

## SPRING BLOOD IS BAD BLOOD

How to Get New Health and New Strength in the Spring.

Even the most robust find the winter months trying to their health. Confinement indoors in often overheated and nearly always badly ventilated rooms—in the home, the office, the shops and the school—taxes the vitality of even the strongest. The blood becomes thin and watery, or clogged with impurities. Sometimes you get up in the morning just as tired as when you went to bed. Some people have headaches and a feeling of languor; others are low spirited and nervous; still others have pimples and skin eruptions. These are all spring symptoms that the blood is out of order. Many people rush to purgative medicines in the spring. This is a mistake. You can't cure these troubles with a medicine which gallops through your system, and is sure to leave you weaker still. What you need to give you health and strength in the spring is a tonic medicine and the one always reliable tonic and blood-builder is Dr. Williams' Pink Pills. These pills not only banish spring ills, but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism, and other diseases due to bad blood. Dr. Williams' Pink Pills actually make new, rich blood which strengthens every nerve, every organ and every part of the body. Try this medicine this spring and you will have strength and energy to resist the torrid heat of the coming summer.

Mr. Geo. W. Johnson, Hemford, N. S., says: "A couple of years ago when I came home from a lumbering camp where I had been employed my blood was in such a condition that my whole body broke out in boils—some six and eight in a nest. These were so painful that I was confined to the house and for three months was treated by my family doctor. I got no better; in fact the sores began to eat into my flesh, and at times were so offensive that I refused to sit at the table with my family. A friend asked me one day why I did not give Dr. Williams' Pink Pills a trial and I decided to do so. I got six boxes and before they were all gone the sores began to disappear and my system was much strengthened. I continued using the pills until I had taken twelve boxes, when every boil and sore had disappeared, and I have since enjoyed the very best of health."

Sold by all medicine dealers or by mail at 5 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### QUEENS WHO SMOKE.

According to a Paris journal, the new Queen of the Belgians is a lover of the Egyptian cigarette, says the London Globe. The Queen Mother of Spain used to urge the Ambassadors to smoke in her presence when Regent of the kingdom, her Majesty being a good smoker herself. On the other hand, the late Queen Victoria had a great objection to tobacco. The German Empress tolerates smoke, for her lord is a great smoker—cigarettes, cigars, and even the old china bowl pipe. Queen Marguerite in the time of King Humbert used often to set the example among the palace guests. Perhaps there is no country where ladies of high degree smoke so generally as they do in Russia. The Empress, unlike her mother-in-law, has forbidden ladies in her presence to indulge in nicotine.

### A MODERN MEDICINE FOR YOUNG CHILDREN

No sane mother would wish herself treated under the condition of medicine or surgery of half a century ago. Why then should she give her tender little child the old-fashioned medicines that have not changed in half a century, and which more likely than not contain poisonous opiates that will not cure the child, but merely drug it into temporary insensibility. Baby's Own Tablets is a modern medical science. This medicine cures all stomach, bowel, teething and other ailments of childhood and babyhood. And the mother has the guarantee of a government analyst that it contains no opiate or poisonous drug. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## THE SUNDAY SCHOOL

INTERNATIONAL LESSON,  
APRIL 3.

Lesson I. The Power of Truth,

Matt. 9. 18-34. Golden Text,  
Mark 9. 23.

Verse 18. A ruler—Mark and Luke give him the fuller title, "ruler of the synagogue." His duties were to preside over the synagogue as a center of worship, maintaining order and choosing those who were to participate in the services. He was a man of high rank.

Worshipped him—Paid him such reverent homage as men are wont to give to kings.

My daughter is even now dead—This is an abbreviated form of the story. Compare the fuller statement in Mark and Luke.

19. His disciples—An unwieldy crowd set out with Jesus, but he permitted only Peter, James, and John to go with him to the ruler's house (Mark 5. 24, 37).

20. A woman—Note concerning her disease: (1) That it was regarded as incurable by ordinary medical treatment, and was given over to be dealt with by charms; (2) that for twelve years, to use Mark's ironical phrase, she "had suffered many things of many physicians," and only "grew worse"; (3) that she was considered ceremonially unclean, and therefore was harshly isolated from society.

Came behind him—Chryostom says: "She was ashamed on account of her affliction, accounting herself to be unclean."

Border of his garment—Every Jew, according to the requirement in Numbers 15. 37, wore on the four corners of his cloak a tassel which reminded him of the commands of Jehovah. In this portion of the garment it was thought a special sanctity resided.

21. If I . . . touch his garment—Her faith was colored by the superstition peculiar to her age, but it was faith. Compare the story in Acts 19. 12.

22. Jesus turning and seeing her—Though the crowd pressed closely upon him, Jesus detected the swift, nervous tug at his cloak, and perceived in it a call for help. The woman hoped to escape unseen. The disciples, eager to get to the house of Jairus, remonstrated. But Jesus was not satisfied; his sympathy had been aroused: "Some one did touch me." And when he discovered who it was, he insisted on her confessing her story.

Be of good cheer—Mark informs us that she shrank back, "fearing and trembling." To be discovered in this way was to be put to shame before the multitude. But it was the only way Jesus could rid her of superstition, and show her it was her faith that had made her whole, and not any magic efficacy in the holy tassel.

The woman was made whole from that hour—This cure became notable. An early tradition says that the woman's name was Veronica, and her home was in Caesarea Philippi, and that she was therefore a Gentile. At the gates of her house, in the fourth century, was to be seen a monument representing this scene.

23. Flute-players, and the crowd making a tumult—All this confusion was in keeping with ancient custom. Mourners and musicians were hired to make lamentation and dirge. The crowd of them is an evidence of the wealth and station of Jairus.

24. The damsel is not dead, but sleepeth—It must be noticed: 1. That she was actually dead, in the sense that life had flown from her body. The mourners, indeed, laughed Jesus to scorn for his words. Moreover, the miracle loses its point if the girl was only asleep in the ordinary sense. Peter was present, and the accounts of the event must have come from him, and Luke, a physician, says explicitly that "her spirit returned."

2. Jesus invariably looked upon death as a sleep. The early Christians followed him in this (Matt. 27. 52; Acts 7. 60; 1 Thess. 4. 13-15).

25. He entered in—Together with the three disciples and the parents of the child. Luke's details are suggestive and touching. It is of interest to compare this miracle of resurrection with the other two (Luke 7. 12; John 11). Those have no trouble in accepting them all who believe Jesus to be the resurrection and the life.

27. Jesus passed by from thence—He had enjoined secrecy upon the little company who witnessed the miracle, for he knew what would happen as soon as it became known

## "THE DEAD HAS COME TO LIFE"

A "FRUIT-A-TIVES" MIRACLE



MRS. JAMES FENWICK  
Enterprise, Ont., October 1st, 1908.  
"I suffered tortures for seven long years from a Water Tumor. I was forced to take morphia constantly to relieve the awful pains, and I wanted to die to get relief. The doctors gave me up and my friends hourly expected my death. Then I was induced to take 'Fruit-a-tives' and this wonderful fruit medicine has completely cured me. When I appeared on the street again my friends exclaimed 'The dead has come to life.' The cure was a positive miracle." MRS. JAMES FENWICK.  
50c a box—6 for \$2.50—or trial box, 25c. At dealers or from Fruit-a-tives Limited, Ottawa.

that he had caused the spirit to return to the girl's body. So he hastens to return to his own home.

Two blind men followed him—A story peculiar to Matthew, though a number of similar miracles are recorded by the Gospels. Their crying out, "Have mercy on us, thou son of David, does not necessarily imply that they believed he was the Messiah. The fame of his wonder-working had stirred in them a hope that he might relieve them of their misery, and anybody who would and could do that would be Messiah to them. Compare Matt. 11 2-5.

28. He was come into the house—His anxiety to reach home had been so great that even the forlorn condition of these wretches had not delayed him. Still, they had kept right on till they were at his very door. He hardly needed to ask his question, nor they to answer. Their persistency was proof of their sincerity.

29. Touched . . . their eyes—The most sympathy and kindness of such an act would give them assurance that it was not for lack of pity that he brushed them aside in his haste to get back. Their faith would be correspondingly strengthened.

30. Their eyes were opened—Blindness is common in the East. It is traceable partly to the intense glare of the sun, partly to lack of cleanly habits.

31. Spread abroad his fame—One of the old commentators praises their disobedience, calling them "preachers and evangelists."

Strictly charged them—The exact Greek here is very emphatic: "He eyed them sternly, knitting his brows and shaking his head, saying 'See! Let no one know about it.'" The crowd had already become unmanageable with excitement.

32. A dumb man—Either deaf or dumb, or both. If the last, then, as the man was also a lunatic, the miracle was a threefold one.

33. The demon was cast out—See notes on lesson for March 13.

34. By the prince of the demons casteth he out demons—This is at least an unconscious testimony to the reality of the miracle. Beelzebub (Luke) was the name given the chief of the evil spirits. It was a contemptuous phrase, meaning in the old days of Israel, "Lord of flies." The accusation of the Pharisees was equivalent to a charge that he was in league with the devil.

### LIGHTNING SPLITS TREES.

Lightning makes trees explode like overcharged boilers. The flame of the lightning does not burn them up, nor does the electric flash split them like an axe. The bolt flows through into all the interstices of the trunk and into the hollows under its bark. All the moisture at once is turned into steam, which by its immediate explosion rips open the tree. For centuries, this simple theory puzzled scientists, but they have got in right at last.

### THE MAIN DIFFERENCE.

"Papa," asks the little boy, "how do men and women pick out the hats that will be most becoming to them?"

"A man, my son," explains the fond father, "selects his hat by the size and a woman chooses hers by the price."

### ALMOST BEHEADED.

Terrible Experience of Dr. Landor  
When in Tibet.

When Dr. Henry Savage Landor was in Tibet he was, he says, almost beheaded by the natives. He writes: "The man Nerba, who was still holding me by the hair, was told to make me bend my neck. I resisted with what little strength I had left, and, with the nervous strain of a doomed man, determined to keep my head erect and my forehead high. They might kill me, true enough, they might hack me to pieces if they chose, but never until I had lost my last atom of strength would these ruffians make me stoop before them. I should perish, but it would be looking down upon the Pombo and his countrymen.

"The executioner, now close to me, held the sword with his nervous hands, lifting it high above his shoulder. He then brought it down to my neck, which he touched with the blade, to measure the distance, as it were, for a clean, effective stroke. Then, drawing back a step, he quickly raised the sword again and struck a blow at me with all his might. The sword passed disagreeably close to my neck, but it did not touch me.

"I would not flinch, nor speak, and my demeanor seemed to impress him almost to the point of frightening him. He became reluctant to continue his diabolical performance; but the impatience and turbulence of the crowd were at their highest, and the lamas near to him gesticulated like madmen and urged him on again." Dr. Landor somehow escaped.

### COUGHED ALL NIGHT

Till This Recipe Was Tried, Cure Followed in 5 Hours.

A prominent medical man, who suffered with a severe cough and cold on the lungs, often being kept awake all night, and weakened by loss of sleep, finally discovered a simple formula which will cure any cough in five hours by the clock. It is a laxative tonic cough syrup which can be made at home by anyone and the formula is here given for the benefit of those who pass sleepless nights in painful paroxysms. Those who have tried it say it is magical, and beats any high-priced, slow-acting cough medicine ever sold.

Mix in a bottle one-half ounce fluid wild cherry bark, one ounce compound essence cardiol and three ounces syrup white pine compound. Take twenty drops every half hour for four hours. Then take one-half to one teaspoonful three or four times a day. Give children less according to age. This will tone up and rid the system of deep-seated coughs every time.

All men may be liars, but it isn't safe to say so.

### SHOWING THE PAINT.



Are you going to take any old paint this spring when you paint up? Don't you do it. You can get good paint easily, and get it at the proper price. You can get

## RAMSAY'S PAINTS

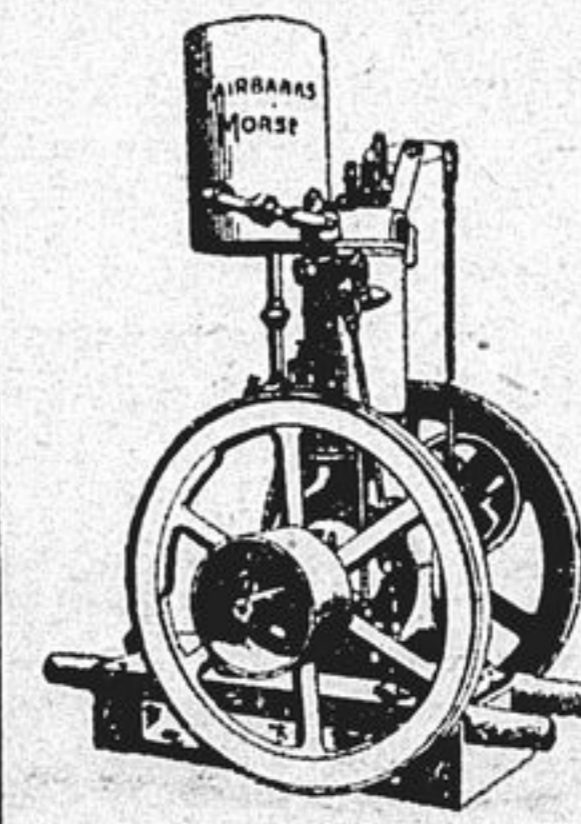
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### SENTENCE SERMONS.

The fad of one cannot be the faith of all.

Ideals live only as we strive toward them.

Heaven sends some burdens just for ballast.

A pious eloquence is not always an eloquent piety.

There never was an argument equal to an affection.

People who are rich in heart never put their money there.

Often the clock that strikes loudest is farthest off the time.

The pleasures of folly never come up to the promise of the pictures.

A chilly manner is not the best preparation for a warmer climate.

Religion is a poor thing if you never enjoy it till you get into trouble.

The habit of prayer can get to mean as little as the habit of profanity.

Some men believe you cannot enjoy life's berries unless you eat its briars.