THE NERVOUS SCHOOL CHILD

Needs Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their blood to become weak and thin, their nerves over wrought and their color and spirits lost. It is a great mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, out-door exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay strict attention to the school child's blood supply. Keep this rich and red by giving Dr. Williams Pink Pills according to directions and the boy or girl will be sturdy and fit for school. The value of Dr. Williams Pink Pills in cases of this kind is shown by the statement of Mrs. Pearl G. Harrington, Kingsville, Ont., who says:—"I have often felt that I should write you and let you know that Dr. Williams Pink Pills did for me. At the age of thirteen I was afflicted with St. Vitus dance. The trouble became so severe that I had to be taken from school. I was given medical treatment but it did not help me, in fact I was growing steadily worse. Then a friend advised my mother to give me Dr. Williams Pink Pills, which she did, with the happiest results, as the pills completely cured me and I was again able to take up my studies and attend school. Again about three years ago I was attacked with nervous prostration and once more took Dr. Williams Pink Pills, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St. Vitus dance, or restore anyone who is weak, nervous or run down.

You can safely give Dr. Williams Pink Pills to the most delicate child, or take them yourself with equally good results when you need a blood tonic. These pills are sold by all dealers in medicine, or will be sent by mail, post paid, at 50 cents a box or six boxes for $2.50 by the Dr. Williams Medicine Co., Brockville, Ont.

SUNDAY SCHOOL LESSON

Lesson VI, Nov. 9, 19. Peter's Great Confession. Matthew 16: 13-24.

Commentary.—I. Peter's Confession (vs. 13-17). 13. Jesus came into the coasts—Jesus with his disciples had been in Bethsaida where he healed a man of his blindness, and now they came into "the coasts," or parts, of Caesarea Philippi. Mark speaks of their coming "into the towns" of Caesarea Philippi. Caesarea Philippi—It was called by this name, or Caesar's Philippi, to distinguish it from the Caesarea on the coast of the Mediterranean Sea. It was built by Herod Philip, who named it in honor of Tiberius Caesar, the Roman emperor. This was largely beyond the region of Jewish influence, and the farthest north Jesus journeyed. whom do men say—Jesus did not at first ask his disciples what opinion they held respecting him, but drew out from them the views held by others. He was preparing the way for them to tell what they themselves believed. the Son of man—This was the usual term Jesus applied to himself, and it presents the human side of his nature. 14. some say——others—The opinions held by the people varied, but it was believed that Jesus was a remarkable personage, yet few acknowledged his real nature and office. Some said that John the Baptist had returned to life. Some thought that he was Elijah; others believed him to be Jeremiah, in accordance with the tradition that Jeremiah was to come and reveal the place where the sacred vessels were concealed; and others said he was one of the prophets, that is, one of the old prophets risen again (Luke 919). It appears that the thought that Jesus was the Messiah did not prevail among the people. 15. whom say ye that I am—This was the most natural question to ask at this point. Jesus would now have the disciples declare how they had been impressed by his teaching, his miracles and his personal influence. 16. Simon Peter answered—Peter was the spokesman of the disciples, not only on this occasion, but generally. His impulsive nature and his quickness of apprehension favored this practise. It is thought that he was the oldest of the twelve, Although Peter answered the question, his reply expressed the sentiment of them all. thou art the Christ—Christ is the Greek word for "anointed," and Messiah, the Hebrew for the same idea. There was no hesitancy and no uncertainty. The declaration was positive and emphatic. the Son of the living God—This denotes the nature of Jesus in his relation to the Godhead. There is fully implied in this statement the fact of his divinity, as the former statement declares his office, as the Messiah. "God is here styled the living God, because he is the Author of all life and existence; hence, self-existent, eternal." Peter's confession contains the very essence of Christian doctrine. 17. blessed art thou—A genuine confession. Simon Barjona—Simon son of John, not, of course John the disciple. Bar is Aramic for son. Simon Peter's father was Jonah, or John. flesh and blood hath not revealed it—The knowledge that Jesus was the Son of God did not come to Peter and the other disciples from man or any other earthly source, but from God.

II. The church's foundation (vs. 18-20). 18. I say—Peter had spoken, now Christ had something further so say about the kingdom under the figure o. the church. Thou art Peter, and upon this rock I will build my church—"Thou art Peter" (Greek, petros, a stone). "Upon this rock" (Greek, petra, the bed-rock). There has been much discussion as to what the rock is upon which Christ builds his church. The leading opinions are: 1. Peter alone. 2. Peter on an equality with the other apostles, whose spokesman he was. 3. The confession of Peter, "Thou art the Christ, the Son of the living God." 4. Christ himself. All these views are strenuously maintained by their respective advocates. A statement in Ephesians (2: 20). "And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone," indicates that the main foundation is Christ, and the apostles and prophets are joined with him in the church's foundation. The confession that Jesus Christ is the Son of God is essential to the foundation of the Christian church. The apostles' confession of the divinity of Christ is the foundation of the church. The church includes all who accept Jesus as their personal Saviour and maintain faith in him. The gates of hell—The powers of the infernal world. Shall not prevail—The church of Christ is indestructible. Satan has put forth all his efforts for ages to overthrow Christianity, but all in vain. 19. The keys of the kingdom of heaven—A key is a smybol of authority, and the apostles were to have authority with respect to the church after Jesus earthly mission was closed. Whatsoever thou shalt bind, etc.—This explains the use of the keys. The apostles were given authority to organize and direct the church of Christ on earth. The terms "binding" and "loosing" were much used among the Jews to denote forbidding and allowing. Wisdom and authority were to be given the apostles to govern the church, and what they did in that capacity would have the saction of heaven. They were to be so directed in their preaching that they would speak with authority. They would utter the truths of the gospel, and what they said would be worthy of full acceptance by their hearers. 20. Tell no man that he was Jesus the Christ—The declaration then of the Messiahship would have a tendency to arouse his friends in Galilee to attempt to proclaim him King.

III. Christ foretells His death and resurrection (vs. 21-23). 21. From that time forth—Having established the disciples in the faith that he was the Messiah, he could make known to them the course that lay before him. Unto Jerusalem—The capital city and centre of Jewish influence. Suffer many things, etc.—The opposition would constantly increase and culminate in his death at the hands of the highest officials of the Jews. The elders constituted the Sanhedrin. Raised—third day—a promise and prophecy of his resurrection. 22. Peter took him—Aside. Began to rebuke him—Peter's impulsiveness again asserted itself. He could not reconcile the course Jesus had declared was lying before him with the great fact of his Messiahship. 23. Get thee behind me, Satan—Jesus did not call Peter Satan, but indicated that Peter's rebuke emanated from Satan. Satan put the words in Peter's mouth, and Jesus used the same language that He did at the temptation in the wilderness. An offence—"A stumbling-block."—R. V.

IV. Conditions of discipleship (v. 24). 24. If any man will come after me—Will become my follower. Deny himself—He must refrain from every wrong, and must deny himself every lawful thing that would hinder his progress in following Jesus. Take up his cross—Be ready to suffer whatever it is necessary by virtue of being a disciple of Christ. The cross was the symbol of ignominy and shame, for crucifixion was the form of execution used by the Romans in the case of the worst criminals.

QUESTIONS—Where was Casarea Philippi? What question did Jesus ask his apostles? Why did he ask it? What was their answer? Who did Peter say esus Jwas? Who had revealed this to Peter? What was the rock on which Christ built his church? What is meant by the gates of hell? In what way did Christ give the keys of his church to the apostles? What is meant by binding and loosing?

PRACTICAL SURVEY.

Topic—The Messiahship of Jesus.

I. A great question.

II. A great confession.

The events of the lesson were preceded by the desert miracle of multiplying the loaves and fishes, the hastened departure of the disciples, the mountain season of prayer and the reassembled multitude, to which was delivered the wonderful discourse recorded in the sixth chapter of John's gospel. The last resulted in the withdrawal of many of Christ's followers (John 6: 66). Antagonism was becoming more pronounced, and he naturally turned to test the fidelity of his disciples. In the lesson we have,

1. A great question. From the point of the lesson Christian history takes a new departure. In its study we pass the outer portals and, entering the inner sanctuary, come more closely into touch with the true spirit and purpose of Christ's life and work. The time had come for a closer relation between himself and his disciples. From the hour of Peter's confession he began by way of preparation to unfold to them the deeper experiences of the cross and passion into which he and they were about to enter (Matt. 16: 24). The disciples had mingled with the thronging multitudes, and with them had listened to the teachings and beheld the works of Christ. Doctrine and miracle could but have produced some effect upon the public mind. Jesus had referred the messengers, sent from John, to his works as an attestation to his true character. The public sentiment concerning Christ was exalted, but insufficient, unsatisfactory and uncertain. It connected him with the historic and heroic past, but fell fatally short of the great reality. "Who is Christ?" is the supreme question of the ages. "Whom say ye that I am?" It requires little of faith or knowledge to echo complimentary public sentiment. The church should always have a clearer religious opinion than the world. A personal certainty is essential to personal Christianity. Anything which minifies either Christ's character or his cross is destructive. There is no middle ground between his complete claim to essential divinity and imposture. He put forth the stupendous claim for himself and the Father repeatedly attested it. Peter's confession of Christ's divinity embodies the essence of Christianity and the faith of the ages. Upon this great truth Christ builds his church. Its certainty is her securtiy. Against this stupendous truth the "gates of hell" can not prevail. The deity of Christ is essential to the value and virtue of his atoning sacrifice. It imparts infinite worth to his human sufferings and assures the permanency of his human sympathy.

III. A devine revelation. A true knowledge of Christ is always a matter of direct and divine disclosure (Luke 10:22). Peter's confession was begotten of an inward spiritual revelation. As with Peter, so with Paul, who declared that the gospel which was preached by him was not received of men, but was revealed (Gal. 1: 12, 13). "No man can say that Jesus is the Lord, but by the Holy Ghost" (1 Cor. 12: 3). Intellectual assent is ineffectual without an inspired heart faith and recognition.

W. H. C.

Wood's Phosphodine. *The Great English Remedy.* Tones and invigorates the whole nervous system, makes new Blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

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This pure, fragrant emollient is just suited to the tender skins of infants and children. Millions have known no other since birth. The daily use of it, with touches of Ointment now and then to little skin and scalp troubles, tends to insure a healthy skin, a clean scalp and good hair through life. Soap, Ointment and Talcum sold everywhere.

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FARM AND GARDEN

WHAT FERTILIZER FOR WHEAT?

(E. G. McCloskey in Philadelphia Record.)

This question is as old as the use of fertilizer itself. It is asked whenever farmers get together to talk at home, at club and at institute. It always brings as many different answers as there are stars on a clear night. The asker and the obtainer of the information each goes out and buys what he thinks he can afford—and his standard of economy is usually measured by the price per ton which he is asked to pay. If the price of fertilizer rules low and the purchaser's bank balance is reasonably big, he buys one grade. If conditions are reversed he buys another, and that is about all there is to it.

Now to come back to the question, "What fertilizer shall I use?" In a few words the answer is—the one which returns the biggest acre profit. To return this biggest profit the fertilizer must be economical and it must be adapted to conditions as they exist on the farm in question.

II. A great confession. Jesus passes from general to individual inquiry.

One might suppose this would mean a great variety of fertilizers—a veritable mob of them. Not necessarily so. When we boil down the facts a surprisingly small number of difficult analysis will fill the bill all over the wheat-growing territory. Following in tabular form are the recommendations of the Soil Improvement Committee, seven different analysis in all. And with the table is a brief resume of where each analysis fits in. Each of these anaylses is high—has a minimum of 24 per cent. total plantfood, which is the standard above which all fertilizers ought to grade in point of economy:

THE FERTILIZER FOR WINTER WHEAT.

How to make selection from the several grades recommended by the Soil Improvement Committee:

	I. With Ammonia.	II. Without Ammonia.
A. High potash ..	2-10-6 2-10-4	0-12-4
B. Low potash ..	2-12-2 2-12-0	6-12-3 0-16-0

Where no manure is used on wheat land,

Where wheat is planted late, or

Where land is not plowed for wheat,

Select from Group I.

When plenty of manure is used, and

Where clover does well and is grown regularly and at short intervals in the rotation,

Select from Group II.

On muck and peat soils,

On sandy soils,

Where manure is used but lightly, or

Where clover fails,

Select from Group A.

On clay and clay loam soils,

On soils which do not respond to potash, or

Where manure is heavily used,

Select from Group B.

Seven different analyses for all conditions under which wheat is grown? Is it possible? Does it seem reasonable?

Not only is it both possible and reasonable, but the system is of immense value to the fertilizer consumers the country over by simplifying their fertility practice. Let us illustrate just how the system works.

Wheat needs ammonia (that is nitrogen) and lots of it. Ammonia gives the young plant a quick start. It helps produce stem and leaf growth and aids the plant in "tillering out," and stooling. By giving the soil a good leaf growth ammonia in wheat fertilizer helps prevent winter-killing.

It will never do, however, to give the crop all the nitrogen it needs in the one fertilizer application made at seeding time. In the fall we need enough ammonia to "start" the crop. What more is needed must be applied in the spring by a top-dressing fertilizer.

The two per cent. of ammonia in four of the seven wheat fertilizers is included as a so-called "starter" to furnish available nitrogen under conditions when the soil cannot be relied upon to furnish it in sufficient quantity. Let us see what these conditions are:

1. When clover or other legumes are not grown in rotation.

2. When but little manure is used on the farm—and this applied to crops other than wheat.

3. When wheat follows corn, oats or wheat.

The first two conditions are self-explanatory. As far as the third condition is concerned, we need simply to remind our readers that these crops drain the soils of its available nitrogen and after growing these crops the soil is for a time inactive and lifeless—for those processes which make nitrogen available are slowed down. Under these conditions available nitrogen is needed to start the crop. Thus we say select from Group I—either A or B.

There are other conditions under which the use of the ammonia starter in the fertilizer is unnecessary. When manure is applied to wheat, when clover is plowed down a short time before wheat seeding, when manure is applied heavily to the preceding crops—these conditions indicate a sufficiency of available ammonia and selection may be from Group II—either A or B.

The necessity of studying farm practice so as to see whether or not the wheat crop will suffer from lack of available nitrogen should be emphasized over and over. On some farms, however, the potash proposition is very nealy as important as is the nitrogen question.

Especially this year does the latter statement seem true. Up and down the disappointment. Much of the loss is due to "scab" and much to "rust" and some perhaps to the beating rain, which is said to have made pollination difficult. Way in the background there is a suspicion that four years of potashless fertilizer is beginning to tell, just as it has already told with potatoes and tobacco. Rust and scab are diseases without question, but no one can disprove that their virulency is much increased when malnutrition is on hand as a ready aid.

In this matter of high analysis fertilizer the writer is inclined to be a trifle crabbed. Only recently a very good friend asked—what do you think of a 1-8-1 for my wheat this fall? Perhaps by this time the reply is forgiven, though it is doubtful.

No wa 1-8-1 fertilizer will help to grow more wheat. There is not a shadow of doubt about that. It also will return a profit in any case where it has a fair show. There is not a doubt about that either. But neither is an argument for its use unless a higher grade fertilizer cannot be obtained.

What do we buy fertilizer for, anyhow, if it isn't for the plant-food it contains? Let to the average man the analysis on the sack might as well be printed in Greek, for all the use he makes of it. A 1-8-1 is cheaper than a 2-12-2 beyond a shadow of doubt, but how much cheaper is the 200 pounds of plant-food when compared with the 320 pounds of the higher analysis. That may be another story.

Just for illustration, suppose we assume a 1-6-1 fertilizer and a 2-12-2. The 1-6-1 is seldom ever offered for sale, but it will serve the purpose of illustration, and besides, it is not far different than 1-8-1. A ton of 2-12-2 has exactly double the plant-food of a ton of 1-6-1 and in the same proportion. Which shall we buy, half a ton of 2-12-2 or 2 tons of 1-6-1? In the first place 2 tons of 1-6-1 will cost more than 1 ton of 2-12-2. It is bound to, and always will as long as men demand wages and railroads charge for freight. That is loss number one.

Then after we have it, what advantage is there to the two tons that the one ton does not possess? Certainly, not more plant-food. A few more sacks? Yes, and the consumer has paid for them. Count up the list crossways and endways, and the only gain for the low anatlysis is a few more backaches and a few more pounds of sweat—something most of us could spare without ill-feeling. Item of loss number two.

Picking Out a Hotel

WHEN I choose a Hotel," remarked a traveller recently, "I do not do like a boy choosing apples, pick for the biggest one. I have learned from experience that when hotels, like fruit, run to size, the quality is lacking. The medium size always gives the best results."

"The WALKER HOUSE in Toronto is an illustration. I always pick that. It is large enough to have all the advantages of the big hotels and small enough to have all the comforts of home."

"It is a standard for hotel choosing."

This traveller spoke from experience. The WALKER HOUSE (The House of Plenty) offers maximum of comfort because of its splendid service and home-like appointments.

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TORONTO CANADA

PIMPLES THAT DISFIGURE

many a girl's complexion will be found to disappear if Zam-Buk is applied with regularity.

Miss Mary Krall, of Gilbert Plains, Man., writes: "After having had disfiguring pimples on my face for two years, and having tried all kinds of treatment in vain, I had about given up hope of ever getting rid of them, when I saw an advertisement recommending Zam-Buk for this trouble. I sent for a sample box, and even this small quantity brought a little improvement. Now, after persevering for some months with Zam-Buk, my face is entirely rid of the eruption." 50c. box, all dealers.

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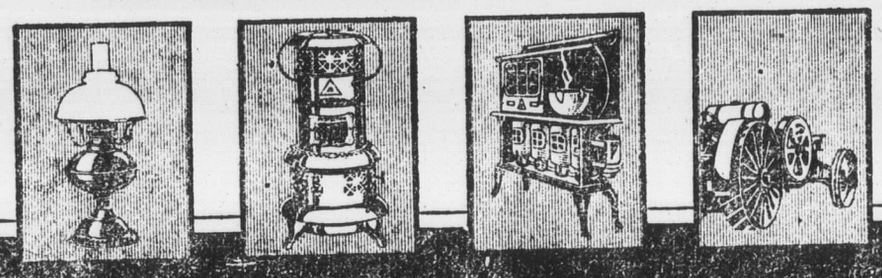

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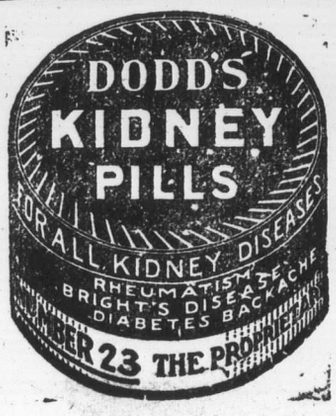
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