

"FOREWARNED AND SAFE."

DR. J. H. McLEAN'S ALMANAC

PUBLISHED BY
THE DR. J. H. McLEAN
MEDICINE CO.

DESTROYED BY FIRE OCT 23RD 1883

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REBUILT APRIL 1884

DR. J. H. McLEAN'S
STRENGTHENING CORDIAL
AND BLOOD PURIFIER

MAMMOTH LABORATORY
ST. LOUIS MO.
U.S.A.

S.E. COR BROADWAY & BIDDLE ST

1891

STORM CALENDAR AND WEATHER CHART BY REV. IRL R. HICKS THE STORM PROPHET.

1891. IRL R. HICKS' STORM CALENDAR. 1891.

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1891.	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M						
Jan.						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Mar.	*	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
April				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
May						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
June		*	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
July				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Aug.							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	
Sept.				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Oct.					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Dec.		*	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			

By much study and constant observation, and by the generous aid of careful observers all over the United States and in other countries, we are confident that the above Calendar has been brought to as high a state of perfection as is possible. *Ninety per cent* of storms will touch the above dates, varying not more than 12 to 24 hours therefrom. The LARGE BLACK FIGURES indicate the central days of regular Storm Periods. The STARS indicate the minor or reactionary periods. The written forecasts, page 32, explain more fully each month of the Calendar.

DR. J. H. MCLEAN'S MEDICINES.

All Druggists should keep these celebrated Remedies. If you fail to get what you want at your nearest store, we will send to your address, securely packed, on receipt of price, any you may need.

THE FOLLOWING CAN BE SENT ONLY BY EXPRESS.

STRENGTHENING CORDIAL AND BLOOD PURIFIER, for Weakness, Fickle Appetite, Dyspepsia, \$1.00 per bottle.

VOLCANIC OIL LINIMENT, cures Pains, Bruises, Sprains, Rheumatism, 25c., 50c., and \$1.00 per bottle.

CHILLS AND FEVER CURE, for Ague, Swamp Fever, Bilious Fever, Malaria, 50c. and \$1.00 per bottle.

LIVER AND KIDNEY BALM cures Pains in the Back and Diseases of the Urinary Organs, \$1.00 per bottle.

TAR WINE LUNG BALM, for Coughs, Colds, Sore Throat, Lung Complaints, 25c., 50c. and \$1.00 per bottle.

LIQUID VERMIFUGE destroys and expels Worms, 25c. per bottle.

SARSAPARILLA, for Blood Diseases, Scrofula, Eruptive and Cutaneous Disorders, \$1.00 per bottle.

The above medicines can only be sent by Express. Send us money by Bank Draft, Post-Office Order, Express Money Order, Registered Letter or Postage Stamps, and be sure to give your nearest Express office, so as to avoid mistakes, and we will ship promptly.

Or if you will send us the amount named below by P. O. Money Order, Bank Draft, Registered Letter or Postage Stamps, we will send, securely packed, in a neat wooden box:

Three Bottles of Our \$1.00 Medicines, and One Box Universal Pills for \$3.00.

Or we will send

Six Bottles of Our \$1.00 Medicines, and Two Boxes Pills for \$5.00.

THE DR. J. H. MCLEAN MEDICINE COMPANY,

Corner Broadway and Biddle Street, St. Louis, Mo., U. S. A.

WOODWARD & TIERNAN PRINTING CO., PRINTERS & LITHOGRAPHERS, ST. LOUIS.

THE FOLLOWING CAN BE SENT BY MAIL.

WHITE CRYSTAL COATED UNIVERSAL PILLS, for Biliousness, Costiveness, Liver Complaint, 25 cts. per box.

CELEBRATED CATARRH POWDER will heal any soreness in the Bronchial Tubes or Nasal Cavity, 50 cts. per box.

LIVER AND KIDNEY PILLETS (little pills), for Sick Headache, Nervousness, Mental Depression, Biliousness, Costiveness, 25 cts. per vial.

STRENGTHENING EYE SALVE, Weak Sight, Sore Eyes, etc., 25 cts. per box.

WONDERFUL HEALING PLASTER (POROUS), for the Relief of Pain, Weak Back, Chest Pains, Heart Troubles, etc., 25 cts. per Plaster, or Six for \$1.25.

VEGETABLE CONDITION POWDERS, for Horses, Cattle, Hogs and Poultry, 25 cts. per package.

CANDY VERMIFUGE, destroys and expels Worms, 25 cts. per box.

INTRODUCTORY REMARKS.

Once again, a year has rolled around and we send forth our DR. J. H. McLEAN'S ALMANAC FOR 1891. That it will be welcome and appreciated we are well assured, and we hope prove an attractive medium for introducing the medicines prepared by us from the favorite prescriptions of DR. J. H. McLEAN, who used them most successfully in a long and extensive practice extending over nearly forty years.

We are free to state that the progressive idea of astronomical movements, as shown in the diagrams and sketches following, are the original and happily conceived work of the REV. IRL R. HICKS, and that he has spared no pains of deep and tedious thought, artistic skill and expense to give to the public the illustrated astronomical and meteorological lessons in the following pages. We send them out, not simply to amuse—they cost too much brain and labor and money—but to instruct, inspire and bless. The storm and drouth forecasts call for constant study and intelligent investigation; hence, these lessons should be preserved, as they are a series preparatory to others which will appear in our Almanac of coming years.

Wishing for all a year of unprecedented prosperity and happiness, we beg to remain the friends of the people,

THE DR. J. H. McLEAN MEDICINE CO., Broadway and Biddle Street, St. Louis, Mo.

ASTRONOMICAL CALCULATIONS FOR 1891.

CHRONOLOGICAL CYCLES.

Dominical Letter.....D | Epact.....20 | Lunar Cycle, or Golden Number.....11 | Solar Cycle.....24 | Roman Indiction.....4 | Julian Period.....6604
The year 5652 of the Jewish Era commences on October 3, 1891. The year 1309 of the Mohammedan Era commences on August 7, 1891.

THE FOUR SEASONS. (CENTRAL STANDARD TIME.)

☉ enters ♈, Spring begins.....March 20th, 3 h. 25 m. P. M. | ☉ enters ♏, Autumn begins.....Sept. 23d, 2 h. 13 m. A. M.
☉ enters ♊, Summer begins.....June 21st, 11 h. 33 m. A. M. | ☉ enters ♐, Winter begins.....Dec. 21st, 8 h. 40 m. P. M.

PLANETS BRIGHTEST.

Mercury, Jan. 1, April 6, June 30, Oct. 3, Dec. 12. Venus, Jan. 8. Jupiter, Sept. 5. Saturn, March 4.

FIXED AND MOVABLE FESTIVALS.

Epiphany.....Jan. 6	Ash Wednesday.....Feb. 11	Easter Sunday.....Mar. 29	Trinity Sunday.....May 24
Septuagesima Sunday.....Jan. 25	First Sunday in Lent.....Feb. 15	Low Sunday.....April 5	Corpus Christi.....May 28
Sexagesima Sunday.....Feb. 1	Mid-Lent Sunday.....Mar. 8	Rogation Sunday.....May 3	First Sunday in Advent.....Nov. 29
Quinquagesima Sunday.....Feb. 8	Palm Sunday.....Mar. 22	Ascension Day.....May 7	Sundays after Trinity are 26.
Shrove Tuesday.....Feb. 10	Good Friday.....Mar. 27	Pentecost, Whit Sunday.....May 17	Christmas falls on Friday.

EMBER DAYS.—February 18, 20, 21; May 20, 22, 23; September 16, 18, 19; December 16, 18, 19.

MORNING AND EVENING STARS.

MERCURY will be Morning Star about Feb. 6, June 5, and Sept. 28; and Evening Star about April 18, Aug. 16, and Dec. 11.
VENUS will be Morning Star till Sept. 18; and Evening Star the rest of the year.

JUPITER will be Evening Star till Feb. 13; then Morning Star till Sept. 5; and Evening Star again the rest of the year.

ECLIPSES. (STANDARD TIME.)

In the year 1891 there will be four Eclipses, two of the Sun and two of the Moon; and a Transit of Mercury over the Sun's disk.

I. A total Eclipse of the Moon, May 23. Invisible. Visible more or less to Europe, Asia, Africa, Australia, the Western Pacific and South Atlantic Oceans.

II. An Annular Eclipse of the Sun, June 6. Visible to North America, as a partial eclipse, north and west of a line drawn from the mouth of the St. Lawrence river through Ottawa, Detroit, St. Louis, Dallas (Texas), and Sinaloa (Mexico); to Europe, Siberia and the Arctic Ocean. Being annular in Siberia and adjacent Arctic Ocean. Occurring as follows:

	STANDARD.	BEGINS. H. M.	ENDS. H. M.	DIGITS ECLIPSED.
Chicago.....	Central.....	9 8 M.	9 46 M.	Small.
St. Louis.....	".....	9 8 M.	9 24 M.	Slight.
Omaha.....	".....	8 41 M.	9 53 M.	2
St. Paul.....	".....	8 46 M.	10 11 M.	2
Bismarck.....	Mountain.....	7 36 M.	9 18 M.	3
Denver.....	".....	7 25 M.	8 50 M.	2
Salt Lake City.....	".....	7 19 M.	8 58 M.	3
Santa Fe.....	".....	7 26 M.	8 34 M.	2

III. A total Eclipse of the Moon, November 15. Visible more or less to Europe, Asia, Africa, North and South America, Atlantic and Eastern Pacific Oceans. Occurring as follows:

	STANDARD.	EASTERN. H. M.	CENTRAL. H. M.	MOUNTAIN. H. M.
Moon enters Penumbra.....		4 36 A.	3 36 A.	2 36 A.
Moon enters Shadow.....		5 35 A.	4 35 A.	3 35 A.
Total Eclipse begins.....		6 37 A.	5 37 A.	4 37 A.
Middle of Eclipse.....		7 19 A.	6 19 A.	5 19 A.
Total Eclipse ends.....		8 1 A.	7 1 A.	6 1 A.
Moon leaves Shadow.....		9 3 A.	8 3 A.	7 3 A.
Moon leaves Penumbra.....		10 2 A.	9 2 A.	8 2 A.

First contact of Shadow, 55 degrees from North point of the Moon's limb toward the east.

Magnitude of Eclipse=1.393 (Moon's diameter=1).

IV. A partial Eclipse of the Sun, December 1. Invisible. Visible around the South Pole and to the Southern extremity of South America.

A Transit of Mercury, May 9. Visible more or less to North America west of Maine and Quebec, Europe, Asia, Eastern Africa, Australia, and Pacific Ocean. Occurring as follows:

	STANDARD.	INGRESS. H. M.
Eastern.....		6 54 A.
Central.....		5 54 A.
Mountain.....		4 54 A.

Angle of contact at Ingress, 64 degrees from the South point of the Sun's limb toward the east. Egress, after sunset.

NOTE.

Standard Time, established for the convenience of the traveling public, is the time of certain meridians applied to extended areas of the United States and Canada. The Standards are five in number, designated and bounded as follows:

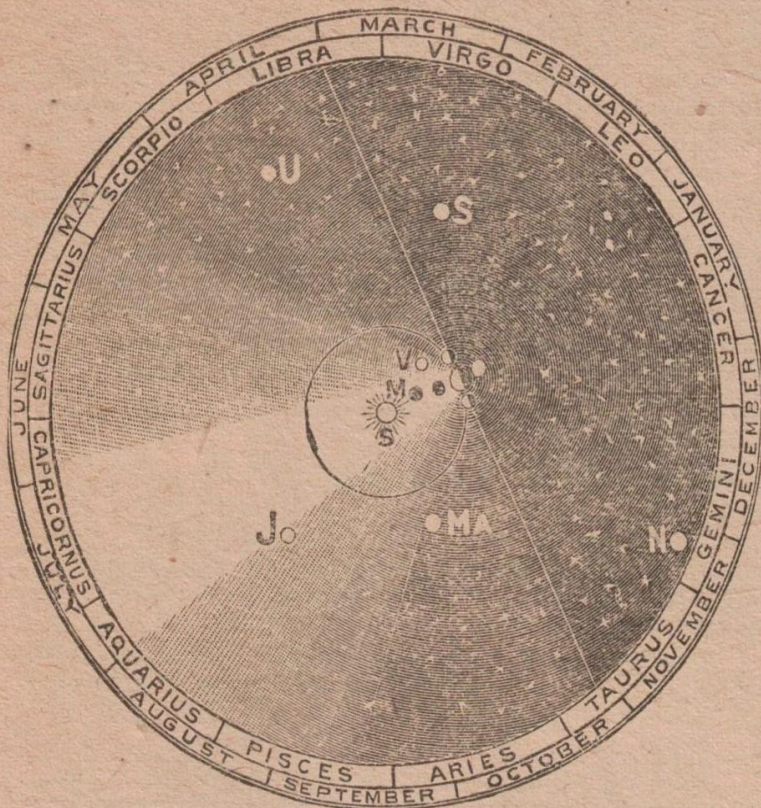
NAME.	CENTRAL MERIDIAN.	BOUNDS.
Inter-colonial.....	60°=4 h	East of Maine and Quebec.
Eastern.....	75°=5 h	From N'w Brunswick to 82°, aver.
Central.....	90°=6 h	From 82° to 102°, average.
Mountain.....	105°=7 h	From 102° to 115°, average.
Pacific.....	120°=8 h	West of 115°, inclu'g from Ogden.

The calculations of this Almanac are given in local mean time when not otherwise stated. To change to Standard time, four minutes should be subtracted for every degree of longitude that the place is east of the adopted Standard Meridian, and four minutes added for every degree west of the same.

The risings and settings of the Sun and Moon are given for the upper limb, corrected for parallax and refraction.

PLANETARY OUTLOOK, JANUARY, 1891.

At the middle of January the Earth with its Moon, the Sun and all the planets, will be at the points shown in this engraving. Sit with your face to the South and hold the engraving before you, just as it appears on this page. Earth is to the right, or between Cancer and the Sun. Mercury, marked M, has just passed between Earth and Sun, and is invisible. Venus, marked V, is just above the line of daylight, a bright, morning star. Mars, marked MA, is between Earth and Pisces, an evening star. Jupiter, marked J, is just in the line of evening twilight, setting soon after the Sun. Saturn, marked S, is between Earth and Virgo and is almost overhead at daybreak. Uranus, marked U, is between Earth and the line separating Libra and Scorpio, and is high in the morning sky, seen well only in telescope. Neptune, marked N, is to the West in Gemini, an evening star, invisible, only in telescope. The Moon is at last quarter at 4:12 A. M., on the 3d, and is overhead at sunrise. New on the 10th, between Earth and Sun. First quarter on 17th, and overhead at sunset. Full on 24th, and rises as Sun sets. Earth and all other planets are moving round Sun from West to East. The Stars are stationary. Study the monthly changes. This diagram will be further illustrated and fully explained in *Word and Works* for January, 1891. Subscription, 50c. a year, or 5c. monthly.



WINTER DANGERS.

FROST AND WINTER have always been recognized as among the most deadly enemies of the human race. Yet, during this season, when festivities abound, there are many who at large and crowded assemblies, at social parties, or at the merry dance, encounter these dangers with a light heart, and to whom words of prudent warning are apt to be regarded as indications of senility, which can be laughed to scorn by the more youthful and robust. The dangers of sudden chills when heated, are rashly braved by those who have not learned wisdom from sad experience, until too many families have to mourn the loss of one whose initial trouble they date back to some reckless exposure. Thus, when overheated, and perhaps in a state of perspiration and thinly clad, they sit down by some open window, in a cold draught, or perhaps go out into an atmosphere many degrees lower than that of the room they have left, and so catch cold, and lay the train for some serious disease and premature death. How do we take cold? By exposure to draughts of cold air, wet feet, deficient warmth when the body is *cooling after having been heated*, are conditions under which we take cold, not when the body is *hot*, but when it is *cooling*.

Partial exposure to a cold atmosphere, as in a close carriage with the windows open, is more injurious than a general exposure, as in traveling in an open wagon, probably

because the balance of the circulation is less disturbed, and the lungs are better supplied with oxygen. Wet feet or wet clothes do not ordinarily result in a cold so long as the individual continues in active exercise, and changes his clothes for *warm dry ones*, avoiding all further exposure, immediately on ceasing from active exercise. But if a person has been exerting himself, perspires, and then gets his feet wet, or is otherwise chilled, and does not continue his exercise, he will be very likely to take cold, and to exhibit some of its internal morbid effects.

External cold excites internal disease, by deranging the circulation and condition of the blood, particularly in the capillaries. Cold checks the secretions (perspiration) of the external surface; it constricts and obstructs the vessels of the skin, and thus throws more blood inwardly, so that internal congestions are produced.

These internal congestions impair the functions of the affected organs, and in other ways lay the foundations of disease. This effect of cold takes place more readily and to a greater extent in proportion to the weakness or sluggishness of the capillary circulation. If this be naturally weak, or weak and relaxed from previous excitement, or during fatigue or sleep, there is liability to take cold. Hence, persons are more liable to take cold after having been in a hot room, after making exertion, or when asleep; on the other hand, the injurious effects of cold are diminished or prevented by a vigorous state of the circulation of

SEASONABLE ADVICE.

Each season brings with it liabilities to disease peculiar to itself. The low temperature of winter has its special dangers to health, which are as marked as those brought by the fervid heat of summer. The outside cold incites to measures providing for the retention of heat within the body, as well as in the house; and this instinct of self-preservation often leads to over doing the matter, so that the laws of health are violated in the attempt to preserve it and disease is the penalty which is inflicted for such law breaking. During January we find very prevalent chest affections, influenza, bronchitis (acute and chronic), asthma, pleurisy, colds, coughs, quinsy, eruptive fevers, rheumatism, neuralgia and catarrhal affections. Fortunately we have in DR. J. H. McLEAN'S TAR WINE LUNG BALM a remedy admirably adapted for the relief and cure of these complaints, which should be taken as soon as possible after a chill is felt, or when it is feared a cold may result from exposure. For outward application use DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, which is very beneficial in rheumatism, neuralgia, irritation of the skin, and for all acute pains. For pains in the back and chest, the application of a DR. J. H. McLEAN'S WONDERFUL HEALING PLASTER (porous) will afford gratifying relief. Look well to the children, see that they are warmly clad, and let them understand positively that they must not sit down out of doors after getting warm and tired by play, either at school or in going or returning from there. For elderly people a dose of DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, is eminently beneficial on getting up in the morning and on retiring at night, as it will impart warmth and vigor to the circulation, insure ample rest in bed with sound refreshing sleep, assist in perfecting the process of digestion and assimilation, and afford them strength to withstand the rigors and dangers of the winter season.

the blood near the surface of the body, whether that vigor be natural or artificially excited by the prompt use of DR. J. H. McLEAN'S TAR WINE LUNG BALM.

On this view we can understand how chilling influences, such as those resulting from draughts of cold air, damp clothes, or standing on cold stone, acting long on the same part constricts its vessels, checks its secretions and nutritions, deranges the balance of the circulation, and by determining a corresponding amount of congestion inwardly, fix it on some part predisposed to disease. Hence, we can understand the results of cold differ widely in different persons. Exposure to cold or wet, may excite a sore throat, a cold in the head or chest, an inflammation of the lungs, a





1st Month. JANUARY, 1891. 31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Slow.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.		H. M.	H. M.	H. M.
1	T	Circumcision	♊	7	25	4 43	10 53	47	35	5 10 59
2	F	Fulgentius	♊	7	25	4 44	11 53	47	35	6 11 54
3	S	Genevieve	♊	7	25	4 45	morn	57	35	7 morn








1) 2d Sunday after Christmas. 9h. 21m. } Day's length { 10h. 4m.

4	S	Titus, Bp. Crete	7	25	4	46	0	53	5	7	3	5	7	0	50
5	M	Telesphorus.....	7	25	4	47	1	57	6	7	3	5	8	1	49
6	T	Epiph. of Our L	7	25	4	48	3	4	6	7	4	5	9	2	50
7	W	Lucian	7	25	4	49	4	12	7	7	4	5	10	3	54
8	T	Severius, Bish'p	7	24	4	50	5	24	7	7	4	5	11	5	1
9	F	Julian & Basilla.	7	24	4	51	6	33	7	7	4	5	11	6	8
10	S	Will'm, Confess	7	24	4	52	sets		8	7	4	5	12	sets	








2) 1st Sunday after Epiphany. 9h. 29m. } Day's length { 10h. 9m.

11	S	Hyginus		7	24	4	53	6	8	8	7	4	5	13	6	31
12	M	Tatiana		7	24	4	54	7	26	9	7	3	5	14	7	44
13	T	Veronica		7	23	4	55	8	44	9	7	3	5	15	8	56
14	W	Hilary		7	23	4	56	9	59	9	7	3	5	16	10	5
15	T	Paul, Hermit		7	22	4	57	11	11	10	7	3	5	17	11	11
16	F	Marcellus		7	22	4	58	morn		10	7	3	5	18	morn	
17	S	Anthony		7	21	5	0	0	20	10	7	2	5	19	0	15

3) 2d Sunday after Epiphany. 9h. 40m. } Day's length { 10h. 18m.

18	S	Most Holy N'm		7	21	5	1	1	28	11	7	2	5	20	1	19
19	M	Canute, King D		7	20	5	2	2	36	11	7	2	5	20	2	20
20	T	Fabian & Sebas		7	20	5	3	3	42	11	7	1	5	21	3	22
21	W	Agnes, Martyr.		7	19	5	4	4	46	12	7	1	5	22	4	23
22	T	Vincent & Anas.		7	19	5	6	5	45	12	7	1	5	23	5	20
23	F	Raymond of Pen		7	18	5	7	6	37	12	7	0	5	24	6	12
24	S	Timothy		7	17	5	8	ris	es	12	7	0	5	25	ris	es

4) Septuagesima Sunday. 9h. 52m. } Day's length < 10h. 27m.

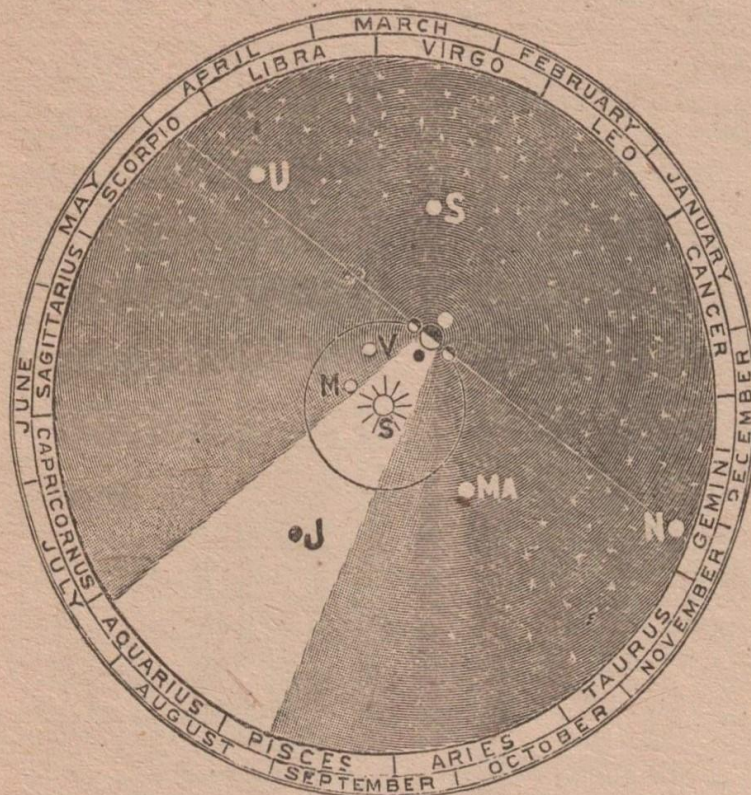
25	S	Con. of St. Paul		7	17	5	9	5	45	13	6	59	5	26	6	6
26	M	Polycarp, B.&M		7	16	5	10	6	46	13	6	59	5	27	7	3
27	T	J'h'n Chrysost'm		7	15	5	11	7	46	13	6	58	5	28	7	59
28	W	Flavian.....		7	14	5	12	8	45	13	6	58	5	29	8	52
29	T	Francis of Sales		7	13	5	14	9	43	13	6	57	5	30	9	46
30	F	Martina		7	12	5	15	10	43	14	6	57	5	31	10	42
31	S	Peter Nolasco		7	11	5	16	11	44	14	6	56	5	32	11	38

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Last Quarter.....	3	5	12 M.	3	4	12 M.	3	3	12 M.
New Moon	10	10	24 M.	10	9	24 M.	10	8	24 M.
First Quarter	17	1	17 M.	17	0	17 M.	16	11	17 A.
Full Moon	24	7	25 A.	24	6	25 A.	24	5	25 A.

rheumatism of the limbs, or any other disease to which the individual may be constitutionally predisposed.

The action of cold by deranging the circulation of the blood, and checking perspiration and nutrition, produces a corresponding change in the condition of the blood itself, so that the morbid influence of cold cannot be removed, until some critical discharge takes place, as by the perspiration or urine. We strongly recommend the use of DR. J. H. MCLEAN'S TAR WINE LUNG BALM as soon as possible



PLANETARY OUTLOOK, FEBRUARY, 1891.

The engraving on this page shows all stars and planets just as they are for this month, on the 15th day. The only orbit shown in these diagrams is that of Earth. Since Jan. 15th, Earth, with Moon, has moved eastward out of Cancer and is now in Leo, with Sun in Aquarius. Capricornus, hid by Sun in January, is coming into view at early morn. The line of evening twilight has moved eastward into Pisces. Mercury has moved eastward into and through Scorpio, and is morning star, seen from Earth in Capricornus. Venus has moved out of Leo, through Virgo into Libra, but is seen as morning star at east edge of Sagittarius. Mars has moved from between Sun and Aries into Taurus, and is evening star, seen from Earth in Aries. Jupiter has scarcely moved, but Earth's motion has thrown him behind the Sun and out of sight. Earth, Jupiter and Sun are in conjunction, or on a line. Saturn has hardly moved, but Earth's motion has brought it nearly to conjunction with Sun and Earth. Uranus and Neptune have not moved perceptibly. On Feb. 1st, the Moon will be at last quarter, between Earth and Libra, overhead at sunrise. On the 8th it will be new, and not visible. It will appear above sunset the following evenings. It will move round to 1st quarter by the 15th, and on to full moon on the 23d. The whole will be thoroughly illustrated and explained in *Word and Works* for February 1891. Note the changes in following month. A thousand things full of delightful interest and instruction cannot be mentioned here, and nothing fully explained for want of space. Helpful hints these—send for the full story.

after the chill is felt, or when it is feared a cold may result from exposure, as the prompt administration of this remedy will often terminate the complaint in the first stage.

It is probably by interrupting or modifying the process of nutrition and disintegration of the tissues, that cold operates and produces pleurisy, pneumonia, and sometimes consumption, thus the decaying material which under ordinary warmth assumes the form of urea, may, by the retarding influence of cold be changed into poisonous lithic or lactic acid, and immediately cause irritation of the delicate membranes of the air cells of the lungs, resulting in pneumonia, or in other words, inflammation: and in some cases this poisonous acid exerts an irritating influence on the parts exposed, which causes the rheumatic pain resulting directly from cold.

DR. J. H. McLEAN'S TAR WINE LUNG BALM is the result of scientific research and experience, and the discovery of a remedy having a direct influence in arresting the formation of these poisonous acids in the blood; the TAR WINE LUNG BALM when taken often enough and in sufficient quantity, will insure the proper working of the liver and kidneys, so that no improper material will be secreted by them, and sent into the blood, but instead a full and vigorous circulation of pure blood will go careering through the arteries and veins, to repair the waste continuously go-

ing on. Such repair being essential to the healthy and harmonious working of the system.

From this it may be inferred that DR. J. H. McLEAN'S TAR WINE LUNG BALM is not a preparation of opium similar to cough syrups in ordinary use, which may do the treacherous service of allaying a cough, and affording a temporary relief. The TAR WINE LUNG BALM does not contain a particle of opium or of any of the preparations made from opium, yet nothing else is so effective as the TAR WINE LUNG BALM, which soothes the irritated membrane of the larynx and bronchial tubes, induces natural and refreshing sleep, strengthens the lungs, and exerts a constitutional influence through the liver and kidneys and so speedily banishes disease and restores the patient to perfect health.

Catching cold is of very common occurrence, and too often the precursor of many serious and fatal diseases. A cold usually commences with lassitude, slight shivering, a feeling of weight in the head, sneezing, watery eyes and obstructions of one or both nostrils, with a discharge of thin colorless fluid. These symptoms are often soon followed by a dry cough, hoarseness, sore throat, dryness, tenderness and swelling of the nostrils, pains and soreness of the limbs, general weakness, more or less fever, loss of appetite, a quick pulse, thirst, etc. Under a vigorous condition of the constitution, or as the result of promptly using DR. J. H. McLEAN'S TAR WINE LUNG BALM, in two or

SEASONABLE ADVICE.

February, adds to the complaints of the previous month an increasing danger of colds, coughs, croup, pneumonia, diphtheria, and other diseases of the breathing organs, besides developing liver complaint, nausea, vomiting, sick headache, pains in the side, windy spasms, heartburn, water-brash, obstinate constipation, diarrhoea, unpleasant noises in the abdomen, blind or bleeding piles, dyspepsia or indigestion. When necessary move the bowels freely with a dose of DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (LITTLE PILLS); and use DR. J. H. McLEAN'S TAR WINE LUNG BALM for all lung or bronchial troubles; and DR. J. H. McLEAN'S LIVER AND KIDNEY BALM for complaints of the liver, kidneys, or urinary organs. The dread with which many people regard cold weather, induces them to largely shut themselves up in their houses, which are made not only as cold-proof, but as air-tight as possible. Here, in a summer temperature and foul air, they revel in winter diet and sedentary habits, believing they are taking solid comfort. A more unhealthy course could hardly be imagined. The human system needs the cold of winter, with its bracing, stinging atmosphere, so highly charged with oxygen, that prime essential to our physical well-being. Instead of regarding frost and winter with apprehension, where there is no special reason to the contrary, the bracing influences of cold weather should be liberally indulged in.

three days these symptoms gradually subside. In neglected and unfavorable cases, the complaint assumes a serious and dangerous character.

CONSUMPTION (*Phthisis*) at its commencement, is a constitutional disease, which afterwards manifests itself by a deposit of tubercle, and a series of morbid alterations in the lungs.

Tubercle is a deposit from the blood, and is so called, because to the naked eye, it appears round, but it is really starred or spiked. Tubercles are about as large as millet seeds, and seem to have a preference for certain parts especially the upper portion of the lungs—the space devoted to ventilation—to bringing air into contact with the blood. Even when the tubercular substance is scattered throughout the whole lungs, the deposit is here most abundant; it is here also that it runs a more rapid course, and first becomes ready for expectoration.

The deposit of tubercle in the lungs may occur singly, scattered through the affected part; or in *groups*, one cluster being separated from another by unaffected portions.

Tubercles when deposited may remain dormant for a long time without exciting any obvious symptoms, and in favorable cases, or as the result of the timely use of DR. J. H.

2nd Month. FEBRUARY, 1891.

28 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Slow.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.	M.	H. M.	H. M.	H. M.

5) Sexagesima Sunday. 10h. 8m. > Day's length. < 10h. 38.

1 S	Ignatius	7 10 5 18	morn	14 6 55 5 33	morn
2 M	Purif. B.V. Mary	7 10 5 19	0 47	14 6 55 5 34	0 36
3 T	Blase, Bp., Mart.	7 9 5 20	1 53	14 6 54 5 35	1 36
4 W	Andrew Corsini	7 8 5 21	3 1	14 6 53 5 35	2 40
5 T	Agatha	7 7 5 23	4 9	14 6 52 5 36	3 45
6 F	Dorothy	7 6 5 24	5 15	14 6 52 5 38	4 50
7 S	Romuald	7 4 5 25	6 15	14 6 51 5 38	5 51

6) Quinquag., Shrove Sunday. 10h. 23m. > D's length < 10h. 49m.

8 S	John of Martha	7 3 5 26	sets	14 6 50 5 39	sets
9 M	Apollonia	7 2 5 28	6 17	14 6 49 5 40	6 33
10 T	Shrove Tuesday	7 1 5 29	7 36	14 6 49 5 41	7 44
11 W	Ash Wednesday	7 0 5 30	8 51	14 6 48 5 42	8 54
12 T	Meletius, B. Ant.	6 58 5 31	10 5	14 6 47 5 43	10 2
13 F	Catherine, Rica	6 57 5 32	11 18	14 6 46 5 44	11 9
14 S	Valentine	6 56 5 33	morn	14 6 45 5 45	morn

7) 1st Sunday in Lent. 10h. 41m. > Day's length. < 11h. 2m.

15 S	Faustinus & Jov.	6 54 5 35	0 27	14 6 44 5 46	0 13
16 M	Onesimus, B. Ep	6 53 5 36	1 35	14 6 43 5 46	1 16
17 T	Theodulus	6 52 5 37	2 41	14 6 42 5 47	2 18
18 W	Ember Day	6 51 5 38	3 41	14 6 41 5 48	3 16
19 T	Mansuetus, Bp.	6 49 5 40	4 35	14 6 40 5 49	4 10
20 F	Eucherius	6 48 5 41	5 22	14 6 39 5 50	4 58
21 S	Severian	6 46 5 42	6 2	14 6 38 5 51	5 40

8) 2nd Sunday in Lent. 10h. 58m. < Day's length. > 11h. 14m.

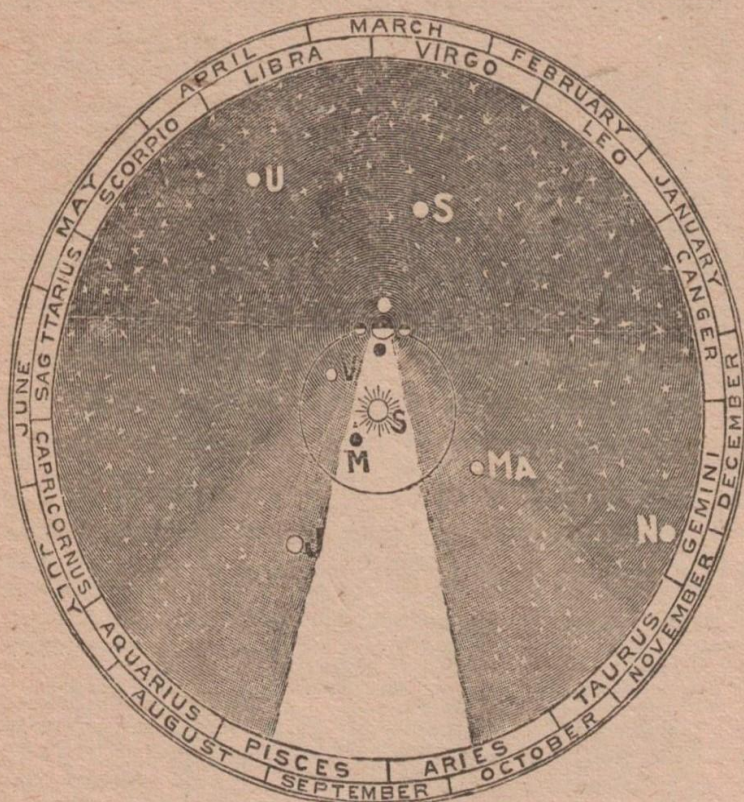
22 S	Peter's Chair	6 45 5 43	6 35	14 6 37 5 51	6 16
23 M	Polycarp	6 43 5 45	rises	14 6 35 5 52	rises
24 T	Matthias, Apost	6 42 5 46	6 38	13 6 34 5 53	6 47
25 W	Felix	6 40 5 47	7 37	13 6 33 5 54	7 41
26 T	Alexander, Bish	6 39 5 48	8 37	13 6 32 5 55	8 36
27 F	Leander, Bish'p	6 38 5 49	9 36	13 6 31 5 56	9 31
28 S	Romanus	6 36 5 50	10 38	13 6 30 5 56	10 29

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Last Quarter	1	11	42 A.	1	10	42 A.	1	9	42 A.
New Moon	8	9	12 A.	8	8	12 A.	8	7	12 A.
First Quarter	15	1	29 A.	15	0	29 A.	15	11	29 M.
Full Moon	23	2	18 A.	23	1	18 A.	23	0	18 A.

McLEAN'S TAR WINE LUNG BALM, and good hygiene, they may dry up and shrivel, their soft particles being absorbed, and so the disease is cured. Frequently however, when neglected, they undergo a succession of changes: they become soft, first in the center, that part being the oldest and most removed from living influences; then like foreign bodies, they excite inflammation and suppuration in adjacent healthy parts, and the deposit, with its products, is usually coughed up and expelled. The groups often continue to enlarge by fresh deposits till several groups communicate together, and form an abscess: this bursts and discharges its

PLANETARY OUTLOOK, MARCH, 1891.



Since February 15th, Earth has moved from between Leo and Sun quite to eastern edge of Virgo. This causes the Sun to move, apparently, forward into Pisces and Aries, showing the line of twilight in Pisces in the morning, and in Aries in the evening. Mercury has dashed out of Sagittarius, through Capricornus and half through Aquarius, and is about hid behind the Sun. Venus, although keeping her same relation to Earth as morning star, has moved from between the Sun and Libra to middle of Scorpio. Mars has advanced almost out of Taurus, but Earth is gaining on him and throwing him nearer the line of sunset in evening sky. Jupiter has advanced only to near the eastern edge of Aquarius, but Earth's motion makes him appear to have moved backward, so that he appears in early twilight as morning star. Jupiter, Mercury and Sun are near conjunction. Saturn, Uranus and Neptune have hardly moved from their places between the Sun and their respective constellations, but as viewed from Earth, Saturn is slipping west in Virgo, and Uranus a little backward in Scorpio. All planets to the right of a line through the Sun to middle of March and September, are *west*, and all left of this line are *east* of Sun. Earth is at *equinox*—hence this line passes through it. Moon at last quarter and will appear, as in picture, overhead at Sun-up on the 3d; moves round to new and is invisible on 10th; moves round to 1st quarter, and appears overhead at sunset on 17th; moves round to full and appears at sundown on the 25th. Moon approaches Sun from full to new—goes from it from new to full. See all elaborately brought out in *Word and Works*. Any month in the year for 5c., the whole year 50c.

contents into an adjacent bronchial tube, and the matter is conveyed into the wind-pipe, and thence to the mouth to be evacuated.

Unless the disease is arrested by remedial measures, and it undoubtedly can be so arrested by the use of DR. J. H. McLEAN'S TAR WINE LUNG BALM, other abscesses form and unite, till the lung substance is so diminished in volume, and its continuity so completely destroyed as to be incompatible with life, and the patient dies from exhaustion.

In cases where timely resort is made to DR. J. H. McLEAN'S TAR WINE LUNG BALM, and where it is liberally used, the tubercular matter, with the inflammatory product it excited are removed from the body by expectoration, the tissues around the cavity contract and obliterate it, as the constitutional condition of the system has been improved and the body rendered unfit for the existence of the parasite.

The constitutional treatment of consumption is unquestionably of primary importance in this disease. If the soil be not first fit for the tubercle, it will not find a lodging there. If it be fit, there is no direct medication known to science which will prevent the development, growth and multiplication of the tubercles.

The importance then of using *digestible food exclusively* is evident from the fact that tubercular deposit never takes place except during a period of imperfect nourishment of the body, from loss of tone in the digestive organs. By

whatever means we increase the nutrition of the body, in the same ratio we remove or retard the advance of consumption: an invariable sign of improvement being an increase in the patient's weight. *The system is invulnerable to consumption so long as it is well nourished by a healthy digestive apparatus.*

In view of this it will be apparent how much harm too often follows the use of cough mixtures and syrups containing opium or some preparation of opium, and a large proportion of cough mixtures in ordinary use have this as their main ingredient; while it is desirable to relieve the cough as much as possible, it is also necessary to promote the process of digestion and maintain the regular action of the bowels: unfortunately opium, while it will allay the cough, treacherously lessens the appetite and disturbs the process of digestion and has a tendency to bring on night sweats and thus do much harm.

We therefore cannot too strongly urge the use of DR. J. H. McLEAN'S TAR WINE LUNG BALM, for all diseases of the throat and lungs; and those who may be predisposed to consumption, or to any of the destroying maladies which secretly undermine constitutions and destroy human life, cannot do better than avail themselves of such preventive means as are found in a generous supply of such nutritious food as will be best adapted to their individual requirements, and in breathing pure, bracing, out-door air, so necessary for the production of good blood and healthy tissue.

SEASONABLE ADVICE.

In March we are liable to rheumatism, rheumatic gout, lumbago, sciatica, muscular rheumatism, neuralgia of the face and head. Keen winds, sudden changes, blasts from the region of the icebergs, with storms of rain and sleet, warn even the most robust to take care of themselves. Flannel should always be worn, for the mild spring days of this month are deceptive, and there are times when a person feels impatient and weary of the excess of winter clothing, throws off part of it, gets caught in a sudden change, and before he knows it, is suffering with increasing pain in throat, lungs and breast. In March, above all other months, check a cold as soon as possible, by using liberal doses of DR. J. H. McLEAN'S TAR WINE LUNG BALM; it is a most treacherous month, and is credited with more cases of pneumonia than any other in the year. The blood needs attention, even under the most favorable circumstances the blood becomes impure during the winter season. There are various causes which bring about this condition of the blood. As we do not perspire as freely as in the summer, impurities which should be carried off through the pores of the skin are retained in the system and absorbed by the blood; bad ventilation, lack of fresh air, and an abundance of carbonic acid gas in our homes, also impoverish and poison the blood. Then, during winter, the natural tendency is to eat more freely of fat, heat-producing food, which overtaxes the stomach and has a depressing effect upon the system generally, causing biliousness, sick-headache, dyspepsia, and "that tired feeling." It is, therefore, of great importance that in the early spring the blood be thoroughly renovated and purified by the regular use of DR. J. H. McLEAN'S SARSAPARILLA, which will tone up the system and give it strength to withstand the debilitating effect of changing seasons and summer heat.

SPRING MALADIES.

DISEASES of the lungs, and breathing apparatus generally, are common in the spring. The sudden and violent changes in the temperature, and the amount of moisture present in the air, are sufficient to account for these troubles, and it is almost impossible to avoid them, but it is well to "nip them in the bud" by using DR. J. H. McLEAN'S TAR WINE LUNG BALM, for a cold contracted at this season too often results in pneumonia or other fatal disorder.

But by far the greater number of spring ailments arise from an impure condition of the blood, and the wretched practice of many people in confining themselves closely in over-heated houses, in cold proof and air-tight rooms dur-

3d Month. MARCH, 1891. 31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Slow	LATITUDE OF CHARLESTON.		
				Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.		Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.

9) 3d Sunday in Lent. 11h. 16m. > Day's length < 11h. 28m.

1	S	Albinus, David	♈	6 35 5	5 11	11 42	13 6	29 5	57 11	28
2	M	Simplicius	♈	6 33 5	5 12	morn	12 6	27 5	58 morn	
3	T	Cunegundis	♈	6 31 5	5 13	0 48	12 6	26 5	59 0	28
4	W	Mid-Lent	♈	6 30 5	5 14	1 55	12 6	25 6	0 1	32
5	T	Phocas, Kyran	♈	6 28 5	5 15	3 0	12 6	23 6	0 2	35
6	F	Victor & Comp.	♈	6 27 5	5 16	4 0	11 6	22 6	1 3	35
7	S	Thos. of Aquino	♈	6 25 5	5 18	4 52	11 6	21 6	2 4	30

10) 4th Sunday in Lent. 11h. 35m. > Day's length < 11h. 43m.

8	S	John of God	♈	6 24 5	5 19	5 37	11 6	20 6	3 5	19
9	M	Frances, widow	♈	6 22 6	0 6	16 11	10 6	18 6	4 6	3
10	T	Forty Martyrs	♈	6 21 6	1 sets	10 6	10 6	17 6	4 sets	
11	W	Eulogius	♈	6 19 6	2 7	42 10	6 16 6	5 7	41	
12	T	Gregory, Great	♈	6 17 6	3 8	55 10	6 15 6	6 8	49	
13	F	Euphrasia	♈	6 15 6	4 10	9 10	6 13 6	7 9	57	
14	S	Matilda	♈	6 14 6	5 11	22 9	6 12 6	7 11	4	

11) 5th Sunday in Lent. 11h. 54m. > Day's length < 11h. 57m.

15	S	Passion Sunday	♈	6 12 6	6 morn	9 6	11 6	8 morn		
16	M	Abraham	♈	6 11 6	7 0	31 9	6 10 6	9 0	9	
17	T	Patrick, Apostle	♈	6 9 6	8 1	34 8	6 8 6	9 1	9	
18	W	Edward, King	♈	6 8 6	10 2	31 8	6 7 6	10 2	5	
19	T	Joseph, Spouse	♈	6 6 6	11 3	20 8	6 6 6	11 2	55	
20	F	Compassion M.	♈	6 4 6	12 4	2 8	6 4 6	12 3	40	
21	S	Benedict	♈	6 2 6	13 4	38 7	6 3 6	12 4	19	

12) Palm Sunday. 12h. 13m. > Day's length < 12h. 11m.

22	S	Basil	♈	6 1 6	14 5	8 7	6 2 6	13 4	53	
23	M	Turibius, Bish.	♈	5 59 6	15 5	33 7	6 0 6	14 5	23	
24	T	Gabriel, Archan	♈	5 58 6	16 5	57 6	5 59 6	14 5	51	
25	W	Annun. B.V.M.	♈	5 56 6	17 rises	6 5	5 58 6	15 rises		
26	T	Maundy Thurs.	♈	5 54 6	18 7	30 6	5 56 6	15 7	26	
27	F	Good Friday	♈	5 52 6	19 8	32 5	5 55 6	16 8	23	
28	S	Holy Saturday	♈	5 51 6	20 9	36 5	5 54 6	17 9	22	

13) Easter Sunday. 12h. 32m. > Day's length < 12h. 26m.

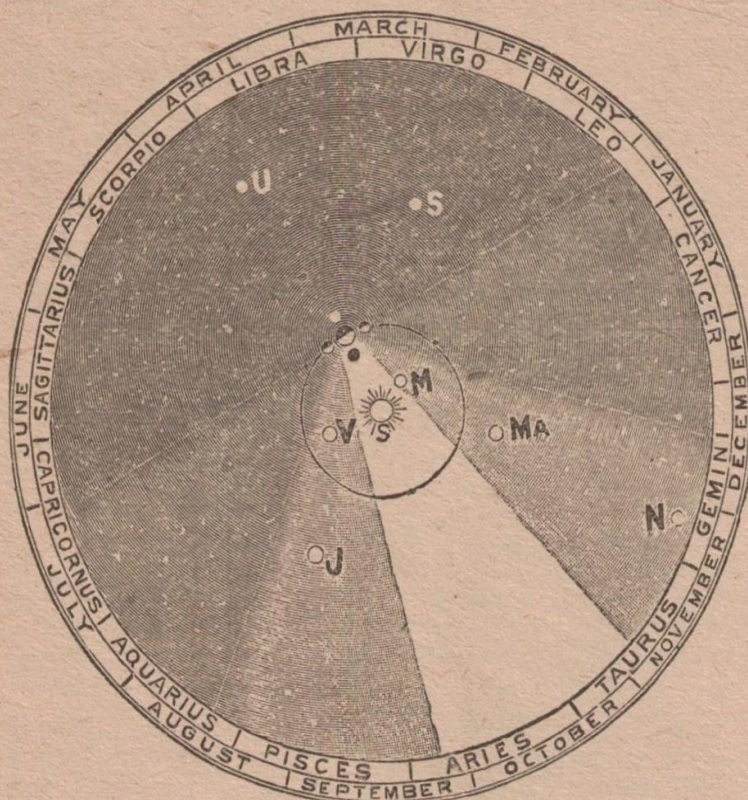
29	S	Easter Sunday	♈	5 49 6	21 10	40 5	5 52 6	18 10	22	
30	M	Easter Monday	♈	5 48 6	22 11	47 5	5 51 6	18 11	24	
31	T	Balbina	♈	5 46 6	23 morn	45 4	5 49 6	19 morn		

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Last Quarter	3	2	37 A.	3	1	37 A.	3	0	37 A.
New Moon	10	6	51 M.	10	5	51 M.	10	4	51 M.
First Quarter	17	4	10 M.	17	3	10 M.	17	2	10 M.
Full Moon	25	8	12 M.	25	7	12 M.	25	6	12 M.

ing winter, where they breathe the same atmosphere over and over again, until it is utterly foul, is largely responsible. Nature has provided five organs for keeping the blood pure; they are *the lungs, the skin, the kidneys, the liver, and the bowels*. The blood becomes impure for one or both of two reasons: 1st. SOMETHING IMPURE HAS BEEN PUT INTO IT. 2d. THE FIVE EXCRETORY ORGANS JUST MENTIONED HAVE NOT BEEN SUFFICIENTLY ACTIVE.

PLANETARY OUTLOOK, APRIL, 1891.



Behold the changes since March 15th! Earth with Moon has slipped out of Virgo nearly through Libra, throwing the Sun forward into Aries and Taurus. Mercury has darted, with electric speed, round into Leo! thus completing more than one revolution round the Sun since January 15th. Venus is still ahead of Earth as morning star, having moved out of Scorpio round to middle of Capricornus. Earth is gaining on Mars—hence he is falling nearer to sunset as evening star. Jupiter has crept forward to Pisces and is on line with Earth and Venus—Venus and Jupiter appearing near each other in morning sky. Saturn in reality has gone forward in Virgo, but appears from Earth to have moved backward. Uranus has budged a little onward and is overhead at midnight, nearly in conjunction with Earth and Sun. Moon's last quarter on the 2d, and will appear a few mornings later near Venus and Jupiter. Get up and see them. Moon new on 8th, 1st quarter on 15th, and full on the 24th, rising about sundown with the Constellation Libra. Complete details of this month's phenomena will make a charming chapter in *Word and Works* for April, 1891. 5c. a copy, or 50c. a year. *Do not send for samples without the 5c.—the expense is too great to us.*

Now the blood is the great source of supply from which every organ and tissue of the body derives its sustenance. It is the medium by which oxygen reaches all parts of the system, and therein works the changes which are characteristic of the living organism. But all parts of the blood are not equally employed in the work of carrying oxygen. This very important office is almost entirely performed by the red blood corpuscles, and when these are greatly reduced in numbers, by being poisoned and destroyed, by eating improper food, lack of exercise, or close confinement in poorly ventilated, and over-heated tenement rooms, stores, or workshops, all sorts of nervous derangements ensue; there is a loss of strength, lassitude and sleepiness, a grayish or ash colored hue of the skin, that "tired feeling," biliousness, sick headaches, dyspepsia or the appearance of some disorder showing that the blood has become vitiated.

DR. J. H. McLEAN'S SARSAPARILLA is the great blood tonic to aid in the formation of these red blood globules; it helps to form of the blood a compound that readily takes up the oxygen of the air as the blood is passing through the lungs, and helps it just as readily to part with the oxygen in the muscles and other tissues wherever it is needed. The change is marked by striking differences in the appearance of the blood. When it has taken up all the oxygen it can hold it becomes of a bright scarlet color. When it has parted with the life-giving element, it grows

darker, and presents a bluish or almost black appearance. This dark hue is due to the absence of oxygen, and in malarial poisoning to the fact that the life-giving element of the blood has been destroyed, and its usefulness in repairing the waste of the body has been lost.

The improvement produced by DR. J. H. McLEAN'S SARSAPARILLA is frequently almost magical; an enfeebled heart becomes strong and equable in its action; digestion improves; the lips and cheeks loose their pallor; the eye becomes bright and the step elastic, which are sure indications that pure, rich blood is careering through the arteries and veins, and that a good supply of red blood globules are coursing in the blood, conveying oxygen for the repair of the waste of tissue continuously going on in the body.

DR. J. H. McLEAN'S SARSAPARILLA is a great blood tonic; it gives life and vitality to the blood, eradicates Scrofula, Salt Rheum, and other impurities from the circulating fluid, and increases the number of red and white blood corpuscles, those purveyors of oxygen and nutriment to the system.

As there can be no healthy condition of the body unless the blood is rich in the material necessary to repair the waste of the system, we cannot too strongly recommend DR. J. H. McLEAN'S SARSAPARILLA as a remedy for all derangements of the system which are caused by an unnatural state of the blood. It has been eminently successful as a blood purifier, and the use of one bottle will

DR. J. H. McLEAN'S SARSAPARILLA PURIFIES THE BLOOD.

SEASONABLE ADVICE.

"April showers bring May flowers," but they also bring a procession of spring diseases; biliousness, sick headache, skin eruptions, blotches, pimples, scaly and other disfiguring varieties of skin affections. During this month the bitter taste in the mouth is most prominent, the breath is very offensive, the drowsy dizziness is frequent, and a feeling of tiredness is very prevalent. This is a condition to which all are more or less subject; even the most vigorous and hearty experience a general sensation of languor, debility and discomfort; the white of the eyes becomes discolored; the skin is of a dingy hue; the mouth has a coppery taste; there is dizziness, and black specks float before the eyes. These symptoms—generally occurring at this season of the year—indicate what is not uncommonly called "Spring Sickness." It can hardly be called a positive illness, and yet those who feel it are unfitted for duties which, in a state of good health, they can perform with ease. The trouble is, that during winter there has been an accumulation of waste matter in the system, which ought to have been extracted from the blood and removed from the body. But it has been left in it and has accumulated in the tissues, so that the whole system is clogged with dead and poisonous particles. The dinginess of the skin is due to the fact that, if not unclean on the outside, it is throughout its tissues permeated with what should properly have been discharged from the body. The system instinctively feels this, and craves for a remedy like Dr. J. H. McLEAN'S SARSAPARILLA, which contains those curative properties that are known to medical science as eminently successful in removing poisonous impurities from the blood, and, by their tonic effect, to fully restore the waste tissues, and give strength in place of weakness and debility.

convince the most skeptical of the real merit of this wonderful medicine.

Scrofula is a disease of the constitution consisting of debility, with a tendency to indolent, inflammatory and ulcerative affections. It is a congenital disease, consisting probably of chronic irritation disturbing the functions by which the proper nourishment of the tissues in foetal life is carried on, and leading afterward to the derangement of the nutritive system. Indolence is a marked peculiarity of scrofulous diseases; they begin insidiously, progress slowly, are attended with little heat or pain, but often proceed to the disorganization of the part affected, by the deposit of *tubercles* and subsequent suppuration. The most common external sign of scrofula is enlargement of the subcutaneous glands, especially those of the neck. These

4th Month. APRIL, 1891. 30 Days.

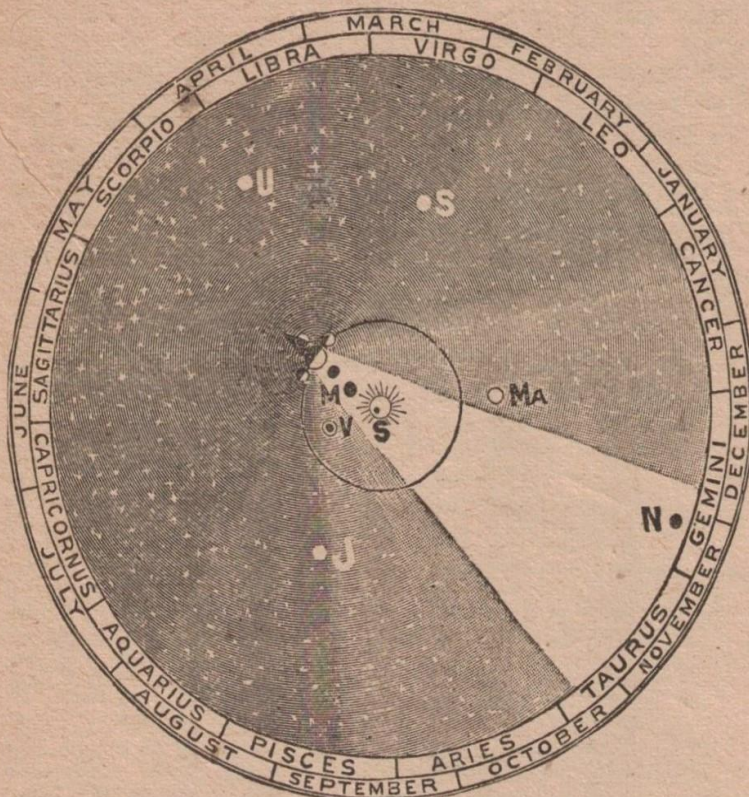
D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Slow.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.	M.	H. M.	H. M.	H. M.
1	W	Hugh, Bishop.	♈	5 44	6 24	0 51	4	5 49	6 20	0 26
2	T	Francis of Paula	♈	5 43	6 25	1 52	4	5 47	6 21	1 26
3	F	Richard, Bish'p	♈	5 41	6 26	2 46	3	5 46	6 21	2 22
4	S	Isidore, Bishop	♈	5 39	6 27	3 32	3	5 44	6 22	3 11
14) Low Sunday				12h. 50m. < Day's length > 12h. 40m.						
5	S	Vincent, Ferrer	♈	5 38	6 28	4 11	3	5 43	6 23	3 55
6	M	Celestian P.....	♈	5 36	6 29	4 44	2	5 42	6 23	4 35
7	T	Hegesippus	♈	5 35	6 31	5 15	2	5 41	6 24	5 11
8	W	Dionysius, Bp..	♈	5 33	6 32	sets	2	5 39	6 25	sets
9	T	Mary of Cleoph.	♈	5 31	6 33	7 43	2	5 38	6 26	7 34
10	F	Macarius, Bp...	♈	5 29	6 34	8 58	1	5 37	6 26	8 43
11	S	Leo the Great.	♈	5 28	6 35	10 11	1	5 36	6 27	9 51
15) 2d Sunday after Easter.				13h. 10m. < Day's length > 12h. 54m.						
12	S	Victor	♈	5 26	6 36	11 20	1	5 34	6 28	10 57
13	M	Hermengild.....	♈	5 25	6 37	morn	1	5 33	6 28	11 57
14	T	Tiburtius, V & M	♈	5 23	6 38	0 23	0	5 32	6 29	morn
15	W	Basilissa & An.	♈	5 22	6 39	1 17	0	5 31	6 30	0 51
16	T	Lambert.....	♈	5 20	6 40	2 1	F.	5 29	6 30	1 37
17	F	Anicetus	♈	5 19	6 41	2 39	1	5 28	6 31	2 18
18	S	Perfectus	♈	5 17	6 42	3 11	1	5 27	6 32	2 53
16) 3d Sunday after Easter.				13h. 27m. < Day's length > 13h. 7m.						
19	S	Patronage, St. J	♈	5 16	6 43	3 38	1	5 26	6 33	3 25
20	M	Agnes	♈	5 14	6 44	4 2	1	5 25	6 33	3 54
21	T	Anselm, Bish'p	♈	5 13	6 45	4 24	1	5 24	6 34	4 21
22	W	Soter and Caius	♈	5 11	6 46	4 45	2	5 23	6 35	4 47
23	T	George, Pt. Eng	♈	5 10	6 47	5 8	2	5 22	6 36	5 15
24	F	Fidelis, Sigmar.	♈	5 8	6 48	rises	2	5 20	6 36	rises
25	S	Mark, Evangel.	♈	5 7	6 49	8 33	2	5 19	6 37	8 15
17) 4th Sunday after Easter.				13h. 45m. < Day's length > 13h. 19m.						
26	S	Cletus & Marcel.	♈	5 5	6 50	9 40	2	5 18	6 37	9 18
27	M	John, Abbot C.	♈	5 4	6 51	10 46	2	5 17	6 38	10 21
28	T	Vitalis.....	♈	5 3	6 52	11 48	3	5 16	6 39	11 22
29	W	Peter.....	♈	5 2	6 53	morn	3	5 15	6 40	morn
30	T	Catherine, Sien.	♈	5 0	6 54	0 43	3	5 14	6 41	0 18

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Last Quarter.....	2	1	30 M.	2	0	30 M.	1	11	30 A.
New Moon	8	3	57 A.	8	2	57 A.	8	1	57 A.
First Quarter	15	8	40 A.	15	7	40 A.	15	6	40 A.
Full Moon	24	0	5 M.	23	11	5 A.	23	10	5 A.

swellings occur very frequently during childhood, and are excited into activity by cold, measles, scarlatina, whooping cough, etc., and either remain a long time inoperative or proceed to severe inflammation and suppuration. Not that all enlargements of the lymphatic vessels and glands are due to scrofula; they may arise from temporary causes, and their character as such is readily determined by the history and symptoms of the case.

The blood of scrofulous patients is found on examination to differ materially from that of healthy persons. In



PLANETARY OUTLOOK, MAY, 1891.

May is a notable month. Readers can follow the movements of planets since April 15th by drawing straight lines from Sun's center, through the center of each planet to points of intersection with constellations, or months on outer rims of engraving. Compare with similar markings on April diagram. On the 9th, at 5 o'clock and 54 minutes, P. M., the planet Mercury will come directly between the Earth and Sun, and will be seen on the face of Sun as shown by the black dot in the engraving. It will not pass off the eastern edge of Sun until after sunset, and if perfectly clear may be seen through smoked glass. Good field glasses and small telescopes will show the transit beautifully. Prepare for it and watch. On the 23d the Moon will be full at a point in its orbit where it will be struck by the Earth's shadow—shown, also, in engraving. This is an eclipse of the Moon. It will not be visible in this part of the globe, the *night* side being turned just at that time toward Western Pacific, South Atlantic, and parts of Europe, Asia and Africa. Lack of space prevents even a hint at much that will deeply interest and instruct the reader—all of which will appear in *Word and Works* for May, 1891. If you want only this month, send 5c. to *Word and Works* Publishing Co., St. Louis, Mo. We do not urge you. Simply inform you. Do as you like.

the former there is an excess of serum, but a deficiency of the fibrous constituent, consequently the materials which are formed from this blood are lax, feeble and incapable of resisting exposure, fatigue and morbid influences.

The predisposing causes of this disease are descent from scrofulous parents, who may undoubtedly transmit their peculiar organization and predisposition to disease to their children; children of syphilitic parents, and still more of whisky drinkers, are very liable to scrofula. Two other potent causes of scrofula, as also of consumption, are tobacco smoking on the part of the father and the existence of leucorrhœa on that of the mother. Indulgence in tobacco smoking, more especially in the case of inveterate smokers, or where the habit is acquired early in life, is, it is believed, a fruitful cause of scrofula. The pale, sallow complexion, the disordered digestive functions, and the debilitated or consumptive frames of many young fathers, in the present day, attest the pernicious tendency of the habit in question. Leucorrhœa, hemorrhagic, or other uterine and vaginal discharges, often generate scrofula in the foetus during uterogestation, which declares itself during infancy in convulsions, hydrocephalus, mesenteric disease, or at or after puberty by tubercular consumption. No observant medical man can doubt the influence of these circumstances as extensive predisposing causes of disease.

The scrofulous habit, if not congenital, may probably be produced by any circumstance capable, directly or in-

directly, of lowering the vital energies; such as poverty and wretchedness, meagre, watery or insufficient food, neglect of healthy exercise, insufficient clothing, want of cleanliness, frequent exposure to cold and damp, and especially want of pure air and sunlight.

Respecting the *exciting causes* of scrofula, it may be remarked that the habit may be so intense that the patient is attacked with some of the diseases we shall soon mention as peculiar to it in spite of all care; or, on the other hand, actual scrofulous disease may not appear unless the health is first depressed by some other cause, such as measles or scarlatina.

Dietetic transgressions and anything that causes derangement of the digestive organs may excite it into activity. It rarely breaks out before two, or after thirty years of age; still it may be called into action at any period of life, by any cause which injures the general health. The time of the second dentition and puberty are perilous periods.

Scrofulous Diseases.—The most marked are the *glandular swellings* and induration on the neck below the jaws, on the nape of the neck, then in the arm pits, groins, and afterwards in any part of the body. These swellings are at first soft, painless, movable; afterwards they enlarge, become painful, inflame, and eventually suppurate, forming scrofulous ulcers. These swellings may also occur in the interior of the body, particularly in the mesentery and

SEASONABLE ADVICE.

May has more charms than any other month, but it is not without its dangers. Balmy with flowers, radiant with sunny skies, she tempts us into the woods to sit on the damp ground, and so catch cold. The increasing warmth of the sun induces us to throw aside our thick garments—our flannels—and presently we are suffering with liver complaint; or the treacherous changes of temperature may develop kidney diseases, Bright's disease, albuminaria, dropsy, swelling of the feet and legs after standing, pains in the loins, disorders arising from impaired kidneys. Where there is any reason to suspect weakness of the kidneys, it is well to use DR. J. H. McLEAN'S LIVER AND KIDNEY BALM, if you are feeling out of sorts, and cannot account for it, as it is now well known that more adults are carried off by chronic kidney disease, than by any one malady, except consumption, and that a sudden chilling of the surface of the body causes most cases of Bright's disease of the kidneys. During May, frontal headaches with deficient action of the heart, shivering sensations accompanied with hot and cold perspirations are very prevalent. For these ailments DR. J. H. McLEAN'S CHILLS AND FEVER CURE is an efficient remedy, and one bottle is warranted to cure any case of remittent or intermittent fever. Then, too, we have that good-for-nothing feeling of weariness and lassitude which nine persons out of ten regularly experience in the spring, and which may be got rid of by using DR. J. H. McLEAN'S SARSAPARILLA.

lungs: also in the liver, spleen, and even in the brain. The EYES are also frequently in a state of inflammation. In children, and in young persons advancing towards puberty, there is extreme *intolerance of light*, so that the child obstinately holds its head down, and only with the greatest difficulty can open its eyes. There may be *spasmodic contraction of the muscles*, the lids being averted by the spasmodic action; *profuse flowing of tears*, so that the skin of the cheek is often excoriated or covered with an itching eruption, and when, at length, the eyes are opened, there is little or nothing to be seen at all commensurate with that dread of light which the patient manifests, for it is more a nervous than a vascular disease. These symptoms are accompanied by others which mark the scrofulous constitution—enlargement of the absorbent glands about the neck, sore ears, a large and hard belly, grinding of the teeth, general debility, and other signs of scrofula.

While taking DR. J. H. McLEAN'S SARSAPARILLA for the cure of scrofula, it is of the utmost importance that the patient avoid as much as possible the producing causes,

5th Month.

MAY, 1891.

31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Fast.	LATITUDE OF CHARLESTON.		
				Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.		Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.

1 F	Philip & James	☾	4 59	6 55	1 32	3 5	13	6 41	1 9
2 S	Athanasius, Bp.	☾	4 58	6 57	2 12	3 5	12	6 42	1 54

18) Rogation Sunday. 14h. 1m. > Day's length < 13h. 32m.

3 S	Finding H. Crs.	☾	4 57	6 58	2 45	3 5	11	6 43	2 33
4 M	Monica.....	☾	4 55	6 59	3 14	3 5	10	6 43	3 8
5 T	Pius V.....	☾	4 54	7 0	3 42	3 5	9	6 44	3 41
6 W	John, Apostle..	☾	4 53	7 1	4 9	4 5	8	6 45	4 14
7 T	Ascension Day.	☾	4 52	7 2	4 37	4 5	8	6 45	4 49
8 F	Appar. Michael	☾	4 50	7 3	sets	4 5	7	6 46	sets
9 S	Gregory Nazi'n	☾	4 49	7 4	9 0	4 5	6	6 47	8 37

19) Sunday after Ascension. 14h. 17m. > Day's length < 13h. 43m.

10 S	Antoninus	☾	4 48	7 5	10 6	4 5	5	6 48	9 41
11 M	Mammertus, Bp	☾	4 47	7 6	11 6	4 5	4	6 48	10 40
12 T	Nereus, Ach. etc	☾	4 46	7 7	11 57	4 5	3	6 49	11 32
13 W	John the Silent.	☾	4 45	7 8	morn	4 5	3	6 50	morn
14 T	Boniface.....	☾	4 44	7 9	0 38	4 5	2	6 51	0 16
15 F	Torquatus & Co.	☾	4 43	7 10	1 12	4 5	1	6 51	0 53
16 S	John Nepomu'n	☾	4 42	7 11	1 40	4 5	0	6 52	1 26

20) Pentecost—Whit Sunday. 14h. 31m. > Day's length < 13h. 53m.

17 S	Pentecost Sund.	☾	4 41	7 12	2 5	4 5	0	6 53	1 56
18 M	Whit Monday..	☾	4 40	7 13	2 29	4 4	59	6 54	2 24
19 T	Peter Celestine	☾	4 40	7 13	2 51	4 4	59	6 54	2 50
20 W	Ember Day	☾	4 39	7 14	3 12	4 4	58	6 55	3 16
21 T	Ubald	☾	4 38	7 15	3 35	4 4	57	6 56	3 44
22 F	Basilicus	☾	4 37	7 16	4 0	4 4	57	6 56	4 15
23 S	Desiderius	☾	4 36	7 17	rises	3 4	56	6 57	rises

21) Trinity Sunday. 14h. 43m. > Day's length < 14h. 2m.

24 S	Donation & Rog	☾	4 35	7 18	8 35	3 4	56	6 58	8 12
25 M	Gregory VII.....	☾	4 35	7 19	9 41	3 4	56	6 58	9 15
26 T	Philip of Neri..	☾	4 34	7 20	10 40	3 4	55	6 59	10 14
27 W	Mary Magdalen	☾	4 34	7 21	11 31	3 4	55	7 0	11 8
28 T	Corpus Christi..	☾	4 33	7 21	morn	3 4	54	7 0	11 54
29 F	Maximus, Bp....	☾	4 33	7 22	0 13	3 4	54	7 1	morn
30 S	Felix, Emily	☾	4 32	7 23	0 48	3 4	53	7 1	0 35

22) 1st Sunday after Trinity. 14h. 52m. > Day's length < 14h. 9m.

31 S	Petronilla.....	☾	4 32	7 24	1 19	3 4	53	7 2	1 10
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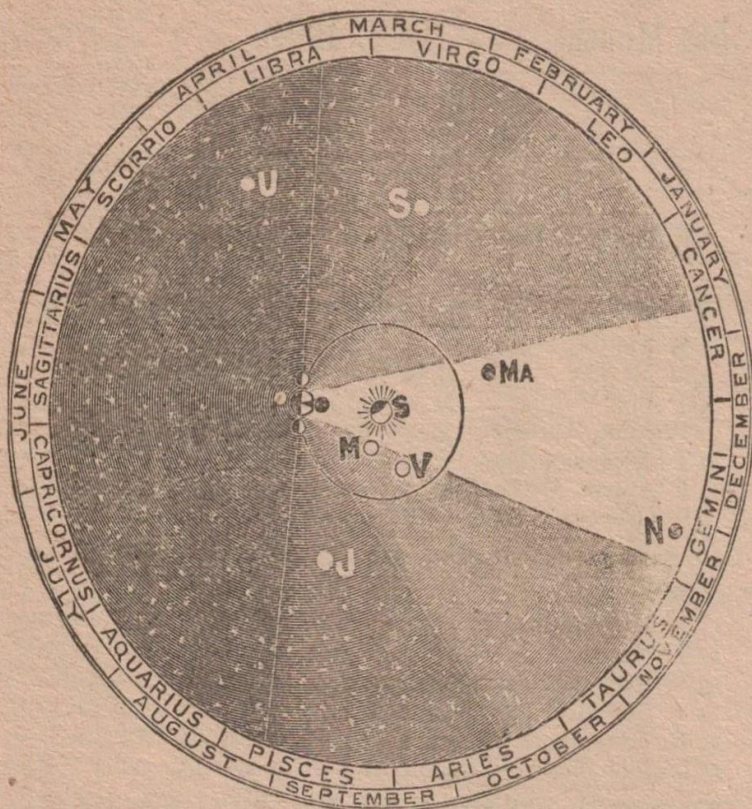
MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Last Quarter.....	1	8	51 M.	1	7	51 M.	1	6	51 M.
New Moon	8	1	15 M.	8	0	15 M.	7	11	15 A.
First Quarter	15	2	4 A.	15	1	4 A.	15	0	4 A.
Full Moon	23	1	26 A.	23	0	26 A.	23	11	26 M.
Last Quarter.....	30	1	54 A.	30	0	54 A.	30	11	54 M.

and also avail himself of all the accessory aids to cure. The food of scrofulous patients should always be of the most nutritious character, at the same time light and digestible. Beef, mutton, venison and fowls; to these should be added a due quantity of bread, mealy potatoes, rice and other farinaceous principles, as more suited to this

PLANETARY OUTLOOK, JUNE, 1891.

Don't forget that the Earth with Moon is *above* the Sun in March, to the left or *east* in June, *under* in September, and to the right or *west* in December. Remember, also, that while the planets are all moving in the same direction around the Sun as Earth, all the other stars keep their places in the sky. It is the Earth's motion that makes the apparent motion of Sun and Stars. Since May 15th Earth has shifted out of Scorpio into Sagittarius. This throws the Sun forward into Gemini and Cancer. Days are longest. Nights shortest. See the lengthened twilight, morning and evening, shown by white in the cut. Mercury has moved round into conjunction with Sun and Jupiter, and at same time into conjunction with Earth and Venus. Mercury and Venus are close together in morning sky. Earth has gained upon Mars until he sets almost with Sun. Saturn and Uranus seem to have gone westward, but not so. Neptune still stands in Gemini, but looks to have crept to other side of Sun. Best of all! on June 6th there is an eclipse of the Sun, visible on a line west and north by St. Lawrence, Detroit, St. Louis, Dallas, and Sinaloa, Mexico. Moon's shadow strikes Earth at Denver at 7:25, A. M.; at St. Louis, 9:8, A. M. See in cut black spot on Sun, and Moon's shadow on the Earth. Why an eclipse happens at one New Moon and not at another—how it is seen here and not there, and many other wonderful facts ought to be better understood. We are doing our best—God is our Judge—to help all the people. See *Word and Works* for June, 1891.



class of patients than very watery and succulent vegetable preparations of eggs and milk, etc.; and the use daily of Dr. J. H. McLEAN'S STRENGTHENING CORDIAL to promote digestion.

He should cultivate purity of life and of habit, in both body and mind. Moderate *exercise* in the open air is most essential; and in carrying out this suggestion the patient should endeavor to take exercise with the mind agreeably occupied, rather than following it as an irksome task. A bracing mountain or sea air, if it can be borne, is best; the patient's room should be uninterruptedly supplied with pure air. *Bathing*, both in fresh and in salt water, is invaluable as a means of promoting a healthy action of the skin and of imparting tone to the whole system. The *clothing* should be adapted to the season, and should be warm without being uncomfortable, the extremities, especially in cold weather, should be kept warm. As a general rule flannel should be worn next the skin; in winter, it affords direct warmth, and in summer it tends to neutralize the effects of sudden changes of the temperature. The linen should be frequently changed, always observing that it should be put on perfectly dry.

Erysipelas.—ST. ANTHONY'S FIRE—ROSE.—This disease may arise from constitutional causes, when it generally affects the head and neck; or it may arise from a wound or external injury and may occur on any part of the body which is wounded. It is known by a spreading red-

ness of the skin, of an inflammatory character, with considerable puffy swelling, tenderness, burning, and a painful sensation of tingling and tension. The color of the skin varies from a faint red to a dark red, or purple, becoming white under pressure, but assuming its former color on the removal of the pressure. It is caused by debility and loss of resisting power, from disease, the habitual use of stimulants, exposure to cold, impaired digestive organs, wounds, badly ventilated and crowded apartments, certain conditions of the atmosphere and a morbid state of the blood. The tendency of this disease to attack different parts simultaneously, or by leaving one part and flying to another—furnishes evidence of its origin in a vitiated condition of the blood, which can be cured by Dr. J. H. McLEAN'S SARSAPARILLA, at the same time apply externally Dr. J. H. McLEAN'S VOLCANIC OIL LINIMENT. Erysipelas may be considered as one of the penalties inflicted by nature on those who neglect those prime requisites of health—*cleanliness, temperance, wholesome food, and pure air*.

Boils.—These are hard conical tumors of the true skin, resulting from inflammation and a deposit of unhealthy lymph in the part. They are very tender and painful and end in suppuration; they often occur in crops, or one appearing as soon as the preceding one has healed. Boils indicate a disordered condition of the blood, from unwholesome food, from some unknown atmospheric cause, or from depressing influences generally, but may be effectually re-

SEASONABLE ADVICE.

In June, we have the fervent heat of summer and may expect congestion of the liver, bilious headaches, sun-strokes, cholera morbus, remittent and intermittent fevers, and summer fever in children. Watch the bowels! See they act freely and regularly! Use DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills) to correct any irregularity of the bowels! Beware of diarrhoea! Eat freely of vegetables, fruits and berries, but not gluttonously. The season of fruitage always brings with it pangs as well as pleasures. While fruit is good food, it depends much on the quality and condition. If it be unripe or stale, far better that none were eaten. Choose your fruit with care; for a vast amount of pain, and many shafts of death, lie hidden in the deceitful array of summer fruit, tempting the unwary mortal. Keep up a vigorous condition of the system by using DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, so you will be able to stand the drain which summer heat will expose you to. This popular medicine has saved many a valuable life by its timely use, just when it was ready to give out. Be judicious and watchful in the feeding of infants and children. Over feeding may bring on colic, bowel irritation and diarrhoea. Give that food which they relish and upon which they thrive, and during hot weather give them half a teaspoonful of DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, three or four times a day, diluted with water and sweetened, as it will help digestion by toning the membranes of the stomach, and will impart strength and vitality. Nursing mothers should keep their systems in vigorous condition, for their own sake and for that of their children, and cannot do better than use DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER.

moved by using DR. J. H. McLEAN'S SARSAPARILLA and UNIVERSAL PILLS.

Carbuncle.—This is of the nature of a malignant boil, but it differs in its greater size; its broad, flat shape; in its usually appearing singly; in giving way and discharging from several openings, like a sieve; in the dusky redness of the inflamed integument, and the great constitutional disturbance and irritation which accompany it. It is caused by a disordered condition of the blood, and is met with in individuals in a broken state of the constitution. Unlike boils, carbuncle is rare in young people: but is usually met in debilitated persons, who have passed the middle period of life; and much more frequently in males than females. In the absence of great tension, very severe pain, or extension of the inflammation, a course of

6th Month.

JUNE, 1891.

30 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Fast	LATITUDE OF CHARLESTON.		
				Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.		Sun Rises H. M.	Sun Sets H. M.	Moon Rises H. M.
1	M	Pamphilus	♊	4 31	7 24	1 46	2	4 53	7 3	1 43
2	T	Marcellinus, etc	♊	4 30	7 25	2 11	2	4 52	7 3	2 14
3	W	Clotildis, Kevin	♊	4 30	7 26	2 38	2	4 52	7 4	2 46
4	T	Francis Caracci.	♊	4 30	7 27	3 6	2	4 52	7 4	3 21
5	F	Sacred Heart....	♊	4 29	7 27	3 39	2	4 52	7 5	3 59
6	S	Norbert, Jerlath	♊	4 29	7 28	sets	2	4 52	7 5	sets

23) 2d Sunday after Trinity. 14h. 59m. > Day's length < 14h. 15m.

7	S	Robert, Abbot..	♊	4 29	7 28	8 52	1	4 51	7 6	8 26
8	M	Medardus.....	♊	4 29	7 29	9 47	1	4 51	7 6	9 21
9	T	Primus & Felic'n	♊	4 28	7 30	10 32	1	4 51	7 7	10 9
10	W	Margaret, Qu'n	♊	4 28	7 30	11 10	1	4 51	7 7	10 49
11	T	Barnabas, Apos.	♊	4 28	7 31	11 41	1	4 51	7 8	11 24
12	F	John S. Facundo	♊	4 28	7 31	morn	0	4 51	7 8	11 56
13	S	Anthony, Padua	♊	4 28	7 32	0 7	0	4 51	7 8	morn

24) 3d Sunday after Trinity. 15h. 4m. > Day's length < 14h. 18m.

14	S	Basil the Great.	♊	4 28	7 32	0 30	S.	4 51	7 9	0 23
15	M	Vitus, Mod. & C.	♊	4 28	7 32	0 52	0	4 51	7 9	0 50
16	T	John F. Regis..	♊	4 28	7 33	1 14	0	4 51	7 9	1 17
17	W	Avitus.....	♊	4 28	7 33	1 37	1	4 51	7 10	1 44
18	T	Marcus & Mar.	♊	4 28	7 33	2 1	1	4 51	7 10	2 13
19	F	Juliana of Falc.	♊	4 28	7 34	2 28	1	4 52	7 10	2 45
20	S	Silverius.....	♊	4 28	7 34	3 1	1	4 52	7 11	3 23

25) 4th Sunday after Trinity. 15h. 5m. > Day's length < 14h. 19m.

21	S	Aloysius Gonz.	♊	4 29	7 34	3 42	2	4 52	7 11	4 7
22	M	Paulinus, Bish.	♊	4 29	7 34	rises	2	4 52	7 11	rises
23	T	Agrippina.....	♊	4 29	7 35	9 25	2	4 52	7 11	9 0
24	W	John the Baptist	♊	4 29	7 35	10 11	2	4 53	7 11	9 50
25	T	William, Abbot	♊	4 30	7 35	10 50	2	4 53	7 11	10 35
26	F	John and Paul.	♊	4 30	7 35	11 22	3	4 53	7 11	11 13
27	S	Crescent	♊	4 30	7 35	11 50	3	4 54	7 12	11 45

26) 5th Sunday after Trinity. 15h. 4m. > Day's length < 14h. 18m.

28	S	Leo II.....	♊	4 31	7 35	morn	3	4 54	7 12	morn
29	M	Peter and Paul.	♊	4 31	7 35	0 15	3	4 54	7 12	0 16
30	T	Commemorati'n	♊	4 32	7 35	0 41	3	4 54	7 12	0 48

MOON'S PHASES. (STANDARD TIME.)

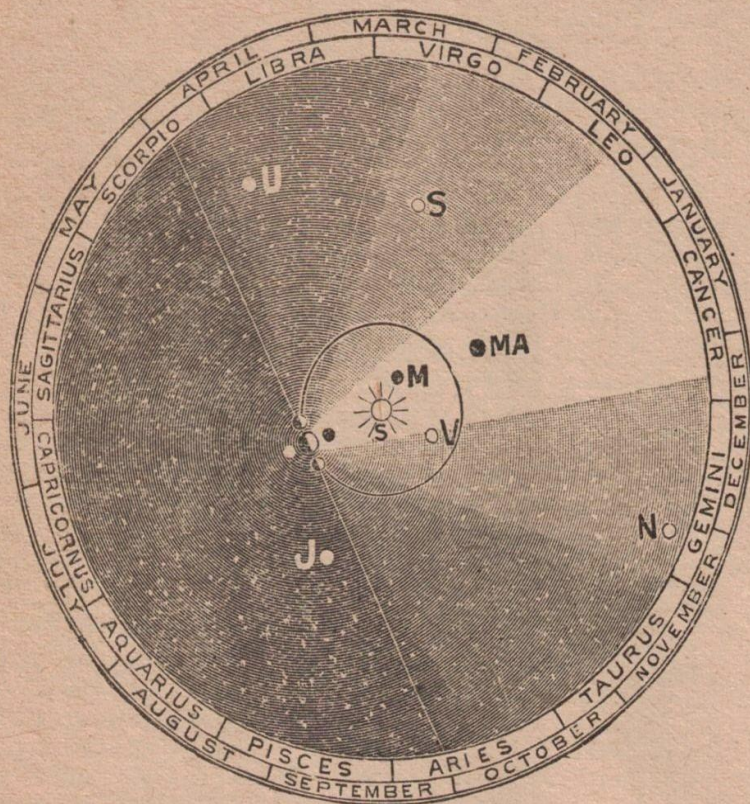
	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
New Moon.....	6	11	26 M.	6	10	26 M.	6	9	26 M.
First Quarter	14	7	34 M.	14	6	34 M.	14	5	34 M.
Full Moon	22	0	12 M.	21	11	12 A.	21	10	12 A.
Last Quarter.....	28	6	16 A.	28	5	16 A.	28	4	16 A.

DR. J. H. McLEAN'S SARSAPARILLA with soothing applications, will be all that is necessary to effect a cure.

Ringworm.—This is indicated by small, round vesicles, filled with clear or yellow fluid, mostly on the head, at the roots of the hair, and varying in size from a silver quarter of a dollar to that of a silver dollar. The patches gradually enlarge; the hair upon them changes its color; the disease progresses, the hair perishes at the roots, falling with the scab, leaving patches of baldness. It is caused by contagion; a scrofulous constitution; an emaciated and

PLANETARY OUTLOOK, JULY, 1891.

By comparing the diagram on this page with that of January, you see while the Sun and fixed Stars have remained unmoved, that the Earth with Moon flying around her, has gone just half-way round the Sun. Then the Earth was in Cancer and Sun in Capricornus; now Earth is in Capricornus and Sun in Cancer. Mercury has gone more than twice round the Sun, and has just passed out of conjunction with Earth, Sun and Mars. Venus has not quite completed one revolution, but is gaining on Earth and almost lost at sunrise. Mars is in conjunction with Earth and Sun, having passed since January from middle of Aries through Taurus, Gemini and Cancer. *Study each engraving.* Jupiter has moved only from middle of Aquarius well into Pisces in six months, and is now in conjunction with Mercury and Sun. Saturn has moved only a fraction in Virgo, but is turned nearly into sunset by Earth's forward motion. Uranus is just crossing into Scorpio, but is seen from Earth in Libra, and has shifted since January from Morning to Evening Star. Neptune stands like a sentinel in Gemini, but has been compelled by the frisky Earth to cross the line of light and become a Morning Star. All the way, the Moon has stuck like a lover to Earth, keeping up with, and going once around her every 27 days. On the 5th it will be new, or between Sun and Earth; will move east to 1st quarter between Uranus and Earth, on the 13th; thence to full, on 21st; thence down and west to last quarter, on 27th. A complete study of Moon's motions in *Word and Works*. Send and see for yourself.



feeble condition, especially in children not supplied with good food and plenty of exercise in the open air, or who live in filthy, ill-ventilated, dark dwellings, and neglect of cleanliness. DR. J. H. McLEAN'S SARSAPARILLA is an appropriate internal remedy for the cure of this disease. At the same time cut the hair short, and wash the head with tepid water, using a little mild soap; take a teaspoonful of the flour of sulphur, mix it with the contents of a small bottle of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, and apply three times a day.

Ulcers.—An ulcer is a chasm on any organ caused by the stripping off of its proper cuticle or epithelium, or by the destruction of a portion of its substance by disease or injury which has not been repaired. The process of ulceration consists of the progressive softening and disintegration of successive layers of the ulcerating tissue.

Ulcers may result from a bruise or burn, or some general derangement of the system occasioned by improper food; or they may be openings of nature for ridding the system of impurities, which, if retained, would produce serious disturbances. The constitutions most liable to ulceration are those which are debilitated by intemperance or privation, tainted with syphilis or scrofula, or broken down by excessive use of mercury, or in which the blood is impure from inaction of the liver, skin and kidneys. The parts most disposed to it are those whose circulation is most languid, such as the lower extremities. On this account,

tall persons are more frequently affected with ulcers than the short.

In the treatment of ulcers, perfect *cleanliness* is most essential. They should be washed gently and frequently with warm water and castile soap, then covered with a layer of linen rags or lint, which should be saturated with DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT; this should be covered with oil silk, and lightly bound over with a bandage. The frequency with which the dressing should be changed depends on the amount of the discharge. After a while they can be dressed with the following:

SALVE FOR ULCERS.—Take three parts of beeswax, one of common rosin; melt; then add two parts of lard, stir, and add sufficient of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT to make a salve.

Washing the lower extremities daily is one of the most potent means of preventing and curing the disease and restoring the lost vitality of the parts. DR. J. H. McLEAN'S SARSAPARILLA should be taken regularly to purify and vitalize the blood, with moderate outdoor exercise, but the patient should not stand much nor sit with the legs hanging down.

Goitre.—*Swelled Neck.*—This consists of chronic morbid enlargement of the thyroid gland. The swelling is attended with no pain and but little danger, until it has acquired a size sufficient to produce deformity, and by its pressure

DR. J. H. McLEAN'S SARSAPARILLA IMPROVES THE COMPLEXION.

SEASONABLE ADVICE.

Hot Weather in July brings its host of disorders. During the heated term, processes of evaporation and decay are achieving the results of natural law; and we have malaria, intermittent and remittent fevers, sometimes epidemics of yellow fever, breakbone fever, typhus or typhoid fever, cholera, etc. A healthy, vigorous system will resist these diseases. Worms burrow in decaying trees, not in the young, the vigorous and the thrifty. Some persons can almost defy the deadliest diseases, others fall before the slightest attack. Many diseases come from germs, which plant themselves within the body, and then multiply and destroy. If we have the vigor that can resist the first of these little germs, we escape; but if the system is debilitated, if bad food, bad air, or overwork, have impaired its vitality, then disease lays hold upon the enfeebled frame and works its overthrow. Keep on hand DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, so that when you find the long hours of hard physical labor—the hardships of the harvest field, the fierce rays of a summer sun are getting away with you, and your intellectual and muscular energy are going down under the pressure of the work demanded—you may be saved by the timely use of this great remedy. There are thousands now living who will testify that they owe their life to the vitalizing and strengthening properties of DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, which helped them over some critical period in their history, at a time when they were ready to perish from the drain of the wear of breadwinning, or the exhaustion brought about by sickness or disease.

upon the trachea and œsophagus interferes with respiration and swallowing. It is caused frequently by a general anæmic condition of the system, so that DR. J. H. McLEAN'S SARSAPARILLA should be freely taken, and the swelling bathed with a solution of iodine: say, take of iodine one drachm, of iodide of potassium two drachms, and dissolve in two and a half ounces of water. Apply this solution with a feather, and continue its use twice a day until the swelling disappears. This solution will often be serviceable, if applied as above directed over any part of the body where there are cancerous or scrofulous tumors or other swellings, if *sound and not broken by ulcers*.

Anæmia.—This condition is often called "poverty of blood" from deficiency of the red corpuscles which give to this fluid its characteristic color. It is caused by insufficiency of proper materials to replenish the blood, or, as in *chlorotic* girls, where these materials are not duly appropriated: the lips and tongue lose their natural red color

7th Month.

JULY, 1891.

31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Moon Slow.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.		H. M.	H. M.	H. M.
1	W	Octave, St. John	♏	4 32	7 35	1 10		4 45	7 12	1 22
2	T	Visitat'n, B.V.M.	♏	4 33	7 35	1 40		4 45	7 12	1 58
3	F	Eulogius & Com	♏	4 33	7 34	2 15		4 45	7 12	2 37
4	S	Flavian, Bishop	♏	4 34	7 34	2 56		4 45	7 12	3 21

27) 6th Sunday after Trinity. 15h. 0m. > Day's length < 14h. 14m.

5	S	Athanasius	♏	4 34	7 34	3 43		4 45	7 11	4 11
6	M	Octave, Pet. & Pl	♏	4 35	7 34	sets		4 45	7 11	sets
7	T	Benedict XI.....	♏	4 36	7 33	9 8		5 4	7 11	8 46
8	W	Elizabeth, Q.P.	♏	4 37	7 33	9 41		5 4	7 11	9 22
9	T	Holy Martyrs ..	♏	4 37	7 33	10 9		5 4	7 11	9 55
10	F	Rufina & Secun.	♏	4 38	7 32	10 34		5 4	7 10	10 25
11	S	Pius I.....	♏	4 38	7 32	10 56		5 5	7 10	10 52

28) 7th Sunday after Trinity. 14h. 53m. > Day's length < 14h. 10m.

12	S	John Gualbert..	♏	4 39	7 32	11 17		5 5	7 10	11 18
13	M	Anacletus.....	♏	4 40	7 31	11 38		5 5	7 9	11 43
14	T	Buonaventure ..	♏	4 40	7 31	morn		6 5	7 9	morn
15	W	Henry, Emp.G.	♏	4 41	7 30	0 1		6 5	7 9	0 12
16	T	B. V. Mary, Mt.	♏	4 42	7 29	0 26		6 5	7 8	0 42
17	F	Alexius.....	♏	4 43	7 29	0 56		6 5	7 8	1 16
18	S	Camillus of Lel.	♏	4 43	7 28	1 33		6 5	7 7	1 58

29) 8th Sunday after Trinity. 14h. 43m. > Day's length < 14h. 2m.

19	S	Vincent of Paula	♏	4 44	7 27	2 19		6 5	7 7	2 46
20	M	Jerom Æmilian.	♏	4 45	7 27	3 15		6 5	7 6	3 43
21	T	Praxedes V.....	♏	4 46	7 26	rises		6 5	7 6	rises
22	W	Mary Magdal'n	♏	4 47	7 25	8 47		6 5	7 5	8 29
23	T	Apollinaris.....	♏	4 48	7 24	9 21		6 5	7 5	9 9
24	F	Christina	♏	4 48	7 23	9 51		6 5	7 4	9 45
25	S	James, Apostle.	♏	4 49	7 22	10 20		6 5	7 4	10 19

30) 9th Sunday after Trinity. 14h. 32m. > Day's length < 13h. 54m.

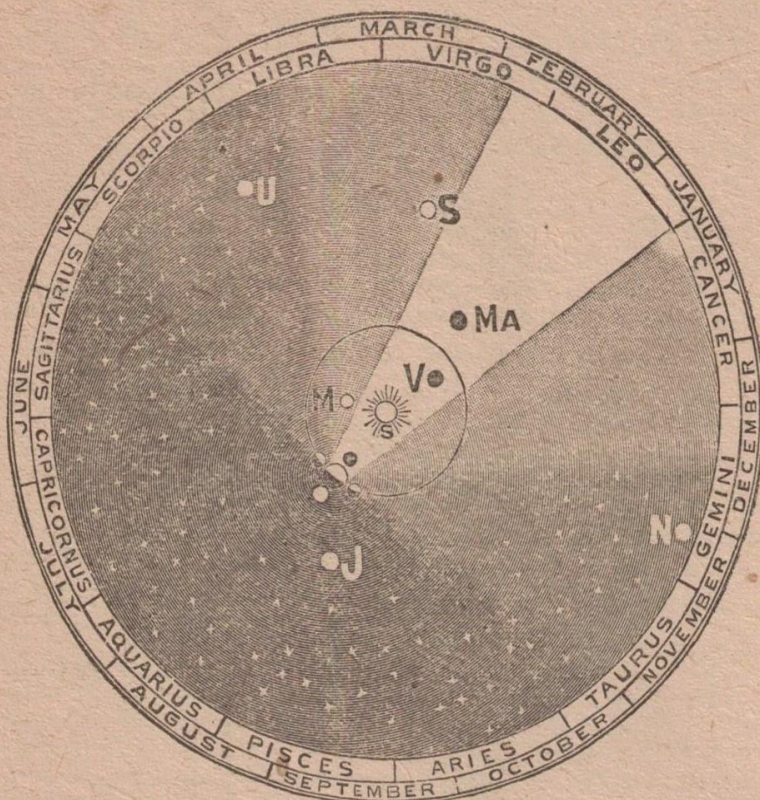
26	S	Ann, M.B.V.M.	♏	4 50	7 22	10 46		6 5	9 7	3 10 51
27	M	Pantaleon.....	♏	4 51	7 21	11 12		6 5	10 7	2 11 24
28	T	Nazarius, C. & V	♏	4 52	7 20	11 42		6 5	10 7	1 11 58
29	W	Martha.....	♏	4 53	7 19	morn		6 5	11 7	1 morn
30	T	Abdon & Senn'n	♏	4 54	7 18	0 15		6 5	12 7	0 0 36
31	F	Ignatius, F.S.J.	♏	4 55	7 17	0 54		6 5	12 6	59 1 19

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
New Moon	5	10	58 A.	5	9	58 A.	5	8	58 A.
First Quarter	14	0	29 M.	13	11	29 A.	13	10	29 A.
Full Moon	21	8	54 M.	21	7	54 M.	21	6	54 M.
Last Quarter.....	27	11	32 A.	27	10	32 A.	27	9	32 A.

and become white, the face looks like wax, the patient becomes weak, is easily fatigued and loses breath, has cold extremities, weak, thready pulse, and the blood is watery and scanty. The common saying "the blood has turned to water," is almost literally true.

In this condition, and for *Female Diseases*, such as *Irregularity, Painful or Suppressed Menses, Ulceration of the Uterus, Leucorrhœa or Whites*, etc., DR. J. H.



PLANETARY OUTLOOK, AUGUST, 1891.

The engraving on this page shows exact positions of Sun, stars and planets, August 15th. Moon phases in all these cuts do not conform to these dates, but are shown as they appear on dates of Moon changes given. To see what sign the Moon is in for each day, see in body of this Almanac, and study Moon's progress around the Earth in each engraving. Earth is now in Aquarius and Sun in Leo. Stars in Leo at this time will be on other side of Sun and directly overhead at noon; 12 hours later at midnight, stars in Aquarius will be overhead, with Sun and Leo under our feet. *How wonderful!* Mercury has shot out into evening twilight, and is on line with Earth and Jupiter. Venus has gained on Earth, and Earth on Mars, so that Mars and Venus are hiding behind the Sun, bringing Earth, Sun, Venus and Mars into conjunction. Jupiter creeps forward in Pisces, but Earth is overtaking him and throwing him backward into midnight sky; while Saturn, almost unmoved in Virgo, is falling to the line of sunset. Uranus sinks lower into the evening, and Neptune rises higher into the morning. *Study the engraving.* In writing up and illustrating these things in monthly issues of *Word and Works*, there will be time and room for a thousand details, making the most complete and instructive series of papers ever before prepared. All can understand them, and the knowledge thus gained, for a few cents, has cost others hundreds of dollars. Each and all may prove the truth of this candid statement by sending for *Word and Works*. We want you to know the facts. Do as you like.

McLEAN'S SARSAPARILLA should be taken in mild doses, alternating with Dr. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, when the happiest results may be looked for in the restoration of the general health, when the local disorder will disappear.

Catarrh.—Chronic inflammation of the mucous membrane, which lines the nose, ears, windpipe and other mucous surfaces, may usually be cured by the use of Dr. J. H. McLEAN'S CATARRH POWDER, but there are many cases where this disease is induced or aggravated by the scrofulous taint. The best constitutional remedy is Dr. J. H. McLEAN'S SARSAPARILLA. By purifying the blood and restoring health to the affected membranes, it stops the offensive discharges, corrects the odor of the breath, and brings back the senses of taste and smell, when they have almost been destroyed by this disease. This remedy can be relied upon to effect a satisfactory cure of this terrible disease.

Syphilis or Venereal Disease, and for Mercurial Disease which is sometimes complicated with it, Dr. J. H. McLEAN'S SARSAPARILLA must be taken for a long time and in large doses. Take the SARSAPARILLA for a month or six weeks, then substitute for a month Dr. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER. Thus alternate these two remedies until the disorder is expelled from the system.

SUMMER DISEASES.

FINE weather conduces to cheerfulness and industry. The normal atmospheric pressure, with sunshine in summer or winter, seems best adapted to the enjoyment of life, and the opportunity afforded by warm weather, for living a greater part of the day in the open air, is so promotive of health, that summer should be the healthiest season of the year for every one and certainly it would prove so, were the manner of living wisely adjusted to it. But it is too often the case, that people fail to appreciate the fact, that much of the diet and many routine habits, which are eminently proper in winter, are sure to produce derangements or disease if persisted in during summer. In cold weather the air is bracing and has a tonic effect upon the system; all the bodily functions are quickened and more active in consequence of its stimulating effects. But in summer when the heat gets beyond the proportion necessary, simply to maintain the system at its natural temperature, it becomes disturbing, exhausting, and health impairing. The effect of excessive heat is invariably depressing, it enervates the system and weakens all the vital organs of the body, and they become indolent and slow in doing their work. The body possesses a powerful means of self-defense, against excessive heat, in the cooling influence of surface evaporations, but this power of the system cannot be taxed with impunity. The rush of the circulation to the surface, and the increased transpira-

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS CURE SICK-HEADACHE.

SEASONABLE ADVICE.

In August, summer complaints are extremely vexatious and are often attended with most serious results; malarial diseases, too, prevail to a greater extent than at any other time of the year. To avoid these troubles, live regularly, eat plain, wholesome food; let it be light, nutritious and non-irritating; sleep where the air is pure. Don't worry! Don't get excited! Keep skin, liver, lungs, bowels and kidneys in good working order, so that the refuse matter of the body may not accumulate. Beware of unripe or spoiled fruit! Don't touch liquor, it sets the blood on fire! Beware of the malaria which arises at night from swamps and undrained places. Take DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, to keep up the vitality of your system. Prickly heat is often troublesome. It is caused by excessive sweating; the excess of work put upon the sweat glands induces congestion in them and bright, red elevations, or papulæ, appear. The skin should be kept as cool as possible, over exertion, worry, etc., avoided. Simple foods only are allowable. DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER should be taken three times a day, and the eruption bathed gently with DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, and then dusted with powdered starch. Remember that for remittent or intermittent fever (ague) DR. J. H. McLEAN'S CHILLS AND FEVER CURE is a specific, and one fifty cent bottle is warranted to cure any one case.

tion and secretions of the skin are accompanied by a necessary diminution in the activity of some of the internal organs. As the exhalation from the skin rises the secretions of the kidneys and mucous membranes fall. Thus, the prevailing maladies of the heated term are diseases of the liver and kidneys, in some form or other, fevers, diarrhoea, dysentery, cholera, etc.

The Liver.—This organ lies across the body, chiefly, but not entirely, on the right side, behind the lower ribs; in it some of the most important processes in the body go on; in which the small molecules resulting from the digestion of food are built up into more complete ones, required to supply the waste of the various tissues in the body. Underneath the liver is the reservoir for the bile, known as the gall bladder. A tube carries the bile from the liver to the gall bladder, from which it is from time to time discharged into the intestines, near its junction with the stomach. Among other offices bile aids in the disposition of fats. Were it not for the bile, much of the fat taken into the body as food would pass out but little changed. In order that fats and oils remain in the system they must

8th Month. AUGUST, 1891. 31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.				Slow.	LATITUDE OF CHARLESTON.			
				Sun Rises	Sun Sets	Moon Rises	M.		Sun Rises	Sun Sets	Moon Rises	M.
1	S	St. Peter's Ch'n's	♊	4 56	7 16	1 39	6	5	13	6 58	2 7	7

31) 10th Sunday after Trinity. 14h. 18m. > Day's length < 13h. 43m.

2	S	Stephen, Pope.	♊	4 57	7 15	2 31	6	5	14	6 57	2 59	
3	M	Relics St. Steph	♊	4 58	7 14	3 29	6	5	15	6 57	3 56	
4	T	Dominick.....	♊	4 59	7 12	sets	6	5	15	6 56	sets	
5	W	Dedication, M.	♊	5 07	11 8	11	6	5	16	6 55	7 57	
6	T	Transfiguration	♊	5 17	10 8	36	6	5	17	6 54	8 26	
7	F	Cajetan.....	♊	5 27	9 8	59	6	5	17	6 53	8 54	
8	S	Cyriacus, Larg.	♊	5 37	8 9	22	5	5	18	6 52	9 21	

32) 11th Sunday after Trinity. 14h. 2m. > Day's length < 13h. 32m.

9	S	Romanus.....	♊	5 47	6 9	43	5	5	19	6 51	9 46	
10	M	Laurence, Mar.	♊	5 57	5 10	4	5	5	19	6 50	10 12	
11	T	Tiburtius & Sus.	♊	5 57	4 10	27	5	5	20	6 49	10 41	
12	W	Clara.....	♊	5 67	2 10	54	5	5	21	6 48	11 12	
13	T	Hypolitus & Cas	♊	5 77	1 11	27	5	5	21	6 47	11 50	
14	F	Eusebius.....	♊	5 87	0 morn		4	5	22	6 46	morn	
15	S	Assump. B.V.M.	♊	5 96	58	0 8	4	5	23	6 45	0 34	

33) 12th Sunday after Trinity. 13h. 57m. > Day's length < 13h. 20m.

16	S	Joachim, f. of M	♊	5 106	57	0 58	4	5	24	6 44	1 26	
17	M	Octave, Lauren.	♊	5 116	55	1 59	4	5	24	6 43	2 27	
18	T	Helen, m. Const	♊	5 126	54	3 12	4	5	25	6 42	3 37	
19	W	Louis, Bp. Tol.	♊	5 136	53	rises	3	5	26	6 41	rises	
20	T	Bernard, Ab. Cl	♊	5 146	51	7 50	3	5	26	6 40	7 41	
21	F	Jane F. Fremiot	♊	5 156	50	8 18	3	5	27	6 39	8 15	
22	S	Oct. Asm. Mary	♊	5 166	48	8 46	3	5	28	6 37	8 49	

34) 13th Sunday after Trinity. 13h. 30m. > Day's length < 13h. 8m.

23	S	Philip Beniti...	♊	5 176	47	9 13	2	5	28	6 36	9 22	
24	M	Bartholomew...	♊	5 186	45	9 42	2	5	29	6 35	9 57	
25	T	Louis, K. of Fr.	♊	5 196	44	10 14	2	5	30	6 34	10 35	
26	W	Zephirinus.....	♊	5 206	42	10 52	2	5	30	6 32	11 17	
27	T	Joseph, Calas'n	♊	5 216	41	11 36	1	5	31	6 31	morn	
28	F	Augustine.....	♊	5 226	39	morn	1	5	32	6 30	0 3	
29	S	Decol. St. John	♊	5 236	37	0 26	1	5	32	6 29	0 55	

35) 14th Sunday after Trinity. 13h. 12m. > Day's length < 12h. 54m.

30	S	Rose of Lima...	♊	5 246	36	1 23	0	5	33	6 27	1 51	
31	M	Raymundus N'n	♊	5 256	34	2 24	0	5	34	6 26	2 49	

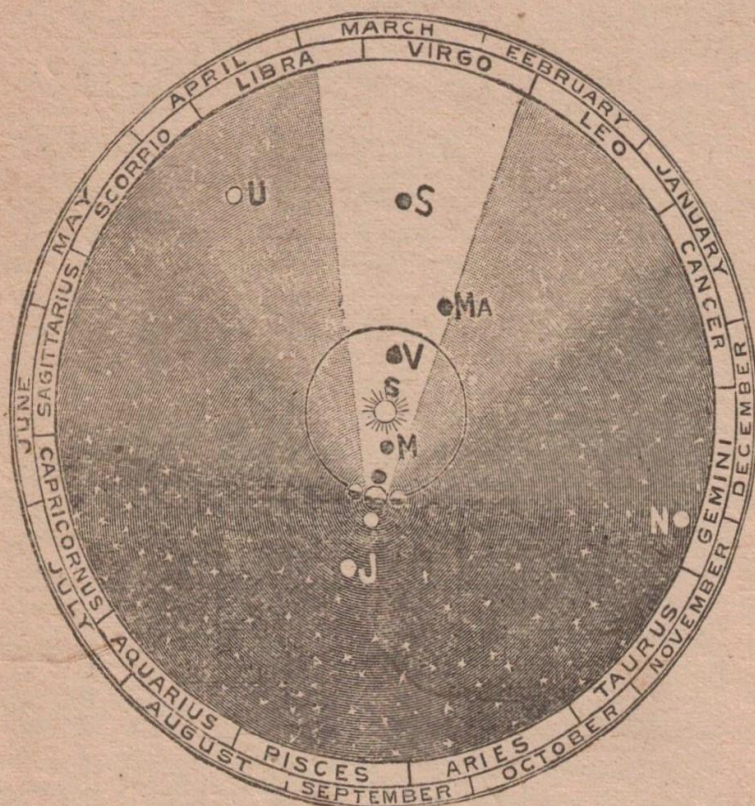
MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
New Moon.....	4	0	12 A.	4	11	12 M.	4	10	12 M.
First Quarter.....	12	4	12 A.	12	3	12 A.	12	2	12 A.
Full Moon.....	19	4	28 A.	19	3	28 A.	19	2	28 A.
Last Quarter.....	26	7	9 M.	26	6	9 M.	26	5	9 M.

become emulsified, or so finely divided that they can leave the intestinal canals and be taken up by the proper vessels which do the work of distribution. The bile aids much in this process. The liver has numerous duties to perform, and any disorder in the performance of any of these various kinds of work makes itself known by various symptoms. Almost any of them might be called biliousness, for whatever be the particular sort of disturbance, the

PLANETARY OUTLOOK, SEPTEMBER, 1891.

September brings our planet under the Sun, between Sun and Pisces, throwing that part of the heavens in which Virgo is situated behind the Sun from us. This is Autumnal Equinox, at which time Earth passes west of Sun. This will be beautifully illustrated and explained in *September Word and Works*, 1891, showing as never before just what an Equinox is, and why the Seasons change at that time. Every reader in America ought to see it. *Its cost is 5 cents only.* Mercury is between Earth and Sun, and in conjunction with Sun, Venus and Saturn. A few days after the 15th, Mercury will have moved west so that Jupiter, Earth, Mercury and Mars will be on line. Venus and Saturn are lost in the blaze of noonday. Mars peeps into morning twilight before day. Jupiter is a little west of zenith at midnight and sets in early morning. Uranus sets soon after Sun, and Neptune is straight overhead at sunrise. All this is plain if you remember that Earth turns over every 24 hours. In the morning standing under Neptune where day and night meet, with face to the Sun, you move up to noon, with Sun overhead; keeping face in same direction, the Sun falls behind and sets at your back; keeping face in same direction, you turn from sundown to midnight, and from midnight, on to sunrise again. This will show you that it is the Earth and not the Sun which is moving. And the stars which are hid by Sun from time to time show that Earth moves round the Sun every 12 months. See all in *Word and Works*.



bile shows that something is wrong. Thus there may be a change in the quality of this very important secretion; there may be too much of it made, or there may be less of it manufactured than in health, even to the extent of none at all being formed. One of the most valuable remedies for increasing the secretion of bile is DR. J. H. McLEAN'S LIVER AND KIDNEY BALM, taken along with the LIVER AND KIDNEY PILLETS; the happiest results follow in an increased secretion of healthy bile, and the removal of the effects of the retention of bile or its constituents in the blood. It should be remembered that where the action of the liver is defective, extra work is thrown upon the kidneys and the skin, and they soon show signs of suffering; it may be in Bright's disease of the kidneys, or in very obstinate eruptions upon the skin; therefore it is very important to keep the liver in a healthy condition, and the use of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM and PILLETS will produce the most satisfactory results.

Chronic Disease of the Liver, in some form or other, is common during warm weather, especially in miasmatic districts. Very many affected with this complaint have derived most satisfactory benefit from the use of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM and LIVER AND KIDNEY PILLETS (LITTLE PILLS). The influence of these medicines on the liver is gradually but surely to unload it when gorged, and to stimulate it to a healthy performance of its functions when torpid. The control which DR. J. H.

McLEAN'S LIVER AND KIDNEY BALM and LIVER AND KIDNEY PILLETS (LITTLE PILLS) exercise over the liver, in correcting and restoring its energies, is often as astonishing as it is gratifying, establishing a free flow of healthy bile, and a consequent activity of the bowels, imparting vigor to the whole digestive and assimilative functions and consequently energy and strength to the body.

The Kidneys, two in number, are bean shaped organs, situated in the small of the back, one on each side of the back bone. They are small but very important organs. In the process of life particles of our bodies are continually dying, their places being supplied by new particles resembling the old ones, and derived from the nourishment we take. The chief duty of the kidneys is to remove a large proportion of the waste of the body, together with the water which holds it dissolved. Besides acting as a filter to remove the water, they actively secrete the poisonous salts, the products of the burning or combustion of the albuminous portions of food. They are the only organs in the body which purify the blood, every drop of which passes through them many times a day, just as through the heart, and for the express purpose of being cleansed of all waste and foul matter, urea and uric acid, which are deadly poisons, and if retained in the body will cause fatal results. For if disease so interferes with and cripples the kidneys as to prevent them removing this urea and uric acid, what

SEASONABLE ADVICE.

In September, fevers are especially prevalent and in miasmatic districts appear in the form of intermittent, bilious or remittent fevers, congestive chills, dumb ague and other varieties of fevers. DR. J. H. McLEAN'S CHILLS AND FEVER CURE is in immense demand at this season, one single fifty cent bottle being warranted to cure any case of intermittent or remittent fever. DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER is especially needed this month; the debilitating effects of the heated term have rendered the system less able to resist the attacks of disease, and needs building up. Dysentery, or bloody flux, is liable to occur; and the first step should be to remove, as early as possible, all irritating matter from the bowels, if constipation has preceded the attack, and the liver is inactive, which will, no doubt, be found the case; considerable fever will be present. Immediately administer a liberal dose of DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills) sufficient to secure copious bilious evacuations; rub the stomach with DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, and use DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER to build up the system. Be watchful of the children; never, on any account, allow a child to go to sleep out of doors during the fall and winter months.

becomes of it? The death and decay of particles continue, whether weak or strong; it must go on as long as life exists, for it is this very destruction and renewal that constitutes life. When the renewal ceases, and the destruction predominates, decay of life, and death result. So with the continued destruction of particles, there is continued formation of urea, and if it cannot be removed, it must accumulate in the blood until the quantity becomes so enormous as to finally poison the brain, and cause those terrible shocks to the nervous system which produce sudden death, such as apoplexy, convulsions, paralysis and heart disease, the penalty too often paid for neglecting to arrest the approach of kidney disorders.

Acute Affections of the Kidneys are, in all cases, of grave prognosis. The chronic forms of these affections are, perhaps, consistent with life, but in every case they greatly impair it, and are ultimately the cause of premature death.

Frequently the first departure from health results from mental worry or overstrain; business or family cares are often responsible for kidney troubles. "The battle of life" is too often fought not only with much wear and tear, but with almost overwhelming anxieties and disappointments, and the digestive organs are the first to suffer from

9th Month. SEPTEMBER, 1891. 30 Days.

D of M	D W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Past.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.	M.	H. M.	H. M.	H. M.
1	T	Giles.....	♏	5 26	6 32	3 26	0	5 34	6 25	3 47
2	W	Stephen, King..	♏	5 27	6 31	4 28	0	5 35	6 24	4 45
3	T	Simon Stylites..	♏	5 28	6 29	sets	1	5 36	6 22	sets
4	F	Rosalia.....	♏	5 29	6 28	7 25	1	5 36	6 21	7 23
5	S	Laurence Just'n	♏	5 30	6 27	7 46	1	5 37	6 20	7 49

36) 15th Sunday after Trinity. 12h. 54m. > Day's length < 12h. 42m.

6	S	Oneciphoris.....	♏	5 31	6 25	8 7	2	5 37	6 19	8 14
7	M	Regina.....	♏	5 32	6 23	8 31	2	5 38	6 17	8 43
8	T	Nativity, Mary.	♏	5 33	6 21	8 56	2	5 39	6 16	9 13
9	W	Gorgonius.....	♏	5 34	6 19	9 25	3	5 39	6 14	9 46
10	T	Nicholas Tolen.	♏	5 35	6 18	10 1	3	5 40	6 13	10 26
11	F	Protus, Hyacin.	♏	5 36	6 16	10 45	3	5 41	6 12	11 13
12	S	Juventius.....	♏	5 37	6 15	11 41	4	5 41	6 11	morn

37) 16th Sunday after Trinity. 12h. 36m. > Day's length < 12h. 27m.

13	S	Holy N. of Mary	♏	5 38	6 14	morn	4	5 42	6 9	0 10
14	M	Exalt. H. Cross	♏	5 39	6 11	0 47	5	5 43	6 8	1 14
15	T	Nicodemus.....	♏	5 40	6 9	2 0	5	5 43	6 6	2 23
16	W	Ember Day.....	♏	5 41	6 8	3 18	5	5 44	6 5	3 36
17	T	Holy Stigmas..	♏	5 42	6 6	4 38	6	5 45	6 4	4 50
18	F	Joseph, Cupert.	♏	5 43	6 5	rises	6	5 45	6 3	rises
19	S	Jannarius.....	♏	5 44	6 3	7 13	6	5 46	6 1	7 19

38) 17th Sunday after Trinity. 12h. 16m. > Day's length < 12h. 14m.

20	S	Seven Dolors....	♏	5 45	6 1	7 42	7	5 46	6 0	7 54
21	M	Matthew, Apost.	♏	5 46	5 59	8 13	7	5 47	5 58	8 31
22	T	Thomas, Villan.	♏	5 47	5 58	8 49	7	5 48	5 57	9 12
23	W	Limus, Thœcla	♏	5 48	5 56	9 31	8	5 48	5 56	9 58
24	T	Mary, Mercede	♏	5 49	5 55	10 20	8	5 49	5 55	10 49
25	F	Cleophas.....	♏	5 50	5 53	11 16	8	5 50	5 53	11 45
26	S	Cypri'n & J'stina	♏	5 51	5 51	morn	9	5 50	5 52	morn

39) 18th Sunday after Trinity. 11h. 57m. > Day's length < 11h. 59m.

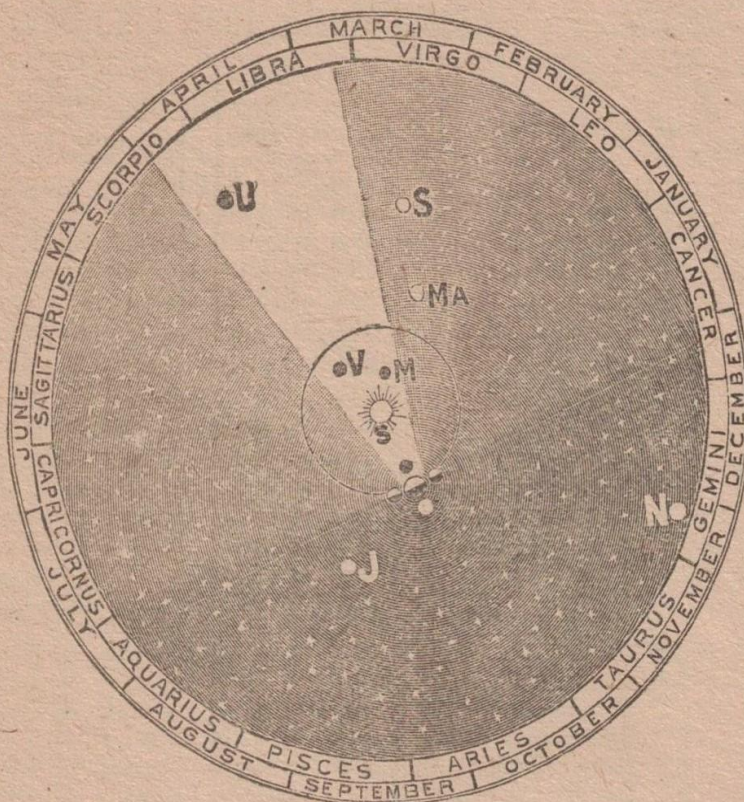
27	S	Cosmas & Dam.	♏	5 52	5 49	0 16	9	5 51	5 50	0 42
28	M	Wincelous.....	♏	5 53	5 48	1 18	9	5 51	5 49	1 41
29	T	Michael, Arch.	♏	5 54	5 46	2 10	10	5 52	5 48	2 39
30	W	Jerome.....	♏	5 55	5 44	3 21	10	5 53	5 47	3 35

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
New Moon.....	3	3	16 M.	3	2	16 M.	3	1	16 M.
First Quarter.....	11	6	7 M.	11	5	7 M.	11	4	7 M.
Full Moon.....	18	0	4 M.	17	11	4 A.	17	10	4 A.
Last Quarter.....	24	6	7 A.	24	5	7 A.	24	4	7 A.

depressions of the mind. We now know that faulty digestion lies with the liver, and that the starting point of many of the troubles which affect the kidneys is liver incapacity. This organ fails to convert the albuminous matter into serum albumen, for the nutrition of the tissues, and instead uric acid is formed, and in repeated efforts to expel this acid poison, the kidneys at last become overtaxed and break down. Now, if remedial measures are adopted in time, it is quite possible to stay the progress of

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS CURE DIZZINESS.



PLANETARY OUTLOOK, OCTOBER, 1891.

How wonderful! Who but Almighty God could "hang the Earth upon nothing"—bind it in its orbit about the Sun with invisible bonds stronger than iron and steel, and guide it in its amazing flight from January to June, and back from June to January! Since September 15th Earth has swung westward out of Pisces almost through Aries. By this movement the Sun appears to have moved forward in the heavens, bringing Virgo into the morning sky, hiding Libra behind Sun, and throwing Scorpio almost into sunset. Mercury has whizzed from Pisces clean round to Virgo! Jupiter still pokes in Pisces, but Earth's flight past him makes him appear to us back in Aquarius. Study the diagram! Venus is still behind Sun. Mars rises earlier in morning with Saturn soon after him. See in cut how Saturn, almost unmoved in Virgo, has shifted from behind Sun to Morning Star, while Uranus has disappeared behind sunset, although standing almost still. Neptune during the whole year has barely passed the letter G in Gemini. Like some people, Neptune, when you take his real bearing, is not near so active as he seems. The glory of his apparent movements is at Earth's expense. All the way our faithful Moon has followed and smiled upon us—never quitting her orbit about us, although bigger and brighter worlds have paid court to her. Fair Luna—truer than many of your sex! Moon new on the 2d; first quarter on 10th; full on 17th; last quarter on 24th. Watch her progress night after night between these dates. Would we could here tell you more. See *Word and Works*.

kidney mischief. The brilliant results which have followed the use of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM, and PILLETS, in arresting the march of kidney disorders, has afforded us the greatest gratification; but while we claim these remedies to be the best that experience and scientific research has produced, we know *they must be resorted to in time*. If kidney troubles are neglected, sad and serious consequences are sure to follow. These diseases are of the most rapidly destructive character of any that can attack the human body, and if their progress is unresisted, and they advance so far that the substance of the kidneys is utterly wasted, there is no hope of ultimate recovery; for no medicine has yet been discovered which can reproduce any vital part of the human system when it is utterly decayed or destroyed. We therefore cannot too strongly urge the prompt use of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM, and PILLETS in all cases where kidney trouble is indicated. Our experience in the treatment of a large number of patients in every part of the country, enables us to encourage hope, even in grave and complicated cases, that the remedial effects of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM, and PILLETS, aided by a careful and well regulated dietary, and unrestrained exercise in pure, dry, bracing, out-door air, with abundance of sunlight, will bring about recovery, although, in many cases the advance to health may be so slow as not to be measurable.

The following are some of the symptoms of kidney disease. Beware! Take care!

SYMPTOMS.—Backache, unusual desire to urinate, flutterings and pains in the heart, tired feelings, greasy froth in water, scalding sensations, bitter taste with furred tongue in the morning, abundance of pale, or scanty flow of dark-colored water, pain in the small of the back, deposit of mucus after urination, waxy skin, puffed eyes, headache, vertigo, dizziness, vomiting, rheumatism, dropsical swellings, red and white brick dust, albumen and tube-casts in the water, short breath, pleurisy and bronchial affections, congestions in back and hips, with burning under the skin.

Bright's Disease.—This condition is full of sadness; it is not a mere localized kidney disease, but one of wide spread change, in which the circulatory system has a large share, and in which the kidneys are also involved. The condition is one of poison-laden blood; where the blood is surcharged with uric acid.

Its evidence is generally found in an albuminous urine. The urine is of high specific gravity, dingy from a mixture with blood; there is a frequent desire to void it, although the whole quantity passed is rather below the natural average. If heated it may become almost solid, the albumen coagulating and forming a jelly-like mass like the white of an egg does under the same circumstances. The addition of a few drops of nitric acid causes the same




DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS CURE SOUR STOMACH.

SEASONABLE ADVICE.

In October, frost comes in some sections of our country, which tends to diminish malarial fevers, although they are still very prevalent, so that care should be taken to avoid the miasma which produces such fevers; and on the first appearance of malaria DR. J. H. McLEAN'S CHILLS AND FEVER CURE should be promptly taken. Much and serious harm is caused by the unwise practice of wearing summer clothing late into autumn. The health is in many cases undermined by neglecting dress of proper warmth, so that kidney complaints are likely to develop, in fact, are sure to come, unless due attention be paid to the wearing of thicker clothing. There are no diseases so insidious or more dangerous than those which affect the kidneys; and there are few so strongly influenced for the worse, by a reckless and careless life, or that so surely result fatally, if there is any neglect of remedial measures, when they are needed. DR. J. H. McLEAN'S LIVER AND KIDNEY BALM is undoubtedly the best and most successful remedy for all cases of kidney complaint, and no time should be lost in taking it, when needed. During October, rheumatism gets very troublesome, throat and lung diseases are increasing. The underclothing should be of wool. In whatever form it be used, wool should be worn on the skin. It is light, durable and porous; it is the best known defence against cold and chill. If it becomes damp by perspiration, it is still a protection; for the moisture becomes condensed in its fibre, and gives out again the large amount of heat which became latent, when the water was vaporized. Therefore, from that fact alone, woollen goods feel warm during perspiration. DR. J. H. McLEAN'S TAR WINE LUNG BALM is needed for throat and lung complaints, and DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT as an outward application in rheumatism produces the most gratifying results.

result. The poisonous substances retained in the blood rapidly destroy the red blood corpuscles, so the sufferer becomes extremely pale, dropsy begins early, appearing first, as a rule, in the form of swelling of the lower eyelids, noticeable especially in the morning. This rapidly extends; the feet and extremities become swollen, finally the cavity of the abdomen, and those containing the lungs and heart are partially filled by the liquid. Breathing becomes difficult, for the lungs become "water-logged," and the signs of poisoning of the nervous system by the retained waste products appear. These are headaches, disturbances of sight, such as double vision or partial or complete blindness, deliriums, tendency to sleep, or stupor and convulsions followed by unconsciousness.

10th Month. OCTOBER, 1891. 31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Fast.	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.		M.	H. M.	H. M.
1	T	Remigius, Bish.		5 56	5 42	4 22	10	5 54	5 45	4 30
2	F	Guard'n Angels		5 57	5 41	5 22	11	5 54	5 44	5 25
3	S	Candidus		5 58	5 39	sets	11	5 55	5 42	sets

40) 19th Sunday after Trinity. 11h. 39m. > Day's length < 11h. 45m.

4	S	Rosary of Mary	♊	5	59	5	38	6	35	11	5	56	5	41	6	46
5	M	Placidus	♊	6	0	5	36	6	59	12	5	57	5	40	7	15
6	T	Bruno	♊	6	1	5	35	7	27	12	5	57	5	39	7	48
7	W	Mark, Ser., Bac.	♊	6	2	5	33	8	0	12	5	58	5	37	8	25
8	T	Bridget	♊	6	3	5	31	8	41	12	5	59	5	36	9	8
9	F	Denis, Rus., El.	♊	6	4	5	29	9	31	13	6	0	5	35	10	0
10	S	Francis Borgia	♊	6	5	5	28	10	30	13	6	0	5	34	10	59

41) 20th Sunday after Trinity. 11h. 20m. > Day's length < 11h. 31m.

11	S	Germanus, Can.	♊	6	6	5	26	11	39	13	6	1	5	32	morn	
12	M	Wilfrid	♊	6	7	5	25	morn	13	6	2	5	31	0	4	
13	T	Edward, Conf'r	♊	6	8	5	23	0	53	14	6	3	5	30	1	13
14	W	Calistus	♊	6	10	5	22	2	10	14	6	3	5	29	2	25
15	T	Teresa	♊	6	11	5	20	3	28	14	6	4	5	27	3	36
16	F	Lullus, B. Mentz	♊	6	12	5	19	4	45	14	6	5	5	26	4	48
17	S	Hedwiges	♊	6	13	5	17	rises	15	6	6	5	25	rises		

42) 21st Sunday after Trinity. 11h. 2m. > Day's length < 11h. 18m.

18	S	Luke, Evangel.	♊	6	14	5	16	6	7	15	6	6	5	24	6	23
19	M	Peter, Alcantara	♊	6	15	5	14	6	42	15	6	7	5	23	7	3
20	T	John Cantius	♊	6	16	5	13	7	23	15	6	8	5	22	7	48
21	W	Hilarian	♊	6	17	5	11	8	10	15	6	9	5	21	8	39
22	T	Mark, B. of Jer.	♊	6	18	5	10	9	6	15	6	9	5	20	9	35
23	F	Ignatius, Bish'p	♊	6	19	5	9	10	5	16	6	10	5	18	10	32
24	S	Raphael, Arch.	♊	6	20	5	7	11	8	16	6	11	5	17	11	33

43) 22d Sunday after Trinity. 10h. 44m. > Day's length < 11h. 4m.

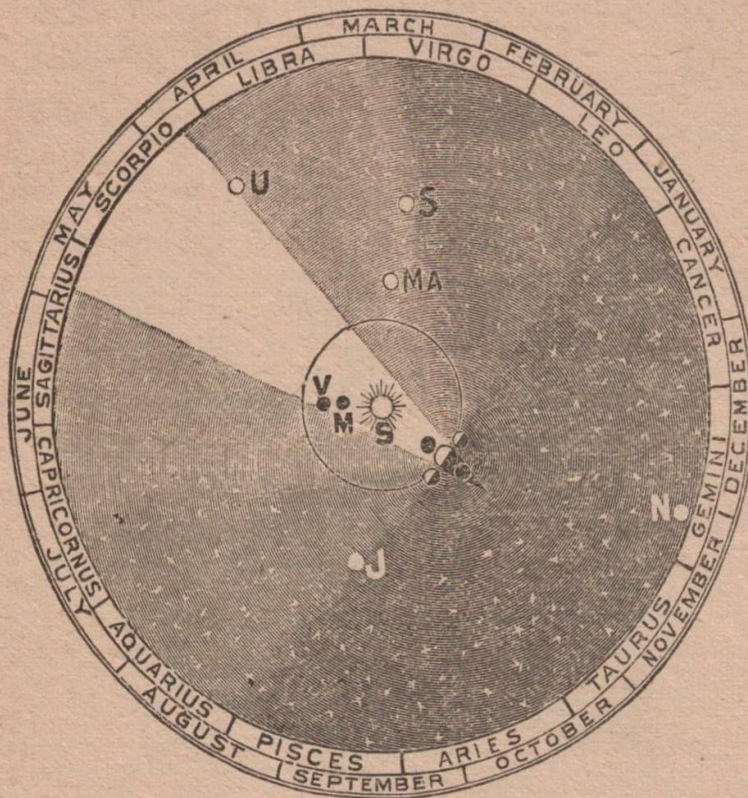
25	S	Chrysanthus	♊	6	22	5	6	morn	16	6	12	5	16	morn		
26	M	Evaristus	♊	6	23	5	5	0	11	16	6	12	5	15	0	32
27	T	Florentinus	♊	6	24	5	4	1	13	16	6	13	5	14	1	29
28	W	Simon & Jude	♊	6	25	5	2	2	14	16	6	14	5	13	2	25
29	T	Theodorus	♊	6	26	5	0	3	14	16	6	15	5	12	3	19
30	F	Serapion	♊	6	27	4	59	4	13	16	6	16	5	11	4	13
31	S	Nemesius & Lu.	♊	6	28	4	58	5	13	16	6	17	5	10	5	8

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.		CENTRAL.		MOUNTAIN.	
	D.	H. M.	D.	H. M.	D.	H. M.
New Moon	2	7 58 A.	2	6 58 A.	2	5 58 A.
First Quarter	10	5 57 A.	10	4 57 A.	10	3 57 A.
Full Moon	17	8 45 M.	17	7 45 M.	17	6 45 M.
Last Quarter	24	8 56 M.	24	7 56 M.	24	6 56 M.

There are few diseases of a more mournful character than Bright's disease of the kidneys; it attacks the flower of the people, the brightest, most intelligent, the industrious, men devoted to hard and incessant work in every sphere of life; it is in fact becoming a "national scourge;" thousands of people die every year from supposed apoplexy, convulsions, heart disease, paralysis, and other quick ending disorders, when in reality they are victims of chronic Bright's disease. The symptoms are so obscure

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS WILL CURE "THE BLUES."



PLANETARY OUTLOOK, NOVEMBER, 1891.

Onward we roll, bending upward in our orbit, hanging "on nothing" between Taurus and Sun. Such a sea! Such a ship! Now the Sun is in Scorpio, with all stars in that part of the heavens blotted by sun-blaze, for a time, from our vision; new ones in Libra are rising in the morning—old ones are sinking out of sight in Sagittarius at eve. Mercury has passed conjunction with Sun and Earth, and is now, November 15, in conjunction with Sun and Venus. Venus has gained upon the Earth so far as to begin to beam above the sunset in Sagittarius. Watch evening sky for first glimpse of beautiful Venus. Mars has moved forward so as to come into line with Jupiter, Sun and Saturn. Uranus has stuck, about as before, to O in Scorpio, but the obliging Earth and stationary Sun have ferried him over the sea of sunlight to the bank of morning twilight. Get you a telescope—get up early and find him. Neptune seems on a quandary whether he will give up G for E in Gemini, but has managed, like some slow-going people, to get nearly to the top of the—darkness. On the 15th of November, there will be a total eclipse of the Moon. See Moon in Earth's shadow in picture. The eclipse will begin before sundown, and Moon will rise in eclipse to most parts. If the evening is fair, take this November cut and study the eclipse by it. Moon's motion round Earth will carry it out of Earth's shadow in a few hours. At time of eclipse, Taurus, with "seven stars," will be above Moon—on evenings following Moon will be east. See the whole matter in November *Word and Works*.

to an ordinary physician, unless the patient makes an intelligent investigation of his own case, mistakes frequently occur, and he is treated for a malady of another kind altogether, and so at last dies a victim and his death is attributed to other causes.

We would impress this important lesson on the memory of fathers and mothers, the old and the young, that a watchful examination of the symptoms which indicate kidney disorders, and the timely use of DR. J. H. McLEAN'S LIVER AND KIDNEY BALM will arrest any tendency to disease in the organs of the liver or kidneys, and stay its menacing approach.

AUTUMN AILMENTS.

IN miasmatic districts the "busy season" commences in the early autumn. Why is it? That we do not know; but it is quite safe to infer, that owing to a certain combination of influences, people are then in a condition especially favorable to chills and fever, rheumatism and other ailments. After several months of hot weather, the systems of many have been run down (in the country, perhaps, by long hours of hard physical labor); they are relaxed, weakened, and more or less choked up with waste material. Then there are sudden changes of weather, which in a low tone of the system are the more dangerous and hurtful, because there is a lessened power of resistance; it is the more important at this season to bring the system up to a

high state of vitality by the use of such a medicine as DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, as a heavy cold or malaria, contracted before cold weather fairly sets in, is apt to disturb a person seriously, perhaps, during the entire winter.

Ague.—This condition, known as *intermittent fever*, consists of severe and frequent paroxysms of fever, which run through several well marked stages, in regular succession. In the first stage the patient yawns, stretches, feels weak; then follow sensations as of cold water trickling down the spine and a shivering of the whole body, the teeth chatter and the whole frame trembles, the face and extremities become pale, the skin shrivelled and the papillæ are rendered so prominent as to give it the appearance of goose-skin. After awhile these symptoms decline and the patient's fever comes on very violently; the pulse is full and bounding, a painful sense of fullness is experienced in the head, there is throbbing of the temples; the mouth is parched; there is extreme thirst and general uneasiness. As the fever passes off, the sweating stage comes on, when the perspiration is generally profuse, then the body returns to its natural temperature, the pains and aches vanish, and a feeling of health comes back, and generally a voracious appetite. In this disease the spleen is very much oppressed with blood, driven in from the surface, and often becomes so much enlarged as to be plainly felt by the hand.

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS, THE LADIES' FAVORITE CATHARTIC.

SEASONABLE ADVICE.

In November we meet with bronchitis, pleurisy, difficulty of breathing, loss of voice, quinsy, mumps and many affections of the chest or throat; but we have in Dr. J. H. McLEAN'S TAR WINE LUNG BALM a sovereign remedy which is remarkably successful in curing these ailments. During summer we live nearer to a state of nature: our windows are open, baths frequent; we are out of doors by the hour; our food is fresh and succulent; the sunshine purifies our blood. But when winter approaches, we close up every door and window; fresh, pure air has been converted into an enemy. We sit long hours in rooms lighted by oil or gas, and overheated; the atmosphere remains unchanged; we rebreathe our own breath and that of every one else in the room. We go out and come in, without sufficient thought as to protecting ourselves against the very abrupt changes in temperature. We forget the dangers of draughts; we neglect the warning cough and aches and pains, and in a thousand ways are in the grasp of the dangers of winter. Weak kidneys and bowels are particularly sensitive; and much harm comes to these organs during the cold season, if the body be not sufficiently protected. This part of the body, if weak, should be defended by a thick flannel bandage, and at the first symptoms of disorder Dr. J. H. McLEAN'S LIVER AND KIDNEY BALM should be promptly taken, and the bowels kept open by the use of Dr. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills).

The exciting cause of simple intermittent fever is commonly known as malaria. This poisonous agent, as generally accepted, is introduced into the body through the lungs or through the stomach. The germs of this disease seem concentrated near the surface of the earth, for it is known that a person sleeping in an upper story may escape, while those sleeping on a level with the ground become affected. All influences which tend to depress the general health are recognized as predisposing causes to malarial poisoning.

Among these may be included hunger, thirst, loss of sleep, intemperance, over exertion of the mind and body, emotional disturbances, exposure to the night air, to cold, excesses in eating and drinking. In districts where ague abounds the happiest results follow the use of Dr. J. H. McLEAN'S CHILLS AND FEVER CURE, and when followed with Dr. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, a complete restoration to robust health is assured.

Rheumatism is essentially a disease of the working classes, and is very prevalent in the country, where the

11th Month. NOVEMBER, 1891. 30 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Moon Rises	LATITUDE OF CHARLESTON.		
				Sun Rises	Sun Sets	Moon Rises		Sun Rises	Sun Sets	Moon Rises
				H. M.	H. M.	H. M.		H. M.	H. M.	H. M.

44) 23d Sunday after Trinity. 10h. 27m. >Day's length< 10h. 52m.

1 S	Feast All Saints	6 30 4 57	6 13 16 6 17 5 9 6 4
2 M	Com. All Souls.	6 31 4 56	sets 16 6 18 5 9 sets
3 T	Malachy, Bish.	6 32 4 55	6 1 16 6 19 5 8 6 24
4 W	Chs. Borromeo	6 33 4 53	6 40 16 6 20 5 7 7 7
5 T	Eliz. m. of J. Bap	6 35 4 52	7 26 16 6 21 5 6 7 55
6 F	Leonard, Her't	6 36 4 51	8 23 16 6 22 5 5 8 52
7 S	Engelbert.....	6 37 4 50	9 28 16 6 23 5 4 9 55

45) 24th Sunday after Trinity. 10h. 11m. >Day's length< 10h. 40m.

8 S	Oct. of All Saints	6 38 4 49	10 38 16 6 24 5 4 11 1
9 M	Ded. Lateran Ch	6 39 4 48	11 52 16 6 25 5 3 morn
10 T	Andrew Av'lino	6 41 4 47	morn 16 6 26 5 2 0 9
11 W	Martin, Bp. & C.	6 42 4 46	1 6 16 6 26 5 1 1 18
12 T	Martin, P'p & M.	6 43 4 45	2 22 16 6 27 5 1 2 27
13 F	Didacus	6 44 4 44	3 37 16 6 28 5 0 3 36
14 S	Lawrence, Bp.	6 45 4 43	4 53 15 6 29 5 0 4 46

46) 25th Sunday after Trinity. 9h. 57m. >Day's length< 10h. 29m.

15 S	Gertrude.....	6 46 4 43	6 11 15 6 30 4 59 5 57
16 M	Edmund	6 48 4 42	rises 15 6 31 4 58 rises
17 T	Greg'ry Thaum.	6 49 4 41	5 57 15 6 32 4 58 6 24
18 W	Ded. Churches..	6 50 4 40	6 50 15 6 33 4 58 7 19
19 T	Elizabeth, wid.	6 51 4 40	7 49 14 6 34 4 57 8 18
20 F	Felix of Valois.	6 52 4 39	8 53 14 6 35 4 57 9 18
21 S	Present'n, Mary	6 54 4 38	9 57 14 6 35 4 56 10 19

47) 26th Sunday after Trinity. 9h. 43m. >Day's length< 10h. 20m.

22 S	Cecilia	6 55 4 38	11 1 14 6 36 4 56 11 18
23 M	Clement	6 56 4 37	morn 13 6 37 4 56 morn
24 T	John of the Cross	6 57 4 37	0 4 13 6 38 4 55 0 16
25 W	Catharine, Mar.	6 58 4 37	1 4 13 6 39 4 55 1 11
26 T	Peter, Bp. Alex.	6 59 4 36	2 2 13 6 40 4 55 2 5
27 F	Severinus, Her.	7 0 4 36	3 1 12 6 41 4 55 2 59
28 S	Gregory III.....	7 1 4 35	4 1 12 6 42 4 54 3 54

48) 1st Sunday in Advent. 9h. 33m. >Day's length< 10h. 11m.

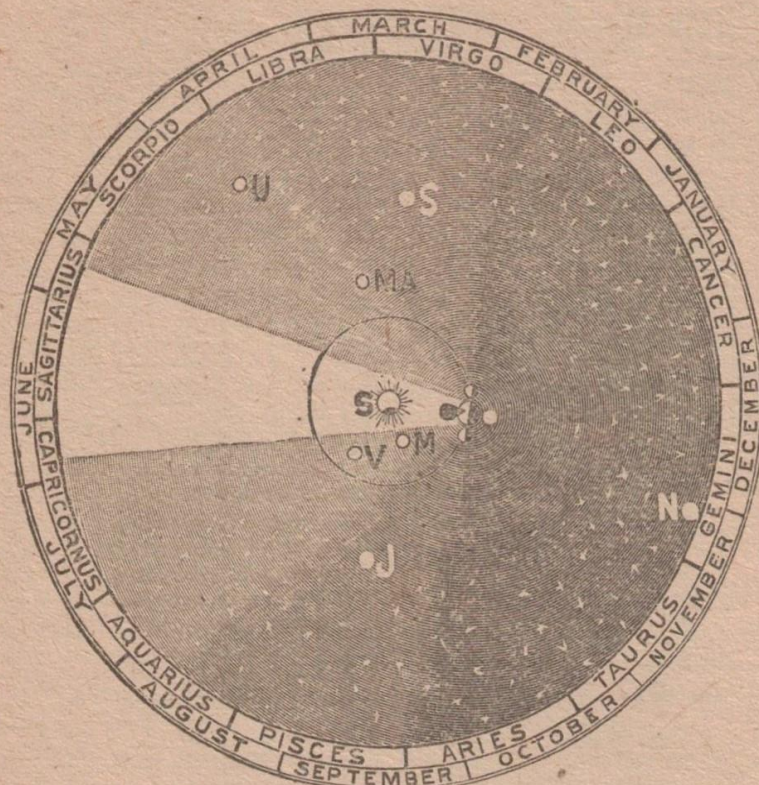
29 S	Saturninus, Mar	7 2 4 35	5 4 12 6 43 4 54 4 52
30 M	Andrew, Apost.	7 3 4 34	6 10 11 6 44 4 54 5 52

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.			CENTRAL.			MOUNTAIN.		
	P.	H.	M.	D.	H.	M.	D.	H.	M.
New Moon	1	1	32 A.	1	0	32 A.	1	11	32 M.
First Quarter	9	3	36 M.	9	2	46 M.	9	1	46 M.
Full Moon	15	7	16 A.	15	6	16 A.	15	5	16 A.
Last Quarter	23	3	26 M.	23	2	26 M.	23	1	26 M.

long hours of hard physical labor, the exposure to all sorts of weather, the continuous hardships, all have a tendency to produce rheumatism. The rich, too, suffer from it, and the dwellers in cities, and there are few who have not experienced an attack of it at least at some time in their lives. Just what is the actual cause of rheumatism has never been determined, but it is well known, that for a person to have it there must be some peculiarity of constitution, some unhealthy condition which is essential to it, and without

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS, SMALL, SAFE AND CERTAIN.



PLANETARY OUTLOOK, DECEMBER, 1891.

The end of December will round our Earth-boat back to starting point. Meantime the Sun will apparently have made the whole circuit of the heavens, successively blotting from our view each division of the Zodiac. During this one revolution of Earth around Sun, the actual movement of every planet has been correctly shown, as well as apparent movements caused by Earth's motion. From beginning to end the glorious panorama has been traced in these diagrams, and verified in the starry skies to every one who has intelligently watched. The fixed constellations remain forever in the same places, and the same scenes will renew themselves each month every year. The planets, only, shift their places in the sky. Draw straight lines from Sun's center, through the centers of Jupiter, Saturn, Uranus and Neptune, to outer edge of diagrams for *January* and *December*—compare the points where lines end in the constellations and see just how far each of these planets has moved in one revolution of Earth. Mars has only moved round from Aries to Libra—about half way round Sun. Movements of Venus and Mercury easily computed. On December 1st, Moon will come between Earth and Sun, causing a partial eclipse, but will be visible only in regions near south pole. Thus we close another year. Some who started with us in January, left us for a fairer world; others will depart on our next round trip. At what point shall we be—*who* shall it be—are we ready? Should we live on, our whole time and best energies shall be devoted to God and the interests of the people.

which the disease cannot exist. When the conditions do exist, which are essential for the development of rheumatism—the spark, as it were, ready to kindle—then exposure to cold, dampness, sudden changes in the weather and the like, are sufficient to bring on an attack. Any impairment of the general health, from defective nutrition, seems to specially increase the liability to an attack. Being a constitutional malady, it is important to take Dr. J. H. McLEAN's SARSAPARILLA, which has a direct purifying influence on the blood, and will remove the poisonous waste material which must necessarily exist in the blood before an attack of rheumatism can be developed; in fact, the very existence of rheumatism is proof that the blood is in a disordered condition. For external application there is nothing so efficacious as Dr. J. H. McLEAN's VOLCANIC OIL LINIMENT; go where you will, you will hear words of highest praise from those who have been cured of rheumatism by Dr. J. H. McLEAN's VOLCANIC OIL LINIMENT, not only in this country and Canada, but by the Spanish speaking people of Mexico and South America.

Neuralgia, when not directly the result of some physical cause, interfering with the integrity of the nerve itself, in which the pain is situated, is invariably due to a defective or poisoned condition of the blood. Its very existence is evidence of the vitiated condition of the circulating fluid. It may result from malaria, syphilis, rheumatism, gout, or any other cause capable of devitalizing the

blood, and as a consequence, of the nerves also. Our remedial measures should therefore be directed principally to improving the condition of the blood, the nutrition of the nervous system generally, and to the removal of any constitutional taint that may be present. This can generally be accomplished by a generous diet, breathing largely of pure air out of doors, with moderate exercise, and the use of Dr. J. H. McLEAN's STRENGTHENING CORDIAL AND BLOOD PURIFIER. If malarial influence is suspected, full doses of Dr. J. H. McLEAN's CHILLS AND FEVER CURE should be given, for neuralgia in such cases indicates a more profound poisoning of the whole system than ordinary ague, hence Dr. J. H. McLEAN's CHILLS AND FEVER CURE should be taken in larger quantities, and its use persisted in for a longer period than in ordinary intermittent fever. Neuralgia in men is frequently an expression of loss of nerve power, and the direct consequence of dissipation and excesses of various kinds, so that if there be any "specific" disease, Dr. J. H. McLEAN's SARSAPARILLA should be given and its use persisted in till the poison is driven from the system. Overwork also and intense intellectual exertion will also produce it. Where the pain is located is of little moment; the treatment should be directed to the general improvement of the system, and Dr. J. H. McLEAN's STRENGTHENING CORDIAL AND BLOOD PURIFIER will seldom fail to give relief. Women suffer more frequently and more intensely from neuralgia than men.

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS, WORTH THEIR WEIGHT IN GOLD.

SEASONABLE ADVICE.

In December, wintry blasts bring trouble to those who are not, by a robust state of health, protected against them, and many people look forward to winter with apprehension; but they should remember that to a person in ordinary health a rough climate is bearable, and even healthful, if care is exercised, if food be plentiful, and the body kept warm. At this season Dr. J. H. McLEAN'S SARSAPARILLA is invaluable to purify the blood; for in December more fresh pork is consumed than in any other month of the year; this, together with the absence of fruits and the reduced amount of vegetable food eaten, is almost sure to put the blood and digestive organs in bad condition; and so, when a person is rashly exposed whose blood is in an unhealthy condition, we have catarrhs, local inflammations, erysipelas, ulcers, glandular enlargements, chilblains, chapped hands and face, cracked lips, as well as diseases peculiar to females: hysteria, epilepsy, nervousness and exhaustion. Coughs and colds prevail and should be promptly cured by using Dr. J. H. McLEAN'S TAR WINE LUNG BALM, and the bowels kept open by using Dr. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills). Sometimes there are neuralgic pains in the back, which will be quickly relieved by one of Dr. J. H. McLEAN'S WONDERFUL HEALING PLASTERS (porous). The children should be strictly warned, not to sit down to rest out of doors, when heated by their winter play, at school, on their way to and from, or at any other time. The danger is apparent, and the warning may be extended to adults, who are tempted to be equally careless, while skating, snow-balling and the like.

They are liable to be affected by all the causes which induce it in men, besides the derangements of health associated with troubles peculiar to their sex. It is essential that the kidneys and bowels perform their duties actively and regularly, and Dr. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills) are admirably adapted to restore them to regularity when occasion may require. Dr. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER has for many years been a favorite tonic with women, as it is found to exercise an almost magical influence on their organization, and to produce the happiest results.

Habitual Constipation, so common among the people, especially among women, is a condition to which can rightly be attributed many of the ailments from which people suffer. There is headache, general disinclination to mental or physical activity, nervousness, palpitation of the heart, dyspepsia, biliousness, and a variety of other disorders which follow in its train. With scarcely an exception the trouble is due to negligence—some fault in the sufferer

12th Month. DECEMBER, 1891. 31 Days.

D of M	D of W	SAINT'S DAYS.	Moon's Con- stellation.	LATITUDE OF NEW YORK.			Sun Rises	Sun Sets	Moon Rises	Sun Rises	LATITUDE OF CHARLESTON.		
				H. M.	H. M.	H. M.					H. M.	H. M.	H. M.
1	T	Eligius	♏	7	44	34	sets	11	6	44	4	54	sets
2	W	Bibiana	♏	7	54	33	5 22	10	6	45	4	54	5 51
3	T	Francis Xavier.	♏	7	64	33	6 18	10	6	46	4	54	6 47
4	F	Pet. Chrysolog's	♏	7	74	33	7 20	10	6	47	4	54	7 47
5	S	Sabbas	♏	7	84	33	8 30	9	6	48	4	54	8 54

49) 2d Sunday in Advent. 9h. 24m. > Day's length < 10h. 5m.

6	S	Nicholas, Bish.	♏	7	94	33	9 43	9	6	49	4	54	10 2
7	M	Ambrose	♏	7	104	33	10 56	8	6	49	4	54	11 10
8	T	Concep'n, Mary	♏	7	114	33	morn	8	6	50	4	54	morn
9	W	Leocadia	♏	7	124	33	0 8	7	6	51	4	54	0 15
10	T	Melchiodes	♏	7	134	33	1 20	7	6	52	4	54	1 21
11	F	Damasus	♏	7	144	33	2 34	7	6	52	4	55	2 29
12	S	Synesius	♏	7	154	33	3 48	6	6	53	4	55	3 38

50) 3d Sunday in Advent. 9h. 18m. > Day's length < 10h. 1m.

13	S	Solemniz'n C'n	♏	7	154	33	5 3	6	6	54	4	55	4 47
14	M	Spiridon	♏	7	164	34	6 20	5	6	54	4	55	5 58
15	T	Oct. Con. Mary	♏	7	174	34	rises	5	6	55	4	56	rises
16	W	Ember Day	♏	7	184	34	5 31	4	6	56	4	56	6 0
17	T	Olympiada	♏	7	184	34	6 35	4	6	56	4	56	7 2
18	F	Gratian, Bish'p	♏	7	194	35	7 40	3	6	57	4	57	8 4
19	S	Timothy, D. & M.	♏	7	204	35	8 45	3	6	58	4	57	9 5

51) 4th Sunday in Advent. 9h. 16m. > Day's length < 10h. 0m.

20	S	Dominick, Ab't	♏	7	204	36	9 50	2	6	58	4	58	10 5
21	M	Thomas, Apost.	♏	7	214	36	10 52	2	6	59	4	58	11 1
22	T	Ischyron	♏	7	214	37	11 52	1	6	59	4	59	11 56
23	W	Victoria	♏	7	224	37	morn	1	7	04	5	59	morn
24	T	Vigil and Fast..	♏	7	224	38	0 51	0	7	05	5	0	0 50
25	F	Nat. of Our Lord	♏	7	224	38	1 49	S.	7	05	5	0	1 44
26	S	Stephen, 1st Mr.	♏	7	234	39	2 50	1	7	15	5	1	2 40

52) Sunday after Christmas. 9h. 17m. > Day's length < 10h. 0m.

27	S	John, Evangel't	♏	7	234	40	3 54	1	7	15	5	1	3 38
28	M	Holy Innocents	♏	7	244	40	4 59	2	7	25	5	2	4 39
29	T	Thomas, Bish'p	♏	7	244	41	6 4	2	7	25	5	3	5 40
30	W	Sabinus & Com.	♏	7	244	42	7 9	3	7	25	5	4	6 42
31	T	Sylvester	♏	7	244	42	sets	3	7	35	5	4	sets

MOON'S PHASES. (STANDARD TIME.)

	EASTERN.				CENTRAL.				MOUNTAIN.		
	D.	H.	M.		D.	H.	M.		D.	H.	M.
New Moon.....	1	6	45 M.		1	5	45 M.		1	4	45 M.
First Quarter	8	0	13 A.		8	11	13 M.		8	10	13 M.
Full Moon	15	7	52 M.		15	6	52 M.		15	5	52 M.
Last Quarter.....	23	0	38 M.		22	11	38 A.		22	10	38 A.
New Moon.....	30	10	20 A.		30	9	20 A.		30	8	20 A.

which might be overcome with very little effort. A cure is very easy; take a dose at bed time, of one or two of Dr. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills), enough to operate once, and not more than twice the next morning. Pursue this course for eight or ten days and then omit to take the pills for a single night, but nevertheless the next morning make an effort (whether there is any desire or not) to have a passage, at the same time if

DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS CURE HEARTBURN.

the morning that the pillets operated the day before. If successful, go again the next morning, and ever after regularly at the same time of day. *It must not be put off for a single moment beyond the usual time*, or the old habit will return again. If no evacuation should follow, neither the first nor second morning after omitting the pillets, then return to the use of them again for two or three days, and do not fail to coax nature to help effect a cure; she will no doubt respond, when you can omit the pillets as before, when regular daily evacuations are established.

The Sick-Headache has received its compound name in order to express thereby the sensations—constant nausea and pain in the head—which are the chief sources of suffering during an attack. It generally commences in the morning on waking from a deep sleep, especially in hot weather or after sleeping in a close room, or if some irregularity of diet has been committed on the previous day. With some people these attacks begin in childhood and accompany them throughout life, notwithstanding great social vicissitudes. "Everything has changed with me," remarked one who had suffered for twenty years, "except my headaches." The sufferer usually desires to be alone and in the dark, and to sleep, from which the patient generally awakens perfectly well, but only to again endure its recurrence in a few days or a few weeks. In this way many people spend the greater part of their lives, until "wearied perhaps with ineffectual endeavors, they at length give up all hope of getting rid of their malady, and think patience must be their only cure." Now there is no need to give up; there are remedies within the reach of all which will, with the exercise of a little care and attention, not only relieve, but also cure this distressing complaint. It nearly always arises from continued neglect of the due action of the bowels and want of fitting exercise. The DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS (little pills) are specially prepared and are admirably adapted to cure sick-headache; they are very small and pleasant to the palate, and so are easily retained by the stomach; these pillets will regulate the action of the bowels, and a steady perseverance in the use of DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER will seldom fail to produce the happiest results.

THE STOCKMAN'S REMEDY.

To kill screw worms, heal foot rot in sheep, and mange in dogs, sores or scalds, or destroy vermin on animals, this remedy is the best and speediest ever compounded:

DIRECTIONS.—To a large bottle of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, add two tablespoonfuls of flour of sulphur, shake it up well and apply it in and around the sores; or, take a bar of common soap, cut it in thin slices and then let it dissolve in a bucket of water; then to the contents of a large bottle of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT add two tablespoonfuls of flour of sulphur. After shaking it up well, put this mixture into the dissolved soap, and stir it up. This will give you a perfectly harmless remedy, but one miraculously powerful to cure all skin diseases on horses, cattle, sheep, dogs, etc. It is an indispensable aid to the farmer and stock-owner.

DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT

Has for many years been recognized as the *best* and
GREATEST CURE OF PAIN.

By its action the muscles and tendons are relaxed, the vital heat restored, so that Rheumatism, Neuralgia and Nervous Pains yield at once, as if by magic, to its soothing and healing power. It will quickly heal:

WOUNDS,	SORES,	NEURALGIA, RHEUMATISM,
PAINS,	BRUISES,	ERUPTIONS OF THE SKIN,
CUTS,	SPRAINS,	NERVOUS PAINS,
BURNS,	SCALDS,	ITCH SCABIES,
LUMBAGO,	SCIATICA,	BLOTCHES, SKIN WORMS,
Violent ITCHING of the SKIN,		SCALD HEAD, PUSTULES.

It is one of the best remedies in the world for internal use, and will give quick relief to any one suffering from cramps, spasms of the stomach, obscure pains, colic and gouty pains. The dose may be from eight to ten drops on sugar, or mixed with syrup, or other convenient form, repeated every three hours till relieved.

For the Various Diseases of

HORSES, CATTLE, HOGS, SHEEP AND DOGS,

DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT is a sovereign remedy, being easy of application, relieving pain and inflammation, and curing quickly. Among the many ailments of stock for which DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT is a specific are:

Abscess of the Udder,	Fractures,	Saddle Galls,
Bots and Worms,	Fistula,	Scratches,
Brittle Hoofs,	Frost Bites,	Shoe Boils,
Bruises,	Flatulent Colic,	Shoulder
Cuts,	Flesh Wounds,	Lameness,
Colic,	Galls,	Spavin,
Contraction of	Hip Joint	Splint.
Muscles,	Lameness,	Sprains,
Cracked Heels,	Horn Distemper,	Sprung Knees,
Curbs,	Lameness,	Sweeney,
Contracted Hoofs,	Mange,	Skin Diseases,
Distemper,	Poll Evil,	Thoroughpin,
Epizootic,	Proud Flesh,	Thrush,
External Poisons,	Quarter Crack,	Weakness of
Foot Diseases,	Rheumatism,	The Joints,
Foot Rot in Sheep,	Ring Bone,	Unhealthy
Founder,	Ring Worm,	Ulcers, etc.

It is put up in 25 cts., 50 cts. and \$1.00 sizes. The 50 cts. size contains three times the quantity contained in the 25 cts. size, and the \$1.00 size nine times that of the 25 cts. size.

DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, A HOUSEHOLD REMEDY.

DR. J. H. McLEAN'S STRENGTHENING EYE SALVE

Is scientifically and carefully prepared, and will cure all diseases and ailments of the eyes, that are within the power of medicine to cure, especially

Granulation of the Lids,

Scarlet Redness and Inflammation of the Eye Balls or Eye Lids,

Intolerance of Light,

Inflammation of the Mucous Membrane which lines the Eye Lids and Eye Balls;

Hot, Feverish and Profuse Scalding Tears;

Pricking Pains on Moving the Eyes;

Secretions of Mucus, sticking the Lids together;

Spasmodic Contraction of the Muscles of the Eye;

Weak and Failing Sight.

It will cleanse the Eye Balls of all accumulated Scum and Film.

Inflammation and soreness may be caused by undue exposure to cold winds, rain, draughts of cold air, irritating vapors, bright light, malarial influences or want of cleanliness. Dr. J. H. McLean's Strengthening Eye Salve will subdue the inflammation, arouse the secretions, open the tear ducts, cool and soothe the irritated nerves, strengthen and restore the failing eyesight.

25 CENTS A BOX.

IT CAN BE SENT BY MAIL.

Strengthen and Preserve Your Eyesight.

DISEASES OF THE EYES.

"THE light of the body is the eye," and the darkness which ensues when that light is quenched is one of the saddest of physical afflictions. So important is the sense of sight to every individual, and the eye is such a delicate organ to meddle with, that the serious accidents and diseases to which the eye is subject should be treated by the most skilled surgeon available, or one who has made disorders of the eye a specialty. We refer to those ailments of the eye to which surgery offers the only help possible, and which it is not in the province of medicine to cure. But the most prevalent diseases of the eye are those which can readily be cured by Dr. J. H. McLEAN'S STRENGTHENING EYE SALVE, and the great popularity of this remedy testifies to its merit as a medicine. There have been whole districts in various parts of the United States, Mexico and Canada, in which epidemics of sore eyes have prevailed, where the only successful medicine has been Dr. J. H. McLEAN'S STRENGTHENING EYE SALVE. So bril-

liant have been the results which follow the use of this remedy, that the demand has increased enormously, and far exceeds that of any other "eye wash," or "eye salve," offered to the public.

The delicate, sensitive membrane that covers the fore part of the eye ball and the inside of the lids, is called the conjunctiva. From its position it is exposed to injury from dust, irritating gases, and the infecting germs of *malaria* and other diseases. The first appearance of an inflammation here located is redness, varying from the least perceptible blush to intense coloration of what is called "the white of the eye." Swelling of the membrane soon follows, and this may extend, not only over the white part, but to the lids. Then occurs an increased secretion, at first thin and like ordinary tears, then it becomes thicker, yellowish from admixture of matter; and finally, in bad cases, consisting of apparently pure pus. Except in the most violent forms of the disease, the pain experienced is not very severe. There is at first a feeling of heat, dryness, and of some foreign body, like sand, in the affected eye. Occasional cloudiness of sight and different colors, like those of the rainbow, noticed in light, due to flakes of mucus or of matter becoming lodged on the transparent portions before the pupil.

The most frequent cause of this disease is contagion. Hence the certainty—"sore eyes" spread in district schools, orphan asylums, reformatories and the like institutions.

Cleanliness is of the greatest importance. The matter should be removed thoroughly and often, but this must be done with the utmost care and gentleness. Syringing is unsafe. The lids should be gently separated, and the matter removed by absorbent cotton, and the eyes frequently bathed with cool fresh water, or milk and rain-water, and a small portion (not larger than a small pea) of Dr. J. H. McLEAN'S STRENGTHENING EYE SALVE placed inside the eyelids, in the outer corner of the eye, in the morning and at bed time; the salve may cause a smarting sensation for a while, but it will do no harm, and if rest is taken, and the bowels kept open by a few doses of Dr. J. H. McLEAN'S UNIVERSAL PILLS, there will be but little trouble, and a speedy recovery may be assured.

WEAKNESS OF THE EYES.—In many persons weakness of sight arises from want of power in the optic nerves. In such cases Dr. J. H. McLEAN'S SARSAPARILLA is admirably adapted to remedy the trouble, as it will instill fresh vigor into the system, and give to the optic nerves renovated strength. While using the SARSAPARILLA, Dr. J. H. McLEAN'S STRENGTHENING EYE SALVE should be applied externally to facilitate a cure.

DR. J. H. McLEAN'S STRENGTHENING CORDIAL, AN ANTIDOTE FOR WEAKNESS.

MAN'S HIGHEST DUTY is to take care of himself and those dependent on him, and of health first of all. We should ever bear in mind that the length of our lives, our happiness and efficiency depend very largely upon the soundness of our body. The duty of keeping it healthy and vigorous is imperative, and the price of good health is the wise use of those means which promote it. There will come a time to all of us when the pressure of life's duties seem to get the best of us, when we feel mean and "out of sorts," and in a condition to invite disease. It is then that a remedy, such as DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER, is "better than riches." The promptness with which its invigorating influence is felt by one exhausted by sickness or overwork, is indeed surprising; it seems at once to impart vigor to the organs of digestion and assimilation, so that the blood is enriched and the system rendered healthy, strong and vigorous.

"THE BLUES."

There are times when every one, even the strongest and healthiest of us, get "the blues," when without any apparent cause, without any mental disturbance, such as disappointment, etc., we are depressed in spirits, and feel weak in the body; in going about our work "everything seems at sixes and sevens." This condition is frequently occasioned by an imperfect action of the liver, or it may be that owing to some interference in the circulation, or with some of the intricate processes going on in the digestive organs, the bile is not properly disposed of, but accumulates in the blood, and as bile is a poison, and so acts, unless it takes the course through the system which nature intended it to take, more or less trouble results. DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS will speedily relieve this distressing condition, as they are admirably adapted to correct the derangement of the system, upon which this disturbance depends. A dose of DR. J. H. McLEAN'S LIVER AND KIDNEY PILLETS will remove the depressed feelings, and leave the system in as good condition as before the attack.

ITCHING OR IRRITATION OF THE SKIN.

This condition consists of an eruption on various parts of the body, sometimes nearly imperceptible, which occasions the itching. At times it is so severe that the patient will scratch and tear himself till the blood flows. Sleep is often disturbed, existence almost unendurable, or the impulse to incessant scratching is so powerful as to induce the patient to seek seclusion. The extreme cold of winter or heat of summer are the exciting causes, and of late years

DR. J. H. McLEAN'S Strengthening Cordial and Blood Purifier.

For many years this well-known remedy has been the mainstay of thousands now advanced in life and enjoying a "green old age" who owe their robust health to the strengthening and sustaining properties of this great medicine.

It is a rational and scientifically prepared compound, intended as a help to nature, a remedy for weakness, and an antidote for exhaustion. By methods exclusively our own, the active medicinal principles of Blood-root, Wild Cherry, Black-root, Dandelion, Pipsissewa, Cinamon-bark, Coriander-seed, Orange-peel, etc., are extracted in a strictly pure and concentrated form, and combined with hypophosphites produce a medicine of unequalled power for imparting vital strength and nerve force to a debilitated system.

Its proper use will enable the digestive organs to make efficient use of food to repair the daily waste of tissue in the body; it will purify the blood, and impart vigor to the circulation.

It has always been the favorite tonic with ladies; its use during pregnancy is specially beneficial, as it gives strength and tone to the general system and organs of generation, keeping them in proper condition to perform their great work.

It is a wonderful remedy for

PURIFYING THE BLOOD,
FICKLE APPETITE,
MAL-ASSIMILATION OF FOOD,
STOMACH SICKNESS,
COLIC,
SLEEPLESSNESS,
DEBILITY,

SLUGGISH BRAIN,
MELANCHOLY,
DEPRESSION OF SPIRITS,
TIRED FEELING,
LOSS OF ENERGY,
NIGHT SWEATS,
WEAKNESS.

Price, \$1.00 per Bottle, or Six Bottles for \$5.00.

DR. J. H. McLEAN'S WHITE CRYSTAL COATED UNIVERSAL PILLS.

For forty years these Pills have been in use in tens of thousands of families, who have constantly kept them in the house as a family physic, to be used in case of sickness. Their use will quickly remove any obstruction to the regular and efficient performance of the different functions of life; cleanse the bowels, remove all improper accumulation, and local irritation; thus securing a sound and healthy activity throughout the system. The following complaints readily yield to their influence:

Bowel Complaint,
Constipation,
Dyspepsia,
Flatulency,
Giddiness,
Dizzy Feeling,
Lumbago,
Heartburn,
Bilious Colic,

Biliousness,
Indigestion,
Nausea,
Swimming in the Head,
Sour Eructations,
Yellowness of the Skin,
Low Spirits,
Liver Complaint,
Bilious Fever.

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ONCE TRIED, YOU WILL TAKE NO OTHER.

THEY CAN BE SENT BY MAIL.

DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT WILL BANISH ACHES AND PAINS.

this disease has been unusually prevalent. The itching becomes most furious when getting warm in bed, and the inclination is to scratch till the parts bleed. The best treatment is to take a course of DR. J. H. McLEAN'S SAR-SAPARILLA. Wash the skin thoroughly with cold water every day and take a teaspoonful of the flour of sulphur, mix it with the contents of a small bottle of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT, and rub this mixture thoroughly into the skin.

FOR "ITCH," which is caused by the burrowing under the skin of an insect called the *acarus scabei*, use the same mixture of DR. J. H. McLEAN'S VOLCANIC OIL LINIMENT and flour of sulphur. This will destroy the insect and effect a prompt and radical cure.

ADVISORY MEASURES DURING EPIDEMICS.

During an epidemic of *yellow fever*, *breakbone fever*, *ague*, *typhus* or *typhoid fever*, the *cholera*, or other acute or dangerous diseases, we strongly advise you to abstain habitually from alcoholic drinks; be temperate in eating and drinking; seek proper and cheerful amusements, especially in the open air; be industrious, but avoid exhausting labor; banish fear from the mind as an ignoble passion beneath the dignity of man; admit freely the light of the sun and fresh air into every room in the house; drain off all stagnant water around or under the house; see that filth—animal and vegetable matter—is not allowed to accumulate and decompose about sinks and drains; pay due attention to personal cleanliness, bathe the entire body every day; take daily, just before breakfast and at bed time, a dose of DR. J. H. McLEAN'S STRENGTHENING CORDIAL AND BLOOD PURIFIER to keep the stomach in good tone and promote a vigorous circulation of pure blood, so essential to the harmonious and healthy working of the system; and, lastly, have always at hand a small bottle of the strong tincture of camphor, so that when unavoidably exposed to infectious and dangerous influences, a drop may be taken before the poison has extended to the blood. As general preventive means, these hints are of the highest importance, and may be carried out in the confident hope of exemption from the threatened evil. "The seeds of various kinds of disease, like those of vegetables, will only spring up and thrive when they fall upon a soil favorable to their growth."

THE COMMON BELIEF, that the country is healthier than the city, is not borne out by statistics; it is quite true that the lack of crowding, the abundance of fresh air, and outdoor life, all have a tendency to diminish fevers, consump-

DR. J. H. McLEAN'S WONDERFUL HEALING PLASTER. (POROUS.)

THE medicinal agents in DR. J. H. McLEAN'S WONDERFUL HEALING PLASTER (Porous) are among the most valuable of the resources of modern scientific medicine. When applied to the surface of the body for the relief of pain, the healing properties of the plaster are absorbed into the blood, through the skin, and go direct to the part where the inflammation exists. This principle of healing disease by absorption is now well understood to be the most desirable and effective method of administering medicines, for where the remedy is of a nature to make absorption practical, its activity is much greater when it is absorbed by the skin than when it is swallowed. Not only the absorbent, but the counter-irritant properties of these plasters are remarkably successful in healing many ailments and diseases. The application to the skin causes redness where applied, which indicates an increased amount of blood to the part and a lessened amount of blood in some other part or parts at the same moment. This happens through the influence of the nervous system. The plaster acts as an irritant, which sends in its message to the brain, and the latter sends out its mandate to lessen the size of the blood vessels in a given part, through an altogether different set of nerves; thus there is a "stirring up of things" which excites an increased circulation of the blood, which means that materials are being brought in increased amounts to the part where the injury exists, for the purpose of repairing the damage.

The wonderful healing properties of these plasters are marvelously effective as curative agents in the following ailments and diseases:

Lung and Throat Troubles, Violent Dry Cough, worse at night; Spasmodic Whooping-Cough, Hoarseness, Labored and difficult Breathing, Spasms of the Chest, Pleurisy Pains.

Injuries of the Back, Strains or Bruises, Weak Back, Pains in the Small of the Back, of the Kidneys and Bladder, Involuntary Passage of Urine from Paralysis of the Neck of the Bladder, Wetting the Bed, Affections of the Womb, involving the Head and Nervous System, Colic of Pregnant Women, Cramps of the Stomach, Pain in the Breast or Side, Pneumonia.

Tremor, Anguish and Palpitations of the Heart, Cramp-like pressure in the Region of the Heart.

Females during certain periods will experience the most gratifying relief from the use of DR. J. H. McLEAN'S WONDERFUL HEALING PLASTER (Porous); as an elegant and agreeable remedy they are unequalled.

Price, 25 cents each, or 6 for \$1.25.

Can be sent by mail.

DR. J. H. McLEAN'S STRENGTHENING CORDIAL, FOR THE AGED IS PRICELESS.

January.—The cold prevailing in most parts at the end of 1890 will begin to moderate in the west about January 2d, and during the 3d and 4th the warmer temperature will travel to the east, resulting in reactionary gusts of rain and snow. The 3d is the central day. Cold will follow the storms. A warm wave will start about the 8th, attended by thawing, and ending in energetic rain, snow, and wind storms about the 9th, 10th, 11th. Be watchful of cold to follow up to change of temperature, about 15th and 16th, with more falling weather on those days. The 20th is the center of next period. Expect the cold to begin moderating in the west about the 19th, gathering up rain and snow storms toward the east during 20th, 21st, 22d. The regular rush of cold will press the rear of these storms, calling for care in exposed places. The 25th is the center of relaxation movements, which will touch the 25th and 27th in their course from west to east. The month will end with active storms brewing.

February.—The storms starting in January, are apt to break into lightning and thunder, on their southern flanks, the first days of February. Rain, sleet, with heavy snow, will result, followed by a bitter cold wave. Watch and see! The grip of the cold, will relax for a series of reactionary storms on and about the 6th. Expect northwesterly blasts after all well-defined winter storms, and continued cold up to storm periods next following. New Moon, 8th, may prolong storms of 6th and 7th. The 12th, 13th, 14th, 15th, constitute a marked storm period. Venus is on the 25th, and will be felt during storms of this period. Lightning and thunder, most likely. Should very warm days occur do not be thrown off your watch against the cold to follow. Venus is an extremist, whose electric fire turns quick to ice. The 18th, and days touching it, are storm days, with Venus still nearer. From 22d to 25th is a regular storm period. Watch 23d, 24th, 25th. Storms of great energy, if not cyclonic, are possible. Snow to the north, followed by cold all over.

March.—The 1st and 2d are reactionary days. Storms may be expected, after which and up to the 5th or 6th, it will be very cold. From the 6th to 10th is a regular storm period, during which violent storms from the south will clash with snow storms from the west and north. Watch them. Cold will follow. Warmer, with storms on and next to the 13th. From the 17th to 20th is a period intensified by Venus, Vulcan, Mercury, and Moon's 1st quarter with Earth at Equinox. Violent disturbances generally, and especially on coasts and seas. An intense and far-reaching cold wave will fill the time up to reactionary days central on 25th. The last period for March is central on the 30th, and will run into April. Earthquake indications in March, explained fully in *Word and Works*.

April.—Clear, frosty weather will follow the storms of the 1st and 2d, until about the 5th it will turn warmer, with cloudiness and rains. The 9th to 12th is shown in Calendar as next storm period. April rains, hail storms, with snow in the north, may be expected. Frost and cold will follow. April showers will gather into heavier storms about the 16th and 17th. The 22d, 23d, and 24th are regular storm days, in which rain and hail storms will occur. A very warm atmosphere, with electric clouds, may admonish of danger. In the north, snow need not surprise, followed by the regular fall of temperature, perhaps to freezing. There are reasons to expect storms about the 28th and 29th. Space forbids explanation. April ends cool to cold.

May.—From the 2d to 5th is a storm period to be watched. Mercury is on April 29th; Vulcan, May 3d, and Mars, May 4th. It will be wise prudently to anticipate dangerous storms at this time. Should they come, indications will be manifest and timely to all who watch for them. Frosts will occur on nights following. Reactionary storms fall normally about the 9th, but with new moon on the 8th, and Mars so near his equinox, we have indicated in calendar, by stars, the 8th, 9th and 10th as storm days. The 15th is the center of the next regular period, and allowing the usual days before and after, storms are sure to pass from west to east within the limits. Cool nights with frosts will follow. Expect storms about the 21st and 22d. The last period for May is 25th to 29th. This is an eventful month. See full accounts elsewhere, and especially in *Word and Works*.

June.—The 1st and 2d of June will be reactionary storm days. From the 6th to 9th will be a very active storm period, with Mercury on the 12th and Venus on the 17th, combined with solstice period, to prolong and excite the disturbances. The 13th and 14th being reactionary days, and Moon's 1st quarter on 14th, look for unsettled weather into the next period, 17th, 18th, 19th and 20th. During and about these days, very hard storms are almost certain, and at their close, more rain will have fallen than can be hoped for during the rest of the summer. Great electrical displays will be natural, with heavy hail in divers places. These disturbances will all feel the presence of Venus and will be re-

newed, with decreasing energy, about the 25th and 26th and at the close of the month—the 30th being the center of next period. Sun's eclipse on the 6th, illustrated elsewhere, will be fully explained in *Word and Works*.

July.—Storms in progress at the opening of July will wind up to the east about the 2d. About the 5th and 6th, a low barometer will cause an oppressive, warm wave. The presence of the new Moon added will cause storms on the 5th to 6th. Cooler air and fresh ozone will bring a "breathing spell" until about the 10th, when it will begin to grow very warm, culminating in excessively high temperature and storms about 11th, 12th and 13th. Note the 12th and 13th. Another "breathing spell" may intervene before the reactionary movements on and next to the 17th. From 23d to 26th is the next period of storm and change. Among the hottest days of summer about this time. Mercury is on the 26th and will add cloudiness and mugginess up to reactionary days, 29th and 30th. Possibly cooler about 25th, 26th, 27th.

August.—On the 4th of August we have the center of a regular storm period, with new Moon added. It will be very warm, with best chances for rain and storms about 3d, 4th and 5th. Very threatening clouds, tossed by northwesterly winds, are likely at this time—possibly causing a fall in temperature. The 10th and 11th, with Moon at first quarter on 12th, will bring prolonged reaction into higher temperature with storm tendencies. The 15th is the center of the next period. Signs of rain and storms will appear about 14th, 15th, 16th. Relief from very hot days will come, if at all, with the change of wind currents about the 17th. The 20th and 21st will renew the heat and result, perhaps, in thunder storms. The 26th, 27th and 28th are storm days, in which a crisis of high temperature will cross the country, attended by rainstorms and followed by cooler temperature.

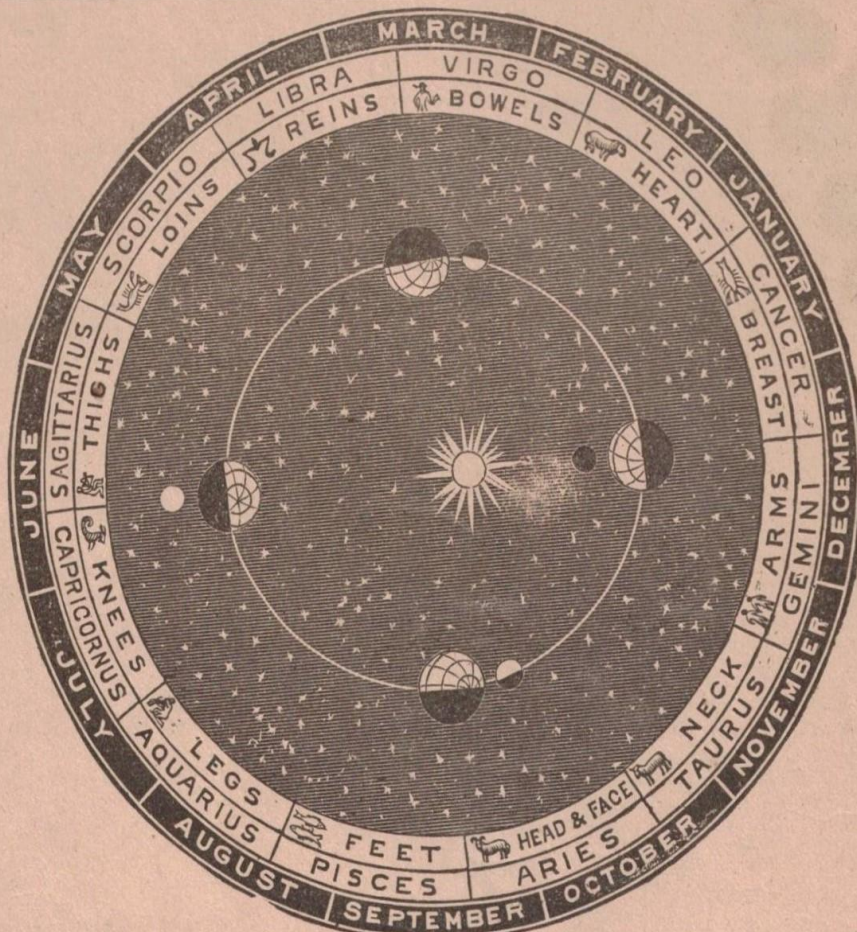
September.—The 3d, and days next thereto, ought to bring reactionary rains, with change to more pleasant weather. From the 7th to 11th is a combination of causes which will, doubtless, result in active storms. Many dry sections will have rains at this time. Note the 8th to night of the 11th. Reactionary movements will be more marked on and about the 13th, in consequence of Earth's approaching Equinox. The 18th to 21st is a regular storm period, with Earth at equinox. Storms must result. Be watchful, especially on and near the lakes and seas. A center of minor disturbances on the 24th. A regular period begins on September 29th and runs into October. Many things that ought to be understood concerning this month fully explained in *Word and Works*. Earthquakes and hurricanes probable on danger days.

October.—Storms originating in September will reach their crisis about October 2d. A smart dash of early winter will appear on the heel of these storms. Equinox of Venus on the 7th will greatly intensify reactionary disturbances on 6th and 7th. The 10th to 13th will call for dangerous storms, especially on the lakes. Those most concerned please note this fact. Cold and freezing will follow, to the north, until higher temperature on the 17th and 18th reacts into secondary storms. From 22d to 25th is a period in which Vulcan, Mercury, Venus and Moon will combine their disturbing forces. Lake and sea navigators ought to be watchful of indications. Snow in extreme north and west, with sleet. Reactionary storms about 29th, followed by a frosty close.

November.—From 1st to 5th is the first storm period. Northwesterly gales may be apprehended. Perishable products should be guarded against early freezing. Crisp, bright days will follow, until cloudiness and rains, with gales and snow to the north, appear about the 9th and 10th. About the 15th, 16th and 17th expect some hard, autumnal storms and changes. The period runs from 14th to 17th, central on the 15th. Watch it. Cold following, will moderate for lighter disturbances on and near the 21st, after which there will be a prompt and sharp return to cold. Storms from 25th to 29th will bring a stiff blast of winter and send the days and nights freezing into December.

December.—begins in a reactionary period, aggravated by new Moon on morning of 1st. Mercury is on the 5th, and Vulcan on the 8th, together with Moon's 1st quarter, and approaching winter solstice. About the 8th, 9th and 10th rainstorms, turning to snow with blizzard tendencies to the north, and followed by hard freezing. Much storminess with snow and rain squalls about the 14th and 15th. From 19th to 23d, severe solstice storms will rage, bringing snow and cold for Christmas. The 26th is a day for light storm movements. On the 30th there is a second New Moon for December, and on the 31st, the center of a regular storm period. December will end in storminess, and 1892 will come in very cold. This is written, Saturday, May 31st, 1890. Let us see. Look for much drought—for hot summers and cold winters, this and following years. If you want all—send for *Word and Works*. God's blessings be upon you all! If life last, we shall try to serve you better next year.

THE beautiful cut which we have prepared for this page takes the place of the unsightly *Man* commonly used in Almanacs in connection with the Zodiacal Signs. By using it in connection with the signs shown in regular Almanac each month, and comparing with cuts showing Planetary Outlooks, the actual places of both Earth and Moon in the heavens will be shown for *every day in the year*. The cut shows, also, the *Equinoxes*, or how the Sun shines from pole to pole in March and September, and how the North Pole is turned to the Sun in Summer and away from it in Winter. Why days and nights change in length, and winter follows summer, are also shown. The discussion of this subject in *Word and Works* during 1891 will be replete with thrilling interest and pleasing instruction. Space forbids more here.



A PERSONAL ADDRESS:—TO THE MILLIONS OF MANY LANGUAGES, WHO WILL READ THIS:

MY DEAR FRIENDS:—In God's kind and gracious providence we have been spared another year, and are now again permitted to send you our personal greetings. Since our last "Personal Address" to you, we have labored in thought and deed, by day and by night, to discover truth and to prepare matter that would please, instruct, and elevate the heart and thought of the millions. More than ever our work during the past year has borne rich fruit. Hundreds of thousands can and do testify to the pleasure and profit they have derived therefrom. Unnumbered human lives have been saved, and commercial and agricultural interests have been quickened and conserved by our suggestions and timely warnings. We here, humbly record our grateful thanks to Almighty God—ask for more divine wisdom, and press into the great, solemn, joyous future!

While we have labored for years, harder than the people can ever know, upon the astronomical and meteorological matter which appears upon the pages of this Almanac, we desire to say that it has been almost the pleasure of our life to give to the people, as far as possible, the results of that labor in this far-reaching, popular form. Nothing is plainer to us than that a great and wise Providence has had something to do in making a place for our work in the DR. J. H. McLEAN ALMANAC. We are more than convinced of this fact by substantial, beneficent, astonishing results. We have withheld no fraction of our work from this popular form that space would allow us to insert, and the DR. J. H. McLEAN MEDICINE Co. has provided every line of space possible in a publication so costly and for free distribution. Those who are satisfied with our work in this greatly abridged form, are a thousand times welcome to it for nothing—we would just as freely send it full and complete for the same price if we, or others, could afford it. Here, and in the foregoing pages, we call attention to our journal, *Word and Works*, only that those who may so desire may understand where they may procure our unabridged and complete works. While we are sincerely thankful to all who may afford us substantial help and encouragement by sending for *Word and Works*, we must not be understood as urging the matter. We know that you will get many times the worth of your money, and far more than you expect to receive; but act only as you are inclined. Any number of *Word and Works* for 1891 will be worth more than the whole year's subscription. If you desire only any one number, send 5c. with your name and post-office plainly written. If you desire *Word and Works* for 12 months, send 50c. to *Word and Works Publishing Co.*, 1136 North Third Street, St. Louis, Mo. Please do not order sample copies on postal cards, or without the 5c.; the cost of paper, work and postage is more than we can afford.

Devoutly invoking the richest blessing of Heaven upon all, for time and for eternity, I beg to remain your sincere friend and humble helper,

IRL R. HICKS, 1136 North Third Street, St. Louis, Mo.



FOR MANY YEARS THIS REMEDY HAS BEEN THE MAINSTAY OF THOUSANDS NOW ADVANCED IN LIFE AND ENJOYING A "GREEN OLD AGE" WHO OWE THEIR ROBUST HEALTH TO THE STRENGTHENING AND SUSTAINING PROPERTIES OF THIS GREAT MEDICINE. THE DR. J. H. McLEAN MEDICINE CO. ST. LOUIS, MO.