

WATERY BLOOD IN THE SPRING

How to Get New Health and New Strength at This Season

Even the most robust find the winter months trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the house, the office, the shops and the school—taxes the vitality of even the strongest. The blood becomes thin and watery or clogged with impurities. Some people have headaches and a feeling of languor; others are low spirited and nervous; still others have pimples and skin eruptions; while some get up in the morning feeling just as tired as when they went to bed. These are all spring symptoms that the blood is out of order, and that a medicine is needed. Many people rush to purgative medicines in the spring. This is a mistake. You cannot cure these troubles with a medicine that gallops through your system and leaves you weaker still. That you need to give your health and strength in the spring is a tonic medicine that will enrich the blood and soothe the jangled nerves, and the one always reliable tonic and blood-builder is Dr. Williams' Pink Pills. These Pills not only banish spring weaknesses and 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, red blood, which strengthens every nerve, every organ and every part of the body, and makes weak, ailing people bright, happy and strong. Mrs. Jas. McDonald, Harcourt, N. B., says: "In my opinion Dr. Williams' Pink Pills do all that is claimed for them. My system was run down, and I was so weak I could hardly do my work, and taking care of my baby added to my difficulties. I used a few boxes of Dr. Williams' Pink Pills and they made me feel like my own self. I very cheerfully recommend the Pills to all who are weak or ailing."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ARTIFICIAL DAYLIGHT.

In an address before the Society of Illuminating Engineers in London, Mr. A. P. Trotter said that the only practical production of "artificial daylight" with which he is acquainted has been achieved by Mr. Cooper in the experiment room of the Brighton Railway. It is done by passing the rays from an acetylene-lamp through a bright-blue screen. The resulting light gives a spectrum that cannot be distinguished from that of daylight. It is not economical, because the screen absorbs half the light of the lamp, but it solves the problem so far as effect on the eyes is concerned. Where economy is no object, says Mr. Trotter, a similar result may be obtained without regard to the source of the light, provided that a suitable screen is used.

POWER OF ILLUMINANTS.

In the discussion of the relative values and qualities of various sources of illumination the following comparative table is used. It shows the intrinsic brilliancy of each source of light in standard candle-power per square centimeter (about 0.155 square inch):

Candle	0.66
Gas flame	0.75
Petroleum-lamp	0.98
Incandescent gas-burner	5.06
Acetylene flame	6.23
Carbon filament glow-lamp	86.50
Metallic filament glow-lamp	219.50
Arc-lamp (approximate)	3000.00
Sun at zenith (approximate)	90,000.00

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON,
APRIL 9.

Lesson II.—Elisha's Heavenly Defenders, 2 Kings 6. 8-23. Golden Text Psa. 91. 11.

Verse 8. The king of Syria was warring against Israel—The reign of Jehoram was continually interrupted by the marauding expeditions of the warlike king of Damascus, Ben-hadad. Often these campaigns were nothing more than forays, such as the one in which the little maiden who later served in the household of Naaman was captured. Then there would be short periods of peace.

9. Beware that thou pass not such a place—How Elisha knew of the movements of the Syrians we are not told. It is enough that he was a man of God. More than once (10) he was able to put the king of Israel on his guard, and thus foil the plottings of Ben-hadad, who doubtless purposed to seize this royal person while he was hunting or on some other chance journey.

11. Which of us is for the king of Israel?—He suspected that his plans went amiss because of treason in the camp.

12. Elisha . . . telleth the king of Israel—Apparently it was common report among the attendants of the king. The prophet's fame must have spread greatly with the notable cure of Naaman, and it would not be difficult or unnatural for the captain's friends to think of Elisha as reporting the most secret counsels of their king.

13. Go and see where he is—It was a forlorn policy to think he could surprise a man who divined his most carefully guarded secrets. The place where he happened to be living, Dothan, was so near the capital (less than a dozen miles in the same plain, through which ran the great caravan route from Egypt to Damascus), that it shows how thoroughly at the mercy of the Syrian power the Israelites were that they permitted the enemy to approach so close with the expectation of getting away unmolested.

15. The servant—Some other, of course, than Gehazi, who, it will be remembered, brought about his own undoing through covetousness.

Alas! . . . how shall we do?—This is ever the question of desperation upon the lips of the world in perplexing straits. There is little help for those who cannot see beyond their own shadow.

16. They that are with us—To the man who walks not by sight but by faith there is a world of ever-real and omnipotent defense. We are not dependent alone upon psalmist and prophet for this assurance. The church of God has never been without evidence of it, and any man may test for himself the reality of unseen divine protection.

17. The mountain—Dothan commanded a pass which crossed the ridge of Mount Carmel. It was all ablaze with the spiritual forces with which God surrounded his servant Elisha. In like manner he shelters every believing soul. This may not mean a guarantee of freedom from the various ills of this world ("In the world ye have tribulation"), but it does mean spiritual security in the performance of God-given tasks. The outward man may perish, but the man himself, his soul, his inviolable.


18. Smite this people with blindness—The word for "blindness" is very unusual, being found only here and in Gen. 19. 11. The context seems to show that the Syrians were visited with a kind of illusion, so that it was easy for Elisha to deceive them as to their whereabouts, and to hold them under the spell of this delusion until he had guided them into the very stronghold of their enemies.

21. My father—A term of intimacy and affection. It does not, however, fully describe the relations between Jehoram and the prophet.

MADE IN CANADA

ROYAL YEAST CAKES

MOST PERFECT MADE



Has been Canada's favorite Yeast over a quarter of a century. Enough for 5 cts to produce 50 large loaves of fine, wholesome, nourishing, home-made bread. Do not experiment—there is nothing "just as good."

E. W. GILLETT CO. LTD.
TORONTO, ONT. Montreal
Winnipeg
Awarded highest honors at all Expositions.

BOND OFFERINGS

A list of investments has just been prepared in which we include a range of securities acceptable for all requirements.

GOVERNMENT BONDS	to yield	4%
MUNICIPAL DEBENTURES	to yield	4% to 5%
PUBLIC UTILITY BONDS	to yield	5%
RAILROAD BONDS	to yield	5% to 6%
PROVEN INDUSTRIAL BONDS	to yield	5 1/2% to 6%

Write for this list and circulars descriptive of special current issues.

DOMINION SECURITIES CORPORATION LIMITED.

26 KING STREET
TORONTO.

LONDON · ENG ·

CANADA LIFE BLDG.
MONTREAL.

Elisha was unlike his great predecessor in the close connection which existed between his work and the political and military fortunes of his people. For the most part, this particular king, though greatly indebted to Elisha, was lacking in courtesy to him, and their relations at times were far from cordial. The desire of Jehoram to smite these foes is doubtless a true picture of the man—an ungenerous, temporizing person, who was ready to fawn on anyone who was able to do something to his advantage, but who would turn upon that one the next moment.

22. Wouldest thou smite?—It was probably in accord with the rude ethics of that time to act as the king eagerly suggested. But Elisha was there as the prophet of God, and he showed that there was a better way to treat enemies. Even in those days it was a rule of warfare that captives taken in battle should not be unmercifully smitten down. A sense of justice, therefore, would suggest the sparing of these men taken by deception. Elisha's command to set bread and water before them is in the spirit of Him who centuries later said, "Love your enemies."

23. The bands of Syria came no more.—Such merciful treatment made a profound impression upon Ben-hadad, who temporarily (compare next verse) abandoned his campaigns of plunder and rapine.

NEVER BE WITHOUT BABY'S OWN TABLETS

Mothers, if you wish to guard the health of your little ones against the sudden outbreaks of those ailments peculiar to childhood, always keep a supply of Baby's Own Tablets on hand. These Tablets never fail to relieve baby of distressing stomach aches, pains caused by difficult teething and the many other little troubles that make baby's life miserable. The Tablets are sold under the guarantee of a government analyst to contain not one particle of opiate or other injurious drug and they may be given to the youngest baby with perfect safety. Concerning them Mrs. Hypolite Chiasson, Eastern Harbour, N. S., writes:—"We have used Baby's Own Tablets for our baby and they have done her much good. Please send us two more boxes as I find them the only medicine that helps our little one." The Tablets are sold by medicine dealers or at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Magistrate (about to commit for trial)—"You certainly effected the robbery in a remarkably ingenious way—in fact, with quite exceptional cunning." Prisoner (deprecatingly)—"No flattery, yer honor—no flattery, I begs of yer."

THE DEMAND FOR FURS.

Causes the Killing of Millions of Animals Annually.

It is surprising to read the following list of animals killed in a single year for use in Great Britain only, says Fashionable Furs.

North America sent 128,000 foxes, 2,100 wolverines, 82,000 beavers, 15,500 otters, besides 2,000 sea otters, 103,000 martens and nearly 9,000 fishers (these two latter are a species of weasel), 202,000 mink, 594 racoons, 867 skunk and 2,000,000 musquash. America also sent 500,000 opossums; Australia 2,250,000 opossums, and 216,000 monkeys came from Africa.

The hare is killed by millions, and rabbits in countless numbers. Then there are the deerskins, mostly used for gloves, also the goats, of which India sends close on 8,000,000 skins a year. Of kangaroo, now almost extinct, London uses about 120,000 a year. The supply of mole skins is said to come chiefly from Scotland, and as one mole catcher killed 12,000 moles in six months the process of extermination may advance quickly. With regard to the usefulness of moles, a farmer J. P. Clark, wrote to the Rev. J. G. Wood as follows:

"An old mole catcher came and asked me if I would have the moles killed on my land. I said to him, 'No, if I had no moles I should have no crops.' He replied, 'Sir, you are the first I have ever heard say that, but you are right.' He then went on to say, 'I killed moles once for a gentleman who had a field with a large hill in it. The soil was sandy and full of moles, and yet it used to grow nice crops. I killed the moles and it never grew anything to speak of afterward. The wireworms and cockchafer grubs used to eat the roots of everything that was sown, and the young plants died off.'"

INSURED AGAINST BANDITS.

The Robbers Themselves Conducted Business.

The bandits of Manchuria and Mongolia have adopted a new way of acquiring at least a portion of the goods of the traveller. These mounted highwaymen in bands not only constantly attack the peaceful native population but even rob travellers in broad daylight.

As a provision against this danger, says the Oriental Economic Review, an insurance bureau where one buys a banner, at a cost of about 1-500 of the value of the property to be insured, is established there.

This banner carried by a traveller will save him from the bandit's attack; for curiously enough they themselves conduct this insurance business. But in has its limitations.

"We paid our premium at the insurance bureau," says a Japanese traveller, "secured a red banner,

and our party then started from Harbin, using several sturdy ponies for ourselves and the carrying of our luggage. After travelling about ten miles, we reached a small town called Takiu, where we put up at an inn for the night in order to do business with our customers there.

Several of these customers came to see us in the evening and warned us that there were many mounted bandits in the neighborhood. When we told them there was no cause for anxiety on their account because of the insurance, they informed us that by it our safety was guaranteed only on the highways, but that the bandit bureau was not responsible for what might happen inside of any building."

BABIES SORES



Every mother should realize that the skin of her baby is so tender that the secretions of the body often lead to rashes, eruptions, etc., all of which may be removed by Zam-Buk and the use of Zam-Buk Soap. Scores of restless, crying babies, upon examination, are found to be suffering from some form of skin irritation or heat. Use Zam-Buk Soap for the bath and apply Zam-Buk Balm to the sores, and the trouble will soon vanish.

Mrs. L. Hood, of 475 Alexander Ave., Winnipeg, says: "Some nasty sores broke out around my baby's mouth, and despite all the preparations used, they refused to heal. I took him to St. Boniface Hospital and he remained there for two weeks. At the end of that time he was no better, and we again took him home. I was then advised to try Zam-Buk and obtained a supply. The effect of the first few applications was very gratifying and I continued with the use of the balm. A little perseverance resulted in a complete cure."

Zam-Buk Soap is sold by all Druggists at 25c per tablet and Zam-Buk Balm at 50c box. The Zam-Buk treatment quickly cures eczema, ulcers, sores, ringworm, eruptions, pimples, heat rashes, piles, cuts, burns and all skin injuries and diseases.

Zam-Buk

For Tea
You can't beat
LIPTON'S TEA

OVER 2 MILLION PACKAGES SOLD WEEKLY