Headaches are one of the most aggravating troubles one can have, and it is hard to struggle along with a head that aches and pains all the

Headaches seem to be habitual with many people; some are seldom. if ever, free from, them, suffering continually from the dull throbbings, the intense pains; sometimes in one again over the whole head.

There is only one way to get relief from these persistent headaches, and that is by going direct to the seat of the trouble, for unless the cause is course deals with "Bible Teachings removed, the headaches will still About Health." These present comcontinue to exist.

was very glad to notice a decided im- fering. provement in my health, so I took another and am glad to say that it derful remedy.

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EASE THOSE TIRED.

Relief in Sloan's Liniment.



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You must know it is not fair to your husband to continue buying new Hats every season when we can reshape your old ones into the very latest Spring styles. Get wise! Save \$10.00, and put

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The Kingston Hat Cleaner Opposite The College Book Store.

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6:19, 20; 9:24-27; Gal. 6:7, 8.

The International Sunday School Lesson For April 10th is: "Bible Teachings Ab out Health."-Cor.

HERESIES ABOUT HEALTH

By William T. Eilla.

For the current three months the popularity of these body-bettering repart, sometimes in another, and then Sunday schools of the world are ligions is of profound significance. studying a series of topical lessons They are a radical departure from on "Some Social Teachings of the Saint Paul's principle; "I keep my Bible." This second lesson of the body under."

show that it will eliminate the cause after an operation and an experience spirit and with the teachings of the Mrs. Harold Lanain; Owen Sound, which took him to the very gates of New Testament. Ont. writes:- "My system was run the life wherein there is neither pain Of course, it goes without saying

friends, who were in a similar con- portant thing in the world." On the couls are not the servants of our bodition, and they all say it is a won- contrary, I am clear in the conviction dies; but our bodies are the servants that neither the bible nor human ex- of our souls. B. B. is put up only by The T. perience supports this popular idea. Some reader is saying, "Does not disproportionate importance.

body-pampering Rome.

The Carcass As An Idol. eral. And the common observation "Keep the body-scythe sharp, that it of all who give real thought to the may do the soul's work well." symptoms and tendencies of our own day is that people generally are placto Exposure or Heavy Toil, Find | swung to the limit away from the clous beyond belief. high heroism of self-sacrifice which Obviously, the reason is that our

EEN at work all day, standing on it reached during the war. even the smallest towns; a scanning There is a pregnant word of Scrip-

things which he possesses." perhaps a dozen creeds and cults to- pany of missionaries, martyrs and cal well-being central to their teach- the spirit's sake.

Sharpening the Soul's Scythe, ments are planned while the writer | This idea that physical well-being The fact that Burdock Blood Bit- lies in a hospital in Porto Rico, is first, which is at the basis of the ters keep the stomach, liver and looking out upon the palm trees and devastating principle of pacificism, bowels toned up is proof enough to the blue waters of the Caribean Sea, must be met boldly and faced in the

down and my blood out of order. I nor sorrow. So the subject is treated that our bodies are the tools with suffered a great deal from severe from a somewhat expert and authori- which our personalities work, and pains in my head, which made me tative standpoint. At least, what fol- therefore should be kept in condition feel very miserable. After having lows is the fruit of long and quiet Care of the body is as important as tried other remedies I purchased a musings in a place where everything the sharpening of the farmer's scybottle of Burdock Blood Bitters, and is attuned to the note of physical suf- the but, after all, the scythe is only the scythe; it is not the farmer. "We Naturally, amid such conditions, have bodies," runs the old saying; to has done me an enormous amount of one might be expected to echo the which a wise man retorted, "Yes, we good. I have recommended it to my common cry, "Health is the most im- have bodies, but we are souls." Our

Milburn Co., Limited, Toronto, Ont. Instead, there is ample reason for our lesson text tell us that our bodies declaring that this modern cult of Assuredly: but they are only the temhealth, despite all that is right and are the temples of the Holy Spirit?" desirable in it, is one of the greatest ples, meant for ministry of the Divine heresies of our modern times. Our Inhabitant: they are not the Holy day has exalted physical well-being Spirit. The body's place is a secondand physical sensations into wholly ary place, not a primary one. The real reason, which the Scripture Health is not the first considera- makes clear, for taking care of the tion of life; any evilization that body is that it may fulfill its highest makes it so is bound to go the way of spiritual mission. The three passages assigned as the basis of the present lesson are all to the effect that the physical man should be kept subordi-One of the sheet anchors of safety nate to the soul. That the Internaof our western world's democracy is tional Lesson Committee could find that millions of men and women are no stronger plea for the care of the scherly thinking about the trend of health is almost sufficient comment the times and about things in gen- upon the lesson. They seem to say,

Who Is At The Helm?

ing too strong an accent upon the Said a wise Scotch shipmate to me body and its sensations. Materialism the other day, as we talked of books has the right of way. Pleasures of the and men, "There seem to be no great senses are engrossing the world. Eat- books being written these days. ing and drinking and seeing and feel- Then he went on to explain that he ing and the general indulging and meant books of noble vision; fiction adorning of the body are the present of high idealism, works that would engrossment of the race. Our day's live. Instead, we have a dreadful tormood is frankly and rather shame- rent of trivial and "smart" and sen-Outdoor and Indoor Workers, Subject lessly carnal. The pendulum has sual stories; and a stage that is sala-

generation has put the body at tha your feet, lifting heavy weights? All this is so obvious that it needs helm of life's ship; and one wonders And now you're all tired out. no bill of particulars. A glance at it the spirit is always given even Never mind, if you are wise you the closues of the young people, es- cargo room. Flesh is an unsafe steerspecially of the young women; a peep man; for the shores of time are dotinto the motion picture theatres of ted with the wrecks he has caused.

Good for rheumatic pains, neural- of the news columns of the daily pa- ture, which is representative of the gia, sciatica, lumbigo, and the host pers; a thought of the relative im- teachings of Jesus; "To be carnally of external pains that are all the portance of athletics and scholarship minded is death." Jesus was a Good time coming. Helps break up colds, in our colleges-in almost every dir- Physician. But He Himself never ection one turns, this present mood spared His own body, even in the It's comforting to keep it handy. of materialism is manifest. The body final test of the tree. All His great Three sizes -35c., 70c., \$1.40. Made and its appetites is in the saddle to- diciples -- the heroes and helpers of day. A large share of the ills of the humanity-have disdained the claims world root back into sheer carnal- of physical comfort and ease in order mindedness; and neglect of the Scrip- to serve the Master and mankind. tual teaching that: "A man's life What a grilling experience Paul put consisteth not in the abundance of his body through-and it was a poor body at the best; yet it was the ser-Worse yet. The land has been seiz- vant of a great soul consumed with ed with a vast vogue of what may be a passion for Christ. And Paul was called "health religions." There are only a forerunner of a great com-

> ings. They call themselves by more Our day and nation will return to or less metaphysical names, but the the ideals and practices which made



JACK KELLY,

Late leading lady of 1st Divisional Lancers Partz Volatils, now with "The Maple Leafs" in "Camouflage," at the Grand Opera House Saturday, April 9th.

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When buying this Spring's Suit don't focus your attention on the cloth and style alone. Examine the make and trimmings very closely for the market is flooded with what can only be rightly termed as junk. Beware of the shop that talks cheap price alone.

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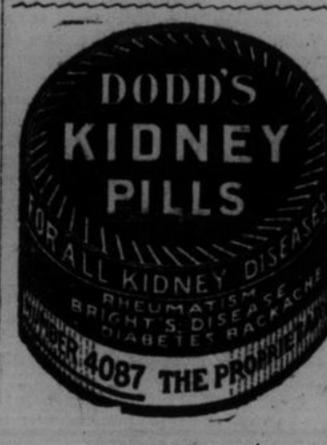
name "Bayer" on package or on tabday which make healing and physi- saints who disdained the flesh, for lets you are not getting Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Tooth- W. Benjamin. The farmers are prebasis of their appeal is avowedly the them great only when they substitute tin boxes of twelve tablets cost few it. Quite a number from here attendbetterment of the physical life. The for this fleshly-minded heresy of cents. Druggists also sell larger ed the dance at Centreville. Cleaning ackages. Made in Canada. Aspirin house is the order of the day. Mrs. 's the trade mark (registered in Can- (Dr.) Oldham and Mr. and Mrs. ada), of Bayer Manufacture of Mon- Wilbert Wilson are on the sick list. eaceticacidester of Salicylicacid.

body-coddling the sturdy spirituality of the fathers who forsook comfort and ease and prosperity in order to carve out a nation worthier of the souls of free men than any the old world knew. As already said, there is not a student of modern tendencles who does not perceive that it is the religion of the spirit that this muddled and troubled time most needs. More than we need sound bodies we need strong souls, striving ever to attain the stature of the Christ who flung his fair young body away for the sake of the salvation of the spirits of mankind.

ROBBERY AT YARKER

Todd. Yarker, April 5 .- Mr. and Mrs.

Roy Carde, Napanee, are visiting at the home of Mr. and Mrs. George Curles. Quite a number attended the Dunn. sale of Walter Day, at Bethel. Miss Blanche Wilson is visiting at the home of her parents, Myles Wilson's. Miss Lizzie Babcock has moved in B. Sanderson



daughter, Odessa, are with his mother, Mrs. William Smith. Bruce Richardson has his Delco light system installed.

"Bob" Holland has purchased a new Ford. Harry Todd was relieved of about \$65. While he was at work, and his wife away, some one went in the house and stole the money. M. V. Lake has his garage nearly completed and will soon be ready to accommodate the public. Manly Foster has put an addition to his building on Water street. Mrs. John Wright and daughter,

Jean, have returned home after visitsubstitutes for genuine "Bayer Tab- ing her parents in Cobourg. Mrs. A. lets of Aspirin." Unless you see the W. Benjamin and son, "Teddy," have returned after spending the winter in Ottawa, Mrs. Stewart Connolly, Montreal, is visiting her mother, Mrs. A.

John Babcock, Odessa, was a recent caller in the village. A. A. Connolly has opened his foundry after being closed down for the winter months. Mr. and Mrs. Claude Thempson and daughter, of Elm Tree, have moved in the village on Rail street. Mrs. Stan Wood and her mother, Mrs. Fred Smith, have returned after visiting at J. F. Main's. All are sorry to hear of Mrs. Earle Warner being taken to the Kingston General Hospital. She is doing nicely. Maple syrup is selling around here at \$2 per gal-

Mac VanLuven, Kingston, and Clarence Ewart, and son, Peter, at the home of A. VanLuven for Easter. Robert Holland loaded a carload of potatoes at 50c a bag. Mr. and Mrs. Thief Stole \$65 at Home of Harry Burpee and daughter spent Easter at her home. Miss Bessle Dunn, Kingston, and Wilfred Dunn, St. Michael's College, Toronto, spent Easter with their parents, Mr. and Mrs. W. B.

> Newburgh News Newburgh, April 2 .- Miss Mar-

garet Mitchell is attending Ontario the terrace in port 3. Mrs. Roy Skin- teachers' convention in Toronto. A. ner, and son, Mac, have returned to Forsythe is holidaying with his sistheir home in Toronto. Miss Margar- ter, Mrs. Ernest Gondier. Miss Ruby et Edgar is visiting her parents, Mr. Quail, trained nurse, Utica, N.Y., is and Mrs. Cyrus Edgar. Miss Rickey, spending a short time with her par-Kingston, is visiting Mr. and Mrs. J. ents, Mr. and Mrs. Geo. Quail. Miss Eileen and Mildred Harrison spent Mr. and Mrs. Arthur Smith and the Easter holidays with their parents, Mr. and Mrs. M. J. Fitzgerald, Tamworth. Miss Essie Johnston, Ottawa, is spending the Easter holidays at home. The Girls' Club met at the home of Mrs. A Madden on Friday night and a very enjoyable time was spent. Mr. and Mrs. Stafford, Belleville, spent the week-end with his sister, Mrs. S. A. Naylor. Mrs. Gandier celebrated her eightysecond birthday on Friday. Mr. and Mrs. P. Lynch and two children spent Sunday with her sister, Mrs. J. E. Harrison.

> We are all just a little bit inclined to be jealous of the man who suc-

> A lot of Christians are trying to shoot the devil with blank cartridges.

SYRUP OF TAR & COD-LIVER OIL



Coughs, Colds, Grippe, Bronchitis, Whooping Cough, Asthma, Etc.

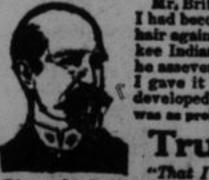
MATHIEU'S SYRUP is a sovereign tonic combining the curative properties of TAR and the strengthening virtues of COD LIVER OIL. Colds, when neglected or badly treated give rise to

consequences of such a grave character that you should not risk using inferior preparations. MATHIEU'S SYRUP is the only genuine remedy whose se-gutation has caused to crop up many imitations of doubted value. ON SALE EVERYWHERE

New Hair Growth After BALDNESS

On logal affidavit, John Hart Brittain, Business man, certified to this: "My head at the top and back was absolutely hald. An expert said that he thought the hair roots were extinct, and there was no hope of my ever having a new hair growth.

"Yet now, at an age over 66, I have a luxuriant growth of soft, strong, lustrous hair! No trace of baldness. The pictures shown here are from my photographs." INDIANS' SECRET OF HAIR GROWTH



Mr. Brittain certified further: "At a time when I had become discouraged at trying to grow my hair again, I came across, in my travels, a Cherokee Indian 'medicine man' who had an elixir that he asseverated would grow my hair. Although I had but little faith I gave it a trial. To my amasement a light funz soon appeared. It developed, day by day, into a healthy growth, and ere long my hair was as prolific as in my youthful days." True Hair Grower at Last

"That I was astonished and happy is expressing my state of mind mildly. Obviously, the hair roots had not been dead, but were dormous pomade. I negotiated for and came into possession of the principle for preparing this, now called KOTALKOP and later had the recipe put into practical form by a chemist. That my own hair growth was permanent has been amply proved."

And by Druggists Everywhere

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It has been proved in very many cases that hair roots did not die even when the hair fell out through dandruff, fever, alopsois erests, or certain other hair or scalp disorders.

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