

WHY BACKS ACHE

The Kidneys Seldom to Blame—
The Trouble Due to Blood
Impurities

There is more nonsense talked about backache than any other disease. Some people have been frightened into the belief that every backache means deadly kidney trouble. That is utter rubbish. As a matter of scientific fact not one backache in twenty has anything to do with the kidneys. Most backaches come from sheer weakness and kidney drugs can't possible cure that. You need something to brace you up and give you new strength and that is exactly what Dr. Williams' Pink Pills will do. Other backaches are really muscular rheumatism, and Dr. Williams' Pink Pills have cured the worst cases of rheumatism by driving the poisonous acid out of the blood. Other backaches are the symptoms of ordinary ailments such as influenza, indigestion, constipation and liver complaint. In women backaches often come from the troubles that follow so surely on any weakness or irregularity in the usual blood supply. The one way to cure these backaches is to strike at the root of the trouble with Dr. Williams' Pink Pills, which enrich the blood and bring strength to aching backs and weak nerves. Mr. Alex. Cockburn, Deloraine, Man., says: "About three years ago I suffered terribly from backache. I consulted a doctor and took his medicine, and wore a plaster, but did not get the least relief. Then I got a belt, but this was as useless as the other treatment, and my suffering still continued. Then one of my friends asked me why I did not try Dr. Williams' Pink Pills, and I got a box. Before they were all used there was some improvement in my condition and I got three boxes more. By the time I had taken these all the signs of the pain had gone, and as it has not since returned I feel that the cure is permanent. My only regret is that I did not hear of Dr. Williams' Pink Pills sooner, for not only would I have got rid of the pain sooner, but would also have saved some twenty-five dollars uselessly spent in other treatments."

Dr. Williams' Pink Pills are sold by all dealers in medicine or may be had by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

DRINKS AND DYSPEPSIA.

Take Soda Water and Ice Cream
Separate.

The thirsty season is here. With hot weather most of us take more liquid, take it in copious quantities then wonder why indigestion follows.

There is less harm done by overdrinking in summer than by drinking the wrong things.

Water is healthful, provided it is germ free, and it is hard to drink too much of it at the proper temperature. This is not iced. Nothing more quickly induces dyspepsia than pouring ice water into the stomach. If water is bottled and kept in a refrigerator it is better and quenches thirst more quickly than if iced.

Hot water is a better thirst quencher than cold. Nor is it as heating as people imagine. It is especially valuable if one is overheated, as it averts the risk of inflammation in the stomach.

Ice cream sodas are breeders of dyspepsia. A well-known stomach specialist advises to take ice cream and your soda water separately. It is the mixture that is harmful. Unless any soft drink is to work trouble, let moderation be your rule. Do not get the soda water habit. It will save money and digestion.

Abuse of tea and coffee is a frequent cause of dyspepsia. Tea taken with meals is apt to so dilute the gastric juices that power to digest solid food is impaired. The tannin which tea contains acts injuriously on the digestive process. The effects are especially bad when tea has been boiled, is very strong, or when it is creamed. Iced tea, the favorite summer luncheon beverage, acts unfavorably on the kidneys.

Coffee is less injurious than tea, contrary to general opinion. When taken too strong or in too great quantities it has an irritating effect on the mucous lining of the stomach. Wholesale condemnation of it is folly, but moderation is the rule.

THE S. S. LESSON

INTERNATIONAL LESSON,
JUNE 19.

Lesson XII. The Parable of the Sower, Matt. 13. 1-9, 18-23. Golden Text James 1. 21.

Verse 1. On that day—Evidently on the same day as the events given in the latter part of the twelfth chapter.

Out of the house—Neither this nor the particular day is mentioned by Mark. In chapter 12. 47, "outside" means on the outskirts of the crowd, so that we are left to conjecture that this was the house of Simon and Andrew (Mark 1. 29).

Sat by the sea side—Chrysostom, whose Homilies on the Gospel of Saint Matthew are full of homely wisdom, says here: "He sits by the sea fishing and getting into his net them that are on the land. The cause of his doing this is a desire to order his auditory with exactness, and to leave no one behind his back, but to have all face to face."

3. He spoke . . . in parables—Some have already been recorded; the salt and the light, the fowls and the lilies, the wise and the foolish builders, but they have been brief and incidental. From now on this method of teaching becomes more elaborate, and forms a large part of the instructions of Jesus.

Behold, the sower—Christ. It is fitting that the group of parables should start off with this one, in which so many important issues of the kingdom come to test. It is one of the three which appear in Matthew, Mark, and Luke, the other being those of the mustard seed and the wicked husbandmen. Also it is one of those whose interpretation we have from our Lord's own lips.

Went forth to sow—It is presumed that an actual sower and an actual field were in sight at the time.

4. As he sowed—For the meaning of the parable, see comments below on verses 18-23.

9. He that hath ears—It is a challenge to serious thought, and a common observation of Jesus. Only those whose hearts are sincerely open to the truth can perceive its spiritual meanings.

18. Hear then ye—Strong emphasis on the pronoun: "Do you, therefore, hear the parable of the sower." Jesus warns the disciples against the shallowness, worldliness, and diffidence which are the indication of a barren heart. Notice that Matthew omits the rebuke contained in Mark 4. 13. It is not so much a parable of the sower, who seems not to occupy a prominent place in the story, as of the soils, four different kinds of which are mentioned. Though Christ is the Sower, and the seed he sows is the truth, the result clearly depends upon the nature of the soil.

19. The word of the kingdom is, of course, the seed. The warning of Jesus, "Take heed how ye hear," would apply here. He that heareth and understandeth not is the man whose mind grasps the words one by one but whose heart does not "take in" and treasure up the truth, understanding, in the Old Testament and New, being a

matter of the heart rather than of the head.

The evil one—We might have interpreted the birds (verse 4) as impersonal temptations, but Jesus expressly, in spite of the plural, explains them as "Satan" (Mark), the devil (Luke), and as here.

The way side—According to the Jewish fashion, a path led through the midst of a field of grain. This would naturally become hard and beaten by the trampling of many feet, of men and beasts. This may represent a certain lightness of mind, or too exclusive attention to the calls of the world. So the word does not get in deep, and the evil one straightway snatcheth it away. The voice of the messenger is barely silent before the memory is as clear of the truth as if it had never been spoken. Yet Jesus would incite the preacher of truth not to neglect even so unpromising a soil.

20. The rocky places—Here we find a thin soil atop of a hard substratum. This class is common, especially in times of religious awakening—people whose emotions are quickly stirred, who receive with joy the word to which, for one reason or another, they happen to be particularly susceptible, but whose nature and profession are too shallow for the truth to take deep root. They will hold out so long as conditions are favorable. But, when called upon to suffer tribulation (2) for the sake of what they profess, straightway they stumble. Our regard for the truth must go into the depths of our nature and take hold of every part of us, for, to be a Christian involves the shock of many a stern encounter with conditions which easily uproot seed thinly planted.


22. Among the thorns—Here is excellent soil, but, sadly enough, it is infested with the seed of sin and error. What chokes the word, in men of this type, is not the world, but a false relation to the world. Mark adds "the lusts of other things," and Luke, "the pleasures of this life." The endless petty worries of business life, the subtle allurements of those mistaken paths which are so easily opened by riches—these, if indulged in, or compromised with, or surrendered to, are bound to crowd out the choicest spiritual growth. The tragedy of this class of people is that their fruitfulness might be second to none, but instead they turn out only a rank crop of brambles.

23. The good ground—It is noteworthy that all that is required is that the soil should be of the sort that not only eagerly receives but stores up and nourishes the truth.

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Even then the results are different with different soils. However good a man may be, the seed may fail to expand when received in his heart more than thirtyfold, while his neighbor, because perchance of better endowment of one kind or another, though no better a man, may bring forth a hundred-fold.

KISS SAVED BOY.


Memory of Mother's Tenderness Prevented Flight.

Some years ago a Glasgow lad, an only son, fell into evil ways. Late hours, foolish companionships were succeeded by gambling and theft from his employer's till to pay his debts. The unhappy youth suddenly awoke to the fact that he must flee or suffer the consequences of a near disclosure of his conduct. Flight seemed the only possible alternative. Wretched and watchful he lay in bed on what he intended to be the last night in his boyhood home. A gentle tap warned him of his widowed mother's approach, and full of shame he feigned sleep, as, with shaded light, she bent over and kissed him, whilst the soft whisper, "God keep my laddie now and always," fell like a gentle reproach on the culprit's ears.

Next morning a tale full of sad confession was tremblingly poured out amidst dusty ledgers and folios. "When mother kissed me I couldn't run away, and, oh, will you forgive me for her sake, sir?" The employer, a kindly man with boys of his own, listened—and forgave. The youth had one more chance and he used it well.

To-day he is the trusted, busy servant in the same firm, yet not too busy to pay a visit sometimes to the churchyard grave, where inscribed on a simple stone are the words—"Sacred to the memory of a boy's best friend—my mother."

Blessed are the innocent, for they have a lot to learn.



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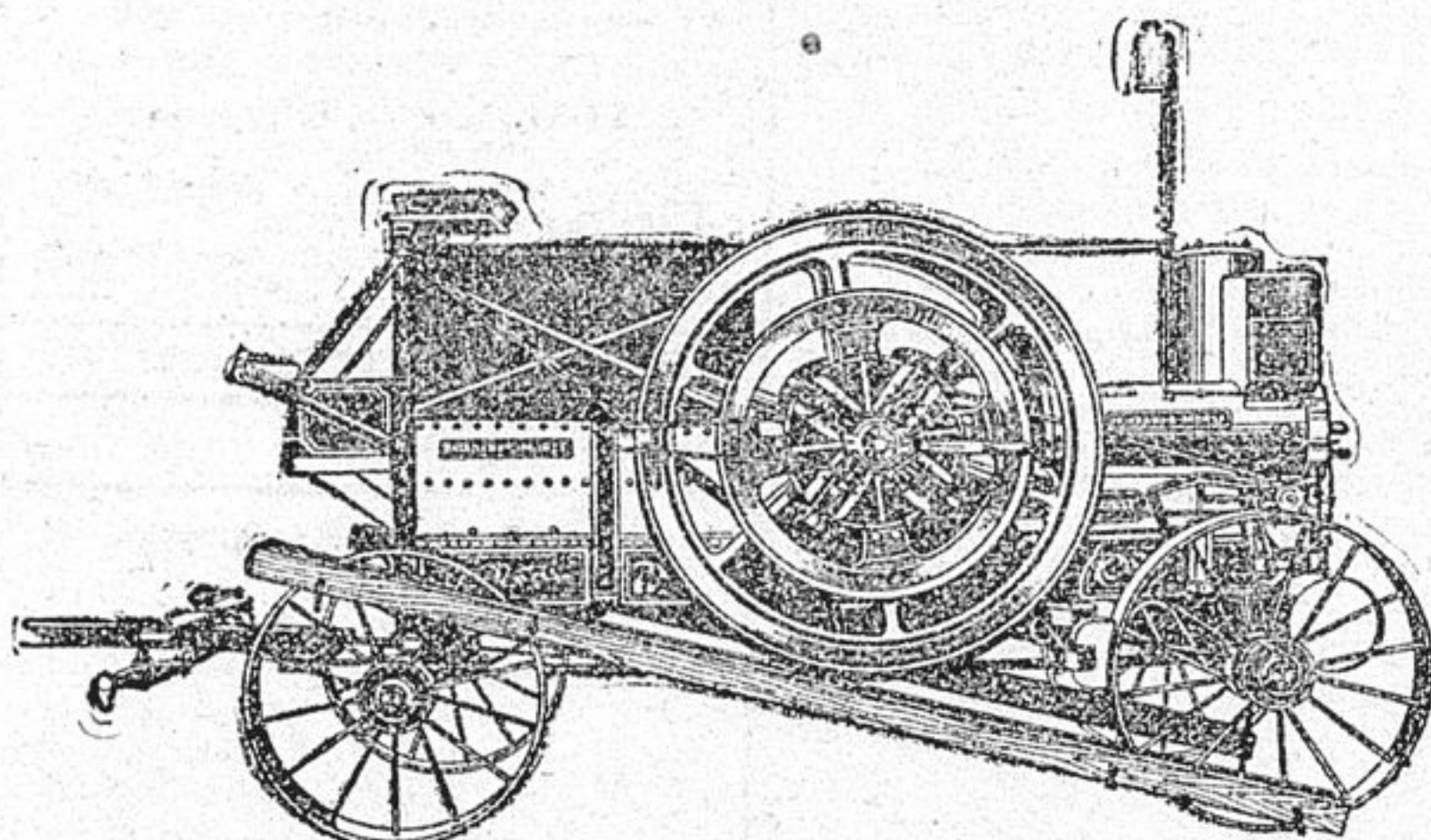
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