can be taken without smearing or waste.

If you find difficulty in obtaining Kno-Ska from your local Chemist, send us a postal order for 25 cents, or 25 cents in postage stamps, and we will send you one tube of Kno-Ska, post-paid, by return.

HELPING NATURE IN ITS WORK.

THE old story! "At last!" So many things are done "at last" which would have come out more happily if they had been done *at first*! But then, it is not always possible to be right at the very beginning, and perhaps it is cause for greater rejoicing when one has finally escaped from long suffering and danger. Mr. Simeon T. Clannon, a fisherman, sends us a letter from Point Michaud, Richmond Co., Nova Scotia, which tells its own story, and the lesson it teaches applies especially to people who are in the early stages of suffering from constipation. If they read this letter, dated Jan. 17, 1911, they need not suffer for ten long years as Mr. Clannon did; they may profit by what he tells them and use the right medicine *first* and, as he says, have "no return of the trouble."



"For ten years or more," says Mr. Clannon, "I suffered from severe constipation. I had terrible pains after eating and always a nasty taste in my mouth. I lost flesh and my skin was very yellow. I had violent pains in my back and loins and my head would swim so badly that I could scarcely stand up. This went on for a long time and I tried various remedies to get relief, but nothing seemed to do me any good."

"At last I was advised to try Mother Seigel's Syrup and Pills, which I did. After the first few doses I felt relief. My food seemed to

agree with me, and I lost the dreadful pains in my back. I continued the medicine for about six months and am now completely cured, and have had no return of the old trouble."

In his case Mother Seigel's Syrup, through its special combination of herbal extracts, regulated the flow of bile fluid from his liver, toned up and strengthened the stomach and gently assisted the action of the bowels. In other words, the medicine assisted the organs of digestion, so that they could do their natural work. That is all that Mother Seigel's Syrup ever does—no forcing of Nature—simply *helping* Nature. It will help you!

LOST ALL STRENGTH AND COURAGE.

But Regained Them, With Good Health, Through Mother Seigel's Syrup.

THE extent to which a person may lose strength, hope and even courage, from the wearing-down, cruel effects of severe Indigestion, is clearly set forth in a letter sent to us in January, 1911, by Mr. Ramin T. Sampson, who lives at L'Ardoise East, Richmond Co., Nova Scotia. But the same letter also shows just as clearly that Mother Seigel's Syrup, in curing Indigestion, restores good health and brings with it a return of hope and courage.

It is a fine thing, after being a helpless, discouraged invalid, "unable to get out of bed," to be able to say in a short time "I feel as strong as ever I did, without a pain or an ache." Read Mr. Sampson's letter and you will see what this medicine, the Syrup and Pills, did for him.

"About the middle of last October," he writes, "I was violently and suddenly struck down with a fit of sickness. It took me with vomiting—and the vomiting was so severe that I could not vomit any more for the want of strength. I could not take food of any kind. My appetite was gone and so was my strength and courage. I could not get out of bed, and I was in that state for three weeks or more. I thought my days were running short and so they were, but a good friend advised me to take Mother Seigel's Syrup and Pills, and so I did. To my real surprise, before I had half used one bottle of Syrup and half a box of Pills, I was relieved from vomiting and diarrhoea, my appetite sharpened up, and by the time I had one bottle of Syrup and one box of Pills used, I could get out of the bed and walk around and do a little work.

"It seems to me that your Syrup and Pills have come providentially to lengthen my days on earth, for every other medicine I used took no effect whatever. There is no other medicine to equal it on the market. Dear Sirs, you may use my letter in your book, and if any more information is required of me I am ready and willing to give it. At the present date, January 14, 1911, I feel as strong as ever I did, without a pain or an ache."

The medical articles and other testimonial letters in this book will tell you exactly how Mother Seigel's Syrup acts on the digestive system and the way in which it restores nourishment, clears the blood of impurities, and builds up strength. It has always done it—in all countries and climates—for the past 20 years.

MOTHER SEIGEL'S PILLS.

A Harmless, Gentle Laxative for General Use.

NEARLY everybody, at one time or another, needs a little laxative medicine. It is highly important to keep the intestines clear, as a safeguard against many dangerous ailments, for when the waste of the body is not regularly passed off, the blood soon becomes polluted. To keep your blood pure is the great secret of health! Now, while you probably need laxative medicine occasionally, it is to your own interest to take only the *right* medicine.

To meet the demand for a common-sense, cathartic medicine, Mother Seigel's Pills were prepared, for occasional use along with Mother Seigel's Syrup, in cases of obstinate constipation. They are compounded especially to relieve constipation, the aim being to combine effective but gentle, vegetable laxatives in form adapted for family use. All who suffer, and need such help as here described, should avoid drastic mineral purgatives and use, instead, Mother Seigel's Pills. They act gently, yet thoroughly, and there are no after-effects, such as the aggravated, intense constipation which often follows the use of violent purgatives. One or two Pills, or, in obstinate cases, three or four Pills, at bedtime, will bring relief by the morning.

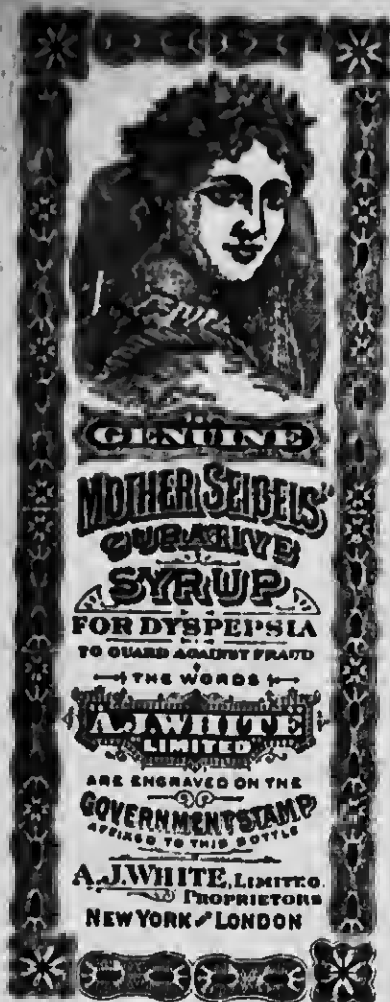
MOTHER SEIGEL'S PLASTERS.

UNLIKE mustard plasters, Mother Seigel's Plasters do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and diffused through the system. They are made flexible, so as to fit closely to the part where applied, and porous, so as to allow the humours withdrawn from the body to escape. You will find these Plasters better and cheaper than liniments and embrocations, which they have replaced in thousands of homes.

MOTHER SEIGEL'S OINTMENT.

IN every household, especially where there are children, accidents will happen! Burns, scalds, bruises, chapped hands, cold sores, abrasions, small cuts and such minor injuries, are of frequent occurrence, and for all such happenings Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as healing effect, and when applied to a bruise, scratch or other wound, and covered by a light bandage, it draws away or entirely prevents the humours and effects of inflammation and ensures a quick and healthy healing of the injured or affected parts. Keep it always handy, in the house!

Directions for taking Mother Selgel's Curative Syrup



DOSE.—FIFTEEN TO THIRTY DROPS two or three times a day in a wineglass of water, immediately after eating.

NOTE.—Mother Selgel's Curative Syrup is put up in a very concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

It is best not to take Mother Selgel's Curative Syrup on an empty stomach. Commence by taking ten or fifteen drops three times a day immediately after eating in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Selgel's Curative Syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Selgel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Selgel's Curative Syrup.

FOR WORMS IN CHILDREN.—Three to ten drops of the Syrup in milk, or milk and water, to be given with the child's regular food, and three times a day; for children under five years old the smaller dose.

FOR SALE BY ALL DRUGGISTS AND DEALERS IN MEDICINE GENERALLY

THE PRICES OF THESE MEDICINES ARE AS FOLLOWS:

MOTHER SELGEL'S CURATIVE SYRUP.....Per Bottle \$1.00
MOTHER SELGEL'S CURATIVE SYRUP....." " .50

THE \$1 BOTTLE CONTAINS 2½ TIMES AS MUCH AS THE 50c SIZE.

MOTHER SELGEL'S OPERATING PILLS.....Per Box .25
MOTHER SELGEL'S OINTMENT....." " .25
MOTHER SELGEL'S PLASTERS.....Each .25
KNO-SKA, FOR ECZEMA, Etc.Per Tube .25

In case the reader cannot obtain the medicine from a local dealer, we will forward the same, carriage charges paid, on receipt of an Express or P.O. Order or stamps in a registered letter, for the quantity required.

Address:

A. J. WHITE & CO., Limited
335. CRAIG STREET WEST, MONTREAL, P. Q.

