SLUGGISH LIVER CAUSED Severe Headaches

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons.

Healthy bile in sufficient quantity is Nature's provision to secure regular action of the bowels, and when the liver is sluggish it is not working properly, and does not manufacture enough bile to thoroughly act on the bowels and carry off the waste products from the system, hence the bowels become clogged up, the bile rets into the blood, constination sets in, followed by sick and bilious headaches, coated tongue, bad breath, hearthurn, water brash, bad taste in the mouth in the morning, jaundice,

floating specks before the eyes, etc. Miss Dian Clark, Myer's Cave, Ont., writes:-"I take pleasure in writing tou concerning the good I have rereived by using Milburn's Laxa-Liver works of this kind. So far the major-Pills for a sluggish liver. When my ity of them have been histories ex- + ment, and I am sending you + liver got bad I would have severe tending into numerous volumes, and a some more books! headaches, but I got better after I selling at prices beyond the reach of had used a couple of vials of your the purse of the ordinary man. The

illowing it to get into the blood

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Books And Their Authors

A PICTORIAL HISTORY OF THE ********************* GREAT WAR.

By S. J. Duncan-Clark, W. R. Plew. Dear Mr. Guildman and W. S. Wallace, 416 Pages,

The historians of the war are now John Hertel Company, however, has Milburn's Laxa-Liver Pills gently produced a volume which is complete + Sec., Marshall Jones Company. unlock the secretion, clear away all in itself, and is a rather unique re-waste and effete matter by acting di-cord of the war. This book is an ilrectly on the liver, and make the bile lustrated history of the war, snowing pass through the bowels instead of in picture the chief events and those who were the leaders in them. It is society, wars between the true and edited by three men who are well the false democracy. The outlook as qualified to act as historians of the seen through the spectacles of this the famous war analyst and war cor- bright one. Bereft of true leaders, respondent, W. R. Plewman, the with false notions of democracy, and military critic of the Toronto, Star with educational systems which do and W. S. Wallace, lecturer of his- not tend to the development of leadtory at the University of Toronto, ers in any sphere save in the spheres

This volume of war history tells parently not promising. Bulletin in splendidly condensed form, the shole story of the events leading up to the war, the leading events in the one reads the postscript of six pages pose. His young days were a time war itself, and the results which are at the end of the original essay, of repression, and his future gave a honor is given to Vance Prescott, an in Brock street church. The pastor E. War Itself, and the results which are which, it is only fair to say, was writ- great deal of concern to those around invalided captain now uttached to will preach in the morning. Topic E. Hanshew; Beloved Sinner, R. S. Mac- tory. Every page is illustrated, many official war pictures being included The events which have occurred since ily brought about a crisis in his exin the large number reproduced. bers. The section of greatest interby Professor Wallace, which tells of action. The names of Clemenceau, adopts a new philosophy of life. Born ering the papers, which have been

> popular. It is complete in one vol- shown that in the field of action, at fied. ume, and sells at a popular price. It least, there are leaders worthy of attempts to encompass the causes of the name. The author again peers part in the story is a friend of his stolen contract. Success is only attractive volume in appearance. For armies, for in them alone seems the "Flexible Ferdinand." The endir city of subsidiary details, this history hould have a strong appeal.

THE NEMESIS OF MEDIOCRITY.

By Ralph Adams Cram, 58 Pages, Price \$1.00, The Marshall Jones

Company, Boston, Publishers. "Are the leaders amongst the menof to-day sufficient and big enough for the tasks in hand?" "Are the leaders of to-day up to the high standards of the last hundred ars?" These are the questions which Dr. Oram has under discussion in this little book with the very significent title of "The Nemesis of Medicerity." The author, who is well-known as an author and educatiohist, takes a retrospective view of the world's leaders of all ages, especially those of the nineteenth century, and compures the present day leaders with those who went before, and after a close and keen analysis of their qualities and qualifications. and of the various furrows in which their leadership runs, he has come to the conclusion that the men who are to-day leading the nations of the world are not of sufficient calibre to lead the people to greater and higher things. He says, "Today, when men cry aloud, as never before, for guides, interpreters, leaders, there is none to answer, in any category of life, issuing out of any nation. None, that is, that matches in power the exigency of the demand."

The author complains that, unlike the leaders of the past, who found their places in history through their own force and dominating power, the eaders of to-day are in their positions simply because there are no others to lead. The author does not make mere statements unbacked by argument. He specifies the me who are at the head of affairs in practically every civilized nation. and shows how, in his opinion, the ack the qualities of true leadership. Even Lloyd George, President Wilson and others who are in the forefront of world affairs do not satisfy his requirements for the true leaders

And where does the blame lie? Or. Cram looks over the entire field and finally points the accusing finge it democracy, the democracy o nethod which differs greatly from the democracy of our ideals. He mys that 'Democracy has achieved ts perfect work and has now reduc ed all mankind to a dead level of inapacity where great leaders are no onger either wanted or brought into existence." And this dead level of nedlocrity is what the distinguished writer of this Lbok blames for the ack of leadership at the present

One striking statement & this book is one which also appears in other works by this same author. wars, wars for the revolutionizing of Boston, Mass., June 4-19. 4

Price \$4.75. The John A. Hertel + reviewer, first, that I am a + Company, Ltd., Toronto, Publish- + very frank and truthful per- + son, and then that I admired *

With all good wishes, I am Cordially yours,:

and late major in the Canadian in- of husiness, the outlook for this old world, according to the author is ap-

tive and undiminished, the vision and and is every inch a man:

DAILY THOUGHTS FROM TENNYSON.

June 15th. The path of duty was the way

He that walks it, only thirsting For the right, and learns to Love of self, before his jour-

He shall find the stubborn-thistle bursting Into glossy purples, which out-

All voluptuous garden roses. June 16th. Never morning wore to evening,

But some heart did break. June 17th. Meet is it changes should con

Our being, lest we rust I

We all are changed by still degrees, All but the basis of the soul.

June 18th.

Others' follies teach us not, Not much their wisdom teaches: And most, of sterling worth, is

Our own experience teaches.

June 19th. Because right is right, to follow Were wisdom in the scorn of

consequence.

June 20th. All is well, tho' face and form, Be sunder'd in the night of fear; Well roars the storm to those that hear

June 21st. Let knowledge grow from more

A deeper voice across the

dwell; That mind and soul, accord-

strong support. Without this, the the corporation arrives on the scene preach at both services. Sunday short music recital by the Brock future is not entirely clear." To us the postscript saves the situ- without his authority, and the trou- Wednesday, 8 p.m. ation. Had the author not reconsid

ing the world. For genuine, honest, deep thinking, this book is well worth notice. The author has not minced matters. He has called a spade a ment, and he deserves great credit for - \$1.50. The Page Company, Boshis masterly handling of this vital ton, Publishers.

FLEXIBLE FERDINAND.

youth. He rapidly earned a reputa- us "The Ambassador's Trunk." Like 3 p.m. Strangers and visitors cortion for himself of being easily sway- his other novels, this is a story of dially welcomed at all services. ed, and for having no decided ideas Bromley Barnes, the veteran criminof his own. His whole life was or al investigator attached to the Unitdered by others, and he seemed to ed States Secret Service. But in this -Rev. J. D. Ellis, pastor. Public That is the impression given until lack in will-power and definite pur- case Barnes does not occupy the worship, 11 a.m. and 7 p.m. Sunten in the spring of the year 1918. him. Financial reverses in the famthe Intelligence Department. The "The Problem of Brotherhood." then have somewhat tempered the istence, and the death of his father mystery in the story revolves around Rev. Mr. Lough will preach in the Photographs of the leading generals, author's ideas regarding the lack of marked an epoch which began the a very important document which is evening. All welcome. and of the leading statesmen of the leadership. He is still of the same change in his career. Some years were are also shown in large name mind as regards leadership in civil after his father's death, by suicide, the heroine of the plot. leadership. He is still of the same change in his career. Some years life and thought, and in religion and he found out the reason for his be the heroine of the plot. est to Canadians is that contributed for the world in the leadership of connected with himself that he Barnes undertake the task of recovthe achievements in battle of the referred to in the original as "super- an artist, his flexible nature permits stolen by a German agent, Count annuated," of King Albert of Bel- him to adopt the profession of surand graphically told, as well as begium, of Joffre, Foch, Haig, Petain, geon at the mere suggestion of his sisand unexaggerated.

Allenby, Beatty and Jellicoe, are put ter, and in that profession he gains. The chase involves many exciting ad-

the great conflict, the chief happen- into the future. He sees in the re- childhood's days. She knows his na- tained at the last moment by ings of military and political import- turning heroes of the trenches and ture, and is rather afraid of the endeavours of Prescott, who finds his ance during the bloodiest fifty-one of the perils of the sea the men who streak in him which causes him to reward in winning the brave girl for onths of the world's history, and may yet become the world's leaders, be swayed as by the wind. But in his wife, heir results and effects upon the His concluding paragraph says: the end the war comes along, and nations involved. It is well bound, "One is impelled to pray for the proves that he has at last conquere n craft leather, and is a most at- quick return of all the men of the his own worst enemy, and is no more bility of salvation through lead- is a happy one, with the girl radian ship, if (and this is fundamental) in the knowledge that her loved or they bring back with them, opera- has realized her greatest expectation

the idea of justice, and the good This is nothing more or less that sense the war had revealed in them, a light novel, written in the effer and to them, where all else has failed, vescent style peculiar to the author Bring them back, and offer them It is pleasant holiday reading, for it igh and finds the moral behind the and victories. It is there, but it is so characterization. deeply hidden that it is hardly worth the spade-work necessary to un-

BIG FLAT.

By Henry Oyen, 311 Pages, Price \$1.50, George H. Doran Company

ing association. This association lowness.

verses, the former due to the hard work and courage of Martin Calkillas, and the latter due to the cunning and underhand conduct of Keener The first season's operations are a success, but at the beginning of the because of a huge dam built by er, 11 o'clock. Sunday school, 3 ling." Keener which threatens to flood all p.m.; evening prayer, 7 o'clock. the farm lands of Big Flat. The Preacher, Canon FitzGerald. farmers are thoroughly aroused by Keener's action, and the dam is Princess Street Church,-Rev. J, vices at 11 a.m. and 7 p.m. Rev. it is found that Keener was working school, 2.45 p.m.; prayer meeting, street choir will be given following

Will you please tell your a cred the matter in the light of events The love story in the book occureviewer, first, that I am a subsequent to the initial publication pies a secondary place, but it is a Preacher, John Murray. Services, per- of the book, we would have been charming and delightful one. The 11 a.m. and 7 p.m.; Sunday school, compelled to take issue with him on appeal of the struggle of the hero, 3 p.m.; Young People's Society the reviews of our books in + various points in connection with the with only his brains and strength, Christian Endeaver, Monday, 8 p.m. | Wellington streets—Sunday school, beginning to have their works published, and it is probable that very soon the market will be flooded with soon the market will be flooded with works of the books.

So has the major.

Wed
"Books the major.

"God the Preserver of Man." Wed
inal, are in many respects true. They most broken off by jealousy, is irresistible, and this is indeed a gripping hen, minister. Services, 11 a.m. and public reading room, same address, open every afternoon, except Sunday.

THE AMBASSADOR'S TRUNK

pade, and not an agricultural imple. By George Barton, 310 Pages, Price

George Barton is gaining a reputation as one of the most indefatigable of fiction writers. 'In a very short war. These are S. J. Duncan Clark, learned professor is by no means a By Julie M. Lippman, 312 Pages, public "The Mystery of the Red Price \$1.50, George H. Doran Com- Flame." "The Strange Adventures W. Taylor Dale, will preach at 11 Monday, 8 p.m., Epworth League; of Bromley Barnes," "The World's a.m. and 7 p.m.; beginners and Wednesday, 8 p.m., prayer meeting Poor little Ferdinand in his child- Greatest Military Spies and Secret primary Sunday school classes, 11 hood days was a rather unfortunate Service Agents," and now he gives a.m.; main school and Bible class,

This is a history which should be forward as those of men who have rapid fame. But his soul is unsatis- ventures and escapes from death,

Excitement and adventures are the main features of this story. The United States spy scare is worked to the limit, and the various characters involved are all typical of the class of people to be found across border when America entered war. The thrills in the story will make it appeal to many readers. Although it follows a somewhat hackneyed style. There have been so many books of this nature that they begin to pall upon the appetite, even with the added attraction of being tory of Ferdinand's trials, sorrows well written and full of interesting

BOOKS

Good taste, skill and severe training are as requisite and necessary in Away back in the western country there was a young farmer named Martin Calkins. This farmer had inherited a piece of timber land, of doubtful value for anything but pulpwood, on the banks of the Rainy Riv-

er. One dty he was surprised by one our daily bread. They have beer. One dty he was surprised by one named Keener, the representative of one of the big corporations operating for the production of paper from pulpwood. He receives an offer for his land, but suggests that he is only willing to sell the pulpwood rights. His suggestion is met by threats, and he immediately refuses any further discussion, although he is told he will be ruined unless he accepts the lour daily bread. They have become to our lives and happiness prime necessities. They are our trusted favorites, our guardians, our confidential adviser, and the safe consumers of our leisure. They absorb the effer-vescence of impetuous and while away the tedium of age. You may not teach ignorance to a youth who will be ruined unless he accepts the offer. Then things begin to happen.

Threatened by the encroachment of the paper company, he persuades the farmers of the district to form themselves into a co-operative farminary lowness.



One hundred and forty-two years ago today, June 14, 1777, the Stars and Stripes were adopted by Congress.

Pind a patriot.

ANSWER TO YESTERDAY'S PUZZLE ght side down eye at left albow.

Sunday Services in Churches

mocracy, true and false, and of the too light, and deserves to have a Sunday school, 3 p.m. Students, sol- 3 to 5 o'clock. All are cordially indiers and strangers cordially wel- vited to the services and the reading

Chalmers Presbyterian Church, will preach at both services an Sunstudents and visitors.

Bethel Congregational Church Corner Barrie and Johnson streets-Chas, Patterson, pastor, will preach at both services, 11 a.m. and 7 p.m. dial welcome is extended to all.

First Baptist Church, Sydenham and Johnson streets.-Rev. J. S. LaFlair, pastor, 11 a.m., subject, "Vacations." 2.45 p.m., bible school. p.m. subject, "Choosing a Bride." This is a cheerful, comfortable, cool church, where a warm welcom awaits the worshipper. You are in-

St. James' Church, corner Union and Arch streets-T. W. Savary. B.A., rector, the rectory, 152 Barrie street. 11 n.m., morning prayer and holy communion. Sermon subject, "Most Ancient of all Mysteries." 3 p.m., Sunday school; 7 p.m., evening prayer and sermon. Sermon sub-

nd season failure seems certain St. Paul's Church-Morning pray- ject, "A Prayer for Trinity Bless-

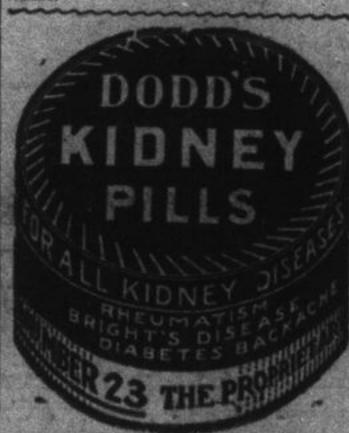
Brock Street Methodist Church-Rev. D. A. Lough, minister, Serblown up. Trouble is expected be- A. Waddell, minister. Services at J. D. Ellis will preach at 11 a.m. cause of this, but when the head of 11 a.m. and 7 p.m. The minister will and Rev. D. A. Lough at 7. p.m. A the evening service. Sunday school at 10 a.m. Beginners and primary

> First Church of Christ, Scientist, diers and strangers cordially wel- vited to the services and the reading

> Sydenham Street Church, (Methocorner of Barrie and Clergy streets dist)-Rev. W. T. G. Brown, minis-Rev. R. J. Wilson, D.D., minister, ter. Services, 11 a.m. and 7 p.m. Flower Sunday, special service at 11 day. Communion at 11 a.m. This a.m. Programme by the bible school church affords a welcome to soldiers, with brief addresses by T. F. Harrison and the minister. 7 p.m., special preacher, Dr. Omar L. Kilbour, of Cooke's Presbyterian Church, West China. 10 a.m. class meeting.

> > St. Luke's Church, Nelson street-Rev. J. de P. Wright, M.A., B.D., Rector. Trinity Sunday. 8 u.m., holy communion, principally for the newly confirmed and their friends; 11 a.m., morning prayer; 2.45 p.m. Sunday school and bible class; p.m., holy baptism; 7 p.m., evening prayer. Music: Anthem, "Saviour, Again to Thy Dear Name We Raise, T. W. Morris, Mrs. H. Horton and choir. Seats free. Strangers and visitors cordially invited to attend.

> > The mere fact that a man doesn't call you a liar is no reason that he doesn't think you are one. One kind word a day is some men's



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