hool Lesson

1ST

12: 12-17,26-30. Golden
: 4, 5.

since David himself belonged to
tribe of Judah. To your tents,
perse back to your homes." The
ession is a survival of nomadic
when Israel dwelt in tents. See
ine own house, David. Confine
authority to your own tribe of
h.

17. Judah. The tribe to which
belonged would naturally re-
loyal to his successors. Hence-
there were the two kingdoms,
of Israel in the north, and that
dah in the south.

II. Jeroboam's Sin, 26-30.

7. To offer sacrifices, etc. (Rev.
During the reigns of David and
on, the people had formed the
of going up to the royal shrine
usalem to offer their sacrifices.
am recognized that if this cus-
ntinued it might prove a seri-
nace to this own sovereignty;
planned to keep the people at
y improving their local shrines.
Calves of gold; wooden im-
verlaid with gold. The calf
ly "bull") appealed to the
the people because it signified
n. Aaron had made a bull in
dernese and caused the people
hip it. (See Ex. 32: 1-6. No
would think of representing
son as bull or calf much less
The golden calves were prob-
naments which were used in
trous shrines of the Canaan-
were appropriated by Jero-
the worship of Jehovah. In
them up he was attempting
the worship at his chosen
o attractive that the people
t want to go to Jerusalem to

It is too much; an appeal to
Behold thy gods. He attri-
deliverance from Egypt to
rather than to Jehovah. If
was burned upon the con-
of Israel it was that Je-
d delivered them out of
Thus Jeroboam was inciting
to apostasy from Jehovah.
rmerly a Cannanite shrine,
orth the king's chapel for
rn kingdom. Dan; another
eathen shrine near the
the Jordan at the base of
rmon. In choosing these
s, which were within easy
the northern tribes, Jero-
d to divert the pilgrimages
Jerusalem.

This thing became a sin.
g merely ornaments the
ame idols. It should be
d that in the Jerusalem
e were oxen as ornaments
ere never worshipped, ch.

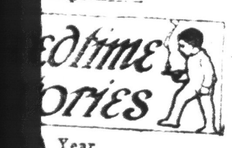
Application.

on throws light on the
e social and industrial un-
own times. It will not do
the blame on the employ-
, but this much is true:
e attitude of the employer
d hard, wherever he plays
Rehoboam, he must ex-
st of hate and hostility.
e only cure for all our
difficulties is the new
herhood in the hearts of
e, not the dominance of
class.

non had some admirable
he sowed the seed of
is kingdom with a busy
that he meant to divide
pressive government and
bred sullen discontent
people. This discontent
ead in the rebellion of
than the grand monarch
hard task for his son,
he son was to reap the
seed had been sown by

Revolution was the har-
es of neglect or tyranny,
is starving, broken, con-
of her own past. Sow
suspicion, hatred and
up extensive arma-
each your people that
tion is plotting against
result will be a war

oliness to the fam-
onors.



Year.
loaf of bread,
fair and new,
a little slice
loaf for you;

metimes through the
lavor good,
days that come
y should.

a loaf of bread
ew and fair,
oiled all away
ou there!

ew Year.
book unread;
ortested;
ouse with rooms,
perfumes;
border lies
ure skies;
stful unsealed,
unrevealed.

kindness and culti-
hborliness.

grain production
rebuilding.

THE ORIGIN AND MEANING OF DREAMS

METHOD OF MEASURING SLEEP.

Interesting Experiments by Medical Scientists Have Led to Certain Conclusions.

One of the latest scientific discoveries is a method of measuring sleep. Not the number of hours you sleep, but how fast you are asleep.

Supposing you are so fast asleep that the noise made by a ball dropping from a height of six inches will not wake you up. Let us drop the ball at intervals from eight, ten, twelve inches, and so on, and we can then get some comparative standard of the "deepness" of sleep.

Another way is to touch the sleeper with an electrified wire, noting the intensity of the current used. In such experiments, however, the mental attitude of the subject has always to be taken into consideration. That is, anyone who is expecting to be awakened will awake at the least touch or sound. The mother, for instance, will rouse at the slightest movement of the baby by her side because, before allowing herself to "fall asleep" she has, as it were, "set" her under-mind (which does not sleep at all), warning it to be ready to call her.

Some people can "set" their under-minds to call them at a certain time as surely as an alarm clock.

Safeguards Against Insomnia.

We have no reliable record as to the length of time a man can go without sleep at all. There are plenty of stories of centuries ago, when a favorate method of torture was to keep a prisoner awake till he died, but it is, of course, impossible to check any of the details.

We do know, however, that continued sleeplessness will bring on a sort of delirium. One experiment was made within the last few years. Some members of a university staff were kept awake for ninety hours. One quite unexpected result was that when they were allowed to go to sleep, they made a perfect recovery after only a quarter of the sleep they had lost.

That is, supposing that in an ordinary ninety-hour period they would have taken thirty hours' sleep, at the end of the exceptional strain they only required the usual eight hours—for all that they had lost—to bring them back to the normal.

Quite probably this ninety-hours was getting on to something like the limit of endurance of absolute sleeplessness, for though we often say they have gone for nights and nights without a single "wink," it isn't true. They have slept, perhaps very badly, and only for a minute or two at a time, but they have slept.

Probably the record for this sort of sleeplessness was that of a woman who "didn't sleep" for two whole years. This instance was a case well known in medical scienre. It is not meant that the unfortunate woman literally never slept, but that she only got a few seconds at a time. As a matter of fact, she got into such a terrible state that all the time, day and night, was sort of "awake sleep."

A Battle in the Brain.

One very common thing that starts insomnia is this: For some quite good reason—toothache or trouble or something—you miss your night's sleep. Probably you did sleep a little, but you tell yourself you did not "sleep a minute."

The next night you begin thinking how dreadful it would be if you didn't sleep that night either—how you wouldn't be able to do your work next day, and so forth.

If you remind yourself that, even though you are not actually asleep, you are getting as much good out of just lying in bed resting, and that it does not make a bit of difference whether you go to sleep or not, you will go to sleep!

Nearly all of us sleep too much. Many of our great men—Edison in our own time is an example—have managed with only four or five hours' sleep a night; but the sleep they took was real sleep an absolute throwing off of the cares of the day.

Dreams are now deeply studied as a guide to the treatment of nervous diseases.

Happy and normal people do not dream. But the absolutely normal are in a very small minority. Most other people dream more or less, and are curious as to the origin and interpretations of their dreams.

The origin of dreams is generally the gratification of either a conscious or subconscious wish, or the subconscious repression of a painful emotion.

In the lives of most of us there is much that we are persuaded to forget and not to talk of, the tendency being nearly always to bury the unpleasant and the painful.

The object of the dream is to keep one asleep, but there is a contest going on between the conscious and subconscious sides of the brain.

Can Dreams be Phophetic?

Consciousness tries to intervene with vivid impressions of experiences, thoughts, memories, desires, and various conscious mental processes.

Subconsciousness modifies, distorts, and alters these, and generally substitutes an often obscure symbolism for actuality. The sugconscious faculty, for the most part, acts as a beneficent influence, tends to gratify wishes, and tries to soften things.

Dreams are never prophetic except by accident. To dream the winner of a horse-race no more proves the prophetic value of your dream than the chance picking of a winner in your waking consciousness proves the prophetic value of your conscious thought. It is merely a coincidence.

Nor is that horse's victory the origin of your dream beforehand. More likely the origin is a—possibly unconscious—wish that something like that might happen.

The meaning of a dream is seldom what it appears to be on the surface; the obvious interpretation is not often the correct one. And for that reason the attempt to interpret dreams by people other than those who have qualified by long and patient study on scientific lines is likely to result in nothing but ignorant and totally misleading guesswork.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, Que., writes:—"I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Naud says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Women and Tree Planting.

The women of the Prairie Provinces have energetically taken up the subject of tree planting, which is one of the reasons for the steady development of this work. Aside from the cash returns which shelter-belts give on prairie farms they add much to the appearance and comfort of the home and this side appeals especially to the home-makers.

There are still 20,000,000 square miles of the earth's surface that have not been explored.

Minard's Liniment for Garget in Cows.

THE HEALTHY MAN HAS THE BEST CHANCE

Is Always Full of Life and Energy—Failures Are Weak and Bloodless.

Some men seem to have all the luck. If there are any good things going these men seem to get them. If they are business men they are successful; if they are workmen they get the foreman's job. They have the power of influencing people.

The same is true of women. Some have the charm that makes men seek them out; others are neglected. But this is not luck. It is due to a personal gift—vitality. Men and women of this sort are never weak, puny invalids. They may not be big, but they are full of life and energy. The whole thing is a matter of good blood, good nerves and good health. Everyone would wish to be like this and the qualities that make for vitality and energy are purely a matter of health. By building up the blood and nerves, sleeplessness, want of energy, weakness of the back, headaches and the ineffectual sort of presence which really comes from weakness can be got rid of. Dr. Williams' Pink Pills have made many weak, tired men, vigorous, and many pale, dejected girls and women, rosy and attractive, by improving their blood and toning up their nerves. If you are weak, low-spirited or unhealthy, try Dr. Williams' Pink Pills and note their beneficial effect.

You can get 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.

BITS OF HUMOR FROM HERE & THERE

Kind of Kird.

Old Scot—"Dinna cry, ma wee laddie. If ye dinna find yer penny afore dark here's a match."

Embarrassing Moment.

Podger (to new acsuaintance)—I wonder if that fat old girl is really trying to flirt with me?"

Cooler—"I can easily find out by asking her. She is my wife."

The Other Way.

The teacher had been talking about a hen sitting on eggs and, with the incubator in mind, asked if eggs could be hatched in any other way.

"Yes, sir," said an experienced person of nine. "Put 'em under a duck."

Quite True.

"Dolly," said her father, "your young man stays until a very late hour. Has not your mother said something to you about his habit?"

"Yes, father," replied Dolly, sweetly. "Mother says men haven't altered a bit."

Exciting.

Betsy's grandmother had been reading to her the Bible story of the Creation. When asked by her mother how she liked the Bible so far, she exclaimed:

"O mother, I love it. It is so exciting. You never know what God is going to do next."

Playful Firemen.

"These firemen must be a frivolous set," said Mrs. Dumpling.

"Why?" asked her husband.

"I read in the paper that after the fire was under control the firemen played all night on the ruins. Why didn't they go to bed like sensible men, instead of romping about like children?"

Retort Courteous.

Counsel for the prosecution had been bullying the witness for an hour, when he asked, finally:

'Is it true that there are traces of insanity in your family?"

"Very likely," answered the witness. My grandfather, who was studying for the ministry gave it up to become a barrister."

Unpropitious Setting.

"Hum," said the magazine editor, "this is going a bit too far."

"What's the trouble?"

"A chap who says he has received fifty rejection slips from me in the last twelve months states in this note that he'd like to meet me."

"Well, you might grant the poor devil an interview."

Poor Bride.

At the wedding breakfast the bridegroom, an exceedingly bashful young man, was called upon to speak.

Blushing to the roots of his hair, he rose, intending to say that he was no speechmaker. But unfortunately, he placed his hand on the bride's shoulder and stammered these opening (and closing) words:

"This—er—this thing has been thrust upon me—"

Clever Willie.

The teacher's patience was almost exhausted.

"Willie,' she said, angrily, to a small boy at the foot of the class, "have I not told you before that you cannot take mules from oranges, or dogs from apples, or monkey-nuts from corkscrews, or—"

"But, teacher," ventured the culprit, "this morning I took a light from our fire and a bone from our dog."

All Mother's Fault.

"Look here, Elsie," angrily exclaimed the French teacher, "I've spent hours trying to drum this lesson into that thick head of yours, but it seems to be hopeless! On the top of this I have just seen your homework. Your French is disgraceful. I shall have to write to your mother about it!"

'Mamma will be very angry," replied Elsie calmly.

"I'm afraid she will," said the teacher; "but you deserve it."

"I don't mean with me," retorted Elsie; "I mean with you. You see, mother does my French lesson for me!"

Fireside Joys.

Now stir the fire, and close the shutters fast,
Let fall the curtain, wheel the sofa round,
And while the bubbling and loud-hissing urns
Throws up a steamy column and the cups
That cheer but not inebriate wait on each,
So let us welcome peaceful evening in.
O winter, ruler of the inverted year,
I love thee, all unlovely as thou seemst,
I crown thee King of intimate delights,
Fireside enjoyments, homeborn happiness,
And all the comforts that the lowly roof
Of undisturbed retirement, and the hours
Of long uninterrupted evening know.
How calm is my recess. and how the frost
Raging abroad, and the rough wind, endear
The silence and the warmth enjoyed within!

—William Cooper.

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Feigns Death.

The death-feigning instinct is largely developed in some birds. The corncrake, for instance, has often been put in a sportsman's pocket, apparently quite dead, and, when his chance came has got out and escaped.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Minard's Liniment for Distemper.

The Severn tunnel, the longest in England, is to have a new system of ventilation, one feature of which is a fan 27 ft. in diameter and 9 ft. in width, which will revolve one hundred times a minute.

The first printed advertisement was in an English newspaper, April, 1647. It advertised a book. To-day everything is advertised and, what is more, every advertisement is read.

The first envelope ever made is kept in the British Museum.

Guard Your Consciousness

Guard your consciousness as you would your life, for everything that comes to you in life must come through your consciousness. Don't allow anything opposed to your ideals, to the things you want to realize in your life, to obtain lodgment in your mind. If you want health, hold the health consciousness; if you want prosperity, hold the prosperity consciousness, the opulence consciousness; if you want success, hold the consciousness of success; if you would be happy, hold the consciousness of happiness; if you would be efficient, hold the consciousness of efficiency, of initiative, of executive ability. In other words, whatever ideals you wish to realize, whatever qualities you wish to establish, to dominate in your life, hold the consciousness of these things in mind, for this is the doorway to all attainment. This is the only way to make them yours. Your consciousness is the sum of everything you are, or can be, or can achieve.—Success.

Handy Tommy.

Two Hibernian ladies stopped to chat in the village street, and one of them presently began on the topic of her young son.

"Shure, my Tommy's the fine boy, Mrs. Casey, and a great comfort to me, he's that handy about the house. Phwat d'ye tink he did yisterday?"

"I dunno, Mrs. Ryan. Phwat did he do?"

"The Cuckoo-clock was broke, and he fixed it."

"Well, now, isn't he the smart lad! And does it go now?"

"It does that, Mrs. Casey. Only it 'oo's' before it 'cucks.' "

Brazil Rich in Minerals.

The mineral wealth of Brazil is known to be very great, and there are large tracts of the country which have yet to be explored.

THIN, FLAT HAIR
GROWS LONG, THICK
AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

Cuticura Shampoos Mean Healthy Hair

Especially if preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. This treatment does much to keep the scalp clean and healthy and to promote hair growth.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

RESULT WAS A BIG SURPRISE TO HER

MONTREAL GIRL SAYS TANLAC IS SIMPLY WONDERFUL.

Hasn't a Trace of Former Trouble Left and Feels Like a New Person.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Miss Yvonne Roy, 3 Hotel de Villex St., Montreal.

"For a year and a half before I got Tanlac my health was simply awful. I slept so fitfully I gained no real rest and I woke up mornings feeling all tired out. My nervous system just collapsed and I would jump at any little noise. I frequently turned so dizzy and sick I could hardly stand the smell of food cooking. My condition seemed to get worse constantly and I worried all the time.

"Well, the first thing Tanlac did for me was to give me a splendid appetite. Then all my troubles gradually disappeared, my nerves got better and I could enjoy a good night's sleep. My whole system is now in excellent condition and I'm enjoying the best of health. Tanlac is certainly a wonderful medicine."

Tanlac is sold by leading druggists everywhere. Adv.

Classified Advertisements.

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO., 115 YORK, STREET, TORONTO.

HELP WANTED.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

For Sore Throat, Cold in the Chest, Etc.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N. S.

COARSE SALT
LAND SALT
Bulk Carlots
TORONTO SALT WORKS
G. J. CLIFF - TORONTO

You're Constipated! Take "Cascarets" For Liver, Bowels

Sick headache, biliousness, coated tongue, or sour, gassy stomach—always trace this to torpid liver and delayed, fermenting food in the bowels. Cascarets work while you sleep. They immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
E. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

Surnames and Their Origin

LIVINGSTONE

Variations—Livingston.
Racial Origin—English.
Source—A place Name.

Here is a family name which is likely to throw you off the track, first by its final "e," and secondly by the element "living."

It should be explained at the outset that the final "e" does not belong in the name, except as it has been sanctioned by long usage, for the original termination was "ton," "don" or "tun," all forms of the same old Anglo-Saxon word which has given us our modern word "town," and which in those days signified a fortified place. The evolution of meaning to "town" was a natural one, for the towns of early days were, of course, fortified. In fact, it was the necessity for mutual defense which first drew men together in towns and fortified places.

The family name, therefore, belongs in the class of those which have been based upon place names, indicating the residence or former home of the first bearers of them.

Livingstone, or Livingston, is a place in West Lothian, Scotland. The original form of the place name was 'Livingueston" or "Livingusdun," made up of the ending already referred to and the given name of the feudal chieftain under whose leadership the town was built. This chieftain, "Livingus," lived about the year 1124.

BALDWIN

Racial Origin—English.
Source—A given name.

If you're given to poetic flights of fancy you may find much symbolism in the fact that it is the family name of Baldwin which the locomotive has made famous from one end of the world to the other, provided, of course, you know what the name of Baldwin means.

It means "swift conqueror."

It was, of course, in the first place, a given name. It was of Teutonic origin, and was brought into England by the Norman conquerers, who were Teutonic in blood and who, for the most part, retained their Teutonic nomenclature even after they had adopted their own language the Celtic-influenced Latin spoken by the natives of Northern France in the days when they first settled in Normandy; which was, roughly, the same period in which the Saxons of England at the time when the Normans arrived there.

"Bald-win," is a simple combination of ancient Teutonic words which are to be traced in so many of our given names to-day. "Bald" meant "swift" or speedy" and "win" meant conqueror. Our own modern word "winner" and the verb "to win" come from the same root.

RHEUMATIC ACHES QUICKLY RELIEVED

THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment.

For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches.

It penetrates without rubbing.

You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains.

At all druggists—35c, 70c, $1.40.

Made in Canada.

Sloan's Liniment Pain's enemy

Genuine

BAYER

ASPIRIN

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 21 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy tin boxes of 12 tablets—Bottles of 24 and 100—All Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."