

Worn-Out, Weak Men and Women Testify

Chatham, Ont.—"For many years I suffered with stomach trouble and I tried many remedies but they were all a failure—my stomach seemed to be getting worse instead of better. One day I came in possession of a bottle of Dr. Pierce's Golden Medical Discovery and took it. My stomach seemed completely cured. I have great faith in this medicine and hope any sufferer that reads this will give the 'Discovery' a trial. One trial will never be without it."—C. TITUS, Jr., 28 Duke St.

New Waltham, P. E. I.—"I suffered three years with bronchial asthma. I was so weak I could hardly walk three steps at a time. I could not sleep so would get up and stay up the rest of the night. My friends advised me to use Dr. Pierce's Golden Medical Discovery so I sent to my druggist for a bottle and when I had taken half of it I felt a great deal better. When I used that bottle I sent for two more, and when I finished the third bottle I was completely cured. It is over two years since I first took Dr. Pierce's Golden Medical Discovery and I have not had a cough since. I have no asthma since."—ALEX. McLEOD.

Hamilton, Ont.—"I have suffered with rheumatism for the last five years and I have only taken three bottles of Dr. Pierce's Anuria (anti-uric-acid) Tablets and three bottles of 'Golden Medical Discovery' and am nearly cured. I also had that dread disease, Spanish Influenza, leaving me in a terrible condition. Only those who have had it know what an awful condition it leaves one in. I am sure if it had not been for Dr. Pierce's medicines and advice I certainly would have died.

"I want to recommend Dr. Pierce's medicines to any sufferer who has kidney trouble or to anyone run down after having the 'Flu'. Also try Dr. Pierce's Pleasant Pellets for constipation."—MRS. ESTELLE GRANBY, 54 1/2 James St. North.

SUNDAY SCHOOL LESSON

Lesson IX. Feb. 23, 1920. Peter writes about Christian living. Temperance lesson.

1. Peter 2:1-5, 11, 12-19-25. COMMENTARY—1. Growth in Grace (vs. 1-5). 1. Therefore—this word connects what the apostle is about to say with the preceding chapter. The eternity and potency of the word (1 Peter 1:25) is the foundation for exhortations which follow. Laying aside—Put off once for all, as one lays aside a garment that is discarded. Malice—A disposition to injure another to gratify personal anger, hatred or jealousy. This and the other dispositions or acts mentioned in this verse are utterly out of harmony with the love to which we are exhorted in v. 22 of the preceding chapter. Guile—The disposition to practice deception. Hypocrites—Acts of deception. Envy—Envy is ill-will toward another because of his superior ability or possessions. Evil speakings—Malice delights in another's hurt; envy pinches at another's good; guile imparts duplicity to the heart; hypocrisy (flattery) imparts duplicity to the tongue; evil-speakings wound the character of another—Augustine. 2. As newborn babes—Christians have been born again, as told in v. 23 of the preceding chapter. Desire—Long for. Sincere milk of the word—The infant desire the nourishment that nature provides for it, so they who are born of the Spirit long for, and are nourished by, the word of God. That ye may grow thereby—It is God's plan that His children should grow in grace, and he has fully provided for that growth. It only remains for them to co-operate sincerely with Him in that plan. 3. If so be ye have tasted—As they were born of God, and had tasted His goodness, they would naturally desire the same pure, unadulterated milk of the word.—Clarke. 4. To whom coming—Coming to Christ; not once for all, but continually coming to him for the supply of spiritual needs, a living stone, disallowed indeed of men—Reference is here made to Isa. 28:16. Christ, the only sure foundation, was rejected by those whom he came to save (John 1:11). Chosen of God—God's only begotten Son. Precious—Christ was despised and rejected by the world, but in the sight of the Father most precious, and the time will come when before Him every knee shall bow. He now has a name which is above every other name. He is precious because of His deity, precious because of His consecration, precious because of His redemption. 5. We also, as lively stones—We also, as living stones. 6. Ye who are born again partake of the nature of their divine Master. They are spiritually alive and are built into Christ's spiritual temple of which He is the chief corner stone." II. Christian Temperance (vs. 11, 12). 1. Be soberly beloved—Peter is about to exhort the church earnestly to show themselves genuine followers of Christ and to address them with these exhorting terms. Besoeb—Entreat, urge. As strangers—As sojourners. 2. Christians are spoken of as being in a town or country not their own. They have no citizenship there, for they are citizens of the heavenly country. Pilgrims—Travelers. They are making their journey to Mount Zion. Abstain from fleshly lusts—These are enumerated in Gal. 5:19-21. The child of God is warned against the gratification of every appetite to an extent that would hinder his entrance into the divine life and against every course that would injure His soul. He should use moderation in things that are lawful and abstain from all that is harmful. This exhortation would prohibit the use of alcoholic liquors, tobacco and habit-forming drugs. War against the soul—The interests of the soul suffer when undue atten-

tion is paid to eating and drinking, and the gratification of other bodily appetites, and to the accumulation of wealth. 12. Conversation—Conduct, behavior. Honest—Proper, commendable. Among the Gentiles—The Christian is carefully watched, and his conduct will preach the Gospel if it is Christlike. As Evidences—The pagans among whom Christians lived looked upon them as disregarding their customs, and hence they gave them the reputation of being lawless. III.—Patient endurance (vs. 19-25). 19. Thankworthy—Commendable for conscience toward God—The Christian has high regard for the voice of his conscience. He recognizes it as divinely given to guide him aright, endure grief, suffering wrongfully—One who obeys his conscience is liable to be misunderstood and misrepresented. Unnumbered thousands of God's saints have suffered at the hands of the enemies of Christ for no other reason than because they would obey the voice of God speaking through their consciences. 20. Butted—The word means to strike with the hand or fist, to cuff or knock about. faults—Sins, or wrong-doings, take it patiently—There is no "glory," or virtue, in enduring with patience the punishment that is deserved. This is acceptable with God—When one carefully and conscientiously obeys God, and because of this obedience suffering is inflicted upon him, and he bears it patiently. God is pleased with the course he has taken and will grant him his blessing. 21. even heretofore were ye called—The Christian is called into fellowship with Christ, to be like him in character and behavior, and to share in his sufferings. He left us an example of patient endurance under suffering. 22. who did no sin—Christ was absolutely sinless. There was no guile in him, yet he suffered as an evil-doer. 23. when he was reviled—He was broken against during his ministry, during his trial and during his sufferings on the cross. reviled not again—He did not return evil for evil. 24. bare our sins in his own body—He had no sin for which he deserved to suffer, but he suffered the punishment our sins deserved, and on the cross poured out his precious life for us, being dead to sins—Having the life of sin destroyed, should live unto righteousness—He whose sins are pardoned through the atonement of Christ lives to please God. He lives in accordance with the principles of righteousness, by whose stripes ye were healed—See Isa. 53: 4, 5, 25, as sheep going away—Those to whom Peter was writing were once wandering in ignorance and sin and doomed to eternal loss. They then accepted no shepherding care. Shepherd and Bishop of your souls—Jesus is called "the good shepherd" because he has a tender care for his flock. The word bishop has in it the idea of oversight. Under Christ's protection, guidance and oversight his flock is secure.

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PRACTICAL SURVEY. Topic.—Ideals for Christian living. 1. Ideals for personal life. 11. Ideals for associated life.

In the lesson we pass from apostolic history to apostolic teaching. The genuineness of the Petrine Epistles has been acknowledged from the beginning. They were evidently written shortly after Peter's martyrdom (2 Peter 1:14), which was by crucifixion at Rome about 64 to 65 A. D. There is an interval of fourteen years between the council at Jerusalem in the year 49 till his appearance at Rome, during which we have no account of his activities. His epistles were addressed to the dispersed Jews and proselyted Gentiles. They are general in their scope and are designed (1) to explain more fully the doctrines of Christianity, (2) to direct and persuade to holy living and the faithful discharge of personal and relative duties, (3) to encourage to patience and perseverance in the faith in the midst of persecutions.

I. Ideals for personal life. Every true Christian desires to be the best Christian possible. Any lower aspiration is so utterly disloyal to Christian idealism as to forfeit all just claim to the profession. Every true Christian is striving toward his ideal. There is, first, unfeigned self-dedication of "all his faculties, and his powers, and his strength, and his possessions, and his body, and his soul, and his substance, unto the Lord, as unto the living and true God, who is the Father of our Lord Jesus Christ." (Eph. 5:1-2). Second—Entreat, urge. As strangers—As sojourners. 2. Christians are spoken of as being in a town or country not their own. They have no citizenship there, for they are citizens of the heavenly country. Pilgrims—Travelers. They are making their journey to Mount Zion. Abstain from fleshly lusts—These are enumerated in Gal. 5:19-21. The child of God is warned against the gratification of every appetite to an extent that would hinder his entrance into the divine life and against every course that would injure His soul. He should use moderation in things that are lawful and abstain from all that is harmful. This exhortation would prohibit the use of alcoholic liquors, tobacco and habit-forming drugs. War against the soul—The interests of the soul suffer when undue atten-

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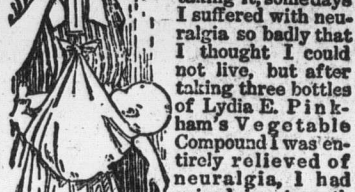
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MOTHERS TO BE

Should Read Mrs. Moneyham's Letter Published by Her Permission.

Mitchell, Ind.—"Lydia E. Pinkham's Vegetable Compound helped me so much during the time I was looking forward to the coming of my little one that I am recommending it to other expectant mothers. Before taking it, sometimes I suffered with neuralgia so badly that I thought I could not live, but after taking three bottles of Lydia E. Pinkham's Vegetable Compound I was entirely relieved of neuralgia, I had gained in strength and was able to go about and do all my housework. My baby when seven months old weighed 19 pounds and I feel better than I have for a long time. I never had any medicine do me so much good."—MRS. PEARL MONEYHAM, Mitchell, Ind.



Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkham Medicine Co., Lynn, Mass., telling of health restored during this trying period by the use of Lydia E. Pinkham's Vegetable Compound.

forbearance in our relations with our fellows (Phil. 2: 4). The supremacy of the kingdom is supremacy of suffering and service. Christianity teaches the purest and highest patriotism. It inculcates respect for properly constituted authority (vs. 12-15). We are commanded to pray for the rulers and those in authority. Christian liberty is not license, nor to be used "as an occasion to the flesh." The ideals of Christianity are the most elevated, its incentives the strongest and its results the most beneficial.

W. H. C.

BIG GAME

(By Katharine Tyra.) The man who had been Mendel's prisoner simply happened to get too near the borders of Abyssinia, hunting lions in Somaliland, and was imprisoned for a month to teach him better manners. It was a very easy captivity, and he had a delightful goaler in an Abyssinian of rank, who looked on his prisoner with an easy toleration.

"What do you want to shoot tigers and lions for? For the skin? I will send some of my hunters out, and they will bring you many skins." And again: "What do you want to shoot elephants for? For the tusks? Come with me, and I will show you many tusks." Saying which, he led him to a courtyard where there was a pile of elephant's tusks. "Any of these you can take away with you," he said.

A FOREST DINNER. Once, when he was in the depths of Basutoland with a friend, they were told there was another white man lion-shooting, somewhere in the forests. They tracked him down with some difficulty, and found that he was a certain Russian, Prince Boris, shooting big game on his own, solitary except for his hunters. But they found him living in considerable luxury, carrying about with him things that go to make up a civilized meal—table silver and linen, and some champagne. He gave them quite a splendid dinner, and they asked him to dine in return.

He came, somehow or other the hunters had got flowers—from the desert, they had a shirt which they spread for the tablecloth; but there was a small stock of champagne kept in cases of illness, which they produced, careless of the consequences; best of all, they had a couple of bottles of soda-water, and they had whiskey. They gave instructions to the native servants that they should offer whiskey and soda all round, taking care that only the guest had the soda while they had water.

At the end of the meal—antelope, shot for the occasion—the guest said: "You are luxurious fellows. I think of your splashing soda around like that! Why, I haven't seen soda since I came out."

TIGERS. "You want to hear about rounding up the tigers in the caves? Well, it was like this. The tigers used to lurk in certain caves in the hillsides—(It was a Ceylon)—so I used to go up with half a dozen 'boys' armed with tridents, (in the prongs of which were rotten wood, which were used for torches. The caves were formed by great boulders which had fallen down from the hillsides, and they went sloping backwards.

"When we went up there at night the boys lit their torches and stood in a semi-circle round the lairs, or rather holes. It was their business to see that the tigers didn't slip out and get behind us. I, with my rifle loaded in two barrels, stood in the middle, the barrel of the rifle hanning on the shoulder of one of the boys. When the torch gleamed on the eyes of the tiger I fired.

"The worst of it was that the concussion extinguished all the torches. Of course they lit them again as quickly as possible, but meanwhile we were in the darkness, and no knowing if

the tiger was wounded or not hit or if perhaps there were two or three tigers coming for us; perhaps behind, having escaped in the confusion; in which case there would only be time to lower the rifle and fire sideways at the ground.

ROGUE ELEPHANT. "Elephant-shooting? Oh, yes, I've been on elephant shoots. You can get them in the head, avoiding the brain if you don't want to kill them. If you wound them in the body they run away probably to die miserably. Yes, the rogue elephant is a dangerous brute. Sometimes they become rogue (savage) and separated from the tribe. I know one case. "An elephant strolling out by himself, with no special harm in him came upon a native who happened to be carrying a basket of sweets. The native ran away, and the elephant ate all the sweets. Then he went round prospecting for more, and when the next man put up some figs the elephant killed him. After that he started on his career of murder, and we had to make an expedition and shoot him. "I remember one time in Ceylon the elephants took to knocking down houses as fast as they were built. No matter how strongly they were put up along came the elephants and razed them to the ground. There was a slump in building in Ceylon that year."

They Had Flu In 412 B. C.

(New York Sun)

Medical historians, seeking traces of influenza epidemics back through the centuries, have gone back to 412 B.C. when a great epidemic described by Hippocrates and Livius.

After that time, however, there is a long blank in the history of the disease, if it is the same malady which caused the old epidemics, and the next authentic record is dated 1173 A.D. in that the illness spread over England, Germany and Italy. For fifty years the disease existed only in sporadic form or in mild epidemics, for it is not until 1557 that another severe epidemic occurred. Since that time there have been frequent visitations in every century and recorded in the histories of many nations.

In the chronicles of 1510 we find the first mention of a pandemic, which spread all over Europe. It had its apparent origin in Africa, and the illness of that year took only a mild form. In 1557 occurred the epidemic in the history of the spread of the disease to America. In 1580 there was another pandemic of influenza, which spread over several epidemics in the sixteenth, seventeenth and eighteenth centuries. One of them ceased in 1737 and it was currently reported that no more members was crew.

In the seventeenth century the disease acquired the name by which it is best known, "influenza." The French name, "la grippe," came into use in 1743, and the names "petite peste" and "petit feu" were also used. In 1780, the widespread character of the epidemic gave it the name "general." Ancient and medieval medical works contain accurate descriptions of the disease with its symptoms, course and spread.

A curious fact that is recorded in the histories of influenza is that it occurred at sea, on ships and in fleets that had no recent communication with land. In 1722 the English squadron commanded by Admiral Boscawen was sent to the coast of England because the influenza disabled so many members of the crew. Medical history says that the disease never disappears. It exists always, somewhere on earth, but some of the epidemics are far more severe than others. Probably the one that is best remembered by the present generation, before the now obscure days of the United States and is probably a continuation of 1913, was that of 1889-90, which spread itself all over the globe.

The disease was also in 1893-94 and in 1905, and some authorities say that these later visitations were only recurrences of the epidemic of 1889-90, not new epidemics. Between 1890 and 1891 there was a break which was caused, it is believed, by the summer weather. The great pandemic of 1889 and the subsequent years was often called "the Russian epidemic," because it began its course in Borkhara, in Asiatic Russia. From Borkhara it spread to Siberia, and then went eastward. It appeared in many cities simultaneously.

JAPANESE JUSTICE

A Japanese criminal court is almost as difficult to get into as a spectator, as it is difficult to get out of as a prisoner, but there are enough unusual points to make at least one visit instructive, if not profitable. Criminal trials in Japan are public, but not blatantly so, and idleness is not encouraged. To be permitted to enter the grounds surrounding the court buildings one must secure the formal permission of the stern police official at the gate, and that permission is only secured through the presentation of some good reason why the solicitor should be permitted to pass.

Once past the guardian of the gate, however, one may proceed into the courtroom itself without trouble, provided always that he removes his hat immediately he enters the building removes his overcoat if he happens to be wearing one, walks quietly and holds his remarks and questions down to a faint whisper. In the main courtroom in Tokio, which houses the Supreme Court, and the various local courts, the corridors are lined during the sessions by beswordedgendarmes, between the rows of which the one with business before the Judge warily walks. No chance is lost to impress upon everyone the fact that the dignity of the law in Japan is something which must not be trifled with.

Ordinary police court cases in Japan are disposed of in the police stations themselves and the police inspectors in charge have the power to exercise a wide discretion. Ordinary drunks, of whom there are very few considering that almost every corner grocery store and every tea house and restaurant sells intoxicants, and there are ankle straps every hundred yards on almost every

street, are simply kept long enough to sober up and are discharged with a stern warning. Domestic squabbles are settled by the policemen on the spot. Street brawls are rare, and offenders are usually made to perform profound apologies to each other and the police and are let go, and other minor offenders are punished by the score the inspectors are always able to throw into them, while the more serious violators of law are passed on to the headquarters of the metropolitan police and hence into the local courts.

One he has been sent to headquarters a prisoner's troubles commence. As a preliminary to all else he is photographed and fingerprinted, a decided reversal of the principle which bars a man from the Rogues' Gallery until he has been convicted of a felony. A suggestion that a prisoner be "mugged" in America before conviction would set every syllable of the constitution quivering, but in Japan "it is an order" and as such goes. To question a police order is neither according to etiquette nor the dictates of prudence, and the records contain no instances of any one ever doing so. From the photograph room and the ink pad the prisoner passes on for his "examination," a

prisoned third degree, held in an underground room where, without benefit of counsel, he is sweated perhaps for several days in succession, although the law prohibits the holding of a man without a definite charge for more than twenty-four hours.

A similar law is evaded in the United States by re-arresting the prisoner at the end of each day, but the process is simple in Japan. Here they keep the fact of a suspect's arrest a secret, and there is no hooking to help enquiring friends, if any are foolish enough to run their own necks in a noose by making enquiries. The examinations are legal, however, and are always held in camera, following which the prisoner is either released or committed for trial. There is nothing else corresponding in any way to the Canadian grand jury system.

Then after waiting his turn the prisoner goes to the local court, where he faces a bench of usually four judges and who does all the questioning of the witnesses. On the bench also sits the prosecuting lawyer, with the lawyer for the defence occupying a desk and seat immediately facing the head judge, but on a level about four feet below that of the bench. Judges and lawyers are all gowned, with stiff black crepe costumes, and the collars and chests liberally decorated with embroidery, the judges and prosecuting officer in red and the members of the bar in white. All wear caps of black crepe, somewhat resembling a Scotch bonnet without the tall ribbons.

Everything is solemn, everything is decorous and, without a jury to impress, there are none of those flights of oratory with which the lawyers call upon heaven to witness either the scandalous nature of the prisoner's crime nor the halo of innocence so plain to the attorney for the defence.

The handling of the prisoners is pure Japanese, however. Delivered at the court house for trial, the prisoners are marched from the police wagon in single file, handcuffed and tied together by a stout rope that circles each man's waist and is twisted through his obi. Their jail kimonos are of a dull drab and on their sockless feet are grass sandals, in which they flop through the corridors.

The most unusual feature of all to a stranger is the fact that each prisoner has his head covered by a wicker mask, more like an inverted wastepaper basket than anything else, the object of which is to prevent recognition of the prisoner, to permit him to hide his shame under the disguise, and, very possibly, to prevent the who file from making a blot for liberty. The sight of a prisoner so arrayed is ghastly, the mask bringing up the suggestion of the hangman's cap. Once in the prisoner's box, however, the masks are removed, while the prisoners sit with deeply bowed heads in an attitude of the utmost humility.

The people who count their chickens before they are hatched are mighty lucky even to have eggs.

MARKET REPORTS

TORONTO MARKET

FARMERS' MARKET. Dairy Produce—Butter, choice dairy 9 00 9 00 Do., creamery 8 50 8 50

Meats—Beef, forequarters, cwt. 15 00 17 00 Do., do., medium 13 00 15 00 Do., hindquarters, cwt. 23 00 25 00

Wool—Wool, common, cwt. 11 00 14 00 Do., medium 21 00 24 00 Do., prime 26 00 29 00

MEATS—WHOLESALE. Beef, forequarters, cwt. 15 00 17 00 Do., do., medium 13 00 15 00 Do., hindquarters, cwt. 23 00 25 00

Wool—Wool, common, cwt. 11 00 14 00 Do., medium 21 00 24 00 Do., prime 26 00 29 00

MINNEAPOLIS MARKET. Minneapolis—Wheat, spot, No. 1 North- \$2.70 to \$2.85 Flour unchanged; shipments, 35,118 barrels. Barley, \$1.30. Rye, No. 2, \$1.57; No. 1, \$1.65. Bran, \$43.00. Flax, \$4.90 to \$4.95.

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE. Quotations on the Winnipeg Grain Exchange were as follows:—Oats—Open, High, Low, Close. May 0.94% 0.94% 0.93% 0.91% July 0.89% 0.89% 0.88% 0.87%

A GRAVE STATEMENT. (Halifax Recorder.) In a little town in Scotland the grave-digger has been induced to give up his habit of hard drinking. At a public meeting he related his experience. "I can honestly tell you," he said, "that for a whole month I haven't touched a drop of anything. I saved enough to buy me a brae oak coffin, w' brass handles and brass nails—an' if I'm a teetotaler for another month I shall be wantin' it."

Nell—Maude has a job as a cloak model. She gets a mighty big salary. Belle—Well, why shouldn't she? A model is always engaged at her own figure.

DR. WARD The Specialist 79 NIAGARA SQUARE, BUFFALO, NEW YORK. Men, Are You In Doubt As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine. Are you going down hill steadily? ARE YOU NERVOUS and deponent, weak and debilitated; tired mornings; no ambition—lifeless; memory gone; easily fatigued; excitable and irritable; lack of energy and confidence? Is there falling power, a drain on the system? Consult the old reliable specialist. SYMPTOMS OF VARIOUS AILMENTS Weak and relaxed state of the body, nervousness, despondency, poor memory, lack of will power, timid, furtive disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unrefreshing sleep, dark rings under eyes, weakness or pain in