NURSES ADVISE

Zam-Buk, because they have proved that it does what is claimed for it.

Miss E. L. Doxey, graduate nurse, of 3220 Michigan Ave., Chicago, says: "I have a patient who suffered terribly with piles. Zam-Buk is the only remedy that gave her relief.

"I have used Zam-Buk myself for the same ailment, also for sores and burns, and have the greatest confidence in it."

Zam-Buk

SUNDAY SCHOOL LESSON

SUNDAY SCHOOL. Lesson VIII.

February 22, 1920.

Peter delivered from prison. The Acts, 12; 5-17.

COMMENTARY.—I. Peter's imprisonment (vs. 1-4). Herod Agrippa, a grandson of Herod the Great, was king or ruler of Palestine, which office he held for three years. Cruelty was one of the characteristics of the Herods, and this Herod had the same disposition. He desired to be popular with the Jews of his province, hence he had the apostle James, John's brother, slain. This act pleased the Jews, whereupon he caused the arrest of another prominent apostle, Peter, with the purpose of publicly putting him to death, thus showing that he was taking sides with the Jews against the new religion that was being taught by the followers of Jesus. This was during the feast of the Passover. Crowds of Jews would be present in Jerusalem and the time would be opportune for making an impression upon them in Herod's favor.

II. Prayer and deliverance (vs. (vs. 5-11). 5. Prayer was made — The Christian community believed in the efficacy of prayer and they exercised themselves in this service for the relief of the apostle. "The prayers of the church were offered by assemblies of Christians meeting in various private houses (v. 12), for the persecution would now render public Christian services dangerous, as we know was often the case in the early days of Christianity."—Cam. Bib. Without ceasing—The prayer was both earnest and continued. 6. When Herod would have brought him forth. This was after the Passover. The Jews would have been displeased if the execution had taken place during the feast. 7. Angel of the Lord—The Lord sent a heavenly being to bring deliverance to his faithful servant. A light shined in the prison—The light was supernatural. The cell in which Peter lay asleep was illumined as it probably never had been before and never was after that. By this light Peter could see all his surroundings. Smote Peter—To arouse him from his sleep. Raised him up—"Awoke him." —R. V. His chains fell off—The chains with which he was bound to the soldiers were miraculously removed from his hands. Thus far he was free only within his cell, but soon full liberty would be his. 8. Gird thyself—The angel's command was that Peter should gather his loose garments into a belt or girdle that he might move rapidly and easily. Bind on thy sandals—Perpare to leave the prison. Sandals covered only the bottoms of the feet. Cast thy garment about thee—Reference is made to the outer garment or cloak. Follow me—The angel would conduct Peter out of bondage into liberty. 9. Wist not—Did not know. Thought he saw a vision—It did not seem real or possible to Peter that he was set free. 10. The first and the second ward—Ward here means the same as guard. Peter, under the guidance of an angel, had escaped the four soldiers that were placed to guard him.

11. When Peter was come to himself —This speedy release was a matter of astonishment to Peter. He had gone to sleep closely guarded and was suddenly awakened by an unfamiliar personage. He was human even though supernatural forces were operating in his behalf. It took a little time for him to comprehend the situation. He said—He spoke to himself since he was alone. Now I know of a surety—Peter was fully convinced and made a strong statement of his belief. The Lord has sent his angel —His fellow Christians had been engaged in earnest prayer in his behalf and he was sure the answer had been given. "It is one of the profoundest beliefs in my own life that there was a vital connection between the prayer-meeting and the prison."—Jowett.

III. At the place of prayer (vs. 12-17). 12. when he had considered the thing—When he had comprehended the situation. He came to realize what had taken place and that he was a free man through supernatural power. house of Mary—This Mary was a sister of Barnabas (Col. 4: 10) and the mother of John Mark. Her house was a meeting-place for the followers of Jesus. many were gathered together praying—Christians were taking their burdens to the Lord in prayer. It was known that Herod intended to have Peter slain and they prayed for his deliverance if if might be the will of the Lord. It is more than probable that this was only one of many occasions on which the followers of Jesus were gathered for prayer in Mary's house. 13. Peter knocked at the door of the gate—This was the outer door of the entrance into the inner court. a dameel came to hearken—"A maid came to answer."—R. V. Rhoda was in charge of this duty and was doubtless one of those who were praying.

15. thou are mad—The people did not seem to be able to grasp the thought that Peter was out of prison. They declared that Rhoda was beside herself. She could not be talking sense. affirmed that it was even so—Rhoda's continued declarations, sanely uttered, convinced the company her report must be well founded. it is his angel—While they believed it could not be Peter himself, they declared it was his angel, for the Jews believed that a guardian angel ministered to each person. 16. Peter continued knocking—We may readily conclude that in his continued knocking he was sufficiently energetic to command the attention of those within. they were astonished—The answer to the prayers of the assembled Christians was so sudden and so marvelous that they could not at once realize that Peter was with them. 17. beckoning... to hold their peace—The gladness of Peter's fellow Christians was too great not to find expression, and they were manifesting their joy in various ways. Peter had a testimony for the Lord and he desired to be heard. the Lord had brought him out of the prison—Peter at once gave the glory to God for his deliverance. shew these things unto James—This was probably James, the Lord's brother, who had charge of the church of Jerusalem.

IV. Prosecutors astonished (vs. 18, 19). Naturally "here was no small stir among the soldiers, what was become of Peter,' who had been placed in prison at Herod's order. The night before his release he was bound with two chains, wih a soldier on either side and with keepers before the doors. Sixteen soldiers were charged with his safe-keeping. The soldiers could not explain his absence from prison. Herod undertook to obtain an explanation from them, but none could be obtained. His next step was to put the guard to death in accordance with the Roman custom. After this he returned to Caesarea, his seat of government.

Questions—Who was Herod? Whom did he kill? Why? Why did he take Peter? What feast occurred at this time? Why was Peter kept in prison? How many soldiers guarded him? Who prayed for him? How was he delivered? To whose house did Peter go? Who responded when Peter knocked?

PRACTICAL SURVEY.

Topic.—Things wrought by prayer.

I. Persecution renewed.

II. A miraculous deliverance.

III. United prayer.

I. Persecution renewed. The persecutor of the lesson fas Herod Agrippa, "that vile Oriental," as Renan styles him, a son of Aristobulus and grandson of Herod the Great, the persecutor of Jesus and infamous for his many crimes, especially for the massacre at Bethlehem. He well sustains the family history. He received the title of king upon the accession of Caligula to the throne of the Roman empire, and like his grandfather swayed the scepter of kingly authority over the whole of Palestine. He died at Caesarea, supposedly within a month or two after the incidents of the lesson, abhorred for his crime and loathed for his condition. An effort to ingratiate himself with his Jewish subjects appears to have been a strong incentive to a renewed persecution of Christians. It seems to have been directed particularly against the most prominent among them. The first recorded victim was James, the son of Zebedee and Salome, and brother of John the apostle. His martyrdom is said to have occurred about ten years after the ascension at Jerusalem and on the anniversary of the crucifixion. It fulfilled the Lord's prediction in Matthew 20: 23. Of the apostolic group, James died first and John last. It appears to have been the purpose of the persecutors to paralyze the church at its centre and, by the destruction of its leaders, to disperse their followers. Meantime the church was forming a new centre of effort at Antioch.

II. A miraculous deliverance. The importance attached to the arrest of Peter is evident by the precaution taken to insure his safe keeping, and this makes his deliverance the more evidently miraculous. Himself manacled, 'four quarternions,' or sixteen soldiers, were appointed a special guard lest an escape or rescue be attempted. Easter season being at hand, execution was delayed until it was past. Nothing more clearly displays the change in Peter's consecration and character than his quiet of spirit, and restfulness of demeanor on the eve of apparent martyrdom. Not even his peaceful slumbers were disturbed by the prospect (Isa. 26: 3; Phil. 4; 6, 7). The miraculous character of his deliverance cannot be questioned. In vain "the kings of the earth set themselves, and their rulers take counsel." Events, great or small are stepping stones to the resistless march to majestic purposes.

III. United prayer. We discover a new revelation of the unity and brotherhood of the early Christian church. The imperiled brother became a subject of united and unceasing importunity. A great emergency gave full test to their faith. Prayer was their only resource. They had no weapons, no distinguished friends at court to whom they might appeal, and no treasures to offer as a ransom; but they had a dinvine intercessor. When God moves, no obstacle is too great. Peter had but to obey. Keepers slept, chains fell off and iron doors and gates opened "of their own accord." Prayer should be the habit of the mind. There is nothing too small to elicit divine interest and nothing too great for divine control. Unity in prayer adds force to petition (Matt. 18: 19).

EVIDENTLY IN LOVE.

(Lousville Courier-Journal.)

"I fear the bookkeeper is in love," said the teller.

"Why?"

"He just passed me a gush poem to be certified."

Habit, if not resisted, soon becomes necessity.—St. Augustine.

Nature's Mirror

When a woman is well and healthy—there's a sparkle in her eyes, a rose tint in her cheeks, and she has rich red blood. After taking nature's tonic which Dr. Pierce called "Favorite Prescription," there's elasticity in every movement and a spring in her step. Love comes to every woman who has bounding health—but when she is pallid, dull eyed, languid, she has no magnetism nor does she appeal to any man.

SAVED A LIFE

Elmira, Ont.:—"I have a very kind feeling for Dr. Pierce's Favorite Prescription for it once saved my mother's life. When going through middle age her health failed very fast; she suffered with pain in her head and backache, in fact, she had pains and aches all through her body. She lost weight, was very nervous, would become dizzy and at times faint and fall wherever she chanced to be. This necessitated our watching her all the time, we dared not leave her alone. She was as miserable as one could be and live. Dr. Pierce's Favorite Prescription was recommended to her. She took six bottles and was completely restored to good health."—MRS. B. E. UPTHEGROVE, Box 223.

Poultry World

SANITATION IN THE POULTRY HOUSE.

(Ottawa Journal.)

Sanitation in the hen house is just as important to the hen as it is in our home to us. In fact, I don't see why it is not even more important for the hen has to take what we give her while we can shift for ourselves. The hen during the winter is very often confined to the house for twenty-four hours a day, while it is quite different with us.

Fresh air will do as much towards preventing and curing tuberculosis in poultry as in humans. Too much sunlight in the winter, properly applied, cannot be given the flock. A clean house is appreciated by the hens and any expense incurred in keeping it clean will be well repaid by the increased supply of eggs laid.

It is just as easy to build a sanitary house as it is to build any other kind of a house, but it is not as easy to make a house that is not sanitary into a sanitary house as it is to just leave it alone, and that is why so may old houses are not satisfactory.

Many an old house that is dark and damp could have been made bright and dry with a few hours' work and the cost would have been repaid almost every month since. If you have such a house don't wait a day longer, but make it habitable and give the pullets a chance to show what they can do this year. For no matter how good the stock you have, how well matured the pullets are, they will not lay as they should in a dark, damp house, and both of these faults are easy to eliminate. Remodel the house along the lines suggested in the following paragraphs:

WHAT IS NEEDED IN A HOUSE.

A poultry house should be made so that it will allow of sunlight and fresh air without draughts, built so it will be dry at all times with the internal fixtures arranged so that it can be easily and thoroughly cleaned. Nothing has been said of the heat of the house, and this is not of primary importance. If a house is dry the temperature is not so vital. for given a healthy hen, properly fed, in a dry, sanitary house, and no matter what the temperature you can't freeze her. it is the damp house which must have unhealthy hens that does the freezing, so give the proper conditions to avoid the moisture and along with it you get rid of a whole lot of other troubles that have been bothering for so long.

THE CONSTRUCTION.

A wooden construction is probably the best . The size of the house will determine the type that may be used. We use two main types on the Experimental Farms throughout the Dominion that are quite satisfactory. the one a movable colony house, and the other a permanent house for one hundred hens which can be extended to any length to meet the demands of a large flock. As this size is not advocated for the city only the smaller house will be described here.

THE COLONY HOUSE.

The colony house is big enough for twenty-five hens, 10 x 12 feet, 5 feet high at the back, and 6 1-2 feet at the front. Two ply of lumber with paper between the north side and each end and as far as the roosts extend, a board floor placed upon two 6 x 6 cedar skids.

The front and south side is made in what has become more or less a standard with us, as it has proven so satisfactory throughout the whole of the Dominion. From the floor up about 18 inches is board, above this and all along the front is glass made in stick size sash about two feet wide, and from this to the roof is cotton.

This provides protection for the birds on the floor and allows the sun to reach the floor through the glass, even on stormy days and on fine days the cottons may be him to pen his pullets in one pen reach all parts of the house.

THE PERMANENT HOUSE.

This house is sixteen by thirty-two feet divided into two pens sixteen feet square, big enough for one hundred hens of the heavy varieties, and more of the light breeds. For the farmer with one hundred hens it is convenient for hi mto pen his pullets in one pen and his hens in the other.

The construction of the walls including the front, is the same as the colony house. The floor is made in the shape of a cement slat just on top of the ground. No trenches whatever are dug. The roof is double pitch, and the ceiling is slatted, leaving spaces between the slats. Over this is placed straw. This gives the best ventilation and the house is dry at all times. In fact you can go in to the house any time in the winter and you will not find frost adhering to the walls and ceiling.

VENTILATION.

Slats may be put on the under side of the rafters and the space between them and the roof filled in with sraw. It also serves as a good insulator and helps keep the house cool in summer and dry in winter.

SUNLIGHT.

This house allows the maximum amount of sunlight. The cottons are made to hinge at the top and can be opened up and hooked to the ceiling at any time, and no matter what the time of the year, whenever the sun is shining these screens should be hinged up and allow the sun to get into the house. It is the best disinfectant we have, and the cheapest, and should be used at the fullest extent.

CLEANING.

The arrangement of the inside of the house makes it so that every piece of furniture is moveable. The nests slide in to a cabinet or under the drop board and can be pulled out in a few seconds, the boxes, hoppers coops—everything can be thrown out the door, everything cleaned out and thoroughly swept out and disinfected.

A house of this nature can be cleaned frequently, and houses must be made so that they can be cleaned often in order to have sanitary conditions in the house. The hens want clean quarters the same as anything else.

Again I wish to repeat what was said above, that with a healthy hen and with a dry atmosphere, with proper feed, it is not a question of cold, for you can't freeze her.

NOTES.

Eggs produced by the back yard flock are fresh. Store eggs? Well hardly.

Get busy with a small flock of hens in the backyard and beat eggs at a dollar and over a dozen.

Also feed plenty of grit and shells.

Beef scraps and meat meals are cheap and beneficial.

Regularity for producing winter eggs.

LET a woman cease your suffering. I want you to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, postpaid, and put you in touch with women in Canada who will gladly tell what my method has done for them.

If you are troubled with weak, tired feelings, headache, backache, bearing down sensations, bladder weakness, constipation, catarrhal conditions, pain in the sides, regularly or irregularly, bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings under the eyes, or a loss of interest in life, write to me today for free trial treatment.

A MESSAGE TO WOMEN!!

Mrs. M. Summers, Box 8, Windsor, Ont.

LOST BOUNDARY RECORDS.

Strange Story of How They Were Recovered.

In 1818 Great Britain and the United States agreed that the 49th parallel of latitude should be the boundary between Canada and the United States, from Lake of the Woods to the "Stony Mountains," as the Rockies were then called. West of that to the Pacific the country was "free and open" to both parties for a period of ten years

But in ten years the boundary was not settled. In 1823 Russian surrendered all rights to the territory south of 54 degree 40 minutes. Time passed, and the country was still "free and open," but an influx of American settlers began o arouse jealousy. In 1844 the political cry of the Democrats in the United States was "Fifty-four forty or fight!" which meant that the United States would have the Pacific coast up to the Russian territory or fight Britain for it. But in 1846 a treaty was made, continuing the 49th parallel "to the middle of the channel which separates the continent from Vancouver's Island."

The commission on the boundary made a map survey, but only got 96 miles of line cut and erected stone pyramids at frequent intervals in that marked distance.

A few years later, settlers found three lines cut and two sets of pyramids. The boundary was lost. Who could say which was United States and which Canadian soil?

The Canadian settlers applied to the Provincial Government of Victoria, and the query was passed on to the Dominion Government. The simple thing would be to write to London, Eng., and obtain the required information re the surveys of 1857-186.

In his recent pamphlet on the subject, Mr. Otto Klotz. chief astronomer of the Dominion, says:

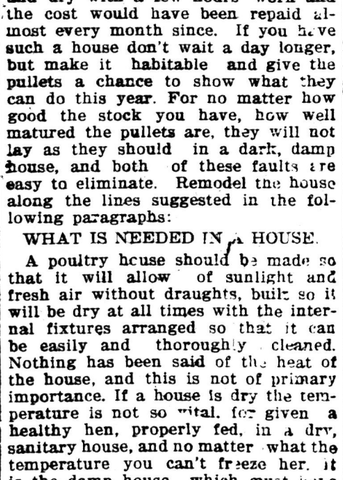
"Now the extraordinary thing happened. The final report with the necessary data of the survey was not to be found in London. Time and again search was made by different persons for the missing document, but all to no avail. To add to the remarkable situation, the duplicate final report was not to be found in any of the Government archives in Washington.

"Does history record any similar circumstance? Two governments are engaged for years on an expensive international work, a boundary survey; the respective commissioners sign joint final reports and transmit them to their respective Governments, and the reports are nowhere to be found—apparently vanished from the face of the earth!"

"Such was the situation in 1898, when the writer (Mr. Koltz) was sent by the Dominion Government to London and Petrograd on a special mission, in which was included the obtaining of information regarding the records and final report of the above survey. All the offices in London were visited in which there was the faintest likelihood that the records might be stored. but without result, and no one seemed to be able to give any assistance.

"It was the writer's first visit to Europe, and naturally a visit was paid to the Royal Observatory at Greenwich, as he was astronomer for the Dominion Government.

"By chance, his eye caught the initials, B. N. A. on some boxes on top of the library shelves. Like a flash those letters interpreted themselves as standing for 'British North America.' At his request, the boxes were taken down, the dust of years removed, and in them lay the long-lost records of the international survey of the 49th parallel."



Oxo Cubes contain the rich nourishment of prime beef in so compact and convenient a form that they are handy for use anywhere, at any time. Just a cube—hot water—and a biscuit or two—and a light sustaining meal is ready.

OXO CUBES

FARM AND GARDEN

OUT-APIARY MANAGEMENT.

(Experimental Farms Note.)

The tendency of modern beekeeping is to specialize. One hundred colonies is about the largest number that can be kept with full profit in many places, but an experienced and active man can attend to double that number, especially if he has a little help, hence the development of the out-apiary. The place chosen for the out-apiary should be in a good locality for honey plants (clay or limestone soil is best for clover) and it should be not less than two or three miles from the home-yard. Other things to look for in choosing a place for the out-yard are, shelter from wind, especially if the bees are to be wintered outside, freedom from floods, safety from bush fires, a good road between the two yards, and no large or diseased apiaries near. An out-house for storing equipment and extracting the honey is convenient but not always essential because the extracting can often be better done at the home-yard. An auto with trailer, or a light auto truck for transporting hives and supplies, is of great service.

To discourage swarming, extracted-honey should be produced in preference to comb-honey, and plenty of supers, containing empty combs, should be given to the bees in advance of their requirements.

In southern Ontario where swarming can be controlled without much trouble, the professional beekeeper frequently keeps one or more out-apiaries, but in many parts of Canada where the problems of swarming and wintering are more acute, the out-apiary is still in the experimental stage, although, in some of these places, very high yields of honey are to be obtained.

To discover how much honey could be obtained, and how many visits would be needed to prevent swarming in different kinds of locations, a few colonies from the Central Experimental Farm have been placed during the last three summers in different places around Ottawa.

In 1917 two colonies were placed on a sandy plain and two in a swamp, near Kazubazua, Que., about forty miles north of Ottawa. Those on the sandy plain gave 109 pounds per colony, spring count, principally from blueberry, white clover, and certain species of goldenrod. Those in the swamp gave 139 pounds from the same sources. Swarming was prevented by the destruction of queen cells which were found in one or more of the colonies every week from May 24 to August 14. The making of these twelve visits and carefully examining every hive at each visit consumed a great deal of time.

In 1918 two colonies were placed near an area of firewood near Chelsea, Que. They produced an average of 239 pounds of honey each from raspberry, clover and fireweed, and required ten weekly visits for the destruction of queen cells to prevent swarming.

In 1919 two hives were taken to a farmer's garden at Billings Bridge, Ont. To reduce the labor in preventing swarming and to get a maximum yield, two queens separated by a division board had been wintered in each hive on May 27. In this way a great number of bees were raised in time for the clover honey flow in this favorable locality, and early swarming was prevented. Later swarming was prevented and young queens were obtained (two in some of the hives) by three further manipulations —the destruction of queen cells and removal of the queens in nuclei on June 24, and, nine days later, the destruction of all the queen cells except two, one on each side of a division board then inserted. Each hive, spring count, produced an average of 331 pounds of honey consisting of 290 pounds of clover honey and 41 pounds of buckwheat honey, and there was an increase in bees of three hives. F. W. L. Sladen, Apiarist, Dominion Experimental Farms, Ottawa, Ont.

The new seed catalogues are coming in with their lists of novelties and staple varieties attractively advertised, and one gets much enjoyment in turning over the pages of one of these catalogues and mentally picturing the fine crops one will have next summer. Often, however, the catalogue is laid aside without the order being sent, and nothing further is done until spring, when it may be too late to get what is desired. The quantity available of the best strains of vegetables and flowers is usually small, hence it is very important to order early before the stock is exhausted.

There is a great difference between the best and the poorest strains. The stock of the best has been rigidly selected so that a large proportion will come true to type, whereas stock which has not been kept up by selection may have a bad mixture of types, and the resulting crop will be very unsatisfactory. This is of so much importance that, with a crop like the cauliflower, for instance, where a strain that will give a large proportion of good heads means much profit and a poor strain may mean very little, it pays the market gardener when he gets a good strain to hold over what seed he does not use until another year, as he will thus be sure of having a good strain next year. This method would not, however, serve with the onion, which loses its germinating power very rapidly, hence should be purchased every year. There is a wonderful difference in onions. Some times from the seed of one stock a large proportion will be thicknecks, while from another most of the plants will make good bulbs. If one has had good success from a certain source one year, the safest plan will be to order from the same source another year.

Sometimes novelties have not apparently been compared very carefully with the best of the older varieties before being offered for sale, as they do not prove superior, if as good. While it is interesting to test varieties, it is well not to spent much money on them until they have been tested at the Experimental Station.

Another advantage of ordering early is that one can test the germinating power of a seed before spring, so that there will be time to order again if the germination is poor. Often seed is ordered so late that when it is sown and the plants do not come up there is not time to order again, and one loses the crop. When there is a shortage of many kinds of supplies, as there is at present, it is very desirable to order early the material needed for next season's operations.—W. T. Macoun, Dominion Horticulturist.

The Whale's Breathing Apparatus

An eminent naturalist says, concerning the breathing apparatus of the whale: "The windpipe does not communicate with the mouth; a hole is, as it were, bored right through the back of the head. Engineers would do well to copy the action of the valve of the whale's blow-hole; a more perfect piece of structure it is impossible to imagine. Day and night, asleep or awake, the whale works its breathing apparatus in such a manner that not a drop of water ever gets down into the lungs. Again, the whale must of necessity stay a much longer period under water than seals; this alone might possibly drown it, inasmuch as the lungs cannot have access to fresh air. We find that this difficulty has been anticipated and obviated by a peculiar reservoir in the venous system, which reservoir is situated at the back of the lungs." — Family Herald.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.