## THE NERVOUS SCHOOL CHILD

Meeds Rich, Red Blood to Regain neam and strength.

Many children start school in ex-Many children start school in ex-cellent health, but after a short time toole work, examinations, hurrled susas and crowded school rooms cause their blood to become weak and thin, their nerves over wrought sing their color and spirits lost. It is a great mistake to let matters drift when boys and girls show symptoms of hetvousness or weak blood. They are almost sure to fail victime of St. Vitus dance, or drift into debility that leads to other troubles. Regular thus cance, or drift into debility that leads to other troubles. Regular means, out-door exercise and plenty of siep are necessary to combat the dervous wear of school life. But it is still more important that parents should pay strict attention to the school calld's blood supply. Keep this rich and red by giving Dr. Williams and red by gi should pay strict attention to the school calld's blood supply. Keep this rien and red by giving Dr. Williams Pink Pills according to directions and the boy or girl will be sturdy and fit for school. The value of Dr. Williams Pink Pills in cases of this kind is shown by the statement of Mrs. Pearl C. Harrington, Kingsville, Ont., who eaver—I have often felt that I should write you and let you know that Dr. Williams Pink Pills did for me. At the age of thirteen I was afflicted with St. Vitus dance. The trouble became so severe that I had to be taken from school. I was given medical treatment but it did not help me, in fact I was growing steadily worse. Then i was prowing steadily worse. Then a friend advised my mother to give the Dr. Williams Pink Pills, which she did, with the happiest results, as the pits completely cured me and I was again able to take up my studies and attend school. Again about three years ago I was attacked with nervous procedurities, and once more took Dr. prostration and once more took Dr. Williams Pink Phils, and after using five boxes was fully restored. I cannot praise these pills too highly as I believe they will cure any case of St.

fitus dance, or restore any case of St.
fitus dance, or restore anyone who
ts weak, nervous or run down.
You can safely give Dr. Williams
Pink Pills to the most delicate child,
or take them yourself with equally
good results when you need a blood
tonic. These pills are sold by all toute. These pills are sold by all dealers in medicine, or will be sent by mall, post paid, at 50 cents a box or six boxes for \$2.50 by the Dr. Williams Medicine Co., Brockville, Ont.



Commentary.-I. Peter's Confes vs. 13-17). 13. Jesus came into coasts—Jesus with his disciples been in Bethsaida where ne healed a man of his bindness, and new they came into "the ccasts," or parts, of Caesarea Philippi. Mark speaks of heir coming into the towns" of resarea Philippi Caesarea Philippi was called by this name, or Caesar's hitippi, to distinguish it from the Carrarea on the coast of the Mediter ip, who named it in honor of Tiberius Chesar, the Roman emperor. This was largely beyond the region of Jewish influence, and the farthest north Jesus journeyed, whom do men say—Jesus did not at first ask his disciples what opinion they held respecting him, but drew out from them the views held by others. He was preparing the way for them to tell what they themselves beusual term Jesus applied to himself, and it presents the human side of his nature. 14. some say — others—The opinions held by the people varied. opinions held by the people varied, but it was believed that Jesus was a remarkable personage, yet few acknowlodged his real nature and office. Some said that John the Baptist had return-

> CLARK'S CANADIAN BOILED DINNER FINEST BEEF AND **VEGETABLES** PERFECTLY COOKED



W.CLARK

Just heat and eat.

ed to life. Some thought that he was Elijah; others believed him to be Jereman, in accordance with the tradition that Jereman was to come and reveal the place. When the was the come and reveal that Jereman was to come and reveal
the place where the sacred vessels
were concealed; and others said he
was one of the prophets, that is, one
of the old prophets risen again (Luke
919). It appears that the thought that
Jesus was the Messiah did not prevail
among the people. 15. whom say ye
that I am—This was the most natural
question to sak at this point. Jesus that I am—This was the most natural question to ask at this point. Jesus would now have the disciples declare how they had been impressed by his teaching, his miracles and his personal influence. 16. Simon Peter answered—Peter was the spokesman of the disciples, not only on this occasion, but generally. His impulsive nature and his quickness of apprehension favored this practise. It is thought that he was the oldest of the twelve, Although Peter answered the question, his reply expressed the sentiment of them all thou art the Christ—Christ is the Greek word for "anointed," and Messiah, the Hebrew for the same idea. There was no hesitancy and no uncertainty of the same idea. There was no hesitancy and no uncertainty. The declaration was positive and emphatic. the Son of the living God—This denotes the nature of Jesus God—This denotes the nature of Jesus in his relation to the Godhead. There is fully implied in this statement the fact of his divinity, as the former statement declares his office, as the Messiah. "God is here styled the living God, because he is the Author of all life and existence; hence, self-existent, eternal." Peter's confession contains the very essence of Christian doctrine, 17. blessed art thou—A genuine confession. Simon Barjona—Simon son of John, not, of course John the disciple. Bar is Aramic for son. mon son of John, not, of course John the disciple. Bar is Aramic for son. Simon Peter's father was Jonah, or John flesh and blood hath not revealed it—The knowledge that Jesus was the Son of God did not come to Peter and the other disciples from man or any other earthly source, but from God.

God.

II. The church's foundation (vs. 18-20). 18. I say—Peter had spoken, now Christ had something further so say 20). 18. I say—Peter had spoken, now Christ had something further so say about the kingdom under the figure of the church. Thou art Peter, and upon this rock! Will build my church—"Thou art Peter" (Greek, petros, a stone). "Upon this rock" (Greek, petra, the bed-rock). There has been much-discussion as to what the rock is upon which Christ builds his church. The leading opinions are: 1. Peter alone. 2. Peter on an equality with the other apostles, whose spokesman he was. 3. The confession of Peter, "Thou art the Christ, the Son of the living God." 4. Christ himself. All these views are strenuously maintained by their resp citive advocates. A statement in Ephesians (2: 20). "And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone," Indicates that the main foundation is Christ, and the apostles and prophets are joined with him in the dallon is Christ, and the apostles and prophets are joined with him in the church's foundation. The confession that Jesus Christ is the Son of God is essential to the foundation of the Christian church. The apostles' confession of the divinity of Christ is the foundation of the church. The church includes all who accept Jesus as their personal Saviour and maintain faith in him. The gates of hell—The in him. The gares of hell—The powers of the infernal world. Shall not prevail—The church of Christ is indestructible. Satan has put forth all his efforts for ages to overthrow

Wood's Phosphodine. The Great English Remedy.
Toos and invigorates the whole
merous system, makes new Blood
in old Veins, Curre Nervous
y, Mental and Brain Worry, DesponLoss of Energy, Palpitation of the
Failing Memory, Price 1 per box, six
One will please, six will cure. Sold by all
s or mailed in plain pkg, on receipt of

Christianity, but all in vain. 19. The keys of the kingdom of heaven-A key apostles were to have authority with respect to the church after earthly mission was closed. Whatso-ever thou shalt bind, etc.—This, ex-plains the use of the keys. The aposplains the use of the keys. The apost-tles were given authority to organize and direct the church of Christ of earth. The terms "binding" and "loosing" were much used among the Jews to denote forbidding and allow-ing. Wisdom and authority were to be given the apostles to govern the church, and what they did in that capacity would have the saction of heaven. They were to be so directed heaven. They were to be so directed in their preaching that they would speak with authority. They would utter the truths of the gospel, and what they said would be worthy of full acceptance by their hearers. 20. Tell acceptance by their nearers. 20. Tent no man that he was Jesus the Christ

—The declaration then of the Messiahship would have a tendency to arouse his friends in Galilee to attempt to proclaim him King.

III. Christ foretells His death and resurrection (vs. 21-23). 21. From that time forth—Having established the disciples in the faith that he was the Messiah, he could make known to them the course that lay before him. Unto Jerusalem—The capital city and centre of Jewish influence. Suffer many things, etc.—The opposition would constantly increase and culminate in his death at the hands of the highest officials of the Jews. The elders constituted the Sanhedrin. Raised—third day—a promise and prophecy of his resurrection. 22. Peter took him—Aside. Began to rebuke him—Peter's III. Christ foretells His death and -Aside. Began to rebuke him-Peter's impulsiveness again asserted itself. He could not reconcile the course Jesus had declared was lying before him with the great fact of his Messiahship. 23. Get thee behind me, Satan ship. 23. Get thee behind me, Satan—Jesus did not call Peter Satan, but indicated that Peter's rebuke emanated from Satan. Satan put the words in Peter's mouth, and Jesus used the same language that He did at the temptation in the wilderness. An offence—"A stumbling-block."—R. V.

1V. Conditions of discipleship (v. 24). 24. If any man will come after me—Will become my follower. Deny him--Will become my follower. Deny him-self—He must refrain from every wrong, and must deny himself every lawful thing that would hinder his progress in following Jesus. Take up his cross—Be ready to suffer whatever his cross—Be ready to suffer whatever it is necessary by virtue of being a disciple of Christ. The cross was the symbol of ignominy and shame, for crucifixion was the form of execution



used by the Romans in the case of the vorst criminals.

QUESTIONS-Where was Casares Philippi? What question did Jesus as his apostles? Why did he ask it What was their answer? Who di Peter say esus Jwas? Who had re-vealed this to Peter? What was the rock on which Christ built his church? What is meant by the gates of hell? In what way did Christ give the keys of his church to the apostles? What is meant by binding and loosing? PRACTICAL SURVEY.

Topic—The Messiahship of Jesus.
I. A great question.
The events of the lesson were preceded by the desert miracle of multiplying the loaves and fishes, the has tened departure of the disciples, the mountain season of prayer and the reassembled multitude, to which was delivered the wonderful discourse re-corded in the sixth chapter of John's gospel. The last resulted in the withdrawal of many of Christ's fol-lowers (John 6: 66). Antagonism was becoming more pronounced, and he naturally turned to test the fi-delity of his disciples. In the lesson

we have,
1. A great question. From the point of the lesson Christian history point of the lesson Christian history takes a new departure. In its study we pass the outer portals and, entering the inner sanctuary, come more closely into touch with the true spirit and purpose of Christ's life and work. The time had come for a closer relation between himself and his disciples. From the hour of Peter's confession he began by way of preparalession he began by way of prepara tion to unfold to them the deeper ex-periences of the cross and passion into which he and they were about to enter (Matt. 16: 24). The disci-ples had mingled with the thronging multitudes, and with them had listen-ed to the teachings and beheld the works of Christ. Doctrine and miracle could but have produced some ef ect upon the public mind. Jesus had referred the messengers, sent from John, to his works as an attestation to his true character. The public sen-timent concerning Christ was exalted, but insufficient, unsatisfactory and uncertain. It connected him with the historic and heroic past, but fell fatally short of the great reality. "Who is Christ?" is the supreme ques-

"Whom say ye that I am?" It requires little of faith or knowledge to echo complimentary public sentiment. The church should always have a clearer religious opinion than the world. A personal certainty is essential to personal christianity. Anything which minities either Christ's character or his cross is destructive. There is no middle ground between his complete claim to essential divinity and imposture. He put forth the stupendous claim for himself and the Father repeatedly attested it. Peter's confession of Christ's divinity embodies the essence of Christianity and the faith of the ages. Upon this great truth Christ builds his church. Its certainty is her security. Against this stupendous truth the "gates of heli" can not prevail. The deity of Christ is essential to the value and virtue of his atoning sacrifice. It imparts infinite worth to his human sufferings and assures the permanency of his human sympathy.

III. A devime revelation. A true

of his human sympathy.

III. A devine revelation. A true knowledge of Christ is always a matter of direct and divine disclosure (Luke 10:22). Peter's confession was begotten of an inward spiritual revelation. A with Peter with Pete tion. As with Peter, so with Paul, who declared that the gospel which was preached by him was not received of men, but was revealed (Gal. 1: 12, 13). "No man can say that Jesus is the Lord, but by the Holy Ghost" (1 the Lord, but by the Holy Ghost" (1 Cor. 12: 3). Intellectual assent is ineffectual without an inspired heart faith and recognition.



WHAT FERTILIZER FOR WHEAT! (E. G. McCloskey in Philadelphia

Record.)

This question is as old as the use of fertilizer itself. It is asked whenever farmers get together to talk at home, at club and at institute. It always brings as many different answers as there are stars on a clear night. The asker and the obtainer of the information each goes out and burs what he thinks be can afferd—and his standard of economy is usually measured by the price or ton which he is asked to pay. If the price of fertilizer rules low a d the purchaser's bank balance is reasonably big, he buys one balance is reasonably big, he buys one grade. It conditions are reversed he buys another, and that is about all there is to it.

Now to come back to the question.
What fertilizer shall I use?" In a
few words the answer is—the one which returns the biggest acre profit. To return this biggest profit the fer-tilizer must be economical and it must be adapted to conditions as they exist on the farm in question.



THE WALKER HOUSE

## PIMPLES THAT DISFIGURE

applied with regularity.

Miss Mary Krall, of Gilbert Phains, Man., writes: "After having had disfiguring pimples on my face for two years, and having tried all kinds of treatment in vain. I had about given up hops of ever getting rid of them, when I saw an advertisement recommending Zam-Buk for this trouble. I sent for a sample box, and even this small quantity brought a little improvement. Now, after persevering for some menths with Zam-Buk, my face is entirely rid of the eruption." 50c. box, all dealers.



II. A great confession. Jesus pass is from general to individual inquiry One might suppose this would mean a great variety of fertilizers—a veritable mob of them. Not necessarily so. When we boil down the facts a surprisingly small number of difficult analysis will fill the bill all over the wheat-growing territory. Following wheat-growing territory. Following in tabular form are the recommendations of the Soil Improvement Committee, seven different analysis in all. And with the table is a brief resume of where each analysis fits in. Each of these analyses is high—has a minimum of 14 per cent total plantfood, which is the standard above which all fertilizers ought to grade in point of economy: THE FERT IZER FOR WINTER

WHEAT. How to make selection veral grades recommended by

Ammonia. A. High potash .. 2-10-6 2-10-4 B. Low potash .. 2-12-2 2-12-0 Where no manure is used on

Where land is not plowed for wheat,
Select from Group I.
When plenty of manure is used, and
Where clover does well and is grown
regularly and at s' ort intervals in the rotation

Select from Group II.
On muck and peat soils,
On sandy soils,
Where manure is used but lightly, or
Where clover fails,
Select from Group A.
On clay and clay loam soils,
On soils which do not respond to

otash, or Where manure is heavily used,

Select from Group B. Seven different' analyses for all con ditions under which wheat is grown.
Is it possible? Does it seem reasonable?

Not only is it both possible and rea sonable, but the system is of immense value to the fertilizer consumers the country over by simplifying their fertility practice. Let re illustrate just how the system works.

how the system works.

Wheat needs ammonia (that is nitrogen) and lost of it. Ammonia gives the young plant a quitk start. It helps produce stem and leaf growth and aids the plant in "tillering out," and

stooling. B. giving the soil a good leaf growth ammonia in wheat fertilizer helps prevent winter-killing.

It will never do, however, to give the crop all the nitrogen it needs in the one fertilizer application made at seeding time. In the fall we need enough ammonia to "start" the crcp. What more is needed must be applied in the spring by a top-dressing fertilizer.

The two per cent. of ammonia in four of the seven wheat fertilizers is included as a so-called "starter" to furnish available nitrogen under conditions when the soil cannot be relied upon to furnish it in sufficient quantity. Let us see what these conditions agree.

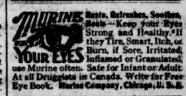
1. When clover or other legumes are not grown in rotation.

2. When but little manure is used on the farm—and this applied to crops other than wheat.

3. When wheat follows corn, oats or wheat.

The first two conditions are self-ex-

The first two conditions are self-ex-planatory. As far as the third con-dition is concerned, we need simply to remind our readers that these crops drain the solls of its available nitrogen and after growing these crops the soil is for a time inactive and life-less—for those processes which make nitrogen available are slowed down. Under these conditions available mi-



either A or B.

There are other conditions under which the use of the ammonis starts in the fertilizer s unnecessary. When manure is applied to wheat when clover is plowed down a short time before wheat seeding, when manure is applied heavily to the preceding crops—these conditions indicate a sufficiency of available ammonia and selection may be from Group II—either lection may be from Group II-either

ciency of available ammonia and selection may be from Group II—either A or B.

The necessity of studying farm practice so as to see whether or not the wheat crop will suffer from lack of available nitrogen should be emphasived over and over. On somefarms, however, the potash proposition is very nealy as important as father nitrogen question.

Especially this year does the latter statement seem true. Up and down the disappointment. Much of the loss is due to "scab" and much io "ruet" and some perhaps to the beating rain, which is said to have made politation difficult. Way in the background there is a suspicion that four years of potashlees fortilizer is beginning to tell, just as it has already told with potatoes and to-bacco. Ruet and scab are diseases without question; but no one can disprove that their virutency is much increased when malnutrition is on hand as a ready aid.

In this matter of high analysis fertilizer the writer is inclined to be a triffe crabbed. Only recently a very good friend asked—what do you think of a 1-8-1 for my wheat this fall? Perhaps by this time the reply is forgiven, though it is doubtful.

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THE PET



No wa 1-8-1 fertilizer will help to grow more wheat. There is not a shadow of doubt about that. It also will return a profit in any case where it has a fair show. There is not a doubt about that either. But neither is an argument for its use unless a ligher grade fertilizer cannot be ob-

higher grade fertilizer cannot be obtained.

What do we buy fertilizer for, anyhow, if it isn't for the plant-food it containe? Let to the average man the analysis on the sack might as well be printed in Greek, for all the use hemakes of it. A 1-8-1 is cheaper than a 2-13-2 beyond a shadow of doubt, but how much cheaper is the 200 pounds of plant-food when compared with the 320 pounds of the higher analysis. That may be another story.

Just for illustration, suppose we assume a 1-6-1 fertilizer and a 2-12-2. The 1-6-1 is seldom ever affected for sale, but it will serve the purpose of illustration, and besides, it is not far different than 1-8-1. A ton of 2-12-2 has exactly double the plant-food of a ton of 1-6-1 and in the same proportion. Which shall we buy, half a ton of 2-12-2 or 2 tons of 1-6-1? In the first place 2 tons of 1-6-1? It is bound to, and always will as long as men deamand wages and railroads charge for freight. That is loss number one.

Then after we have it, what advantage is a start of the same of the sa

charge for freight. That is loss number one.

Then after we have it, what advantage is there to the two tons that the one ton does not poesses? Certainly, not more plant-food. A few more sacks? Yes, and the consumer has paid for them. Count up the list crossways and endways, and the only gain for the low analysis is a few more backaches and a few more pounds of sweat—something most of us could spare without ill-feeling. us could spare without ill-feeling item of loss number two.

