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SUNDAY SCHOOL LESSON

Lesson VIII. May 25, 1919. Jonah 3: 1-10.

Commentary.—I. Jonah's repentance and work (Jonah 3: 1-4). 1. The word of the Lord came unto Jonah.—We know little of this prophet aside from what is given us in his prophecy. He was the son of Amittai and his home was in the northern part of Israel. The second time—God in mercy gave Jonah a second call to carry the message to Nineveh. At the first call, instead of going the 600 miles north-east to Nineveh, he started westward to Tarshish, in Spain, a distance of 2,000 miles. His disastrous experience on that trip made him willing to obey the second call, although the very conditions that turned him aside the first time still prevailed. 2. Go unto Nineveh.—His mission was to Nineveh, which was the great city of Assyria. This nation was hostile to Israel, and within a few decades carried Israel into captivity. That great city.—The city must have had a population of more than a million, and Jonah was called to go and cry against it (ch. 1: 2). Farrar calls it the London of the ancient world. The preaching that I bid thee.—The reason for the mission to Nineveh is given in the first call that Jonah received, where the Lord said, "Their wickedness is come up before me" (ch. 1: 2). The city was a stronghold for heathenism, and the sins which accompanied their religious observances and resulted from them had come up before the Lord, who knew the kind of truth that would prove effectual, the kind that would prove effectual.

3. Of three days' journey.—Counting twenty miles as a day's journey, the distance around Nineveh was sixty miles. This was surrounded by a wall one hundred feet high and broad enough to top for three chariots to be driven abreast. "Within the vast space thus enclosed rose palaces of almost inconceivable size and grandeur, amidst gardens and grounds in which the highest art had created every beauty that could gratify pride or ravish the senses. One palace alone, disclosed in its ruins by the toil of the explorer, revealed twenty-seven huge gates of entrance, guarded by colossal human-headed bulls and gigantic lions, and seventy-one halls and chambers, adorned throughout; round all their sides, by great squares of alabaster covered with sculptures of the warlike deeds of the 'king of kings' and varied scenes from civil or military life."—Geikie. 4. Begun to enter.—A day's journey.—The thought seems to be that as he entered the city and proceeded on his way, he delivered the message which God had given him for the people. Yet forty days, and Nineveh shall be overthrown.—The cup of Nineveh's iniquity was almost full, and unless the people should repent before there would be but forty days before the city would be destroyed. Taking this proclamation in connection with what took place later, we must conclude that there was an implied condition in the decreed destruction of the city. If the people did not turn away from their wickedness by hearty repentance, they would be destroyed.

II. Nineveh's repentance (Jonah 3: 5-10). 5. The people of Nineveh believed that God.—It was a strange sight that met the eyes of the Ninevites, and a strange message that greeted their ears, as the foreign prophet in his peculiar phylactery and with his denunciatory words passed through their city, yet with the work of the Holy Spirit the message took effect and the people believed God, proclaimed a fast.—A sign of humiliation and repentance, put on sackcloth.—They covered themselves with a coarse cloth, made of goat's-hair, which was a symbol of sorrow and mourning. The repentance seems to have been immediate and general. 6. The King of Nineveh.—He placed himself upon a level with his lowest subject, and all humbled themselves because of their sins.—sat in ashes.—He

deft his costly throne and took the lowest place, expressing his deep sorrow. 7. Neither man nor beast.—The case was one of momentous interest and demanded the deepest humiliation. Kell says: "It was the manifestation of the thought, that just as the animals which live with man are drawn into fellowship with his sin, so their sufferings might also help to appease the wrath of God." "Men and women, old and young, high and low, and even the cattle themselves, all kept such a fast as the total abstinence from food implies." 8. Cry mightily unto God.—This shows the intensity of feeling that prevailed. There was a marvelous change from their sinful practices and idolatrous worship to prayer to the true God. turn.—From his evil way.—Prayer, to be effectual must be accompanied by a turning away from all sin. 9. who can tell, if God will turn.—The very fact that Jonah's message, "Yet forty days," showed a few days' delay in the execution of the sentence, gave them hope that if they should repent and turn away from their sins, the Lord would accordingly turn away his anger from them. 10. God saw their works.—He saw as a man can not see. Man sees the outward signs of repentance, but God sees the condition of the heart. They brought forth "fruits meet for repentance," turning from their evil ways. God repented.—He changed his purpose in keeping with their changed attitude toward him.

III. Repentance and salvation (Luke 13: 1-5; Acts 2: 37-38). Jesus emphasizes the necessity of repentance as a condition of salvation in his reference to the Galileans and to those upon whom the tower of Siloam fell. The persons who told him about the cruel act of Pilate in putting the Galileans to death, may have believed that they were especially wicked, and retribution was visited upon them for their sins. This may have been the fact, but it is also a fact that by no means all the punishment for sin is visited upon the guilty in this life. We know nothing more than is given here about Pilate's crime or the tragic death of the eighteen who were crushed by the falling tower of Siloam. The teaching of Jesus here is not regarding the judgments of God upon the wicked, but regarding the necessity for repentance. Not only should the Galileans and the eighteen who were killed by the falling tower have repented, but the necessity is laid upon all to repent, otherwise destruction is certain. Repentance includes a thorough change of attitude toward sin, with a desire for deliverance from it. Acts 2: 37, 38. The people who heard Peter preach at Pentecost were deeply moved and asked the apostles what they should do. Peter's reply was, "Repent and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost." John the Baptist came preaching repentance; Jesus came preaching repentance; and the apostles went forth with the same message.

QUESTIONS.—Upon what mission was Jonah sent? What course did he take upon the first call? Where was Nineveh and how far from the land of Israel. How large a city was Nineveh? What message did Jesus deliver? What effect did his preaching have upon the people? What did God do with the city? Why? In what does repentance consist? What are the fruits of repentance?

PRACTICAL SURVEY.

Topic.—The nature and fruits of repentance.

I. Repentance. II. Its fruits.

1. Repentance.—Repentance holds its place as a cardinal doctrine of the Christian system and an experience inseparable from a true Christian life. Throughout the scriptures its place and importance are revealed. Under the ceremonial dispensation in which material blessings were the prominent incentive and their withdrawal of punishment, repentance is an indispensable condition of material or moral restoration. In the later spiritual dispensation it is inseparable from Christian experience and privileges. John preached repentance, and Jesus throughout his ministry enforced the same imperative demand and commanded that it be preached in his name. That it might become possible was the purpose of his exaltation (Acts 5: 31). It was the keynote of apostolic preaching, as it must continue of all true evangelism. Any preaching which modifies or minimizes this essential truth is radically and fatally defective. Repentance originates in a "godly sorrow," which breaks the heart for sin and from sin, and regards its character rather than its consequences. The apostle establishes a sharp distinction in moral value when he adds, "The sorrow of the world worketh death." Regret, though deepened to include the moral element of remorse, does not constitute repentance. It means the

STRENGTH FOR THE DAY'S WORK

DEPENDS UPON GOOD BLOOD TO NOURSH THE BODY

Weak People Need a Tonic, One Which Acts Directly Upon the Blood and That Does Not Weaken the Body by Useless Purging.

There are thousands of people throughout Canada who are without ambition or strength to do their day's work, and who are always tired out, have but little appetite and a poor digestion. They cannot get a refreshing night's sleep and are subject to headaches, backaches and nervousness because their blood is impure. To men and women in this condition, Dr. Williams' Pink Pills give quick relief and permanent cure because of their direct action on the blood, which they build up to its normal strength. As the blood becomes rich and red it strengthens the muscles, tones up the nerves, makes the stomach capable of digesting food, and repairs the wastes caused by worry or work. In a word, the use of Dr. Williams' Pink Pills means restoration to perfect health.

BLOOD TURNED TO WATER.

Miss Jessie McLean, Trenton, N.S., says:—"I was as weak as it was possible for any one to be, and yet be able to do about. My blood seemed to have turned almost to water. I was pale, the least exertion would leave me breathless, and when I went up stairs I would have to stop and rest on the way. I often had severe headaches, and at times my heart would palpitate alarmingly. A good friend urged me to try Dr. Williams' Pink Pills and I have reason to be grateful that I took the advice. Soon after beginning the use of the Pills I began to get stronger, and by the time I had taken seven boxes I felt that I was again enjoying good health. I think Dr. Williams' Pink Pills are a blessing to weak girls and I shall always warmly recommend them."

RHEUMATIC PAINS.

The sufferer from rheumatism who experiments with outward applications is only wasting valuable time and good money in depending upon such treatment the trouble still remains, and in all the time becoming more firmly rooted.—harder to cure. Treat this disease through the blood and you will soon be rid of the pains and tortures. As a cure for rheumatism Dr. Williams' Pink Pills are unequalled. They act directly on the impure, weak blood; they purify and strengthen it, and so root out the cause of rheumatism. Mr. D. Lewis, postmaster at Escuminac, N. B., says: "I was attacked with rheumatism, and knee joints, and at times was unable to get up. The trouble was particularly severe last spring and decided to try Dr. Williams' Pink Pills. After taking the Pills for some time the rheumatic pains and stiffness in the joints disappeared and I have not had any return of the trouble."

A GOOD DIGESTION.

Mrs. William Dale, Midland, Ont., says:—"I suffered for a long time from a severe form of indigestion, and had doctored so much for relief that I had all but given up hope of getting better. Everything

ate caused me intense pain and some days I did not touch a thing but a cup of cold water, and even that distressed me. As a result I was very much run down, and slept so poorly that I dreaded night coming on. I was continually taking medicine, but was actually growing worse instead of better. Having often read the cures made by Dr. Williams' Pink Pills, I finally decided to give them a trial. I have had great cause to bless this decision, for by the time I had used a couple of boxes there was no doubt the pills were helping me, and in less time than I had anticipated the pills had cured me, and I was again enjoying not only good digestion, but better health in every way than before."

ALWAYS FEELS FIT.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root or the disease in the blood, and by making the vital fluid rich and red strength is driven out disease and pain, and making weak, despondent people bright, active and strong. Mr. W. F. Johnson, one of the best known and most highly esteemed men in Lunenburg County, N. S., says:—"I am a Provincial Land Surveyor, and am exposed the greater part of the year to very hard work travelling through the forests by day and camping out by night, and find the only thing that will keep me up to the mark is Dr. Williams' Pink Pills. When I leave home for a trip in the woods I am as interested in having my supply of pills as provisions, and on such occasions I take them regularly. The result is I am always fit. I never take cold, and can digest all kinds of food such as we have to put up with hastily cooked in the woods. Having proved the value of Dr. Williams' Pink Pills, as a tonic and health builder, I am never without them and I lose no opportunity in recommending them to my fellow men."

SKIN TROUBLE CURED.

Mrs. W. Ritchie, Parkburg, Sask., says:—"Two years ago I was attacked with eczema on my hands. I tried almost everything that was advised, but as the trouble was growing worse I consulted a doctor that time. I was treated for some time with no better results. By this time my hands were a mass of sores and I began to despair of finding a cure. A friend strongly advised me to try Dr. Williams' Pink Pills, and I decided to do so. After using two boxes I could see an improvement and I got a further supply. I used altogether eight boxes, by which time every trace of the eczema had disappeared and there has been not a single symptom of the trouble since that time. I gladly recommend Dr. Williams' Pink Pills for troubles of this kind." Dr. Williams' Pink Pills should be kept in every home, and their occasional use will keep the blood pure and ward off illness. You can get these pills through any medicine dealers or by mail at 50c a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

FARM GARDEN PEAS AND OATS

Often times the failure of the regular hay crop or the necessity for an increased amount of forage is the cause for much speculation in determining a practical means of providing for the deficit. As an emergency crop there is none more suitable than a mixture of peas and oats. In fact, it is a valued dual purpose crop, with those who have had experience with it since it is equally suitable for silage, hay silage and grain purposes. The classes of crop, namely peas and oats, making up the mixture are admirably adapted for growing together.

They both have the same seasonal and climatic requirements and mature in about the same number of days. Besides the oats support the pea vines which facilitates the harvesting and curing of the crop. At the Central Experimental Farm and several of the branch Farms and Stations this crop has been utilized extensively as a silage, silage and hay crop as circumstances demanded. It is usually grown as a catch crop where the hay crop has failed or in a regular rotation of, first year hood crop, second year peas and oats seeded down to clover and, third year, clover hay. Exception may be taken to peas and oats as a nurse crop which is ordinarily justifiable where the crop is allowed to ripen for grain. On the other hand, where the peas and oats are cut in the green state, thus being removed early in the sea-

son, the disadvantage as a nurse crop for clover is practically eliminated. In the experience of the Experimental Farms the stands of clover on areas having peas and oats as the nurse crop, are practically equal to other stands of clover grown with nurse crops of wheat, barely and oats.

The cultural treatment of the soil for a crop of peas and oats under regular cropping conditions is similar to that for ordinary grain crops. Fall ploughing, disced thoroughly in the spring until a deep, mellow seed-bed is prepared, proves most satisfactory. Sown as a catch crop where new seedlings of grasses and clovers fail, a fairly satisfactory seed-bed may be prepared by either shallow ploughing or by thorough discing depending on the compactness and nature of the soil. Older meadows or exhausted sod areas can only be prepared for crop by ploughing and discing. In sowing the ordinary seed-drill is used. The peas and oats should be mixed thoroughly before being placed in the seed-box of the drill and from time to time as sowing goes on the mixture should be stirred with the hand. Otherwise the peas will work down through the oats and be sown first leaving the last part of the seeding almost pure oats. The most suitable proportions of the mixture are equal parts by weight, sown at the rate of at least 3 bushels per acre. Suitable varieties include Golden Vine and Prussian Blue pea and Banner and O. A. C. No. 72 oats.

Cutting firm sowing may take place before pods form on the pea vines and the oats begin to head. Saved as hay, cutting begins as soon as pods are formed and the oats kernels are in the milk stage of growth. This is also the most suitable stage at which to cut for silage. If the crop is not required for any of the foregoing purposes it may be allowed to ripen to be harvested for grain. Both grain and straw make good feed.

The feeding value of pea and oat hay is high, standing very close to alfalfa and equal to red clover. As silage it is excellent, although it yields less and the cost of production is greater than corn ensilage. This accommodating crop, so suited to varied conditions, is bound to become better known and more highly appreciated on a greater proportion of Canadian Farms.

APPLE BUD-MOTHS CONTROL IN NOVA SCOTIA.

The apple is attacked by a number of different insects. In Nova Scotia the caterpillars of the Bud-moths are probably the cause of more loss than all the other insects combined. The Entomological Branch of the Dominion Department of Agriculture has just issued Bulletin No. 16, entitled "The Apple Bud-moths and their Control in Nova Scotia," by G. E. Sanders and pages gives an account of the life-history of the four destructive bud-moths which occur in that province. The chapter on the control of these 4 insects discusses results obtained from spraying experiments, following which definite control measures are recommended. Useful information is also included on parasitic insects and other natural enemies. Fourteen illustrations appear in the bulletin. These show injured blossoms and fruit, various stages of the insects, etc. This publication will be of much value to apple growers in eastern Canada. It can be obtained free of charge on application to the Publications Branch, Department of Agriculture, Ottawa. A technical edition of the bulletin giving scientific descriptions etc., has also been published. This will be of special interest to economic workers. Enquiries regarding insects in general should be addressed to "The Dominion Entomologist, Department of Agriculture, Ottawa, Ont."

ARTIFICIAL.

"A pretty thing, forsooth." "What have you there?" "A sonnet addressed by my friend Scribbon to a lady's eyebrow." "It ought to please the lady." "I don't know about that. Scribbon treats the subject as a work of art and not a masterpiece of nature."—Birmingham Age-Herald.

Rheumatic Pains Are relieved in a few days by taking 30 drops of Mother's Relief Syrup after meals and at bedtime. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Koots," contains no dangerous or strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c a bottle at drug sts.

MAKE A VICTORY GARDEN



The satisfied worker is the one with a victory garden, say the Canadian Trade Commission and the National War Garden Commission of Washington.

Pickles Oats Hotel

WHEN I chose a hotel, I wanted a comfortable one, with a clean and cozy atmosphere, and a good breakfast. The Pickles Oats Hotel in Toronto is an ideal one. It is clean, comfortable, and has a good breakfast. It is a standard for hotel comfort.

MARKET REPORTS

TORONTO MARKETS.

Table with columns for Dairy Produce, Vegetables, and other market items with prices.

Toronto Cattle Markets

Table with columns for Export cattle, Butcher cattle, and other market items with prices.

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE. Fluctuations on the Winnipeg Grain Exchange yesterday were as follows: Oats—Open, High, Low, Close. July, August, September, October, November, December.

MINNEAPOLIS GRAINS.

Minneapolis, May 13.—Flour unchanged. Barley—\$1.03 to \$1.13. Rye—\$1.20 to \$1.30. Corn—\$1.50 to \$1.60. Duluth Live Stock.

CHEESE BOARD.

St. Paschal, Que., May 13.—At the regular Cheese Board to-day 136 boxes of butter were sold to Ayer, Montreal, at 33.5c. No cheese board.

BUFFALO LIVE STOCK.

East Buffalo report: Cattle, receipts 75; steady. Calves, receipts 225; 50 cents higher; \$6 to \$16.50. Hogs, receipts 500; steady; heavy \$21.50 to \$21.60; mixed and Yorkers \$21.50; light Yorkers, \$20.75; pigs, \$20.50; roughs, \$18.75 to \$19; stags, \$12 to \$15. Sheep and lambs, receipts 2,800; slow; sheep 25 cents to 50 cents lower; lambs \$10 to \$16; yearlings \$10 to \$14; wethers \$12 to \$12.50; ewes \$9 to \$11; mixed sheep \$11.00 to \$12.

To Be Avoided.

To be avoided in the vegetable garden: Too large a garden. Too much variety. Too close planting. Too thick a stand of plants.

DRS. SOPER & WHITE

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