

A MAINSTAY FOR ALL MEN

(All Breadwinners Who Find Health
Declining Should Take Dr.
Williams' Pink Pills.

Thousands of men throughout Canada are suffering to-day from a deplorable failure of strength without knowing that they are the victims of nervous exhaustion. The signs are plain. The sufferer cannot keep his mind on work, passes restless nights, turns against food and cannot digest it, feels exhausted after exertion, while headaches and fits of dizziness often add to his misery. These symptoms denote that the nervous system is weakened and insufficiently nourished. Dr. Williams' Pink Pills will promptly cure because they enrich the impure weak blood and thus give new strength and tone to the exhausted nerves. No other medicine can do this so promptly and so surely. Mr. W. H. Hipson, East Pubnico, N. S., says:—"For a number of years I was troubled with violent headaches. When these spells came on the pain was so severe that I feared I would lose my senses. At the outset these headaches would come on about once a week. I doctored for the trouble and did everything possible to get relief, but without avail, and as time went on the attacks grew both in frequency and severity. The pain was terrible and with each attack seemed to grow worse. The only relief I could get was from a hot mustard foot bath, and the application of hot water and ammonia to my head; I would then have to be led to bed, where I had to remain until the attack passed away. At this time Dr. Williams' Pink Pills were brought to my notice, and while I scarcely hoped they would cure me, I decided to try them. After taking a few boxes I found that the attacks were not so severe, and I joyfully continued taking the Pills until I had used ten boxes when every symptom of the trouble had passed away, and I was in better health than I had ever enjoyed before. It is several years since my cure was effected, and as I have not had a headache since I feel that the cure is permanent. This is a plain statement of my case, but no words can tell what my sufferings really were and I believe that but for Dr. Williams' Pink Pills I would have been in my grave, for I could not have stood the pain much longer and doctors did not do me any good."

Dr. Williams' Pink Pills are sold by all medicine dealers 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.

WISDOM JOTS.

We are all sorry for the man who never feels sorry.
It takes a lot of piety to stand up against prosperity.
Flattery may shield many errors, but it won't erase insults.
No day is long enough to waste any of it in nursing enmity.
There's a lot of difference between a tongue of fire and a fiery tongue.
No man is as good as he might be who does not try to be better than he is.
No man needs our pity more than he who is indifferent to the sorrows of others.
The average woman changes her mind, and the average man does not mind the changes.
The clouds which have a silver lining are the first to melt in golden vapor at the sun's kiss.

THE WISE MOTHER DOCTORS BABY WISELY

Now-a-days wise mothers do not dose their children with nauseous, griping castor-oil or purgatives, nor do they give them poisonous opiates in the form of soothing medicines. Baby's Own Tablets take the place of these harsh and dangerous drugs, and the mother has the guarantee of a government analyst that the Tablets are absolutely safe, and will cure all stomach and bowel troubles, destroy worms, break up colds and make teething easy. Mrs. Thos. Craft, Binscarth, Man., says: "I have used Baby's Own Tablets for constipation and teething troubles, and do not know of any other medicine that can equal them. They are always satisfactory in their results." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Your credit may be good, but your money is better.

CURE FOR LIFE'S UNREST

How You May Be Happy, Though Burdened With Crosses.

Oh, that I had wings like a dove, for then would I fly away and be at rest—Ps. iv. 6.

This is the impassioned cry of a soul wearied with the turmoil and struggle of life to the point of losing heart.

What is the cause of these fits of depression? One is the fatigue of work. Another cause of these depressed states is the crosses, anxieties and cares of life. It is not work so much as worry that saps our vigor. As the constant dropping wears away the granite block, so these little vexations try our courage and patience. And another cause is sin; our own misdoings. We turn aside from the right to the pleasant path. We do wrong to ourselves; we hurt our neighbors and then comes the inevitable penalty. We are smitten with remorse. We are bowed in the dust with self-reproach and shame.

SUCH IS LIFE'S UNREST;

what is its cure? First of all, we must recognize that these discouraged moods are morbid, unhealthy and unnatural. It is weak and unmanly for us to give way to them. Life was meant to be hopeful, buoyant, joyful. Something is wrong with our life machinery and must be set straight.

We must love our work, put our hearts into it, feel that we are do-

ing our Father's will in it. Thus laboring, we will find joy and beauty and poetry and not drudgery in our daily task. The humblest life is glorified by the divine purpose.

We should look on the bright side. When our hearts drop it is because we weigh our troubles, but do not put our blessings into the balance. We magnify crosses and overlook joys that are not to be numbered.

Home is the renewer of the careworn spirit. Every one should have or make a home. The power of domestic love and confidence to cheer the jaded spirit is one of the rarest treasures of the hearthstone. But above all, religion is

THE SWEET RESTORER

of the soul. When courage sinks and spirits flag no power like faith in God can banish our weakness. To realize, then, the living purpose in our lives and His presence instantly at hand for our help, is to meet every task with cheer and every dilemma with a stout heart.

Instead, then, of sighing for the wings of a dove to fly to some shelter of rest, let us face life's duties and cares with manly spirit and eager ardor, and we shall find in it our true calling, our place of usefulness, our school of growth, our present joy and our future hope.

Rev. Junius B. Remensnyder.

THE S. S. LESSON

INTERNATIONAL LESSON,
OCT. 31.

Lesson V.. Paul a Prisoner—The Voyage. Golden Text, Psa. 37. 5.

THE LESSON WORD STUDIES.

Time: From late summer of A. D. 58 till about November 1 of the same year. Course of the Journey to Rome: Caesarea to Sidon in Phoenicia; thence northwest, to the sea of Cyprus, stopping at Myra in Lycia, for a change of ships; continuing close to the shore until off Cnidus in Caria; then south and west, around Cape Salmone, on the extreme eastern end of Crete, until reaching Fair Havens, half way along the southern shore of the island; thence, out to sea, south of the little island called Cauda, being driven by a fierce wind. Links: Paul was pronounced uncondemned by Agrippa, and might have gone free had he not appealed to Rome. Point of the Narrative: Journey toward Rome, with other prisoners, in charge of Julius, a centurion, Paul is accompanied by Luke and Aristarchus. He warns the master of the ship not to leave the shelter of a certain harbor, called Fair Havens, as the autumnal storms were approaching, but is unheeded. The ship encounters a terrible storm, and is barely saved by throwing overboard the luggage and cargo. Paul, receiving a vision at night, reassures all on board of deliverance.

Verses 1. We should sail for Italy—This story of the voyage to Rome goes into minute detail, and is the best account we have of the art of navigation as practised by the ancients.

Julius—This narrative gives us our only information about him, and shows him to have been affable, open to religious influences, appreciative.

The Augustan band—A detachment of Imperial troops stationed at Caesarea, and named from Octavianus Augustus, the adopted son of Julius Caesar.

2. Adramyttium—An important commercial seaport of Mysia in Asia Minor. In going thither, several ports would be touched, from which it would be possible to take another ship for Italy.

Aristarchus—Mentioned in Acts 19. 29, as seized by the hostile mob at Ephesus, and in 20. 4, as a companion of Paul. From the Epistles we learn that he was with Paul during the first imprisonment.

3. Sidon—The important sea town twenty miles north of Tyre, and the oldest of the Phoenician cities (Gen. 10. 19). It figured in the shifting fortunes of Assyria, Babylon, Persia, Greece, and Rome, and during the Crusades was a continual bone of contention. Often mentioned in the Bible. The

modern town has about 10,000 people.

5. Cilicia (Paul's native country) and Pamphylia formed the coast country of Asia Minor, opposite Cyprus.

Myra—A noteworthy harbor in the corn trade between Egypt and Rome.

6. A ship of Alexandria sailing for Italy—Rome was dependent, to a great extent, upon the corn brought from Egypt. As verse 38 of this chapter shows, this was one of the corn-ships from Alexandria on its way to Ostia or Puteoli.

7. Sailed slowly—Retarded by the strong west winds.

Cnidus—In ancient times, a famous seaport town, seat of the worship of Aphrodite. Paul had sailed these waters in closing his third missionary journey (Acts 21).

Under the lee of Crete—The modern island of Candia. They passed to the East, past Salmone, the extreme promontory of Crete, and then to the south of the island, so that they were partly sheltered from the wind.

8. Fair Havens—So called to this day, though unknown in literature. Lasea—Also unknown until discovered recently (1856) by its ruins. Five miles east of the Havens.

9. The Fast was . . . gone by—The day of atonement, which fell on the tenth day of the seventh month of the Jewish year.

10. The voyage will be with injury and much loss—Paul had had much experience as a sea traveler, and had already written to the Corinthians. "Thrice I suffered shipwreck." It was now time for the autumnal equinox, and mariners reckoned it a period of great peril.

11. Owner of the ship—He would go with his cargo of corn in order to sell advantageously upon their arrival in Italy.

12. To winter in—For about four months from this time navigation was suspended.

Phoenix—Professor Ramsay identifies this harbor with modern Lutro. (See article in Hastings's Bible Dictionary.) Paul feared the strong wind that smote the sea with terrific force on the outer edge of the gulf of Messaria, which would have to be crossed.

Looking northeast and southeast—This is the accepted translation of the words which formerly were rendered "lieth toward the southwest and northwest." It is a nautical phrase, meaning, "to look down the southwest wind," which, owing to the fact that Lutro looks toward the east, has been taken to indicate the direction in which the wind blows, and this here would be northeast and southeast.

13. The south wind blew softly—A complete turn about of the wind. Close in shore—Here, overhanging mountains protected them.

14. Euraquilo—A wind blowing from the northeast.

15. Could not face the wind—Literally, could not look the wind in the eye.

16. Cauda—The modern name is Gaudho, or Gozzo. The island lay directly south of Phoenix, so that

Why not take a cup of

BOVRIL

every morning through the fall and winter?

BOVRIL IS ALL BEEF

It contains all the nutriment of the beef in a concentrated and tasty form.

It will renew your blood and give you strength of nerve and muscle.

It will tone up the whole system.

Bovril Gives Health and Strength

they scudded before the wind about twenty-three miles.

The boat—Small rowboat carried in tow and filled with water by the sudden storm.

17. Helps—Strong cables, passed around the hulls to keep vessels from foundering. This process of "frapping" is now-a-days abandoned.

The Syrtis—The "Greater Syrtis," or quicksands, lay to the southwest of the island, on the north coast of Africa.

Lowered the gear—They probably drew down the mainsail part way, but left up the storm-sail so as to take advantage of the wind.

19. Tackling—Either spars, ropes, etc., or articles of furniture, such as beds, tables, etc. Anything which could be removed from the decks and hull.

21. Without food—An enforced abstinence, due to the excitement and the condition of the vessel.

22. And now—In spite of their rejection of his counsel formerly.

24. God hath granted—Implying that Paul had been earnest in prayer, though the fact had not been mentioned.

26. Upon a certain island—Paul has spoken in the tone of a prophet, and these words show that the angel had revealed to him some of the details of the method of their preservation.

IDEAL MARRIAGE CONTRACT.

This Husband Signed Away His Independence.

Who says there is not a model man in the world? Sceptics and cynics are invited to read the latest marriage contract, signed and sealed before the magistrate at Mont Clair, New Jersey, recently. George was the bridegroom's Christian name—that of the bride, something akin to Miss Widawake. George, with the light of love in his eyes, has signed away his independence and liberty and bound himself to the following marital rules:—"I solemnly promise, before a justice of the peace and the woman I have asked to be my wife, to give her my pay every Saturday night; to be home every night by nine o'clock unless my wife is out with me; never to go to balls or parties without her, and then never to dance with anybody else without her permission; to be kind always to her mother and her little bro-

ther; never to join any lodge that prohibits women, and not then unless she wishes to join too; never to smoke more than three cigars on a week-day, and not more than five on a Sunday; never to smoke cigarettes at all, and never to use profane language; to beat the carpets every spring without grumbling.

"To pack my own laundry each week; never to drink intoxicating liquors or beers except at the beginning of the annual spring house-cleaning and then only three glasses in the presence of my wife; never to keep a dog and never to bring a dog home and say I am to keep it just for a little while for a friend who has gone out of town. I also agree to do half the comforting and caring for the children we may have when they cry at night, and to fix the fire every morning and night in such a way that my wife will never have to do anything but adjust the dampers."

George does not say anything here about his wearing apparel, but obviously he is quite willing that his better half should wear the "breeks."

NO REST FOR TERRIBLE ITCH

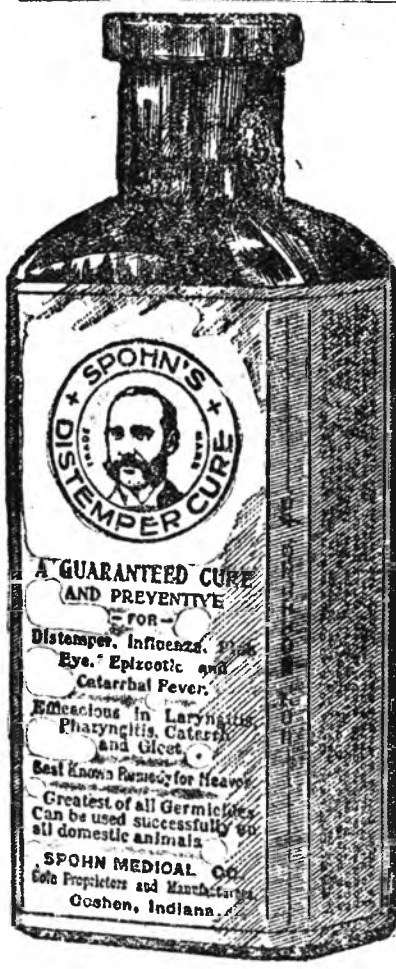
Will Oil of Wintergreen Compound Made His Skin as Pure as Ever.

Mr. James Lulloch, of Iron Bridge, Ont., considers the D. D. D. Prescription of oil of wintergreen, thymol, glycerine, etc., a wonderful cure for skin troubles. He has good reason to think so, too, according to his letter of Mar. 27, 1909.

"I have suffered for years," he says, "with eczema, and now through using two bottles of your wonderful cure, my skin is as pure as it ever was. My face was so bad I could not see. I could not sleep. I could not rest for the terrible itch.

Thanks to your wonderful medicine I am cured. As eczema is a germ disease, and as the germs are right in the skin blood medicines will not cure it. The only effective way is to treat the itch where the itch is. D. D. D. Prescription penetrates the pores of the skin, kills the germs which cause the eczema, gives instant relief from the awful itch and permanently cures.

For free sample bottle of D. D. D. Prescription write to the D. D. D. Laboratory Department W1, 23 Jordan St., Toronto. For sale by all druggists.



"SPOHN'S"

As this very remarkable preparation is now called, the greatest Constitutional Remedy ever known for Brood Mares, Colts, Stallions and all other horses; also Distemper among Dogs and Sheep. This compound is made of the purest ingredients and not an atom of poisonous or injurious nature enters into its composition. Many persons are now taking SPOHN'S for La Grippe, Colds, Coughs, Kidney Trouble, etc., and it is always safe. It expels the Disease Germs from the body; acts directly on the Blood and Glands. SPOHN'S is now sold by nearly every druggist and harness dealer in the land, and any can get it for you. Fifty cents and \$1.00 a bottle, and \$6.00 and \$11.00 the dozen.

Record of Annual Sales.

1st Year	1,053 Bottles Sold
2nd Year	4,364 " "
3rd Year	9,258 " "
4th Year	19,159 " "
5th Year	40,234 " "
6th Year	72,380 " "
7th Year	100,532 " "
8th Year	124,500 " "
9th Year	172,485 " "
10th Year	221,760 " "
11th Year	287,620 " "
12th Year	378,862 " "
13th Year	508,720 " "
14th Year	648,260 " "
15th Year	807,354 " "

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