

HEALTH WITHOUT MEDICINE



Hercules Sanche
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No one is now incurable in any form of disease until the prime conditions of life are lost by irreparable injury to the vital organ. Oxygen is Nature's great physician. When the blood and all the tissues are plentifully supplied with Oxygen, additional vitality is begotten, which enables the system to throw off disease of any kind.

OXYDONOR

cures by creating in the body a strong affinity for Oxygen. The system is thus revitalized with Oxygen from the air. The disease—of whatever kind—is conquered and health returns.
Rev. M. F. Johnson, Middleboro, Mass., writes: "I have used Oxydonor in my family for the past six years, with very good results. We have had ordinary rheumatism, Sciatica, Torpid Liver, Intermittent Fever, Colds Fever and Stomach Trouble. An early application has given relief. Every member of my family has used it in one way or another, and whenever any trouble appears we use Oxydonor, which has proved its value to us."
Write for fuller particulars of the remarkable cures Oxydonor has accomplished to

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dence, and this led to its discovery by the antiquarian.

On a recent Sunday the Bishop of Stepney dedicated in the ancient priory Church of St. Bartholemew, the Great West Smithfield memorials to the late rector, the Rev. Sir Borradaile Savory, who died in September, 1906. These memorials are three in number, and consist of bronze altar rails and tablets. Around the altar rails are the words:—"We praise Thee, we bless Thee, we worship Thee, we glorify Thee." In the western porch the memorial is of Portland stone, and it bears a list of the various works carried out by the late rector during his incumbency. In the Lady Chapel, the memorial is a mural tablet of black marble. These memorials were all designed by Sir Aston Webb, the architect to the church.

ASCENSION DAY.

The Lord and Saviour is gone up
As Psalmist once did sing;
The powers tremendous of the sky,
And all the holy angels cry,
"Ye gates lift up your heads on high,
Let Jesus enter in."

For He the King of glory is,
Who sin and death defied;
Around His throne, they ever say,
Worthy the Lamb Who gained the day,
And crushed the strength of Satan's sway,
When He for us had died.

Though now ascended to the heights,
Of highest heaven above;
He from His holy dwelling place,
Doth send repentant sinners grace;
Lord, grant that we may see Thy face,
In Thy redeeming love.
—Rev. L. Sinclair.

Children's Department

TAKING UP A CROSS WITHOUT FOLLOWING CHRIST.

"If any man will come after me, let him take up his cross and," in a word, "let him follow me." This seems to me to be complimentary to the other things. You may take up your cross without following Christ; you may take up a cross that you ought not to take up. There has been a great deal of needless martyrdom and suffering in the world. Suffer at the bidding of Christ; suffer after His finger has pointed to the suffering. "Let him follow me." Let him abandon himself to me utterly; let him carry his cross under my direction, and then he will not carry it in vain; he will never carry it in vain." My friends, following Christ means more than trying to imitate Him. That may be a weary business. It means more than trying to be like Him. It means going with Him and receiving of His fullness every day, and being in communication with Him constantly. And if that be the case, my brethren, if I am with Him and He is with me, if all my cross-bearing and self-denial are in the line with His will, and I know that His love encompasses my life, then all pain will go out of my life; it will be swallowed up in the bliss of fellowship with my redeeming Lord. And so the call comes to us to-day. I called it a

WEST TORONTO

Your vote and influence are respectfully solicited for the re-election of

Hon. THOS. CRAWFORD

For Seat "A"

and for the election of

W. D. McPHERSON, K.C.

For Seat "B"

The Liberal-Conservative Standard Bearers in the West Riding of the City of Toronto.

SOUTH TORONTO.

Your Vote and Influence are respectfully requested on behalf of

J. J. FOY

AND

GEO. H. GOODERHAM

Liberal Conservative Candidates for the Provincial Elections, June 8th.

rough and steep pathway. It was from one point of view. But when a man is earnest and finds his Lord, it is the only truly blissful pathway that human feet can tread. It is eternally true that as you forget self, and lose it in a great and holy cause, and in an over-mastering passion, your life becomes richer, fuller, deeper, more glorious. It is eternally true; He that loveth his life, loseth it, and he that loseth his life for my sake, saveth it even unto life eternal."

WHEN NOT TO SPEAK.

A Quaker once said: "Friend, if thou canst not speak well of thy neighbour, speak not?" It would be well if this was "written on the palms of your hands," that we might never forget such good advice. An evil whisper plants itself in fertile soil without effort, and discord springs up to blossom abundantly. Speak well of your acquaintance, or say nothing. Be charitably inclined towards all, for who is blameless or undeserving of reproof? "Judge not, that ye be not judged."—Henry Taylor Gray.

WHAT LITTLE MARY LEFT OFF.

A teacher in a certain Episcopal Sunday School had been impressing on her girls the need of making some personal sacrifice during Lent. Accordingly, on the first Sunday of that penitential season, which happened to be a warm spring day, she took occasion to ask each of the class, in turn, what she had given up for the sake of her religion. She came to the youngest member. "Well, Mary," inquired the teacher, "what have you left off for Lent?"

"Please, Ma'am," stammered the child, "I—I've left off my leggin's."

It is true that love cannot be forced, that it cannot be made to order, that we cannot love because we ought, or even because we want. But we can bring ourselves into the presence of the lovable. We can enter into Friendship through the door of Discipleship; we can learn love through service; and the day will come to us also, when the Master's word will be true, "I call you no longer servant, but friend."—Hugh Black.

DO IT NOW

Don't wait to break down before you begin to build up. At the first sign of Indigestion, Biliousness, Headache—take

Abbey's Effer-vescent Salt
25c and 60c a bottle.

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