

GOOD HEALTH FOR RUN DOWN MEN

If You Are Weak and Easily Tired
Try Dr. Williams' Pink Pills

Anaemia is a state into which one falls because of lack of blood, or because the blood is poor, weak and watery. The man or woman who has not enough blood is pale, languid, easily tired and easily depressed. As the trouble progresses other symptoms show themselves, and the life of the sufferer is one of misery. Anaemia opens the door to consumption, and gives victims to all the epidemic maladies, because the whole body is weakened and unable to resist the inroads of disease. Dr. Williams' Pink Pills are the best remedy in the world for the cure of anaemia, and all its attendant miseries. They make the blood rich, red and pure, thus bringing health and strength to weak, despondent men and women. We do not know of a single case of anaemia where Dr. Williams' Pink Pills have failed to cure if given a fair trial. Mr. John Hastings, Venn, Sask., was a victim of this trouble and found new health through Dr. Williams' Pink Pills. He says: "I was working on a railway driving a team and found myself gradually running down. I did not pay much attention to it at first, but soon I began to lose my appetite and it was a trial to get through my day's work. I got medicine from the doctor on the works, but it did not help me, and finally I got so bad I told the foreman I would have to quit. He told me not to lose hope, that he would get some medicine that would soon make me all right. That night he went to town and bought me three boxes of Dr. Williams' Pink Pills. I had not taken more than two boxes when I began to feel better, and after I had used five boxes I was as well and strong as ever, and could do a day's work with any man on the job. I may just add that before I began taking the Pills I was to run down that I weighed only 122 pounds, and while taking them I gained 22 pounds. I cannot say too much in favor of Dr. Williams' Pink Pills and strongly recommend them to all run down men."

You can get these Pills through any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON,
FEBRUARY 12.

Lesson VII.—Elijah's victory over the Prophets of Baal, I. Kings 18. 1, 2, 17-40. Golden Text, Josh. 24. 15.

Verse 1. In the third year—that is, of the famine in Samaria (2). It lasted three years and six months (Luke 4. 25 and James 5. 17). Elijah, at this time, was for all we know to the contrary, at the house of the widow of Zarephath.

2. And Elijah went—The drought had done its work, and it was time for the prophet to follow up this terrible calamity by a public demonstration of the supremacy of Jehovah. To go before Ahab at such a time required both faith and courage, for the king no doubt attributed the famine to the meddlingness of Elijah. In fact, the royal wrath burst into flame as soon as he set eyes on this troubler of Israel (17). But, when he pointed to Elijah as the source of the trouble, he simply evaded a guilt

which he knew was his own and his people's. His bad conscience is evidenced in this weak acquiescence in the plan proposed by his accuser. A strong king, sure of his innocence, would have taken the prophet into custody at once.


18. Thou has followed the Baalim—Elijah doesn't mince matters. The sole cause of the famine was the idolatry of the king and his people.

19. Gather to me all Israel—It is more than a challenge. It is a fearless command, the audacity of which stamps Elijah as one of the most masterful men of the Old Testament, as well as the most picturesque. Carmel was a fitting place for the proposed contest. Rich in arboreal growth, commanding a splendid view of the surrounding hills and plains, it became in Old Testament literature, and elsewhere, the type of lofty grandeur and fertility. The mountain still bears the prophet's name (Mar Elias) and the spring of water which resisted the drought and "Elijah's grotto" are still pointed out. "The whole mountain murmurs with his name."

21. And Elijah—On one side everybody else—priests, king, people. The prophet of God stands alone. His first appeal is to the people. It stirred the patriotic pride of Elijah to see his own people feebly limping along in indecision. Their answering him not a word was an open acknowledgment of guilt. Their course had been one of vacillation, now a service of Jehovah, now a service of Baal.

22-24. The conditions of the contest. Elijah was the only prophet of Jehovah left, the rest having been either slain or silenced. He therefore must stand as the representative of the old form of worship, while he is opposed by the four hundred and fifty prophets of Baal. For each a bullock is to be provided, and this is to be prepared for sacrifice. Dean Farrar suggests that the condition relating to fire was a precaution against "priestly trickeries." As Baal was the god of the sun it was fair that Elijah should challenge them to call upon his name in the hope of securing fire from heaven. Elijah had appealed to the people, and there was nothing left for the priests but to comply with these conditions, for the people declared the speech well spoken. Then, as now, and always, the people wanted a God who could do things.

26-29—The predicament of the priests of Baal. 1. They cried with incessant monotony from morning till noon, O Baal hear us. But there was no voice. "There lay the dead bullock putrescing under the burning orb which was at once their deity and the visible sign of his presence. No consuming lightning fell, even when the sun flamed in the zenith of that cloudless sky." 2. They performed a heathenish dance, with wild gesticulations and shrill cries. 3. The taunts of Elijah. Until the sun had reached its highest point he kept silent. But now, with stinging references to the possible preoccupations of the sun-god, he holds them in derision. 4. Cut by the sarcasms of the man of God, the four hundred and fifty priests resorted to the extreme measures of their worship, and began slashing and mutilating their bodies in terrible frenzy. Meanwhile, until time for the evening offering of meal, they kept up their weird jargon. The prophets of Asherah—They do not appear in the story again. Their eating at Jezebel's table means that they were maintained at the queen's own expense. 30-35.—The preparations of Elijah. With an orderly calm that stood out in impressive contrast to the noisy confusion of the priests, the prophet made ready. 1. With one stone for each of the twelve tribes of Israel, he repaired the old altar which the queen had doubtless torn down. 2. He built next a broad trench capable of holding about five



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gallons. 3. He drenched with water the bullock which he had cut in pieces and laid upon the altar with the wood, and filled the trench also with water, so that there could be no possible deception.

36-37—The prayer of Elijah. It was a simple, fervent prayer, free from unavailing repetitions and accompaniments of frenzy. Thrice he invoked the name of Jehovah, and with a single purpose—that the God of Israel might be vindicated and his name exalted among the people.

38-40—The results: 1. The utter consumption of all that was on the altar, together with the shattering of the stones and the licking up of the water in the trench. 2. The effect on the people. With one accord they fell on their faces and cried, in the expressive Hebrew tongue, "Yahweh-hoo-ha-Elohim, Yahweh-hoo-ha-Elohim," convinced that Jehovah, and not Baal, was the true God. 3. The slaughter of the priests. Unnecessarily cruel as this seems, viewed in the light of our higher Christian ideals, it doubtless accorded with the rude ethics of those far-off days.

HEALTHY CHILDREN ARE A BLESSING

Healthy babies are good babies, and the good baby is a blessing in every home. Nothing can give the mother or father more pleasure than to see baby play. Every movement is watched with delight; every new word spoken brings pride to the fond parents. It is only the sickly baby that makes home wretched—and, mothers, it is not baby's fault when he is sick. You are the one to blame. Perhaps you give him candies, cakes and other food which his little stomach is unable to digest. Then when he is cross and ailing you give him some "soothing" mixtures to quiet him. That is wrong—remember his little stomach is not as strong as a grown person's, and also remember that every spoonful of "soothing" mixture you give him only does him more injury—it does not remove the cause of his fretfulness—it merely dopes him into an unnatural sleep. What is needed to make baby healthy and happy is Baby's Own Tablets—a medicine with a guarantee of safety. About them Mrs. Mathies McCormick, West St. Peters, P.E.I., writes: "We have used Baby's Own Tablets with good results. They are certainly a blessing for mothers that have cross, sickly babies. They sweeten the stomach; give refreshing sleep and make baby fat and healthy." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

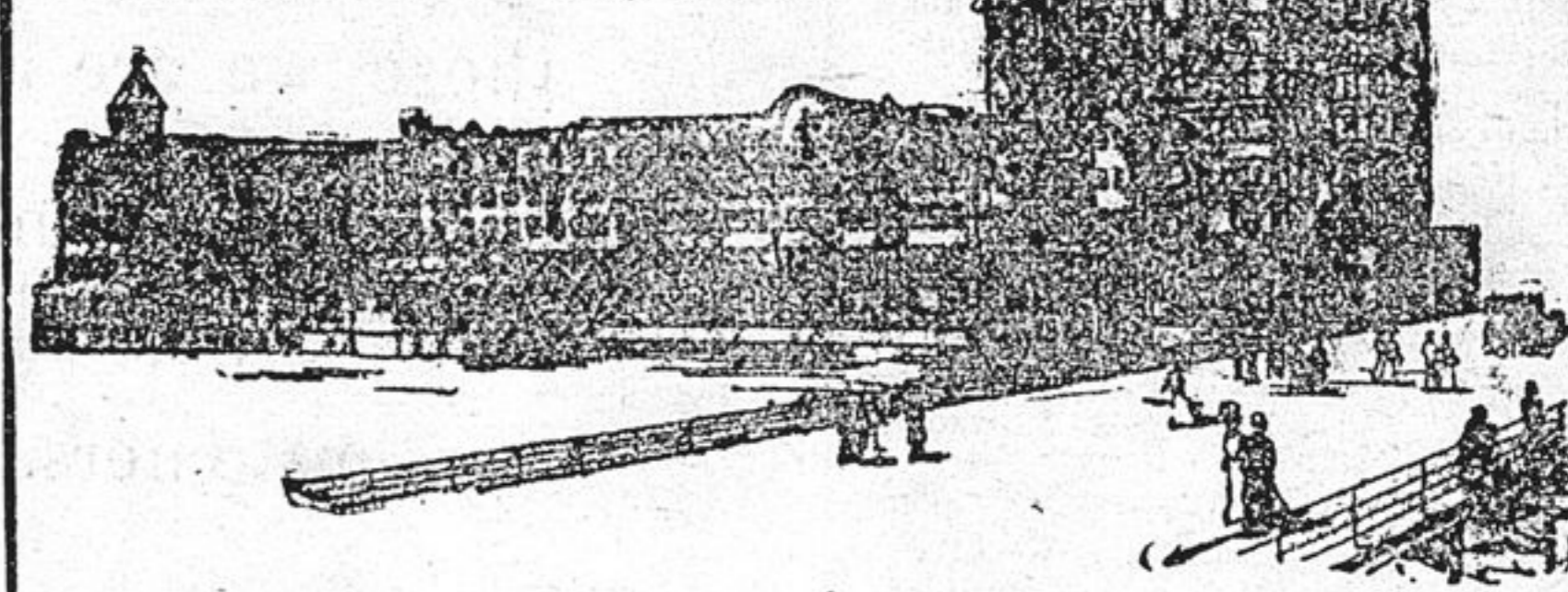
3 GRACES AT CORONATION.

Unique Trio of Fair Young Princesses Will Adorn Function.

Not the least interesting fact in connection with the forthcoming coronation is that among the distinguished participants in the ceremonies will be a trio of fair young princesses, the father of each of whom is among the most powerful monarchs on earth. The girls are: Princess Victoria Alexandra, the 14-year-old and only daughter of the King and Queen of England; Princess Olga, 16, the eldest daughter of the Czar and Czarina of Russia, and Princess Victoria Louise, who is 19, and the youngest daughter of the Kaiser and Kaiserin of Germany. In each instance, the princesses have a full share of good looks, and if reports about them are to be credited they possess that amiable temperament that should go with a pretty face. Rumor is busy about two of them in a matrimonial sense. It is possible that the coronation may be made the occasion for the announcement of their engagements.

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CAMERAS ARE BARRED.

Law or Superstition in Several Places Forbid Their Use.

In these days many people carry a camera exactly as they would a handkerchief or an umbrella, and in the country they are usually free to do so. Almost the only places where cameras are refused admission are dockyards, both public and private; forts, and of course prisons, says Pearson's Weekly.

Abroad the tourist must be very careful indeed about snapshotting right and left. Germany three years ago passed a special bill through the Reichstag dealing with this matter and imposing heavy penalties upon those who infringe the regulations.

Damages to the amount of \$1,500, with a fine of \$250 or two months' imprisonment, will henceforth be the fate of anyone who snapshots a private person, a work of art or the interior of a private building and circulates or publishes the picture without permission.

Persons in the public eye, such as members of the royal family, statesmen, actors and well known divines, are excepted, and so too are public buildings and works of art in public galleries.

It need hardly be said that it is risky in the extreme to attempt to take pictures of any fort or warships belonging to foreign countries. Even to carry a camera when within the lines of a fortified town exposes the owner to the risk of arrest.

In Portugal the authorities are curiously suspicious. A gentleman recently wrote to a London paper saying that he was pulled for snapping the Royal Palace at Cintra. It is possible, however, that under the new Portuguese regime the palaces will no longer be held so sacred.

In Italy the camera of the tourist is made a means of providing revenue for that somewhat impoverished country. If you carry your camera when on a visit to Pompeii or others of the recently excavated ruins, you may take as many photographs as you please, but you are forced to pay a small fee for each plate exposed. There are many parts of the world where the use of a camera may not be actually illegal but yet is excessively dangerous.

The Chinese have a horror of being pictured. They have the idea that the possession of the photograph of any individual gives the possessor some form of mystic power over that person.

Many savage tribes in Africa have a similar belief and natives placed before the camera will hide their faces with their hands.

The same superstition holds good even in some parts of Europe. In January, 1907, a Montenegrin priest was driven out to sea in a

small boat and eventually wrecked off Caltaro.

Some ill-disposed persons spread the report that he had taken a photograph of his daughter and her husband in church after their marriage. This was considered sacrilege and the unfortunate was refused sanctuary, and in consequence very nearly died of hunger and exposure.

Most people are content—while asleep.

SAVED HER FINGER.



Mrs. B. E. Botwell, of 337 Provencher Ave., St. Boniface, Winnipeg, says:—"Some time ago my children took diphtheria, and while attending them the poison entered a small scratch on the second finger of my left hand. This became very sore and blood-poisoning soon set in. For months after the children were quite well I was suffering from a shockingly bad finger. The scratch was caused originally by a pin, and in itself, was not at all serious. The consequences, however, of neglecting this scratch, were very serious to me. "When the blood-poisoning set in I tried poultices and a salve I had in the house. These, however, did not have the desired effect. Quite on the contrary the finger became more and more swollen and discolored. It then began to fester, and I had to call in a doctor. He lanced the finger to let out the pus, and you can imagine how painful the finger was! Despite his care, however, it again festered and the treatments, liniments, and other preparations which the doctor gave me seemed absolutely unable to bring about any relief. "The doctor thereupon advised me to go into the St. Boniface Hospital. I feared that if I went to the Hospital the finger would be amputated. We were told of a case similar to my own in which Zam-Buk had effected a cure when everything else had failed, and the doctor had said that only amputation could save the person's hand. "We, therefore, decided to give Zam-Buk a trial. A supply was procured, and we commenced the Zam-Buk treatment. It only needed a few days to show the wisdom of this step. The blood-poisoning and inflammation were reduced, the pain became less acute, and it was evident very shortly that the trouble was being reduced to a less and still less area. We persevered with the Zam-Buk and in the end the festering sore was thoroughly cleaned, then healed. In under three weeks from first commencing with Zam-Buk, the finger was entirely well; and had we applied Zam-Buk in the first place, instead of trying ordinary preparations, no doubt it should have saved myself hours and hours of acute agony. "All mothers should note this case. Zam-Buk is a sure cure for blood-poisoning, festering cuts, scratches from barbed wire, bruises, eczema, rashes, tetter, salt rhinum, face sores, ulcers, piles, bad leg, varicose veins, and all skin injuries and diseases. 50c a box, all druggists and stores or post-free from Zam-Buk Co., Toronto, for price. Send 1 stamp for postage free trial box. Refuse all imitations."

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