

HEADACHES

MAKE LIFE MISERABLE. 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 time. 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 part, sometimes in another, and then 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 removed, the headaches will still continue to exist. The fact that Burdock Blood Bitters keep the stomach, liver and bowels toned up is proof enough to show that it will eliminate the cause of the headaches. Mrs. Harold Lassah, Owen Sound, Ont., writes: "My system was run down and my blood out of order. I suffered a great deal from severe pains in my head, which made me feel very miserable. After having tried other remedies I purchased a bottle of Burdock Blood Bitters, and was very glad to notice a decided improvement in my health, so I took another and am glad to say that it has done me an enormous amount of good. I have recommended it to my friends, who were in a similar condition, and they all say it is a wonderful remedy."

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Outdoor and Indoor Workers, Subject to Exposure or Heavy Toll, Find Relief in Sloan's Liniment. BEEN at work all day, standing on your feet, lifting heavy weights? And now you're all tired out. Never mind, if you are wise you have a bottle of Sloan's on the shelf, at home or in the shop. Put a little on, without rubbing, and quickly comes grateful warmth and relief. Good for rheumatic pains, neuralgia, sciatica, lumbago, and the host of external pains that are all the time coming. Helps break up colds, too! It's comforting to keep it handy. Three sizes—35c, 75c, \$1.40. Made in Canada.

Sloan's Liniment

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HERESIES ABOUT HEALTH

The International Sunday School Lesson For April 10th is: "Bible Teachings About Health."—Cor. 6:19, 20; 9:24-27; Gal. 6:7, 8.

By William T. Ellis.

For the current three months the Sunday schools of the world are studying a series of topical lessons on "Some Social Teachings of the Bible." This second lesson of the course deals with "Bible Teachings About Health." These present comments are planned while the writer lies in a hospital in Porto Rico, looking out upon the palm trees and the blue waters of the Caribbean Sea, after an operation and an experience which took him to the very gates of the life wherein there is neither pain nor sorrow. So the subject is treated from a somewhat expert and authoritative standpoint. At least, what follows is the fruit of long and quiet musings in a place where everything is attuned to the note of physical suffering. Naturally, amid such conditions, one might be expected to echo the common cry, "Health is the most important thing in the world." On the contrary, I am clear in the conviction that neither the bible nor human experience supports this popular idea. Instead, there is ample reason for declaring that this modern cult of health, despite all that is right and desirable in it, is one of the greatest heresies of our modern times. Our day has exalted physical well-being and physical sensations into wholly disproportionate importance.

Health is not the first consideration of life; any civilization that makes it so is bound to go the way of body—pampering Rome.

The Carcass As An Idol.

One of the sheet anchors of safety of our western world's democracy is that millions of men and women are soberly thinking about the trend of the times and about things in general. And the common observation of all who give real thought to the symptoms and tendencies of our own day is that people generally are placing too strong an accent upon the body and its sensations. Materialism has the right of way. Pleasures of the senses are engrossing the world. Eating and drinking and feeling and feeling and the general indulging and adorning of the body are the present engrossment of the race. Our day's mood is frankly and rather shamelessly carnal. The pendulum has swung to the limit away from the high heroism of self-sacrifice which it reached during the war.

All this is so obvious that it needs no bill of particulars. A glance at the clothes of the young people, especially of the young women; a peep into the motion picture theatres of even the smallest towns; a scanning of the news columns of the daily papers; a thought of the relative importance of athletics and scholarship in our colleges—in almost every direction one turns, this present mood of materialism is manifest. The body and its appetites is in the saddle today. A large share of the ills of the world root back into sheer carnal-mindedness; and neglect of the Scriptural teaching that "A man's life consisteth not in the abundance of things which he possesses."

Worse yet, the land has been seized with a vast vogue of what may be called "health religions." There are perhaps a dozen creeds and cults today which make healing and physical well-being central to their teachings. They call themselves by more or less metaphysical names, but the basis of their appeal is avowedly the betterment of the physical life. The

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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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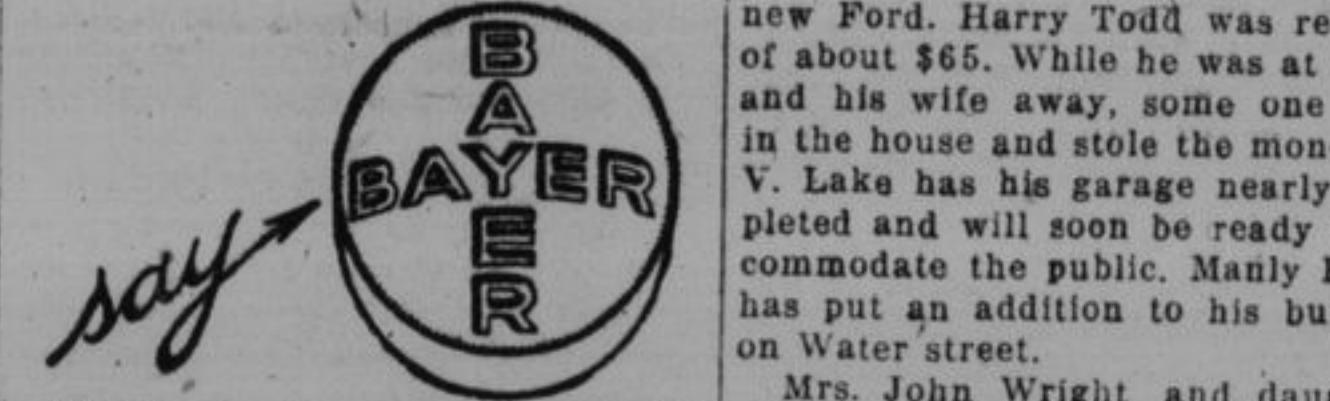
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body—codding the sturdy spirituality of the fathers who forsook comfort and ease and prosperity in order to carve out a nation worthier of the souls of free men than any the old world knew. As already said, there is not a student of modern tendencies 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 Thief Stole \$65 at Home of Harry Todd. Yarker, April 5.—Mr. and Mrs. Roy Cardie, Napanee, are visiting at the home of Mr. and Mrs. George Curles. Quite a number attended the 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 the terrace in port 3. Mrs. Roy Skinner, and son, Mac, have returned to their home in Toronto. Miss Margaret Edgar is visiting her parents, Mr. and Mrs. Cyrus Edgar. Miss Rickey, Kingston, is visiting Mr. and Mrs. J. B. Sanderson. Mr. and Mrs. Arthur Smith and

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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.