

SUNDAY SCHOOL LESSON

LESSON II. JULY 14, 1918.
Reading God's Word—Acts 8: 26-39;
Psalm 19: 7-11, 35-39; Psalm 19: 7-11.

COMMENTARY—I. Reading and explaining God's Word (Acts 8: 26-39). An angel... spoke unto Philip—Philip had been laboring in Samaria successfully, but his work was finished there, and a messenger from the Lord appeared to him and gave him explicit directions as to his future work. He was to go southward on a particular road which led through an uninhabited region. His call was definite as to where to go, but it was not told him what he was to do. He would know if he would obey the call. 27. He arose and went—From the record here given we conclude that his response to the call was immediate. The call was accurately timed that Philip might meet the man to whom he was sent. A man of Ethiopia—Ethiopia is a country of Africa lying south of Egypt, an enclaved of great authority. A high official. Candace—An official title rather than a personal name. It was the name given to a succession of queens of Meroe, a region a thousand miles up the Nile from the Mediterranean. who had the charge of all her treasure—He was a trusted officer. came to Jerusalem for to worship. The Ethiopian had embraced the Jewish religion and, although a proselyte from paganism, he went to Jerusalem to attend one of the great religious feasts. 28. read Esaias the prophet—Esaias is the Greek form of the name Isaiah. Traveling was necessarily slow and tedious and no more agreeable and profitable manner of passing the time could be suggested than reading the scriptures. 29. the Spirit said unto Philip—God's messenger had directed Philip to go southward from Samaria to the desert road leading from Jerusalem to Gaza and he had obeyed; now the Holy Spirit gave him an explicit command when he approached the man for whose sake he had made this journey.

30. Heard him read—Orientals are accustomed to read aloud even when reading for their own benefit alone. Understand thou what thou readest—The Spirit must have prompted Philip to begin his mission to the Ethiopian in this way. Philip wished to preach Christ to him and this was a most favorable opportunity, for he was reading a prophecy about Christ. 31. How can I—the scribe and other teachers of the law made it their business to explain the scriptures, putting upon them their own interpretation or that of the elders, and the Ethiopian expressed his need of instruction. He desired Philip. As Philip co-operated with God, the divine plan worked perfectly. Here were the preacher, the listener and the text. 32-34. The portion of the word which the traveler was reading was in Isa. 53, which sets forth with wonderful force the nature and mission of the Messiah. His attention was fixed upon the word, even though he did not understand it. The question he asked Philip indicates how dark his mind really was, and how much he longed to know the truth before him. 35. Then Philip opened his mouth—The form of expression indicates that Philip realized the importance of the occasion and would speak impressively the message that God gave him.

36. Came unto a certain water—On the road toward Gaza is a fine stream of water. What does this hinder me to be baptized—Philip had preached to the Ethiopian that Jesus was the fulfillment of the prophecy and he had also declared to him the conditions of entrance into the body of believers, and the listener was desirous of becoming identified with the followers of Christ. 37. Believest with all thine heart—Intellectual faith is not sufficient to constitute one a true believer; there must also be heart trust. I believe that Jesus Christ is the Son of God—For the Ethiopian to believe with all his heart that Jesus Christ was the Son of God was to accept Him as his personal Saviour, as well as the Saviour of the world. This verse is not found in the best ancient manuscripts and is omitted from the Revised Version. 38. Went down both into the water—The Ethiopian had professed his faith in Christ and was a proper candidate for Christian baptism. He baptized him—By being baptized the Ethiopian declared that he was a follower of Jesus. 39. The Spirit of the Lord caught away Philip—his work was done there and he was transferred to another field of labor.

II.—Effects of God's word (Psa. 19: 7-11). 7. the law of the Lord—This includes more than the Ten Commandments or all the law as contained in the Pentateuch. It embraces "the doctrine, of God, the world run and the rule of sacred writ." The expression would not be improperly applied to the Bible as we now have it. Is perfect—The word of God as we have it now is complete. Nothing must be added to it and nothing should be taken away (Rev. 22: 18, 19). God's

world is perfect in that it fully expresses God's will; and it is perfect in that it has the effects God designed it should. Converting the soul—When God's word is believed and fully followed by any one, that person becomes changed in heart and in life by the operation of the Holy Spirit. Testimony of the Lord—Another phrase to indicate God's word. Making wise the simple—it gives accurate information regarding spiritual things. Those who reject the word or would modify it are darkening counsel. 8. Rejoicing the heart—With conversion comes added understanding and with it comes joy also. Pure—There is no mixture of evil or uncertainty in the word of the Lord and it has the effect of driving away darkness and bringing a clearness of spiritual vision. 9. The fear of the Lord—The fear of the Lord is an expression applied to the law of God, or his word, for that word inspires the fear of God in the heart which it affects. Enduring forever—The word of God is truth and truth abides. It is like God himself. Judgment—This is still another term for God's word. His ordinances are characterized by absolute righteousness. 10. More to be desired, than gold—After giving some of the excellencies of God's word the sacred writer gives a view of its comparative value. Gold is a standard of value, and was then as now highly prized, but God's word is more desirable than "much fine gold." Sweeter also than honey—Changing the comparison, David declares it to be more pleasing to the spiritual appetite than honey to the physical. 11. By the law thy servant warned—The word of God warns us of our duty and of the dangers that beset our pathway, and it shows the way of salvation.

QUESTIONS—Who was Philip? What Commission came to him? Where was Gaza? What position did the Ethiopian fill? Where had he been? What was he doing? What order did the Spirit give to Philip? What question did Philip ask the Ethiopian? What request did the Ethiopian make? What effect did the explanation of God's word have upon the eunuch? Why did he rejoice? What tribute does David pay to the word of the Lord?

PRACTICAL SURVEY.
Topic—The Bible: what it is and how to make it our own.

- I. The Bible.
- II. What it is.
- III. How to make it our own.

I. The Bible—The word Bible in its original significance means book, without reference to character or contents. Its use has, however, become limited to the one volume claiming divine origin, and about which human hearts and hopes centre as about no other ever written. II. What it is. The Bible presents its credentials as the word of God. It claims a superhuman origin. "All scripture is given by inspiration of God." Its contents support its assertions. It is profitable for doctrine, for reproof, for instruction in righteousness. Its unity is evidence of a single authorship, though its preparation covered generations, and its numerous writers were as widely separated in time as they were diverse in temperament and training. Apart from its immense moral significance, its unrivalled superiority as literature attests its divine origin. No human production approaches it. The account of the origin and destiny of the race is altogether the most scientific and satisfactory of any yet proposed. Its poetry is the most sublime, and its philosophy the most profound. It has yet to be convicted of scientific incorrectness, and archaeological research is proving its much-disputed history to be authentic. The Bible contains a complete code of morals for every relation in life, and proves itself true in individual experience. It has a world-wide message, for it meets a universal need, and Christ's last commission embraces every individual. The Bible is the text book of Christianity. Apart from its revelation there is no foundation for Christian faith. The material universe bears witness to the "eternal power and Godhead" of its Creator, but wisdom and power are all it can disclose. The full acceptance of the gospel assures human liberties and enlarges human happiness.

III. How to make it our own. Become acquainted with it. No book is so necessary and none so neglected. Its place is that of close and constant companionship. "Give attendance to reading." Meditate upon those things. The Bible invites inspection. It welcomes the most profound and searching inquiries the human heart can frame, and answers unhesitatingly. Jesus challenged a comparison of his claims with the declarations of his word. "Search the scriptures," they are they which testify of me." Much criticism originates in ignorance, increased acquaintance begets respect, and awakens love. "O how love I thy law! It is my meditation all the day." See also Deut. 6: 6-8.

DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my work is a pleasure. I tell all my friends who have any trouble of this kind that Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BRITTINGHAM, 809 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

Accept its message. The Bible discloses truths which the human heart is reluctant to accept. The inclusiveness of the divine claims; the universality and depth of human depravity are unwelcome but fundamental truths. Its message of grace is to the despairing. Jesus "came not to call the righteous, but sinners." "They that are whole have no need of the physician." It condemns that it may awaken a "sure hope." Obey its precepts. The Bible challenges the proving of its pledges. God appeals to the reason, and asks a trial of his promises (Isa. 1: 18).

W. H. C.

Chats with the Doctor

THE "NERVOUS" TEMPERAMENT.

The effect of the nerves on the health and of the health on the nerves forms, what a morbid condition is established, one of those vicious circles so difficult to break, except by force of will. And force of will is exactly what is lacking in the untidy possessors of what is called the "nervous" temperament. Such people are subject to fears and suspicions of an abnormal kind. These fears sometimes take the form of imaginary illnesses. A slight and ordinary ailment is exaggerated by the patient into a symptom of an alarming disease; he broods and worries over this until he gets into a state of real ill-health, both mental and physical, yet with nothing organic to account for it. He indulges in needless anxieties and uneasiness, and becomes depressed and dejected, and will be subject to such attacks on experiencing unusual emotional excitement, and exhilaration followed by a deep degree of depression of spirits.

Such persons should take a good deal of trouble to lead healthy, active lives, avoiding all excesses; to take plenty of nourishing food and plenty of sleep and fresh air. They will be able to resist the attacks of nervous disorders in proportion as their bodies are nourished and healthy, and their interests strongly centred on something outside themselves. All emotional experiences make great demands on them than on those of a more placid and phlegmatic nature. But even quite normally constituted people may become morbid at some time or other. Acute and prolonged anxiety, loss, want of sleep, ill-health, may weaken the strongest nervous system. Such cases will nearly always be relieved by a complete change of environment and occupation.

TORTICOLLIS.

There are several conditions which pass by the name of Torticollis, or wry-neck. The one symptom which all these conditions have in common is a distortion of the neck to one side, either continuously or spasmodically. The commonest form is that usually known as "stiff-neck," in which suddenly, after exposure to cold or possibly sleeping in an awkward position, the head is found bent over to one side, and can only be straightened with considerable pain. Usually this form of simple stiff neck or so-called rheumatic torticollis, gets all right by itself in the course of a few days. It is of the same nature as lumbago, and these other forms of so-called muscular rheumatism, which are presumably due to the presence of excessive toxins or waste products within the muscle sheath. Probably the most satisfactory treatment of the acute cases consists in rest, gentle massage, and the taking of a "smart" purge.

Much more serious are the two lasting conditions known as Congenital Wry-neck and Spasmodic Wry-neck. The former of these two is due to a permanent shortening of the sterno-mastoid

muscle—the muscle, that is, which passes from behind the ear to the top of the breast-bone. For this condition there is, unfortunately, little to be done, though in some cases surgical operation may somewhat relieve it. Spasmodic Torticollis, as its name implies, takes the form of spasmodic contraction of the muscles of the neck, the head being consequently repeatedly jerked and displaced. These movements do not take place during sleep, but in pronounced cases they continue almost incessantly throughout the day. Other parts of the body become indirectly affected, and muscular deformity of the spine and other parts may result. The cause is not clear, but it is supposed to be connected with the part of the brain which regulates movement. The outlook is very unfavorable, the majority of cases, once they become established, continue with slight temporary improvements, for the whole of life. Treatment is thus very unsatisfactory. Drugs have little effect. Electricity and massage have little more. In very violent cases operations consisting in cutting the nerves and muscles have been performed with varying degrees of very slight success.

NETTLE-RASH.

Nettle-rash or urticaria is a common skin eruption, consisting of round pinkish elevations of the skin which appear very suddenly, scattered irregularly over the body. These raised spots usually, in the course of a few hours, become white in the middle, and generally are accompanied with considerable itching. As a result of the scratching which this induces the local inflammation is increased, and with it the constant irritation. The causes of nettle-rash are many. First, it may be brought about by contact with certain external irritants of which, as its name implies, the commonest is nettle. A type. Apart from external irritants, various foods give rise to a similar eruption, nor is it necessary that the foods should be in a state of decomposition. There are individuals with peculiar idiosyncrasies in whom what may be termed toxic effects are produced by such foods as mushrooms, rhubarb, pork and shellfish, which to most people are perfectly innocuous. Urticaria is not a serious disorder, and usually disappears spontaneously in the course of a day or two. Scratching and rubbing should be avoided. Food of the simplest should be taken, and it is usually as well to take a dose of castor oil, or of Epsom salts. Needless to say, the particular food to which the attack is attributed should, for the future, be avoided.

SPANKING DOESN'T CURE!

Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional and the child cannot help it. I will send you any mother my successful instructions. If your children trouble you in this way, send me money but I will write me today. My treatment is highly recommended to adults troubled with the same difficulties by day or night. Address: Mrs. M. Summers, Windsor, Ontario.

BOX 8.

THE MEMORY.

Here is an Excellent Way to Develop It.

It was said of Macaulay that if every copy of Milton's "Paradise Lost" were accidentally destroyed, he could replace it from his memory down to each comma. He trained his wonderful memory in the following way: When he was reading a book, he would stop at the end of each page and endeavor to recollect what he had read. He did this so carefully that gradually he trained himself to such a pitch that by merely reading a passage, a page, or a poem, or even an article, he could repeat it word for word.

If you will follow this practice you will find that your memory will be wonderfully strengthened. More than this, you will lay up in your mind a vast store of literary treasure that will reflect in your speech and writing, and influence your thought in the most desirable manner. Start training your memory with poetry, and learn it by reading it. If you read it merely, you have only the eye to help you recall it. If you speak, the sound of the words helps you to remember them. Do not try to do too much at the start. Give ten minutes a day at first. Master a small poem, even if it takes you several days. What you do you will not get tired of your exercises. And as you go on you will learn more in the time you allow yourself—Exchange.

Rats Steal Flatiron.

Some plastering fell from the ceiling of the linen room at the Glenn house recently, says the Pittsburgh Dispatch, and Harland Ray secured a ladder and climbed up to knock down the loose plaster remaining. He discovered a rat's nest and in it were three ladies' silk stockings, two perfume bottles and a flatiron, besides numerous other things not mentioned in this inventory. How the rats got the iron there remains a mystery.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Medicine. Hall's Catarrh Medicine has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Medicine acts thru the Blood on the Mucous Surfaces, expelling the Poison from the Blood and healing the diseased portions. After you have taken Hall's Catarrh Medicine for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Medicine at once and get rid of catarrh. Send for testimonials free. F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, Etc.

Army Waste Made to Pay.

British war efficiency is such that it is now able to save something out of army waste. As was found that thousands of tons of waste fats were being thrown away with other garbage from military kitchens in England, some were made to determine whether some could be made of these things. Some drippings, bones, butchers' fat and greases are being daily used in England in the making of soap, candles, fertilizers and also in supplying the explosives for 17,000,000 shells annually. The Government pays the army camps for the waste products taken. During the first month of the experiments the British committee on the purchase of army camp refuse bought £7,000 worth of fats, and this figure has soared until at the present time about £30,000 is paid for the camps each month. The most recent development of this scheme is the extension of the plan to the naval forces and to troops "over there," whether that be France or Palestine or Africa.

MARKET REPORTS

TORONTO MARKETS.

FARMERS' MARKET.

Dairy Produce:			
Butter, choice dairy	\$0.42	0.46
Do., creamery	0.35	0.37
Margarine, lb.	0.25	0.27
Eggs, new laid, doz.	0.40	0.44
Cheese, lb.	0.10	0.12
Do., fancy, lb.	0.10	0.12
Maple syrup, half gallon	1.00	1.05
Do., gallon	2.00	2.10
Dressed Poultry:			
Turkeys, lb.	0.20	0.22
Fowl, lb.	0.20	0.22
Spring chickens	0.20	0.22
Roasters, lb.	0.20	0.22
Duckling, lb.	0.20	0.22
Fruit:			
Strawberries, box	0.25	0.28
Pineapples, each	0.20	0.22
Vegetables:			
Asparagus, Can. bunch	0.10	0.12
Beans, waxed, small mrs.	0.05	0.06
Beets, new, bunch	0.05	0.06
Carrots, new, bunch	0.05	0.06
Cucumbers, each	0.05	0.06
Cabbage, each	0.05	0.06
Lettuce, 2 for	0.10	0.12
Onions, Bermuda, case	2.25	2.35
Do., green, bunch	0.05	0.06
Parley, bunch	0.10	0.12
Potatoes, bag	1.00	1.05
Do., new, sack	0.60	0.70
Radishes, 2 bunches	0.10	0.12
Rhubarb, 2 for	0.10	0.12
Sage, bunch	0.05	0.06
Savory, bunch	0.05	0.06
Spinach, peck	0.10	0.12
Tomatoes, lb.	0.15	0.18
Watercress, 5 bunches	0.15	0.18

SUGAR MARKET.

Toronto wholesalers quote on refined sugars, Toronto delivery, as follows:
Royal Canada, granulated, 100 lbs. \$8.90
Atlantic, granulated, 100 lbs. 10.00
Redpath, granulated, 100 lbs. 8.81
St. Lawrence, granulated, 100 lbs. 9.95
No. 1 yellow, Acadia, 100 lbs. 8.53
No. 2 yellow, Acadia, 100 lbs. 8.43
No. 2 yellow, St. Lawrence, 100 lbs. 8.53
No. 1 yellow, Redpath, 100 lbs. 8.43
No. 2 yellow, Redpath, 100 lbs. 8.31
No. 2 yellow, 100 lbs. 8.21
Atlantic, bright yellow, 100 lbs. 8.78
Do., brilliant yellow, 100 lbs. 8.66
Do., dark yellow, 100 lbs. 8.58
Bartlett's—See over bags.
Cases—20 5lb. cartons, 60c and 50 2lb. cartons, 57c over bags. Gunies, 57c, 40c; 10-10-lb. 50c over bags.

MEATS—WHOLESALE.

Beef, fore-quarter	\$22.00	\$32.00
Do., hind-quarter	20.00	30.00
Carcasses, choice	25.00	35.00
Do., common	20.00	30.00
Veal, common, cwt.	13.00	15.00
Do., medium	16.50	19.00
Do., prime	24.00	27.00
Heavy hogs, cwt.	19.00	21.00
Shop hogs	25.00	27.00
Abattoir hogs	23.00	27.00
Mutton, cwt.	25.00	28.00
Lamb, cwt.	32.00	35.00
Do., Scotch lb.	0.28	0.30

TORONTO CATTLE MARKETS.

Receipts: 71 cars; 691 cattle, 424 calves, 2,144 hogs, and 344 sheep.			
Export cattle, choice	\$12.75	15.00
Export cattle, medium	12.75	14.00
Export bulls	10.75	12.00
Butcher cattle, choice	13.00	15.75
Butcher cattle, medium	11.75	15.00
Butcher cattle, common	8.50	9.00
Butcher cows, choice	10.50	11.25
Butcher cows, medium	8.75	9.50
Butcher cows, canners	8.00	8.50
Butcher bulls	9.50	10.25
Feeding steers	6.00	10.25
Stockers, choice	10.00	15.00
Milkers, choice	8.00	12.00
Sprinklers, choice	8.00	15.00
Sheep, ewes	14.50	15.00
Lamb and culs	4.00	12.00
Lamb	20.00	23.00
Hogs, fed and watered	18.25	25.00
Hogs, f. o. b.	17.25	23.00
Calves	12.00	17.00

OTHER MARKETS.

WINNIPEG GRAIN EXCHANGE.

Fluctuations on the Winnipeg Grain Exchange yesterday were as follows:
Oats—Open, High, Low, Close.
July 0.85 0.85 0.85 0.85
Oct. 0.75 0.75 0.75 0.75
Flax—
July 3.75 3.81 3.75 3.81
October 3.63 3.75 3.63 3.75

MINNEAPOLIS GRAINS.

Minneapolis—Flour unchanged. Bran \$3.70. Corn—No. 3 yellow, \$1.55 to \$1.65. Oats—No. 3 white, 75c to 76c.
DULUTH LINED.
Duluth—Lined, \$4.00 to \$4.01; to arrive, \$4.00; July, \$4.00; asked; September, \$4.02 bid; October, \$3.94; asked; No. 4, \$3.85 bid.

No man or woman should hobble painfully about because of corns when so certain a relief is at hand as Holloway's Corn Cure.

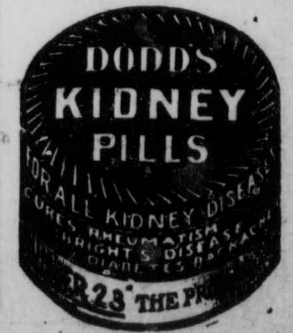
Reminder Book.

"What I used to do when I put anything away," said Mr. Blinington, "was to bestow it with great care in some place where I would know just where to find it, and then I would forget it completely. More than once when I have wanted something that I had thus carefully put away I have had to tear the house apart to find it.
"So it was when I received my 'Things Put Away' book, which has proven to be a great help and comfort.
"Now when I put anything away I first enter it in that book, which, is, of course, indexed, so that I won't have to look through a long list of things when I want to find anything.
"Once soon after I started the book I put that away somewhere very carefully and then forgot where I had put it and had a terrible time looking it up; but since then I have kept it in a spot where it can't fail to come under my eye daily; and it works like a charm.
"Truly I should say that for anybody who, like myself is apt to forget things a 'Things Put Away' book would be indispensable.

SMOKE TUCKETTS

ORINOCO

THE FINEST FOR CIGARETTES—GUT COARSE FOR PIPE

DODD'S KIDNEY PILLS
FOR ALL KIDNEY DISEASE
GOUT, RHEUMATISM, GRAVEL, BRUISES, DIABETES, HEMORRHOIDS