

BABY HAD BAD CASE OF ECZEMA

On Arms, Face and Limbs. Itched. Cuticura Heals.

"My baby had a very bad case of eczema. It started in small pimples and spread on her arms and face and limbs, as far as her hips. The skin was sore and red and the itching and scratching all the time. She was cross and fussy and could not sleep day or night."

"Then I used Cuticura, and when I had used four cakes of Soap and four boxes of Ointment she was healed." (Signed) Mrs. George Hiesler, R. F. D. 2, Box 44, Coopers Mills, Mo., May 6, 1919.

Give Cuticura Soap, Ointment and Talcum the care of your skin. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Depot: Leung, Limited, St. Paul St., Montreal. Cuticura Soap shaves without mug.



Lesson XII, June 20, 1920.
The Lord Our Shepherd. Psalm 23:1-6.

Commentary.—I. Our Provider (vs. 1, 2). 1. The Lord is my shepherd.—This general statement expresses the condition of a submissive, trusting child of God in his relation to the great Shepherd. It expresses the author's confidence in Jehovah. The psalm throughout is taken up with the figure of the shepherd and his sheep. The relation is a more tender one. There are mutual confidence and love. The shepherd has full control of the sheep and his great care is for their welfare. What a shepherd was to his sheep in Palestine in David's time, and conditions are still practically the same as they were then, the Lord is to his people now. We note the use of the possessive pronoun, "my," in this clause. David claimed Jehovah as his personal Shepherd. It was not enough to be assured that he was the Shepherd of Israel. That was a great blessing to Israel as a nation, but David was an individual, and as such he craved and obtained the assurance that Jehovah was his Shepherd, and had a care for him personally. I shall not want—in consequence of the relation expressed in the preceding clause, David declared definitely that his needs would all be met. He would not want for provision, for the resources of Jehovah are boundless. He would not lack guidance, for his Shepherd was infinite in wisdom. He would not lack protection, for Jehovah is the Almighty. He would not want for comfort, for God is the Comforter of his people. David expressed full confidence in God. He did not know all that was in the future, yet he was bold to declare that in times of peace or in times of trouble, in health or in sickness, in the strength of manhood or in the feebleness of old age, he should not want.

2. maketh me to lie down in green pastures—This and the following verses of the psalm follow up the general statement made in the first verse and give the particulars in which Jehovah acts as the Shepherd of his people. It was no small task for the shepherd to find always suitable pastures for his sheep. The figure here denotes an abundance of rich herbage. This is an expressive figure, as we consider conditions in Palestine. During the months when rain falls, there is a plentiful growth of grass and there is no difficulty in finding pastures; but during the long period of rainless days and nights, the vegetation is dried up and the ground is parched. Then the shepherd must exercise great care to find pasture for his sheep. In the figure there is plenty of food, and in the figure there is plenty of water. The shepherd must be beside the still waters—Pasture and water meet the needs of sheep as far as sustenance is concerned. In Palestine during the dry season there are comparatively few living streams. There are many wadies, or watercourses, which are torrents in the wet season, but are dry in summer. The shepherd must take care that during the latter part of the day he may lead his flock to a supply of water. There are streams that are swift. Sheep are timid creatures and helpless as well, and must be led to quiet waters to quench their thirst. Hence the shepherd knows where there are wells or fountains at which his sheep may slake their thirst, and this whether it is in the dry season or in the wet. In the great Shepherd is abundantly able to provide for his sheep at all times.

II. Our Guide (vs. 3). 3. He restoreth my soul.—The Syrian shepherd knows his sheep by name, even though there may be hundreds in his flock. He watches carefully lest one should stray away and go into danger. If one should become injured in any way the shepherd nurses it carefully and seeks to restore it to strength and health. In a spiritual sense the Lord refreshes the weary. He gives "power to the faint." If one should fall out by the way, the great Shepherd seeks after the lost one in an effort to restore him. He leadeth me—Shepherd life in Syria is very different from that with which we are familiar. Here, sheep are placed in en-

closed pastures and provided with food and water. No wild beasts or robbers threaten them and they are not in need of constant guidance to lead them into places of pasture, water and safety; there, no flock is seen grazing without a shepherd. The shepherd goes ahead of his flock and the sheep follow. In the paths of righteousness for his name's sake—Whatever God may give us to do, we would do it, led by his love. Some Christians overlook the blessing of sanctification, and yet to a thoroughly sweetened heart this is one of the sweetest gifts of the covenant. If we could be saved from wrath, and yet remain unregenerate, impenitent sinners, we should not be saved as we desire, for we mainly and chiefly pray to be saved from sin and led in the way of holiness. All this is done out of pure, free grace: "for his name's sake." It is to the honor of our great Shepherd that we should be a holy people, walking in the narrow way of righteousness.—Spurgeon.

III.—Our Protector (vs. 4, 5). 4. Through the valley of the shadow of death—One needs to see Palestine in the summer season to appreciate the force of this expression. There are deep ravines, with dangerous precipices and infested with wolves and other wild beasts, and where robbers lurk, into which the sunlight comes but little. Outside of these ravines the sun shines and its glaring light falls upon the bare soil and rocks, and the contrast is so great that the deep ravines are fittingly called the valley of the shadow of death. This represents the times of distress in the Christian's life when the trial of faith is great and such time comes to all. I will fear no evil.—There is danger but the shepherd guards his flock as a whole and each sheep in particular and the sheep hear his voice and trustingly follow him. There is danger of the Christian's falling at such times as are here represented, but with confidence in God and a heart made clean through the blood of Christ he can say, "I will fear no evil." For thou art with me.—This is the explanation of the assurance of safety. The presence of the great Shepherd makes hard places easy and dangerous places safe. God ever says to his true followers, "I am with thee." The rod is a shepherd's weapon to ward off robbers and wild beasts. It is a heavy club two or three feet long. It promises safety and hence is a comfort. The staff is the shepherd's crook. It is six or seven feet long and has a hook at the upper end. With this the shepherd draws back the sheep from danger or places or guides it in the right direction. With it he may pull the sheep out of a pit or cleft of the rock.

5. thou preparest a table before me in the presence of mine enemies—Some think the figure changes here and the children of God are enjoying a banquet of spiritual good, but it seems rather that it is the continuation of the former figure, and that the shepherd leads his sheep into a good pasture and they feed in safety, although there are robbers and wild beasts around them. God supplies his children with grace and joy in the face of the assaults of Satan. thou anointest my head with oil; my cup runneth over—Here begins the beautiful picture at the end of the day. The psalm has sung of the whole round of the day's wanderings, all the need of the sheep, all the care of the shepherd. Now the scene closes with the last scene of the day. At the door of the sheepfold the shepherd stands, the shepherd stands, turning his body to let his sheep pass; he is the door as Christ said of Himself. With his rod he holds back the sheep while he inspects them one by one as they pass from the fold. He has the horn filled with olive oil and he has cedar-bark, and he anoints a knee bruised on the rocks or a side scratched by thorns. And here come one that is not bruised, but is simply worn and exhausted; he bathes his face and head with the refreshing olive oil, and he takes the large two-handed cup and dips it brimming full from the vessel of water provided for that purpose, and he lets the weary sheep drink. There is nothing finer in the psalm than this. God's care is not for the wounded only, but for the worn and weary also.—Knight.

IV. Our Comforter (vs. 6). 6. goodness and mercy shall follow me—As God has blessed David in the past, He would continue until the end of life. The past was a pledge for the future. The blessings represented in the psalm are spiritual. The author had confidence that he would have an eternal home with God.

QUESTIONS.—When and by whom was this psalm written? What portion is maintained in this psalm? In what sense is Christ a Shepherd? How does an Eastern shepherd care for his sheep? What is meant by still waters? In what sense does the Christian's "cup run over"? What is meant by dwelling in the house of the Lord?

PRACTICAL SURVEY.
Topic.—Our divine shepherd.

I. Guidance and guardianship. Mr. Spurgeon calls this the "pearl of pearls," and it well deserves the title. It follows the "psalm of the cross," which bewails the woes of the shepherd, while this joyfully describes the blessedness of the flock. We can not know the sweetness of the Shepherd's care until we have seen the sword awakened against him and know the virtue of "the blood of the cross." In its scope the psalm embraces all earthly conditions and reaches out into the eternities with inspiring assurance. Perhaps no single portion of God's word is more universally and deservedly familiar or

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unfalling in consolation for his people. It has been said that 250,000 books have been written on this psalm and its truth and beauty are still unexhausted. There seems no question as to the authorship. Composed in his mature years, some commentators conclude as a companion to psalm forty-two, when he was a fugitive from Absalom, it was born of David's shepherd life on the hillsides of Bethlehem, while happily unfamiliar with camps and courts. The beautifully appropriate imagery is common to both the Old and New Testament Scriptures.

I. Guidance and guardianship.—David well understood both the needs of the flock and the manifold cares of the shepherd. All the former are included in the latter. Whatever the believer's place or position, "he is under the pastoral care of Jehovah." "He leadeth me." No assurance is more needed or more comforting than that of divine guidance for God's people. They walk with confidence, for his are always "paths of righteousness." The good Shepherd always leads, never drives, the flock. "He goeth before them," both to direct and to protect. David was as insured to the dangers, as accustomed to the delights of the shepherd's avocation. The security of the flock depended solely upon his vigilance and devotion. To defend them at the risk of his own life was recognized duty. His boyhood victory inspired confidence in the conflict with the Philistine giant. Jesus said, "The good shepherd gives his life for the sheep." Isaiah beautifully expresses divine care for the feeble of the flock (Isa. 40:11) and the apostle enjoins "bearing up with those 'weak in the faith'" (Rom. 14:1-4).

II. Restoration and provision. To restore is to bring back the individual possession. God has not relinquished the original ideal (Eph. 1:4). Spiritual recovery is the foundation and pledge of the final, complete restoration of the entire being. Grace restores the soul to original moral conditions, relations, enjoyments and destiny. The hand that first rescued would recover from any subsequent wandering, to which there is always a liability. In the parables of the lost silver and sheep and the prodigal son, Jesus beautifully expresses divine solicitude (Luke 15:4-17). The green pastures, prepared table and over-running cup represent the abundant, available and satisfying benedictions of grace. The gracious visitations of the Spirit like "still waters" refresh, revive and purify the soul. The "anointing" with the "oil of gladness" and the joy of the Holy Ghost belong to the heritage of God's people.

Keep the Bowels Regular and You'll be Healthy

For a Quarter You Can Assist Them Wonderfully With Dr. Hamilton's Pills.

You'll never have health if the bowels are inactive. By keeping them right you ensure a clean, wholesome body. Why wait for constipation to close up and weaken the whole system?—Dr. Hamilton's Pills—They are the finest, mildest laxative known; put strength into the muscles of the stomach and never injure the delicate lining of the bowels. They get you in the habit of performing a certain function at a certain time, and thereby restore normal conditions. Dr. Hamilton's Pills are best because they help Nature help herself, and thereby keep the stomach strong, digestion good, blood pure, complexion clean, spirits bright and happy. Price 25c.

CRIME.
"For what are you incarcerated here, my poor man?" asked Miss Strongmind.
"I married a new woman," answered the prisoner.
"Impossible! Who couldn't be put in jail for that!"
"But I was! I married a new woman, and the old woman I already had kicked about it, and had me put here for bigamy."

A Cure for Fever and Ague.—Disturbance of the stomach and liver always precede attacks of fever and ague, showing derangement of the digestive organs and deterioration in the quality of the blood. In these ailments Parmentier's Vegetable Pills have been found most effective, subduing the fever and subverting the ague in a few days. There are many who are subject to these distressing disturbances and to these there is no better preparation procurable as a means of relief.

ANIMAL AND TEMPERATURE

Why Creatures of Tropical Climates Always Have Dark Skins.

Animals are not so easily acclimated as most people think. For instance a monkey used to living in the trees in the shade, if exposed to the hot tropical sun, will die within three hours. A rabbit will be acted on in the same way. It has been shown that these particular animals have not developed a sufficient supply of perspiration glands. An animal with a plentiful supply of these glands can stand almost anything in the way of heat, for the evaporation of perspiration has an enormous cooling effect. Therefore animals used to living in trees or in the shade, not having the glands, cannot stand tropical heat.

Another peculiarity is that animals acclimated to tropical heat always have dark or reflecting skins. All animals domesticated in the tropics that did not have them before have acquired dark skins. Black skins absorb more heat than white skins, and it would therefore seem to be the wrong color for the tropics. But the absorption of heat by the black skin produces excessive perspiration and consequent cooling by evaporation, so it is really a blessing. A reflecting skin would not absorb much of the heat rays. Such a skin is like a mirror, and is possessed by sleek animals.

Black skins, while they absorb heat more quickly than white, also lose it more quickly when the animal gets in the shade. As a matter of fact, nearly all dark skinned animals of the tropics hide during the day time and come forth only at night, simply because they are not supplied with glands and not because of their black skin.

Animals in general cannot easily adapt themselves to a new climate, but it has been proved that man can adapt himself to any climate, whether his immediate ancestors were ever subjected to it or not. The reason is in the wonderful heat regulation of the human body. When a man is hot in the summer time and needs cooling he perspires freely and the sweat evaporates and cools him. When he gets cold the pores close up and do not let the sweat come out and cool him. This regulation is minute and involuntary and is on the job every minute of the day. A man can go naked in snow and not suffer much discomfort. The pores close up into tight knots (gooseflesh), and thus have the body covered with a skin almost airtight.

Fish Eat Other Fish.

When a codfish eats it takes an oyster in its mouth, cracks the shell, digests the meat and ejects the shell. Crabs crack the shells of their smaller neighbors and suck out the meat. This accounts for the mounds of shells which are found beneath the waves. And, as further illustrating the constant destruction going on in the ocean's depths, it is said that if a ship sinks at sea it will be eaten by the fish with the exception of its metal portions.

The use of Miller's Worm Powders insures healthy children so far as the ailments attributable to worms are concerned. A high mortality among children is traceable to worms. These sap the strength of infants so that they are unable to maintain the battle for life and succumb to weakness. This preparation gives promise of health and keeps it.

Indian Proverbs.

The coward shoots with shut eyes. Small things talk loud to the Indian's eye.

The paleface's arm is longer than his word.

When a fox walks lame, the old rabbit jumps.

A squaw's tongue runs faster than the wind's legs.

There is nothing so eloquent as a rattlesnake's tail.

The Indian scalps his enemy. The paleface skins his friends.

Two men will live together in quiet and friendship, but two squaws never.

When a man prays one day and steals six, the Great Spirit thunders and the evil one laughs.

Corns are caused by the pressure of tight boots, but no one need be troubled with them long when so simple a remedy as Holloway's Corn Cure is available.

Sleep Talkers.

"It is much more usual for people to swear than to sing hymns in their sleep," says Dr. E. Coplans in a letter to the British Medical Journal.

Dr. Coplans has been a patient in a military hospital. The percentage of talkers is astonishing: 60 per cent. of the men in my ward indulged in it. The maximum period is from 1 to 2 a.m. Often a sentence is begun clearly, but trails off in a blur. One patient, a by no means pious Scotchman started me by singing in a stentorian voice, 'Able With Me.' The melody and words were perfect. One speaker will start another going in an adjacent bed. Your sleep talker will answer a question, and there is no doubt that people give away secrets."

One of the commonest complaints of infants is worms, and the most effective application for them is Mother Graves' Worm Exterminator.

BUSINESS GIRLS AND TEACHERS

BUFFER FROM OVERTAXED NERVES AND OFTEN A COMPLETE BREAKDOWN.

Thousands of earnest intelligent young women who earn their livelihood away from home, in the large room, in public offices and in large business establishments, are silent, suffering victims of over-taxed nerves and deficiency of strength. Weak, forgetful and nervous, they work against time, with never a rest when headaches and backaches make every hour seem like a day. Little wonder their cheeks lose the glow of health and grow pale and thin; their eyes are dull and sunken and beauty slowly but surely fades. Business women and girls because of their work and worry, look older than their years. What they need is the frequent help of a true, strengthening remedy to carry them through the day. Dr. Williams' Pink Pills are like actual food to the starved nerves and tired brain of the business girl. By making rich, red blood they supply just the kind of help girls need to preserve their health and energy, and their good looks. Dr. Williams' Pink Pills bring bright eyes, rosy cheeks, high spirits and thus make the day's duties lighter.

Miss Mary H. Hunt says: "Many people think of the life of a school teacher as one of comparative ease, with short hours and holiday plentiful. But the reverse is the case. When one has to stand day after day, year in and year out, with the worries great and small, from handling children, it begins to tell upon even the strongest, and especially upon the nerves. I had been teaching about five years and was then located at Springfield, Ont., when I found I was far from having the vitality I started out with. Before my term was out I had a complete nervous breakdown. I tried doctor's medicine and it helped, but only for a while. I then tried osteopathic treatment but with no better results. I suffered from loss of appetite, slept poorly, was nervous, and troubled with severe headaches. Holidays came and I tried a change of schools, but got into a harder place where I had over fifty pupils under my care. There were days when it seemed impossible for me to carry on my work. At this stage my sister, who had also been a teacher, strongly advised me to try Dr. Williams' Pink Pills. I took the advice and by the time I had finished my second box, I felt that the pills were helping me. I was on my ninth box when I decided there was no necessity for continuing the treatment, so I had never felt better, and had gained twelve pounds in weight. Dr. Williams' Pink Pills, with plenty of fresh air, worked wonders in my case and I should advise the use of them to any other teacher."

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail, post paid, at 50 cents a box, or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

A Giant Sun.

Canopus, the giant of the solar system, is, according to a recent calculation, 49,000 times as bright as the sun. Its diameter is 134 times that of the sun; it is 18,000 times larger in volume. The distance of it from us, according to this calculation, is 489 light years.

"Suppose," says another authority, "that instead of being at this enormous distance it were placed in the centre of the solar system, in lieu of the sun? It would then occupy 85 per cent of the space lying within the orbit of Venus, and as seen from the earth, would subtend an angle of about 70 degrees of arc. Thus, when its lower limb was on our horizon, its upper would be within 20 degrees of zenith. Needless to say, no life could exist on earth with such a neighbor."

After 10 Years of Asthma Dr. J. D. Kellogg's Asthma Remedy proved the only relief for one grateful user, and this is but one cure among many. Little wonder that it has now become the one recognized remedy on the market. It has earned its fame by its never failing effectiveness. It is earning it to-day, as it has done for years. It is the greatest asthma specific within the reach of suffering humanity.

NOT SERIOUS.

"Excuse me," said the detective as he presented himself at the door of the music academy. "But I hope you'll give me what information you have, and not make any fuss."
"What do you mean?" was the indignant inquiry.
"Why, that little affair, you know."
"I don't understand."
"Why, you see, we got a tip from the house next door that somebody was murdering Wagner, and the chief sent me down here to work on the case."

An Oil of Merit.—Dr. Thomas' Electric Oil is not a jumble of medicinal substances thrown together and pushed by advertising, but the result of the careful investigation of the curative qualities of certain oils as applied to the human body. It is a rare combination and it won and kept public favor from the first. A trial of it will carry conviction to any who doubt its power to repair and heal.