

AFTER-EFFECTS OF INFLUENZA

OFTEN AS SERIOUS AS THE DISEASE ITSELF—HOW TO GET HEALTH.

There are few homes in Canada that were not touched by the sorrow that trailed in the wake of the Spanish influenza epidemic.

Victims of the disease are generally left with impoverished blood and a weakened system. In this condition they are exposed to many dangers unless precautions are taken to enrich the blood and strengthen the nerves.

Such proof as this must be interesting to everyone who suffered from an attack of influenza, and who still feel in any way weakened as the result of the trouble.

Such proof as this must be interesting to everyone who suffered from an attack of influenza, and who still feel in any way weakened as the result of the trouble.



Lesson XI. June 15, 1919. Luke 18: 1-5, 9-14.

Commentary.—I. The model prayer (Matt. 6: 9-13). Jesus struck at the pride and ostentation of the scribes and Pharisees when he gave directions as to the manner and matter of prayer.

9-10. The prayer Jesus taught his disciples was given in answer to their request to be taught to pray.

When you think of TORONTO always think of THE WALKER HOUSE. It is the Personal Service that Pleases and that is why the WALKER HOUSE (The House of Plenty) is so pleasantly situated in the heart of the city.

Dr. Martell's Female Pills For Womens Ailments. A scientifically prepared remedy of proven worth, recommended by physicians. Sold for nearly half a century in Patent Tins.

Father. This relation carries with it power, love, guidance, protection, provision. The Father's name is held sacred, his name standing for all he is in himself and all he is to us.

11. Persistence in prayer (Luke 18: 1). Parable—Jesus frequently taught by parables. He declared spiritual truths under the figure of events or conditions with which His hearers were familiar.

12. Effective prayer (Luke 18: 9-14). 9. This parable—it may be called a life parable, for it uses men to represent men, rather than lower animals or inanimate objects to represent them.

13. The prayer Jesus taught his disciples was given in answer to their request to be taught to pray.

HOW TO CURE BILIOUSNESS

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store."

es. Into the temple to pray.—The temple was the recognized place for prayer, yet prayer could be effectually offered anywhere.

The publican was despised because of his reputation as an extortioner and because he was held to be lacking in patriotism, since he represented the oppressive government of Rome.

14. I tell you—This introduction to the parable is a most emphatic and comforting declaration, justified—As he had made his confession and plea, God forgave him and pronounced him clear from guilt.

The Best Market In Canada FOR YOUR Cream. We supply cans and pay express. Cash weekly. Write for cans now. Don't let your biggest month go by without taking advantage of our prices. Representatives wanted in every locality. Write us: H. N. CARR & CO. LIMITED 193 King St. E. Hamilton, Ont.

duces a most emphatic and comforting declaration, justified—As he had made his confession and plea, God forgave him and pronounced him clear from guilt.

Questions.—Why did Jesus give his disciples the model prayer? Of what does the relation between prayer and forgiveness? When ought we to pray? How did Jesus emphasize the willingness of the difference between true prayer and the ineffective prayer.

Carlyle says, "Prayer is and remains the native and deepest impulse of the soul of man." Because the impulse is in the soul and the necessity in the circumstances of the race, prayer is universal.

Such a Change



in feelings and looks! "After suffering pain, feeling nervous, dizzy, weak and dragged down by weaknesses of my sex—my eyes sunken, black circles and pale cheeks—I was restored to health by the Favorite Prescription of Dr. Pierce."

Druggists sell it in tablets or liquid. It's a woman's best temperance tonic, made from wild roots. HAMILTON, ONTARIO.—"Dr. Pierce's Favorite Prescription helped me greatly at the turn of life. I commenced to have heat flashes and dizzy spells and became nervous and run-down. These conditions very quickly left me after I commenced with the 'Favorite Prescription.'"

Ultra-Altaian comprehends peoples found between the Altai and Ural mountains. Fine-Ugric is specific of a western group of Ural-Altaians. The term is derived from Finn and Ugra, the region on both sides of the Ural.

God requires that we shall believe in His gracious disposition. "He is the rewarder of them that diligently seek Him." Prayer is not overcoming God's reluctance, but laying hold of His willingness.

Jesus exalted prayer from the level of mere request to the plane of communion. In its high sense it is not mere asking, but listening. We are very liable to forget the latter.

NO CURE, NO PAY.

I want every Man, Woman and Child who is suffering with BRONCHITIS, COUGHS, COLDS, BRONCHIAL ASTHMA, HOARSENESS to test the marvelous HEALING POWER OF BUCKLEY'S WHITE BRONCHITIS MIXTURE.

THE RACES OF EUROPE.

Quarrelsome Families Now Attending Peace Conference. The American National Geographic Society, in a news bulletin, gives a general survey of the chief racial groups of Europe.

The number of distinct human groups or races is variously estimated from three, Japhetic, Semitic and Hamitic to the three, Celtic, Mongolian and Negro, of Cuvier, to the 11 of Pickering and the sixteen of Desmoulins. The estimate in fact by Dr. Blumenbach, the father of anthropology, was that he withstood the attacks of time. He finds five races—Caucasian, Mongolian, European, American and Malay.

Fish Killed by Cold. It has been proved that sudden cold sometimes causes the death of thousands of fish in the shallow waters of the tropics and subtropics. Many species are so chilled as to become helpless, and either killed directly by drowning or are washed ashore in a comatose state.

Cures Dizziness Prevents Headaches Insures Health. Put Vim, Snap, Vitality and Briskness Into Run-down Men and Women.

You who are nervous, tired and pined out can quickly get back the best of health by purifying and enriching the blood with Dr. Hamilton's Pills. This wonderful medicine will make you feel better the first day.

King Alfonso's Grim Souvenirs.

To King Alfonso of Spain belongs the distinction of possessing what is probably the world's most curious collection of souvenirs. Each article therein represents an attempt on the King's life.

Immense Indian Food Dishes.

The largest food dishes in the world were recently bought by the Indians of Vancouver Island, British Columbia, for the museum of the American Indian, New York City.

A Different Fruit Salad.

Mix together half a cupful of sliced canned pineapple, one sliced banana, the edible pulp of one large orange, half a cupful of tender chopped celery and one cupful of seeded and peeled Malaga grapes.

Pale Cheeked Women Told About Restoring A Rosy Complexion

A few years ago the girl with pale, drawn cheeks scarcely knew what to do in order to restore her fading appearance. At that time there was no blood-food medium made that really would put color and strength into systems that were more or less worn out.

To-day it's different. The blood can be quickly nourished, can be made rich, red and healthy. All you have to do is take two Ferrozone Tablets with a sip or two of water after meals.

FEROZONE will rebuild them. Take your own case—is your blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

Every day you put off using FEROZONE you lose ground. Get it today. Sold in 50c. boxes by all dealers, or by mail from the Catarrhzone Co., Kingston, Ont.

MARKET REPORTS

Table with columns for Dairy Produce, Vegetables, and various market items with prices.

Table with columns for MEATS WHOLESALE and various meat items with prices.

SUGAR MARKET.

Table with columns for various sugar items and prices.

The man who is the architect of his fortune saves the fees.

DODD'S KIDNEY PILLS. RHEUMATISM, BRUISES, BRIGHT'S DISEASE, DIABETES, BACKACHE. NUMBER 23 THE PROPRIETOR.

DRS. SOPER & WHITE. Specialists. Piles, Eczema, Asthma, Catarrh, Pimples, Dyspepsia, Epilepsy, Rheumatism, Skid, Kidney, Blood, Nerve and Bladder Diseases.