

(URLERS' (HURCH PARADE.

EIGHTY MEMBERS OF THE CLUB AT ST. ANDREW'S SUNDAY EVENING.

Rev. J. W. Wallace, Chaplain of the Club, the Speaker.

Balow we present to our readers Sunday evening, when he addressed the curiers of Lindsay on the oce easion of their annual church parade; 1 Timothy iv., 8: "For bodily ex-

ercise grofiteth little, but godliness is profitable unto all things, having promise of the life that now is and of that which is to come."

Few writers on religious subjects have borrowed so largely from, and referred so frequently to, athletic ex-Olympic and lathmian games engroused the interest and called forth the utmost energies of the Greeks. These periodical games were to them a cassion rather than an amusement, 300 who kept the pass there were left and the arostic often uses language perhaps not three to make a new drawn from these celebrations when Thermorlyae, there were still to be he wishes to exhibit the rationce, the seen fine specimens og manly zeel and the earnestness a christian strength and perfection; a beautiful ought to show in striving after the sight for anyone who could see with orown that fadeth not away. He re- the eyes of a Greek, for the Greek fers to the gugilistic contests, the type of beauty was different from fierce fight of the gladiators in the ours. If we were asked to select a arena, the foot race in the stadium, type of the most beautiful human the herald, who summoned the con- being I suppose we would select the tending competitors, the course to be most perfect feminine face and figure comes wholly professional it grize itself-a crown of fading olive in fact his ideal, was a man in a It is no longer a recreation, it is a leaves, the joy and exultation of the state of as near perfect physical de- crofession. victor; all are made familiar to us velopment as possible, -one fit and by the references of the apostle, in ready to go into the lists or the fact, even the training necessary, the arena and bring honor to his fellow clace in man's time-table of life, but victors on to victory. Indeed, if he games, he may have taken part in constitution - he could hardly have been troubled with a torpid liver, Wel may be sure he was thoroughly convergant with the different forms of aport of his time, that he sympathized with those who participated in them, and congequently possessed the first requirement in any person who

So here in our text the apostle again refers to athletic exercises. Now, what does this mean? It used to be thought that he was showing hera the comparative usalessness of bodily development. This life being interproted wholly from the standpoint of life to come, those bodily exers aisss were in no way beneficial for that life, hence time epent upon them was time wasted. indeed, it was believed at one time that the flesh was a trammel upon the spirit, so that the less attantion paid to the bedy the better; for thereby the spirit had freer scope for action. The sim of life was not the perfection of the body, but its imperfection, for the less there was of the flesh clinging to the spirit the higher it could rise into the region of pure spirit. You can see here the origin of many forms of fasting and self-mortification-in short, of asceticism. Bodily aversize profiteth little-i.e., is prac-

would attempt to speak on the sub-

tically worthless. Some expositors have taken the view that what Paul meant here by bodily exercise was not the imperfection of the body, but the self-discipline insisted upon by certain orders of the day, and that this was the thousands which they are constantly one of the forms of unsound doctrins referred to above, and with which Timothy had to contend. They think that what the apostle meant was that this form of asceticism now practised by these sects had a certain amount of beneficial effect upon those who adopted it, and that what the apostle says, is, that Godlinear has much more, and ought therefore to be practised, as if Godliness were a kind of self-denial, But the words her: translated "bodily exercise" are never used in that merely negative sense of self-denial. The

word translated exercise is the word

from which our words "gymnasium

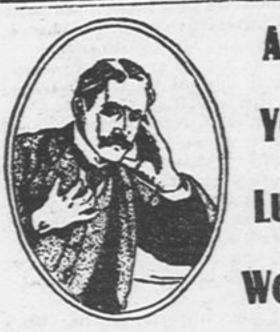
and gymnastics" come, and always

refers to the devolopment of the body

and never to a narrowing of its scope

and usefulness. Some expositors, on the other hand, who have seen that the word could have no other meaning than this, have 'thought that what the apostle is saying is that bodily exercise profited for a litt'e, or somewhat, but that profit is nothing in comparison, with the benefit from the exercise of Godliness. This is of course what Paul does say, but not exactly in the sense here indicated. What I believe the apostle is saying is not that bodily exercise is only of a little profit, and therefore may be ignored as being of no vital importance to man, who must give his attention wholly to another sphere; no, what I believe these words mean is, bodily exercise is profitable to no inconsiderable degree, and that therefore the exercise of oneself in the higher sphere is much more to man's benefit. You will understand, then, that the reason why we should give ourselves so earnestly and diligantly to the exercise of ourseives in godliness is not because the exercise of ourselves bodily is of little or no account, but because it is invaluable, and since the exercise of the body is a much greater necessity. Paul was writing to Timothy, who being a Greek, not only knew the large part bodily exercises played among his fellow countrymen, but the high value put upon exer its of any form among the Greeks. 'Exercise" was the one word that perhaps better than any other gave the key to the Greek view of education, ethics and morality. For example, Aristoile had defined virtue as "the exercise of the soul in the way of excellence." This exercise and the necessity for a training ran through their views both of what constituted a very full report of the excellent an intellectual and a moral education. sermon delivered by Rev. J. W. Wal- With this knowledge before us, we lace, minister of St. Andraw's, last this statement to Timothy. No one deeply the necessity for strenous ofercise. This, then, is the import of our test, and to deduce any other meaning from it would not only make Timothy, but also would ill accord with the highly commendatory manner in which Paul has spoken these bodily exercises elsewhere. Paul, therefore, does not discarage bodily exercises and manly sports;

so far from this, he commends them. As the agostle went up and down the land he must have been impressed with the fine types of manhood he saw among the Greeks, for though the sun of Greek supremacy had set, and of the type of the daring Greeks had fully grasped that idea, find it does its work better by



Pierce's Golden Medical Discovery CURES Weak Lungs.

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Will be paid by the World's Dispensary Medical Association, Proprietors, Buffalo, N. Y., if they cannot show the original signature of the individual volunteering the testimonial below, and also of the writers of every testimonial among publishing, thus proving their genuine-

"When I commenced taking your medicines, eig. zeen months ago, my health was completely broken down," writes Mrs. Cora L. Sunderland, of Chaneyville, Calvert 60., Md. "At times I could not even walk across the room without pains in my chest. The doctor who attended me said I had lung trouble, and that I would never be well again. At last I concluded to try Dr. Pierce's medicines. I bought a bottle of 'Golden Medical Discovery,' took it, and soon commenced to feel a little better, then you directed me to take both the 'Golden Medical Discovery' and the 'Favorite Prescription,' which I did. Altogether I have taken eighteen bottles of 'Golden Medical Discovery,' twelve of the 'Favorite Prescription,' and five vials of 'Pellets.' I am now selmost entirely well, and do all my work withsimost entisely well, and do all my work with-out any pain whatever, and can run with more ease than I could formerly walk."

Dr. Pierce's Pleasant Pellets cleanse

and regulate the bowels.

Top of Head Covered with Scales Which Peeled off Taking Hair with Them.

BY CUTICURA Now Six Years Old with Thick Hair and Clean Scalp. Care Permanent.

"My baby was about six weeks old when the top of her head became covered with thick scales, which would peel and come off, taking the hair with it. It would soon form again and be as bad as before. - I tried several things and then went to the doctor. He said it was Eczema, and prescribed an ointment, which did not do any good. A friend, spoke of Cuticura Soap. I tried it and read on the wrapper about Cuticura Ointment as a remedy for Eczema. I bought a box and washed her head in warm water and Cuticura Soap and gently combed the scales off. They did not come back and her hair grew out fine and thick. She is now a year and a half old and has no trace of Eczema." MRS. C. W. BURGES, Iranistan Ave., Bridgeport, Conn., Feb. 21, 1898.

Mrs. Burges writes Feb. 28, 1903: "My baby, who had Eczema very badly on her head, as I told you before, after using the Cuticura Remedies was cured. She is now six years old and has thick hair and a clean scalp." Instant relief and refreshing sleep

for skin-tortured babies and rest for tired, worried mothers in warm baths with Cuticura Soap, and gentle anointings with Cuticurs Ointment, purest of emollients and greatest of skin cures. to be followed in severe cases by mild doses of Cuticura Resolvent. This is the purest, sweetest, most speedy, permanent and economical treatment for torturing, disfiguring, itching, burning, bleeding, scaly, crusted and pimply skin and scalp humours, with loss of hair, of infants and children, as well as adults, and is sure to succeed when all other remedies and the best physicians fail.

Cutieure Resolvent, liquid and in the form of Chocolate Coated Pills, Cutieure Ciutment and Cutieure Soap are sold throughout the world. Depois: London, if Charter-house Sq.: Paris, 5 Rus, de la Paix; Australia, R. Towns & Co., Sydney: Beston, 187 Columbus Ave. Fetter Drug & Chemical Corp., Sole Proprieters.

Chemical Corp., Sole Proprieters.

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will see that there was no professionalism about the Greek games, a feature which has so crept into modern sports that it threatens not only to degrade them, but actually destroy them, for when a game betraversed, the judge who holds the we could find, but not so the Greek; ceased to be sport in the true, sense grize at the end of the course, the for him the highest type of beauty of the term, it has become a business. But recreation, as properly inter-

preted, has not only a right to a

regulations governing every detail country and the knowing something of the Greek present Colonial Secretary of Great that further life, having promise. diet which the contestant must lim- spirit, and feeling that their view Britain says sports are filling too "of the life that now is, and that it himself to if he hopes to gain the of exercise was quite in accord with large a place among the British peo- which is to come." We must see to much-coveted prize. No one, on christianity, says that bodily exercise ple, especially among the universitie if that we are so using the body that reading Paul's epistles, can fail to be is profitable to no small degree. Good ties. As he is an authority on the godliness is the resuit. "Exercise impressed with the fact that the clean sport had a right to its place matter he ought to know whereof he yourself in the way of godliness," writer was deeply interested in these in a man's program in life, for the speaks, but to say this is not to says the apostle, for thereby you are agorts, amusements and athletic con- training through which he must rass say that man lives simply under one not only building up a strong body taught him self-denial and self-con- law, the law of work, for he lives un- that will be able to resist disease, trol. He was taught to do his best; der two,-the law of work, and the the land from one Greek city to an- whether the crowd cheered his com- law of recreation. Work we must. other. If he never actually partici- petition or himself, he had to be pre- "He that labors," says the Italian pated in the games, he must have fared for either victory or defeat, proverb, "is tempted by one devil; he been an interested spectator more for though all ran but one receiveth that is idle, by a thousand," but that than once, for no one but an eye- the prize, as Paul says. He had to recreation is necessary we are taught witness could give the accurate, real- play the man when beaten, and this in many ways; (1) By nature; our istic descriptions of these contests was one great benefit of his training, natural conditions are such as to istic descriptions of these contests was ready for either success teach us that it is a legitimate side for a future, and so must prepare ourthat he has given us. It is not like or failure. For it may be compara- of man's nature which it is imposs- selves for it. We must exercise ourof these games, for in the regular tively easy to do our best amid the lible to ignore. As has been said, "the selves in the way of godline's, and acclaims and plaudits of an admiring first sign of intelligence in the infant if we do, then when the final test Take Lazative Bromo Quinine Tab-Hellenic origin were allowed to com- multitude, but difficult to stand out is a smile." (2) By experience, for gete, but if he never presented him- alone unnoticed, and take defeat. The unwearied and continuous toil breaks self as a competitor he was at least advantage of the exercise and train- the spirit, weakens energy and sadone who was present to cheer the ing is to teach men that the import- dens the heart. There is a story told ant things, after all, is not the prize, of St. John, how that one day a but the discipline, the training huntsman came upon him while he through which a man must pass in was amusing himself with a partorder to compete for it. It is with ridge. The huntsman expressed these contests, much as Carlyle, in surgrise that one of so bigh a calling quoting. Lessing, says it is with should be thus amusing himself. St. Truth. He says, "it is not the find- John answered by asking the hunter ing of Truth, but the search for it, why he did not always keep his bow that proifts." It seems as if the bent, "Because," said the hunter, "I this is shown from the fact that lowing it to relax." "So," said St. the crize offered was a simple crown John. "I find it with myself." (II.), of wild olive leaves; the prize was Recreation is not to be regarded as, nothing in itself-not even as valu- evil in itself, though in past history able as a pair of curling stones. You it has been denounced by both Ascetics and Puritans. By some it was regarded as almost a sin to laugh. We must bear in mind that life is real, life is earnest, and that recreation is not the end of life, but a means to the end, but as such it has its place and cannot be regarded as evil. (III.) It is liable to be abused and to digest. many have been guilty of abusing it. The effort to wholly dam up this current to man's life by the Puritans led to dreadful consequences. The ed with it destruction and degrada- Others see it, you won't. The history of that period teaches us that it is not only imcossible, but sinful, to endeavor to exclude all amusements. There are some that must be avoided: (1), Those in direct opposition to God's to take Scott's Emulsion. commands. (2), Those that unfit for work-the sports we should engage in are those that rest the mind or

> "a man who is willing to spend a single day wholly in pleasure." 'ly as to prevent man doing his work. The man who goes out to engage in any sport, curling for example, (and here let me say I rejoice with the local Club, a standard which I hope we will all do our utmost to maintain), and spends his time at that when his family, say, are in need, or the man who has allowed the amusement to so possess him that he goes from night to night, perhaps leaving his family alone or at least giving them no opportunity for recreation; the man for whom it has more attraction than his work or his religion-for him it is not wholly an unmixed good. Our sports may do much for us, there may be a training in a game itself, such as in our !-

ing, a training in precision, accurate.

the form of it that we follow, must

says, "he is not worthy to be called

ness and the power of control training the hand to obey the will; they may help us to sympathize with others and go out of our narrow selves. We get to think not only of our little circle, but of others, as we mingle with men, defeating or being defeated. But we must ever keep in mind the fact that this side of man's life is only one side, and after all His appearing." not the most real side. (We always MACNIFICENT STORE PREMISES think of games being more or less associated with children, and in a meaure unreal and that with a true instinct, for there is something higher in life than recreation or amusement. These exercises are not op-

posed to the higher life, but the man who contents himself with them is like the man, who, while a beautiful mansion is open before him, is content to stand in the outer porch "Godliness is profitable unto all that now is and of that which is 9.30, the hours set agart for the into come,"i.e., in it you have all things. Godliness, the christian life, is not a narrowing, but an enlarging of life. To many it seems to be a kind of kill joy, a nagging monitor ever crying out "Don't." Its chief business is to tell men what they must not do. To be religious is to limit and parrow yourself, it is as it were to back at and lop off the branches of the tree of life until nothing is left but the bare stump, no breadth, fullness or vitality left. Now, is not this a mistrable travesty of religion, tioned in the rear office until 9 o'for true religion makes one not less clock, when they had to leave to fill of a man, but more of a man. "Godlipess is profitable unto all things." lections were rendered. It is not the pushing in of the stops and the shutting off of the music

them out, that the music may swell forth in rich harmony. Religion does been installed. The cases are of plate his homely joys and pleasures. God glass with beautiful quartered oak is the God of the natural in man as finishings and interior plate shelves, well as of the spiritual side of his lights. These cabinets are for the pature, and will not destroy by grace But is not, you say, the christian life a life of self-denial? Yes, but Lever self-denial marely for its own sake; the purging of the branch is gentlemen's furnishings side of the that it may bring forth more fruit. Mr. Wm. Dundas, the capable an popular store manager, is to be com-

when Christ says, "give up," it is because what we are pursuing does not lead to fulness of life. If He taken from our hands the poor baubles of life, it is that he may fill them with the true riches. "I came that Policeman. ye might have life." The christian

ignores bodily exercise, clean amuseit is profitable unto al! things. course, if it comes to a choice, there must be no doubt as to which ve ter sport because he is a christian, and in fact can only be a sport in the best meening of the term if he is a

regulations governing every detail countrymen. Hence the arostle, is a necessary part of it. True, the better men here, but fits him for

lungs. Like other weeds it's these, was directly traced to worry. easily destroyed while young; when old, sometimes im-

Strengthen the lungs as you would weak land and the weeds will disappear.

The best lung fertilizer is Scott's Emulsion. Salt pork is good too, but it is very hard

The time to treat consump tion is when you begin trying gent-up stream burst out and carri- to hide it from yourself.

Don't wait until you can't deceive yourself any longer. Eggs, 18c., 20c.; butter, 18c., 20c. Begin with the first thought it isn't really consumption so much the better; you will soon oles, Snows, per bbl, \$2, Pewaukees, to our work with a lighter heart and forget it and be better for the \$2, Ben Davis 75c., per bag; potaa clearer brain. (3) Recreation or treatment. If it is consump- \$10 per ton. not become our chief concern. Cicero tion you can't expect to be cured at once, but if you will begin in time and will be ment you will win.

Scott's Emulsion, fresh air, that's the best treatment.



sion free.

Emulsien you buy. SCOTT & BOWNE, Chemists,

with us the pain of victory and be able to say, like the apostle himself, "I have fought a good fight, I have finished my course, I have kept the faith, henceforth there is laid up for a crown of righteeuness which the Lord, the righteous judge, will give to me at that day, and not to me only, but to all them that love

Dundas & Flavelle Bros,. Opening Last Thursday Evening was an Event.

March 17th, Dundas & Flavelle Bros.' magnificent store premises were en fete, the occasion being a display of the advance shipments of new goods for string and summer. It is estimated that between 7.30 and spection, fully 2,000 persons visited the brilliantly illuminated store and sauntered through the many decartments, where courteous members of the staff took pleasure in furnishing all possible information concerning the goods. The pleasure of the visitors was enhanced by the awest music furnished by the members of the Lindsay orchestra, who were staanother engagement, after which a number of cleasing gramaphone se-

The visitors greatly admired three of the organ, but the drawing of elegant "Silent Salesmen," and a largo hat case, which have recently neckwear, gloves, belts, shirts walsts and other goods dear to the hearts of the fair sex. The hat case on the size, and is a very complete affair.

under his personal supervision.

PORT HOPE UNEASY.

Council Refuses to Appoint a Night

So many robberies have occurred in Port Hope of late that the merchants of the town are growing indignant over the action of the Council in refusing to appoint a night policeman. 'who receives a salary of \$5 a month for turning in fire alarms.

merchant there recently, who refused cremises by night, Garbutt ing an armful of goods from his store he would arrest him for not taking

Many merchantes are staying their stores all night to guard their valuables. One merchant has a big card over his safe, giving the combinthis present life was all we had to ation, and explaining that if any further information is needed to call up his house by phone.

There are two vacancies in the Council to be filled shortly, and the quesbody that covers a true, beautiful tion or night police is expected to figare prominently in the contest.

if it fails to cure. E. W. Grove's aig-

Main Thing, Don't Worry. (Ottawa Journal.) Amongst 820 patients adimtted last

Consumption is a human year to the imane asylums of Ontarweed flourishing best in weak to the cause of the insanity in 153 of Ontario statistics classify and subdivide this worry into sub-heads, under religious, business, love, domestic troubles and other causes of mental discomfort, but the pain word worry in each case expresses the cause of The next active agent in making men insane was intemperance, whose victims number 45.

Saturday's Market

There was a fairly large market market. Saturday, the inside offerings falling L. Arnold and other dealers offered large quantities of beef, pork and lamb, and most of it was sold before 2.30 o'clock. Three loads of potatoes were shown, and two loads of fine apples. Prices ruled as follows hog, 87. to \$7.50, by the quarter, 8c. If and 9c.; lamb by the carcass, '9c. beef, forequarters \$6 to \$7, hindquarters, \$7 to \$7.75 per 100 lbs; ap-

soy Lodge A.O.U.W., has been in at-Recreation must not loom so large- rigidly regular in your treat- tendance at Grand Lodge, which met in Toronto last Wadnesday. The report presented by the Grand Secretary and Treasurer show that the rest all you can, eat all you order is making steady and rapid prohas ever been exhibited in connection can, that's the treatment and gress. On February 18th, 1879, the was organized in London, with eighteen lodges and about four hundred We will send you members, and on August 7th, 1870, a little of the Emul- diction was secured on June 1, 1880, taving the requisite 2,000 members, and since then the Ontario Grand Be sure that this picture in the form of a label is on the Lodge has conducted its own finanwrapper of every bottle of cial affairs and paid its own death losses, etc. In 1879, there were 55 lodges and 1,150 members. At the end of 1903 there were 465 lodges; total number of certificates issued, Toronto, Ontario. 69.386; total claims paid, \$8,258,-358.24. Death rate 9.33 per 1,000 members.

Progress of the A. O. U. W.

CASION

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. hat It Thickers Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep, The Children's Panacea-The Mother's Friend.

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reach of men without capital. 3rd.—They are insured. That is, should the investor die after The only protection the town has at paying only one instalment on his bonds, all his future payments to the Company would be immediately cancelled and the benefits of his

investment would at once become available. Ado to all these advantages the very material one that the invest Some merchants pay him extra, but or shares in the surplus earnings of this leading Company, and you many refuse, as they think he should have an opportunity for safe and profitable investment rarely equalled be raid to the town. He solicited one A handsome booklet, giving a full explanation, will be sent on request

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short of the demand. Outside Mr. J. repairs, and we can guarantee satisfaction. Mail orders receive prompt attention.

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