umatic sufferer should reat rheumatism is rooted in od and can only be cured by a it that will cleanse the blood rheumatic poisons. The old-belief that rheumatism was not the real cause. Liniments and mon him and the 'goal' (Hebrew for outward applications may give temrary relief, but cannot cure the source in the blood. The sufferer om rheumatism who experiments outward applications is only wasting valuable time and good money in depending upon such treatment, the trouble still remains, and it is all the time becoming more firmly rooted harder to cure when the proper treatment is applied. Treat this disease through the blood and you will soon be rid of the pains and tortures. As a cure for rheumatism Dr. Williams' Pink Pills are unequalled. They act directly on the impure weak blood: they purify and strengthen it, and se root out the cause of rheumatism: Mr. D. Lewis, postmaster at Escuminac, N. B., says: "I was attacked with rheumatism, which settled in my elbow, shoulder and knee joints, and at times caused me great suffering. The trouble was particularly severe last syring and I decided to try Dr. Williams' Pink Pills. After taking the pills for some time the from the guilt of sin. rheumatic pains and stiffness in the joints disappeared and I have not

since had any return of the trouble." If you are suffering from rheumatism, or any trouble due to poor blood and weak nerves ,you will find a cure in a fair use of Dr. Williams' Pink Pills. You can procure these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

LESSON XI. March 16, 1919. The Cities of Refuge. Joshua 20; 1-8.

COMMNETARY—I. Place of protection (vs. 1-6). I. The Lord also spake unto Joshua-"And Jehovah spake unto Joshua."-R. V. As the Lord had spoken to Moses, making known to him his will, so he spoke to Joshua his successor as standing between him and his people. God's confidence in his servant is shown in his thus adfressing him. 2. Appoint out for you Set apart, assign for you. The word appoint means to sanctify in the ense of setting apart for a particular cities of refuge-Places of protection, that innocent persons t not be put to death. Whereof spoke unto you by Moses — The purose of the cities of refuge was declared some years before this and the secords are found in Num. 36; 9-34 and Deut. 19;1-3. The cities of refuge could not be appointed until the tribes of Israel were located in Canaan and the Levitical cities assigned. 3. The slayer ... unawares and unwittingly --Providence was made for the protection of one who had taken the life of another through mistake, not knowing it. The Mosaic law made a clear distinction between intentional, premed-

itated murder and the accidental or unintentional slaying of another. May flee thither—The cities of refuge were set apart for the protection of those only who had unintentionally taken the lives of others. Among the Greeks and Romans and in succeeding centuries there were places of sanctuary (places of protection) provided for criminals of every class, but among the Israelites only the innocent were to be protected. The avenger of blood. The avenger of blood was a near kinsman of the person who had been slain, and it was his duty, according to the custom of the age, to pursue the slayer and take his life, thus avenging his death. The avenger of blood undertook to take the life of the slaver without considering whether he was guilty of intentional murder or had slain another accidentally.

4. Doth flee unto one of those cities That it might be as easy as possible for a slayer to reach one of the cities of refuge, it was provided that the roads should be at least thirtytwo cubits, or about fifty feet, wide, kept in good repair with all obstructions removed, all streams bridged and eigns at every turning showing the way to the city of refuge. Every advantage was thus given to the slayer to escape the avenger of blood. That declare his cause When the slayer arrived at the gate of the city of refuge, he was allowed to state his tase to the elders of the city and they lived him, assigning to him a suitable place of residence, provided they were convinced that his act in taking the life of another was unintentionaor accidental. 5. If the avenger of blood pursue after him-It was expected that the avenger of blood would be in close pursuit of the slaver. Shall not deliver the slayer up into his hand—The eldern of the city of refuge had undertaken to protect the man who had fled thither for safety, and they would not give him over to them because they were convinced that he had done no intentional

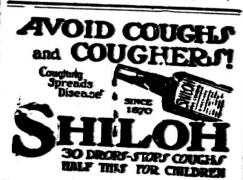


6. He shall dwell in that city He had fled thither voluntarily, and that too, for safety, and he would be safe only as he remained in the city, Until he sand before the contr ent. The hearing he had before the elders at the gate upon his arrival was merely preliminary. He must stand before the assembly of od by cold, damp weather, is now the people that his case might be aploded. Such weather conditions thoroughly considered and passed upavenger of blood) to appear before them for a judicial inquest and verbuble, because they do not reach its dict. The congregation or jury was to hear both sides, and to decide whe. ther the deed proceeded from melice or was accidental. If he was condemned, he was to be executed; but if he was acquitted, he was set at liberty, but was sent, back to live in the refuge till the death of the high pricet." Whedon. Until the death of the high priest-"The administration of a high priest was regarded as a period complete in itself. With the accession of his successor a new period began, and with it a new order of things." The slayer could not go to his home until the death of the high priest and thus he underwent something of a hardship as a sort of punishment for what may have been carefeseness in causing the death of a feilow men. Through the death of the high priest all who were then sheltered in the cities of refuge could go forth in High Priest all who will may be free

> II. Cities of Refuge Set Apart (vs. 7-9). 7. appointed Set apart. Kedesh in Galilee In the northern last of Canaan on the west side of the Jor- so plain that "the wayfaring man, dan River. The six cities were so !ocated as to be easy of access from Offences will come; but we unto him, every part of the territory occupied by through whom they come!" However the Israelites. They were in sightly places with good roads leading to them. Three were on the east side. Kedesh, judgment and consideration in dealing was in the small region then called are grounded in personal liabilities Galilee, but the term Galilee came later and shortcomings. "Considering thyto be applied to the whole northe n. self, lest thou also be tempted." portion of Canaan. Shechem-in the many things we offend all." The methcentral portion of Canaan. Shechem od of precedure is clearly stated by su-In the central part of the land of Israel preme authority. "Tell him his fault on the west of the Jordan. It is situ-ated in the valley between Mount Gar-telling any other man. Forgiveness izim and Mount Ebal. Kerjath-arba is to be granted unto "seventy times -Also called Hebron. It is the south seven." The law which said, "An eye ern city of refuge west of the Jordan. for an ere," has been superseded by Hebron was an important city among the gospel which says, "Love your enethe patriarchs and in the history of mies." Israel. It is twenty miles south of Jerusalem. The distance between Hebron and Shechem was about fifty miles and the distance between Shechem and Kedesh about the same. 8.

on the other side Jordan-on the east side. There were only two and a half tribes of Israel on the East side of the Jordan, Reuben, Gad and a half tribe of Manasseh, yet their territory extended nearly as far from north to south as that of the other tribes. There would have to be as many cities of refuge on the east side as on the west the new absorption treatment, and reto meet their needs. Bezer—This was a Levitical city in the tribe of Reuben will but write and ask. I assure you and in the southern part of the land of immediate relief. Send no money, opposite Jericho. Ramoth in Gileai Address This was one of the strongholds in the tribe of Gad. Golan-The site of Golan, is now unknown, but it was the northernmost of the three cities of refuge east of the Jordan. This district was once densely populated, but now is mostly deserted. 9. and for the stranger—The cities of refuge were designed for the protection of the Israelites, but not for them alone. The stranger who came to dwell with them

was included in this plan for safety. Questions.—Where is the earliest mention of the cities of refuge? Why were not the cities of refuge appointed before Joshua's time? How many were there? How were they located?



Who had the privilege of going there? How could a slayer gain entrance into one of these cities? What is meant by an avenger of blood? How long was the slayer to remain in the city? Of what are the cities of refuge typical?

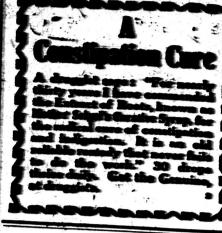
PRACTICAL SURVEY. Topic.—Our responsibility toward offunders.

I. The cities of refuge.

II. Their typical significance.

1. The cities of refuge. The provision of the cities of refuge was included in the instructions of Sinai and was a well-recognized part of the civic constitution. The custom of blood revenge was of very ancient origin and of wide recognition among Oriental nations other than the Hebrews. Its existence seems to be recognized in the Noahic covenant (Gen. 9;5, 6). Under the patriarchal order the head of the household was ruler, priest and judge. The race was not yet grouped into nations and there was no seleced judge or established places of judgment. If any sunishment for the taking of human life was to be meter out, it must come through the family itself. The "law of blood," as originally established, was not designed to satiate a spirit of vengeance, but stood

as a solemn vindication of the sacredness of human life. In the provision, of the cities of refuge there was no condoning of criminality. A wilful murderer was of no account to be suffered to escape ,but was afforded a respite until inquiry could be made and judgment rendered. Even God's altar afforded no refuge for the wifful criminal nor could any ransom be accepted. Only he who "unawares and igly" had slain his fellow could avail himself of the provision, and acquitted of wilful crime, his date tion in the city whither he had find



ment of cities assigned to the priesthood was not without significance; and they were as widely distributed and as conveniently located as possible. Three of them, Bezer, Ramoth and Golan, on the east of Jordan, Moses had already appointed. The remainder, Kedesh, Sheehem and Hebron, were chosen after the settlement and division of the land. The highways leading to these cities were to be prepared with special care (Deut. 19;3), and the direction is said to have been indicated by guide-posts.

II. Their typical significance. That the cities of refuge were symbolic of the provisions of grace is plain. "All have sinned," and "by the deeds of the law there shall no flesh be justified in his sight." They are available for all, but require personal effort and cooperation. "Who have fled to him for refuge." Deliverance is based onsafety. Through the death of our great ly upon the death of the "High Priest of our profession, Christ Jesus." curity comes only by abiding in Him. Apart from Him the transgressor is constantly exposed to the vengeance of violated justice. The way is made though a fool, shall not err therein." every effort is to be made to restore the offender. Charitableness in

RELIEF AT

I want to help you if you are suffering from bleeding, itching, blind or protruding Piles. I can tell you how, in your own home and without anyone's assistance, you can apply the best of all treatments.

PILES TREATED AT

It was nearly but tell others of this offer.

MRS. M. SUMMERS, Box 18. Windsar, Ont.



NEW YEAR'S DAY.

Tis New Year's day—a day of vows. Of fresh reselves, and new, unselfish aime.

Thrice happy he Who, looking back on past, unfruitful Seeks Heaven's forgiveness through

the appointed way. Am:, sensible by past experience. Of his own weakness, humb! / seeks a strength Superior to his own; this dufty done,

With sweet assurance of God's Father-Relying, too, on His enabling grace, Begins the year with gratitude and trust.

And looks right chward with a filial heart Through all the dim and blank uncertainties,

Serenely to its end.

HE SHALL INHERIT ALL THINGS. If in this life we have only hope in Christ we are of all men most miserable.-Now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God; for He hath prepared for them a city.—An inheritance incorruptible, and undefiled, and that fadeth not

away, reserved in heaven for you. All things are yours . . . the world, or life, or death, or things present, or things to come; all are yous. -Eye hath not seen, nor ear heard. neither have entered into the heart of man, the things which God hath prepared for them that love him. Bus God hath revealed them unto us by his

Spirit. Lock to verreelves, that we lose not those things which we have wrought, but that we receive a full the power of her affection and senti-

(By the late Rev. H. T. Miller.) ve unto the hero the glory due into his name. It is due, it is your duty to give; here we all come short. What shalf we give? Well, give Him time; time is but a golden thread to ing the years upon; bring the jewels out of your own heart, the outerop of your own character. He waits! Give Him truth, beauty, honor, good deeds, pleasant thoughts, pure desires, large forgiveness; have a stock ready, you will need them. Some one has hurt you, injured you. What are you going to do? Curse! Nay! That will hurt yourself. Bless them that curse you. It is due to yourself, it's due to your enemy, it's due to God. See that you give Him glory. Give Him room. There was no room for Mary in her trouble in the inn. There is no room now for Him in the dance, the race-course, the gambling hell, the seat of the scornful; Give him room in the \$1.00; small size, 50c.; sample size, 25c. merchant opened a new ledger, the first inscription in the first page was, In the Name of God." Will you find that in business houses to-day? When was a boy in an office we did a large

husiness in marine insurance. The heading of every policy had words, "In the Name of God. Amen." Give Him room in your heart, in your house, in your life. Sailors are not atheists; they seek the works of the Lord and His wonders in the deep. The house that guards the sea coast with warnings of danger is called the Trinity House. You can find the infidel in the shop, but not on a ship's

Give Him welcome. Let every avenue, every room, every opportunity have an open door for Him, your Creator, Preserver, Redsemer. Say to Him, "Why standest Thou without?" He must have a welcome. He will not

Cook's Cotton Root Compound



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 51; No. 2, 33; No. 3, 55 per box. Sold by all druggists, or sent prepaid on receipt of prire. Free pamphlet. Address: TORONTO, ORT. (Formerly Window.)

is jealous. He will not give His glory | have come to light. to another. Unconditional surrender | According to St. George Mivart, the sang together they moved in harmony. Old sailors used to set their work to very early times. music and sing. Weighing the anchor or hoisting on board what required a iong pull always called for a song, I promise to send you a FREE trial of and many a crew at the capstan per-

> Joy breathes on buds, and flowers they are: Joy beckons sons come forth from

eyes, feet like fire, tears of gladness and gratitude. Give Him all. for He giveth all to you. What could He do more than He hath done? Did He not lay by His glory, did He not empty Himself, left the supernal glory and dignity of Heaven's high estate? He had not where to lay His head, died a penniless man. For the joy that was set before Him. He endured the cross and despised the shame, Give Him all!

U. S. Getting Busy.

Great preparations for the construction of public works and for general building activities in the spring are being made in the United States. In red-Very often a small piece of the addition to the survey being conducted leather is lifted or loosened. Don't by the field men of the Division of cut it off and try to cover the place Public Works and Construction of the Public works and construction of the place with a little glue and the United States Department of Labor, dry. Then apply blacking and the the Kelly and Kenyon Bills have been surface will be as good as new. introduced in Congress to provide heavy appropriations for national constructive activities. Each measure calls for an appropriation of \$100,000,-000. The Kenyon Bill, in addition, empowers the War Finance Corporation to make advances, within one year from the passage of the Act, to an ag- dry thoroughly and rent will be gregate amount not exceeding \$300,-000,000, at not less than 5 per cent. per annum to any State for financing public works whenever unusual unemployment is actual or threatened.

Why Women Bear Pain.

Women bear pain better than men, as is well known, but Dr. E. O'Neill Kane says that their tranquility is often receptive, being stoical submission rather than lack of feeling. He believes women are less ofter affected by shock than men; they endure surgical operations better and pass under anesthesia more rapidly, quietly and safely.

The starry crown of woman is in and the sin which doth so easily beset which they lead.—Emerson.

The ancestry of the dog has been the occasion of much controversy, according to Leo S. Crandall's book, "Pets." Many naturalists have considered that it is descended from a single ancestor, such as the common wolf of Europe. Darwin, however, leans toward the theory of multiple origin, and advances much convincing proof in support of his belief. It is widely known that many savage tribes have dogs, which appear to be simply half-tamed representatives of the particular wild doglike animals inhabiting

The dogs of the American plains Indians closely resemble the small prairie wolf, or covote; the husky of the north country is plainty not far removed from the gray woif; the German sheen dog and the Samoyede are strikingly wolflike in appearance Whether our present dogs are the resuit of crossing these many simple derivatives of wolves and jackals among themselves, or, whether there intrude. He knocks, but does not was an original ancestral dog, now exforce the door. If you do not old Him- tinct, with which the blood of other welcome, He will pass on, and may species has become mingled, we have never call again. Love Him supreme- not yet been able to determine, though ly, above self, wife, gold station. He so many primordial animal remains

Him song. Your heart is like a harp, ing which meets the requirements of Ask Him to touch you and oh! the an ancestor of our modern breeds melody! The morning stars (the This species is found throughout Ausangels) were the rist to sing; they train and fossil bones which have been found show its presence there from

formed a heavy pull with the fiddler on the capstan head. These are the men who sing at their work.

"Joy moves the dazzling wheels that roll
In the great time-piece of creation; Catasrh is a local disease, greatly induced by constitutional conditions, and in order to cure it, you must take an internal remedy. Hall's Catarrh Medicine is taken internally and acts through the blood on the mucous surface of the system. Hall's Catarrh Medicine was mescribed by one of the best physicians system. Hairs Catarra Medicine was prescribed by one of the best physicians in the country for years. It is composed of some of the best tonics known, combined with some of the best blood purifi-Heaven.

Give Him all: all power, capacities, possibilities, wings, tongies, flashing in catarrhal conditions. Send for testimonials, free

A tespoonful of glue mixed in a basin of hot water poured over a broom and then allowed to thoroughly dry will greatly stiffen it, and protong its usetulness and life.

with blacking. Flatten the piece in place with a little glue and allow to

For tears or cents in silk .- Another piece of silk or fabric of the same color placed under the tear with thin coating of glue will bring the edges more firmly together than be done with a needle. Allow most invisible.

from slipping.—Rubber overshoes often become so loose that they slip off at the heels, especially in the winter and spring whe nthe ground is muddy or slushy. This annoying trouble can these allments." be entirely eleminiated by gluing a felt band abround the inside top of the

rubber. moths very much dislike the odor of he says. ink in old newspapers. Several Dodd's Kilney Pills have long ago reward. Let us lay aside every weight, ment and infinite engagements to and your protection from moths has east practically nothing.

that isn't where your cold is lodged. Just breathe in the healing vapor of CATARRHOZONE a southing, healing medication that acts instantly. Colds, sore throat and catarric fairly Every spot that is congested in healed, irritation is southed away, phlagm and secretions are cleaned out. and all symptoms of cold and catarrh are cured. Nothing so quick, so sure, so pleasant as Catarrhozone. Beware of dangerous substitutes meant to deceive you for genuine Catarrhozone. All dealers sell Catarrhozone: large size, which lasts two months, price

ORIGIN OF THE DOG. Scientists Differ Over Que Common Ancestry.

the same regions.

is the mark of every Christian. Give dingo is the only wild dog still exist-

Catarrh Cannot Be Cured

and many a crew at the capstan per-formed a heavy pull with the fiddler cannot reach the seat of the disease. on the capstan head. These are the Catarrh is a local disease, greatly in

F. J. CHENEY & CO., Props., Toledo, Q. All Druggists. 75c. Hall's Family Pills for constipation.

NEW USES FOR GLUE.

Several Ways to Practise Economy.

To put new life in an old bcom-

can

A splendid way to keep rubbers

Do. pack otatoes beg thubarh 2 bunches for . . . MEATS-WHOLESALE. Beef, forequarters.\$17 00 De. common 15 50
Veal, common, cwt. 2 00
Do. medium 20 00
Do. prime 25 00
Reavy hogs, cwt. 16 00

SUGAR MARKET. Wholesale prices to the retail trade on Canadian rerined delivery, are as fol-

Shop hogs cwt. 23 00 Abattoir hogs 22 00 Mutton, cwt. 18 00

Do., No. 1 yellow Do., No. 2 yellow Do., No. 3 yellow Atlantic granulated Do. No. 1 yellow
Do. No. 2 yellow
Do. No. 3 yellow De. No. 1 yellow
Do. No. 2 yellow
Do. No. 3 yellow St. Lawrence granulated...
Do. No. 1 vellow
Do. No. 2 vellow
Do. No. 3 vellow
Do. No. 3 vellow

cartons 70c over bags. Gun 40c; 10 10-lb., 50c over bags. Gunnies, 5 20-1b.,

OTHER MARKETS

WINNIPEG GRAIN EXCHANGE Fluctuations in the Winnipeg Grain Exchange yesterday were as follows
Oats— Open High Low Close
May 69 0 69% 0 69 0 694 May 0 88% 0 90 0 88% 0 89% July 0 99% 0 90% 0 88% 0 89% MINNEAPOLIS GRAINS.

Minneapolis-Flour unchanged. Barley. 80 to 89c. Rye, No. 2, \$1.42 1-2. Bran. \$37. Flax, \$3.75 to \$3.77. DULUTH LINSEED

Duluth-Linseed, on track, \$3.77; arrive, \$3.75; May, \$3.65; July, \$3.50 asked.

Growing Dishrags.

It has been discovered that the thick. spongy gourd of the luffa plant, which grows easily and requires but little attention makes the best kind of dishcloths and bath sponges. An Ohio woman is making a good living raising them. She-sold over 1.000 to one garage company alone for use in the washing of automobiles. Cut into strips the luffa gourd makes a kind of lace widely used by milliners, and it is also admirably adapted to the making of flower baskets.

Strong Words of a Guelph Veteran

He Says Dodd's Kidney Pills Saved His Life.

James Black at the Age of Eighty-Five is Shouting the Praises of the Great Canadian Kidney Remedy. Dodd's Kidney Pills.

Guelph, Ont., March 10.—(Special)— "I would have had to undergo an operation, or be dead only for Dodd's Kidney Pills." These are strong words. But Mr. James Black, an old gentleman who moved here recently from Maidstone, makes the statement without hesitation. "I suffered from Kidney trouble and pain in my back," Ar. Black goes on

to relate, "and a friend told me to try Dodd's Kidney Pills. When I had used half a box I began to pass sand and gravel. I have half a pound of it in a bottle to show people. "I also had cramps in my legs so that I could not sleep at night. I used 14 or 15 boxes of Dodd's Kidnew Pills, and now I am cured of all

Mr. Black who is in his eighty-fifth year, is confident that he owes him life to Dodd's Kidney Pilis, and never To protect furs and woollens from tires of singing their praises. "Ther moths.—It is commonly known that are worth twice their weight in gold,"

thirchnesses of old newspapers firmly earned the name of "The Old Folks' glued together may be made into the Friend." For the kidneys are the For the kidneys are the corn of a bag and the garment placed first to feel the strain of advancing inside. After the ends and all joints, years. Acting directly on the kidare firmly sealed with glue, the bag neys and strengthening those organis obsolutely moth and dust proof, they have made many an old person shout, "I feel young again."

SUBSTITUTE YARNS

Substitutes are sought abroad. Paper yarn has proved a failure. Such yarn cannot be used for making clothing.

An attempt has been made to produce yarn from cellulose. This, too, has proved unsuccessful

as a substitute for cotton and wool arns. The great obstacle in the way of the use of substitute yarns so far has been that they are not washabl

Some of them are durable e and can be used for coarser and those do not require to be wa

She (sighnig) I suppose you kined hits of girls believe he you? He Yes, during All a pe

What she had to with a louder

and there se at the close nly ceased as advanced to the ve of the silve Her voice was s d her manner madest and a per soft, winning intible. There was a sec

the song was I tremendous thun panied by em Incore, encore! **She** flushed, a removed his her turn it e behind which oh, such a tie triumph! Another thunder ning melody atra, a rush to Het girls, and on a pretty gro nons with the Jack drew a lon. look with a wi crowd leaving the

ebutante!" said F dmiration. Jack started: h companion, the pla Eh? Yes, what Palace of King Walton raised h other two. "Jack's hit-sho

pered. "Did you girl was on the "Yes, and while replied Fopton. look like that wh at the piano, how Beaumont move done when the n tioned on the pre

he said nothing.

Look at him as Jack turned fr stage and stood dusty labyrinths b ing for her, I'll pounds. Yes, the claimed, triumpha having ca pirate, walked of and cfatching him

greenroom, t "Pardon me," h turned with a har face. "But I could lating you upon cess. It was m

undeniable." "Thank you, si the father. "Yes; great success. Ol what I endured moments." "Yes," said Jac!

you need fear no ter has gained co please them still "I believe it, I pirate, with a gr **face clou**ded over replied: "Won't

they have been s

during the conver ter is inside, wa resting a little." Jack took off hi There was no in bowed and the g a drooping of the blush. Her father of lemonade and This gentlema

low tone. you sing." **MOW** RA

gratulating me. 1

600 After Being ganic Troub

Pinkham' Con Oregon, Ill. ham's Vegetable



my health so I can I am so grateful th ing it to my frie ALTERS, R. R. 4. Onlywomen who ares of such troub along from day to relief which this fo emedy, Lydia E. I Compound, brough Women everywh condition should p mendation, and if ications write I Medicine Co., Lyns The result of their

mat your service.



1 English School Case I Japanese Pencil Boy 1 Special Drawing Pencil

8 Rubber-tipped Lead Pencils 2 Metal-cased Lead Pencils 1 Pen Holder

1 Box Crayons (28 colors) Eraser Box Paints Paint Brush

Patriotic Blotters
Patriotic Blotters
Packages Union Jack Flag Stickers
so that you can put the flag en
your school books, letters, etc. We will give you this whole 24-piece School Quifft free of all charge if you sell just 30 packages of our levely chrossed Easter post cards at 10 cents ackage (6 levely cards in each package).

Sand us your name and we will send you the cards to self. When sold send the money and we will send you the whole quifit. Address: HOMER-WARREN CO.,

Dept. 89. Toronto