

## Throbbing Headache Made to Disappear Over Night

Follow This Advice and You'll  
Get Relief Mighty Quick.

Headaches are caused by the accumulation of poisons in the blood. The cure is not difficult.

First, cleanse the entire intestinal tract.

Second, stimulate the action of the kidneys and liver.

Third, keep the pores of the skin open.

Lastly, regulate the bowels and void constipation as you would the plague.

The remedy is Dr. Hamilton's Pills, which cure the dizziness headache ever known.

In fact people who use Dr. Hamilton's Pills never have headaches, because they regulate the system so thoroughly that no chance is given for a sick condition to develop.

Away with your headaches, be done with dizziness, languor, and billousness—use Dr. Hamilton's Pills, and enjoy the health that they alone can bring. Contain nothing but vegetable extracts and juices, and are absolutely safe for children, women or men. Get the genuine Dr. Hamilton's Pills in yellow boxes, 25c each.



### Sunday School Lesson V., May 2, 1920 THE BOY SAMUEL

Commentary—1. Samuel dedicated to the Lord (1: 24-28). When Hannah prayed to the Lord that she might have a son, she promised that she would lend him to the Lord for the days of his life; accordingly she took him to the house of the Lord when he was weaned that he might remain there in the service of Jehovah. At what age he began this service we are not told. He must have been at least two or three years of age and possibly five or six, for Oriental scholars tell us that it is not uncommon for a mother in that country to nurse her child up to the age of five or six years. When Hannah went to the house of the Lord at Shiloh, a place about twenty miles north of Jerusalem to dedicate her son to the Lord, she took as an offering three bullocks, a half bushel of more of flour and a skin-bottle of wine. It had been suggested that one bullock was for a burnt-offering, one for a "sacrifice in performing a vow" and one for a peace-offering (Num. 15: 9).

2. The Call of Samuel (3: 1-10). 1. Samuel.—The name means, "Asked of God." Ministered unto the Lord before Eli.—A minister is a servant. Samuel, was according to the opinion of Josephus twelve years old at this time. He had duties to perform about the tabernacle, pertaining to the light (v. 3) and the doors (v. 15). He was also the personal attendant of Eli, who was aged and partially blind. Word of the Lord was precious.—The word was rare, as the moral and spiritual condition of Israel was not favorable to frequent messages from God to the people. Priests and people had departed from the Lord. No open version—"No frequent vision."—R.V. 2. At that time.—It was during the period of the scarcity of revelation. It was a memorable time in the lives of Eli and Samuel. Eli was laid down in his place. He probably slept in one of the buildings surrounding the tabernacle erected for the accommodation of the priests and other attendants. Samuel slept near by. 3. Ere the lady of God went out. This was the golden lamp which stood before the most holy place. It was lighted at sunset and burned until morning. Where the ark of God was.—This was the most holy place. The ark was the symbol of God's presence.

4. The Lord called Samuel.—The boy was awakened by the call, "and he answered, Here am I." Samuel was attentive to his duties. The voice must have sounded to him like that of Eli, but being awakened from sleep by the call, he would not be likely to judge clearly when it came. 5. He ran unto Eli.—Inasmuch as he was accustomed to wait upon Eli, it was entirely natural that he should suppose that Eli had called him, thinking he needed some attention. I called not.—Samuel must have been surprised at Eli's answer, but he took it that he himself might have been mistaken. At Eli's direction he obediently lay down again. 6. Thou didst call me.—Samuel's readiness and attention afford an excellent example of the virtue of obedience. 7. Samuel did not yet know of the Lord.—Samuel knew not the Lord in the way of receiving divine communications from him, for, as already stated such communications were at that time rare.—Whedon. The second part of the verse explains the first. 8. Eli perceived that the Lord had called the child.—If Samuel had come to him but once or even twice, thinking that he had called him, he would probably have thought the boy was dreaming; but when he came the third time, positive that Eli had called him, the priest was convinced that the Lord was speaking to him. 9. Speak, Lord; for thy servant heareth.—No wiser advice could have been given than this. When God calls,

and he calls all, this is a most fitting response to make. 10. The Lord came, and stood and called.—God not only spoke to Samuel, but he also appeared to him in some visible form. He calls all children by his Spirit.

III. The Lord's Message to Eli (3: 11-18). 11. The Lord said to Samuel.—God did not at this time speak directly to Eli. He had previously sent a prophet to him, as regarded in the preceding chapter. He speaks to Samuel now, in calling him to the prophetic office, and for the purpose of preparing him for receiving and delivering other messages from himself. Ears . . . shall tingle.—As a loud, sharp, discordant note thrills one's ears with pain, so the bitter tidings of Israel's woe in the judgment about to fall on Eli's house would shock all Israel. Reference is made to the coming defeat of Israel by the Philistines, in which the ark of the covenant would be captured, Eli's sons would lose their lives and Eli himself would die as a consequence of the defeat. 12. What I have spoken.—By the prophet, as recorded in 1 Sam. 2: 27-36. Make an end.—The Lord would complete the work which he had threatened by His prophet. 13. His sons made themselves vile.—They were greedy and licentious. Restrained them not.—Eli contended himself with gentle exhortation (1 Sam. 2: 23), instead of thrusting them out of the sacred office they had so grossly abused. By this weak indulgence he became partaker of their sins. 14-18. Samuel lay until morning, then opened the doors of the house of the Lord as usual. Eli had to press the boy strongly for a report of what God had said to him. When he heard the message, he quietly acknowledged the justice of it all.

IV. Samuel recognized as a prophet (3: 19-21). 19. The Lord was with him.—God's presence affords comfort, strength and guidance. God was with Abraham (Gen. 21: 22), Jacob (Gen. 28: 15), Joseph (Gen. 29: 2), Moses (Exod. 3: 12), Joshua (Josh. 1: 5), Gideon (Judges 6: 16), David (1 Sam. 16: 18) and others. Let none of His words fall to the ground.—What Samuel said under divine inspiration came to pass. He was a true prophet. 20. From Dan even to Beer-sheba.—This phrase denotes the total extent of Israel. Dan was at the extreme north and Beer-sheba at the extreme south. 21. The visible abode of Jehovah was in Shiloh and there he revealed himself to his prophet.

Questions.—Who were Elkana and Hannah? What was the burden of Hannah's prayer at the house of the Lord? To whom did Hannah "lend" Samuel and for how long? Where did Samuel live? What were some of the boy Samuel's duties? What did he hear one night? How many times was he called? What message did the Lord give Samuel for Eli? How did Eli receive the message? Tell how Samuel became established as a prophet in Israel.

PRACTICAL SURVEY.  
Topic.—Religious training of children.

I. Samuel, a child of prayer and promise.

II. Religious training of children.

III. The record of Samuel takes up the thread of Israel's history where the Book of Judges leaves it, toward the close of the forty years of Philistine oppression. The events recorded embrace a period of about one hundred twenty-five years. It is the record of a great epoch in the history of the Jewish nation, and indirectly of the kingdom of God on earth. The Book of Samuel has a special value as revealing the kingdom of Christ, as king, and first announces that the kingdom founded in him will be universal and everlasting; (2 Sam. 7: 12-16).

I. Samuel, a child of prayer and promise. The name Samuel, "the asked of God," is significant. In the account of his birth attention is chiefly fixed upon his mother. She was a woman of keen spiritual sensibilities, was almost a Nazirite in practice and possessed prophetic gifts (2: 1). She sought from God the gift of the child with a passionate devotion of prayer, of which there is no example in the Old Testament. In keeping with the age of vows in which she lived, she dedicated him before his birth to the calling of a Nazirite. When weaned, he was brought to the tabernacle at Shiloh, where he was solemnly consecrated (1: 24). The prayer hymn which follows has both an historic and prophetic significance. A pious and ancestry bestows great privileges, and imposes corresponding responsibilities. Paul reminds Timothy of the pious generations preceding him (2 Tim. 1: 5), and Peter asserts that "the promise is unto you, and to your children" (Acts 2: 39). Paul declares, however, most emphatically that piety is not hereditary (Phil. 3: 4-8). The Baptist warned his auditors against building any moral expectations on ancestry (Matt. 3: 9). Eugenics can not eliminate the universal moral necessity of being "born again."

II. Religious training of children. "Samuel ministered before the Lord," under the direction and training of Eli. From his very early years Samuel dwelt in the sanctuary and was daily in attendance upon its services. In this ministry he was prepared for the sterner service he was later to render outside its courts in a more public capacity. The instruction and influences of his early life fitted him to fulfill the arduous mission to which he was later called in judging the nation, and strengthened him to execute the divine commands, even to the terrific one of hewing "Agag in pieces before the Lord." 1 Sam. 15: 23. Religious training, too generally neglected, will place assets of tremendous value on that side. Submission to rightful authority is one of the first, most important and most neglected

elements of Christian training. Disregard for parental authority is the foundation of defiance of divine and civil obligations. The prompt obedience of Samuel to the supposed call of Eli prepared him to receive and transmit the message of God. Religious training should embrace familiarity with Christian doctrine. Read Deut. 4: 9; 2 Tim. 3: 14, 15. Truths that are true for ourselves are as imperatively true for our children. Religious training should embrace the observance of religious duties.

W. H. C.

## FATS TO SAVE THE CHILDREN

In a recent interview with the Daily Mail, Dr. Addison, the British Minister of Public Health, in discussing the Select Committee's report on the work of the Army Medical Board, refers to it as the most astounding medical document ever compiled. One man in every three men of military age is unfit.

We are enormously handicapped as a nation by poor health. The Lord Mayor of London has been asked to call a conference to discuss plans for arresting the physical decay in London. What are the causes leading to the present state of national ill-health?

There is a disease called rickets which is rife throughout Great Britain. It begins in early childhood and always leaves its effect upon an adult, man or woman.

Spinal curvature and other bone deformities, defective teeth, with consequent poorly developed bodies, result from this widely prevalent disease. Many pale, anaemic, stunted men and women frequently seen among the poor and middle classes, owe their present physical condition to this disease contracted during the first and second years of life.

The Medical Research Committee have recently published the results of the investigations which have been carried on during the past three years at the Lister Institute, London, and at Cambridge. These research workers have discovered the cause of this disease, which is undermining the health of the nation. This great discovery has resulted from actual experiments on mice, guinea-pigs and puppies.

Briefly the results of the investigations are these: Rickets is a deficiency disease. A deficiency disease is one which is caused by the lack of something in the food supply necessary for the proper development and functioning of the body.

Certain foods fail to support nutrition—disease follows because there is absent in these foods minute amounts of certain constituents which are called vitamins.

The disease as seen in human beings can be reproduced in animals fed on certain foods which are lacking in certain fats—the so-called animal fats, of which the best examples are milk, butter and cod-liver oil.

Puppies with artificially produced rickets can be cured when animal fats are added to their diet. The treatment given to puppies with rickets, if applied to children, should lead to equally beneficial results, unless the damage to the bones and other tissues of the bodies has advanced too far.

Milk and butter are the best articles of diet for young and growing children. If there is a shortage of butter, butter should be reserved for children; if it is totally lacking, the deficiency can be replaced by margarine made from animal fats, by cod-liver oil and by the fish-oils, and by eggs. The margarines made from vegetable oils are to be condemned.

When there are already signs of rickets a daily dose of cod-liver oil is essential to all other proceedings. Thousands of infants are being deprived of an adequate supply of this essential constituent of their diet. A large proportion of these will grow up and become our future men and women, and many will die, as the infant mortality is high in children with rickets.

Japanese Proverbs.

Salto-man, a well-known Japanese journalist, writes as follows in the London Daily Mail:

Many countries have been pleased to call our country the land of proverbs. A large percentage of our proverbs, it is needless to say, concern women.

Most of the old proverbs were handed down, freely translated, or stolen, by foreign writers. But we are not worried. New and clever proverbs are fast being created by the new generation of men and women.

I translate below some of the gems which have recently come under my notice. They do not necessarily represent the opinion of the present day Japanese people, but they are at any rate a contribution to the abundant world wisdom on the immortal proverb:

"Tender and hard woman's heart."  
"Can you want to love women begin by spending money."  
"Women who remember shop signs and trademarks make good wives."  
"Very jealous women are easy to control."  
"Pride goes before a fall, especially in beautiful women."  
"Women and mountains should be looked on at a distance."  
"Men who can neither brag nor flatter need not fear being loved by women."

"COLD IN THE HEAD"  
Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. All Druggists Sell. Testimonials free. \$2.00 for any case of Catarrh that HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

## NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day. If you are a victim, try

### Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely. Send for free sample to Templeton, 142 King St. W., Toronto.

For sale at reliable drug-gists for \$1.04 a box. 60

### When Most Accidents Occur.

Some interesting facts in regard to safety work have been gleaned from the Safety Committee's experience in connection with the large plants of the General Electric Company industries on the other side of the line. The tabulated data shows that more accidents occur on Monday than on any other day of the week and that the most careful age is found to be 37. Other striking incidents are that the ages showing most accidents in proportion to the number of employees are between 22 and 26, and 50 years and over. The hour showing most accidents is from 9 to 10 a.m. Fifty per cent. of the accidents occur to new employees or those who have less than six months in one position. Contrary to general belief, the foreign-born employees are quick in acquiring the safety habit, if taught.

## He Has Tried Them And Got Results

### WHY A. J. MACLEOD PRAISES DODD'S KIDNEY PILLS.

Nova Scotia Man Gives the Reason Why He Advises Sufferers from Kidney Trouble to Use Dodd's Kidney Pills.

River Dennis, N.S., April 26.—(Special)—"Dodd's Kidney Pills helped me wonderfully. My back is better and as I haven't taken any other medicine since starting to take them, they must have done me a lot of good."

In these words Alexander J. MacLeod a well-known resident here gives his reason why he praises Dodd's Kidney Pills and why he says, "I would advise anybody who has kidney trouble to give Dodd's Kidney Pills a trial."

The reason Dodd's Kidney Pills are popular all over Canada is that people have tried them and found them good. Dodd's Kidney Pills have been in use in Canada for more than thirty years. They have been used by thousands of people suffering from various forms of kidney trouble, such as rheumatism, dropsy, sore back, weakness, diabetes and Bright's disease.

Ask any one of these thousands to give you his opinion of Dodd's Kidney Pills. It is on the relief afforded sufferers from kidney trouble that Dodd's Kidney Pills have built their reputation as the sovereign remedy for sick kidneys.

### TWO GREAT DAYS.

Ecuador Twice a Year Celebrates Freedom From the Spaniard.

The Republic of Ecuador celebrates two national holidays, and, strange to say, both are "independence days."

Both are observed with the same enthusiastic and patriotic fervor that is displayed in the United States on the anniversary of the adoption of the immortal declaration, according to the Pan-American Union.

The liberty-loving patriots had to shoot two bolts at Spanish domination before they succeeded in gaining permanent independence. The first time they had a quiet but determined revolution in Quito, the present capital of the republic, the patriots assembled at the house of Manuela Canizares, a brave and beautiful woman, on August 5, 1809, when they prepared their declaration of independence and chose the provisional government.

That night the conspirators gathered their forces in different parts of the city, and Captain Salinas, who commanded the two companies of regular troops and guarded the city, went to their barracks, read to them the declaration and won them over to the cause of the patriots. They overpowered the bodyguard of Ruiz de Cañellas, the Spanish governor, early on the morning of August 10 and thus established the first republic without shedding a drop of blood. It lasted only about a year, when Castilla succeeded in overthrowing the patriotic government and again brought the country under Spanish dominion.

The fires of liberty had been kindled, however, and the Ecuadorians kept up their heroic struggle, notwithstanding many reverses, until in 1820 the people of Guayaquil, the leading seaport of the country, succeeded in rebelling on the 9th of October.

With the aid of Gen. Simon Bolivar, the great Venezuelan emancipator, and his compatriot, Gen. Antonio Jose Sucre, the Ecuadorians after many bloody battles succeeded in completely annihilating the Spanish forces and established freedom in Ecuador for ever. Therefore it is that the Ecuadorians celebrate two "independence days," the 10th of August and the 9th of October.

## MARKET REPORTS

### TORONTO MARKETS

#### FARMERS' MARKET.

Dairy Produce—	
Butter, choice dairy	0 62
Do., creamery	0 70
Margarine, lb.	0 70
Eggs, new laid, doz.	0 55
Cheese, lb.	0 35
Dressed Poultry—	
Fowl, lb.	0 40
Chickens, lb.	0 40
Turkeys, lb.	0 65
Live Poultry—	
Chickens, lb.	0 35
Roosters, lb.	0 30
Fowl, lb.	0 35
Fruits—	
Apples, bkt.	0 50
Do. bbl.	5 00
Rhubarb, bunch	0 10
Vegetables—	
Beets, bag	2 25
Carrots, bag	1 50
Cabbage, each	0 40
Cauliflower, each	0 25
Colery, head	0 15
Leeks, bunch	0 10
Lettuce, leaf, 3 for	0 10
Lettuce, head, each	0 10
Onions, bkt.	1 25
Do., green, bch.	0 05
Potatoes, bag	6 00
Parasly, bunch	0 10
Parasly, bag	1 00
Turnips, bag	1 00

#### MEATS—WHOLESALE.

Beef forequarters, cwt.	15 50	17 50
Do., do., medium	13 50	15 50
Do., hindquarters	26 00	28 00
Do., do., medium	21 00	23 00
Carcasses, choice, cwt.	21 00	23 00
Do., medium	17 00	20 00
Do., common	13 00	16 00
Veal, common, cwt.	18 00	19 00
Do., medium	20 00	22 00
Do., prime	25 00	27 00
Heavy hogs, cwt.	20 00	21 00
Shoy hogs, cwt.	25 00	26 00
Abattoir hogs, cwt.	25 00	27 00
Mutton, cwt.	16 00	19 00
Lamb, yearling, lb.	0 28	0 31
Do., Spring, each	14 00	16 00

#### SUGAR MARKET.

The wholesale quotations to the retail trade on Canadian refined sugar, Toronto delivery, are now as follows:

Atlantic Granulated, 100-lb. bags	\$12.21
Do., No. 1 yellow, 100-lb. bags	12.81
Do., No. 2 yellow, 100-lb. bags	12.71
Do., No. 3 yellow, 100-lb. bags	12.61
Redpath Granulated, 100-lb. bags	12.71
Do., No. 1 yellow, 100-lb. bags	13.21
Do., No. 2 yellow, 100-lb. bags	12.21
Do., No. 3 yellow, 100-lb. bags	12.01
Do., No. 4 yellow, 100-lb. bags	11.91
St. Lawrence Granulated, 100-lb. bags	12.21
Do., No. 1 yellow, 100-lb. bags	12.21
Do., No. 2 yellow, 100-lb. bags	12.21
Do., No. 3 yellow, 100-lb. bags	12.21

#### OTHER MARKETS.

##### WINNIPEG EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange were as follows:—

Open. High. Low. Close.			
Oats—			
May	1 10 1/2	1 10 1/2	1 05 1/2
July	1 08 1/2	1 08 1/2	0 94 1/2
Oct.	0 85 1/2	0 85 1/2	0 85 1/2
Barley—			
May	1 63 1/2	1 63 1/2	1 63
July	1 60 1/2	1 60 1/2	1 60 1/2
Flax	5 12 1/2	5 12 1/2	5 01
May	5 08 1/2	5 08 1/2	4 96
July	4 10 1/2	4 10 1/2	4 01

##### MINNEAPOLIS.

Minneapolis—Wheat, cash, No. 1 North-west, \$2.00 to \$2.10. Corn, No. 3 yellow, \$1.63 to \$1.66. Oats, No. 3 white, 50% to 50c. Barley, \$1.35 to \$1.50. Bran, \$20.00. Flax, No. 1, \$4.44 to \$4.50. Flour unchanged; shipments, 4,236 barrels.

## It Works Wonders On Catarrhal Colds

Simple as A. B. C. to Drive  
Away Colds With  
"CATARRHOZONE"

When your throat rattles, your lungs and chest are sore, your throat is stuffed with cold—don't fear consumption—use Catarrh zone and get well. It clears the throat, cures bronchitis, relieves tight chest, and soreness in the bronchial tubes. To clear away Catarrh of the nose nothing could be better. Catarrh zone is nature's own remedy—it heals and soothes—cures every form of throat, lung and bronchial trouble. Prescribed by many specialists and used by thousands every day. Get the dollar outfit; it lasts two months and is guaranteed. Small size, 50c; trial size 25c; at all dealers.

NATURAL MISTAKE.  
Hicks—I say, waiter, where's my coffee?  
Waiter—You just drank it, sir.  
Hicks—What! I thought that was the soup!

EXPLAINING THE EARLY BIRD.  
(New York Sun.)  
First Bird—"Didn't you come north unusually soon?"  
Second Bird—"Yes, I heard nests are going to be awfully scarce."

Walker House  
The Walker House is a home for travellers, centrally located in the City of Toronto.  
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