

MOTHER

SEIGEL'S



ALMANAC

ECLIPSES IN 1900.

There will be two eclipses of the sun and one of the moon in the year 1900.

I.—Total eclipse of the sun, May 28. This eclipse is generally visible in Western Europe, in Northern Africa, the North Atlantic and Arctic Oceans, Greenland, North America, and the extreme northern part of South America. The path of total eclipse begins in Egypt, and passing over the Mediterranean Sea, crosses Spain and Portugal; thence across the Atlantic it enters North America at Norfolk, Va., and bearing to the southwest reaches the Gulf Coast near New Orleans; continuing its course across the Gulf of Mexico and Mexico, it encounters the Pacific Ocean at a point near Cape Corrientes; visible elsewhere in regions mentioned as a partial eclipse. Begins in local mean time as follows: At Boston, 8:12 a. m.; New York, 7:51 a. m.; Philadelphia, 7:46 a. m.; Washington, 7:37 a. m.; Charleston, 7:24 a. m.; New Orleans, 6:23 a. m.; Galveston, 6:02 a. m.; Pittsburgh, 7:26 a. m.; Cincinnati, 7:06 a. m.; Chicago, 6:55 a. m.; Denver, 5:44 a. m. The eclipse ends in local mean time as follows: At Boston, 10:44 a. m.; New York, 10:22 a. m.; Philadelphia, 10:17 a. m.; Washington, 10:09 a. m.; Charleston, 9:56 a. m.; New Orleans, 9:05 a. m.; Galveston, 8:47 a. m.; Pittsburgh, 9:58 a. m.; Cincinnati, 9:38 a. m.; Chicago, 9:28 a. m.; Denver, 8:16 a. m.

II.—A partial eclipse of the moon, June 12, visible here, but quite small and unimportant.

III.—An annular eclipse of the sun November 21, not visible here. Visible to Sumatra, Borneo, and some other East India Islands, Australia, Southern Africa and portions of the South Atlantic and Indian Oceans.

THE PLANETS DURING 1900.

Mercury will be morning star to February 9, and evening star to March 24; morning star to May 30, and evening star to August 1; morning star to September 13, evening star to November 20, and morning star to the end of the year.

Venus will be evening star to July 8, and morning star to the end of the year.

♈ ARIES.—THE HEAD.

♊
GEMINI.
THE ARMS.

♌
LEO.
THE HEART.

♎
LIBRA.
THE REINS.

♐
SAGGITARIUS.
THE THIGHS.

♑
AQUARIUS.
THE LEGS.



♓ PISCES.—THE FEET.

♉
TAURUS.
THE NECK.

♋
CANCER.
THE BREAST.

♍
VIRGO.
THE BOWELS.

♏
SCORPIO.
THE SECRETS.

♑
CAPRICORNUS.
THE KNEES.

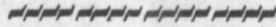
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for short jaunt

THE IRISH JAUNTING CAR.



Your doctor, let us say, urges you to begin at once to take daily exercise on horseback. He refuses to answer for the consequences if you longer neglect it.

Yet you are horribly afraid of horses. Sooner than mount a horse you would go up in a balloon. What

muscle in the human body. Indeed, it combines the advantages of horseback riding, walking, and rowing. People who have crossed the Channel in a heavy chopping sea will know what to expect from the jaunting car. Still the tourist in Ireland who fails to employ this mode of travel will make the mistake of his trip.



THE IRISH JAUNTING CAR.

For the enlightenment of anybody who may not have seen a jaunting car, I will give a brief description. It is a two wheeled machine, the body being set over the wheels

shall you do? *Try an Irish jaunting car!* Satisfaction is guaranteed. The horse can make no motion which is not reproduced, and, as Mr. Clark Russell puts it, "accentuated," by the car. The vertical, the longitudinal, the oscillatory—the car has them all. The jaunting car is an all-round horse, ridden with a side saddle. To ladies who are timid of the real beast the Irish jaunting car is an inspiration.

I am a male person myself, yet I soon learned to appreciate this wonderful vehicle. I like it—especially for short jaunts. It exercises every

—which are small—in such a fashion as to conceal them altogether from the person or persons on board. It has two seats for passengers, one on either side, exactly above the wheels. When there is but one passenger the driver is likely to occupy one seat and the passenger the other—to balance. With two passengers, a full load, the driver sits amidships, immediately over the horse's tail. There is no protection of any sort from the weather. The jaunting car horse is usually a small one—often a pony. But he is commonly in good order, alert, and lively. You climb

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Orleans,
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into the seat, your legs over the side, your feet on the footboard, your hand on anything you can grab hold of, your trust fixed in Providence, and off you go. And what is more, you arrive at your destination before a ponderous four-wheeler would get fairly under way. The hansom is called the London gondola—the jaunting car is the Irish flea on wheels. When in Ireland, use it. It is good for both body and mind. Now for my own initial experience with one, and the singular outcome thereof.

On the railway which connects Belfast and Dublin, there is a little station called Tanderagee—accent on the last syllable, the “g” being pronounced hard. Tanderagee is one of those spots that seem somehow to have wandered off, like adventurous children, and never found their way back. One fine day last summer I had occasion to visit it on a matter of business, and having accomplished my errand, there remained three or four hours to kill before I could get a return train to Belfast.

What under the sun to do with myself was the question. The sight of three jaunting cars at the station, waiting for custom, solved it. I would have a ride.

“Where will I take you, sir?” inquired my charioteer.

“A few miles anywhere into the country and back. Choose the road yourself.”

“Then, sir, suppose I take you to see the girl they call the walking miracle, whose case was so much talked about all through the country?”

“All right,” said I: “go ahead.”

We started off at a rattling pace, up hill and down dale. There wasn't a level rod anywhere. But the pony was fresh and frisky, and seemingly anxious to show what he could do. I hadn't had so salutary a shaking up in a weary while. The weather was brilliant. The tanning I received on that ride is brown on my hands and face yet. On we went. Now under the damp shade of great trees, now under a half-mile of unmodified sun glare, now past a row of sad, tenantless houses, now alongside streams pure and crystalline as the river described in the Apocalypse, now past a group of wondering children who stared at the cavorting stranger from a hedge.

But enough is as good as a feast, and sometimes better. Half-way up a long hill I called a halt. The pony was dripping wet and had bellows to mend. It was his own fault; still he had earned the right to breathe, and should enjoy it. I lowered myself to the ground, and told the driver to wait, while I strolled up the road to a group of trees just beyond and rested. Then we would return.

I simply ached all over. It was good to walk to take the kinks out of one's legs. What a beautiful day,

1st MONTH

DAY	MONTH	DAY	WEEK
1		MON.	A
2		TUES.	J
3		WED.	E
4		THUR.	V
5		FRI.	B
6		SAT.	E
7		SUN.	F
8		MON.	B
9		TUES.	E
10		WED.	S
11		THUR.	S
12		FRI.	L
13		SAT.	G
14		SUN.	C
15		MON.	O
16		TUES.	D
17		WED.	M
18		THUR.	B
19		FRI.	C
20		SAT.	H
21		SUN.	L
22		MON.	D
23		TUES.	P
24		WED.	S
25		THUR.	R
26		FRI.	G
27		SAT.	J
28		SUN.	P
29		MON.	G
30		TUES.	O
31		WED.	H

MOON'S PHASES

New Moon
First Quarter
Full Moon
Last Quarter
New Moon

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1st MONTH.

JANUARY, 1900

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 between the Great Lakes.		
			Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
1	MON.	<i>New Year's Day.</i>	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
2	TUES.	Jameson's Raid on Transvaal, 1896.	7 40	4 27	sets.	7 34	4 34	sets.
3	WED.	Battle of Princeton, 1777.	7 40	4 23	6 03	7 34	4 35	6 07
4	THUR.	West Indies discovered, 1492.	7 40	4 29	7 24	7 34	4 36	7 27
5	FRI.	Battle of Toronto, 1838.	7 40	4 30	8 46	7 34	4 37	8 47
6	SAT.	<i>Epiphany.</i>	7 40	4 21	10 05	7 34	4 38	10 05
7	SUN.	<i>First Sunday after Epiphany.</i>	7 40	4 32	11 18	7 34	4 39	11 17
8	MON.	Battle of New Orleans, 1815.	7 40	4 33	morn.	7 34	4 40	morn.
9	TUES.	Emperor Napoleon III. died 1873.	7 39	4 34	0 34	7 34	4 41	0 32
10	WED.	Stamp Act passed, 1765.	7 39	4 35	1 49	7 33	4 42	1 45
11	THUR.	Sir J. A. Macdonald born, 1815.	7 39	4 36	2 59	7 33	4 43	2 55
12	FRI.	Lady Jane Gray beheaded, 1554.	7 38	4 37	4 06	7 33	4 44	4 01
13	SAT.	Great fire, St. John, N.B., 1837.	7 38	4 38	5 06	7 33	4 45	5 01
14	SUN.	Cardinal Manning died, 1892.	7 38	4 39	5 58	7 32	4 46	5 53
15	MON.	Ont. passes anti-Alien Lab. Law, '98	7 37	4 41	6 44	7 32	4 47	6 39
16	TUES.	Daniel Webster born, 1782.	7 37	4 42	rises.	7 31	4 48	rises.
17	WED.	Mozart born, 1756.	7 36	4 43	5 53	7 31	4 49	5 57
18	THUR.	Bulwer Lytton died, 1873.	7 35	4 45	6 57	7 30	4 51	6 59
19	FRI.	Copernicus born, 1472.	7 34	4 46	8 01	7 29	4 52	8 02
20	SAT.	Hong Kong ceded to England, 1841.	7 34	4 47	9 05	7 29	4 53	9 05
21	SUN.	Louis XVI. executed, 1793.	7 33	4 49	10 02	7 28	4 54	10 01
22	MON.	Dreyfus Riot in Paris, 1898.	7 32	4 51	11 08	7 27	4 55	11 06
23	TUES.	Panama Canal commenced, 1880.	7 31	4 52	morn.	7 26	4 57	morn.
24	WED.	St. Paul's Day. (If fair a happy day.)	7 30	4 53	0 12	7 26	4 58	0 09
25	THUR.	Robert Burns born, 1759.	7 29	4 55	1 18	7 25	4 59	1 14
26	FRI.	General Middleton died, 1898.	7 28	4 56	2 24	7 24	5 00	2 19
27	SAT.	James C. Blaine died, 1893.	7 27	4 58	3 30	7 23	5 02	3 24
28	SUN.	Paris surrendered, 1871.	7 26	4 59	4 32	7 22	5 04	4 26
29	MON.	George III. died, 1820.	7 25	5 00	5 26	7 21	5 05	5 21
30	TUES.	Charles I. beheaded, 1649.	7 24	5 02	6 15	7 20	5 06	6 10
31	WED.	Rev. C. H. Spurgeon died, 1892.	7 23	5 03	6 53	7 19	5 08	6 52
			7 22	5 05	sets.	7 18	5 10	sets.

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
New Moon	1d 8h 52m m.	1d 7h 52m m.	1d 6h 52m m.
First Quarter.....	8d 0h 40m m.	7d 11h 40m ev.	7d 10h 40m ev.
Full Moon	15d 2h 8m ev.	15d 1h 8m ev.	15d 0h 8m ev.
Last Quarter	23d 6h 53m ev.	23d 5h 53m ev.	23d 4h 53m ev.
New Moon	30d 8h 23m ev.	30d 7h 23m ev.	30d 6h 23m ev.

what a delightful landscape, what a lonely region. Not a living thing visible or audible. Where were the people, and where were the beasts?

But you can't always be sure. Once, in Egypt, I began to talk to myself that way—"Not a soul save me in all this graveyard of nations" &c., &c.—and immediately met a lot of Cook's tourists around the corner of a pyramid.

This time it was a dog. He emerged from a little embowered lane and barked at me vigorously. But he drew the line at barking; he didn't offer to bite, for which forbearance I admire and respect him.

Yet, why a dog all alone? Reputable dogs must have homes and friends. And this one had a home. There it stood, just within the trees. A neat thatched cabin, and in the

door of the cabin a young woman, who silenced the dog, and encouraged the traveller to approach.

Being hungry and thirsty—the good work of the jaunting car—I needed, as the story-tellers say, no second invitation. I walked to the door, which was wide open to the stranger, like all true Irish doors. Accounting for myself, and naming my desire for a cup of cold water,



MISS EMILY FERRIS.

the young woman said, "Come in, sir; please come in. My mother and I will be glad to see you."

Not only cold water, but fresh buttermilk and a palatable bite of food did these good people give me. Three rooms, one story, an earthen floor, with the simplest of life's comforts; that was the house and contents. Good sense and good taste had made the most of these things.

In one room was a sewing machine which the daughter used in her trade—that of a dressmaker, she said. Thus they lived, these two, mother and daughter—all that was now left of the family.

Then I remembered something. The driver had spoken of these people. He had said that up this way lived a girl whose long illness and remarkable recovery some years ago had been the talk of the whole neighborhood. On that fact I based an inquiry.

"Yes," answered the young lady, "I am Emily Ferris, and on that bed I lay for fourteen weeks, unable to move."

The bed she spoke of was in one end of a narrow room, and looking through the little window on the far side of it, I could see the grasses and the flowers in bloom, showing that the ground outside was exactly level with the window and the top of the bed.

"Please tell me about it."

Now this girl evidently was (and is) one of those—all too few of them—who have no silly hesitation in speaking of experiences like the one I am about to repeat after her. She knew none of us lives to himself or dies to himself; that, living or dying, we belong to our fellows, who have a right to know of our joys and sorrows, so far as they may instruct or help them. In this pure, true spirit—which marked all she said—Miss Ferris told me the tale which I here

DAY	MONTH	DAY	WEEK
1		THUR.	
2		FRI.	
3		SAT.	
4		SUN.	
5		MON.	
6		TUES.	
7		WED.	
8		THUR.	
9		FRI.	
10		SAT.	
11		SUN.	
12		MON.	
13		TUES.	
14		Wed.	
15		THUR.	
16		FRI.	
17		SAT.	
18		SUN.	
19		MON.	
20		TUES.	
21		WED.	
22		THUR.	
23		FRI.	
24		SAT.	
25		SUN.	
26		MON.	
27		TUES.	
28		WED.	

MOON'S PH

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Full Moon...
Last Quarter.

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2nd MONTH.

FEBRUARY, 1900

29 DAYS.

DAY MONTH	DAY WEEK	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and region of St. Lawrer and Ottawa Rivers.			For Toronto and Province of Ontario, lying on and between the Great Lakes.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
1	THUR.	Prussia prohibits Amer. fruit, 1898.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
2	FRI.	Purification of Virgin Mary.	7 21	5 07	7 40	7 17	5 11	7 41
3	SAT.	Mendelssohn, composer, born, 1809.	7 20	5 03	8 57	7 16	5 12	7 56
4	SUN.	Severus, Rom. Emp., d., Eng. 211.	7 19	5 09	10 17	7 15	5 14	10 15
5	MON.	Sir Robert Peel born, 1788.	7 18	5 11	11 35	7 14	5 15	11 32
6	TUES.	Fort Henry captured, 1862.	7 17	5 12	morn.	7 12	5 16	morn.
7	WED.	Dickens born, 1812.	7 16	5 14	0 49	7 11	5 18	0 45
8	THUR.	Pope Pius IX. died, 1878.	7 14	5 15	1 53	7 10	5 19	1 53
9	FRI.	Lord Darnley murdered, 1567.	7 13	5 17	3 01	7 09	5 20	2 55
10	SAT.	France cedes Can. to Gt. Br., 1763.	7 12	5 18	3 57	7 03	5 22	3 51
11	SUN.	<i>Septuagesima Sunday.</i>	7 10	5 20	4 43	7 03	5 23	4 37
12	MON.	Preferential tariff announced, 1898.	7 09	5 21	5 22	7 05	5 24	5 17
13	TUES.	Captain Cook killed, 1779.	7 03	5 22	5 50	7 03	5 26	5 52
14	Wed.	St. Valentine.	7 06	5 25	rises.	7 00	5 29	rises
15	THUR.	U.S. Batl'sp 'Maine' blown up, 1898.	7 03	5 27	6 54	6 50	5 30	6 55
16	FRI.	Dr. Kane, arctic explorer, d., 1857.	7 01	5 28	7 52	6 53	5 31	7 51
17	SAT.	Michael Angelo died, 1563.	7 00	5 30	8 56	6 53	5 33	8 55
18	SUN.	<i>Sexagesima Sunday.</i>	6 53	5 31	10 00	6 53	5 34	9 58
19	MON.	Frances Willard died, 1898.	6 53	5 32	11 06	6 53	5 35	11 02
20	TUES.	Santa Anna born, 1793.	6 54	5 34	morn.	6 52	5 37	morn.
21	WED.	J. H. Newman, Cardinal, b., 1801.	6 52	5 35	0 10	3 50	5 38	0 06
22	THUR.	Washington born, 1732.	6 51	5 37	1 15	6 49	5 40	1 09
23	FRI.	John Quincy Adams died, 1848.	6 49	5 33	2 15	6 47	5 41	2 09
24	SAT.	John Keats, poet, born, 1821.	6 47	5 40	3 14	6 45	5 42	3 09
25	SUN.	<i>Quinquagesima Sunday.</i>	6 46	5 41	4 02	6 43	5 44	3 57
26	MON.	French Republic proclaimed, 1848.	6 44	5 42	4 45	6 43	5 45	4 41
27	TUES.	<i>Shrove Tuesday.</i>	6 42	5 44	5 21	6 40	5 46	5 18
28	WED.	<i>Ash Wednesday.</i>	6 40	5 45	5 51	6 37	5 47	5 49

MOON'S PHASES.	75TH MERIDIAN,	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter.....	6d 11h 23m m.	6d 10h 23m m.	6d 9h 32m m.
Full Moon.....	14d 8h 50m m.	14d 7h 50m m.	14d 3h 50m m.
Last Quarter.....	22d 11h 44m m.	22d 10h 44m m.	22d 9h 44m m.

condense for the benefit of all whom it may concern.

"About eleven years ago it was," she began, "that I was assisting my father what I could in the haying. While at work I fell heavily on some stones, and hurt my side badly. The pain was so great that I swooned, and had to be carried home. After that I commenced to be sick at every meal, and my chest was very sore and painful. Presently my stomach began to swell, and was so tender on

pressure that I could not bear any clothing to be the least snug or tight over it."

"Oh, that might have come from the shock of your fall, might it not? I think it should have passed away in a few days. You were strong and healthy always before that, I assume?"

"But it did not pass away," she said, in her low, gentle way. "The ailment, whatever it was, got worse; and illness is ever a serious thing,

especially with the poor, sir, you must know."

"Pardon my careless remark," I said. "I am so seldom ill that I may be guilty of a brute's want of sympathy for suffering in others."

"Oh, I am sure that cannot be true of you," she responded, "for I often think that well-bred men are even more tender-hearted than women."

"I stand rebuked and humbled," answered this woman's guest, sincerely.

"Don't think of it," she said.



THE CARRIAGE (PALANQUIN) OF CHINA.

"Well, as I was going to tell you, my eyes and skin turned yellow, and I had a dull, heavy pain at my right side. Pretty soon I could eat nothing, no food tempted me; and when I ate because I thought I must, my stomach rejected every morsel of it.

"And oh, how weak I got! My strength went away day by day, as the sunshine dies off the hills over there at night, sir. When I say I could barely walk, I tell you only the truth. But what was it that ailed me? And what could be done

for it? We were all anxious to know that."

"You had a doctor, of course; what did he say?"

"He said I was suffering from an overflow of blood on the liver. Possibly so, but he was not able to relieve me; and in April, 1886, I got a letter of recommendation from Mr. Dunbar McMaster, of the Gilford Mills, just below here in the valley, who was very kind and friendly to us; and they took me to the infirmary at Armagh. There I stayed for

seven weeks, and I am sure they did all they could to help me. But unfortunately they did not succeed. For while I was in the infirmary I vomited up all my food, as I had done before, and quite frequently

the blood would come with it."

"Caused by the rupture of some of the small veins in straining, probably," suggested the visitor.

"Maybe so; I cannot tell," said Miss Ferris. "I know they used to introduce a silver tube to draw, as I understood it, the foul matter from my stomach. Then they wanted me to submit to an operation; but my mother, here, wouldn't consent. She was afraid it might kill me. But this was in January, 1887, the second time I was at the infirmary. For you will

3rd MONTH

DAY	MONTH	DAY	WEEK
1	THUR.	St	
2	FRI.	Jo	
3	SAT.	R	
4	SUN.	Q	
5	MON.	Fi	
6	TUES.	Ar	
7	WED.	St	
8	THUR.	Si	
9	FRI.	Ar	
10	SAT.	Pr	
11	SUN.	Sn	
12	MON.	St	
13	TUES.	Cr	
14	WED.	Sh	
15	THUR.	Ge	
16	FRI.	Du	
17	SAT.	St	
18	SUN.	3rd	
19	MON.	Lu	
20	TUES.	Six	
21	WED.	Bl	
22	THUR.	Wi	
23	FRI.	Ha	
24	SAT.	E.]	
25	SUN.	4th	
26	MON.	An	
27	TUES.	Bis	
28	WED.	Car	
29	THUR.	Joh	
30	FRI.	An	
31	SAT.	Tre	

MOON'S PHASE

New Moon.....
First Quarter....
Full Moon.....
Last Quarter....
New Moon.....

please understand home and return year—so bad I

"On my second year, who they in his profession the infirmary. ing Armagh, call, sir. Well, side, and a ki was. He exar

3rd MONTH.

MARCH, 1900

31 DAYS.

DAY MONTH	DAY WEEK	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and O'tawa Rivers.			For Toronto and Province of Ontario, lying on and between the Great Lakes.		
			Sun Rises.	Sun Sets.	Moon Sets	Sun Rises.	Sun Sets.	Moon Sets
			H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	THUR.	<i>St. David's Day.</i>	6 39	5 47	sets.	6 37	5 48	sets.
2	FRI.	John Wesley died, 1791.	6 37	5 43	7 48	6 35	5 49	7 47
3	SAT.	Russian serfdom abolished, 1863.	6 35	5 50	9 09	6 33	5 50	9 07
4	SUN.	<i>Quadragesima Sunday.</i>	6 33	5 51	10 29	6 31	5 52	10 25
5	MON.	First American Congress, 1798.	6 31	5 52	11 43	6 30	5 53	11 38
6	TUES.	Artemus Ward (C. Brown) died, '76.	6 29	5 53	morn.	6 28	5 54	morn.
7	WED.	St. Thomas Aquinas died, 1274.	6 27	5 55	0 50	6 26	5 56	0 44
8	THUR.	Sir J. F. W. Herschel born, 1792.	6 26	5 56	1 49	6 24	5 57	1 43
9	FRI.	Americus Vespucius born, 1451.	6 24	5 57	2 42	6 22	5 58	2 36
10	SAT.	Prince of Wales married, 1863.	6 22	5 59	3 23	6 21	5 59	3 18
11	SUN.	<i>2nd Sunday in Lent.</i>	6 20	6 00	3 57	6 19	6 01	3 53
12	MON.	St. Gregory the Great died, 604.	6 18	6 02	4 23	6 17	6 02	4 24
13	TUES.	Cranmer burnt, 1556.	6 16	6 03	4 52	6 15	6 03	4 50
14	WED.	Sir Arthur Helps died, 1875.	6 14	6 04	5 13	6 14	6 04	5 12
15	THUR.	General Jackson (U.S.) born 1767.	6 12	6 05	5 32	6 12	6 05	5 32
16	FRI.	Duchess of Kent died, 1861.	6 10	6 07	rises.	6 10	6 07	rises.
17	SAT.	<i>St. Patrick's Day.</i>	6 09	6 03	7 53	6 08	6 09	7 50
18	SUN.	<i>3rd Sunday in Lent.</i>	6 07	6 09	8 56	6 06	6 09	8 53
19	MON.	Lucknow taken, 1858.	6 05	6 11	10 02	6 05	6 11	9 57
20	TUES.	Sir Issac Newton died, 1727.	6 03	6 12	11 05	6 03	6 12	10 59
21	WED.	Blockade of Crete, 1897.	6 01	6 13	morn.	6 01	6 13	morn.
22	THUR.	William I. of Prussia born, 1797.	5 59	6 15	0 06	5 59	6 14	0 01
23	FRI.	Halifax Gazette issued, 1752.	5 57	6 16	1 03	5 57	6 16	0 58
24	SAT.	H.M.S. Eurydice foundered, 1878.	5 55	6 17	1 55	5 56	6 17	1 49
25	SUN.	<i>4th Sunday in Lent.</i>	5 54	6 19	2 38	5 54	6 18	2 34
26	MON.	Anglo-Egyptians attack Shendy, '98	5 52	6 20	3 17	5 52	6 19	3 13
27	TUES.	Bishop of Stillingfleet died, 1699.	5 50	6 21	3 48	5 51	6 20	3 46
28	WED.	Canada ceded to France, 1632.	5 48	6 23	4 16	5 49	6 22	4 15
29	THUR.	John Keble died, 1866.	5 46	6 24	4 43	5 47	6 23	4 43
30	FRI.	Anniversary Sicilian vespers, 1232.	5 44	6 25	5 18	5 45	6 24	5 19
31	SAT.	Treaty of Paris, 1856.	5 42	6 27	sets.	5 44	6 25	sets.

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
New Moon	1d 6h 25m m.	1d 5h 25m m.	1d 4h 25m ev.
First Quarter	8d 0h 34m m.	7d 1h 34m ev.	7d 10h 34m ev.
Full Moon	16d 3h 12m m.	16d 2h 12m m.	16d 1h 12m m.
Last Quarter	24d 0h 36m m.	23d 11h 36m ev.	23d 10h 36m ev.
New Moon	30d 3h 30m ev.	30d 2h 30m ev.	30d 1h 30m ev.

please understand that I had been home and returned again the next year—so bad I was.

"On my second visit there a physician, who they said was a great man in his profession, came one day to the infirmary. He was merely visiting Armagh, and so happened to call, sir. Well, he came to my bedside, and a kind, fatherly man he was. He examined me and asked

me where I lived. I told him, and he said, 'Poor girl, I am afraid you will never see your home again.'

Oh, what heart-breaking words were these, sir, for me to hear! But I thank God, that he proved to be wrong, sir, as the wisest of men so often are."

"Yes, he was wrong," said the strange guest softly; "you, here in your health and strength, are a wit-

ness to that. But he might have been right, and the facts all seemed to justify his opinion."

"Our minister, during that terrible time, was the Rev. John McNece, Rector of the Tullyish Church. Poor man, he is in Heaven now. He died about four years ago. That is his portrait. He would often lift me in his arms before he went away, after calling at our house, and say—oh! so gently, like the Christian he was—*'Poor Emily, I am afraid you won't be alive when I come again.'*"



HOW PEOPLE TRAVEL IN JAPAN.

"And yet," began Miss Ferris's guest, the moisture gathering suspiciously in his eyes, "and yet——"

"And yet," said the lady, foreseeing what he was going to say, "and yet he was taken and I am left. How wonderful to think of. The doctor, too, good man, had so little hope of me that when he approached the house he would say to mother or some of the family, *'Have you Emily with you still?'* For well he knew what might have happened between one visit and the next, sir.

"And Mr. McMaster, also; how thoughtful for me he was, too. While I was in the hospital he corresponded with the doctors, and had daily information sent as to how I was."

"What you have told me, Miss Ferris, is of the deepest interest, and would be to any man with a heart in him. But one thing more I should like to know. The question I am about to ask necessarily arises from what you have said. You were ill, almost to the verge of the grave, and to-day I see you in health, appar-

ently quite as good as my own, and I am never ill. Now, how did this marvellous transformation come to pass? Did the disease release you of its own accord, or did you at last find some physician possessing skill and knowledge beyond all the others?"

"No, no, sir; not that at all. The malady did not leave me of itself, nor did I see any more doctors. In March, 1888, my mother heard, through a friend of hers, of Mother Seigel's Curative Syrup, a medicine now known all over the country, sir, on account of what it does for the sick and suffering. Just as a mere hope, nothing more, she got me a bottle from Mr. M. Brinn, the druggist in Gilford, and after using it

DAY	MONTH	DAY	WEEK
1		SUN.	
2		MON.	
3		TUES	
4		WED	
5		THUR	
6		FRI.	
7		Sat.	
8		SUN.	
9		MON.	
10		TUES.	
11		WED.	
12		THUR	
13		FRI.	
14		SAT.	
15		SUN.	
16		MON.	
17		TUES.	
18		WED.	
19		THUR	
20		FRI.	
21		SAT.	
22		SUN.	
23		MON.	
24		TUES.	
25		WED.	
26		THUR	
27		FRI.	
28		SAT.	
29		SUN.	
30		MON.	

MOON'S I

First Quar
Full Moon
Last Quar
New Moon

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4th MONTH.

APRIL, 1900

30 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 between the Great Lakes.		
				Sun Rises.	Sun Sets.	Moon Sets	Sun Rises.	Sun Sets.	Moon Sets
1		SUN.	5th Sunday in Lent. [1898	H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
2		MON.	China leases Wei-Hai-Wei to G.B.	5 41	6 27	9 18	5 42	6 27	9 14
3		TUES.	Battle of Massouah, 1896, Ital. & Der.	5 39	6 29	10 80	5 40	6 28	10 25
4		WED.	Oliver Goldsmith died, 1774. [wishes	5 37	6 30	11 37	5 38	6 29	11 31
5		THUR.	Napoleon I. abdicated, 1814.	5 35	6 31	morn.	5 37	6 30	morn.
6		FRI.	Last Census Population 4,832,230.	5 33	6 32	0 33	5 35	6 31	0 27
7		SAT.	Hon. T. Darcy McGee murdered,	5 31	6 34	1 18	5 33	6 32	1 13
8		SUN.	Palm Sunday. [1868.	5 29	6 35	1 57	5 31	6 34	1 53
9		MON.	Consul-General Lee leaves Cuba,	5 27	6 36	2 29	5 30	6 35	2 25
10		TUES.	Canning born, 1770. [1898,	5 25	6 38	2 55	5 28	6 36	2 52
11		WED.	Madoc Massacre, 1873.	5 24	6 39	3 18	5 26	6 37	3 16
12		THUR.	H. Clay, Statesman U. S., born,	5 22	6 40	3 37	5 24	6 38	3 36
13		FRI.	Good Friday. [1770.	5 20	6 41	4 00	5 23	6 40	4 01
14		SAT.	Pres. Lincoln assassinated, 1865.	5 18	6 43	4 22	5 21	6 41	4 23
15		SUN.	Easter Sunday.	5 16	6 44	rises.	5 19	6 42	rises.
16		MON.	Battle of Culloden, 1746.	5 14	6 45	7 53	5 17	6 43	7 49
17		TUES.	Ben Franklin died, 1790.	5 12	6 46	8 58	5 16	6 44	8 53
18		WED.	Martial law in Russia, 1870.	5 11	6 48	10 00	5 14	6 45	9 55
19		THUR.	Lord Byron, poet, died, 1822.	5 09	6 49	10 58	5 12	6 46	10 52
20		FRI.	Battle of Lexington, 1775.	5 07	6 50	11 50	5 10	6 48	11 45
21		SAT.	Capture of Donald Morrison, 1889.	5 05	6 52	morn.	5 08	6 49	morn.
22		SUN.	Low Sunday.	5 04	6 53	0 35	5 07	6 50	0 30
23		MON.	St. Georges Day.	5 02	6 54	1 15	5 05	6 51	1 10
24		TUES.	Spanish-American war begun, 1898	5 00	6 56	1 47	5 04	6 53	1 44
25		WED.	Oliver Cromwell born, 1599.	4 59	6 57	2 16	5 02	6 54	2 14
26		THUR.	Bank of England founded, 1694.	4 57	6 59	2 41	5 00	6 55	2 41
27		FRI.	French Army in Italy, 1859.	4 56	7 00	3 12	4 59	6 56	3 14
28		SAT.	Mutiny of the Bounty, 1789.	4 54	7 01	3 42	4 57	6 58	3 44
29		SUN.	Cervera's fleet started from Cadiz,	4 53	7 03	4 11	4 56	6 59	4 14
30		MON.	Battle of Fontenoy, 1725. [1898.	4 51	7 04	sets.	4 54	7 00	sets.
				4 50	7 05	9 16	4 53	7 02	9 10

MOON'S PHASES.

75TH MERIDIAN.

90TH MERIDIAN.

105TH MERIDIAN.

First Quarter.....

6d 3h 55m ev.

6d 2h 55m ev.

6d 1h 35m ev.

Full Moon.....

14d 8h 2m ev.

14d 7h 2m ev.

14d 6h 2m ev.

Last Quarter.....

22d 9h 33m m.

22d 8h 33m m.

22d 7h 33m m.

New Moon.....

29d 0h 23m m.

28d 11h 23m ev.

28d 10h 23m ev.

three weeks I felt much better. I was able to keep food on my stomach, and gained strength daily. I kept on taking the Syrup regularly for twelve months, and that was all. I was then able to go again to my work as a dressmaker. Ever since I have been healthy and strong, as you see me now. But was it not a wonderful thing? People call me the walking miracle. I don't like the ex-

pression, for it seems almost irreverent; but that is what they say.

"Mother Seigel's Syrup, speaking humanly, certainly brought me from the gates of death, and I am willing all the world should know it."

Miss Emily Ferris's address is Drummiller, County Down, Ireland; and she says she will gladly answer any inquiries that may be made as to her case.

After five minutes more of pleasant talk, I said a most hearty and heartfelt good-bye to these wayside friends. Heaven be good to them—for the glass of cold water and (more valuable still and more needed) the lesson in patience and humility they gave me. Several years have elapsed since Miss Ferris's recovery, and there is no longer a doubt of the perfection of the cure, nor that it was wholly due to the medicine she named.

As to her disease, I have since learned that it was inflammatory indigestion and dyspepsia, with a torpid and badly congested state of the liver. The accident of her fall was probably, through the nervous shock, the immediate occasion of the attack, although it is more than likely that the stomach was previously in an unhealthy condition, with resulting impurities in the blood. At all events, the result in this almost phenomenal case goes far to explain the solid and growing popularity which this remedy—Mother Seigel's Syrup—has among the people.

Proceeding down the hill, I found my friend, the driver, waiting patiently and wondering what had become of his "fare." I was indebted to him and to the jaunting car for my ability to give Miss Ferris's story to the proprietors of Mother Seigel's Syrup, and through them to the world.

Pat thought he deserved an extra shilling for overtime—and he got it.
London, Aug. 1894. G. C. E.

Struck the Right Thing at Last.

465 GUY STREET, MONTREAL.

MESSRS. A. J. WHITE & Co.:

Gentlemen—I do not know whether such a thing as hereditary indigestion is one of the many ills handed down, but if it is, I have had it. Indigestion and its consequences has been the cause of much suffering and many deaths in our family. I have been troubled with it in various forms all my life, and have used many medicines, but never obtained any permanent relief until I used Mother Seigel's Syrup; and *I could feel from the outset that I had struck the right medicine at last.* That was ten or twelve years ago, and I would not be without the Syrup in my family for any consideration. And I am not alone in that respect. My wife speaks as warmly in its favor as I do, not only for indigestion but for other complaints common to women. I will answer inquiries with pleasure.

Gratefully yours,

A. HODGSON.

Cure of Piles.

EAST WALLACE, N. S., March 12, 1895.

A. J. WHITE & Co.:

I was troubled very bad with piles, and after trying one box of your Ointment I was better, and three boxes fully cured me.

Yours, &c.,

JOHN MUNRO, JR.

Dizziness and Bilious Spells.

ALTON, Ont., May 15, 1898.

MESSRS. A. J. WHITE & Co.:

It gives me great pleasure to inform you, and the public through you, of the benefit I derived from the use of Mother Seigel's Syrup. I was for a long time troubled with dizziness and bilious spells, and was entirely cured by this remedy. You may publish my statement if you think best.

Yours truly,

(MRS.) JAMES ALGIE.

DAY	MONTH	DAY	WEEK
1		TUES.	
2		WED.	
3		THUR.	
4		FRI.	
5		SAT.	
6		SUN.	
7		MON.	
8		TUES.	
9		WED.	
10		THUR.	
11		FRI.	
12		SAT.	
13		SUN.	
14		MON.	
15		TUES.	
16		WED.	
17		THUR.	
18		FRI.	
19		SAT.	
20		SUN.	
21		MON.	
22		TUES.	
23		WED.	
24		THUR.	
25		FRI.	
26		SAT.	
27		SUN.	
28		MON.	
29		TUES.	
30		WED.	
31		THUR.	

MOON'S

First Quart
Full Moon.
Last Quart
New Moon

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5th MONTH.

MAY, 1900

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 between the Great Lakes.		
					Sun Rises.	Sun Sets	Moon Sets	Sun Rises.	Sun Sets.	Moon Sets
1	TUES.			Spanish fleet destroyed, Manila, '98.	H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
2	WED.			Sir George Cartier died, 1873.	4 48	7 07	10 18	4 51	7 03	10 12
3	THUR.			Postal Union ratified, 1875.	4 47	7 08	11 09	4 50	7 04	11 04
4	FRI.			Dr. Livingstone died, 1873.	4 46	7 09	11 52	4 48	7 06	11 47
5	SAT.			Napoleon Bonaparte died, 1821.	4 44	7 11	morn.	4 47	7 07	morn.
6	SUN.			3rd Sunday after Easter.	4 42	7 12	0 28	4 46	7 08	0 24
7	MON.			Battle of Nisbet, 1402.	4 41	7 14	0 57	4 45	7 09	0 54
8	TUES.			Treaty of Washington signed, 1871.	4 40	7 15	1 21	4 44	7 10	1 19
9	WED.			Hon. George Brown died, 1880.	4 38	7 16	1 42	4 42	7 11	1 41
10	THUR.			Indian mutiny commenced, 1857.	4 37	7 17	2 03	4 41	7 12	2 03
11	FRI.			Americans repulsed at Cienfueg, '98	4 36	7 18	2 25	4 40	7 14	2 27
12	SAT.			Rebels defeated at Batoche, 1885.	4 34	7 20	2 47	4 39	7 15	2 49
13	SUN.			4th Sunday after Easter.	4 33	7 21	3 11	4 38	7 16	3 13
14	MON.			Talleyrand died, 1838.	4 32	7 22	3 38	4 37	7 17	3 42
15	TUES.			Daniel O'Connell died, 1847.	4 31	7 23	rises.	4 36	7 18	rises.
16	WED.			Great fire at Quebec, 1889.	4 29	7 25	8 52	4 35	7 19	8 46
17	THUR.			Alphonso XIII. of Spain born, 1886.	4 28	7 26	9 47	4 34	7 20	9 41
18	FRI.			Montreal founded, 1642.	4 27	7 27	10 35	4 33	7 21	10 30
19	SAT.			Gladstone died, 1898.	4 26	7 28	11 15	4 32	7 22	11 11
20	SUN.			Rogation Sunday.	4 25	7 29	11 51	4 31	7 23	11 48
21	MON.			McKinley Bill passed, 1890.	4 24	7 30	morn.	4 30	7 24	morn.
22	TUES.			Dr. Cronin's body found, 1889.	4 23	7 31	0 19	4 29	7 25	0 17
23	WED.			St. Gothard Tunnel opened, 1882.	4 22	7 32	0 46	4 28	7 26	0 45
24	THUR.			Ascens. Day. Queen Victoria born,	4 21	7 33	1 16	4 27	7 27	1 16
25	FRI.			Princess Helena born, 1846. [1819.	4 20	7 34	1 42	4 27	7 28	1 43
26	SAT.			Calvin died, 1564.	4 19	7 35	2 09	4 26	7 29	2 12
27	SUN.			Sunday after Ascension.	4 18	7 36	2 42	4 25	7 30	2 46
28	MON.			Gladstone buried Westm. Ab., 1898.	4 17	7 37	3 21	4 25	7 30	3 26
29	TUES.			Paris burned, 1871.	4 17	7 38	sets.	4 24	7 31	sets.
30	WED.			Earl Spencer born, 1835.	4 16	7 39	8 47	4 23	7 32	8 51
31	THUR.			Fenian raids, 1866.	4 15	7 40	9 45	4 22	7 33	9 40
					4 15	7 41	10 24	4 22	7 34	10 20

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter	6d 8h 39m m.	6d 7h 39m m.	6d 6h 39m m.
Full Moon	14d 10h 37m m.	14d 9h 37m m.	14d 8h 37m m.
Last Quarter	21d 8h 31m ev.	21d 2h 31m ev.	21d 1h 31m ev.
New Moon	28d 9h 50m m.	28d 8h 50m m.	28d 7h 50m m.

Vigorous at Eighty-five.

BOULARDERIE CENTRE, Nova Scotia,
May 2, 1898.

A. J. WHITE & Co.:

Gentlemen—I am now *eighty-five years of age*, and for the last ten years I have not been confined to my bed a single day with sickness. Previous to that time I was greatly troubled with indigestion, and was advised by a friend to try Mother Seigel's Syrup. I did so reluctantly, never having had much faith in medicines of any kind. The good done me by the first bottle was so

great that I continued using it until the complaint was completely overcome. So that, with the help of God, I consider my use of Mother Seigel's Syrup to be the cause of the wonderful vigor I now enjoy, and for this all my acquaintances can vouch.

Thankfully yours,

(MRS.) CHRISTIAN MATHESON.

MOTHER SEIGEL'S OPERATING PILLS, unlike many kinds of cathartic medicines, do not make you feel worse before you feel better. Their operation is gentle but thorough, and unattended with disagreeable effects, such as nausea, griping pains, etc., etc.

"PUT OUT YOUR TONGUE!"

The doctor tells you this when you go to him for advice and help. Why? Because the looks of the tongue are a sign of the condition of matters inside. It is the one tale it can tell without talking. Very few have a really clean tongue anyway, because few are in perfect health. In disease there is always a coating of some kind on the tongue. It looks like fur,

order of the stomach is shown by the appearance of the tongue.

Now, we do not try to get rid of the snow on our door step by sweeping the dust out of the kitchen, because there is no connection between the two. But in order to get the filth (or fur) off the tongue we must clean the dirt out of the stomach; and very likely, out of the bowels, too.



PICTURE OF A GONDOLA—VENICE, ITALY.

and so it is called by that name. In health the tongue is of a pale red color, and in some diseases it becomes a bright red, and is spoken of as "a beefy tongue." Then, under other circumstances, it will be of a dull brown, or a white color.

Commonly, a furred tongue means that the stomach is out of order. The outside covering, or skin, of the tongue is of a piece with that of the stomach, and is called the mucous membrane; and so it comes to pass that any inflammation or other dis-

effect by any means. For, with a badly coated tongue, you usually have a bad taste in the mouth, headache, dry skin, and other symptoms which prove the same thing, namely: that your food is not being digested, but is rotting in your stomach and sending out poisons into the blood, and so all over the body.

Now, the right course of procedure is first to clean out the bowels with two or three successive doses of Mother Seigel's Operating Pills, and then to take Mother Seigel's Syrup

But let us think of these things in their proper order and relation. The *disease* is in the stomach, and the *sign* of it is on the tongue. The first is the *cause*, and the latter the *effect*.

But not the only

8th M

DAY	MONTH	DAY	WEEK
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1	FRI.
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3	SUN
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8	FRI.
9	SAT.
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24	SUN
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26	TUES
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30	SAT.

MOON'S

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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 between the Great Lakes.		
			Sun Rises.	Sun Sets.	Moon Sets	Sun Rises.	Sun Sets.	Moon Sets
1	FRI.	Fenian Raid, Ridgeway, 1866.	H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
2	SAT.	Prince Napoleon killed, 1879.	4 14	7 41	10 57	4 21	7 34	10 53
3	SUN.	<i>Whit Sunday.</i>	4 13	7 42	11 23	4 20	7 35	11 21
4	MON.	Battle of Magenta, 1850.	4 13	7 43	11 45	4 20	7 36	11 44
5	TUES.	Battle of Stony Creek, 1813.	4 12	7 43	morn.	4 19	7 37	morn.
6	WED.	Sir John A. Macdonald died, 1891.	4 12	7 44	0 05	4 19	7 37	0 05
7	THUR.	First American Congress, 1765.	4 12	7 45	0 30	4 18	7 38	0 31
8	FRI.	First Parliament, Ottawa, 1866.	4 11	7 46	0 50	4 18	7 39	0 52
9	SAT.	Charles Dickens died, 1870.	4 11	7 47	1 13	4 17	7 39	1 15
10	SUN.	<i>Trinity Sunday.</i>	4 11	7 47	1 39	4 17	7 40	1 42
11	MON.	Saint Barnabas Day.	4 10	7 48	2 10	4 17	7 41	2 14
12	TUES.	W. C. Bryant died, 1878.	4 10	7 48	2 47	4 16	7 41	2 52
13	WED.	First train, Montreal to Vancouver.	4 10	7 49	rises.	4 16	7 42	rises.
14	THUR.	<i>Corpus Christi.</i> [1886.]	4 10	7 49	8 31	4 16	7 43	8 26
15	FRI.	Magna Charter signed, 1215.	4 10	7 50	9 15	4 16	7 43	9 10
16	SAT.	Can. sealers seizure claims paid, '98.	4 10	7 50	9 52	4 16	7 44	9 48
17	SUN.	Battle of Bunker Hill, 1775.	4 10	7 51	10 23	4 16	7 44	10 20
18	MON.	Battle of Waterloo, 1815.	4 10	7 51	10 50	4 16	7 44	10 49
19	TUES.	Great fire at St. John, 1877.	4 10	7 52	11 13	4 17	7 45	11 13
20	WED.	Accession of Queen Victoria, 1837.	4 10	7 52	11 47	4 17	7 45	11 48
21	THUR.	Quebec Gazette issued, 1764.	4 10	7 53	morn.	4 17	7 45	morn.
22	FRI.	Rider Haggard born, 1856.	4 11	7 53	0 11	4 18	7 46	0 13
23	SAT.	Leibnitz, philosopher, born, 1646.	4 11	7 53	0 43	4 18	7 46	0 46
24	SUN.	<i>St. Jean Baptiste Day.</i>	4 11	7 53	1 18	4 18	7 46	1 23
25	MON.	Battle of Bannockburn, 1314.	4 11	7 53	2 00	4 19	7 46	2 05
26	TUES.	Archbishop Leighton died, 1684.	4 12	7 53	2 49	4 19	7 46	2 55
27	WED.	Matanzas bombarded, 1898.	4 12	7 53	3 45	4 19	7 46	3 51
28	THUR.	Queen Victoria crowned, 1838.	4 12	7 53	sets.	4 20	7 46	sets.
29	FRI.	<i>St. Peter and St. Paul's Day.</i>	4 13	7 53	8 57	4 20	7 46	8 53
30	SAT.	Cawnpore massacre, 1854.	4 13	7 53	9 25	4 21	7 45	9 22
			4 13	7 52	9 49	4 21	7 45	9 47

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter.....	5d 1h 59m m.	5d 0h 59m m.	4d 11h 59m ev.
Full Moon.....	12d 10h 38m ev.	12d 9h 38m ev.	12d 8h 38m ev.
Last Quarter.....	19d 7h 57m ev.	19d 6h 57m ev.	19d 5h 57m ev.
New Moon.....	26d 8h 27m ev.	26d 7h 27m ev.	26d 6h 27m ev.

to tone up and strengthen the stomach and so get it to working as it should. This may be accomplished in a week, or it may take longer. It depends on how deeply seated the trouble is. But it is the right road back to health, and will lead you there if you persevere.

There is no medicine on par with the Syrup for going to the bottom of these digestive complaints. And

when the Pills have driven that vile accumulation of deadly stuff out of your bowels, and the Syrup has got the stomach to running like a new mill with plenty of power, then the bad feelings will pass away; and when you examine your tongue in the glass you will say, "Ah! it looks right."

Yes, it looks right because the stomach is right.

Clogged Up.

"No, I am not well, I feel *down* and poorly, but if you ask what ails me I can't tell you. Instead of sleeping soundly as I used to, I wake up often in the night, and roll around on the bed to find a comfortable position. Then I sit and yawn over my meals instead of eating them with a snap, as I have been in the habit of doing. I feel dull and sleepy, without energy for work or business. And when I do force myself to eat, for the sake of needed strength, the food lies heavy on my stomach and does me no good. Perhaps I'd better see a doctor."

So people often talk, particularly in the Spring and Autumn. It is right enough to

stomach. The pains were at times very severe, and my whole system seemed to be running down. I was so bad I could not attend to my work. I was told to try Mother Seigel's Syrup and Pills. I did so, and was soon relieved and able to go to work again. If at any time I do not feel well I take a dose of Mother Seigel's Syrup, and find it a sure cure.

ALEX. FLEMING.

The Best and Cheapest Doctor.

465 GUY STREET, MONTREAL,

Jan. 30, 1899.

MESSRS. A. J. WHITE & Co., Montreal:

Dear Sirs—I am a school teacher by profession, and for the past twenty years have devoted to my work in the class room no less than fifteen hours per day. It can be readily understood that with such constant application, close confinement and little exercise, the strongest constitution will be weakened.

Last session I found

myself falling into decline. My eyes were weak, my weight was greatly reduced and my appetite gone. I was induced by Mr. Andrew Hodgson, your agent, to try one bottle of Mother Seigel's Syrup. One bottle did me so much good that I tried another, then another, and found myself as if by magic restored to my usual vigor and cheerfulness.

It is pleasant to the taste, it soothes the nerves and induces quiet, beneficent rest. My sleeplessness is gone, my liver active, my bouyancy of spirits returned, my appetite keen; in fact, notwithstanding all my work, I am my former self. Seigel's Syrup is the best and cheapest doctor you can find anywhere. I am, dear sirs,

Your thankful servant,

(Signed) JOHN W. TUCKER, B. A.
Principal Montreal Collegiate Institute.



RIVERSIDE DRIVE, NEW YORK CITY.

see a doctor if you want to, but it is not necessary. The trouble is indigestion and a sluggish liver. The machine wants cleaning out and firing up. Take Mother Seigel's Syrup two or three times a day for a few days, and you will be astonished at the good results. With the bowels thoroughly cleansed and the liver and stomach reinvigorated, the mind will brighten, and all fears of a fit of illness vanish.

Wants Others to Know.

BELMORE, Ont., March 11, 1898.

Three years ago my health failed me. I had no appetite, and after eating I was troubled with cramps and wind in the

DAY	MONTH	DAY
1	SU	
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9	MO	
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11	W	
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13	FR	
14	SA	
15	SU	
16	MO	
17	TU	
18	W	
19	TH	
20	FR	
21	SA	
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7th MONTH.

JULY, 1900

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 between the Great Lakes.		
					Sun Rises.	Sun Sets.	Moon Sets	Sun Rises.	Sun Sets.	Moon Sets
1	SUN.			<i>Dominion Day.</i>	H.M. 4 15	H.M. 7 52	H.M. 10 10	H.M. 4 22	H.M. 7 45	H.M. 10 09
2	MON.			Capture of Big Bear, 1885.	4 16	7 52	10 36	4 23	7 45	10 36
3	TUES.			Spanish fleet destroyed, Santiago.	4 16	7 52	10 55	4 23	7 45	10 56
4	WED.			Independence Day U.S., 1776. [1898.	4 17	7 51	11 16	4 24	7 44	11 18
5	THUR.			East India Co. formed, 1690.	4 17	7 51	11 40	4 25	7 44	11 43
6	FRI.			Sir T. Moore beheaded, 1535.	4 18	7 51	morn.	4 25	7 44	morn.
7	SAT.			Hawaii annexed by U.S., 1898.	4 19	7 50	0 07	4 26	7 43	0 11
8	SUN.			La Fontaine born, 1621.	4 20	7 50	0 43	4 27	7 43	0 48
9	MON.			General Braddock killed, 1755.	4 20	7 49	1 25	4 28	7 42	1 30
10	TUES.			Gibraltar captured by Gt. Britain.	4 21	7 49	2 14	4 28	7 42	2 20
11	WED.			Charles Macklin died, 1797. [1703.	4 22	7 48	3 16	4 29	7 41	3 21
12	THUR.			Battle of the Boyne, 1690.	4 23	7 48	rises.	4 30	7 41	rises.
13	FRI.			Lingard, historian, died, 1851.	4 24	7 47	8 25	4 30	7 40	8 22
14	SAT.			Chicago fire, 1873.	4 25	7 46	8 51	4 31	7 40	8 52
15	SUN.			Crusaders take Jerusalem, 1099.	4 26	7 45	9 20	4 32	7 39	9 19
16	MON.			Sir Joshua Reynolds born, 1723.	4 27	7 44	9 51	4 33	7 38	9 52
17	TUES.			Mackinaw surrendered to British.	4 28	7 44	10 17	4 34	7 37	10 19
18	WED.			Lady Franklin died, 1875. [1836	4 29	7 43	10 46	4 34	7 37	10 49
19	THUR.			Bishop Wilberforce died, 1878.	4 30	7 42	11 20	4 35	7 36	11 24
20	FRI.			Spanish Armada defeated, 1588.	4 31	7 41	11 59	4 36	7 35	morn.
21	SAT.			1st Can. Ry. L. Prairie to St. John. Q.	4 32	7 40	morn.	4 37	7 35	0 04
22	SUN.			Battle of Shrewsbury, 1403. [1812	4 33	7 39	0 45	4 38	7 34	0 50
23	MON.			Gibraltar taken first time, 1604.	4 34	7 38	1 36	4 39	7 33	1 42
24	TUES.			Jac. Cartier landed at Gaspé, 1534.	4 35	7 37	2 35	4 40	7 32	2 41
25	WED.			Gen. Miles lands Porto Rico, 1898.	4 36	7 36	3 37	4 41	7 31	3 42
26	THUR.			Louisbourg taken by British, 1758.	4 37	7 35	sets.	4 42	7 30	sets.
27	FRI.			St. Joseph of Arimathea.	4 38	7 34	7 53	4 43	7 29	7 51
28	SAT.			Cowley, poet, died, 1667.	4 39	7 33	8 14	4 44	7 28	8 13
29	SUN.			Wilberforce died, 1833.	4 40	7 32	8 31	4 45	7 27	8 34
30	MON.			Prince Bismarck died, 1898. [1868	4 41	7 31	9 01	4 46	7 26	9 02
31	TUES.			N. W. Territories added to Dom'n.	4 42	7 30	9 21	4 47	7 25	9 23

MOON'S PHASES.	75TH MERIDIAN	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter.....	4d 7h 14m ev.	4d 6h 14m ev.	4d 5h 14m ev.
Full Moon.....	12d 8h 22m m.	12d 7h 22m m.	12d 6h 22m m.
Last Quarter.....	19d 0h 31m m.	18d 11h 31m ev.	18d 10h 31m ev.
New Moon.....	26d 8h 43m m.	26d 7h 43m m.	26d 6h 43m m.

No More Headache.

THOMSON STATION, N. S., Nov. 8, 1898.
MESSRS. A. J. WHITE & Co., Montreal:

Gentlemen—I take great pleasure in adding my testimony to the great number of cures made by Mother Seigel's Curative Syrup. I have been troubled since my early childhood with severe spells of sick headache which would attack me twice a month and oftener, and confine me to my bed for a day or more. I consulted a number of physicians and tried their different remedies. But all of no avail; also tried a number of patent medicines, but they did me no good, and I had made up my mind that my case was incurable, until I was

persuaded by my grocer, Mr. B. F. Myles of this place, to try a bottle of Mother Seigel's Syrup, with the understanding that if it failed to do me any good he would not charge for it; but after using one small bottle I felt so much better that I continued its use until I had used three small bottles, which made a complete cure, as I have not had the slightest headache for over three months. I am just 52 years old to-day, and I never knew myself so long free from a headache before, "thanks to Mother Seigel's Syrup," and I heartily recommend it to all sufferers who like myself have been troubled with sick headache. Yours truly,

(Signed) RUFUS PEERS.

THE RIVER NOBODY EVER SEES.

Once the entire sewerage of London emptied into the Thames. As the river is pretty thoroughly stirred up and scoured by the tides, this answered fairly well. But when the city grew to be the immense hive of human beings it now is, the practice was found to be a nuisance and a menace to the public health.

Nothing was done, however, until



HYDE PARK, LONDON, ENGLAND.

the members of Parliament (whose houses abut on the river) began to complain of the unseemly sights and nauseous stenches; then, in due course, the arrangements were made by which the wastes of London are differently disposed of.

Now, my good reader, the blood in your body may be roughly compared to a river running through a big town. Propelled by the heart it rushes out through the pipes called arteries, and back through the pipes called veins, continually. As it starts

on its round it is loaded with material to build up the body, and when it gets back it is loaded with waste and worn-out stuff it has collected on its trip. It is like workmen altering and repairing a house, who carry in fresh mortar, bricks and boards, and bring out the old and discarded materials that are no longer wanted.

This, the blood does, because, as you will infer, the body is never exactly the same for two days together. As the water runs in at one end of a pond and out at the other, changing constantly yet seemingly ever the same, so it is with your body.

Now these waste things which the blood gathers up are not merely useless, but, disconnected from the living system, they are poisonous, or speedily become so. Therefore Nature tries to get rid of them as fast as she can. If they are allowed to remain on the premises they will cause disease to a certainty; exactly as if they were taken in through the mouth.

Hence, the blood delivers this garbage to the liver, the lungs, the kidneys and the skin—which, for the purpose, are all scavengers—and they

8th MONTH.

DAY MONTH	DAY WEEK	
1	WED.	Bal
2	THUR.	Bal
3	FRI.	Col
4	SAT.	Na
5	SUN.	Fir
6	MON.	Du
7	TUES.	Ric
8	WED.	Mg
9	THUR.	Que
10	FRI.	Jac
11	SAT.	Bat
12	SUN.	Pop
13	MON.	Mai
14	TUES.	Bat
15	WED.	Jesu
16	THUR.	Sur
17	FRI.	Ad
18	SAT.	Brit
19	SUN.	Riv
20	MON.	St. J
21	TUES.	La l
22	WED.	Batt
23	THUR.	Sir V
24	FRI.	Was
25	SAT.	Vict
26	SUN.	Batt
27	MON.	Sir l
28	TUES.	Slav
29	WED.	St. J
30	THUR.	Seco
31	FRI.	Joh

MOON'S PHASES

- First Quarter.....
- Full Moon.....
- Last Quarter.....
- New Moon.....

proceed to ejection and ways; and if the ejection goes on, even if you are in good health.

But, suppose scavengers get to work, we may say, or suppose, because of much, or of our neglect, for us, the blood is filled with this dirt and

8th MONTH.

AUGUST, 1900

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 between the Great Lakes.		
					Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
1	WED.			Battle of the Nile, 1798.	4 43	7 28	9 43	4 49	7 23	9 45
2	THUR.			Battle of Blenheim, 1704.	4 44	7 27	10 08	4 50	7 22	10 12
3	FRI.			Columbus sailed from Palos, 1492.	4 45	7 26	10 40	4 51	7 21	10 45
4	SAT.			Naval Battle of Camperdown, 1863.	4 46	7 25	11 18	4 52	7 20	11 23
5	SUN.			First Cable message, 1858.	4 47	7 23	morn.	4 53	7 18	morn.
6	MON.			Duke of Edinburgh born, 1844.	4 49	7 22	0 03	4 54	7 17	0 09
7	TUES.			Richelieu died, 1788.	4 50	7 20	0 58	4 55	7 16	1 04
8	WED.			Mgr. Bruchesi con. Arch. Mont., '98	4 51	7 19	2 02	4 56	7 14	2 07
9	THUR.			Queen Victoria visited Ireland, '49.	4 52	7 18	3 13	4 57	7 13	3 18
10	FRI.			Jacques Cartier enters St. L., 1534.	4 54	7 16	rises.	4 59	7 11	rises.
11	SAT.			Battle of Lake Champlain, 1814.	4 55	7 15	7 22	5 00	7 10	7 21
12	SUN.			Pope received Sir W. Laurier, 1897.	4 56	7 13	7 53	5 01	7 08	7 53
13	MON.			Manilla surrenders to Dewey, 1898.	4 58	7 11	8 22	5 02	7 07	8 23
14	TUES.			Battle of Fort Erie, 1814.	4 59	7 10	8 50	5 03	7 05	8 53
15	WED.			Jesuits organized, 1534.	5 00	7 08	9 22	5 04	7 03	9 26
16	THUR.			Surrend. of Detroit to British, 1812.	5 01	7 06	10 01	5 05	7 02	10 05
17	FRI.			Admiral Blake died, 1657.	5 02	7 05	10 44	5 06	7 00	10 49
18	SAT.			British advance on Khartoum, 1898.	5 03	7 03	11 35	5 07	6 59	11 41
19	SUN.			River St. Lawrence explored, 1535.	5 05	7 01	morn.	5 08	6 57	morn.
20	MON.			St. Bernard died, 1153.	5 06	6 59	0 30	5 09	6 55	0 35
21	TUES.			La Fayette captured, 1792.	5 07	6 58	1 30	5 10	6 54	1 35
22	WED.			Battle of Bosworth Field, 1485.	5 08	6 56	2 33	5 11	6 52	2 37
23	THUR.			Sir William Wallace beheaded, 1305	5 10	6 54	3 36	5 12	6 50	3 39
24	FRI.			Washington burned by British, 1814	5 11	6 52	4 40	5 14	6 49	4 42
25	SAT.			Victoria Bridge opened, 1860.	5 12	6 50	sets.	5 15	6 47	sets.
26	SUN.			Battle of Crecy, 1346.	5 13	6 49	7 07	5 16	6 46	7 07
27	MON.			Sir Rowland Hill died, 1879.	5 14	6 47	7 27	5 17	6 44	7 28
28	TUES.			Slavery abolished, Brit. ter., 1833.	5 16	6 45	7 48	5 18	6 42	7 51
29	WED.			St. John the Baptist beheaded.	5 17	6 43	8 13	5 20	6 41	8 16
30	THUR.			Second Battle of Bull Run, 1862.	5 18	6 41	8 41	5 21	6 39	8 46
31	FRI.			John Bunyan died, 1688.	5 20	6 40	9 16	5 23	6 38	9 21

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter.....	3d 11h 46m m.	3d 10h 46m m.	3d 9h 46m m.
Full Moon.....	10d 4h 30m ev	10d 3h 30m ev.	10d 2h 30m ev.
Last Quarter.....	17d 6h 46m m.	17d 5h 46m m.	17d 4h 46m m.
New Moon.....	24d 10h 53m ev.	24d 9h 53m ev.	24d 8h 53m ev.

proceed to eject it in different forms and ways; and so long as this operation goes on, evenly and steadily, we are in good health.

But, suppose one or more of the scavengers gets weak, and works, as we may say, only on half-time; or suppose, because of our eating too much, or of our eating food not good for us, the blood becomes surcharged with this dirt and offal—what then?

It depends upon the nature and amount of the impurities, and on your weak spots. A common "cold," any of a dozen kinds of skin diseases, liver and kidney complaints, pneumonia, bronchitis, persistent coughs, asthma and functional heart disorders, gout, rheumatism, neuralgia, and many varieties of "nervousness," headaches, fevers, etc., all arise from impurities in the blood. In propor-

tion to the degree of its impurity, also, the blood loses the power to nourish and sustain the body, and the person afflicted grows thin and weak, thus becoming subject to serious illness and death from any malady that may attack him. The person whose blood is constantly more or less corrupt is like a worker in a powder mill—in peril every hour.

The blood is purified (or maintained in purity) by Mother Seigel's Syrup in two ways—First, by promoting digestion in the stomach and



HOW GOODS ARE CONVEYED IN PRETORIA, SOUTH AFRICA.

intestines, thus retarding fermentation and the formation of poisonous matter in those organs; and, Second, by stimulating the liver, kidneys and skin, to throw off quickly and completely the impurities which arise from the vital processes themselves.

In doing this work no other remedy can for a moment compare with it. Thus, it cures disease, and better still, *prevents* it. To this thousands have gratefully testified.

"The blood," declared an inspired writer centuries ago, "is the life."

By driving the evil humours out of it we relieve pain and illness; and by *keeping* them out, we lay the only sure foundation of health, vigour and length of days.

An Inspiring Letter.

MONTREAL, April 21, 1899.

MESSRS. A. J. WHITE & Co., Montreal:

Dear Sirs—I have often read testimonials printed in the newspapers and elsewhere, advertising various medicines. Sometimes I would think that at last I had found the relief I sought from the terrible pains which I had suffered from for the last few years. For a few days or even weeks I would feel a little better. I would imagine that my suffering was over, but alas! the relief was

temporary, and in a short while I would again be prostrated with the terrible pains in my chest and stomach. I could not eat anything that would stay on my stomach, I suffered dreadfully from dizzy headaches and from a sort of wind and gas that came from my stomach all the time. I tried the doctor in our locality, but he could not do anything for me, and at last I grew so weak I had to give up work altogether.

I then attended the outside department of the Montreal General Hospital for some time, but again I had to give up in despair. I took all the medicines the doctors gave me, both at the hospital, and at the West End Dispensary, where I also went for a long time; but they all seemed alike and latterly had no effect on me whatever.

I was in this state about a year ago when one day a neighbor of ours, Madame Belanger, came in to see me. She had heard about my case and had come to tell me how that, after suffering for a long time from indigestion and dyspepsia, she had been cured by taking Mother Seigel's Syrup. I did not think at first that there was any use in my bothering with it, but she was so earnest in endeavoring to get me to try the medicine that at last I got a bottle just to try if it

8th MONTH.

DAY	MONTH	DAY	WEEK	C.
1	SAT.			Bat
2	SUN.			Bat
3	MON.			La
4	TUES.			Fre
5	WED.			Ma
6	THUR.			Arc
7	FRI.			Har
8	SAT.			Mon
9	SUN.			Bat
10	MON.			Em
11	TUES.			Bat
12	WED.			Bat
13	THUR.			Dea
14	FRI.			Jac.
15	SAT.			City
16	SUN.			Atla
17	MON.			1st 1
18	TUES.			Capi
19	WED.			Sir 2
20	THUR.			Sieg
21	FRI.			Gan
22	SAT.			Geor
23	SUN.			Mad
24	MON.			Lord
25	TUES.			N. Y
26	WED.			Mar
27	THUR.			Stras
28	FRI.			Ten
29	SAT.			St. M
30	SUN.			Whit

MOON'S PHASES.

First Quarter
Full Moon
Last Quarter
New Moon

would have any effect on my surprise when, after a bottle, I began to feel better, began to clear, then I left my mouth, my head, anew, and the costiveness always suffered greatly.

It is almost a year since I used the Syrup, and I have been saying that I am cured of the word. I have returned to my work, and I have been most from the time I began to use the medicine. Not that I have time, but occasional attacks of Syrup and it seems to me I used to be troubled

8th MONTH.

SEPTEMBER, 1900

30 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 between the Great Lakes.		
					Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
1	SAT.			Battle of Sedan, 1870. St. Giles.	5 21	6 38	9 57	5 24	6 35	10 02
2	SUN.			Battle of Omdurman, 1898.	5 22	6 36	10 46	5 25	6 34	10 52
3	MON.			<i>Labor Day.</i>	5 23	6 34	11 44	5 26	6 32	11 49
4	TUES.			French Republic proclaimed, 1870.	5 24	6 32	morn.	5 27	6 30	morn.
5	WED.			Malta captured, 1800.	5 26	6 30	0 50	5 28	6 28	0 55
6	THUR.			Archbishop Sumner died, 1862.	5 27	6 28	2 03	5 29	6 26	2 07
7	FRI.			Hannah Moore died, 1833.	5 28	6 26	3 21	5 30	6 24	3 24
8	SAT.			Montreal capitulated, 1763.	5 29	6 24	4 42	5 31	6 22	4 43
9	SUN.			Battle of Flodden, 1513.	5 30	6 22	rises.	5 32	6 20	rises.
10	MON.			Empress of Austria assassinated.	5 31	6 20	6 52	5 33	6 19	6 54
11	TUES.			Battle of Brandywine, 1777. [1898.]	5 33	6 18	7 22	5 34	6 17	7 25
12	WED.			Battle of Plains of Abraham, 1759.	5 34	6 16	8 00	5 35	6 15	8 04
13	THUR.			Death of General Montcalm, 1753.	5 35	6 15	8 43	5 36	6 14	8 48
14	FRI.			Jac. Cartier arrived at Quebec, 1535	5 36	6 13	9 31	5 37	6 11	9 36
15	SAT.			City of Mexico captured, 1847.	5 38	6 11	10 26	5 39	6 09	10 31
16	SUN.			Atlantic cable opened, 1858. [1792.]	5 39	6 09	11 25	5 40	6 08	11 30
17	MON.			1st Parliament of Upper Canada,	5 40	6 07	morn.	5 41	6 06	morn.
18	TUES.			Capitulation of Quebec, 1759.	5 42	6 07	0 27	5 42	6 05	0 32
19	WED.			Sir A. T. Galt died, 1893.	5 43	6 03	1 23	5 43	6 03	1 32
20	THUR.			Siege of Paris began, 1870. [1812.]	5 44	6 01	2 32	5 44	6 01	2 34
21	FRI.			Gananoque raided by Americans,	5 45	5 59	3 35	5 46	5 59	3 36
22	SAT.			George III. of England crowned,	5 47	5 57	4 39	5 47	5 57	4 40
23	SUN.			Madame Malibran died. 1836. [1761]	5 48	5 56	5 37	5 48	5 56	5 36
24	MON.			Lord Wolseley arr. Ft Garry, 1885.	5 49	5 54	sets.	5 50	5 54	sets.
25	TUES.			N. Y. surrendered to British, 1776	5 50	5 52	6 18	5 51	5 52	6 21
26	WED.			Marquis of Wellesley died, 1842.	5 52	5 50	6 44	5 52	5 50	6 48
27	THUR.			Strasbourg capitulated, 1870.	5 53	5 48	7 18	5 53	5 48	7 23
28	FRI.			Temperance Plebisite, 1898.	5 54	5 46	7 56	5 55	5 47	8 01
29	SAT.			<i>St. Michaelmas Day.</i>	5 56	5 44	8 42	5 56	5 45	8 47
30	SUN.			Whitfield died, 1770.	5 57	5 42	9 35	5 57	5 43	9 40

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter	2d 2h 56m m.	2d 1h 56m m.	2d 0h 56m m.
Full Moon	9d 0h 6m m.	8d 11h 6m ev.	8d 10h 6m ev.
Last Quarter	15d 3h 57m ev.	15d 2h 57m ev.	15d 1h 57m ev.
New Moon	23d 2h 57m ev.	23d 1h 57m ev.	23d 0h 57m ev.

would have any effect. You can imagine my surprise when, before I had taken half a bottle, I began to feel different. My head began to clear, that terrible *brassy taste* left my mouth, my blood began to circulate anew, and the costiveness from which I had always suffered gradually disappeared.

It is almost a year now since I first took the Syrup, and I have every confidence in saying that I am cured in the fullest meaning of the word. I am now able to attend to my work, and I have gained in flesh almost from the time I started to take the medicine. Not that I have to take it all the time, but occasionally I take a dose of the Syrup and it seems to *keep my blood moving*. I used to be troubled with cold feet even

when the rest of my body would seem to be in a fever heat, but now I have the feeling of perfect health.

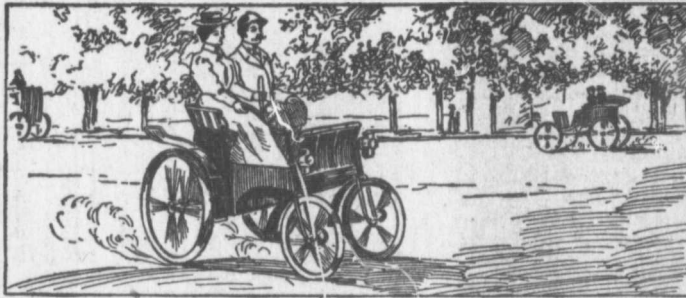
During this last winter I was able to recommend Seigel's Syrup to several of my neighbors and friends, and it is really surprising to find how many people there are who are martyrs to dyspepsia and its kindred troubles. It is the thought of this that has led me to tell you what your Mother Seigel's Syrup has done for me; and if this should be the means of inducing some one else to try it and they find the relief that I did from its use, then I will be well paid for my trouble.

Believe me to be yours very truly,
 (Signed) ARTHUR McNABB,
 101a Canning St., Montreal.

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TALL OAKS FROM LITTLE ACORNS GROW.

And if we look deep into it the old saying may teach us a lesson. Where there is one person so sick as to be in danger of dying, there are ten thousand who are more or less "under the weather," as we may say. They are not bad enough to go to bed, or even to lie up, but bad enough to miss life's pleasures and comforts, bad enough to make work hard and slow,



HORSELESS CARRIAGES ARE NOW USED IN PARIS, FRANCE.

and bad enough to wish to be well. They may need only a little help, but they need that little seriously. For, the wagon that breaks down soonest is the wagon with a crack or flaw in axle or wheel.

The great majority of us have some one ailment or *tendency* to an ailment that bothers us more or less.

It may be a temporary indigestion which comes and goes in a day; but while it is on, it is a nuisance and a source of practical damage. It may be, and often is, the reason of a busi-

ness man's making a loss, or missing the chance of making a gain. A passing fit of indigestion has spoiled many a sermon, and dulled the points of many a lawyer's plea. Friends have quarreled, and lovers too, probably, for no better cause than a torpid stomach, or a liver taking a few hours' nap.

Home-keeping women are no doubt the worst sufferers from these complaints that come and go; complaints, moreover, that show a disposition to come oftener, as time runs on, and stay longer. Headaches, backaches, temporary twinges

of rheumatism, spells of melancholy, fluttering of the heart, shortness of breath, constipation, spots of pain no bigger than your thumb-nail, shifting from place to place—these things are always on the list.

Yet domestic matters have got to be attended to; the work and grind cannot stop for maladies no larger than these. If the women are to give up every time they do not feel like singing over their pots and pans, what is to become of house and home?

DAY	MONTH	DAY	WEEK
1		MON.	
2		TUES.	
3		WED.	
4		THUR.	
5		FRI.	
6		SAT.	
7		SUN.	
8		MON.	
9		TUES.	
10		WED.	
11		THUR.	
12		FRI.	
13		SAT.	
14		SUN.	
15		MON.	
16		TUES.	
17		WED.	
18		THUR.	
19		FRI.	
20		SAT.	
21		SUN.	
22		MON.	
23		TUES.	
24		WED.	
25		THUR.	
26		FRI.	
27		SAT.	
28		SUN.	
29		MON.	
30		TUES.	
31		WED.	

MOON'S PHASE

- First Quarter...
- Full Moon.....
- Last Quarter...
- New Moon.....
- First Quarter...

"No, mother, my husband and I got one of her. We be all right together, so, but that do not lost happiness sure, lots of good people handicapped other; all the same to be corrected."

10th MONTH.

OCTOBER; 1900

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 between the Great Lakes.		
					Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
					H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
1	MON.			Amer. & Span. Peace Com'n., Paris, 1st railroad in the U.S., 1833. [1798]	5 53	5 40	10 36	5 57	5 40	10 41
2	TUES.			Samuel Adams born, 1803.	6 00	5 39	11 43	5 59	5 39	11 47
3	WED.			First English Bible printed, 1535.	6 01	5 37	morn.	6 00	5 38	morn.
4	THUR.			Turks ordered out of Crete, 1898.	6 02	5 35	0 56	6 01	5 36	0 59
5	FRI.			Jenny Lind born, 1821.	6 03	5 33	2 12	6 02	5 34	2 14
6	SAT.			Parnell died, 1891.	6 05	5 31	3 32	6 04	5 33	3 33
7	SUN.			Battle of Torres Vedras, 1810.	6 06	5 29	4 48	6 05	5 31	4 47
8	MON.			Chicago fire, 1871.	6 07	5 27	rises.	6 06	5 29	rises.
9	TUES.			Cardinal McCluskey died, 1885.	6 09	5 25	5 53	6 07	5 28	5 57
10	WED.			Bahama discovered, 1492.	6 10	5 23	6 35	6 08	5 26	6 40
11	THUR.			Columbus discover'd America, 1492	6 11	5 22	7 24	6 09	5 24	7 29
12	FRI.			Battle of Queenston Heights, 1812.	6 13	5 20	8 17	6 10	5 23	8 22
13	SAT.			Battle of Hastings, 1066.	6 14	5 18	9 17	6 12	5 21	9 22
14	SUN.			Irish Arms Bill passed, 1834.	6 15	5 17	10 18	6 13	5 19	10 23
15	MON.			Kosciuska died, 1806.	6 16	5 15	11 20	6 14	5 18	11 24
16	TUES.			Sir William Sidney died, 1586.	6 18	5 13	morn.	6 15	5 16	morn.
17	WED.			Americans take poss'n Porto Rico, Leigh Hunt born, 1784. [1898.]	6 19	5 11	0 25	6 16	5 14	0 28
18	THUR.			Sir Christopher Wren born, 1622.	6 21	5 10	1 28	6 18	5 13	1 30
19	FRI.			Battle of Trafalgar, 1805.	6 22	5 08	2 30	6 19	5 11	2 31
20	SAT.			First British Parliament, 1707.	6 23	5 07	3 31	6 20	5 09	3 31
21	SUN.			T. Gautier died, 1872.	6 25	5 05	4 31	6 22	5 08	4 30
22	MON.			Chaucer, poet, died, 1400.	6 26	5 03	5 35	6 23	5 06	5 33
23	TUES.			Battle of Balaklava, 1854.	6 27	5 02	6 38	6 24	5 05	6 35
24	WED.			Battle of Chateauguay, 1813.	6 29	5 00	sets.	6 25	5 03	sets.
25	THUR.			Cuba discovered, 1492	6 30	4 58	5 57	6 27	5 01	6 02
26	FRI.			Harvard College founded, 1636.	6 31	4 57	6 39	6 28	5 00	6 45
27	SAT.			Red River Rebellion, 1869.	6 32	4 55	7 30	6 29	4 58	7 35
28	SUN.			Death of Sir John Abbott, 1893.	6 34	4 54	8 29	6 31	4 56	8 34
29	MON.			<i>Hallowe'en.</i>	6 35	4 53	9 33	6 32	4 55	9 38
30	TUES.				6 36	4 50	10 41	6 33	4 53	10 44
31	WED.				6 38	4 49	11 53	6 34	4 51	11 55

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
First Quarter.....	1d 4h 11m ev.	1d 3h 11m ev.	1d 2h 11m ev.
Full Moon.....	8d 8h 18m m.	8d 7h 18m m.	8d 6h 18m m.
Last Quarter.....	15d 4h 51m m.	15d 3h 51m m.	15d 2h 51m m.
New Moon.....	23d 8h 27m m.	23d 7h 27m m.	23d 6h 27m m.
First Quarter.....	31d 3h 17m m.	31d 2h 17m m.	31d 1h 17m m.

"No, mother isn't sick," say the husband and children; "she has only got one of her bad days. She will be all right to-morrow." Let us hope so, but that does not bring back the lost happiness or energy. To be sure, lots of good jobs are done by people handicapped by some load or other; all the same it is a condition to be corrected when possible.

Inasmuch as the common cause of nearly all these ailments is indigestion, with its side partner, constipation, the remedy and preventive is a harmless and effective medicine like Mother Seigel's Syrup. Don't wait until you are half sick before taking it, but get a bottle *now*, while the subject is in your mind, and keep it somewhere in plain sight. Then,

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when you are out of sorts, or feel as if you were going to be, *take a dose*. So you may fend off the attack and finally cure the tendency to it.

For, look you, while the proprietors of Mother Seigel's Syrup are proud of its noble record in restoring to sound health thousands who were given up to die, they are no less pleased with what it has done, and is doing, to keep the immense host of sufferers from slight ailments from falling into the pit of chronic and maybe incurable disease.



WHEN IN EGYPT YOU TRAVEL ON CAMELS.

The rheumatic wreck was once a man or woman with a pain in the knee, and the hopeless consumptive a person with a small, hacking cough. Therefore, we say again, have a bottle of this best and safest of medicines where you can lay hands on it any minute.

When you see a match burning on the floor what do you do? Call out the firemen? No, it is yet a little thing—you *step on it*. This is the principle to adopt in every case when the body goes wrong.

He Felt Better at Once.

DUNBAR, Ont., March 15, 1897.

A. J. WHITE & Co.,

No. 71a St. James St., Montreal:

Gentlemen—Some time ago my health was very bad, my appetite failed me, my food did me no good. I was troubled with wind and pains in my stomach, and also pains in my head which nearly drove me crazy. My sleep at night was troubled, and I awoke feeling no more rested than when I retired. At this time I commenced to use Seigel's Syrup, and I immediately began to feel better. My appetite improved and my sleep was sound and refreshing. At the present time of writing I am enjoying good

health, I sleep well and my appetite is splendid. I can truthfully state that Mother Seigel's Syrup has done me more good than any other medicine I ever took, and I am glad of this opportunity of telling other sufferers what it has done for me,

and recommending it to them. With good wishes, allow me to remain,

Your friend and well-wisher,
(Signed) F. D. BARKLEY.

A Good Friend to Have.

ALTON, Ont., December 2, 1896.

MESSRS. A. J. WHITE & Co., MONTREAL:

Gentlemen—I can speak in the highest terms of your medicine, Mother Seigel's Syrup, as in my case it acts like magic. I have been troubled with a bad stomach all my life, and would try doctor's medicine, which would help me, but its action was so slow that I did not know whether it was the medicine or nature that did the work. When

11th MONTH.

DAY	MONTH	DAY	WEEK	CE
1	THUR.	ALL		
2	FRI.	ERIC		
3	SAT.	ST.		
4	SUN.	GEORGE		
5	MON.	LAN		
6	TUES.	FIRS		
7	WED.	LAST		
8	THUR.	FRAI		
9	FRI.	PRIN		
10	SAT.	SEAL		
11	SUN.	AME		
12	MON.	GRAN		
13	TUES.	MON		
14	WED.	SIR C		
15	THUR.	JOHN		
16	FRI.	LOUI		
17	SAT.	CAPE		
18	SUN.	STAN		
19	MON.	FIRE I		
20	TUES.	AME		
21	WED.	FORT		
22	THUR.	LA S		
23	FRI.	HALIF		
24	SAT.	LORD		
25	SUN.	MADA		
26	MON.	SAND		
27	TUES.	STRAIT		
28	WED.	AMER		
29	THUR.	HORAC		
30	FRI.	ST. A		

MOON'S PHASES.

Full Moon
Last Quarter
New Moon
First Quarter

I began trying Seig doctoring for three was as bad as the starve me. The di Syrup I was away fr my dinner, and was friend said the Syr laughed at the idea, best doctor and never medicine. My frien me to get a bottle, a I had procured it; h relief I need not pay first dose relieved

11th MONTH.

NOVEMBER, 1900

30 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 between the Great Lakes.		
			Sun Rises	Sun Sets	Moon Sets	Sun Rises	Sun Sets	Moon Sets
1	THUR.	<i>All Saints Day.</i>	H.M.	H.M.	H.M.	H.M.	H.M.	H.M.
2	FRI.	Erie Canal began, 1825.	6 39	4 47	morn.	6 36	4 50	morn.
3	SAT.	St. Johns captured, 1775.	6 41	4 45	1 10	6 37	4 49	1 12
4	SUN.	George Peabody died, 1869.	6 42	4 44	2 24	6 39	4 48	2 24
5	MON.	Landing Wm. III. at Toobay, 1688.	6 43	4 42	3 41	6 40	4 46	3 40
6	TUES.	First Canadian Parliament, 1867.	6 45	4 41	5 01	6 41	4 45	4 59
7	WED.	Last spike C. P. R. driven, 1885.	6 46	4 40	6 22	6 43	4 44	6 18
8	THUR.	Francis Parkman died, 1893.	6 48	4 38	rises.	6 44	4 43	rises.
9	FRI.	Prince of Wales birthday.	6 49	4 37	6 02	6 46	4 41	6 07
10	SAT.	Seal conference at Washingt'n, 1897	6 51	4 36	7 01	6 47	4 40	7 06
11	SUN.	Amer. defeat'd, Chrystler's Farm, '13	6 52	4 35	8 04	6 48	4 39	8 09
12	MON.	Grand Trunk Railway, opened, 1856	6 53	4 34	9 03	6 50	4 38	9 12
13	TUES.	Montreal captured, 1775.	6 55	4 33	10 13	6 51	4 37	10 17
14	WED.	Sir Charles Lyell born, 1797.	6 56	4 32	11 16	6 52	4 36	11 19
15	THUR.	John Kepler died, 1630.	6 57	4 31	morn.	6 54	4 35	morn.
16	FRI.	Louis Riel hanged, 1885.	6 59	4 30	0 21	6 55	4 34	0 24
17	SAT.	Cape of Good Hope discovered, 1497.	7 00	4 29	1 24	6 56	4 33	1 24
18	SUN.	Standard Time adopted, 1883.	7 01	4 28	2 22	6 58	4 32	2 21
19	MON.	Fire in London cost \$25,000,000, 1897.	7 03	4 27	3 26	6 59	4 31	3 24
20	TUES.	Americans repulsed at Odellt'n, '12.	7 04	4 26	4 23	7 00	4 30	4 25
21	WED.	Fort Niagara bombarded, 1812.	7 05	4 25	5 31	7 01	4 30	5 27
22	THUR.	La Salle born, 1643.	7 07	4 24	6 31	7 02	4 29	6 27
23	FRI.	Halifax award, 1877.	7 08	4 24	sets.	7 03	4 28	sets.
24	SAT.	Lord Melbourne died.	7 09	4 23	5 26	7 04	4 28	5 41
25	SUN.	Madame Grisi died, 1860.	7 11	4 23	6 23	7 06	4 27	6 28
26	MON.	Sandwich Islands discovered, 1778.	7 12	4 21	7 27	7 07	4 27	7 31
27	TUES.	Straits of Magellan passed, 1520.	7 13	4 21	8 32	7 03	4 26	8 36
28	WED.	Americans defeated at Fort Erie.	7 14	4 20	9 44	7 09	4 26	9 47
29	THUR.	Horace Greeley died, 1872. [1812.	7 16	4 20	10 56	7 10	4 25	10 58
30	FRI.	<i>St. Andrew's Day.</i>	7 17	4 19	morn.	7 11	4 25	morn.
			7 18	4 13	0 12	7 12	4 24	0 13

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon.....	6d 6h 0m ev.	6d 5h 0m ev.	6d 4h 0m ev.
Last Quarter.....	13d 9h 37m ev.	13d 8h 37m ev.	13d 7h 37m ev.
New Moon.....	22d 2h 17m m.	22d 1h 17m m.	22d 0h 17m m.
First Quarter.....	29d 0h 35m ev.	29d 11h 35m m.	29d 10h 35m m.

I began trying Seigel's Syrup I had been doctoring for three months, and their cure was as bad as the disease, for they tried to starve me. The day I began taking the Syrup I was away from home and late for my dinner, and was afraid to eat. But my friend said the Syrup would help me. I laughed at the idea, as I was trying the very best doctor and never had faith in proprietary medicine. My friend had almost to force me to get a bottle, and would not rest until I had procured it; he said if I did not get relief I need not pay for it. But the very first dose relieved me, and four bottles

cured me. I would recommend it to every one suffering with deranged digestion. If you think best to use this letter you are at liberty to do so. Yours truly,

JAMES MARTIN.

Sick Headache.

This distressing but not dangerous ailment is commonly the result of indigestion. You can prevent it by taking a dose of Seigel's Curative Syrup every few days, immediately after a meal. Persons at all subject to sick headache should take the Syrup whenever they feel any signs of costiveness.

GRANDMA CARMICHAEL AND MOTHER SEIGEL.

The Facts in a Noteworthy Case as Set Forth by a Well
Known Clergyman of the Methodist Church.

There is a dear old lady living at Webbwood, in the District of Algoma, Ontario, Canada, Mrs. Eleanor Carmichael by name. She is eighty-five years of age, and for the last sixty years or so has been a consistent member of the Methodist Church. Since the death of her husband, which occurred some years ago, Grandma Carmichael, as she is familiarly termed by her numerous friends, has resided with one or other of her married children. Grandma has worked hard in her time, and has brought up a large family, and the rest she is now enjoying has been well earned. After having been ailing for some time, she contracted in the fall of 1896, a severe cold which confined her first to her room, and later to her bed.

After the family had tried in vain to break up the cold, the doctor was called in, and on examining the patient, gave it as his judgment that it was a case of gradual decay of nature, and that at her extreme age, medicines would do Mrs. Carmichael no good. In this condition Grandma

continued to linger all Winter and well into the Spring. She then grew rapidly worse, and the end was daily expected. Her children were sent for and came to bid her a last good-bye; and her pastor, who had to be absent on church business for a couple of weeks, was made to promise that in the event of her death before his return he would come back immediately, "for," said the dear old lady, "you have been with me all through my illness, and I don't want any one else to perform the last rites over my poor body."

But Grandma was not destined to die at this time. The warm Summer weather, coupled with constant care, enabled her to linger on for some time, although suffering. Her symptoms at this time were an ever present headache and frequent and protracted fits of coughing. Her appetite was variable and capricious, and the act of eating invariably brought on a fit of coughing, which ended the meal. All this, as may well be imagined, told on an originally vigorous constitution; and, coupled with

12th M

DAY	MONTH	DAY	WEEK
1		SAT.	
2		SUN.	
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10		MON.	
11		TUES.	
12		WED.	
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14		FRI.	
15		SAT.	
16		SUN.	
17		MON.	
18		TUES.	
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20		THUR.	
21		FRI.	
22		SAT.	
23		SUN.	
24		MON.	
25		TUES.	
26		WED.	
27		THUR.	
28		FRI.	
29		SAT.	
30		SUN.	
31		MON.	

MOON'S PH

Full Moon ..
Last Quarter
New Moon ..
First Quarter

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12th MONTH.

DECEMBER, 1900

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 between the Great Lakes.		
			Sun Rises.	Sun Sets.	Moon Sets.	Sun Rises.	Sun Sets.	Moon Sets.
1	SAT.	Princess of Wales born, 1844.	L.M.	H.M.	H.M.	H.M.	H.M.	H.M.
2	SUN.	<i>1st Sunday in Advent.</i>	7 20	4 18	1 23	7 14	4 24	1 22
3	MON.	Madrid captured, 1808.	7 21	4 17	2 39	7 15	4 24	2 37
4	TUES.	Richelieu died, 1642.	7 22	4 17	3 57	7 16	4 24	3 54
5	WED.	Martial Law, Montreal, 1837.	7 23	4 17	5 13	7 17	4 23	5 09
6	THUR.	Max Muller born, 1823.	7 24	4 17	6 25	7 18	4 23	6 20
7	FRI.	Algernon Sidney beheaded, 1683.	7 25	4 16	rises.	7 19	4 23	rises.
8	SAT.	<i>Immaculate Conception, decreed</i>	7 26	4 16	5 43	7 20	4 23	5 49
9	SUN.	Sir Hugh Allan died, 1882. [1854.	7 27	4 16	6 49	7 21	4 23	6 54
10	MON.	Alex. Dumas died, 1870.	7 28	4 16	7 56	7 22	4 23	8 00
11	TUES.	James II. fled, 1688.	7 29	4 16	9 01	7 23	4 23	9 04
12	WED.	Sir John Thompson died, 1894.	7 30	4 16	10 07	7 24	4 23	10 09
13	THUR.	Battle of Fredericksburg, 1862.	7 31	4 16	11 10	7 24	4 23	11 11
14	FRI.	Washington died, 1799.	7 32	4 16	morn.	7 25	4 23	morn.
15	SAT.	Prof. Agassiz died, 1873.	7 33	4 17	0 10	7 26	4 24	0 09
16	SUN.	John Seldon born, 1584.	7 33	4 17	1 12	7 27	4 24	1 10
17	MON.	Opp. First Legis. Lower Canada.	7 34	4 17	2 15	7 28	4 24	2 12
18	TUES.	Sam Rogers died, 1855. [1782.	7 35	4 18	3 18	7 28	4 25	3 15
19	WED.	British capture Fort Niagara, 1813.	7 36	4 18	4 20	7 29	4 25	4 15
20	THUR.	Henry II. crowned, 1154.	7 36	4 19	5 21	7 29	4 25	5 16
21	FRI.	<i>St. Thomas Day.</i>	7 37	4 19	6 20	7 30	4 26	6 15
22	SAT.	Can. Sealers awarded \$464,000, 1897	7 37	4 19	7 15	7 31	4 26	7 10
23	SUN.	Prince Consort buried, 1861.	7 38	4 20	sets.	7 31	4 27	sets.
24	MON.	Treaty of Ghent, 1814.	7 38	4 20	6 22	7 32	4 27	6 26
25	TUES.	<i>Christmas Day.</i>	7 39	4 21	7 34	7 32	4 28	7 37
26	WED.	Battle of Trenton, 1776.	7 39	4 22	8 47	7 32	4 28	8 49
27	THUR.	St. John the Evangelist.	7 40	4 22	10 01	7 33	4 29	10 02
28	FRI.	Tay bridge disaster, 1879.	7 40	4 23	11 13	7 33	4 30	11 13
29	SAT.	Gladstone born, 1809.	7 40	4 24	morn.	7 34	4 30	morn.
30	SUN.	Juan Prim died, 1870.	7 41	4 24	0 26	7 34	4 31	0 25
31	MON.	Montgomery killed at Quebec, 1775.	7 41	4 25	1 42	7 34	4 32	1 39
			7 41	4 26	2 58	7 3 4	4 33	2 54

MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
Full Moon	6d 5h 38m m.	6d 4h 38m m.	6d 3h 38m m.
Last Quarter	13d 5h 42m ev.	13d 4h 42m ev.	13d 3h 42m ev.
New Moon	21d 7h 1m ev.	21d 6h 1m ev.	? d 5h 1m ev.
First Quarter	28d 8h 48m ev.	28d 7h 48m ev.	28d 6h 48m ev.

the extreme age of the patient, worked such havoc as to leave her, in the Spring of 1898, a mere shadow of her former self. With wonderful patience and Christian resignation did Grandma bear her suffering; but she would often express her longing for the release of death. Sometimes she would remark to her pastor, "I wonder why the Lord continues to allow me to suffer like this. Perhaps,

though, He has some work for me to do before He takes me home." The work was to be revealed sooner than the old lady had any conception of. One day when her pastor called he noticed she was looking somewhat better than usual, and he mentioned the fact to her. "Yes," she replied, "I am feeling better; I am taking a new medicine." With a smile of incredulity as to the virtues of the

"new medicine," the minister reached and took up a bottle of "Mother Seigel's Curative Syrup." He knew that the old lady had tried one medicine after another, and he had little doubt but this remedy would prove as much of a broken reed as all the rest. "You know," continued the old lady, "that Nellie (meaning her grand-daughter) has been on a visit to Cleveland, Ohio. Well, she brought me word from her mother-in-law advising me to try Mother Seigel's Curative Syrup, as it had done her a great deal of good. So I thought I might as well give it a trial, and I already feel better, though I have only taken a few doses."

From that time Grandma Carmichael gradually improved, all the while continuing the use of Seigel's Curative Syrup. A month after using it she was able to sit up a little each day. Then she, to the astonishment of all her acquaintances, was able to come down stairs. The third Sunday in August was Communion Sunday in the church of which she was a member, and when her pastor offered to send his carriage for her, she gladly accepted the offer, and once more, after a long interval of patient suffering, during which she had been deprived of the public means of grace, she took her place at the table of her Lord, and received the elements which mean so much to the Christian.

That day, seated at dinner in the parsonage, she gave the following testimony: "I am as well as I can expect for a person of my age; AND I OWE MY RECOVERY, UNDER GOD, TO THE USE OF MOTHER SEIGEL'S SYRUP."

The next day Mrs. Carmichael took the train and went on a visit some fifty miles distant, where she is still visiting, and from frequent letters received her friends gather that she is enjoying excellent health for one of such an advanced age. The case is the more remarkable, as many remedies had been tried, and had failed to restore her to health, or even to relieve her great suffering.

(Signed)

PHILIP A. JOURDAN,
P. O. Box 96,
Webbwood, Ont.

No Trouble Now About Eating.

BELMORE, Ont., May 16, 1898.

A. J. WHITE & Co.:

I cannot find words to praise Mother Seigel's Syrup as highly as I should like. I suffered so badly from dyspepsia I could not eat a biscuit without suffering severe pains in the stomach. I used much medicine without benefit, and had given up all hope of recovery, when I read one of your Almanacs, and sent at once for a bottle of Mother Seigel's Syrup and a box of Seigel's Pills. The first dose of the Syrup did me good, and before I had finished the bottle I could eat anything. I would not be without Mother Seigel's Syrup in the house. You may publish my letter if you think best, and I hope others who suffer as I did will resort to the same remedy.

I remain yours truly,

(MRS.) H. P. HARRISON.

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WHEN WE WANT TO KNOW.

A straight, clear-headed question leads to knowledge, because it stirs up investigation. When we want to know what the weather is likely to be, we ask the sky and the wind. When we want to know the time, we ask the clock. This is all plain sailing.

But when we are *ill*, how are we to know what ails us? Why, by asking questions of our bodies, and then noting the answers. The doctors call this studying symptoms. Some complaints have many symptoms—not all at once, nor all in every case—but all pointing to the same cause. We put the following questions, for example, and anyone who is out of health can answer for himself. Then we will tell him what they mean and what to do.

Is the skin sallow or covered with brown spots? Are the bowels constipated? Is there a dull pain in the side or between the shoulders? Is there frequent sick headache? Is there a languid and tired feeling? Is the skin hot and dry at times?

Is there a bad taste in the mouth? Are the feet and hands cold? Is

there giddiness—especially on rising suddenly from a chair? Is the appetite poor? Are the whites of the eyes tinged with yellow?

Is the kidney secretion (or urine) scanty and high colored? or is there a sediment on standing? Does food “repeat,” or come up in the throat?

Is there weight and distress in the stomach and chest after eating? Is there a hacking cough?



THE KIND OF SLEIGH USED IN RUSSIA.

Is the mind low and despondent? Do spots float before the eyes at times, as if in the air? Is there a sense of increasing debility and weakness?

These signs mean dyspepsia and liver complaints, with resulting impurity of the blood. Avoid eating things which you know do not agree with you, and take a thorough course of Mother Seigel's Syrup, according to the Directions printed on page 33 in this book, and the good effect will be quickly seen. The foul humours will be expelled from the system, the digestive organs made right, and health restored.

GOUT—RHEUMATISM—GRAVEL.

(URIC ACID.)

Three diseases and their common cause—uric acid in the blood. Cast this acid out of the body and you at once relieve any of the above complaints. Prevent the excessive formation of it in the system, and rheumatism, gout and gravel are impossible.

Uric acid is a crystal solid, almost as hard as glass, and very poisonous.



A PLEASANT WAY OF TRAVELLING—HYDERABAD, INDIA.

It is urine, incompletely formed—through the weakness of the liver. It is practically insoluble, but in small quantities it is carried along by the blood and expelled by the kidneys and bladder. When the digestion is over-taxed or disordered (as in dyspepsia) and the liver is sluggish and incompetent, uric acid accumulates, settles in the joints, the great toe, the muscles, or wherever the blood current is small and slow, and sets up violent inflammation; in other words, rheumatism or gout.

When uric acid combines chemically with soda and other alkalies, and lodges in the bladder, it forms chalky substances which pass off with difficulty or not at all; in other words, it causes gravel, or stone in the bladder.

During its entire history Mother Seigel's Syrup has been wonderfully successful in curing gout, rheumatism and gravel. The reason is plain. It promotes the thorough digestion of albumens (meats, eggs, etc.) in the stomach, and thus makes less work for the liver; it tones and strengthens the liver and thus assists

it to complete the production of fluid urine; and lastly, it enables the kidneys to expel the waste products (including what uric acid there may be in the blood) as fast as they are created; also dissolving any sand or stone tending to form in the bladder.

Occasional seizures of any of these three diseases are in this way quickly relieved. In chronic cases the sufferer should persevere in the use of the Syrup until the poison is entirely thrown out of the body and the further manufacture of it stopped. Meanwhile he will be wise to abstain from meats, fish, eggs, etc., or only to eat them in moderation.

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THEY NEED BUILDING UP.

We hear much nowadays of an ailment called by the learned name of *anæmia*. But words change no facts. The trouble with these girls is lack of nourishment. Not merely of enough *food*, understand, but of power to digest food, and to make it fill out and build up the body. They require more good, well-vitalized blood, and that can be had only from

plenty of good, well-digested food. They are growing, too, making sustenance doubly necessary. Such of these girls as stand on the doorsill of womanhood, and are passing through the mysterious changes incident to that period, need especial watching and care. Generally, from various causes, the digestion becomes weak or disordered and the appetite fails with it.

Now is the time to guard them against excess in work, study or late hours. Give frequent, but moderate, doses of Mother Seigel's Syrup to keep the bowels open and the stomach vigorous, and the girls will safely cross this dangerous tract of country and grow to be strong and healthy women.

Constipation and Piles.

The bowels should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuation for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses



TAKING FRUIT TO MARKET—CUBA, WEST INDIES.

upon and congests the blood vessels, producing various forms of piles—bleeding piles, blind piles, itching piles, etc. What suffering is thus caused we need not describe. The only mode of relief and cure is to soften this disease-breeding accumulation, and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work. Seigel's Curative Syrup does this by promoting the secretion of bile by the liver, and stimulating the nervous and muscular power of the bowels. A few doses give relief, and perseverance will effect a cure.

AILMENTS OF THE STOMACH.

The stomach is a simple sack or bag. Into it all the food drops as we swallow it. Here it remains some time to be digested. The stomach—unlike the liver—does no other work; but digestion is a complicated and difficult operation. In the stomach the food is mixed, by means of a motion of its own, with certain natural fluids or juices, until it becomes a thick, half-fluid mass. Failure on the part of the stomach to accomplish this is called indigestion and dyspepsia. It is almost a universal disease, and the fruitful cause of nearly all the other ailments we suffer from. The food remains in the stomach and ferments, just as garbage does in a tub. A foul and nauseous gas is generated, which rises into the throat, and, with other poisons, attacks the whole system by means of the nerves and blood vessels.

The principal symptoms are these:—Distress after eating; a sense of fullness and deadness; headache, giddiness, bad breath; hot flushes, followed by creeping chills; sleeplessness, loss of ambition and energy; yellowish eyes and skin, a feeling of weariness that is not relieved by our usual repose; desire to be alone; dry and scurvy skin; aching of the back, arms and legs; bad taste in the mouth, coated tongue, variable appe-

tite, hunger alternating with a loathing of food; great mental depression, and fears and anxieties without any apparent cause; shortness of breath and trembling of the limbs on making any exertion, etc. The stomach is tender on pressure, and filled with slime and mucus. The liver sympathizes with the state of the stomach, and the result is an attack of biliousness, which affects every organ of the body and prostrates the nerves.

The experience of thousands for many years proves the wonderful efficacy of Mother Seigel's Syrup in this miserable malady. We need scarcely make this statement to the people of Canada, who so largely rely upon this remedy in a disease that is so common among them. The Syrup gently but surely clears out the noxious load from the principal organs of digestion, helps the stomach to dissolve and digest what is nutritious in it, and expels the remainder through the bowels and other organs of excretion. It thus cures one malady and prevents others which will certainly follow unless this is quickly and thoroughly done.

Mother Seigel's Syrup has been successful in cases which have baffled the best medical talent, and what it has done it may be trusted to do still. Whether your case be acute or chronic, the result will be the same; only in long-established cases there is need of patience and faithfulness in using it. The reward will be restored health and a fresh sense of the value and beauty of life.

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A WORD TO WOMEN.

Popular as Mother Seigel's Syrup is with both sexes for the various ills common to them, it is the women who speak of it in terms of warmest praise—and with good reason. It seems especially adapted to the troubles which are distinctively and peculiarly theirs. At the critical period of life they derive from its use a degree of relief and benefit not obtained from any other medicine. The sense of pressure on the brain which makes the head feel as if it would burst, is quickly abated by a few doses of the Syrup. The melancholy and profound depression of spirits, which develops sometimes into acute mania, and not infrequently ends in self-destruction, gives place to a wholesome and natural cheerfulness under its influence. It dispels those conditions of the blood which cause the tendency to cancer, tumor, and other morbid growths. By carrying off the impurities of the blood it prevents the formation of varicose veins, and other evils of a clogged and corrupt circulation. It removes that sensation of bloating, warms and stimulates the stomach, and takes away the feeling of coldness and insensibility from the hands and feet caused by excess of blood in the head.

It cures also the trembling of the limbs.

By thus equalizing the flow of the blood Mother Seigel's Syrup does away with the hot-flushes followed by chills, and creates a genial and even warmth and sense of comfort throughout the system. As a remedy for the habitual costiveness which is so common at this period, the Syrup excels all other preparations. It moves the bowels gently and keeps them free and natural. By so doing it also stops heart palpitation, nervousness and weakness. In short, this most excellent medicine meets every requirement of the crucial epoch of woman's life as nothing else does.

Never Been Ill Since.

ST. CHRYSOSTOM, Sept. 21, 1898.

A. J. WHITE & Co.:

Gentlemen—It is both a duty and a pleasure on my part to let you know that I have been cured of dyspepsia by Mother Seigel's Syrup and Pills. For years I was troubled with my stomach, and suffered greatly from headache, and was obliged to eat regularly and slowly. The remedies I have named have cured me, and I have been well ever since, and that five years ago. I have recommended your medicines to everybody I heard of who were afflicted with dyspepsia, and I know of many who have been cured as I was. Yours truly,

A. T. Z. SANTOIRE.

SEIGEL'S OPERATING PILLS.

Nobody is ever attacked with Disease unless he is already out of Health.

For example, you have taken cold, let us say. Alternate flashes of heat and cold run through your system. There is more or less congestion; you are threatened with a fever. What is to be done? We must remove the poisonous matter (*without the previous existence of which you could not have taken cold*) from the bowels and liver by means of a gentle but thorough purgative. This being done *at once*, you are immediately relieved of the alarming symptoms, and the system resumes its normal condition.

Again, let us suppose you are troubled with diarrhoea. Nothing can be more unwise than to attempt to check the diarrhoea by opium or any other astringent, for the reason that the diarrhoea is Nature's own effort to get rid of certain poisonous matters which may have been eaten, or may be developed in the system. Help Nature by the proper purgative to expel the cause, and the diarrhoea ceases, and you are well again.

Imagine, once more, that your tongue is coated, the head aching and heavy, the appetite poor, and the spirits dull. You have no heart for business, you are under the weather and out of sorts. It is possible you have yielded to the temptation to eat and drink too much, including something that did not agree with you. The result is constipation—a dry and clogged state of the lower bowel. Take a dose or two of the same proper laxative medicine, and this miserable condition is changed for its exact opposite. The head is clear,

the appetite returns, dullness is replaced by lightness and good cheer, and you are in capital form for pleasure or business. This can be done over night, and you find yourself "*all right in the morning.*"

As a remedy that exactly meets the state of things we have pointed out, we beg to commend Mother Seigel's Operating Pills. They have been in use many years, and all who have tried them prefer them to all others. Not only do they move the bowels (painlessly and without griping) but they stimulate the liver, thus removing the bile from the blood and curing pains in the head, back, sides, and limbs, relieving in a few hours and never sickening the stomach. They contain no deleterious drugs, and will not distress or injure delicate constitutions; neither do they cause further constipation, as so many pills do. In short, they charm away the painful and dangerous symptoms without your being able to realize how the good work is done.

The bane of our lives is undoubtedly constipation and sluggish liver, and Mother Seigel's Operating Pills are the remedy. They are coated with sugar, and cannot offend the most sensitive palate.

The plant of disease, as we have said, grows only in the soils already prepared in advance by constipation and sluggish liver. Correct this in time by the use of Mother Seigel's Operating Pills, and you may almost defy the deadly maladies to which so many careless persons fall an easy prey.

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Every family cases of Burnt OINTMENT, v

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For Sale

GENERAL DIRECTIONS FOR TAKING MOTHER SEIGEL'S SYRUP.

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

The quantity may be regulated by the patient, who will bear in mind that sufficient needs to be taken to operate on the bowels two or three times a day. The blood will thus be purified, the sweat glands of the skin will be opened, and the flesh made soft and healthy as an infant's. The kidneys and liver will do their duty, and all humors of the blood will be driven out of the system, and the body purified and restored to a sound and healthful condition. The medicine must be taken INSTANTLY after eating, so that it will become mixed with the food while in the stomach.

Commence by taking ten or fifteen drops three times a day, INSTANTLY after eating, in a little cold water. It is best not to take the syrup on an empty stomach. If this does not give relief, increase the dose to thirty drops, always to be taken INSTANTLY after eating, so that the 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 Seigel's Operating Pills at bedtime. It is better to take the pills than to increase the dose of the syrup.

Mother Seigel's Syrup is put up in a highly concentrated form, the full dose being thirty drops (half a teaspoonful), and contains sixty average doses, being about One Cent per Dose.

MOTHER SEIGEL'S OINTMENT FOR BURNS, SCALDS, AND ALL INFLAMMATIONS, PILES, CHILBLAINS, &c.

Every family requires some kind of Ointment to be kept in the house, to be used in cases of Burns, Scalds, Sores, Bruises, &c. For this reason we have made SEIGEL'S OINTMENT, which will be found invaluable in such cases.

DIRECTIONS FOR USE.

For Blisters, Burns and Scalds. Spread a plaster with Seigel's Ointment on fine linen cloth, and apply to the part, so as to exclude the air; renew the plaster daily.

For Sprains.—Shower with cold water every day, and apply a plaster spread with the Ointment twice or three times a day.

For Sore Eyes.—Rub the Ointment on the eyelids once or twice a day.

For Boils and Swellings.—Rub the Ointment on the affected parts several times a day.

For Piles.—Wash in cold water every day and apply the Ointment several times a day.

For Inflammation.—Apply a plaster spread with the Ointment several times a day.

Rheumatism.—While waiting for the effect of Seigel's Syrup to operate upon the blood, the pain may be temporarily relieved by rubbing the part with the Ointment.

The Retail Prices of these Medicines are as follows:

Mother Seigel's Syrup,	Per Bottle, 60 and 30 Cents
Mother Seigel's Operating Pills,	Per Box, 25 "
Mother Seigel's Soothing Ointment,	Per Box, 25 "
Mother Seigel's Plasters,	Each, 25 "

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

Address,

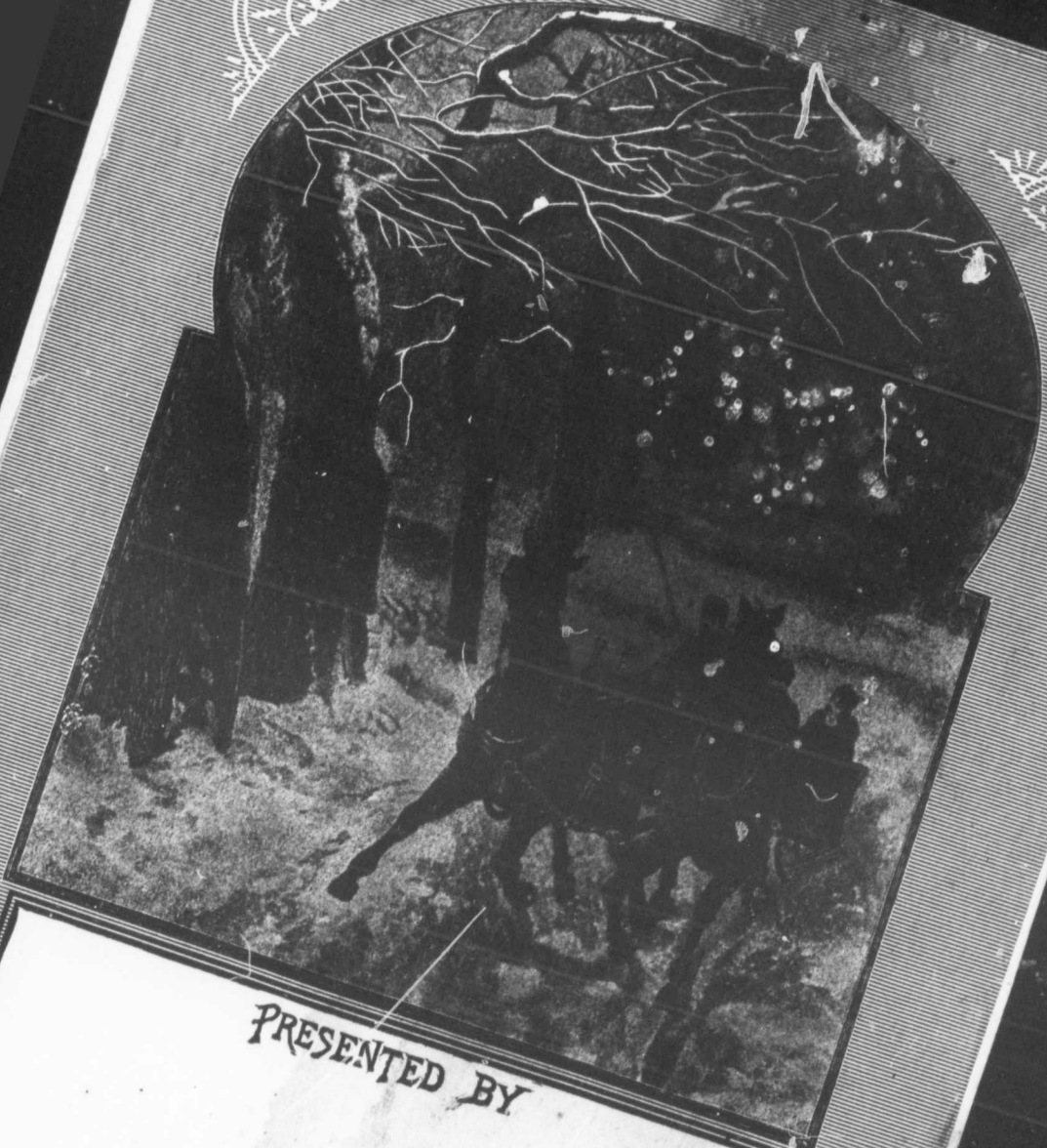
A. J. WHITE & CO.,

71 ST. JAMES STREET, MONTREAL, P.Q.

For Sale by all Druggists and Dealers in Medicine Generally.

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Almanacs...



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