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Rapid growth, work at home and in the school-room, are sure to tax the strength of every child, and often prove the beginning of a chain of weakness that lasts through life. Give your sons and daughters a fighting chance! Give them good home surroundings, fortify them with education—but above all else do everything possible to insure for them perfect health in years to come. In no way can you destroy weakness and build up health so surely as with Ferrozone. It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are useful in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim, and energy increase day by day then you know what grand work Ferrozone is doing. Because it makes and keeps you healthy, because it is a pleasant, harmless and sure to do enormous good—you and your children should use Ferrozone every day. Sold by all dealers in 50c. boxes, six for \$2.50, or direct by mail from the Catarhizone Co., Kingston, Ont.

SUNDAY SCHOOL

Lesson X., March 9, 1919.
Joshua, Patriot and Leader. Joshua, I. 1-9.

Commentary.—I. Joshua's commission (vs. 1, 2). 1. After the death of Moses—This had recently occurred. God had shown Moses the promised land from Mount Nebo and Moses had died. The servant of the Lord—An honorable title is here applied to Moses, and with the service which he rendered he was blessed and was made a blessing to the hosts of Israel and to succeeding generations. Joshua—The original form of the word is Hoshua. It means salvation or savior. The name Jesus is a different form of the name Joshua. He was of the tribe of Ephraim (Num. 13, 8, 16), and was about eighty years old when appointed Israel's leader. He is prominently mentioned three times before this. 1. He was chosen by Moses to lead Israel against Amalek (Exod. 17, 9). 2. He accompanied Moses when he ascended Mount Sinai (Exod. 24, 13). 3. He was one of the twelve chiefs of Israel sent to explore the land of Canaan, and was one of the two to bring back a favorable report. He and Caleb declared that the Israelites were well able to take possession of the land. Moses' minister—Joshua was Moses' trusted attendant. He was doubtless his counselor, and was his chief officer in war. 2. Moses my servant—God was the ruler of Israel, for the nation was a theocracy, and Moses was his representative. Now therefore arise, go over this Jordan—The death of Moses made necessary the appointment of a new leader. It also prepared the way for the entry of Israel into Canaan, for Moses had been forbidden to enter the promised land. The unbelievers were also dead (Num. 14, 25-39), and the time had come for the nation to possess their inheritance. The Jordan is the principal river of scripture history. The name Jordan means "descender." The average fall of the river during its entire course is twelve feet a mile. In one part of its course it falls six hundred feet in nine miles. At the time this command was given, the river had overflowed its banks and was impassable, humbly speaking, for the hosts of Israel. All this people—According to the census mentioned in Num. 26, 2, 51, there were 601,730 men from twenty years old and upward. Land which I do give—The promise which had been given centuries before and often repeated, was about to be fulfilled. The boundaries of this land are given in the fourth verse.

II. God's Promise Renewed (vs. 3-5). 3. Every place that the sole of your foot, etc.—The Lord did not confine his people to a small region, but gave them large liberty. The extent of their territory would be commensurate with their activity in possessing the land. 4. From the wilderness—The southern boundary of the promised possession was the wilderness of Arabia, where the Israelites had wandered forty years. This Lebanon—It is called "this" Lebanon because it could be seen from where the Israelites were. Lebanon means "white," and the mountain range is so called from

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its snow-capped peaks. The summits reach a height of ten thousand feet. This range formed the northern boundary of the promised land. Euphrates—The eastern boundary. The great sea.—The Mediterranean was to be the western boundary. Coast—Boundaries. Israel possessed all this territory for a short time during the reigns of David and Solomon. The distance from the desert to Lebanon was one hundred forty miles, and from the Mediterranean to the Euphrates about four hundred miles, having an area a little less than the State of Illinois. Canaan proper was only one hundred forty miles long and forty wide, having less area than the State of New Jersey. 5. not... able to stand before thee—After promising large things to Israel, the Lord gave Joshua the assurance that the people then in possession of the country could not withstand the onward movement of the armies of Israel. Special comfort was here given to Joshua, upon whom was placed the responsibility of leading Israel into Canaan and placing them in their respective inheritances. The giants and the walled cities must give way before the man whose faith had declared nearly forty years before this that Israel was able to possess Canaan. I will not fail thee—Joshua knew the divine guidance and help that Moses had received, and he was now placed on the same footing as Moses. The promise is one that could be applied by Joshua in every emergency that could possibly arise in the discharge of his duty, whether in the peculiar directions given regarding the taking of Jericho, or in the defeat of Ai, occasioned by the covetousness of an Israelite, nor forsake thee—Joshua was encouraged by the knowledge that Jehovah cared for him and would not leave him to himself.

III. A stirring exhortation (vs. 6-9). 6. Be strong and of a good courage—This expression occurs four times in this chapter. Joshua must do his part and God would do his. Courage is essential to strength. Moral courage arms one for the moral and spiritual conflicts of life. The tasks which lay before Joshua demanded that he be full of courage and undaunted in the presence of great opposition. This people—The Israelites. Divide for an inheritance—Each tribe was to receive an allotment, and Joshua was to have charge under divine direction of the division. 7. Very courageous—Joshua was thus made accountable for the amount of strength and courage he would have. He must place himself in the right relation to God by submission, obedience and faith. That thou mayest observe, etc.—It would require strength and courage to put in

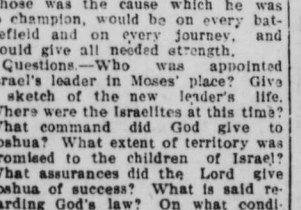
practice the law of God in all its particulars, and insist upon its observance by all Israel, amid the new surroundings in Canaan. Turn not from it—Their existence and prosperity as a nation depended upon their keeping close to the law of God. That thou mayest prosper—This is a comprehensive promise, but it was conditional upon obedience to God's law. Joshua could not expect to prosper in any course except that marked out by Jehovah, either by the law already given, or by direct relation to him. There would be no failure as long as he believed and obeyed the Lord, even though he was going among hostile tribes.

8. This book of the law—Moses had written down the law that God had given at Sinai for the Government of Israel. Shall not depart out of thy mouth—Not only was Joshua to observe it himself, but he was to teach it constantly to his people, and to insist upon parents teaching it to their children. Meditate therein day and night—The word of God received into the mind and heart, and there carefully retained by meditation and obedience to its requirements, becomes a part of one's spiritual equipment for God's service. Good success—Israel's temporal and spiritual prosperity was dependent upon keeping God's law. 9. Have I not commanded thee—This question emphasizes the exhortations already given. Be not afraid—There were giants and strongholds in the land which they were to possess, but there was no reason to fear, since God had given his promise and pledged his support. The Almighty was sending Joshua forth and would sustain him. Neither be thou dismayed—Fear brings weakness and trembling, but courage brings boldness and strength. Thy God is with thee—He who was sending Joshua forth to his work, and whose was the cause which he was to champion, would be on every battlefield and on every journey, and would give all needed strength.

Questions.—Who was appointed Israel's leader in Moses' place? Give a sketch of the new leader's life. Where were the Israelites at this time? What command did God give to Joshua? What extent of territory was promised to the children of Israel? What assurances did the Lord give Joshua of success? What is said regarding God's law? On what conditions was Joshua to prosper? What reason had Joshua for not being afraid or discouraged? Describe the benefits of God's presence.

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Covering a period of 13 years the average increased production from soil treated with stall manure and acid phosphate over yard manure was: Corn, 15.27 bus.; Wheat, 6.18 bus.; Hay, 1,840 lbs.
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PRACTICAL SURVEY.

Topic—How to serve one's generation.
I. A new leader.
II. A great commission.
The superb and eventful life of one hundred and twenty years had closed. The final scenes were in perfect accord with his character. The great task of Moses goes with him to the end. Before all the elders and officers of Israel he rehearses their eventful history, renews commands and warnings, reiterates assurance and goes up from the plains of Moab to Nebo's summit to view the inheritance from which he was debarred, and passes into the unseen attended by the divine presence and is buried with celestial honors. "There arose not a prophet since in Israel alike unto Moses, whom the Lord knew face to face."
I. A new leader. One man completes the work commenced by another that both "may rejoice together." God had Joshua ready, "full of the spirit of wisdom, for Moses had laid his hands upon him. He was well fitted to assume the great task laid down. Forty years of close association with his illustrious predecessor had made him familiar with God's way and will. He had no part in the sin and folly of Sinai and had honored God when the multitudes were disobedient. He was a prince of the tribe of Ephraim, had led the host of Israel in repelling the attacks of Amalek and was one of the two spies who withstood public sentiment at the risk of his own life. He drops into obscurity during the years of wandering in the Arabian deserts and comes again into deserved and permanent prominence as the second great leader of Israel.

II. A great commission. "Moses my servant is dead; now therefore arise." A larger sphere opens and he must become a larger and greater man. During all the silent years his manhood had been cementing, and the material is at hand. God's purposes and processes have no blank pages and are often advanced by the removal of great causes and bringing from obscurity a new instrument which he has been silently preparing for the foreseen occasion. Assurance is renewed as the great task is assumed. "Have not I commanded thee?" "As I was with Moses, so I will be with thee." "I will not fail thee." Strength, courage and obedience are essentials of success in every spiritual undertaking. "Be thou strong and very courageous, that thou mayest observe to do." At the close of the war of conquest Joshua performed successfully the delicate task of apportioning the promised land among the various tribes. He stood as leader approximately for thirty-three years and maintained his patience and his piety uninterrupted by the confusions of the camp or the contentions of civil adjustment. The towering summits may overshadow the foothills, but does not obliterate them. Both are essential, and rest upon the same foundations. Faithfulness, not fame, is the standard of service and the measure of reward. "To every man his work." All can not be leaders, but it is as noble to obey as to direct. The world selects its heroes, but God rewards the unrecorded service. The smallest task may be as great a test and expression of fidelity as the greatest achievement. Every man is a vital part of his living age.

Not in the Geography.
Bobby heard his mother tell his father that her mother, who was ill was in a comatose state and she must go to her at once. Bobby immediately ran for his geography and looked diligently for some time through it. Finally he brought it to his father and said: "Father, I can't find the state of comatose in here. Will you?"—Judge.

Horse's Musical Sense.
The musical acuteness of horses is shown by the rapidity with which cavalry horses learn the significance of trumpet calls.
There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Remedy, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts through the blood on the mucous surfaces of the system. One Hundred Dollars reward is offered for any case that Hall's Catarrh Remedy fails to cure. Send for circulars and testimonials, you will be glad to see them.
F. J. CHENEY & CO., Toledo, Ohio.
Sold by Druggists, 75c.
Hall's Family Pills for constipation.

Hoe Your Own Row.
If you are indifferent, if you think hard work beneath you, then you are a hopeless proposition. Influential friends may indeed answer your call and do their utmost to keep you retained in the position you longed to secure, but if you have not developed or tried to develop the "talent" you were so sure you possessed, your time is short in the "big" place, and the quicker you awaken to this fact the better it will be for you and all concerned.

How Man is Blessed.
Land is nature's gift to man. If you own some you are among the favored children of nature. One gift calls for another in exchange. Grain and brows are man's gift to nature.

THE MUSICAL CATBIRD.

This Canadian Has Ugly Name But Beautiful Song.

The apple-blossoms in the solitary apple trees in the backyard, the only survivor of the ravage of the San Jose scale, have been scattered by the winds. In their place is an assemblage of little green buttons, which it is hoped will one day develop into pippins. From the uppermost twig of this tree, the family in the house and all the neighbors have been furnished, morning after morning, with a musical melody, the delight of all who hear it.

Poets on this side of the Atlantic have indulged in raptures over the song of the nightingale, which they have never heard but have taken second-hand from European rhymers. Deaf are they to the wonderful vocalist singing in the apple tree to whom, native Canadian that he is, has been accorded no sounding title. He is called—one may blush to write it—the catbird.

This name has been given, it is said, because of one of its cries, which resembles the mew of a cat, and this mew of the cat is the least of this bird's accomplishments. His musical matinee from the top of the apple tree lasts a full half hour each morning, and what a variety, with no number repeated!

A handsomely-shaped chap he is, about eight and one-half inches long from the tip of his bill to the longest of his tail feathers. His suit is of a dark slate color with crown and tall black, and under tall covert chestnut.

Cook's Cotton Root Compound.

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

Other birds arrive in this neighborhood somewhat earlier in the spring, but do not deserve and should not receive a warmer welcome, not even the red-chested robin, who has impudence and style but small song power. The catbird is related to the mockingbird, and that warbler may well be proud of his relative, who is better known in the north than he is.

Science has come to give this bird a name quite as objectionable as "catbird." No one need be expected to pronounce as the name of this species the syllabic monstrosity "galeoscoptes carolinensis." Certainly not, especially as the translation of these words given to us that in English the syllable "gale" is Greek for "weasel," and from "scoptes" comes the word "mocker."

And there he swings on the topping twig of the apple tree and sings and sings, wholly careless of any of the names given to him in either Greek or English. The bird breeds in the north and winters from Florida southward. The nightingale is a smaller bird than our catbird. It sings for the most part after dusk. Our independent Canadian bird sings at any time he chooses. He is an early riser and under the summer schedule now opens his repertory at 4.30 a.m.

Wholesale prices to the retail trade on Canadian refined, Toronto delivery, are as follows:
Acadia granulated 100-bags, \$10 25
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
Barrels—50 over bags.
Cases—20 5-lb. cartons, 60c. and 50 2-lb. cartons 70c over bags. Gunnies, 5 20-lb., 50c; 10 10-lb., 50c over bags.

TORONTO CATTLE MARKETS.
Export cattle, choice \$15 00 \$16 50
Export cattle, medium 13 00 14 50
Export bulls 10 50 11 50
Butcher cattle, choice 10 50 12 25
Butcher cattle, medium 9 50 10 00
Butcher cattle, common 7 50 8 00
Butcher cows, choice 10 50 11 50
Butcher cows, medium 8 00 9 75
Butcher cows, canners 5 00 5 75
Butcher bulls 8 00 9 50
Ceding steers 9 00 10 00
Stockers, choice 8 00 9 00
Stockers, light 6 50 7 50
Milkers, choice 85 00 130 00
Springers, choice 30 00 140 00
Sheep, ewes 10 00 11 00
Bucks and cults 5 00 10 25
Lambs 16 50 17 50
Hogs, fed and watered 17 50
Hogs, f.o.b. 16 75
Calves 17 50 18 50

A Dyspepsia Cure
M.D. advises: "Persons who suffer from severe indigestion and constipation can cure themselves by taking fifteen to thirty drops of Extract of Roots after each meal and at bedtime. This remedy is known as Mother Seigel's Curative Syrup in the drug trade." Get the genuine, 50c. and \$1.00 Bottles.

Strong Enough to do Homestead Duty

SIDNEY BENT GIVES THE CREDIT TO DODD'S KIDNEY PILLS.

Six Years Ago He Had Kidney Disease So Bad His Friends Said He Would Not Live Long.

Lydiard, Sask., March 22.—Strong and healthy, and able to do the heavy work of homestead duty, Mr. Sidney Bent, a well-known settler here, is telling his friends of the great benefits he received from using Dodd's Kidney Pills.

"Six years ago I suffered a lot from my back and kidneys," Mr. Bent says. "I tried a lot of medicine and drugs, but kept getting worse, till some of my friends said I would not live long. Four years ago I decided to try Dodd's Kidney Pills. After taking the first box I felt so much better I decided to continue the treatment. The result is I have been able to do homestead duty for the last three winters."

"I would advise anyone suffering from kidney trouble to take Dodd's Kidney Pills. Dodd's Kidney Pills have made their reputation by curing kidney diseases and ills that spring from diseased kidneys. They are no cure-all. But if you are suffering from rheumatism, lumbago, sore back, diabetes or some other form of kidney trouble, ask your neighbors what Dodd's Kidney Pills have done for them."

MARKET REPORTS

TORONTO MARKETS.

FAIRMEN'S MARKET.
Dairy Produce—
Butter, choice dairy 0 50 0 55
Do., creamery 0 47 0 53
Margarine, lb. 0 35 0 40
Eggs, new laid, doz. 0 50 0 55
Cheese, lb. 0 40 0 45
Dressed Poultry—
Turkeys, lb. 0 50 0 55
Fowl, lb. 0 30 0 35
Chickens, broasting 0 40 0 45
Geese, lb. 0 30 0 34
Fruits—
Apples, bkt. 0 25 0 30
Do., bbl. 3 00 3 25
Vegetables—
Beets, peck 0 25 0 30
Do., bag 1 40 1 10
Carrots, peck 0 75 0 80
Do., bak 0 05 0 10
Cabbage, each 0 05 0 10
Cauliflower, each 0 40 0 45
Celery, head 0 10 0 20
Lettuce, 3 bchs. for 0 15
Do., head 0 15 0 20
Onions, 10-lb. sacks 1 25 1 50
Do., bbl. 0 25 0 45
Do., peckling bkt. 0 40 0 75
Leeks, bunch 0 10 0 20
Parsley, bunch 0 05 0 10
Parsnips, bag 1 00 1 05
Do., peck 1 50 1 60
Potatoes, bag 1 30 1 40
Rhubarb, 2 bunches for 0 25
Sage, bunch 0 05 0 10
Savory, bunch 0 05 0 10
Turnips, bag 0 15 0 20
Do., peck 0 30 0 35

MEATS WHOLESALE.
Beef, forequarters 17 00 19 00
Do., hindquarters 23 00 27 00
Carcasses, choice 20 00 22 00
Do., medium 18 50 20 50
Do., common 15 50 17 50
Veal, common, cwt. 13 00 15 00
Do., medium 20 00 22 00
Do., prime 25 00 28 00
Heavy hogs cwt. 16 00 18 00
Shop hogs, cwt. 20 00 21 00
Slaughter hogs 21 00 23 00
Mutton, cwt. 18 00 20 00
Lamb, lb. 0 28 0 32

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Stockers, choice 8 00 9 00
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