

## STERN REMINDERS OF RHEUMATISM

Cold or Wet Weather May Start the Pains, but the Trouble is in the Blood.

Every rheumatic sufferer should realize that rheumatism is rooted in the blood and can only be cured by a treatment that will cleanse the blood of the rheumatic poisons. The old-time belief that rheumatism was caused by cold, damp weather, is now exploded. Such weather conditions may start the aches and pains, but is not the real cause. Liniments and outward applications may give temporary relief, but cannot cure the trouble, because they do not reach its source in the blood. The sufferer from rheumatism who experiments outward applications is only wasting valuable time and good money in depending upon such treatment, the trouble still remains, and it is all the harder to cure when the proper treatment is applied. Treat this disease through the blood and you will soon be rid of the pains and tortures. As a cure for rheumatism Dr. Williams' Pink Pills are unequalled. They act directly on the impure weak blood; they purify and strengthen it, and so root out the cause of rheumatism. Mr. D. Lewis, postmaster at Escumaine, N. B., says: "I was attacked with rheumatism, which settled in my elbow, shoulder and knee joints, and at times caused me great suffering. The trouble was particularly severe last spring and I decided to try Dr. Williams' Pink Pills. After taking the pills for some time the rheumatic pains and stiffness in the joints disappeared and I have not since had any return of the trouble."

If you are suffering from rheumatism, or any trouble due to poor blood and weak nerves, you will find a cure in a fair use of Dr. Williams' Pink Pills. You can procure these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## SUNDAY SCHOOL

LESSON XI. March 16, 1919.

The Cities of Refuge. Joshua 20; 1-8.

**COMMENTARY**—I. Place of protection (vs. 1-6). 1. The Lord also spake unto Joshua—"And Jehovah spake unto Joshua."—R. V. As the Lord had spoken to Moses, making known to him his will, so he spoke to Joshua his successor as standing between him and his people. God's confidence in his servant is shown in his thus addressing him. 2. Appoint out for you—Set apart, assign for you. The word appoint means to sanctify in the sense of setting apart for a particular purpose. Cities of refuge—Places of protection, that innocent persons might not be put to death. Whereof I spoke unto you by Moses—The purpose of the cities of refuge was declared some years before this and the records are found in Num. 35; 9-34 and Deut. 19; 1-3. The cities of refuge could not be appointed until the tribes of Israel were located in Canaan and the Levitical cities assigned. 3. The slayer, unawares and unwittingly—Providence was made for the protection of one who had taken the life of another through mistake, not knowing it. The Mosaic law made a clear distinction between intentional, premeditated murder and the accidental or unintentional slaying of another. May flee thither—The cities of refuge were set apart for the protection of those only who had unintentionally taken the lives of others. Among the Greeks and Romans and in succeeding centuries there were places of sanctuary (places of protection) provided for criminals of every class, but among the Israelites only the innocent were to be protected. The avenger of blood—The avenger of blood was a near kinsman of the person who had slain, and it was his duty, according to the custom of the age, to pursue the slayer and take his life, thus avenging his death. The avenger of blood undertook to take the life of the slayer without considering whether he was guilty of intentional murder or had slain another accidentally.

4. Both the untimely of these cities—That it might be as easy as possible for a slayer to reach one of the cities of refuge, it was provided that the roads should be at least thirty-two cubits, or about fifty feet, wide, kept in good repair with all obstructions removed, all streams bridged and signs at every turning showing the way to the city of refuge. Every advantage was thus given to the slayer to escape the avenger of blood. Shall declare his cause—When the slayer arrived at the gate of the city



**Dr. Martel's Female Pills**  
Prescribed and recommended by Physicians. Sold for half a century in Patent Tin Boxes with directions. Easton, Ontario, Canada.

of refuge, he was allowed to state his case to the elders of the city and they received him, assigning to him a suitable place of residence, provided they were convinced that his act in taking the life of another was unintentional or accidental. 5. If the avenger of blood pursue after him—It was expected that the avenger of blood would be in close pursuit of the slayer. Shall not deliver the slayer up into his hand—The elders of the city of refuge had undertaken to protect the man who had fled thither for safety, and they would not give him over to them because they were convinced that he had done no intentional wrong. Hated him not beforetime—If it could be shown that the slayer had hated the victim or had a grudge against him, this would be considered a proof that the slaying was not accidental. Inquiry then, as now, was made regarding the motive for the act. 6. He shall dwell in that city—He had fled thither voluntarily, and that, too, for safety, and he would be safe only as he remained in the city. Until he stand before the congregation for judgment—The hearing he had before the elders at the gate upon his arrival was merely preliminary. He must stand before the assembly of the people that his case might be thoroughly considered and passed upon. The local authorities shall summon him and the 'goel' (Hebrew for avenger of blood) to appear before them for a judicial inquest and verdict. The congregation or jury was to hear both sides, and to decide whether the deed proceeded from malice or was accidental. If he was condemned, he was to be executed; but if he was acquitted, he was set at liberty, but was sent back to live in the refuge till the death of the high priest. 7. Whedon. Until the death of the high priest—The administration of a high priest was regarded as a period complete in itself. With the accession of his successor a new period began, and with it a new order of things. The slayer could not go to his home until the death of the high priest and thus he underwent something of a hardship as a sort of punishment for what may have been carelessness in causing the death of a fellow man. Through the death of the high priest all who were then sheltered in the cities of refuge could go forth in safety. Through the death of our great High Priest all who will may be free from the guilt of sin.

II. Cities of Refuge Set Apart (vs. 7-9). 7. appointed—Set apart. Kedesh in Galilee—in the northern part of Canaan on the west side of the Jordan River. The six cities were so located as to be easy of access from every part of the territory occupied by the Israelites. They were in slightly places with good roads leading to them. Three were on the east side. Kedesh was in the small region then called Galilee, but the term Galilee came later to be applied to the whole northern portion of Canaan. Shechem—in the central portion of Canaan. Shechem—in the central part of the land of Israel on the west of the Jordan. It is situated in the valley between Mount Garizim and Mount Ebal. Kerjath-arba—Also called Hebron. It is the southern city of refuge west of the Jordan. Hebron was an important city among the patriarchs and in the history of Israel. It is twenty miles south of Jerusalem. The distance between Hebron and Shechem was about fifty miles and the distance between Shechem and Kedesh about the same. 8. on the other side Jordan—on the east side. There were only two and a half tribes of Israel on the East side of the Jordan. Reuben, Gad and a half tribe of Manasseh, yet their territory extended nearly as far from north to south as that of the other tribes. There would have to be as many cities of

refuge on the east side as on the west to meet their needs. Bezer—This was a Levitical city in the tribe of Reuben and in the southern part of the land east of the Jordan. It was nearly opposite Jericho. Ramoth in Gilead—This was one of the strongholds in the tribe of Gad. Golan—The site of Golan, is now unknown, but it was the northernmost of the three cities of refuge east of the Jordan. This district was once densely populated, but now is mostly deserted. 9. and for the stranger—The cities of refuge were designed for the protection of the Israelites, but not for them alone. The stranger who came to dwell with them was included in this plan for safety. Questions.—Where is the earliest mention of the cities of refuge? Why were not the cities of refuge appointed before Joshua's time? How many were there? How were they located? Who had the privilege of going there? How could a slayer gain entrance into one of these cities? What is meant by an avenger of blood? How long was the slayer to remain in the city? Of what are the cities of refuge typical?

## AVOID COUGHS and COUGHERS!



30 DROPS STOPS COUGHS! HALF THIS FOR CHILDREN

practical survey. Topic.—Our responsibility toward offenders. I. The cities of refuge. II. Their typical significance.

1. The cities of refuge. The provision of the cities of refuge was included in the instructions of Sinai and was a well-recognized part of the civic

## Constipation Cure

A druggist says: "For nearly thirty years I have commended the Extract of Roots, known as Mother Selig's Curative Syrup, for the radical cure of constipation and indigestion. It is an old reliable remedy that never fails to do the work." 30 drops three times daily. Get the Genuine, at druggists.

constitution. The custom of blood revenge was of very ancient origin and of wide recognition among Oriental nations other than the Hebrews. Its existence seems to be recognized in the Noahic covenant (Gen. 9:5, 6). Under the patriarchal order the head of the household was ruler, priest and judge. The race was not yet grouped into nations and there was no selected judge or established places of judgment. If any punishment for the taking of human life was to be meted out, it must come through the family itself. The "law of blood," as originally established, was not designed to satiate a spirit of vengeance, but stood as a solemn vindication of the sacredness of human life. In the provision of the cities of refuge there was no condoning of criminality. A wilful murderer was of no account to be suffered to escape, but was afforded a respite until inquiry could be made and judgment rendered. Even God's altar afforded no refuge for the wilful criminal nor could any ransom be accepted. Only he who "unawares and unwittingly" had slain his fellow could avail himself of the provision, and if accultured of wilful crime, his detention in the city whither he had fled provided measurable punishment for carelessness or passion. The appointment of cities assigned to the priesthood was not without significance; and they were as widely distributed and as conveniently located as possible. Three of them, Bezer, Ramoth and Golan, on the east of Jordan, Moses had already appointed. The remainder, Kedesh, Shechem and Hebron, were chosen after the settlement and division of the land. The highways leading to these cities were to be prepared with special care (Deut. 19:3), and the direction is said to have been indicated by guide-posts. II. Their typical significance. That the cities of refuge were symbolic of

## Cook's Cotton Root Compound.



A safe, reliable purgative medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$3 per box. Sold by all druggists, or sent prepared on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

the provisions of grace is plain. "All have sinned," and "by the deeds of the law there shall no flesh be justified in his sight." They are available for all, but require personal effort and co-operation. "Who have fled to him for refuge." Deliverance is based only upon the death of the "High Priest of our profession, Christ Jesus." Security comes only by abiding in Him. Apart from Him the transgressor is constantly exposed to the vengeance of violated justice. The way is made so plain that "the wayfarer man, though a fool, shall not err therein." Offences will come; but we unto him, through whom they come! However every effort is to be made to restore the offender. Charitableness in dealing are grounded in personal liabilities and shortcomings. "Considering thyself, lest thou also be tempted." In many things we offend all. The method of procedure is clearly stated by supreme authority. "Tell him his fault between thee and him alone" before telling any other man. Forgiveness is to be granted unto "seventy times seven." The law which said, "An eye for an eye," has been superseded by the gospel which says, "Love your enemies." W. H. C.

## Why Women Bear Pain.

Women bear pain better than men as is well known, but Dr. E. O'Neil Kane says that their tranquility is often receptive, being stoical submission rather than lack of feeling. He believes women are less often affected by shock than men; they endure surgical operations better and pass under anesthesia more rapidly, quietly and safely.

## WOULDN'T STAND FOR IT.

"Met your husband in his car. He said he was going down town to get a drink. Just let me catch any hussy of that kind riding with my husband."

## RELIEF AT LAST

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the heat of all treatments.

## PILES TREATED AT HOME

I promise to send you a FREE trial of the new absorption treatment, and references from your own locality if you will but write and ask. I assure you of immediate relief. Send no money, but tell others of this offer. Address

MRS. M. SUMMERS, Box 18, Windsor, Ont.

## ORIGIN OF THE DOG. Scientists Differ Over One Common Ancestry.

The ancestry of the dog has been the occasion of much controversy, according to Leo S. Crandall's book, "Pats." Many naturalists have considered that it is descended from a single ancestor, such as the common wolf of Europe. Darwin, however, leans toward the theory of multiple origin, and advances much convincing proof in support of his belief. It is widely known that many savage tribes have dogs, which appear to be simply half-tamed representatives of the particular wild doglike animals inhabiting the same regions.

The dogs of the American plains Indians closely resemble the small prairie wolf, or coyote; the husky of the north country is plainly not far removed from the gray wolf; the German sheep dog and the Samoyede are strikingly wolflike in appearance. Whether our present dogs are the result of crossing these many simple derivatives of wolves and jackals among themselves, or, whether there was an original ancestral dog, now extinct, with which the blood of other species has become mingled, we have not yet been able to determine, though so many primordial animal remains have come to light.

According to St. George Mivart, the dingo is the only wild dog still existing which meets the requirements of an ancestor of our modern breeds. This species is found throughout Australia and fossil bones which have been found show its presence there from very early times.

Internally and Externally it is Good—The crowning property of Dr. Thomas' Electric Oil is that it can be used internally for many complaints as well as externally. For sore throat, croup, whooping cough, pains in the chest, colic and many kindred ailments, it has curative qualities that are unsurpassed. A bottle of it costs little and there is no loss in always having it at hand.

## U. S. Getting Busy.

Great preparations for the construction of public works and for general building activities in the spring are being made in the United States. In addition to the survey being conducted by the field men of the Division of Public Works and Construction of the United States Department of Labor, the Kelly and Kenyon Bills have been introduced in Congress to provide heavy appropriations for national constructive activities. Each measure calls for an appropriation of \$100,000,000. The Kenyon Bill, in addition, empowers the War Finance Corporation to make advances, within one year from the passage of the Act, to an aggregate amount not exceeding \$300,000,000, at not less than 5 per cent. per annum to any State for financing public works whenever unusual unemployment is actual or threatened.

## Strong Words of a Guelph Veteran

He Says Dodd's Kidney Pills Saved His Life.

James Black at the Age of Eighty-Five is Shouting the Praises of the Great Canadian Kidney Remedy, Dodd's Kidney Pills.

Guelph, Ont., March 16.—(Special)—"I would have had to undergo an operation, or be dead only for Dodd's Kidney Pills." These are strong words. But Mr. James Black, an old gentleman who moved here recently from Maidstone, makes the statement without hesitation.

"I suffered from kidney trouble and pain in my back," Mr. Black goes on to relate, "and a friend told me to try Dodd's Kidney Pills. When I had used half a box I began to pass sand and gravel. I have half a pound of it in a bottle to show people. "I also had cramps in my legs so that I could not sleep at night. I used 14 or 15 boxes of Dodd's Kidney Pills, and now I am cured of all these ailments."

Mr. Black who is in his eighty-fifth year, is confident that he owes his life to Dodd's Kidney Pills, and never tires of singing their praises. "They are worth twice their weight in gold," he says.

Dodd's Kidney Pills have long ago earned the name of "The Old Folks' Friend." For the kidneys are the first to feel the strain of advancing years. Acting directly on the kidneys and strengthening those organs, they have made many an old person shout, "I feel young again."

## Growing Dishrags.

It has been discovered that the thick, spongy gourd of the luffa plant, which grows easily and requires but little attention makes the best kind of dish-cloths and bath sponges. An Ohio woman is making a good living raising them. She sold over 100 to one garage company alone for use in the washing of automobiles. Cut into strips the luffa gourd makes a kind of lace widely used by milliners, and it is also admirably adapted to the making of flower baskets.

## WHAT HE PUT ON THE HORSE.

"Can any boy tell me what harness is?" asked the teacher. "Well," she continued, "is there any boy here whose father works among horses?" "Yes, teacher, mine does." "Well," said the teacher, "what does your father put on the horse every morning?" "Please, teacher, every cent he has."

## CURES A COLD QUICK A WINK!

Easy as Rolling Off a Log to Stop a Cough or Cold With "CATARRHOZONE"

No more medicine for the stomach—that isn't where your cold is lodged. Just breathe in the healing vapor of CATARRHOZONE—a soothing, healing medication that acts instantly. Colds, sore throat and catarrh fairly flee before Catarrhozone.

Every spot that is congested is healed, irritation is soothed away, phlegm and secretions are cleaned out, and all symptoms of cold and catarrh are cured. Nothing so quick, so sure, so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone; large size, which lasts two months, price \$1.00; small size, 50c.; sample size, 25c.

## MARKET REPORTS

### TORONTO MARKETS.

FARMERS' MARKET.	
Dairy Produce—	
Butter, choice dairy.....	\$0.50
Do., creamery.....	0.57
Margarine, lb.....	0.25
Eggs, new laid, dozen.....	0.50
Cheese, lb.....	0.33
Increased Poultry—	
Turkeys, lb.....	0.50
Fowl, lb.....	0.39
Chickens, roasting.....	0.40
Geese, lb.....	0.30
Fruits—	
Apples, basket.....	0.50
Do., bbl.....	5.00
Vegetables—	
Beets, peck.....	0.25
Do., bag.....	1.00
Carrots, peck.....	0.20
Do., bag.....	0.75
Cabbage, each.....	0.05
Cauliflower, each.....	0.25
Celery, head.....	0.10
Lettuce, 3 bunches for.....	0.10
Do., head.....	0.15
Onions, 75-lb. sacks.....	1.50
Do., basket.....	0.25
Do., pickling, basket.....	0.40
Leeks, bunch.....	0.30
Parsley, bunch.....	0.05
Parasols, bag.....	1.00
Do., peck.....	0.25
Potatoes, bag.....	1.25
Rhubarb, 2 bunches for.....	0.25
Sage bunch.....	0.05
Savory, bunch.....	0.05
Turnips, peck.....	0.75
Do., peck.....	0.20

### MEATS—WHOLESALE.

Beef, forequarters.....	\$17.00	\$19.00
Do., hindquarters.....	23.00	27.00
Carcases, choice.....	21.00	23.00
Do., medium.....	18.50	20.50
Do., common.....	15.50	17.50
Veal, common, cwt.....	13.00	15.00
Do., medium.....	20.00	23.00
Do., prime.....	25.00	28.00
Heavy hogs, cwt.....	15.00	18.00
Shop hogs, cwt.....	22.00	25.00
Mutton, cwt.....	18.00	20.00
Lamb, lb.....	0.25	0.30

### SEAR MARKET.

Wholesale prices to the retail trade on Canadian refined delivery, are as follows:

Acadia, granulated.....	100 bags.....	\$10.27
Do., No. 1 yellow.....		9.87
Do., No. 2 yellow.....		9.77
Do., No. 3 yellow.....		9.67
Atlantic, granulated.....		10.27
Do., No. 1 yellow.....		9.87
Do., No. 2 yellow.....		9.77
Do., No. 3 yellow.....		9.67
Dominion granulated.....		10.27
Do., No. 1 yellow.....		9.87
Do., No. 2 yellow.....		9.77
Do., No. 3 yellow.....		9.67
St. Lawrence granulated.....		10.27
Do., No. 1 yellow.....		9.87
Do., No. 2 yellow.....		9.77
Do., No. 3 yellow.....		9.67

### OTHER MARKETS

#### WINNIPEG GRAIN EXCHANGE.

Fluctuations in the Winnipeg Grain Exchange yesterday were as follows:

Oats—	Open	High	Low	Close
May.....	0.69	0.89%	0.69	0.69%
July.....	0.68	0.87%	0.68	0.68%
Flax.....				
May.....	3.31	3.39%	3.31	3.34%
July.....	3.23	3.28%	3.23	3.23%

#### MINNEAPOLIS GRAINS.

Minneapolis—Flour unchanged. Barley, 57 to 58c. Rye, No. 2, \$1.42-1-2. Bran, \$3.75. Flax, \$3.75 to \$3.77.

#### DULUTH LINSBEE.

Duluth—Linsbee, on track, \$3.77; arrive, \$3.75; May, \$3.65; July, \$3.50 asked.

#### SUBSTITUTE YARNS.

Substitutes are sought abroad. Paper yarn has proved a failure. Such yarn cannot be used for making clothing.

An attempt has been made to produce yarn from cellulose. This, too, has proved unsuccessful as a substitute for cotton and wool yarns.

The great obstacle in the way of the use of substitute yarns so far has been that they are not washable.

Some of them are durable fabrics and can be used for coarser fabrics and those do not require to be washed.

#### Catarrh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surface of the system. Hall's Catarrh Medicine was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarrh Medicine is what produces such wonderful results in catarrhal conditions. Send for testimonials, free. F. J. CHENEY & CO., Props., Toledo, O. All Druggists. The Hall's Family Pills for constipation.