Many a schoolgirl is said to be lazy and shiftless

when she doesn't deserve the least bit of it. She can't study, easily falls asleep, is nervous and tired all the time. And what can you expect? Her brain is being fed with impure blood and her whole system is suffering from poisoning. Such girls are wonderfully helped and greatly changed, by taking

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Hundreds of thousands & of schoolgirls have taken it during the past 50 years. Many of these girls now have homes of their own. They remember what cured them, and now they give the same medicine to their own children. You can afford to trust a Sarsaparilla that has been tested for half a century. \$1.00 a bottle. All druggists.

If your bowels are constipated take Ayer's Pills. You can't have good health unless you have daily action of the bowels. 25 cts. a box. "One box of Ayer's Pills cured my iyspepsia." L.D. CARDWILL, Jan. 12, 1899. _____ Bath, N. Y.

Write the Doctor. and desire the best medical advice you can possibly receive, write the doctor freely. You will receive a prompt reply, without cost. Address,
DR. J. C. AYER, Lowell, Mass.

John G. Adams UNDERTAKER AND FUNERAL DIRECTOR

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Work at low First Class Prices. Special rates for country order

COURT HOUSE SQUARE

TELEPHONE 26 OPP. COURT HOUSE.



VICTORIA, B.C., March 8, 1901. The T. Milburn Co., Limited, Toronto, Ont.

Dear Sirs, -Some time ago my daughter,



aged 19 years,

badly run down,

Pills highly spoken of I procured a box, but to the whole body of disciples. of the metal on the eyeball. and by the time she had used them she had gained 91 lbs. in weight and is now in perfect health.

Yours truly, Mrs. P. H. Curtis.





A FAVORABLY KNOWN SINCE 1826. BELLS

The Sabbath School.

INTERNATIONAL LESSON.

Second Quarter Lesson 6. May 12 1901

THE GREAT COMMISSION.

Matthew 28: 16-20. HISTORICAL SETTING.

Time.—The last of April, or early in May A. D 30.

probably near the lake. you alway, even unto the end of the world .- Matt. 28: 20.

LEARN BY HEART

Vs. 18-20; Mark 16: 15, 16. the most invincible proofs.

ITY OF OUR LEADER. - V. 18. Al! teaching. power is (hath been) given unto me. The word rendered power embraces the ideas of both power and author. ity-power coupled with right. Of the divine works, that of subduing the world to righteousness and God was committed unto the Son; and all power and authority needful for accomplishing this work was his In heaven. All the power of God himself is pledged. The power of the Holy Spirit to convince the Some Metals Worth More Than world of sin, to convert, to guide into truth. And in earth. Over his disciples, to be their Teacher and their Master. Over the world, to guide all nations, to direct the course of history. It is because of this power and authority that Jesus could give the commission to his disciples, and they could be willing

to undertake it.

HIS ROYAL COMMISSION: FIRST, TO DISCIPLE ALL NATIONS .- V. 19. Go ye therefore. Because I have all power and authority, I have a right to say to you, Go. I can make your going successful. The disciples literally obeyed this command and went everywhere preaching the gospel. To all nations. And this is what the disciples did. Within one generation they preached to every nation in the known world. And teach. R. v. "make disciples of." To disciple a person to Christ is to bring him into the relation of pupil to teacher, taking his instruction, accepting what is true because he says it, and submitting to his requirements because he makes them. Baptizing them. With water, and Jesus himself will baptize them with the Holy Spirit. In the name. When one is baptized in the name of the Trinity, he professes to acknowledge and appropriate God in and Redeemer, and his pattern of life, and confesses the Holy Spirit as his Sanctifier and Comforter. By baptism disciples made a public profession of their faith and allegiance. This is the duty of every Christian. It confirms their faith, it separates them from the world, it binds them together in a church, it keeps them from falling away. It makes others know where you stand. It is an oath of allegiance. It recognizes the new citizenship. Of the Father, and of the Son, and of the Holy Ghost. The singular is used, -name, not names, -pointing to the Unity in Trinity.

The Missionary Work of the Church. 1. The gospel is adapted to all people. Nothing else has had the saving power of the gospel.

nation the new life, the new motives which every one needs.

with bad head-aches and loss of appetite.

She was troubled with that we preach the gospel to all nations. And even if we could not 3. It is the command of Christ see results, yet it would be our duty istry, yet the rarity of it drives up not filled half the cheques.

and love to man both compel it. is one of the hardest metals to melt, missionary, progressive, world em- arc or the oxyhydrogen furnace. It bracing; it would cease to exist if can be used like iridium, for point-

teach all nations,' etc. 5. The command includes home The curiously named metal, she had put nothing in.

can have some part in it.

greatest advancement at home.

HIS ROYAL COMMISSION : SECOND, TO TEACH THOSE WHO BECAME DISCIPLES .- V. 20. Teaching them. Place. - A mountain in Galilee, Conversion is only the beginning of change. the Christian life and the Christian GOLDEN TEXT.-Lo, I am with | work. Then begins the great work of teaching and training in all the doctrines of Christ, and the varied duties of life. To observe: Not announced Happy at the dinner merely to do Christ's command- table. ments, but to keep watch over them, and this includes attentive day, objected Walter. THE MEETING IN GALILEE -Vs. study of the instructions and watch-16-17 The eleven went away ing for the fulfilment of Christ's into Galilee. They probably did prophecies. All things whatsoever I not go in a body. Into a (the) have commanded you. The decrines mountain. The designated place and precepts of Christ are the Had appointed them. Probably proper subjects of Christian faith when he bade them go to Galilee he and practice. In these, however, __something mentioned in God's pamed the place. And when they are included the Old Testament, Word? saw him. As he appeared to them which he repeatedly confirms, and according to his promise. They the further revelations he made to worshipped him. Fell prostrate at those personally commanded by his feet in reverence and awe. But him, including the Apostle Paul. some doubted. The doubts of the And he promised the Holy Spirit to early church could be overcome by bring all things to their remem brance, and to guide them in the THE ROYAL POWER AND AUTHOR unfolding and application of his

HIS ROYAL PROMISE; HIS PRESam with you alway Note, it is I am, not I will be. Jesus is with E-au. us everywhere, all the days. Unto the end of the world. Literally, the consummation of the age, the end of the gospel dispensation, when the kingdom shall have fully come.

Gold.

Some people are under the im- five bacley loaves. whitish metal platinum is one of few substances more expensive than that fascinating yellow material we spend so great a portion of our lives

This, however, is not so, even allowing that, bulk for bulk, platinum is hardly less than twice as heavy as gold. At the standard rate of \$4 50 per Troy ounce gold is worth nearly \$235 a pound, platinum only \$100.

If, though, you were the fortunate possessor of a lump of platinum laltars. equal in bulk to a pound of gold, the silvery-looking lump would be worth not \$100 but \$175, for the ark, and it was some time beplatinum if not the dearest, is the fore somebody else remembered heaviest thing on earth.

Three times as costly, and practically as heavy, is that wonderful metal, iridium, known to the users of gold-nibbed pens as funishing the | The woman in the parable had nine intensely haid, non-corrodible pieces of silver left after losing one. silvery points. Pare iridium is priced at \$300 per pound, and is so ten. heavy relatively that this weight of it would be in bulk rather larger than half the size of a pound of

Yet the so-called iridium points evil report. And Job had ten chilall that he is and in all that he does of a gold nib are not of pure dren twice, said mother. for man. He recognizes and depends | iridium, but of a natural blend of upon God the Father; receives iridium and another rare metal, Jesus Christ as his only Mediator osmium. This blend is found in the form of scales—some flattened, Eleven of Jacob's sons went down ties where placer gold is found, answer. placer gold being the sort that is obtained by washing loose dirt, and that will be all for to-day, said not by crushing. Of these iridosmins scales the pin head type alone yearly find, which may average gates. three and a half to four ounces per ton of gold obtained. Of the pinhead scales ten thousand do not numbers for next Sunday. weigh more than an ounce, and are worth about \$250. Pare iridium is alloyed with platinum to make the closing faces of breech locks for modern artillery, this compound being the only thing that will stand the corrosion of gases and the enormous heat-about 4,000 degrees 2 Christianity brings to each centigrade. Over one thousand pounds have been fired from a trial gun without the vent showing the slightest sign of wear.

bulk for bulk.

yellowish white; twenty per cent; he can draw upon to the full; bu; Pills.

6. It is a great privilege to be turns the compound quite white drawing cheques without making engaged in the missionary work of The air has no influence whatever deposits is of no use. The young the church. The work is so arranged upon palladium, nor does it tarnish man who puts in energy, resource, that every one, even the poorest, in sulphuric gases. For those cheerfuluess, honesty, and keeps on To Make reasons it is used in alloy with gold, putting them in, can draw his 7. The progress of the church for the finely graduated scales of cheques with no fear of their through missions is one of the most | valuable astronomical instruments. | being rejected. The man who puts hopeful signs of the times. The era If, instead of a silver currency, we in nothing but talk and half-done of missions has been its era of employed any of these almost work will soon find himself overincredibly castly metals-supposing | drawn-but is that life's fault or we should get enough of them. his own? which would be d fficult-our ideas of value would undergo a sudden

Bible Counting.

I think I can say my 'leven times,

But we don't say tables on Sun-'Leven times one are 'leven; 'leven

times two began Happy.

I wonder, said mother, quietly, how much Bible counting we can do. Which of you can tell me something of which there is but one

There is only one God, said Carl

That is right. There is but one true God. Now can you tell me something of which there are two?

Two persons were created and put in the garden of Eden, said Walier. generously, all of it. Two spies brought back a good report of Canaan, said Happy There were two Jerusalems-one ENCE AND POWER.-V. 20, Lo I on earth and one in heaven. And Isaac had two sons, Jacob and

> Now what have we for three? Jesus was three days in the tomb. He took three disciples into the mount of transfiguration.

> remembered that L zarus was dead four days before Jesus raised him

plates of shew-bread, with six loaves ours, remarked Alec, in a dissatison each. The disciples were sent out to preach in six couples. And there were six cities of refuge in

Seven was a very good number. Seven days in the week. Seven pairs of each kind of clean animals went into the ark. There were seven bowls on the golden candlestick. Zimri reigned over Israel seven days. Balaam offered seven oxen and seven rams, on seven

When they came to eight, Carl said that eight persons went into that Josiah was eight years old when he began to reign.

Nine called for two answers. There were nine ungrateful lepers. Who can think of something fer

There were ten virgins in the parable, said Walter. And ten pounds in another parable, said Carl. Ten spies brought back an

Now for eleven. There were eleven disciples left after the death of Judas, said Carl.

some of a pin-head shape-in locali- into Egypt for corn, was Walter's Now we will have twelve, and

Twelve apostles. Twelve tribes not exceed a fifth of the entire the Holy City. And twelve pearly a temporary home wherever we set

They all thought it a very pleas

Her Cheque Book.

a bank account for her, and gave Home Journal. her a cheque book. She immediately began to draw cheques. In about a week the bank sent her a notification that she had overdrawn her account, upon which she went down and showed them her For pure csmium there is not a cheque book, saying that she could great deal of use, except in chem- not have overdrawn, for she had

was loosing without the gospel. The duty is 100 degrees centigrade this singular doing exactly the same thing. A service you can do for God. The obligatory, not on ministers and metal vaporizes, and gives off gas young woman was heard to com- best service you can give him is to missionaries alone, but upon the which stains the experimenter's plain that her life was full of dis-submit to his will.—Andrew Bonar. whole church. This commission skin a permanent black, and which appointments. Nobody cares for so hearing your whole church. This commission skill a politically depositing a film me, she said: there is no pleasure Heart and Nerve was given, not to the apostles only, may blind him by depositing a film me, she said: there is no pleasure in life, but only dulness and mono 4 It is the very nature of living Rhodium is another of the tony. I haven't any money, I Christianity to want to spread the precious metals belonging to what haven't any talents and I might as who knew her knew that she had had Perry Davis.' 25c, and 50c. The very soul of our religion is and will only yield to the electric good opportunities. She had started with an account in the bank of life, but she had never added anything it ceased to be missionary, if it dis- ing gold pens. Its cost figures out to it-hard work, sympathy for

> missions as well as foreign; our palladium, stands at \$375 per A young man is often heard to own neighborhood as well as more pound, and in appearance is of a complain that the world does not

Perhaps the worst example of all is seen, and seen frequently, in the spiritual life. A man puts nothing into his spiritual account, he neglects prayer, he neglects his Bible, he lays high polish no treasure up in heaven; yet he expects to have all the peace and joy and power of the faithful Christian. Is it not absurd? And yet how many of us try vainly to do the same thing! Before we laugh at the woman with her cheque book suppose we examine ourselves and make quite sure that we are not in the same position. - The Young Woman.

Who Was Generous?

The baby lifted his saucer in two fat hands.

Mo' pud-mo' pud! he said. There isn't any more, dear, mamma answered gently.

He can have mine, Alec cried,

An' mine, too, cried Beth. Two saucers of rice pudding slid eyes? over the table towards baby's high

chair, and two small, round faces to? If so call at beamed with conscious liberality. He can have half o' mine, little Elsie said, slowly, pushing her saucer across, too.

That will be just about enough, Elsie, said mamma, dividing the Four was not so easy; but mother pudding and giving baby half. Thank you, dear! I'll say it for

baby, because he can't. After dinner Beth and Alec For five Walter remembered the talked it over out in the hammock. She didn't say thank you to us. Eye Glasses to select from. pression that the now fairly familiar Six was better. There were two an' we gave the baby the whole of

> fied tone. No, she never! I think 'twas most mean, cried Beth.

Elsie gave just half, an' she ate up the rest-so there.

Well, anyhow, I 'spise rice puddin'. I didn't want a single bit of mine.

Nor me, either—I 'spise it.

Mamma was at the nursery window putting baby to sleep. She heard the scornful little voices and smiled. You see, she had known all the time that Alec and Beth spised rice pudding, and she'd known too, bow much-how very much-little Elsie liked it. That was why she thanked Elsie.—Annie Hamilton Donnell.

I Cannot Leave Him Out.

A mother had taught her little girl to pray for her father when she offered up her petition to the Lord. Suddenly that father was removed by death. Kneeling in her sorrow at her mother's side for an evening held them on my head I could not prayer, her voice faltered, and, feel the heat. I obtained a bottle of glancing at her mother's eyes she your sobbed: O mother, I cannot leave him out. Let me say, Thank God, I had a dear father once, to I can keep him in my prayers.

How sweetly this dear child honored her father by her tender love

HOME MAKERS .- We women are the world's home-makers, and are suitable for pen points, and do of Israel. Twelve foundations of each of us must be willing to build and says that he will never be without up cur tent. And we must keep in mind, too that no matter where ant game, and resolved to find more | we go, nor where we are we show to all with whom we in any way become associated the home in the background, the people we came from, and the mother who trained There is a well-known story about us in our childhood .- Margaret E. the woman whose husband opened Sangster, in the March Ladies'

> When there is a meeting, such as at Bethany, between a weeping Jesus and a sorrowful man or woman, only one thing can happen, and that is comfort to the sorrowing

Some good men are very peremp, to obey. The church cannot be the price to \$50 an ounce, \$600 a We all laughed at her. But tory in asking God to give them of the time, and obedient and let one nation be troy pound. At the temperature of how many of us who laugh a e souls. That may not be the best

> A SUDDEN CHILL often means sudden illness. Pain-Killer is all that is needed to ward it off. Unequalled for cramps and diarrhoea. Avoid substinews of salvation. Love to Christ is known as the platinum group. It well be dead! Yet every one who tutes there is but one Pain-Killer,

> CHRONIC DERANGEMENTS OF THE STOMACH, LIVER AND BLOOD are speedily removed by the active principle of regarded the parting words of its to \$425 a pound, but at that it is a others, aspiration, self-sacrifice— the ingredients entering into the com-Founder, 'Go ye, therefore, and trifle lighter than gold when taken and so her cheques were overdrawn. position of Parmelee's Vegetable Pills She got nothing out of life because | These pills act specifically on the deranged organs, stimulating to action the dormant energies of the system, there by relieving disease and renewing life and vitality to the afflictdistant places. But missionary effort silver white to steel gray. One per treat him well. Life keeps accurate ed. In this lies the great secret of the must not be confined to the home cent. of it makes gold brittle and books: what a man puts in, that popularity of Parmelee's Vegetable

Your old Furniture look fresh and new, we advise you to use our own make of

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Can't see as well as you used

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was taken sick with LA GRIPPEE

My head pained excruciatingly. ST terrible was the pain that when my wife wrung cloths from hot water and

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used it on my head, and took some in hot water internally, according to directions. As soom as I drank it I felt better, and it made a complete cure in a few days. I afterwards advised a neighbour to use it and it cured him also. Mr. Joshua McDonald of Casy Corner, spent \$25 00 before I eaw him and persuaded him to try your Liniment. He too was cured

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in the house. For man and beast, external ov internal. I regard it as the best.

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