

BANISH PIMPLES AND ERUPTIONS

In the Spring Most People Need a Tonic Medicine.

If you want new health and new strength in the spring you must build up your blood with a tonic medicine. Following the long indoor winter months most people feel depressed and easily tired. This means that the blood is impure and watery. It is this state of the blood that causes pimples and unsightly eruptions. To this same condition is due attacks of rheumatism and lumbago; the sharp stabbing pains of sciatica and neuralgia; poor appetite, frequent headaches and a desire to avoid exertion. You can't cure these troubles by the use of purgatives; you need a tonic and a tonic only, and among all medicines there is none can equal Dr. Williams' Pink Pills for their tonic, life-giving, nerve restoring powers. Every dose of this medicine makes new, rich blood, which drives out impurities, stimulates every organ, and brings a feeling of new health and energy to weak, tired out, ailing men, women and children. If you are feeling out of sorts give this medicine a trial, it will not disappoint you. Mr. Paul Charbonneau, a young man well known in the town of St. Jerome, Que., is one of the host who bear testimony to the value of Dr. Williams' Pink Pills. He says: "When I left school I became a bookkeeper in an important office. Probably due to confinement I began to suffer from indigestion and loss of strength. I became pale and seemingly bloodless and was often seized with palpitation of the heart and violent headaches. I tried several remedies, but they did not do me a bit of good. I was advised to try Dr. Williams' Pink Pills and did so, and the use of eight boxes brought me back to perfect health and strength. I have since enjoyed the best of health and cannot say too much in praise of this valuable medicine."

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.

ASKING FOOD FROM SANTA.

Pathetic Story Told in London Coroner's Court.

"The child was standing on the fender, in front of a small fire, asking Father Christmas to send down some food, as he was starving."

"Yes, he was asking Father Christmas for some bread and sugar and dates."

This was the pathetic dialogue between a coroner's officer and the mother of little four-year-old Edward Brewer who was burned to death at his home in London, England.

The case has some most pitiful features. Mrs. Brewer, the mother of the child, said at the inquest that her husband—a motor car driver—had deserted her eighteen months before, leaving her without any means of support.

She had had to depend on her mother and brother to pay her rent and supply her from time to time with food. She had just gone over to her mother's house to get some bread for the little boy when a neighbor's son ran in to say that he had fallen in the fire and been badly burned.

FOR THE PUBLIC

New Formula Cures Coughs, Colds, Bronchitis and Hoarseness in Five Hours.

Much is being done in these days to stop the ravages of consumption, but probably nothing has been so effective as teaching the public how to break up a cold and cure coughs, bronchitis, tonsillitis, etc., with simple home-mixed medicine. A laxative cough syrup, free from whiskey, is the prime need. A cough indicates inflammation and congestion and these in turn are due to an excess of waste and poisons in the system. A tonic laxative cough syrup rids the system of congestion, while relieving the painful coughing. Get the following and mix at home: One-half ounce fluid wild cherry bark, one ounce compound essence cardiol and three ounces syrup white pine compound. Shake the bottle and take twenty drops every half hour for four hours. Then one-half to one teaspoonful three or four times daily. Give children less, according to age. Cut this out and save it for some friend.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON, APRIL 24.

Lesson IV. Warning and Invitation, Matt. 11. 20-30. Golden Text, Matt. 11. 28.

Verse 20. The cities condemned are Chorazin, Bethsaida, and Capernaum. The mighty works done in those places and elsewhere constituted the reply of Jesus to the anxious question of John, and to the unstable, childish multitudes he had declared that these works were his vindication.

They repented not—Most of them were Jews, who had no conception of a necessary change of heart before they could belong to the kingdom of God. As children of Abraham, and therefore sons of God, they looked upon their membership in the kingdom as a matter of course.

21. Chorazin—Not mentioned elsewhere, either in the Old Testament or the Gospels. It was a town about two miles from Capernaum, and passed very early into decay.

Bethsaida—Some authorities think there were two places of this name. According to this belief one was Bethsaida Julias, on the eastern shore of the lake. Near it was the desert-place where the feeding of the multitude occurred. It was raised to the rank of a city by Philip the tetrarch, and given the name of Caesar's daughter. The other Bethsaida was on the western shore of the lake, not far from Capernaum, and was known as Bethsaida of Galilee. Here lived Simon, Andrew, and Philip. This is the place upbraided by Jesus. There are now but few ruins to mark the site of the ancient city.

Tyre and Sidon—These two Phoenician towns are often coupled together in ancient history, both being of extreme antiquity. The former was sixty miles northwest of Capernaum, and Sidon, forty miles north. From both places the crowds came to attend upon the ministry of Jesus (Luke 6. 17). The Revised Version makes it plain (Mark 7. 24, 31) that Jesus visited these towns which belonged to the "ways of the Gentiles." He was apparently so impressed by the eagerness of these people, whose light and opportunities were so much less, in contrast to the unbelief of those who were his own kin, that he believed if they had been given equal opportunity, they would have repented long ago.

22. More tolerable for Tyre and Sidon—Teaching that judgment will proceed according to the advantages which people have had, and the use they have made of them, guilt and condemnation being relative.

23. Capernaum—The headquarters of Jesus during the Galilean ministry—his "own city" (Matt. 9. 1). So completely have the traces of Capernaum been obliterated since its destruction that a long and as yet unsettled controversy has been waged over the question of its location.

Exalted unto heaven—An adaptation of the prophecy in Isa. 14. 13-15. Was ever city more highly favored? It was the only place where Jesus was said to be "at home" (Mark 2. 1, margin).

Hades—The term employed in the New Testament to describe the abode of departed spirits. Literally, it means "the hidden place." Here it is used, symbolically, to picture the desolation and humiliation to which the once proud and lofty city shall be subjected.

If the mighty works had been done in Sodom, the people, instead of applauding his miracles and following after him as a hero, would have listened to his message and hailed him as their deliverer. If Sodom, in a day of small things, was blotted out for its iniquity, how great should be the condemnation of Capernaum!

25-30. In all the Gospels there is no passage more certainly an authentic utterance of Jesus than this one, and yet it covers everything that John's Gospel claims for Christ.

25. Lord of heaven and earth—Because the Father is such, it is possible for him to make known his will unto whom he will. He has no communications for those who are complacently wise in their own understanding, but to those who are simple-hearted as babes, and therefore ready to receive the truth on good soil, he is ready to reveal it.

26. For so it was well-pleasing—The motive that prompted God in this method of revelation was that he preferred to have in his kingdom teachable children rather than

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CHARLES BARRETT, Esq.

Harbor au Bouche, March 24, 1909. "I suffered terribly from Biliousness and Dyspepsia for fifteen years, was treated by physicians and took many remedies but got no relief. Then I took 'Fruit-a-tives', and this medicine completely cured me when everything else failed. To all sufferers from Indigestion, Biliousness and Constipation, I strongly advise them to try this fruit medicine." Charles Barrett. 50c a box, 6 for \$2.50—or trial box, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

arrogant pretenders. Jesus assumes an absolute knowledge of the motives which prompt God to action.

27. All things . . . delivered unto me—The authority which the Father has in heaven and earth he commits to his Son. Jesus exercised that authority under the limitations of the flesh, but, robed in resurrection glory, he assumed it in full and sent forth the disciples to represent him among all nations (Matt. 28. 19).

No one knoweth the Son—Even John had shown his comparative ignorance of the meaning of Christ's life. The unreasonable crowd who had discarded the wailing of John also rejected the piping of Jesus. The favored cities had remained stolidly unrepentant. Only the Father knew him.

The Son, on the other hand, is alone in his knowledge of the Father (an amazing assumption if Jesus is less than the church has always affirmed). In a manner that is forever beyond others he knows God the Father Almighty. A knowledge of the Father, also, he claims to be able to reveal to those whom he shall choose, who must be, as before, the simplehearted.

28-30. Those who are without this communicated knowledge of the Father are plowing a hard furrow, and must labor without rest, and alone. If they will come unto Christ, and learn the Father's will from him who is alone able to teach it, he will bear their heavy burden with them and make it light. The yoke is not an extra burden, but only the implement by which the old burden is made light. It is not for one, but for two, to wear. In the double pull the yoke becomes easy and the burden light.

HOW TO GET THIN.

Don't Mean Starvation, but the Replacing of Certain Foods.

"How to get fat or thin," was told by Dr. George White in a lecture at the Harvard Medical School, Boston, the other day. Among other things he said:

"Some persons you could never make thin unless you could change their character. Ordinarily the supervision of a physician is necessary to prevent mistakes, and for encouragement and discipline.

"It is safe not to lose more than two pounds a week, or twenty pounds in three months. If you have more than this to lose, say fifty pounds, then it is better to bring its loss about intermittently.

"It doesn't mean starvation, or necessarily less food, but a choice of new foods, for instance, replacing of roast beef by chicken, thickened soups by clear soups. Foods may be roughly divided into three classes, strong, medium and light, according to their values.

"The strong foods are olive oil, butternuts, chocolate, cheese, sugar cake, ice cream, roast beef, ham, pork chops, bacon, gravies, cream, candy, puddings, pies, cereals, macaroni, bread, figs and dates.

"Foods of medium fat value are cream, soups, thickened soups, fowl, beef round, veal, eggs, salmon, shad, mackerel, halibut, beans, grapes and bananas.

"The light foods are milk, buttermilk, clear soups, beef tea, broiled chicken, perch, cod, oysters, lobsters, potatoes, beets, green peas, radish, cabbage, celery, lettuce, spinach, apples, peaches, cherries, oranges and melons."

TAKING ENGLISH CENSUS.

Work is Done by Regular Public Officials, Costs Nothing.

In England a census is taken every seven years. In the United States the work costs some \$5,000,000; in England with a population of 42,000,000, the work is done by the regular public officials, without extra cost. There the census is taken on a certain day at a certain hour, usually Saturday at 11 p.m., because most people are then at home. Printed circulars have been sent by the police to every family and to the owners of all lodgings and hotels. These circulars contain blanks, which must be filled.


The police round up passers in the streets. Sometimes a cranky Englishman, who, for reasons of his own, does not want to figure in the census, tries to evade the Government by riding around all night in a cab. Ten chances to one he will not succeed in his purpose.

Cabs are stopped as unhesitatingly as are street cars or pedestrians. The Government wants to know. The Government will not be denied. The work is done simultaneously throughout the United Kingdom.

HOW TO MAKE BABY SLEEP

The baby that cries half the night does not cry for nothing. It cries because it is not well, and has no other means of saying so. The chances are the trouble is due to some upsetting of the stomach or bowels, which would be speedily removed if the child were given a dose of Baby's Own Tablets. These Tablets make children sleep soundly and naturally because they remove the cause of the crossness and wakefulness. They are a blessing to children and a relief to worried mothers. Mrs. John Sickles, Douglastown, N. B., says: "If anything ails my little ones the first thing I give them is a dose of Baby's Own Tablets and they are soon well again." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When a man goes to church and hears a sermon that hits him on all sides, somehow he doesn't seem to enjoy it.



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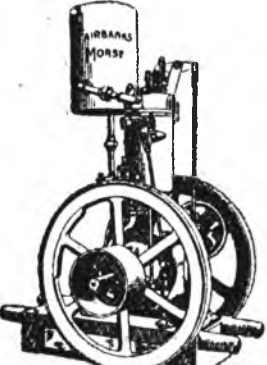
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"She is very liberal in her charities," said one woman.

"Yes," answered the other; "liberal, but not always practical. For instance, she wanted to send alarm clocks to Africa to aid sufferers from the sleeping-sickness."