

RHEUMATIC PEOPLE

Can Only Find Relief By Enriching the Blood.

Rheumatism is a disorder of the blood. It attacks people when the blood is overcharged with acid and impurities, thus setting up inflammation in the muscles and joints. Wet weather or cold weather of autumn may start the tortures of rheumatism, but is not the cause. The cause is in the blood and the blood only. Victims of this malady have every reason to fear the first dull ache in the limbs and joints, followed by sharp pains through the flesh and muscles; these are the symptoms of poison in the blood which may shortly leave the victim racked and helpless.

There is only one way to cure rheumatism, and that is through the blood. Liniments, hot applications, and rubbing may give temporary ease, but cannot possibly root the trouble out of the system. That can only be done by the rich, red blood, which Dr. Williams' Pink Pills actually make. This new blood drives out the poisonous acids and impurities, and the rheumatism disappears. If you are a sufferer from this painful malady begin curing yourself to-day by the use of Dr. Williams' Pink Pills, and see how soon the pains and stiffness of the joints fade away, leaving behind new energy and new health.

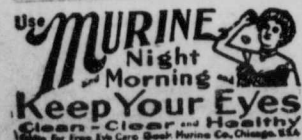
You can get Dr. Williams' Pink Pills from any medicine dealer or by mail at 50 cents a box or six boxes for \$2.50, from The Dr. Williams' Medicine Co., Brockville, Ont.



Lesson III. Oct. 19th, 1919. Jesus in Peter's home. Mark 1: 29-39.

COMMENTARY.—I. Healing in a home (vs. 32-34). 29. Forthwith, when they were come out of the synagogue—it was on the Sabbath and Jesus had been teaching and exercising divine power of the synagogue of Capernaum. Immediately after the casting out of the demon Jesus with the four disciples whom he had recently called went from the synagogue service to Peter's home (Matt. 8:14), where Andrew also dwelt. 30. Sick of a fever—She was prostrated. Fevers were prevalent about Capernaum, on account of the marshy region near. According to the physician Luke it was a "great" fever. Intermittent fever and dysentery, the latter often fatal, are ordinary Arabian diseases.—Maclear. Anon—"Straightway."—R. V. Tell him of her—The mighty cures which Jesus had already wrought prepared the minds of those interested to believe that he could cure this woman. 31. Took her by the hand and lifted her up—Matthew says, "He touched her hand." This was a token of the application of power. The fever left her—"He willed and it was done. The curative virtue is in Christ's will, not in instrumentalities." Ministered unto them—Such fevers naturally leave the patient weak and liable to dangerous relapses, and much time and care are required to cover the usual strength. In this case strength was given immediately, and they cured woman went about the household tasks that awaited her. Through the coming of Jesus into the home health came instantly to one who was seriously ill. Blessings ever attend the presence of Jesus, and happy are they who give him welcome. Cures were sometimes wrought by our Lord, which were not instantaneous, as in the case of the blind man whose sight was restored gradually (Mark 8: 22-26); but usually he healed completely and instantly.

II. Multitudes healed (vs. 32-34). 32. Even—Evening. Jesus had attended the Sabbath service in the synagogue. The sun had set and the Sabbath was over. They brought unto him—Since the Pharisees considered it unlawful to carry a bed on the Sabbath, the friends of the sick refrained from bringing them before the close of the Sabbath. Then also it would be cooler than in the heat of the day. Possessed of demons, (R. V.)—A condition in which demons or evil spirits took control of the person to such an extent that he was unable to restrain himself from acts of violence or wickedness. 33. All the city was gathered—Two notable miracles had been wrought that day. The cure of the demoniac in the synagogue had astonished the people beyond measure and the healing of Peter's wife's mother had occasioned great wonderment. Reports of these cures spread rapidly throughout the city, so that by evening the crowds had assembled, bringing those who were afflicted. At the door of Peter's home. They were convinced of Jesus' power and willing to relieve those who were in distress. 34. He healed many—Matthew says, "And healed all that were sick" (8:16), and, connected his work with Isa. 53: 4, as being the fulfillment of



the prophecy there recorded, and said, "That it may be fulfilled, which was spoken by Isaiah, the prophet, saying, Himself took our infirmities, and bare our sicknesses" (Matt. 8:17). Divers diseases—Many different diseases. No disease was in existence that could baffle the skill of the great Physician, and he could bring relief from every sort of trouble. Suffered not the devil to speak, because they knew him—Jesus was not willing to have testimony born to his Messiahship by demons. The voice from heaven which always spoke the truth had declared him to be the Son of God, and he would not permit lips, given to lying, to testify to his divinity. The works that Jesus performed, the spiritual sublimity and simplicity of his teachings and his own declarations concerning his nature and mission, joined with the testimony from heaven, made clear his deity.

III. Jesus at prayer (v. 35). 35. In the morning—The day following the Sabbath. A great while before day—the fact that Jesus rose thus early in the morning shows how important and necessary He understood it was for Him to pray. It indicates how great was the burden upon His heart for a lost world. A solitary place—a remarkable feature of the Lake of Gennesaret was that it was closely surrounded with desert solitudes. These desert places, thus close at hand on the table-lands or in the ravines of the eastern and western ranges, gave opportunities of retirement for rest or prayer.—Stanley. And these prayed—His soul craved communion with the Father that He might carry forward the great work committed to Him. He prayed for the world that He came to redeem. His praying, however, was not wholly on His own account and for His own need, and on behalf of others, but it was an example for us. Prayer is indispensable to the Christian's life. He can not maintain his experience of saving grace and of heart cleansing without this exercise. He cannot grow in knowledge and love of God without prayer, nor can he be a successful fisher of men unless he is much in prayer. Peter and John and the other disciples were learning of Jesus, being prepared for the great work they were to do for Him, and this example He gave them of frequent and earnest prayer would be of inestimable value to them throughout their ministry.

IV. Spreading the Gospel (vs. 36-39). 36. Simon and they that were with him—With Simon Peter were his brother Andrew and James and John. Followed after him—Jesus had probably tarried long in prayer, and because the people were desirous of coming to Him, His disciples went in search of Him. 37. Had found Him—They doubtless knew where they would be the most likely to find Him from their acquaintance with His ways in the past. It is well if the followers of Jesus are so given to prayer that those who know them have the knowledge that they are often to be found in that exercise. Jesus was just entering upon His great Galilean ministry and a season of communion with the Father would be a most helpful preparation for it. All men seek for thee—The knowledge of his remarkable power in healing the sick and casting out evil spirits had reached the people throughout Galilee (Mark 1: 28), and the demand upon him was great. It was for the temporal good that Jesus could bestow, rather than for the spiritual good that he desired to impart, that the people were seeking Him. 38. Into the next towns—The word "towns" here means "places larger than villages."—Whedon. Preach there also—His labors must not all be expended upon one community, but He must carry the gospel and its blessings into the regions beyond. This was the first



missionary circuit of Jesus through Galilee. For therefore came I forth—His mission was to do good to the souls and bodies of men. He did not undertake His earthly mission for the sake of being held in admiration by the multitudes or to work miracles to satisfy their curiosity, but to bring them to a knowledge of the only way of salvation. 39. In their synagogues.—He made use of every opportunity to preach the gospel, entering the synagogues scattered here and there, even though the worship was practically lifeless. The law was old, and He was given an opportunity to unfold His spiritual and powerful truths. He could give the true interpretation to the scriptures that were there read to the people and could show that the prophecies concerning the coming of the Messiah were being fulfilled in their very presence. A new and weighty responsibility was thus placed upon them. And cast out devils—He both healed the sick (Matt. 4: 23-24) and cast out demons. Divine power was required for either work, and both showed that the gospel came for the deliverance of man from his distresses.

Questions.—What had Jesus done in the synagogue of Capernaum? Who accompanied Jesus from the synagogue? Where did they go? In what way was Jesus a blessing in the home? What took place when the Sabbath was over? Why did Jesus forbid the demons that He cast out to speak? What did Jesus do early the next morning? Why did Peter and the other disciples seek for Him? What course had Jesus laid out for Himself? What was the purpose of

PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured. Cuticura Soap and Ointment Healed.

"Small red pimples and blackheads began on my face, and my face was badly disfigured. Some of the pimples festered while others scaled over and there were places where the pimples were in blotches. They used to itch and burn terribly. I saw an advertisement for Cuticura and I tried them. They stopped the itching and burning and I used four cakes of Soap and three boxes of Ointment which healed me." (Signed) Miss V. A. Hayne, Stormont, N. S., Dec. 26, '18.

The Cuticura Toilet Trio, consisting of Soap, Ointment and Talcum, promotes skin purity, comfort and health when used for every-day toilet purposes. For Sample Book Free by Mail, address: "Cuticura, Dept. A, Boston, U.S.A." Sold everywhere.

Christ's mission? Through what means did Jesus reach the people?

PRACTICAL SURVEY.

Topic—Christ in the Home.

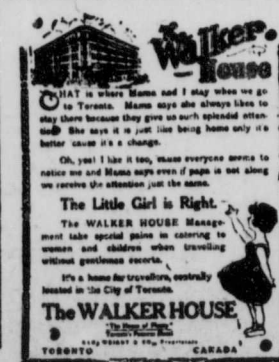
I. The home.

II. Its bulwark.

Jesus exercised both a public and a private ministry, and the events of the lesson include both. Alike in the synagogue and in the domestic circle, his love and power were beneficently manifested. He regarded the individual as well as the multitude, as worthy of attention. He came into personal contact with the sinful and suffering. Spiritual ailments and bodily diseases were embraced in the sphere of his purpose and ministry (Psa. 103: 3; Matt. 8: 17).

1. The home. The home was the first divinely-ordained institution among men. It involves the family which was the first relation established in primeval conditions and innocence. It antedates the church and nation and is the foundation of both. Domestic relations precede, and in our present existence are worth more than all other social ties. Both Jesus and the apostles placed special honor upon, and rigidly safeguarded, the sacred relation in which it originates. He graced with his presence and blessed with his benediction the marriage in Cana, and soliloquy for its unmarred sweetness called forth the first exercise of his miraculous power and "glory" (John 2: 1-11). Upon the integrity of the home depends the well-being of the race. The perpetuation of the latter under the most favorable conditions of heredity and environment is its first design. The development of character under equal advantages is second. It is the chief school of human virtue. Upon it depends the perpetuity of any nation. Joseph Cook said, "Only the home can found a state. The moral tone of any people is shaped by the home life, and can never rise above its average. Its virtue or virus permeates the entire body politic. It is the safeguard of private virtue and of public liberty. The best places to make men of boys and women of girls is here. We should jealously beware of any influence or agency which tends to lower its sacredness or intrude upon its inviolate domain, under whatever insidious guise or disguise it may present itself."

II. Its bulwark. The Christian system recognizes and regulates all human interests. Apart from its teachings and moral force none can attain their best or remain secure. All other restraints prove but feeble barriers in the presence of unleashed passion. Christianity inculcates those principles of authority, obedience, affection and orderliness which are inseparable from an elevated domestic life. It is at once the source and security of all human progress. The sweetest type of heaven is a home where Christ reigns. His dominion bars its portals against the ingress of illicit desire or purpose, which Jesus says is equivalent in its effect upon character to overt violation of its obligations. Unlike his forerunner, he was not ascetic. He sanctified all the relations of human life into which it was possible for him to enter, by fulfilling them. In Cana, Capernaum, Bethany and Jerusalem he entered into the domestic and innocent social life of those among whom he went, and he moved as a living benediction among them. Christianity is the bulwark of the home. W. H. C.



SCIENCE NOTES.

There are 782 varieties of Arctic flowers which have but two colors, white and yellow.

Compared with its area the population of Norway is the smallest of any country in Europe.

Switzerland is considering the adoption of the 24-hour clock, abolishing the A. M. and P. M.

Egypt has a railroad which runs in a straight line over the desert for a distance of 45 miles.

Gasoline production in the United States has increased from 35,000,000 to 70,000,000 barrels a year since 1914.

The natives of India show the greatest interest in phonographs, and it is considered a good market for these instruments.

In coffee-growing countries a suffusion of the leaves of the plant is held by many to be superior to that made from berries.

In Trinidad there are berries as large as a dinner plate. They are encouraged by the natives because they keep the houses free of roaches.

A method has been discovered of distilling valuable products from the chips that accumulate in wood-working establishments, and of making paper out of the residue.

Beware of Compromises.

One temptation in making difficult decisions is to compromise. You aren't sure which way is the best, you seek to combine the advantages of both, and many a time merely combine all the disadvantages. To be sure, there are times when a compromise is the wisest course, but there are just as many times when it is cowardice and weakness. How can one tell which times are which? Well, that is simply another decision for you.

LET a woman ease your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, post-paid, and put you in touch with women in Canada who will gladly tell what my method has done for them. If you are troubled with weak, tired feelings, headache, backache, bearing-down, constipation, catarrhal conditions, pain in the side, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

Mrs. M. Summers, Box 8, Windsor, Ont.

Vision of an Empress.

Has anyone taken time to think of Empress Eugenie, widow of Napoleon III. Just at this time? Nearly half a century ago she saw her France overthrown in her own beautiful palace at Versailles by booted and spurred German insolence. She saw her husband dethroned to die in exile. Later she mourned the death in battle under an alien flag of her only son, disinherited.

The dim eyes of the old woman, who has known so much of pomp and pride and humiliation and exile, will now see the authors of her undoing stripped and bending with bowed head before the high court of civilization and without an extenuating circumstance to plead.

Surely a fitting and dramatic close to a historic life.

For the Housewife.

Thicken a puree with potato—it will do as well as flour and butter in an emergency.

After the croutons for your soup are cut, toast them in the corn popper—it's easy, quick and satisfactory.

To keep the meringue on your pie from falling, put in a spoonful of baking powder just before the meringue is put on the pie.

Next time you have a roast of veal bake it with onions and add a little tomato juice to the gravy. It improves the flavor greatly.

When you are at a loss for a salad, try one of canned cherries, served on crisp lettuce leaves with French dressing.

HOW'S THIS?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

How to Lose Your Friends.

Lend them money. Tell them their faults. Show them they're in the wrong. Beat them in an argument. Think of something before they do. Do something they should have done.

Do something better than they do. Know more than they do. Become more popular than they are. Ask them for a favor. Show a special interest in their friends.

Return to them good for evil.—Life.

NO PLACE LIKE IT.

"Some families," said Uncle Eben, "would be a whole lot happier if they didn't keep tryin' to put too much jazz in 'Home, Sweet Home.'"

Pop says you're rattle-brained.—Baltimore American.

FROM CHERRY-BLOSSOM LAND

The Japanese Give Good Example



It is a proverb of Cherry Blossom Land that beauty of face and figure depend on womanly health.

What is it that makes our Canadian women often pale, narrow-faced, with dark circles under the eyes, and very often old at forty-five when they should be in their prime?

Women suffer in girlhood from back-

ache, spine-ache and headaches, followed by irregularities and as a result diseases of the womanly organs are more common than any one but a physician in active practice could suppose.

After long experience in the treatment of women's diseases, Dr. Pierce evolved a vegetable tonic and corrective which he called Dr. Pierce's Favorite Prescription. This is a purely vegetable preparation, without a particle of alcohol contained in it.

When a woman complains of back-ache, dizziness or pain—when everything looks black before her eyes—a dragging feeling, with nervousness, she should turn to this "temperance" herbal tonic. It can be obtained in almost every drug store in the land and the ingredients are printed in plain English on the wrapper. Put up in tablets or liquid. Dr. Pierce, of Invalids' Hotel, Buffalo, N. Y., will send a trial size of the tablets for ten cents.

Curious Coincidence.

The news of Germany's surrender came midway between Sunday night and Monday morning. It was on a Sunday morning that the world heard of Germany's declaration of war against Russia. Serbia's answer to Austria's ultimatum came the previous Sunday. It was on Sunday morning that we got the news of the firing of the first gun of our civil war, and it was on Sunday that Lee surrendered at Appomattox. Later on, the first tidings of the sinking of Cervera's fleet at Santiago came on Sunday morning, as did that of the signing of the peace treaty between the United States and Spain.—U. S. exchange.

COPPER AND BRONZE

One of the most interesting discoveries by Egyptologists throws new light on the relative origin of copper and bronze in the Mediterranean countries. At Ortu Commidue, alongside some ancient copper mines of prehistoric age, a foundry has been uncovered with all the furnaces for smelting and molds for casting, just as it was abandoned thousands of years ago.

FOR MARRIED MEN ONLY

When your razor is dull as a hoe, ask your wife if she wasn't paring her corns. Get her Putnam's Corn Extractor; it's the only painless and safe cure. All dealers sell "Putnam's" at 25c per bottle.

Homing Instinct Supreme.

Science cannot explain the wonderful instinct which brings the pigeon to its home, but it is stronger than fear or any other obstacle. Liberated in the face of the heaviest barrage, it circles in the air to get its bearings, rises swiftly to a height of half a mile, then is off with the speed of a bullet. For a distance of 30 miles they are capable of making two miles a minute, and have flown 800 miles on a single flight.

Winter Reading.

Books of natural history make the most cheerful winter reading. I read in Audubon with a thrill of delight, when the snow covers the ground, of the magnolia, and the Florida key, and their warm sea breezes; of the fence rail, and the cotton tree, and the migrations of the rice bird; of the breaking up of winter in Labrador and the melting of the snow on the forks of the Missouri.—Thoreau.

Marble Caves of Oregon.

Amid the wilds of southwestern Oregon, almost unknown to the world at large, is situated a series of underground chambers and passages remarkable for their size and for the beauty and unusual character of their decorations, says F. F. Truck, in Popular Mechanics Magazine. Within the last few years they have been made a national monument and are now known as the Marble Caves of Oregon.

