

A NERVOUS BREAKDOWN

CAN BE AVERTED BY FEEDING THE STARVED NERVES WITH RICH, RED BLOOD.

Nourish your nerves—that is the only way you can overcome life's worst misery, nervous exhaustion. The fits of depression and irritation, the prostrating headaches, the weakness and trembling of the legs, the unsteady hand and the imperfect digestion that mark the victim of nerve weakness, must end in nervous breakdown if neglected.

Nourish your nerves by the natural process of filling your veins with rich, red, healthy-giving blood. Your nerves are crying out for pure blood and the mission of Dr. Williams' Pink Pills is to make new, rich blood. This explains why these pills have proved successful in so many cases of nervous disease that did not yield to ordinary treatment. For example, Mr. Wilfrid Donald, West Flamboro, Ont., says: "Before I began the use of Dr. Williams' Pink Pills I was in a serious condition. I was not only badly run down, but my nerves seemed to be completely shattered. I slept badly at night, and when I got up in the morning was as tired as when I went to bed. I seemed to be on the verge of a nervous breakdown. At this stage I began the use of Dr. Williams' Pink Pills. In the course of a few weeks I felt much relief, and continuing the use of the pills they completely restored my health. I can now sleep soundly, eat well, and am enjoying complete freedom from the old nervous troubles."

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



SUNDAY SCHOOL LESSON IX.

Jesus Warns and Comforts His Friends.—Mark 13: 1-14: 9.

COMMENTARY.—I. Destruction of Jerusalem and Christ's second coming foretold (13: 1-37). 1-23. Having finished his teaching in the temple, Jesus went forth with his disciples to go toward Bethany. When his attention was called to the temple structure, he told his disciples that it should be so thoroughly destroyed that not one stone should be left upon another. To the inquiry of his disciples as to when this should take place, Jesus declared that with that generation the destruction of the temple and city would be accomplished. His prophecy had its fulfillment at the hands of the Roman army under Titus within forty years from the time it was uttered. 24-37. The prophecy concerning the second coming of the Son of God. The time of his coming is wholly unknown, but it is made clear that his coming will be sudden and there is need for men to be always watching with full preparation made to meet him at his coming. To the child of God the coming of Christ the second time will be an occasion of great gladness, but to the sinner it will be a time of terror and regret.

II. A Plot Against Jesus (14: 1, 2). 1. after two days—The disciples were aware that the Passover was only two days away, for these words were spoken on Tuesday preceding the Friday of the crucifixion of Christ. The disciples knew when the feast would occur, but their minds did not grasp what was awaiting their Master, pass-over—One of the principal feasts of the Jews. It was observed in commemoration of the departure of the Israelites from the land of Egypt. Pharaoh, king of Egypt, was unwilling for the Israelites, who were his slaves to leave Egypt, and the Lord sent a series of ten plagues upon the Egyptians. The last of these was the death of the first-born of every family. At God's command the Israelites had slain a lamb according to their families and had sprinkled the blood upon the door-posts and lintels of their houses. The angel of death who slew the first-born of the families "passed over" the homes where the blood was sprinkled, without slaying a child. The Israelites were saved and protected by the blood, unleavened bread—The Passover was held on the fourteenth of Nisan, corresponding to the sixth of April, and was followed by a feast of seven days, during which no leaven was allowed in Jewish homes, from which fact the feast took its name. The Passover and the feast of unleavened bread are so closely related, that they are sometimes spoken of as a feast for eight days, chief priests—Those who had been high priests and the heads of the twenty-four courses of priests, scribes—Teachers of the Jewish law, takes him by craft—The chief priests and scribes, the leaders of the Jews, were eager to have Jesus put to death, but they were prevented from making an open assault, because of the many from Galilee, and others, who were in hearty sympathy with Jesus. They decided to be on the watch for an occasion to put Jesus to death without causing any general excitement or opposition. 2. not on the feast day—The Passover. It was customary for the Jews to punish criminals on public feast days, in order that the act might be witnessed by as many as possible for the effect upon the people. In this case, however, they feared to have the execu-

tion public for many of the people were friendly to Jesus. As greatly as they desired to put Jesus out of the way, they were unwilling to encounter the opposition of an aroused populace. The common people heard Jesus gladly, and many from Galilee were present at Jerusalem and were friendly to him.

III. The Anointing at Bethany (14: 29). 3. Bethany—On the eastern slope of the Mount of Olives two miles from Jerusalem. Simon the leper—Possibly a relative of Mary, Martha and Lazarus. It is not clear who Simon was, but it is thought that he was one who had been healed of the leprosy by our Lord. A feast was served here (John 12: 2), and many came, not only to see Jesus, but also to see Lazarus, whom Jesus had raised from the dead (John 12: 9) a woman—It was Mary, the sister of Lazarus (John 12: 3) alabaster box—A cruse or flask made from a hard and brilliant substance which was found in Alabastron, a town in Egypt. ointment of spikenard—It was a fragrant and costly perfume procured from the spikenard plant which grows in the Himalayan region of Asia. poured it—It is probable that Mary broke the seal and let the liquid flow upon Jesus' head (John 12: 3) we learn that she anointed his feet also. From the Oriental manner of reclining upon couches at meals with feet away from the table, it would be convenient for Mary to anoint the Savior's feet and wipe them with her hair. 4. had indignation—because of his love of money and because he was the treasurer of the little company, raised objection to Mary's self-denying and loving deed, and doubtless influenced others of the disciples to share his feelings this waste—Their misapprehension of Mary's act was twofold: 1. They did not know that the anointing was for his burial. 2. They, and Judas, particularly, could not comprehend the devotion and love that prompted the act. Felfish, worldly-minded people can not understand the reason why Christians give money for the support of the gospel at home and for missionary work in foreign lands. Thousands who are ready to criticize the acts of devotion and self-sacrifice of others, would not do the least thing for the relief of their suffering fellow men. 5. three hundred pence—Three hundred denarii, estimated at fifteen cents each, would be forty-five dollars. Since a penny, or denarius, was a laborer's daily wages, the value of ointment would be equivalent to

nearly a year's wages, given to the poor—Judas pretended to deplore this waste out of sympathy for the poor, but that within a week he betrayed his Master for about one third the value of Mary's ointment.

6. let her alone—Jesus knew both the love and devotion of Mary, and the wickedness of Judas, and at once defended her from the unjust censures of the disciples, a good work—It was a good work because of the motive that actuated it, because of its purpose and because of the person to whom it was directed. "Here was no waste at all, no waste as regards the poor, for there were abundant opportunities to help them; no waste as regards the disciples, for they could help the poor at any time; no waste as regards the woman, for this deed would be told as a memorial of her; no waste as regards the Lord, for he was pleased to regard it as a burial gift." 7. poor with you always—There will ever be opportunity for the exercise of charity toward the poor. They will form a greater or less part of the world until the end of time. me ye have not always—His death was but two days away,



Let Cuticura Care for Baby's Skin

It's really wonderful how quickly a hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment relieves skin irritations which keep baby wakeful and restless, permits sleep for infant and rest for mother, and points to healings in most cases when it seems nothing would help.

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and within forty-five days he was to ascend to the Father. Mary had improved her opportunity, and there was no ground for the disciples' complaint. 2. she hath done what she could—She had not stinted her gift. Her love for the Master prompted her to the greatest act of devotion of which she was capable. It is clear that she prized the ointment highly, else she would not have offered it as a token of her supreme affection. These words of Jesus, "She hath done what she could," have been an inspiration during succeeding ages to acts of devotion and Christian heroism, and will continue to be to the end of time. To the burying—It seems probable that Mary's prompted by love, was an unconscious prophecy of Christ's death; yet he may have revealed to her that event as near at hand. 9. throughout the whole world—A declaration that the gospel shall be preached far and wide, shall be spoken of for a memorial—This prophecy is being literally fulfilled, and the simple story of the anointing of Jesus, with the attendant circumstances, has stirred the hearts of millions to a deeper devotion to Jesus Christ and to his cause among men. Judas had nothing but criticism for her act; Jesus had nothing but commendation and appreciation and said that her act would be gratefully remembered and reported wherever the gospel should be preached throughout the whole world.

QUESTIONS.—Who were plotting against Jesus' life? Who was willing to betray Jesus? What bargain was made? Where did Jesus attend a feast while in Bethany? Who were present at the supper? What act was performed by Mary? What was the value of the ointment and for what purpose was the anointing? Who disapproved of her act and for what reason? What words did Jesus speak in approval of Mary's course? Draw some contrasts between Mary and Judas.

PRACTICAL SURVEY.

Topic—How to meet the crises of life.

- I. Devotion of friends.
- II. Unjust criticism.
- I. Devotion to friends. "Mary anointed Jesus as the Sovereign of her heart, the King of her soul, and the Lord of her life, the Messiah of the nation and the Saviour of men." Her action was deeply symbolic. It was the gospel in figure. In it Jesus saw symbolized the greater offering he

Old Folks' Coughs Catarrh, Bronchitis Quickly Cured

THIS TELLS OF A METHOD THAT CURES WITHOUT USING DRUGS.

Elderly people take cold easily. Unlike young folks they recover slowly. That is why so many people pass middle life die of pneumonia.

Cough Syrups seldom do much good because they upset digestion. Any doctor knows that a much more effective treatment is "CATARRHOZONE," which heals and soothes the irritated surfaces of the throat.

In using Catarrhozone you do not take medicine into the stomach—you simply breathe into the throat, nose and lungs rich piney balsamic vapor, so full of healing power that colds, catarrh and bronchitis disappear almost instantly.

The germ-killing balsamic vapor mixes with the breath, descends through the throat, down the bronchial tubes, and finally reaches the deepest air cells in the lungs. All parts are soothed with rich, pure, medicinal essences, whereas with a syrup the affected parts could not be reached and harm would result with drugs.

A Catarrhozone Inhaler in your pocket or purse enables you to stop a cold with the first sneeze. Large size costs \$1.00 and supplies treatment for two months, small size, 50c; trial size 25c; all storekeepers and druggists, or The Catarrhozone Co., Kingston, Canada.

was about to make, prompted by a deeper love than hers. He distinctly foresaw the great progress which the gospel would soon make in the world. To Mary that act was a most delightful exercise; to the disciples a most important lesson; to Christ a most gratifying deed, and to the world most beneficial teaching. Mary alone grasped the thought that Christ's early ministry was drawing to a close. She had sat at his feet and had divined his teaching more deeply than his chosen disciples had done. They did not understand her act until Christ lifted it into the light of truth. Mary's act bespoke her earnestness. It demonstrated the deep and tender attachment of her soul which yearned to lavish her all upon him. It represented deep heart feeling, loyalty and consecration. Her love reached the hidden truth of things, before the things themselves had been revealed. Hers was love overflowing with gratitude exalted by reverence. It was wholly love. Her devotion was original, fearless and unmindful of criticism. To the eye which searches all hearts it was noble, august and important. Jesus plainly and powerfully asserted the superior worth of the heart's deepest feeling over any outward acts, making the whole spiritual meaning of the gifts consist in the disposition of the giver.

II. Unjust criticism. Judas was a trusted official, who abused the confidence reposed in him. It was manifest that the spiritual side of Jesus' ministry had for him no value. It was he who took the lead in assigning wrong motive to Mary's conduct. In him we have an example of deep hypocrisy. Judas' talk about the poor was mere pretense to hide his avarice. He was rude and unmannerly in the presence of deep piety and devotion. His hypocritical objection was cleverly invented. He knew the unselfishness of his Master and knew that his heart was always moved in behalf of the needy. He ventured to set up the general claim of the poor in opposition to the personal claims of Christ, forgetful that things of highest value have not a market price. His nature was sadly false and selfish. Mary's devotion ripened and revealed his character. The venom of his avarice battled against the perfume of her love. Judas stood alone in his covetousness and hypocrisy, though all the disciples were guilty of murmuring against Mary. He stigmatized her action of a purposeless waste. He was angry because her act of love, was above his standard, though he assigned himself a good motive while passing censure upon her. The prominent feature in Mary's character was her power to love; in Judas it was his devotion to money getting. There was a striking contrast between the money box and the alabaster box; between the anointing for burial and the plan for betrayal; between Mary's record through the ages and the terrible record which stands with Judas' name.

Wattle.

- What is it?
- "Acacia Mollissima."
- Its home is Australia.
- It thrives in South Africa.
- The common name is "black wattle."
- The tree is valued for its useful bark.
- Wattle bark contains a large amount of tannin.
- This gives weight and strength to all kinds of leather.
- South Africa has a 200,000-acre area of black wattle plantations.
- The average yield per acre is five tons of bark and 20 tons of lumber.

The increased cost of fine teas has tempted some to try cheap, inferior teas to their sorrow. It is a real economy to use Salada Tea, since it yields a far greater number of cups to the pound and, besides, has that unique satisfying flavor.

Tired Nerves



T IRED out after sewing! What a common experience, whether the work is done by hand or machine. It is not so much on account of the muscular exertion as because of the strain on the eyes.

You feel tired all over, because the nerves are exhausted. The optic nerve, which controls sight, is extremely sensitive, and when in constant use consumes nerve force at a tremendous rate. If the nervous system is not in good, healthy condition this strain is more than you can stand, and you have headaches, and feel all tired out.

Many people feel the same way after a shopping tour, from riding on a train, or doing any work which requires the continued use and focusing of the eyes. Many are wearing glasses when what they really need is a nerve restorative, such as Dr. Chase's Nerve Food, to build up the exhausted nervous system.

By supplying to the tired, wornout nerves the elements from which new nerve force is created Dr. Chase's Nerve Food reconstructs the wasted nerve cells. Headaches, dizzy spells, sleeplessness and tired feelings soon disappear, and you find yourself feeling better in every way.

It is worth your while to give this treatment a thorough trial, for the whole system is benefited, and the results are lasting.

Dr. Chase's Nerve Food

50 cents a box—do not pay more—at all dealers or Edmanson, Bates & Co., Ltd., Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author. 12