

## SLEEPLESS NIGHTS OVERCOME BY SAFE METHOD

**SUGGESTIONS GIVEN WHEREBY  
INSOMNIA CAN BE SAFELY  
AND QUICKLY CURED.**

Worry, overwork, overstudy and indigestion cause insomnia.

First, the blood circulation must be improved.

Congestion of blood in the head must be removed.

Irritation in the brain must be relieved.

It's because Ferrozone equalizes circulation, because it soothes the irritation, because it removes congestion that it does cure insomnia.

For building blood and nerve, for instilling force and life into overworked organs, for establishing strength and vitality, where can you find anything so efficient as Ferrozone?

Remember, sleep is just as important as food.

You must sleep, or break down, but if you'll use Ferrozone and thereby remove the conditions which now keep you from sleep, you'll get well quickly.

Ferrozone is not a narcotic, not a dope; it is a health-giving tonic that any child or delicate woman can use.

Absolutely safe is Ferrozone.

Take it for a month, take it for a year—no harm, but immeasurable good will result.

To sleep well, look well, feel well, to be free from depression, nervousness or blues—use Ferrozone. It's a good tonic, a healer to the weak and ratchet a boon to the sleepless—sold in 50c boxes, six for \$2.50, at all dealers, or direct from The Catarrh-zone Co., Kingston, Ont.



Lesson III, April 20, 1919. Our Risen Lord. Eastern Lesson. Matthew, 28: 1-10.

Commentary.—1. The opened tomb (vs. 1-4). In the end of the Sabbath—the Jewish Sabbath closed at sunset, but the night following is here mentioned—the first day of the week—it was early on Sunday morning, came Mary Magdalene and the other Mary—Mary from Magdala, whom Jesus had cured of demoniacal possession. "The other Mary" was the sister of the mother of Jesus, and the mother of James the Less and Jesus. With the two Marys came Salome (Mark 16:1) and Joanna (Luke 24:10). They had left their different homes at a very early hour, some while "it was yet dark" (John 20:1), to reach the sepulchre at about daybreak, to see the sepulchre—their purpose was to embalm the body of Jesus, since they had no thought that he would leave the tomb in the manner he did. A great earthquake—This occurred very early in the morning before the women reached the sepulchre. There was an earthquake attending Christ's resurrection, and one attending his resurrection. The angel of the Lord—A messenger sent on a special errand. His mission was to roll back the stone, to over-awe the guards and to show the Jesus' body was not removed from the tomb by the disciples. Luke and John speak of two angels, while Matthew and Mark mention one. The fact that they mention but one does not prove that there were not two, rolled back the stone—a mill-stone, in shape something like a mill-stone, was used to close the entrance to the sepulchre. Christ could have rolled it back himself, but angelic agency was employed in the great transaction, sat upon.—The Roman soldiers had been supernaturally overpowered; the angel was sitting by the tomb that had been supernaturally opened. The angel was there to explain the disappearance of the Lord, 3. his countenance—"Appearance."—R. V. like lightning—Compare the appearance of the angel here described with that of Christ at the transfiguration and that given in Rev. 1:14, 15. The appearance indicated a heavenly origin. 4. for fear of him—The soldiers were guarding the tomb for fear that human hands might steal away the body of Jesus, and were not prepared for a heavenly visitation, the watchers did quake (R. V.)—Showing that their terror was genuine and extreme, as dead men—they were completely overcome by the experiences of that night. The earthquake and the dazzling splendor of the angel were wonderful to them.

II. The Mission of the Women (vs. 5-8). 5. the angel... said unto the women—The women had come to be sent on a joyous mission, for their

Lord was alive and the good news must be told to the disciples. It is probable that Mary Magdalene reached the tomb first and saw that the stone was rolled away. She hastened to tell Peter, and while she was gone, the other women arrived and entered the sepulchre. They were naturally

afrighted at the absence of Jesus and the circumstances attending his disappearance. One of the two angels mentioned by Luke and John spoke words of comfort to the women, fear not ye—The guards were terrified at the presence of the angels, but a message of comfort was borne to the women by the heavenly visitors. I know—a reassuring proof that the angels were divinely sent upon this special mission. was crucified—The followers of Jesus believed that he was dead, for they went about the duty of embalming the body. Joseph of Arimathea sought the privilege of burying the body in his own new tomb. Two places are claimed as the tomb of our Lord, and each of these places has its strong supporters. The Church of the Holy Sepulchre stands over the spot which is claimed to be the place of the crucifixion and burial of Christ. It is within the walls of Jerusalem, while the place where Christ suffered was without the gate. This location seems to lack the hill Calvary, or Golgotha. The church is held jointly by Greeks, Roman Catholics, Armenians and other sects, and adherents of these faiths now seem to worship places and images there instead of the living God. Outside the walls of the city on the north is a hill that many regard as Calvary. Its shape is like that of a skull. Close by is a garden and a tomb hewn out of the solid rock, the hill and the tomb answer well the description we have of the crucifixion and resurrection of Christ. It is the belief of many, that if either place is the tomb where our Lord was laid, the one under the church in the city, or the one outside the walls on the north, known as the Garden Tomb, the latter is the one. The Lord's body was placed in a tomb. The Roman officer had pierced his side, so there could be no doubt of the fact of Christ's death. 6. he is risen—A reason why he is not here. There words have ever furnished inspiration to the followers of Christ. He "was dead," but is "alive for evermore," and has "the keys of death and of hell." He has fulfilled his prophecy and promise, see the place where the Lord lay—As if to give further assurance and comfort. The fact that they sought Jesus showed their love for him, and his resurrection brought a great gladness to their hearts. Christians of all ages have gathered encouragement and strength from this simple, yet forceful, recital of the resurrection of our Lord. They have been strengthened for the duties and conflicts of life, and have been encouraged to be true until death with the hope of a glorious immortality beyond this life.

7. Tell his disciples—The sorrowing, despairing disciples must be told quickly that Jesus is risen. Peter's sad and penitent heart must be cheered. Into Galilee—Before his crucifixion he had

told his disciples that he would go before them into Galilee (Mat. 28: 3; Mark 14: 28). He appeared to them before going there, but his appearance to the greatest number of his followers was in Galilee. 8. Departed quickly from the sepulchre—There was no further attraction for them there since Jesus was gone. With fear—Because of the awe-inspiring, angelic visitation. Great joy—Because of the resurrection of their glorious Lord. Their joy made them swift of foot. A marvelous change had come over them within a short time, perhaps within a few minutes. They had been almost in despair over the death of their master. Through a lack of understanding and of faith they had nearly given up hope of the establishment of the new kingdom of which they had heard much. All was now changed. Jesus was alive, and their faith and hope would be greater than ever in the past from the very fact that he had risen from the dead.

III. Meeting Jesus (vs. 9, 10). 9. As they went—in obedience to the angel's command. It was a glad message they were bearing. Jesus met them—This was the second appearance. The first appearance was to Mary Magdalene (Mark 16: 9). It seems that when she told Peter and John of the empty tomb they at once ran to the sepulchre to see for themselves (John 20: 2, 10), and she also returned at once to the tomb. During her absence the other women had received their commission from the angel and had hurriedly left. Peter and John soon left also, and Mary remained alone at the tomb weeping. It was then that Jesus appeared to her (John 20: 11-18). Later in the morning Jesus met the other women who had gone to tell the disciples, who were probably scattered and may have been some distance away. All hail—Literally, rejoice; the Greek salutation on meeting and part-

ing. 10. Shall they see me—This public appointment was made in order that the whole body of disciples might meet the risen Lord.

Questions.—How long was Christ's body in the tomb? What proofs are there that he was dead? When did he rise from the dead? Who came early to the sepulchre? Why did they come? Describe the appearance of the angel. What was the angel's message to the women? To whom did our Lord first appear? How did the Jews explain the disappearance of Christ's body from the tomb? What were the feelings of the disciples when they learned that Christ had risen from the dead? What appointment did Jesus make with his disciples?

PRACTICAL SURVEY.  
Topic.—The Meaning of Christ's Resurrection.  
I. Its certainty.  
II. Its assurance.

I. Its certainty. Five great personal events are inseparably connected with Christ's work of atonement. Incarnation, crucifixion, resurrection, ascension, intercession. Four of these transpired within the realm of the visible and on the material plane; the last on the plane of the spiritual and within the unseen. The first four are finished transactions; the priestly work of the fifth will continue until intercession gives place to judgment. The resurrection stands midway in redemptional processes. Toward it all the preceding tend, and in it find consummation; from it the succeeding flow. It is one of the elementary truths of the Christian system. Its place and importance set it among the Christian virtues, a corner-stone in the edifice of human redemption. Jesus predicted His own resurrection, and its evidences must equal those of His death and afford firm footing for Christian faith. The death and resurrection of Christ are always associated in apostolic preaching. The one is completed in the other, and with it the whole gospel stands or falls. Without the resurrection there is no message. Paul makes it the pivotal point of Christian faith. "If Christ be not raised, your faith is vain; ye are yet in your sins." No fact of Christ's earthly sojourn is more fully attested. There are recorded ten distinct appearances between the resurrection and ascension. With one exception the place and with two exceptions the time are definitely stated. On one occasion above five hundred witnesses were present. He showed Himself alive after His passion by many infallible proofs.

II. Its assurance. The resurrection of Jesus confirms the past. Ages of preparation culminated in the cross, the decisive meeting-place between man's sin and God's grace; but without the resurrection the purpose of His death was frustrated. Prophecy declarations and hopes were in suspense until it was accomplished, and patriarchal faith was false if it was unreal (Psa. 16: 9, 10; Job. 19: 25). It establishes Christ's own stupendous assertions. It historically true, it confirms His entire claim and publicly attests the Father's acceptance of His work of atonement. It was the crowning demonstration of His Sonship and Messianicship, and the consummating proof that He was "declared to be the Son of God with power... by the resurrection from the dead." It was the

natural and necessary completion of the work of atonement, the sequel to the crucifixion and the ground of justification. "He was delivered for our offences, and was raised again for our justification." If He remained a prey to death, He could not redeem others and His priesthood vanishes. The resurrection of Jesus certifies immortality. It is the ground and pledge of the resurrection of believers. Without it the Christian dead have perished. Jesus came from God and went to God, and He has shed a flood of light into the unseen world, revealing a conscious and positive life of holiness, of blessedness and of glory in a perfected likeness to Himself in body, soul and spirit. W.H.C.

Riddles and Answers.  
What word may be pronounced quickly by adding a syllable? Quick.  
What tune makes everybody glad? Fortune.  
Why was George Washington like a piano? Because he was grand, upright and square.  
Why is the letter A like 12 o'clock noon? Because it is the "middle" of day.  
What is the best thing to take before singing? Breath.  
At what age should a man marry? At the parsonage.  
Put four letters before a Southern city and spell a vehicle? Automobile.  
If Dick's father is Tom's son, what relation is Dick to Tom? Grandson.  
Why may carpenters reasonably believe there is no such thing as stone? Because they never saw it.  
What nation is most likely to win out at the peace conference? Determination.  
Why does a window pane blush at this time of year? Because it sees the weather strip.  
What is the keynote to good manners? Be natural.—New York Herald.

Fighting Doors.  
All the doors should swing high enough from the floor to clear any rucks placed near them. And they should be placed so that they will not jam against one another. I know of two doors in a house that persist in locking knobs just as two angry bulls lock horns in mortal combat—or is it deer that do this? And when these doors are in that position, you can't get out, but you have to back out, go around another way and separate them. We don't intend having any doors like them in this house.—Harry L. Shannway, in House Beautiful.

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On retiring, comb the hair out straight, then make a parting, gently rubbing in Cuticura Ointment with the end of the finger. Anoint additional partings until the whole scalp has been treated. Place a light covering over the hair to protect the pillow from possible stain. The next morning shampoo with Cuticura Soap and hot water, using plenty of soap, best applied with the hands. Rinse in tepid water. Repeat in two weeks if needed. Cuticura Soap, Ointment and Talcum 25c. each plus Canadian duties.

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Mr. Peabody is in his 84th year, but wonderfully strong and active for one of his age. But he was not always thus. "For six years," he says, "I suffered from kidney and bladder trouble. I had those sharp, stinging, lightning pains through my muscles, even to my finger tips."

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Whoever possesses a receiving outfit can read the secrets of the wireless; one can cut the wires of the ordinary telegraph, and the pigeon does not always escape the bullet.

Therefore, other means have been sought. In America, the general staff dreams of using as a dispatch bearer—the bee.

Like the carrier pigeon, guided by its marvelous instinct, returns to the hive from wherever he may be liberated. Tiny dispatches, which can be deciphered with the magnifying glass, can be attached to its breast.

But something better still has been found. By an ingenious process, the wings of the tiny insect are sensitized, and by means of microscopic photography the message is imprinted thereon.



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## HOW'S YOUR BLOOD?

### Pimples and Eruptions Mean Bad Blood

People who have impure or impoverished blood should be careful to take only a temperance remedy made of wild roots and bark such as Dr. Pierce's Golden Medical Discovery is and has been for nearly 50 years. Ingredients printed on wrapper.

The first day you start to take this reliable medicine, impure germs and accumulation begin to separate in the blood and are then expelled through the eliminative organs.

In place of the impurities, the arteries and veins gradually get fresh vitalized blood and the action of this good blood on the skin means that pimples, boils, carbuncles, eczema, rash, acne and all skin blemishes will disappear. Then you must remember that when the blood is right, the liver, stomach, bowels and kidneys become healthy, active and vigorous and you will have no more trouble with indigestion, back-ache, headache.

Get Dr. Pierce's Golden Medical Discovery to-day at any medicine dealer, in tablet or liquid form, or send 10c for trial package to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.

WINDSOR, ONT.—For over three years I suffered with stomach and liver trouble. I would bloat up, gas would form on my stomach and cause me to be terribly distressed at times. I also broke out with ring worms. I doctored and took medicine but did not get any relief until a lady advised me to try Doctor Pierce's Golden Medical Discovery, which I did, and, also, the 'Pleasant Pellets,' and I am glad to say that these medicines so completely cured me that I have never had any return of these ailments. Mrs. FLORENCE HOOPER, 4 Albert Street.

MARKET REPORTS

TORONTO MARKETS.  
FARMERS' MARKET.

Dairy Picture—  
Butcher, choice dairy... 0 53 0 62  
Do, creamery... 0 65 0 70  
Margarine, lb... 0 35 0 40  
Eggs, new laid, doz... 0 45 0 50

Dressed Poultry—  
Chickens, roasting... 0 41 0 45  
Geese, lb... 0 30 0 32

Fruits—  
Apples, basket... 0 40 0 90  
Do, bbl... 6 00 10 00

Vegetables—  
Beets, peck... 0 30  
Do, bag... 1 00 1 10  
Carrots, peck... 0 30  
Do, bag... 1 25  
Cabbage, each... 1 10 1 15  
Cauliflower, each... 0 20 0 35  
Celery, head... 0 10 0 20  
Lettuce, 3 bchs, for... 0 10  
Do, head... 0 15 0 20  
Onions, 75-lb. sacks... 2 00 2 50  
Do, bskt... 0 30 0 60  
Do, pickling, bskt... 0 40 0 75  
Do, green, bunch... 0 05 0 10  
Leeks, bunch... 0 30  
Parsley, bunch... 0 10 0 15  
Parsnips, bag... 1 00 1 10  
Do, peck... 0 25 0 30  
Potatoes, bag... 1 50 1 60  
Rhubarb, bch... 0 10 0 13  
Sage, bunch... 0 05 0 10  
Spinach, peck... 0 50 0 75  
Savory, bunch... 0 05 0 10  
Turnips, bag... 0 75

MEATS—WHOLESALE.  
Beef, forequarters... \$17 00 \$19 00  
Do, head-quarters... 28 00 30 00  
Carcases, choice... 23 00 25 00  
Do, medium... 19 00 22 00  
Do, common... 17 50 19 00  
Veal, common, cwt... 13 00 15 00  
Do, medium... 20 00 23 00  
Do, prime... 25 00 26 00  
Heavy hogs, cwt... 22 00 24 00  
Shop hogs, cwt... 25 00 27 00  
Abattoir hogs, cwt... 27 00 28 00  
Mutton, cwt... 18 00 20 00  
Lamb, lb... 0 28 0 30  
Spring lamb, each... 12 00 15 00

OTHER MARKETS  
SUGAR MARKET.

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