

PIMPLES ON FACE CUTICURA HEALS

Caused Disfigurement. Itchy and Burning. Had Restless Nights.

"My face came out in little pimples that were sore, and I scratched them constantly, and then they turned into scales, causing much disfigurement. The skin was so itchy that I irritated it by scratching. The burning was fierce, and I had many restless nights.

"This trouble lasted about a year before I used Cuticura Soap and Ointment, and after using three cakes of Soap and two boxes of Ointment I was healed." (Signed) W. Byrns, St. Basile, Que., Nov. 23, 1918.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations.

For free sample each of Cuticura Soap, Ointment and Talcum address: "Cuticura," Dept. A, Boston, U. S. A. Sold every where.

SUNDAY SCHOOL LESSON

Lesson VIII. Nov. 23, 1919.
Jesus Corrects John's Narrowness.—
Luke 9: 46-56.

Commentary.—I. Greatness in Christ's kingdom (vs. 46-48). 46. There arose a reasoning among them—While Jesus and his disciples were returning from Caesarea Philippi and Mount Hermon, where Jesus had made important revelations of himself, the disciples were reasoning, or disputing, upon subjects that were entirely foreign to the revelations they had just received. Which of them should be greatest—Honor had been conferred upon Peter, James and John, in that Jesus had taken them only of the twelve on the mount with himself, and they were questioning who of their number would occupy the highest place in the kingdom which they were expecting to see set up shortly. Jesus knew that the disposition among his disciples toward self-seeking must be rebuked, and he proceeded to teach them and all the world a great lesson.

47. Perceiving the thought of their heart—in Matthew's record of this incident it is stated that Jesus asked them what they were disputing about on the way, and they did not answer him. They did not desire to make the humiliating confession, and so far as Jesus was concerned, it was not necessary for he knew what their unuttered thoughts were. Took a child—Matthew says, "Jesus called a little child unto him" (18: 2). As the house was probably Peter's, the child may have been his. Set him by him—Jesus placed the child before the disciples to illustrate the truth he was declaring.

48. This child in my name—Matthew records other words of our Lord: "Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven" (18: 3). The necessity of a humble, teachable, submissive spirit is urged. The self-seeking spirit is out of harmony with the spirit of the gospel. Jesus both exalts childhood and shows the need of having the childlike spirit. Receiveth me—One who possesses the humble, childlike spirit receives Jesus. Receiveth him that sent me—Not only does he receive Jesus, but in receiving him he receives the Father. This explanation shows the oneness of Christ with the Father. He that is least—shall be great. They who humble themselves shall be exalted; and they shall be brought down who exalt themselves. Jesus taught that greatness in his kingdom consisted in true obedience and faith and in humble, devoted, faithful service in the sphere in which one is providentially placed. They who seek greatness are destined to be disappointed, for greatness in Christ's kingdom does not come through efforts to obtain it.

II. For Christ or against him (vs. 49, 50). 49. John answered—The conversation between Christ and his disciples continued, but the subject was changed. It may be that the words, "In my name," which Jesus had just used, reminded John of what he and his fellow disciples had recently done. Master—John recognized Jesus as the great Teacher, casting out devils in thy name—The life and works of Jesus were having a great influence. There were some who had come to have great faith in him, although they did not accompany him in his labors. They were able to exercise faith that subdued and cast out evil spirits, but it was done in the name of Jesus. It is evident that the exorcism was real and not pretended or fancied. We forbid him—The disciples believed they were doing right in commanding those who were using Jesus' name in this way, to refrain from it. They fancied that loyalty to the Master demanded that

course, because he followeth not with—The disciples' loyalty, as they regarded it, was of the nature of bigotry. The language conveys to us the idea of a strong party spirit among the disciples. Jesus would soon give them a broadened vision. 50. forbid him not—There should be no hesitation on our part to encourage those who are doing really good work for the Lord. Through prejudice and narrowness the Jewish leaders had sought to discredit the mission of Jesus, and their prejudice had grown into intolerant opposition and hatred. He that is not against us is for us—If we are not on the Lord's side, we are arrayed against him. There is no such thing as being neutral so far as our attitude toward Jesus Christ is concerned. John meant well in the course he took, but he failed in understanding some of the principles of the gospel and Jesus gave him and his fellows an impressive and needed lesson.

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PRACTICAL SURVEY.
Topic.—True and False Liberty.
I. Selfish ambition rebuked.
II. True and false liberty.
Jesus always associated the two vital facts of his redemptive work, which must remain the essentials of the gospel message, his death and his resurrection (1. Cor. 15: 3, 4). The latter illuminating and assuring truth his disciples could not grasp until its accomplishment. Hence what was essential to the fulfillment of their Messianic hopes seemed their destruction. The transfiguration scene, unknown as yet to the body of the disciples, was insufficient to assure even the chosen witnesses.

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MOTHERS!

Watch your children's skins. As soon as you see the slightest trace of a rash or sore, apply Zam-Buk. This antiseptic balm will protect the sore place from infection, prevent it from spreading and healing seen follows.

Careful mothers always keep Zam-Buk on hand for their children's injuries—it ends pain so quickly and prevents any possibility of festering. Best for cuts, burns, scalds, bruises, ringworms, scaly sores, eczema and teething rash. All dealers 50c box.

Zam-Buk

baptism of Pentecost was sufficiently enlightening to impart the spiritual knowledge essential to an understanding of its true character and the conditions of its profane. Their rival claims had been the subject of their inopportune and unprofitable controversy during the return journey to Capernaum. It is not impossible that the apparent preference of the chosen witnesses of the transfiguration might have occasioned assumption on the one hand and suspicion on the other. Matthew's account might suggest that, after his pointed inquiry, the matter was referred to Jesus for decision (Matt. 18: 1). It was all unspokeably incongruous with the occasion and with the Master's meditations. Jesus rebuked their selfish ambitions by an object lesson more comprehensive and conclusive than any direct reproof or admonition could have been. The humility, simplicity and trustfulness of unsullied childhood is the kingdom standard; and Matthew adds that conversation is the only means of attainment and hence of admission.

II. True and false liberty. The misapprehension in which the disciples led to the unwarranted assumption and interference on the part of John and necessitated correction on the part of Jesus. In the case of the forbidden effort, which was evidently successful, the fundamental principle and power were recognized. "In the name". Adam Clarke suggests that the unnamed worker might have been one of the disciples of John or one of the seventy sent out by Jesus at an earlier period of his ministry. All who work in the right spirit are essentially one. True liberty is equally removed from bigotry and compromise. It always insists upon the essentials of scriptural doctrine and righteous character and conduct. There is but one gospel and Paul loads with anathemas all who preach any other (Gal. 1: 8). The essential test on any religious system is the place it accords Jesus Christ. There must be no minimizing of his person, character, teaching or atoning sacrifice. The present trend of religious thought and teaching is strongly in that direction. The integrity of all are inseparable from the efficiency of the Christian system. There must be equal emphasis upon the essential personal experiences of Christianity. Humanitarianism must not supplant holiness, nor patriotism be permitted to supersede piety. Paul reminded the Ephesians that nationality was neither an advantage nor barrier, but that the blood of Jesus was every-

thing. W. H. C.

GUARD THE CHILDREN FROM AUTUMN COLDS

The fall is the most severe season of the year for colds—one day is warm, the next is wet and cold and unless the mother is on her guard the little ones are seized with colds that may hang on all winter. Baby's Own Tablets are a mother's best friend in preventing or banishing colds. They act as a gentle laxative, keeping the bowels and stomach free and sweet. An occasional dose will prevent cold or if it does come on suddenly the prompt use of the Tablets will quickly relieve it. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

There are two articles in general use that have undoubtedly caused many persons to scratch their heads in perplexity—the automatic cigar-lighter and the thermos, or hot and cold water bottle.

The pocket-lighter consists of a small tube, at the bottom of which is packed some cotton soaked in alcohol, ether or other inflammable and easily evaporated liquid, at the top of which is a small framework holding a thin vertical wire. When the top of the tube is opened the wire in a short time becomes red-hot and the alcohol vapor ignited therefrom.

The first explanation one would naturally offer is that the friction of the rapidly-moving vapor would render the wire warm; but on second thought this would seem to be too great an effect for so small an amount of energy.

The real reason, however, lies in the

PUZZLES EXPLAINED

This fact is utilized in heating houses by hot water. The heated water rises through the pipes, gives out its heat to the room, and on becoming cooler sinks through the inlet pipe to be heated again.

It is the same with gases. Suppose that a bottle under consideration had a full volume of air between its layers. If the inside of this bottle is hot the inside of the air space immediately becomes hot by conduction; this hot part rises, and the cooler air flows in to be heated likewise. But the heated air flows to the outside layer and heats it by conduction, and this in turn is delivered to the outside air. But take all the air out and no convection can possibly take place. This is the second objection overcome.

The third and last one, that of radiation, is difficult to overcome entirely, as are the others. Radiation

wire itself. In most of the lighters the action is practically the same. The wire is either what is known as platinum sponge or some other absorbing gases rapidly. Whenever anything absorbs gases, that thing has made the gases occupy less space or volume, and whenever gases occupy less volume they are said to be compressed, and whenever gases are compressed they invariably become hotter, the amount of this heat depending on the amount of compression.

ABSORBERS OF GASES.
A great many things possess the power of absorbing gases, charcoal being a notable example. Although charcoal absorbs a good many times its own volume of gases, it does not become appreciably hotter. It takes the metal sponge for that; for this absorbs hundreds of times its own volume of gases and does it in a short time, thus not allowing for the radiation of the generated heat. So the little wire is generally heated to redness, ignites the wick fed by the alcohol, and the thing is ready for business.

To afford some idea of the intensity of heat necessary for this, it may be stated that to red heat a wire requires several hundred degrees. When a gas is heated one degree centigrade it expands exactly one two-hundred-and-seventy-third of its volume at zero centigrade. Conversely, when a gas is compressed one two-hundred-and-seventy-third of its volume at zero centigrade, it is heated one degree.

Now, suppose that a gas is compressed to one two-hundred-and-seventy-third of its volume at zero centigrade, it will be heated to two hundred and seventy degrees, an intensity sufficient for our purpose. Thus, the sponge has to absorb only, let us say, one two-or three-hundredth of its own volume of the supplied gas. As to how it does this, or just what inherent property enables it to do it, is not well known.

HOT WATER CONTAINERS.
In the case of the hot and cold water container, the makers claim that some varieties will maintain any liquid hot or cold for a period of 48 hours. In this we have the whole theory of the dissipation of heat; for cold simply means the absence of heat. There are three ways in which heat may be carried from one body to another, or, rather, imparted by one body to another—by conduction, by convection and by radiation. If all the precau-

tions possible be taken to prevent the action of these three operations, little transmission of heat can take place; so the hot liquid does not lose its heat, and the cold liquid does not receive heat from the heated air or bodies outside.

The principle made use of is that of the De War flask, all the bottles on the market to-day being simply variations of this piece of scientific apparatus. The bottle is made to discount as far as possible the three operations mentioned. It consists of two layers of some polished metal with a space between them that has been exhausted of air as much as possible. The two layers are connected by just a few links as possible.

Taking up the three methods of transmission in succession, we shall see how admirably each one of them has been rendered inactive. By conduction of heat is meant the transmission of heat by a solid or something acting as a solid in which the medium itself does not move as to relative situation of its parts. For instance, in heating in a poker in a fire, one end is thrust in and becomes red-hot, and in a little while heat is conducted along the iron until the opposite end becomes hot. The same applies to a teaspoon in a cup of hot tea or coffee. This is why the bottle referred to has as few connecting links between layers as possible, so as to make the conduction of heat a minimum, considering, of course, a proper strength of the bottle as a whole.

The next method is that of convection. By this is meant the method of transmitting heat by moving particles of a liquid or a gas. Take, for instance, the heating of water. The bottom layer of water is heated at once by the fire by conduction. But heated liquid expands, and therefore becomes lighter than the cool liquid above; so it has to rise. It is then displaced by the cooler liquid, which in turn becomes hot and rises.

This fact is utilized in heating houses by hot water. The heated water rises through the pipes, gives out its heat to the room, and on becoming cooler sinks through the inlet pipe to be heated again.

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means that method of transferring heat or energy through ether waves. By radiation we get light and heat from the sun. By radiation we feel the direct heat of a coal fire or, in fact, any flame or source of heat. These ether waves have the power of hastening the vibration of the molecules in any material body and thus causing heat.

It has been found that these waves can be reflected by a polished surface, a mirror, for instance, just as light can; that they are absorbed by a black or rough surface, just as light is; that they are radiated from a black or rough surface that is hot itself.

REFLECTING THE WAVES.
It has been found that if two copper balls of the same size be heated to the same degree of heat, and having on the other painted black and the other one polished and smooth, the black one almost immediately gives up its heat and becomes cold, while the polished one remains hot indefinitely. So the last requirement for such a bottle is that all its surfaces be smooth and brightly polished—and such will be found to be the case in trade products.

As to further application of these two principles, now that the way has been blazed in actual commercial successes, time alone can tell. If platinum and metals of like property were not so high in price a great deal could be made out of the absorption phenomenon. Certain it is that a great amount of energy is generated almost automatically in a few seconds by the process. And if some natural method were found of making the metal discharge its contents that remained after much use, such as allowing it to lie in the sun some time, it is possible that power on a large scale could be obtained therefrom for a nominal price. The platinum, of course, wears out after a while, and, therefore, a cheaper substitute would have to be found. Applications of the hot and cold water bottle could be made in ice-houses and refrigerating plants. They could certainly be built of airtight compartments and of polished material. This alone is necessary.

SHILOH 30 DROPS COUGHS

means that method of transferring heat or energy through ether waves. By radiation we get light and heat from the sun. By radiation we feel the direct heat of a coal fire or, in fact, any flame or source of heat. These ether waves have the power of hastening the vibration of the molecules in any material body and thus causing heat.

It has been found that these waves can be reflected by a polished surface, a mirror, for instance, just as light can; that they are absorbed by a black or rough surface, just as light is; that they are radiated from a black or rough surface that is hot itself.

REFLECTING THE WAVES.
It has been found that if two copper balls of the same size be heated to the same degree of heat, and having on the other painted black and the other one polished and smooth, the black one almost immediately gives up its heat and becomes cold, while the polished one remains hot indefinitely. So the last requirement for such a bottle is that all its surfaces be smooth and brightly polished—and such will be found to be the case in trade products.

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As a vermicide there is no preparation that equals Mother Graves' Worm Extremicator. It has saved the lives of countless children.

Education.
A professor of a western university has evolved a series of test questions for the educated which he avows is the best evidence of a real education. If you can answer "yes" to each and all the questions you are truly educated, the professor says. Here are the questions:

1. Has education given you the sympathy with all the good causes and made you espouse them?
2. Has it made you public-spirited?
3. Has it made you a brother to the weak?
4. Have you learned how to make friends and keep them?
5. Do you know what it is to be a friend yourself?
6. Can you look an honest man or a pure woman in the eye?
7. Do you see anything to love in a little child?
8. Will a lonely dog follow you in the street?
9. Can you be high-minded and happy in the meanest drudgeries of life?
10. Do you think that washing dishes or hoeing corn is just as compatible with high-thinking as playing golf or playing the piano?
11. Are you good for anything yourself?
12. Can you be happy alone?
13. Can you look out on the world and see anything but dollars and cents?
14. Can you look into a mud puddle by the wayside and see a clear sky?
15. Can you see anything in the puddle but mud?

An Easy Pill to Take.—Some persons have repugnance to pills because of their nauseating taste. Parmelee's Vegetable Pills are so prepared as to make them agreeable to the most fastidious. The most delicate can take them without feeling the revulsion that follows the taking of ordinary pills. This is one reason for the popularity of these celebrated pills, but the main reason is their high tonical quality as a medicine for the stomach.

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The production of the animal fats, exclusive of butter fat, equal to but 70 per cent. of the vegetable oil output of the United States in 1912, rose in 1917 to nearly 80 per cent. Including butter, in 1912 the quantity of animal fats was approximately twice as great as that of vegetable oils, which in 1917 the production of the two classes of fats and oils was nearly the same.

Wood's Phospholine.
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Dependence, Loss of Energy, Palpitation of the Heart, Fading Memory. Price \$1 per box, 6 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 WOODS MEDICINE CO., TORONTO, ONT. (Inventor)

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