

### She Couldn't Sleep Heart Was So Bad

Mrs. J. D. McClintock, Charlotte-town, P.E.I., writes: "About a year ago I was greatly troubled with my heart."

I could not sleep at night, and was so nervous I imagined that I could see everything in the room moving, and would have to turn on the lights before I could get to sleep. After having read of your



I took several boxes of them, and now get a full night's sleep without any trouble, and feel fine in every way."

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RECOGNIZED FOR YEARS AS A STANDARD REMEDY FOR THIS DREAD AFFLICTION. QUICKLY RELIEVES AND OVERCOMES IRRITATION.

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## WEEKLY SUNDAY SCHOOL LESSON

The International Uniform Sunday School Lesson for May 23: How to Deal With Aggressors.—Genesis 26:12-25.

BY WM. E. GILROY, D.D.  
Editor of The Congregationalist.  
Success always brings its problems, and possessions increase man's responsibilities.

Isaac had inherited much from his father Abraham, but he had been shrewd in increasing his possessions, and he had become a man of large herds in a pastoral society. His enemies, the Philistines, envied him, but apparently they had no grounds for their enmity and their envy except that Isaac was apparently more prosperous.

The Philistines showed their envy by filling up with earth the wells which Abraham had had his servants dig. Wells, of course, in such a society represented a valuable basis of life for man and beast.

The simple statement that "Isaac dug again the wells of water" which his father had dug, is full of rich spiritual meaning. The springs of goodness and of prosperity that our fathers have unbarred through digging and delving become clogged up through neglect and through positive acts of evil.

**Digging the Wells.**  
There is always profound need of digging again the wells of water which our fathers were so zealous to discover and maintain. Isaac, we are told, also called these wells that he brought to life once more by the names with which Abraham had called them. There is such a thing as a healthy reverence for the past that strengthens life in the present.

Apparently, also, Isaac, discovered other wells, for his servants "dugged in the valley and found there a well of springing water." Then strife arose between Isaac and the herdsmen of Gerar, who claimed this well. Isaac apparently was a man of peace, and he dug another well, but they strove for that also. Of the third well that he dug they left him in peaceful possession. He called

the name of this well Rehoboth. "For now the Lord hath made room for us, and we shall be fruitful in the land."

**Abraham's Ideals.**  
It is interesting to see the peaceful ideals of Abraham finding expression in his son Isaac. It is a wise and sound policy to avoid petty quarrels, and it is not always a right attitude to stand too pugnaciously for one's "rights."

Rehoboth, the name by which Isaac called the well, has been interpreted as meaning literally "broad places" or "open places." One commentator says that a modern English equivalent would be "freedom" or "liberty."

Freedom and liberty are attained as much through avoiding strife as through conquest, though it is not always possible to avoid strife. Inasmuch as Isaac followed in the path of Abraham, it is not surprising that through him should have been continued God's covenant with Abraham.

The closing verse of our lesson is instructive. It tells how Isaac did four things at Beersheba where Jehovah appeared unto him, apparently in a dream, confirming to him the promises made to Abraham.

Isaac built an altar there; he called upon the name of Jehovah; he pitched his tent there; and he had his servants dig a well. What do these things symbolize in modern life?

Do we build an altar to God, consecrating ourselves to his plans and purposes?

Do we make the environments of his altar our dwelling place? Do we do our part in digging the well that symbolizes the springs of life and refreshing?

Here we have forcefully set before us life as a sacred enterprise. Only the man who makes his life that can presume to enter at all into the spirit of this lesson.

### ALEX. SMITH DELIVERS A LEARNED ADDRESS

Before the Eastern Ontario Liberal Association Last Friday in Ottawa.

"From time to time the question 'why such gatherings as these?' naturally arises. The answer is so obvious as to be overlooked until some other organizations take possession of the political field. The clarion note is then heard that Liberals under pain of death must contribute, and keep pace with the flowing current of the life of the people. Liberalism involves and embodies a knowledge of the people." In these words, Alexander Smith, Ottawa, legal and constitutional adviser began his address to the Eastern Ontario Liberal Association, gathering at the Chateau Laurier. Continuing Mr. Smith said that in the effort to acquire political information experi-

ences will vary, but the true Liberal with stout heart and confidence in the future could say with the poet:

"This world that we're a livin' in is mighty hard to beat,  
With every rose you get a thorn,  
But ain't the roses sweet?"

"From some of the Liberal leaders of the time of Confederation 1867, who subsequently took an active part in the Government of the country after the passing of the British North America Act in 1867," Mr. Smith remarked, "we get a fine explanatory and practical knowledge of the written part of our Constitution, the B.N.A. Act."

**Firmly Embedded Rights.**  
One of the great Liberal leaders, Sir Oliver Mowat, previous to Confederation (1867) was, Mr. Smith pointed out, a Minister of the Crown in two Governments in the Parliament of Upper and Lower Canada, and two years before Confederation was accomplished he was appointed to a position on the High Court

### Used After Shaving Keeps the Skin Soft



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Bench in the Province of Ontario. He occupied this position for seven years, at the end of which period (1871) on the request of Hon. Edward Blake, then Liberal Premier of Ontario, he resigned from the Bench to accept the Premiership of Ontario, Hon. Mr. Blake having decided to devote his attention to Dominion affairs. Sir Oliver Mowat was for twenty-five years Prime Minister of Ontario, and subsequently was the first Minister of Justice in the Laurier Government. He closed his career as Lieut.-Governor of the Province of Ontario.

In "Canada and its Provinces" the Archives Edition appears the following: "Mowat was known to be in favor of the continuation of the (Separate School) system; he had opposed Separate Schools at the time of Confederation, but he was prepared loyally to administer the compact entered into at that time; he refused to go behind the British North America Act and starve the Separate Schools out, nor was he willing to join in an agitation for the abolition of the Separate Schools by the Imperial Parliament. That he contended would be a violation of the Confederation agreement." Sir Oliver had similar views on Section 133 of the B.N.A. Act, equally authorizing the use of the English and French languages in certain proceedings. In Mr. Smith's opinion, it will be next to impossible to change the B.N.A. Act in some respects, and observes that the B.N.A. Act in its guarantees, and in all else where Provincial Rights and the Rights of minorities are at stake is even more than a treaty and therefore cannot be disposed of or changed by a mere whim.

To impress his audience with the development of Liberal principles Mr. Smith entwined some of these around great leaders, remarking that Hon. Alexander Mackenzie, Liberal Prime Minister of Canada from 1873-78 had like Mowat and Blake a clear and firm grasp of the B.N.A. Act and of general Liberal principles.

**Ontario Provincial Elections.**  
Taking up the matter of the approaching provincial elections, Mr. Smith said that in a few months there would be a provincial general election. The subjects to be discussed coming under the powers that are exclusively assigned by the B. N. A. Act to the provincial legislatures. These in the main being stated to be: Direct taxation within the province in order to the raising of a revenue for provincial purposes.

The borrowing of money on the sole credit of the province. The establishment and tenure of provincial offices and the appointment and payment of provincial officers.

The management and sale of the public lands belonging to the province and the timber and wood thereon.

The establishment, maintenance and management of public and reformatory prisons in and for the province.

The establishment, maintenance and management of hospitals, asylums and charities, in and for the province, other than marine hospitals.

Municipal institutions in the province.

Shop, saloon, tavern, auctioneer and other licenses in order to the raising of a revenue for provincial, local or municipal purposes.

The solemnization of marriage in the province.

Property and civil rights in the province. The administration of justice in the province.

Education, agriculture and immigration.

**Laws That Touch the Home.**  
In passing on to the more intimate phases of provincial jurisdiction, Mr. Smith appealed more particularly to the women electors by declaring that the laws of the province in an especial way touched the home. This was a splendid political field for the women. They being more than interested in the home, and during every session their influence consciously and otherwise had been effectively felt. He recommended to both men and women a booklet issued by Allan M. Dymond, K.C., law clerk of the Legislative Assembly of the Province of Ontario. This compilation is issued by the Government and sent free on application. In this splendid outline, Mr. Dymond amongst others, makes the following divisions with the Statutes as the basis:

- 1. Marriage Law; 2. Property Rights of Married Women; 3. Maintenance of Wives, Children and Parents; 4. Guardianship; 5. Protection of Women; 6. Illegitimate Children and Legitimation; 7. Adoption; 8. Maternity Boarding Houses; 9. Reformatory Institutions and Industrial Refuges; 10. Public Health—Social Hygiene; 11. Workmen's Compensation Act; 12. Mothers' Allowances; 13. Prohibited and Regulated Occupations; 14. Protection of Children; 15. Education; 16. Public Office.

### Ennobling Power of Women.

To add momentum to his outline of Liberal Principles and the clear outline of provincial jurisdiction and the laws that deal closely with the every day affairs of the people, Mr. Smith boldly set forth that the politics of this country have been enriched by the ennobling power of the emotion, moral courage, and compassion of women and cited the declaration of the Prophet "The Lord hath created a new thing in the earth, a woman shall compass a man." He concluded with the words of a recent writer, "The aids of Liberalism are exaltations, and agonies and love, and man's and woman's unconquerable minds."

Took in Auction Sale, Inventory, May 19—M. Traves, Kingston, is visiting at William Lindsay's. A number from here attended the sale at Jack Anglin's Battershe, on Tuesday. The farmers are busy on the land. The young people of this vicinity are anticipating attending a dance at Collin's Bay.

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tended the sale at Jack Anglin's Battershe, on Tuesday. The farmers are busy on the land. The young people of this vicinity are anticipating attending a dance at Collin's Bay.

Covering Route by Auto. Bunker's Hill, May 19.—The weather has been very nice of late and the roads are in good condition. Farmers will be busy now seeding and fixing their gardens. The trees are beginning to bear leaves and the fields are nice and green. The mail man is covering his route in an automobile and can make much faster time. Daniel MacLeod is visiting friends and had a meeting in the church last Sunday.

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