LEARNING TO SWIM

How to Spend a Long Time Under Water Without Serious Results -Artificial Respiration.

problem I should like for one moment to revert to the feat of swimming under water. I have not the records at hand, but I believe one hundred yards have frequently been swum under water, and certainly more than four minutes have been spent ander water without evil consequences. But it is quite useless to attempt the emulation of these feats unless you know the secret. If you desire to win a plate-diving competition by bringing up fifty or sixty plates from the bottom of a bath at one immersion you must first acquaint yourself with an interesting physiological fact. It is possible to hyper-aerate the blood. Before diving you must take a number of long and rapidly-succeeding breaths, far in excess of present need. Your blood is thereby stored with sufficient oxygen for several minutes. and if you are active and have learnt to keep your eyes open under or emblems of the medical profession, water you have a fair chance of vic- says the Lancet. These of jets were tory. The same thing may easily be wooden swords worn by medical produced in an anaesthetized animal, practitioners in Japan before the by inflating the lungs with a pair revolution of the last century, which

of successful long submersion. amongst animals, has to learn to medical men's swords were generally swim. Nevertheless he is at a great of a somewhat fanciful description advantage as compared with such an and were made in many forms; some animal as the dog, which has no such contained lancets, others contained extended surface as the human hand knives for cutting herbs, but the mawherewith to propel itself. A demon- jority were quite plain. stration of this simple mechanical fact is well afforded by an exhibi- and figured is in the shape of a large tion of swimming with large plates bean pod. Its beanlike curvature apstrapped on the hands and feet, wherewith a single stroke will propel the swimmer for yards.

one hand and quavers with the other. So in all muscular action. In a symmetrical act, such as swimming, the two halves of the brain act in entire unison, the left or "leading" cerebral hemisphere (in right-handed persons actuating the right arm and leg and simply saying to the right half, "Do as I do." This is assuming what is unproven, but probable, that the volitional center is the "leading" hem-Isphere. Why each half of the brain should control the opposite half of the body is another question.

One of the virtues of swimming is that it tends to develop all the muscles equally. Herein it is superfor to eyeling or ass clation football, which neglect the arms; to tennis, which ignores one arm and develops "tennis elbow" in the other, and even to cricket, which ignores the left arm, except in betting. Not that for one moment do I desire to support the modern crazes which give apprepriate exercises to develop every muscle-or every muscle known to the inventor, and which therein defy the flat of evolution which is relegating some muscles, now useless, to a well-earned obscurity. The muscles of the foot were formerly indispensable to our arboreal ancestors, but are quite superfluous in a plantigrade pedestrian mode of life. Swimming promotes the muscular development with some sonse of pro-

much lower temperature than itself. bo:lers. intended for a wholly diffee. tled by the lapse of time & would Generally speaking, it may be laid ent service .- Engineering Record. down that the value of a seabath is in inverse proportioon to its length. The shorter the dip, the more marked is the healthy reaction of the circulation and the cutaneous losing heat to the water all the time, our plant running day and night." and beyond a certain point this is "Why," returned the visitor, "I anthrax; but stand a hen with its "Well, it is usually, but we've got a feet in cold water and then inocu- rush of orders from the breakfast late the bacilli. The hen will become | food companies." infected. If this loss of heat be compensated by the evolution of much | Why is a dead doctor like a dead resemblance. . . . I do not as in swimming, one can afford to quacking.

Before considering the muscular stay in much longer. None of the salts of sea water are absorbed. The skin is absolutely water proof-one of its most important functions. It is not well to bathe after a heavy meal nor whilst perspiring; and cramp-muscular spasm induced by cold-may be avoided by not staying in too long. If you come out of your machine with blue lips and chattering jaws you have done yourself more harm than good The human supply of fat is not sufficient to be as effective a non-conductor of heat as is the blubber of the whale and the few other warm-b ooded mammals whose ancestors were driven back t the sea-where all life began -by their competitors long years

Japanese Doctors' Signs The June number of Man contains an article on two Japanese boku-to, of beliews. It will entirely cease to displaced so many of the o.d customs breathe for several minutes. There is of the country. A man of rank was simply no occasion. It is the pro- formerly entitled in Japan, as elseduction of this state, technically where, to wear a sword; indeed, in known as apnoea, which is the secret | Japan he was entitled to wear two swords. The retainers of a diamio or The young man, almost alone feudal lord also wore swords. The

One of the objects now described proximates to that of a Japanese sword. It is seventeen and a half inches in length and of a nearly uni-The art of swimming as a feat form circumference of four and a of nervous co-ordination, is a simple half inches or thereabout. It is made one for the obvious reason that it is of some fairly hard wood which symmetrical. Any planist knows the takes a polish, and it is carved to difficulty of playing triplets with indicate seven seeds inside. Wrapped around it is a silken cord. Together with this cord it weighs six and three-quarter ounces avoirdupois. On the side there are represented in lacquer a grasshopper and another large insect. On the other side are similarly represented a wasp, a small fly somewhat like the common house fly, and apparently a small bettle,

The other boku-to is more interesting. It is a rough piece of willow, eighteen inches long and broader at the bottom than the top. Japanese characters meaning spider boat have teen deeply cut upon it. At a distance of three and a half inches from the top it is pieced with a hole an inch and a half long, which has been utilized to attach a small cord or tape and toggle for convenience of hold it in the girdle. The cord is of pale red color now, a little faded. The boku-to, cord and toggle weigh together under four and a half ounces avoirdupois. The two specimens now described were bought at Atima, in Japan, a few months ago.

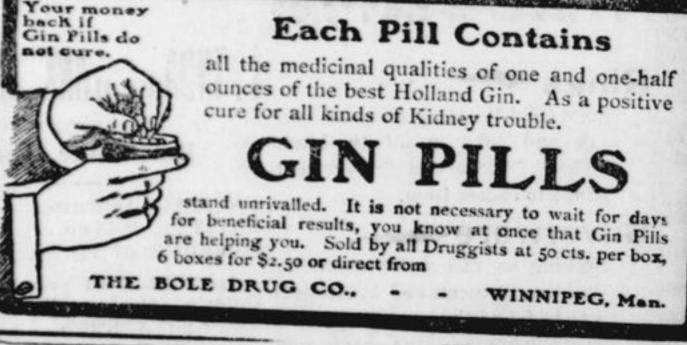
Steam Boilers as Purifiers.

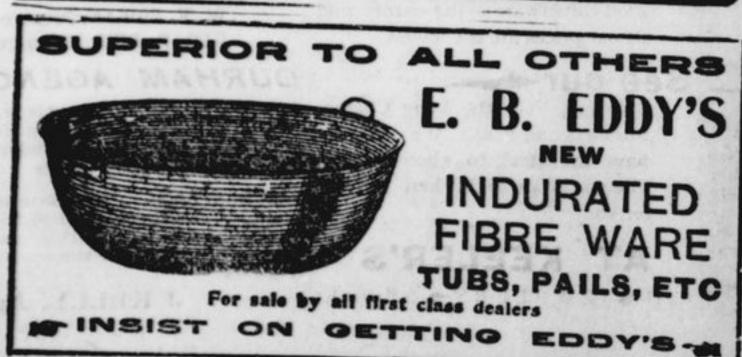
The boiler is a steam producer and nothing more, yet one of the surprising features of power plants construction is the constant use of the bolier as a water parifier. Time and again consuiting engineers have portion, but expends not time in p otested against this practice, and raising absurd lumps of hyper- boilermakers have made a strong obtrophied muscle, hidrous and useless,) berion to it as their business interin all sorts of out-of-the-way places. ests would permit. Yet plant after Swimming naturally suggests the plant is installed for wealthy pur- Mrs. Hughes, published in the Augmanner of handling a drowning per- chasers in which the formation of son, which is perhaps not, in the scale is certain to occur rapidly. The ordinary sense, scientifie; and the cost of removing this scale and of means of rescuscitating persons ap- losing of the use of the bo lers is sufparently drowned. The whole ques- | flent in many parts of the country tion of artificial respiration is now to warrant the installation of puribeing experimentally studied by fring apparatus, yet they are rare-Prof. Schafer, in Edinburgh, at the ly seen. Suspended matter can be instance of the Medico-Chirurgical removed by filteration and dissolv-Society, of London, and we may ed substances can be precipitated by a topic as that of ghosts & goblins hope for a final dictum as to the besting so that the precipitated by is and to be strangely mixed with hope for a final dictum as to the heating, so that the water reachmethod which is most likely to ing the boiler will be practically exaggerations, a sort of embroidery restore the natural action of the pure. The apparatus for the purrespirator centre of the brain in pose is not expensive, and its intro- such strong coloring as misleads duction will effect the removal of the even its owners. Our law, has wise-The high value of swimming as an scale-producing cubstances in a part ly I think, introduced a prescripexercise is complicated by the ex- of the steam plant designed parties- tion of crimes, from the idea that posure of the skin to a medium of larly for the purpose and not in the human testimony becomes unset-

Ovafworked.

N. Y. Times. "Yes," remarked the sawmill owner, functions. Of course, one is rapidly "We're so busy now we have to keep undesirable. The hen is immune to thought this was your dull season."

heat as a result of muscular action, duck? Because they both have done believe my own experience would con-





HE COULD NOT

Till Dodd's Kidney Pills Drove Away His Rheumatism

Story of W. J. Dixon has set the Rainy River Settle ment Talking.

Barwick, r. O., Aug. 10.-(Special) -thinking the set derschere the cureof William John Dixon, of Rheumatism is causing much talk. The story of the cure, as co.d by Mr. Dixon himself, is as lollows:

"During the summer of 1901 ,I had an attack of Typ oid Fever, and after I got over it Rheumatism set in. I had pains in my back and in my right mp so bud that I had to use a stick to walk and had no comfort in sieeping.

"I could scarcely dress myself for nearly two months, and for three or ago.-C. W. Saleeby in London Acad- four weeks I could not lace my right shoe or put my right leg on my left

"My brotner advised me to try Dodd's kinney Pills, and after taking three poxes, I began to walk, do my work, and tace up my shoes. And the best of it is, I have had no Rheumatism since."

Dodd's Kinney Pills take the uric acid out or the blood, and the Rheumatism goes with it.

Where He Lost. Chicag News. Hixon-You are certainly one of fortune's favor tes. You have sueceeded in everything. Nixon-Yes, everything

Hixon-How's that? loved gave me the frosty mit, the stop-over allowed at Philadelphia. second eloped with a lightning-rod Tickets good 15 days. peddier, but the third proved the For further particulars call on or worst of all.

Hixon-What did she do? Nixon-She married me.

I was cured of painful Goitre by MINARD'S LINIMENT. BYARD McMULLIN. Chatham, Ont

I was Cured of Inflammation by MINARD'S LINIMENT. MRS. W. W. JOHNSON. Walsh, Ont.

I was Cured of Facial Neuralgia by MINARD'S LINIMENT. J. H. BAILEY. Parkedale, Ont.

Suggestive.

N. Y. Herald. Kicker-Was it an up-to-date wed-Knocker-Yes, indeed; they threw

breakfast food instead of rice. Chase's Cintment is a certain and absolute cure for each and every form of itching. bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neigh-bors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & Co., Toronto,

Dr. Chase's Ointment

SIR WALTER ON GHOSTS.

"I Do Not Believe My Own Experience Would Convert Me "

One of the letters written by Sir Walter Scott to his valued friend, ust Century, says, among some per-

Dear Mrs. Hughes; . . . Your recollection is very vivid, & I doubt not sufficiently correct; still it falls short of legal testimony; the recollection of our childhood on such which your fancy is so apt to lend be directed more by the imagination than the absolute recollection. I therefore, my dearest lady, paying the utmost credit to your testimony, yet the occurrence of so old a date must not alter my doubte; It winna believe for me. It would very curious to see the Ghost diary properly, but on my word I cannot believe it eyer to have had an existence; te story is never told the same way, though there is a kind of general

the devils and certainly not believe. I wish you would write down Mrs. Ricketts story as well as you remember it. Every such story on respectable foundation is a chapter in the history of the human mind. Still I think the balance of evidence preporderates so heavily upon the side of imputing all such appearences to natural causes that the mysterious stories "winna believe for ! me." I am sorry for it; I liked the thrill that attended the influence of these tales, & wish I were able to wander back through the mazes of Mrs. Rade iff's romances. But, alas! I have been so long both a reader and a writer of such good-

"Dourness familiar to my slaughterous thoughts Cannot e'en startle me."

Missed Something.

ly matters that

himself and run for it.

Chicago Tribune. They were wandering through one of the famous galleries in Florence. "You seem disappointed in the paintings," observed her companion. "Yes," said Miss Gaswel. "I don't see any burnt work."

The Difference. M intreal Herald. In England a candidate "stands" for office. In Canada he has to hump GIRLS WHO BORROW MONEY.

Making Them Forget Modesty.

Bridge seems to have been more lestructive in England, at least on the spinster side, than ever it was here. They are lamenting there the disposition of young women to borrow money to pay their debts as one of the most regrettable effects of the game.

"Young girls who have suffered heavy losees at the game," said al man who was recently interviewed in London, "show no hesitation now in writing to men friends, and sometimes to mere acquaintances, for loans because they dare not appeal to their fathers or brothers. I hope shall not appear wanting in chivalry when I say that I myself have been the recipient of several of these aristocratic begging letters from girls whom I have met only once or twice. As a nation, we have always prided ourselves on our womanhood, so this sort of thing comes

Another London complaint against the prevalence of the game has been heard here. It is a protest against the long hours spent indoors that are injurious to women's health and looks. Here bridge has been discouraged most in the summer. But in Westchester and at Tuxedo women ['ll bet there'll be morning and evenhave bridge clubs for almost every ing services right along, too." day, and they sit indoors during the entire afternoons, when they might be thought willing to give up bridge for golf, tennis, driving or some of the diversions not possible in the winter in New York, when bridge is always in abundance.- N. Y. Sun. \$10 SEASHORE EXCURSIONS \$10

Atlantic City, Cape May, Sea Isle City, Ocean City, via Le-

address Robt. S. Lewis, Passenger Agent, 33 Yonge street, Toronto,

Always the Same.

The present King of England, when Prince of Wales, once asked a pretty woman her age. She replied: "Just 25."

Five years later he met her again and asked the same question. "Just 25," she again replied. The Prince smiled and said: "Five years ago you made the same

"Ah, Your Highness," was the ream a woman who says one thing to-day and another thing to-mor-

Powder is a boon to any home. It disinfects and cleans at the same time.

That Settled it-And Him. Philadelphia Press.

"She ain't at home, sor," said the new maid. returning from the floor ria.

"Are you sure of that?" demanded Mr. De Trop, suspiciously. "Faith, Oi am not, but she seems

SCROFULOUS HUMORS, ECZEMA and all other eruptions may be conquered in their hideous infaucy with Weaver's Syrup, assisted externally by Weaver's Cerate.

> An Eternity to Him. Chicago Tribune

Mamma-But, darling, you should not be angry when Bobby gets the larger piece of pie-he's the older. Bessie-Yes, that's just it. He's previous effort. The dates are August 17th. been eating pie two years longer'n | 18th, 19th and 20th, and there isn't a minute I have already."

ENGLISH SPAVIN LINIMENT

a topic as that of ghosts & goblins | Removes all hard, soft or calloused | welcomed home. There will be athletic | Established 25 years. Catalogue free, and be strangely mixed with lumps and blemishes from horses; sports, massed band concerts and boxing Address C. W. G., Business College, Brockblood spavin, curbs, splints, ringbone, tournaments. On the second day, the Old sweeney, stifles, sprains, sore and Boys and Veteran Firemen will parade. There swollen throat, coughs, etc. Save \$50 will be sailing regattas, and grand fairyland by use of one bottle. Warranted the illumination of the far-famed Hamilton Beach. most wonderful blemish cure ever

> No Getting Away. Alice-Yes, Jack Hastings kissed me several times yesterday, and really I had no redress.

Maud-How was that? "He had a sprig of mistletoe fastened on his umbrella, and then insisted on keeping it holsted whenever nobody happened to be near!"

August 11th, Excursion to New York. What the people have been looking for has been put within their competition. In the afternoon there will be a grasp-an excursion to New York, grand Military Review in which American vert me; though I might tremble I Tickets will be sold on Aug. 11, from Regiments will march with the soldiers of the would reverse the part played by Suspension Bridge or Buffalo, and King, and artillery and Infantry of many corps good for return for fifteen days via | King, and artiflery and infantry of many corps New York Central and West Shore, | will join in producing a spectacle, the like of with privilege of trip down the Hud- which has never before been seen in this Provson River by boat at \$9.00 by West ince. This will take place at the Jockey Shore and \$10.25 by New York Cen-tral Address L, Drago, No. 69% Club grounds, and will continue all afternoon Yonge street, Toronto, for further and evening, closing the Carnival in a blaze of

Tipping the Wrong Men.

Boston Transcript. Some one in canvassing the tip subject has discovered that we tip the wrong people all the time. Particularizing, the discoverer declares that It is the cook, not the walter, who should receive this material expression of our favor, and that it is the engineer, not the conductor, who should have the extras for getting us about on time, when we travel in haste. Of course, this discovery will not result in the searching out of the man behind the man who reaches out his hand for the tip.

> Still in. Chicago News.

Green-Jones came to me with a great financial scheme a few months ago, and offered to let me in on the ground floor.

Brown-How did you come out? There were no exits.

"Pure soap!" You've heard Complaints in London That Bridge is the words. In Sunlight always

REDUCES EXPENSE

Sure Cure for Seasickness. Puck.

Nan-Is there any infallible cure

Dismal.

Chicago Record-Herald. "Remember," said the optimist, "every day'll be Sunday by and by." "Yes," grouned the pessimist, "and

Minard's Liniment Cures Distemper.

The Strenuous Life for Boys. And do you suppose that a boy is any the less a gentleman and good citizen, from having learned to stand up for his rights, and to resent improper interference with his affairs? Do not these qualities ocnhigh Valley Railroad, August 4, 18 tribute to his success, and will they and 25. Tickets only \$10. The not, when properly directed, contri-Nixon-The first woman I ever round trip from Suspension Bridge; bute to the success of your son and

Let your boy learn to box, to wrestle, and fence, and so develop every muscle. I never yet saw a boy who knew how to box, strike anyone with a club, a stone, or a dangerous weapon.-Judge Shute's A Few Real Boys," in Leslie's Monthly for August.

Minard's Liniment Cures Colds, etc.

The Music Cure.

Dr. John T. Crippen, of Waterloo, Iowa, a ploneer in the Methodist Church, will this month celebrate the fiftieth anniversary of his entrance into the ministry. In forty-five years he missed but one Sunday, that being on account of illness, and in the entire half century he has missed but joinder, "surely you don't think I four, three of them coming in succession. He has dedicated ninetytwo churches. Dr. Crippen always looks at the bright side of things. During the illness which kept him away from church four weeks his Lever's Y-Z(Wise Head) Disinfectant Soap | physician had given up hope of his recovery, but he had not. His wife in all seriousness asked what songs he wished sung at his funeral, and he said if she had no choice they might sing, "When Johnnie Goes Marching Home," and Dr. Crippen's recovery dated from that moment.

Minard's Liniment Cures Diphthe-

Adam's Dream. There are no exchange tickets on the road to success.

Hamilton's Great Carnival and LADIES' Reunion of Old Boys.

Thousands are sure to attend the great Carnival and Reunion. It is only fair to say of the people of Hamilton, Ont., that when They have that reputation, and this coming month, with their monster Carnival and Old Boys' Reunion, they are going to eclipse every of the whole time, according to the program, when there wont be something doing. On Monday, the first day, the Old Boys will be In the city parks, and at night in the Armory building, there will be band concerts. On Wednesday there will be a monster floral and a reunion of Central School pupils of the | Steamers Toronto, Kingston there will be a magnificent fireworks display in Dundurn and Harvey Parks. Thursday, the last day of the Carnival, is Civic Holiday in Hamilton. It will be a great day. There will be a Trades Parade in the morning with decorated floats, and a work horse parade and enthusiasm.

Added to the attractions named is the Midway and Street Fair, held in the centre of the city, in which there are no less than fifteen wonderful shows, as follows:

Trained Wild Animals in a Steel Arena.

The Streets of India. The House Upside Down. The Ferris Wheel. Dog and Pony Circus. German Village. Down in Dixie. Aztec Twins. Garden of the Gods. The Girl from Up There. Buckskin Ben's Wild West Trip to Melodia. Aquatic Circus. Moving Pictures. Night in the Orient.

If you want to forget your troubles; if you want to renew your youth; if you want to have Brown-And of course you went in. a week of unadulterated, pure enjoyment, you will visit Hamilton during Carnival week. Brown-How did you come out?

Green-Didn't come out at all. The railways are all issuing return tickets for the great show at single fare rates.

Soap you have the fact. could and to the best semedy for I GERLS WANTED FOR BISCUIT FAC-

D. S. PERRIN & CO.,

OFFICIALLY AUTHORIZED LIFE OF Pope Lee by Mgr. Bernard O'Rieily and the famous "Business Guide." Both in English and French; makes positively the strongest proposition ever offered to agents; no book ever had such a phenomenal sale as the "Business Guide." If you have any interest in coining money honestly and very rapidly, write quick for territory and be first in the field, Experience not necessary, we run all risk. Don't sleep till you write. The J. I. Nichols, Co., Limited, Toronto. Mention

IFE OF POPE LEO XIII.-OVER 80 Tom—Oh, yes; when you feel the symptoms coming on all you have to do is to go out and sit under a tree."

Minard's Liniment Cures Garget in

Tom—Oh, yes; when you feel the account of funeral ceremoules; books on credit; freight paid; special terms; published in five languages; endorsed by eminent Catholics; colored portrait and outfit; containing 100 illustrations, mailed free. Address Catholic Book Company' 1,017 Chestnut Street, Philadelphia, Pa.

Matriculation For Girls-

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Elementary classes for younger girls.

school.

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とうううううううろ Western University and College.

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and English. For information, calendars, etc. N. C. JAMES, M.A., Ph. D.,

どうらうらうらく ALBERT COLLEGE,

Provost

Belleville, Ont.

340 students enrolled last year. 184 young ladies and 156 young men. One of the best equipped and most largely attended colleges in Ontario. Music, Commercial Fine Art, Elocution, Physical Culture, Domestic Science, Marticulation and Teach

Will Re-open Tuesday, Sept. 8th, 1903. For illustrated circulars address PRINCIPAL DYER, D. D.

DEMILL 29th YEAR Begins Sept. 8th, 1908 and Conservatory of COLLEGE

Music and Art A staff largely of Specialists. A thorough and extensive course given. A remarkably healthy location. The only college in Canada that rejects day pupils to give special super-ior social advantages to those boarding. Noted educationists commend most high arines, Ont. (Mention this paper.)

FOR SHORTHAND AND TYPEWRITING GO TO

Brockville Business College

Gymkhana sports at the Jockey Club grounds, and a reunion of Central School and a reunion of C

also by steamers Hamilton, Spartan and Corsican. Further information apply to H. Foster Chaffee, Western Passenger Agent, Toronto

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Curbs and ail forms of Lameness. The
use of a single bottle may double the selling
price of your horse. GOOD FOR EVERYTHING.

DR. B. J. KENDALL CO., Dear Sirs :— Galistoe, N.M., Jone 18, 1902.

I have been using your Kendall's Spavin Cure for some time. I use from twelve to fi teen botties a week and find and all Cuts and Swellings. I have two hundred head of horses in my care.

I enclose a stamp for your "Treatise on the Horse and his Diseases."

Yours very truly. Thousands of Men report equally good or su-perior results from its use. Price \$1; six for \$1. As a liniment for family use it has no equal. Ask "A Treatise on the Horse," the book free, or address

Sunday Sch

INTERNATIONAL LESSON

AUGUST 16, 1903. Saul Tries to Kill David,-1 Sar Commentary .- 1. David's

tion (v. 5). David went or tas victory over Goliath D appointed to some post of and went out on military ex Wise y-This word combi ideas of prudence and conseq cese.-Cam. Bib. Set him ov This is probably the same ment as that referred to Was accepted. The elevation the pherd boy was in the l the common people, and no sentiment of the nation at had had some influence on S p omotion of David, Saul's -Even the courtiers, who w most likely to be displeased new favorite, were glad to the youthful conqueror an nize his authority.

H. David's victory celebra 6-9). 6. Was returned-There dently been a digression in rative (vs. 1-5) 'to relate cumstances of David's pum cep.ion into Saul's service, mercement of the friend tween Lin; and Jonathan, as timate promotion and succe men came out-it was the business of certain women brate victories, sing at fune -Clarke, Of all the cities. came together from all the bo ing cities. Singing and d This is a characteristic tra lental manners. Tabrets--That is, the hand-drum, as ment still used by the Ara described as a Loop over w piece of parchment is drawn 7. Sang one to another-Ti alternately. In this they co a grave indiscretion; they p subject at the expense sovereign. 8, 9. very wroth-Saul cen thoughts on himself. This v

the kingdom-The prophet ! tinetly told him in the day ein, that the Lord had rent t dom from him, and had given neighbor that was better th (chap. xv. 28). Eyed David-V all his movements with suspic jealousy, which soon ripene deadly hatred. III. Saul's attempt, on Day (vs. 10, 11). Here commences cord of those persecutions by

principle cause of his troubi

during the rest of Saul's lifet! conqueror of Goliath was conf 10. Evil spirit-A demon like mentioned so frequently in t Testament. From God-Sent mission of God, as Satan in J

Came upon Saul-He relapsed

state of demoniac possession

chap xvi. 14. Prophesied-"raved."—Hom. Com. Saul's co is neither that of simple mad of true prophecy. As at other See chap xvi. 23. Also see R. V is a wonderful power in mu soothe a troubled soul. A j The javelin, or spear, was blem o' regal authority. 11. Cas the javelin-Sau thoroughly infurlated, determ make an end of the shephe After this personal attack Sal lost the idea that David was ordained king. This purpose

solved to defeat, and, acco made several attempts on IV. David's further advar (vs. 12-16).

12, 13, Was afraid of Davi bocame sensi le that he was l against God; this caused terr continued to disturb him me more. Because the Lord, etc. God is with us we are certain ceed, but when the Lord for person he is equally certain to feated. The Christian is might "through God" (II. Cor. ii. 10 tain-It is not certain that the the same appointment referre v. 5, but it is quite likely that 14-16. Behaved, etc.—David

discreetly; he trusted to

vine guidance; God was wit

Because of this "Saul st

awe of him' - v.15, R. V. All...



Another club woman, M Haule, of Edgerton, Wis., how she was cured of irreg ties and uterine trouble, to pains and backache by Ly Pinkham's Vegetable Comp

"A while ago my health be fail because of female troubles doctor did not help me. I remet that my mother had used Ly Pinkham's Vegetable Com on many occasions for irregu and uterine troubles, and I for that it could not harm me at a to give it a trial. "I was certainly glad to fin

within a week I felt much bett terrible pains in my back an were beginning to cen a, and time of menstruction I did no months, and at the end of that was like a new woman. I real, never felt better in my life, ha 20 pounds more than I ever di unbesitatingly recommend Ver Compound." - MRS. MAY HAUL gerton, Wis., President Hou Sconomics Club, - 55000 forfelt If Women should remember

is one tried and true remeall female ills, Lydia E. ham's Vegetable Compound fuse to buy any other med you need the best.