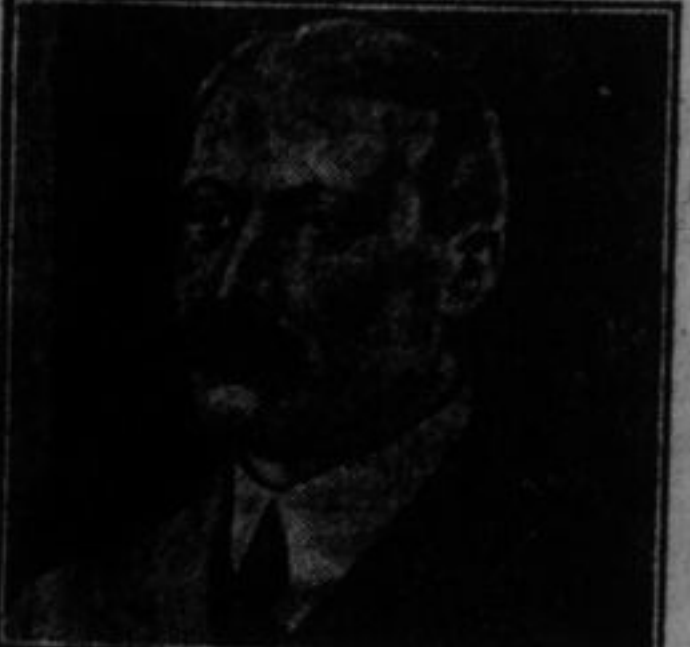


HAD RHEUMATISM FOR FIVE YEARS

No Return of the Trouble Since Taking 'FRUIT-A-TIVES'



MR. JOHN E. GUILDERSON

I suffered with Rheumatism for five years, having so badly at times I was unable to get up without assistance.

I tried different medicines I saw advertised and was treated by doctors in Amherst, also in my home town, but the Rheumatism came back.

In 1916, I saw in an advertisement that 'Fruit-a-tives' would stop Rheumatism, and took one box and got relief; then I took them right along for about six months and the Rheumatism was all gone and I have never felt it since.

Anyone who would care to write me as regards 'Fruit-a-tives' I would be glad to tell them what 'Fruit-a-tives' did for me.

JOHN E. GUILDERSON, Contractor and Mason.

Box a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

MILLER'S WORM POWDERS

HAVE A WARM PLACE IN THE HEARTS OF MOTHERS FOR THEY HAVE PROVED THAT THEY ARE ONE OF THE MOST EFFICIENT AND BENEFICIAL REMEDIES THAT CAN BE GIVEN TO A CHILD.

First, Doctors — Then a Skin Specialist — Then a bottle of D.D.D.

We shall publish every week for the benefit of our readers in this section, a few words written by Canadian parents — all heartiest stories of relief from terrible suffering.

A sentence or two from a letter from J. W. Corns, 23 Melbourne Ave., Toronto, a man of the standing.

If you wish to try a bottle of this Prescribing D.D.D. the Lot for Skin Disease

Madison Drug Store, Kingston

sore muscles

Whether they come from bruises or over-work, sore muscles will quickly yield to the soothing effect of Absorbine, Jr.

Put briskly into the muscles a few drops of Absorbine, Jr., and the inflammation which caused the pain will quickly disappear — and with it the pain.

They have already made up their minds to "see life." And this is fine. The young person who has lost his zest and zeal for living is to be pitied.

You want to see life. You will travel the world around to find it. But put it down at the very outset that any one who hasn't within himself the resources which enrich life will hunt in vain for life itself.

But let it be remembered that the measure of a man's life depends upon his appreciation of the things outside himself. If you appreciate music you are so much the richer.

As we rise in the scale of life, the power of death is gradually weakened. But man, left to himself, naturally degenerates. He returns to the level of the beast.

Just as soon as you begin to drift, you'll begin to die. You must continue to struggle upward. Unless you use even your natural gifts, they will soon be taken away. This is a law of nature.

The fish in the Mammoth Cave in Kentucky once had eyes, but nature took them away because they were of no use to them in the dark lakes in which they lived.

Remember also that your life will consist, in large part, of what you absorb from others. Everything that

When a wife gives her husband a piece of her mind, she loses something and he gains nothing.

After a man has been married long enough he gets so used to trouble that he gets lonesome without it.

When a baby cries in a man's arms he immediately discovers that it wants to go to its mother.

Sunday Services in Churches

HOLY WRIT

Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead.

Present Truth Tent—Sunday night, 8 o'clock. Subject: "Four World Kingdoms, and the Anti-Christ." All welcome.

Chalmers Church—Rev. R. J. Wilson, D.D., minister. Services at 11 a.m. and 7 p.m. The minister will preach morning and evening.

St. Andrew's—Rev. John W. Stephen, minister. Services 11 a.m. and 7 p.m., conducted by the minister. Strangers welcome at all the services.

St. Paul's—Morning Prayer 11 o'clock, preacher, Canon Fitzgerald, M.A. Sunday school, 3 p.m. Evening prayer, 7 o'clock, preacher, Canon Fitzgerald, M.A.

Bethel Congregational Church—Services 11 a.m. and 7 p.m. Chas. Patterson will preach at both services. Special children's day service will be held in the morning. A cordial invitation is extended to all.

Union Street Baptist Church, corner of Union and Collingwood streets—Rev. J. K. Fairfull, pastor. Services: 11 a.m. and 7 p.m. Sunday school and Bible classes, at 3 p.m. Come and worship with us.

First Baptist Church, Sydenham and Johnson streets—Rev. J. S. LaFlair, pastor. 11 a.m. Sermon theme, "Carmel, Testing place of Gods." 2:45 p.m. Bible school; 7 p.m. Sermon theme, "The Changeless Christ in a Changing World." The services will be conducted by the pastor.

Princess Street Methodist Church—Rev. J. A. Waddell, minister. Services, 11 a.m. and 7 p.m. 11 a.m. "Flower service." Prof. Drury will speak. 7 p.m. Rev. J. I. Hughes, M.A. Epworth League, Monday, 8 p.m. Prayer meeting, Wednesday, 8 p.m. Strangers and visitors cordially welcomed.

St. James Church, cor. Union and Arch streets—T. W. Savary, rector. The rectory, 152 Barrie street. Fourth Sunday after Trinity, 11 a.m., morning prayer and holy communion. Sermon subject, "Murder." 3 p.m., Sunday school; 7 p.m., evening prayer and sermon. Subject, "A Face Steadfastly Set."

Sydenham Street Church, Methodist—Rev. W. T. G. Brown, minister. Services, 11 a.m. and 7 p.m. Morning service. Flower Sunday and children's day. Address by the minister. Evening service, the minister will preach. Morning class, 9:45 a.m. Epworth League, Monday, 8 p.m. Prayer meeting, Wednesday, 8 p.m.

St. George's Cathedral—Rev. G. Lothrop Starr, M.A., D.D., dean and rector, 78 Wellington street. Phone 2154. Rev. W. E. Kidd, M.A., M.C., curate, 7 Wellington street. Phone 8699. Fourth Sunday after Trinity, 8 a.m., Holy Communion; 11 a.m., Holy Communion, choral; 11 a.m., Holy Communion, choral; 4 p.m., Holy Baptism; 7 p.m., Confirmation service. Preacher, the bishop of the diocese.

St. Luke's Church, Nelson Street—Rev. J. de P. Wright, M.A., B.D., rector. Fourth Sunday after Trinity, 8 a.m., Holy Communion; 11 a.m., Morning Prayer; 2:30 p.m., Sunday school and Bible classes; 4 p.m., Holy Baptism; 7 p.m., Evening Prayer. Rev. S. G. B. Wright, M.A., of All Saints' cathedral, N.S., will preach. Music: Anthem, "Saviour Breathe An Evening Blessing" (Havens). Seats free. Strangers and visitors cordially invited to attend.

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IF YOU'RE BEATEN, TRY AGAIN

By the Rev. Charles Steilze.

Thousands of young men and women will graduate within the next few days from high schools and colleges, from industrial and commercial training schools, and from other educational institutions.

They have already made up their minds to "see life." And this is fine. The young person who has lost his zest and zeal for living is to be pitied.

You want to see life. You will travel the world around to find it. But put it down at the very outset that any one who hasn't within himself the resources which enrich life will hunt in vain for life itself.

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QUESTION OF FREE TOLLS

For U. S. Shipping Through the Panama Canal is Looming Up.

Washington, June 15.—Until now comparatively little attention was given by this session of Congress to the question of free tolls for United States shipping through the Panama Canal. However, the question is looming up and a settlement of it cannot much longer be deferred.

The Harding administration and the Republican party in congress are pledged to free tolls and cannot well dodge the issue. On the other hand, there is a tremendous tide of opposition and as soon as the discussion over tolls legislation begins in senate or house this opposition will be clearly in evidence.

All the information in Washington agrees that every transcontinental railroad in the country is deeply interested and concerned over free tolls. The railroads of the United States which span the continent are already actively at work to try to postpone or completely block legislation. In other words they insist that tolls shall continue to be charged United States shipping which uses the canal, whether that shipping be on coastwise business or on foreign business. The Canadian transcontinental railroad interests are understood here likewise to view free tolls with apprehension, though they are understood not to be taking any active part in trying to influence legislation. They are believed here to be of the same view as the United States roads as to the general effect on transcontinental lines of free tolls—that the effect thereof would be to expand the Panama canal trade, and tend to cut down the volume of transportation railroad business.

The present indications, however, are that congress is going to provide for free tolls for United States vessels which ply through the canal between Atlantic or Gulf coasts on the one hand and the Pacific coast on the other. It may extend to United States shipping in general in whatever form of trade. The pressure for free tolls is very strong and determined, especially from the Atlantic, Gulf and Pacific coast regions, where it is felt free tolls would enlarge coastwise shipping business and counteract the high railroad rates of which the whole United States is complaining. Republican leaders cannot get away from the free tolls without squarely ignoring their promises and it is generally assumed they will not venture on such a course of scrapping their pledges thus early in their reign.

The best informed men in congress on the subject of railroad rates and transportation problems believe there is just ahead of the United States a large growth in the coastwise shipping business between the Pacific coast ports and the Gulf of Mexico and eastern ports. Signs of this are visible in many directions. California producers of fruits and vegetables without waiting for free tolls are already sending much of their products to New York by water. They are clamoring for lower rail rates across the continent, but do not get them—at least to the extent desired—and are laying plans for enlarging of water traffic. What is true of the California fruit and vegetable interests is true of various interests along the Pacific coast. While Canadian

producers and shipping interests on the Pacific coast and the east coast have not the same interest in free tolls as United States interests, there can be no doubt that Canada will be affected by free tolls and the expansion of canal business materially.

When congress, early in the Wilson administration provided for tolls of United States shipping, there was felt here a great deal of opposition from Great Britain, and other maritime nations. Though it has since been alleged the opposition was exaggerated. Now, however, such opposition is expected to cut little figure. One reason is the anxiety of the people of the United States to build up a merchant marine. Another is the feeling of the public that railroad rates are exorbitant and burdensome and water transportation must be encouraged.

Why Churchgoers Sleep. Preachers do not put people to sleep nearly so often as do improper lighting effects in the church edifice, according to Earl A. Anderson, a light expert of Cleveland, O.

"Bright lights on either side of the minister, or glaring lights hung low between the congregation and the preacher, tend to reduce the visual energy of churchgoers," he said.

"Modern cave dwellers must have artificial lighting because sunlight does not reach them most of the time," he explained. "Factories increase their production frequently as much as 30 per cent. by installing an adequate lighting system.

"About 24 per cent. of all industrial accidents result from poor lighting," Mr. Anderson said.

A Crimson Gulch Critic. "What did you think of our performance of Hamlet last night?" inquired Mr. Stormington Barnes.

"To tell the truth," answered Cactus Joe, "the boys were disappointed. Hamlet showed a lot of sense in the early part of the evening, but he behaved plum foolish in foolin' with a sword instead o' getting hisself a six-shooter."

Cramps! Cramps! Cramps! How to Stop Them Quick

When you have cramps, it is a mighty quick relief that you want. Good old 'Nerviline' is sure as death to relieve cramps in a hurry. Just a few drops in sweetened water, and the pain is gone. Buy a bottle of trusty old 'Nerviline' to-day and keep it handy. 'Nerviline' is a common household necessity, and is so useful in case of sudden illness at night, or when cramps, nausea, diarrhoea, vomiting or the like occurs. Sold everywhere in large 35 cent bottles.

possible for putting them there. And there are other social workers who, while giving the best they've got to those less fortunate, not only retain their original culture, but acquire a depth of character the portly gentlemen know nothing about.

And yet—there's a suggestion of truth in the remark. It's no easy job to live year after year in the midst of depravity and come out clean. It requires unusual grit.

When it is remembered that the social worker's home is never free from the atmosphere—and sometimes it's more tangible than atmosphere—of the slum and the slough, despair in which his charges live, when it is recalled that his salary is usually so pitifully small that he is deprived of those things which are the heritage of every person of refinement—especially the woman social worker; when it is persistently forced upon him that his life has become part of the life of those he serves—it's no wonder some of them go down to the depths.

It's just the result of the reaction which seems also inevitable. Yes—their danger that social workers may land where they are being snub says they all do. But if they do it's partly his fault. For if he were doing his share by giving cash and counsel, the task of the social worker might be so brightened and lightened that there wouldn't be the same temptation to slip into the muck beside which he stands to keep others from falling in.

One of America's most famous preachers recently went down to the gutter. He made a confession to his congregation which proved sensational in the extreme.

How can a man who has been preaching to thousands every Sunday, leading many to the better life, himself do wrong? And can such a man "come back" again?

Preachers are subject to the same temptations that other men are. Even Jesus Himself "was tempted in all points like as we are"—to use an exact scriptural quotation.

To say that Jesus could not have sinned would make the story of his temptation by Satan, when he offered Him great worldly power, and again in the Garden of Gethsemane, of no particular value to ordinary men.

In some respects a preacher is more severely tempted than most other men. His work has to do with the highest emotions of the human mind and heart. And there's a point in such emotions where a break is likely to occur, which may send the strongest man down to the lowest depths.

The form that this "fall" may take isn't always the same. It depends upon a great many human factors and influences. Don't flatter yourself that because you don't get drunk, you're so much better than other men; you may be guilty of even worse offences.

The finer a man's nature the harder he is compelled to fight the devil and his temptations. Those who go through life without having to struggle, are incapable of feeling the deeper emotions.

Now a preacher is not only compelled to fight his own battles, but he is called to help other people fight theirs.

But did you ever stop to think that a preacher has no one else to whom he can carry his burdens and his temptations—that he must bear them alone? The very nature of his profession compels this. We are, of course, discussing this question purely from the human standpoint.

That so few of the over 200,000 preachers in this country fall is a greater marvel than most of us think. But when they do fall—can they "come back"?

Why not? Some of the greatest men in the world's history came back. Do you remember the Apostle Peter? He came back. There are any number of men who are now known as "saints" who came back.

Let's be glad that there's given to every one of us another chance—no matter who we may be, nor how we may have fallen. And let's take it—and make good.

THE SONG OF THE RIVER. Lois Whittlesey, in New York Times. Like some swift bird, the river sweeps by on flashing wings, its silver breast a-quiver, and this the song it sings: "Hail and farewell! My wave-beats tell The fleetness of all things.

"Far mid the dim blue mountains Hidden my sources be, Flung from their rock-bound footholds I haste to the bluer sea; Thy source unknown is a' my own, Mortal, who heedeth me,

"Sun-kissed, wind-tossed, storm-riven, Inward I sweep, and on, By viewless forces driven; I greet you and am gone, So runs thy life Through peace and strife— Yet neither waits thereon.

"None stays my course, or captures My soul in its ceaseless quest, Still through its rush and raptures Seeking the sea's wide breast; So waiteth thee Eternally— The ocean of thy rest."

The reason a male boob falls in love with a girl's naturally curly hair, is because she spent twelve hours getting it to curl that way.

Before you become engaged to a summer girl it is just as well to remember that you'll have to support her in winter.

Even when a girl who is worth \$100,000 is shaped like a bed slat, it is easy to fall in love with her figure.

It is strange that men take so little interest in art. Art is usually neglected, you know.

PREPARE FOR WARM WEATHER

By having your home equipped with Electric Toasters and Irons—from \$4.50 up to \$5.00. Single and Double Hot Plates.

Burke Electric Company 74 Princess Street. Phone 423

Vacuum Cleaners To Rent

For Spring House-Cleaning Motor Boat Supplies, Dry Cells, Spark Plugs, Coils, Switches, etc.

HALLIDAY ELECTRIC CO.

2 Days More of Our Sale

Collier's Toggery

Princess St. Two Doors Below Grand Opera House

ECZEMA

YOU ARE SO EXPERIMENTAL IN LIFE WHEN YOU USE DR. CHASE'S OINTMENT FOR ECZEMA AND SKIN IRRITATIONS. It relieves at once and gradually heals the skin. Sample box Dr. Chase's Ointment free if you return this paper and send 5c. stamp for postage. 50c a tin. All dealers or Edmansson, Bates & Co., Limited, Toronto.

Fourteen Reasons Why You Should Help

1—Clarkwood—Residence for blind girls, Sherbourne St., Toronto.

2—Pearson Hall—Residential and Training Quarters for blind soldiers, Beverley St., Toronto.

3—Library and Publishing Dept.—142 College St., Toronto. Free distribution of Literature and Music.

4—Industrial Dept. for Men—Shops in Toronto, Ottawa, Halifax and Winnipeg.

5—Vocational Work Shop—For men, 115 King St. E., Toronto.

6—Industrial Dept. for Women—64 Baldwin St., Toronto.

7—Massage Classes—Successful graduates gaining reputation throughout Canada.

8—Prevention of Blindness Dept.—Activities in Maritime Provinces, Ontario and Western Provinces.

9—Home Teaching Dept.—Works throughout Canada.

10—After Care Dept.—Books, music, social calls, relief and general follow-up.

11—Social Relief Committees of Women's Auxiliary of the Institute in various centres.

12—Sales Room—Retail store at 713 Yonge St., Toronto.

13—Normal Home-Teachers Class—George St., Toronto.

14—Placement Work—Re-adaptational training for pre-war occupations.

Equipping the Blind to Earn a Living

IN the past few years much has been done to turn the pathetic idleness of our Canadian blind to a real and tangible usefulness.

Broomshops for Canadian Blind Men have been established and are operating in Halifax, Ottawa, Toronto and Winnipeg. They are all working to capacity, filled with busy, and sincerely cheerful stone-blind workmen.

Some were blinded by accident or sickness, a few were blinded in the war, while others have been blind from birth. These men are earning their livelihood through their own honest effort. They have realized the dignity of self-support. They take great pride in the fact that they are an asset, not a liability, to the nation.

This noble work must be broadened out. It is within your power to help equip the blind of Canada to earn a living. Subscribe liberally to the fund of the Canadian National Institute for the Blind, and let us build up on a foundation well-laid.

"Lighten Their Darkness"

Send your subscription to the Fund being raised by this newspaper.

Canadian National Institute for the Blind

Head Office: 36 King Street East Toronto, Canada

HOPE