

## The Sunday School.

COMMITTEE: James Lediard, Geo. Fowler, Miss L. Pitcher.

By reference to the last issue of the DISCIPLE, I find I am again chairman of the Sunday-school Committee, and so in a measure responsible for this department. I would like to make it as useful as possible to all the teachers of our schools, as well as a medium of school news. Who will help me? Will you?

Write a brief article. Send an item of news from your school. Ask a question. State a difficulty. Tell us of any good method of work you have. We want to hear of your successes and your failures; of the conversions from your class; of your success in keeping hold of the growing boys, and how you do it. These and a score of other things briefly told will help every school in the province; so write soon and often.

Will Bro. Geo. Fowler, of London, please take notice that he is needed on this column, and that the chairman expects him to "repent" and do much better than he did last year? If he will write as well on Sunday-school matters as he does on some others—notably his paper on Ministerial Etiquette—he will prove a help to us all. Try it, brother.

I am glad to see that Sister Pitcher is again on the committee. She helped me last year, and I trust she will appear oftener during this present year; and there are some others who gave me a help who I hope will do it again. Bro. Aikins, of Orangeville, wake up, please. Will Toronto and St. Thomas and Everton and Guelph and Bowmanville, all our town schools and all our country schools, the large and the small schools, help to make this department the most interesting in the paper?

Make the present series of Old Testament lessons the occasion of drilling the classes well in the Old Testament history of the times, and never forget its connection with the New Testament. These lessons are full of practical truths, capable of present and close application.

A home made map of the journey of the children of Israel roughly and plainly drawn, with a red line indicating the journey from Egypt to the Promised Land, will impress that journey more than anything else. Draw your line from point to point as you need it and as the lesson progresses. Don't put in anything you don't want,

and any child will understand the journey and its importance as never before.

In this school we are beginning to think of our rallying day in September. Do you have one? If so, begin your preparation at once. Our school always flags during July and August—drops fully a third; the same is true of our Sunday congregations. Holidays, the lake, camping, etc., these are the reasons. September comes, and we mark the beginning of the fall and winter work by a special rally, and find it helpful. Try it. If you need it and if you don't—it won't hurt you.

One hundred and fifty conversions last year from the Sunday-school. How many next year? "According to your faith so shall it be done unto you."

Remember that the first Lord's day is children's day in our Sunday-schools all through the province. We want to make it a day to be remembered in our history. What preparation are you making for it in your school?

How much did your school give to this work last year? Look up your record and see, and then tell your school; add a third to it, and ask them to raise that much, and they will do it.

Go over the reports from our mission points, as given in the DISCIPLE of June 15th, I think, and from it prepare a brief history of last year's work; then draw a map of Ontario on the black-board in outline, and fill in the places where we have churches, marking them by a cross in some color. Show how few churches there are; what a number of important places without churches. Then take a red crayon and mark the present mission points, and urge the school to a larger interest in our work.

If you are not ready for the first Lord's day in September, then take the second. But do it well. Talk it up. Pray over it. Work for it. Tell the young people we need them in this work, and must have their interest.

Get your Bible-class to make some special sacrifice or do some special work for this and any other wise and right thing you can think of, and let us gladden the heart of our Board by a royal offering to advance the work in Ontario.

JAS. LEDIARD.

Sour stomachs sweetened by the use of K. D. C.

## Medicine in Tablets.

From the New York Sun of February 5, 1894.

### Increased Use of Drugs in This Form Instead of Compounding by Prescription.

A comparatively recent invention, vastly extended in its application within three or four years, has wrought a curious change in the practice of medicine. Country physicians, 100 years ago, when there were few druggists outside of considerable towns, carried in their saddle bags or medicine chests a variety of drugs, pills, powders, potions, lotions and what not. Such physicians made up their own prescriptions and furnished their patients with medicines. The use of medicines in the form of tablets tends more and more toward a return of modern physicians to the methods of their predecessors. Physicians everywhere now write fewer prescriptions than they wrote ten years ago or even two years ago, and the use of medicine in the form of tablets is extending every day.

It is only ten or fifteen years since compressed tablets of chlorate of potash began to be used. Other simple drugs were then put up in tablet form, and gradually the variety of drugs and prescriptions thus prepared was extended until now it includes thousands of compounds. Any physician may now have almost any prescription of his own made up into tablets. The usual requirement is that at least 5,000 tablets shall be ordered. Many well-known prescriptions of famous physicians have attained a world wide celebrity in the medical world through their use in tablet form. Hundreds of liquid prescriptions are thus used by saturating inert material with the mixture just as homeopathic remedies are prepared in the form of sugar pellets. The tablet factories are constantly experimenting with a view to reducing further drugs and prescriptions to tablet form. They are ready to vary known prescriptions in accordance with the fancy of individual physicians, and to combine one or more prescriptions in a single tablet. The general use of tablets instead of prescriptions has greatly simplified the practice of medicine. The physician, instead of writing a prescription and instructing his patient to have it compounded by a druggist, leaves the necessary number of tablets with instructions as to the time and manner of taking. Nearly every physician is provided with some such tablets, and many use them in great quantities. Tons of drugs are now put up in this form. It is the wholesale method of modern life applied to the preparation of medicines. Apothecaries have felt the effects of the change in practice through the lessening in the number of prescriptions to be compounded. For the patient, it has cheapened the cost of doctoring, for the physician obtains the tablets at so low a rate that he usually makes no charge for those supplied to his patients.

New as the use of tablets is, the form of the tablet has been greatly improved since their introduction into medical practice. Tablets are smaller and more compressed than they were a few years ago. The machinery for making them originally was, and perhaps still is, controlled by a single wholesale drug store of this city, but there are many manufacturers of tablets here and elsewhere. When the patentees first began to call their products to the attention of physicians the tablets very slowly made their way, because the patentees were not widely known to the medical profession. Then they associated themselves with a famous drug house, and the tablets soon began to go.

Only the simpler drugs and remedies put up in tablet form are accessible to the general public. The compounds are not even known by name outside the medical profession. As they are not patent medicines, they are not advertised in other than medical newspapers. They come to physicians with a label that proclaims the ingredients and their proportions. Physicians have the good repute of the manufacturers as guarantee that tablets are made of pure drugs and carefully compounded. The best tablet manufacturers employ skilled and careful apothecaries and buy their drugs in large quantities directly from manufacturers.

### INTERESTING SECRET HISTORY OF AN OLD-TIME REMEDY.

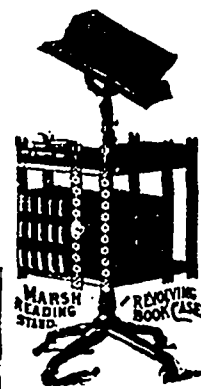
A certain well-known preparation is so largely prescribed by physicians that its use by them may be said to be universal. Conversationally it is spoken of among themselves as the "R. & S. Compo." If you are ill and

call the doctor, no matter what else you get, you are moderately certain to get some one of the forms of the "R. & S." prescription. Its use has been growing more general for a hundred years, and has been vastly increased of late by slight improvements found to be important in effects. The prescription, especially in rural districts, is usually prepared in fluid form, sometimes in powders; but of late years it has been found possible to prepare it in tablets, the form now so popular with physicians for all standard medicines. So enormous is the demand, from physicians solely, for the various forms of this preparation that a single manufacturing chemist in New York City made and sold 350,000 pounds of these tablets in the year 1893—and this, be it borne in mind, was to physicians alone, or to fill orders from dealers from whom physicians obtain their supplies. Every physician of eminence has his "R. & S." formula, varying more or less from the original, but substantially the same—that is, depending upon the basis indicated by the letters R. & S.

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