

Weak, Nervous Children Quickly Gain Strength Under Following Plan

Nervousness, just like weakness, is a family predisposition. We inherit tendencies to disease just as we inherit physical resemblances. The strain of study, social duties, work at home—these all tend to make nervous troubles among children. No wonder that St. Vitus Dance, Epilepsy, and constant headaches have become alarmingly common. Pale, nervous, listless young people are met everywhere.

It is nothing short of criminal for parents to neglect signs of weakness in their children. By ignoring the slightest symptom of nervous or mental strain, you may condemn your child to life-long invalidism. If any member of your family complains of headaches, fear of going into dark places, give them that wonderful tonic, "Ferrozone." Strength of body and mind, hardy nerves, ability to study with comfort, all the attributes of health quickly follow the use of Ferrozone. It establishes strength, color, endurance, vim—does this by filling the whole system with nourishment and tissue-forming materials.

It's because we know the enormous good that Ferrozone will do, because we are sure every child and even grown folks, will be permanently benefited, that we urge you to give it a trial. All dealers sell Ferrozone in 50c boxes, six for \$2.50, or direct by mail from The Catarrozone Co., Kingston, Ont.

SUNDAY SCHOOL

Lesson IX. March 2, 1919.
The Report of the Spies.—Numbers 13: 1-14: 38.

Commentary.—I. Exploring Canaan (13: 1-25). 1-16. The plan of sending men to Canaan to view conditions there and bring back a report originated among the Israelites themselves (Duet. 1:22) because of their lack of faith in God. Had they fully trusted him and moved forward, they would speedily have gained possession of the promised land. They asked that spies be sent, and the Lord acceded to their request. A man of prominence, "every one a ruler," was selected from each tribe to constitute the exploring party, 17-25. The spies were to go with a well-defined purpose. They were to enter Canaan from the south and proceed through the country, observing particularly the nature of the soil, the number and character of the inhabitants, the manner of their dwelling and the facilities for making a defence against invaders. They were commanded to bring back with them samples of the products of the soil. Moses was careful to tell them to make their observations with hearts full of courage. No doubt it would have been better if the spies, and simply trusted God's word; for he had promised them the land of Canaan as their possession, and he would have given it to them, no matter how strong and numerous the inhabitants were. The spies probably went northward along the valley of the Jordan, reaching Hamath, in the region of Lebanon, and returning through the western part of the land of Canaan. They returned with figs, pomegranates and grapes. They carried a large cluster of grapes "between two upon a staff." It was carried in this way not altogether because of its size, but that it might be brought to Israel fresh and intact.

II. Two reports (13: 26-33). Although the two reports were alike with respect to material conditions in Canaan, they differed in the essential point. One report was accompanied with unbelief and the other was alive with faith. The twelve spies agreed with regard to the excellence of the country. It was desirable because it was rich and productive. He said it was a land that "floweth with milk and honey," and the rich fruits they brought back with them corroborated their statements. In the majority report the ten spies said the people lived in walled towns, and there were giants, the children of Anak in Canaan, who were powerful warriors; therefore they would not be able to take possession of the land. They made their report on the basis of what they saw and heard on their journey and did not take into account the promises the Lord had given. Two two spies that constituted the minority, Caleb and Joshua, saw the same things the ten saw, that the land was desirable, the

cities were walled and giants were there, but they said, "Let us go up at once, and possess it; for we are well able to overcome it" (v. 8).

III. The People Murmur (14:1-10). 1. The people wept that night—Their hearts were set on reaching Canaan and taking possession of it as a desirable and permanent abode, and they were deeply disappointed when they heard the reports of the spies, believing that the ten said rather than the words of Caleb and Joshua. 2. Murnured against Moses and against Aaron—The Israelites were given to murmuring. They had murmured against Moses several times. They failed to remember God's promises and the miracles he had wrought in their behalf. would God—in their distress they imagined it would have been better for them to have died in Egypt or in the wilderness than to be where they were. At Kadesh-barnea they found relief from desert life and were in a beautiful valley where there was an abundance of water. They were being supplied with manna, and conditions were good with them, but through unbelief they were almost in despair. 3. Better for us to return into Egypt—As the Israelites had failed to remember their miraculous deliverance from Egypt, so they failed to remember their hardships in Egyptian servitude. They were ready to forego God's provision and protection, and his promises, and would go back to suffer as Pharaoh's slaves. 4. Let us make a captain and... return—The unbelieving spies had encouraged unbelief in the Israelites to the extent that they would turn away from God and from Moses and Aaron. They were dissatisfied with Moses as a leader and proposed to choose one to conduct them back to Egypt and bondage. 5. Moses and Aaron fell on their faces—The burden was heavy and it was a critical moment with these servants of God; their hope was in Jehovah alone and they made their appeal to him.

6. Joshua... and Caleb—These were the representatives of the tribes of Ephraim and Judah, respectively, and had brought back a good report. Rent their clothes—in token of their grief over the unbelief of their fellow spies and its effect upon Israel. 7. They spake, etc.—Caleb and Joshua stepped into the gap and attempted to bring Israelites to realize what were the true conditions respecting the land of Canaan. An exceeding good land—All that God had said of it in His promises was true. 8. If the Lord delight in us—His delight in men depends upon their faith in Him (Heb. 11: 6) and their obedience. He will bring us into this land—The faith of these men was sublime. It looked past past walled cities and giants and saw God's power giving Israel possession of the land that "floweth with milk and honey." 9. Rebel not ye against the Lord—The attitude the Israelites were taking with reference to the report of the spies was, in fact, an attitude of rebellion against God. He

had given them full assurance that he would give them the land of Canaan, but they were accepting the word of men to the effect that they were not able to subdue the inhabitants. Neither fear ye the people of the land—Under God's leadership and direction they could enter Canaan without fear. They are bread for us—We shall destroy them as easily as we eat bread (Psa. 14: 4). The simile is natural to a Hebrew, in whose language the verbs, "to eat," "to destroy in war," are the same. As the faint-hearted spies had declared that the Canaanites were giants before whom the Hebrews were dwarfed to grasshoppers, so the brave spies, with equal strength of expression, style them "bread for us."—Whendon, 10. Bade stone them with stones—Caleb and Joshua were real benefactors to the Israelites, but their excellence was not recognized and they treated them shamefully.

IV. Moses' intercession (14:11-38). The Lord threatened to destroy the unbelieving Israelites, but Moses made a powerful plea in their behalf. The Lord was moved by Moses' prayer and did not cut them off, but he did not let them go unpunished. They were sentenced to die in the wilderness without entering the promised land. Those who believed the Lord and brought a favorable report were promised entrance into Canaan, but the people who failed to believe God must wander forty years in the wilderness, a year for each day the spies were searching out the land.

Questions.—How far had Israel journeyed from Sinai? Why did the spies go into the land of Canaan? What particular directions were given them? How far did they go in searching the land? How long were they gone? In what respects did the two reports which the spies brought back agree? In what respects did they differ? Which report did the people accept? How were the people affected? Describe Moses' intercession for Israel.

PRACTICAL SURVEY.
Topic—Causes of failure in life.
II. A great refusal.
III. Result.

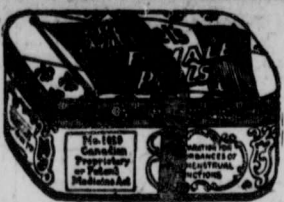
1. A great opportunity God had led His people quickly from the land of bondage to the borders of their promised inheritance. Only those delays necessary for their instruction and the

brief interruption by Amalek had occurred. Before them spread the coveted possession of their own history and God's pledge afforded assurance. Miracles had been their daily bread," and the God whose judgments had devastated Egypt, whose power had opened a pathway through the sea and whose hand had fed them in the wilderness bade them take possession. Divine commands are never specialized. The "if" in the commands of heaven has reference to the human disposition and not to contingencies in the certainties of fulfillment of God's purposes. Difficulties will be proportioned to the disposition of the individual. The call to attempt them is an assurance that they may be surmounted. They are tests of the quality of men. We grow stronger by effort, wiser by disappointment and disciplined by obstacles. In the lesson there opened a great opportunity for a great people to realize all that their preceding history had signified. Their coming into the history of every individual or nation one great opportunity to realize its own best, and it comes but once. No life is necessarily a failure. If the opportunity is unimproved, the trend is unalterably determined on a lower level and achievement lessened.

II. A great refusal. The apostle tells us that they could not enter in because of unbelief (Heb. 4:6). The refusal which made the wilderness the grave of that generation was rooted here. The sending of the spies was its fruit. They had God's assurance both as to the character of the land and their own conquest. They needed no more. God knew every spot from "Dan to Beersheba," and it was unnecessary to spy out the land God had pledged out for them or to seek the way when He had promised to lead them. Men are always prone to trust more to sense than to revelation. Unbelief rejects the truth and hates those who declare it. Only the breaking forth of the divine glory preserved the noble minority who asserted their faith. Unbelief and discouragement go hand in hand. "The soul of the people was much discouraged because of the way." Unbelief sees only difficulties; faith sees God and his resources. Discouragement paralyzes effort, magnifies obstacles and belittles the individual.

III. Result. That generation of Israelites had proved themselves unworthy and unfitted for their high calling, and for them themselves their worst fears were realized. They chose graves in the "wilderness," and found them. Notwithstanding the promise stood and another generation possessed the rejected inheritance. Their children for whom they feared entered in. God will not be thwarted nor permit His bounty to be unused. If the invited guests refuse the high honor, nevertheless the king's table will be furnished. To retain present good men must respond to the call from the heights. God challenges us for the best of two worlds. The best place their preceding history had signified for us in His will.

If one be troubled with corns and warts, he will find in Holloway's Corn Cure an application that will entirely relieve.



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MRS. PLANTE FOUND RELIEF IN DODD'S KIDNEY PILLS.
She Tells How They Helped Her Kidney Disease and Made a New Woman of Her.

St. Florence, Que., Feb. 24.—(Special.)—Two boxes of Dodd's Kidney Pills made a new person of me. The speaker is Madame M. L. Plante, of this place, and her numerous friends here fully verify her statement. "For nearly two years," Mrs. Plante continues, "kidney disease tortured me. I heard of Dodd's Kidney Pills, and made up my mind to try them, and to my surprise they did me good almost at once. Two boxes cured me completely. I recommend them to all my friends."

Mrs. Plante is only one of many who had a similar experience. They were weak and run-down, and sick all over. Dodd's Kidney Pills helped them. How? Simply by curing the kidneys. The diseased kidneys were the cause of all the trouble. They were failing to strain the impurities out of the blood, and the result was disease all over the body. Dodd's Kidney Pills helped the kidneys, the impurities were strained out of the blood. The result was pure blood and good health all over the body. The cause of the disease had been removed.

MULE NATURE.
They Have Peculiarities and Must Be Humored.

An old flea-bitten, hammer-headed, ewe-necked bell mare, slowly picking her way across the corral at the remount station at Camp Zachary Taylor, followed by a long string of mules walking in single file, heads down and ears wagging, served as illustration for an officer attached to the big cantonment who had just finished remarking that "horse nature and mule nature and human nature were mighty contrary things any way you take them."

"Now, takes those mules," he said. "The education of a pack mule is a thing that must begin early. He has just two purposes in life. "One is to carry 225 pounds day after day patiently and uncomplainingly, and the other is to follow the bell mare of the train, regardless of where that animal may go. Well, there is in that corral an illustration of the effectiveness of our training. The old mare has started after a drink of water and there goes every dad-blasted one of those fool mules after a drink of water."

Investigation revealed that the pack mule is not the only member of his family that has peculiarities that can be played upon or must be humored. It was learned that the larger mules, once teamed up or paired, must thereafter be worked together if each is not to suffer a loss in efficiency. Two strange mules will not work together anything like so well in the beginning as they will a few weeks later, after they have become well acquainted, and then if they are parted the whole process must be gone over with again.

Golf Balls.
History tells us that at first golf balls were nothing but round or nearly round pebbles about the size of the sphere used at present. These were supplanted by the hand cut wooden balls and then in turn by the feather ball. Then came the gutta percha ball, of which an interesting story is told. It is said a caddie in Scotland picked up a discarded football shoe with a gutta percha sole and tore off the sole. This he soaked in water until it was soft and then moulded it with his hands to the size of a golf ball. Thence it was only a step to the moulded and hammered gutta percha balls, which endured until as late as 1898, when the rubber cored ball was first brought out in the United States. The rubber cored ball, the foundation of the ball of the present, was not taken into England until three or four years later, and it is interesting to note that in 1905 Aleck Herd, who was the only player in the field using the ball, won the British open championship with it.—New York Sun.

Tortured For Nearly Two Years
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WINTER HARD ON BABY

The winter season is a hard one on the baby. He is more or less confined to stuffy, badly ventilated rooms. It is so often stormy that the mother does not get him out in the fresh air as often as she should. He catches colds which rack his little system; his stomach and bowels get out of order and he becomes peevish and cross. To guard against this the mother should keep a box of Baby's Own Tablets in the house. They regulate the stomach and bowels and break up colds. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.		
Dairy Produce—		
Butter, choice dairy	0 50	0 55
Do., creamery	0 57	0 63
Margarine, lb.	0 35	0 40
Eggs, new laid, dozen	0 55	0 60
Cheese, lb.	0 33	0 38
Dressed Poultry—		
Turkeys, lb.	0 50	0 55
Fowl, lb.	0 28	0 35
Spring chickens	0 35	0 40
Ducklings, lb.	0 38	0 42
Geese, lb.	0 30	0 32
Fruits—		
Apples, basket	0 35	0 75
Do., bbl.	3 00	7 00
Vegetables—		
Beets, peck	0 25	0 30
Do., bag	1 00	1 10
Carrots, peck	0 20	0 20
Do., bag	0 75	0 80
Cabbage, each	0 05	0 10
Cauliflower, each	0 10	0 40
Celery, head	0 10	0 20
Lettuce, 3 bunches	0 10	0 10
Do., head	0 10	0 20
Onions, 75 lb. sack	1 25	1 50
Do., basket	0 25	0 45
Do., pickling, basket	0 40	0 75
Leeks, bunch	0 10	0 30
Parsley, bunch	0 05	0 10
Parsnips, bag	0 10	1 00
Do., peck	0 25	0 25
Potatoes, bag	1 30	1 50
Rhubarb, 2 bunches	0 10	0 10
Sage, bunch	0 05	0 10
Savory, bunch	0 05	0 10
Turnips, bag	0 05	0 75
Do., peck	0 10	0 20

SUGAR MARKET.

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

Acadia granulated, 100 pounds	\$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
St. Lawrence granulated	10 27
Do., No. 1 yellow	9 87
Do., No. 2 yellow	9 77
Do., No. 3 yellow	9 67
Barrels—20 over bags.	
Cases—20 5-lb. cartons, 60c, and 50-2-lb. cartons, 70c over bags. Gunnies, 5 20-lb., 40c; 10 10-lb., 50c over bags.	

Protect the child from the ravages of worms by using Mother Graves' Worm Extirpator. It is a standard remedy, and years of use have enhanced its reputation.

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE.
Fluctuations on the Winnipeg Grain Exchange yesterday were as follows:

Oats—	Open High Low Close
May	0 68% 0 68% 0 67% 0 67%
July	0 66% 0 66% 0 66% 0 66%
Barley—	
May	3 18 3 21% 3 16 3 18
July	0 85% 0 87 0 85% 0 87

MINNEAPOLIS GRAINS.
Minneapolis—Corn—No. 3 yellow, \$1.17 to \$1.26. Oats—No. 3 white, 55 1-4 to 56 1-4c. Flax—\$3.50 to \$3.53. Flour, unchanged; shipments, 41,496 barrels. Bran—\$40.
DULUTH LINEDSEED.
Duluth—Linedse, on track, \$3.50; arrive, \$3.50.

DRS. SOPER & WHITE



SPECIALISTS
Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skin, Kidney, Blood, Nerve and Bladder Diseases.
Call or send history for free advice. Medicines furnished in tablet form. Hours—10 a.m. to 1 p.m. and 2 to 8 p.m. Sundays—10 a.m. to 1 p.m.
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Over Here**

STAG Chew Tobacco is enjoyed by both of our war units—those who fought in Flanders and those who served at home.

It is also enjoyed by civilians in all classes throughout Canada and is recognized as being "Ever-lastingly Good"