

Facts About Motherhood

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at the time of child-birth, but many approach the experience with an organism unfitted for the trial of strength, and when the strain is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under such conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, women will persist in going blindly to the trial.

It isn't as though the experience came upon them unawares. They have ample time in which to prepare, but they, for the most part, trust to chance and pay the penalty.

In many homes once childless there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy, and strong.

Any woman who would like special advice in regard to this matter is cordially invited to write to Mrs. Pinkham at Lynn, Mass. Her letter will be held in strict confidence.

KODAKS

Churches and Tuberculosis. Statistics showing how serious a problem tuberculosis is to the ordinary church congregation have been issued by the National Association for the Study and Prevention of Tuberculosis. From reports received from over 725 churches, with a membership of over 312,000 communicants of twenty denominations, and from 208 cities and towns in 12 states in various parts of the country, out of nearly 7,000 deaths in 1910, over 700 or 10 per cent., were caused by tuberculosis. This means 2.24 deaths for every thousand members or communicants. While the percentage of deaths from tuberculosis compared with other diseases is not higher in the churches, according to these figures, than in the country at large, the tuberculosis death rate, as shown by the church returns, is higher per thousand communicants than that for the general population in the registration area of the United States, which the census bureau gave as 1.67 in 1909.

A Herford Bon Mot.
Oliver Herford and a friend were strolling through a section of town that was plentifully strung with pulley lines on which many a family "wash" was waving in the wind. Mr. Herford's companion called attention to the manner in which these garments shut out the sky and otherwise disfigured the landscape. Mr. Herford gazed at them thoughtfully and then gently murmured: "The short and simple flannels of the poor."

A WIDOW'S LUCK
Quit the Thing That Was Slowly Injuring Her.
A woman tells how coffee kept her from insuring her life:
"I suffered for many years chiefly from trouble with my heart, with severe nervous headaches and neuralgia; but although incapacitated at times for my housework, I did not realize the gravity of my condition till I was rejected for life insurance, because, the examining physician said, my heart was so bad he could not pass me."
"This distressed me very much, as I was a widow and had a child dependent upon me. It was to protect her future that I wanted to insure my life."
"Fortunately for me, I happened to read an advertisement containing a testimonial from a man who had been affected in the same way that I was with heart trouble, and who was benefited by leaving off coffee and using Postum. I grasped at the hope this held out, and made the change at once."
"My health began to improve immediately. The headaches and neuralgia disappeared, I gained in flesh, and my appetite came back to me. Greatest of all, my heart was strengthened from the beginning, and soon all the distressing symptoms passed away. No more waking up in the night with my heart trying to fly out of my mouth!"
"Then I again made application for life insurance, and had no trouble in passing the medical examination."
"It was seven years ago that I began to use Postum and I am using it still, and shall continue to do so, as I find it a guarantee of good health."
Name given by Postum Company, Battle Creek, Mich.
"There's a reason."
Read the big little book, "The Road to Wellville," in pkgs.
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

MOTIVES

By HENRY F. COPE
TEXT—Thou didst well that it was in thine heart.—1 Kings, 8:13.
By their motives men are both measured and made. These are the motors, the engines of our humanity. Fortune may offer many allurements and fate may seem to lay many a lash on our shoulders, but when and how we shall reach the goal and whether that goal be worth the race depends on the character and power of the ideals and desires within us.

Many a life lies by the wayside, on the junk heap that on superficial examination seems to be an admirable piece of mechanism. It lies there because it is just that and no more, only mechanism, intricate, adjusted, polished, but powerless, valueless for lack of a sufficient dynamic force, a power and motion of its own.

Efficiency is a splendid thing, wholly desirable and essential, but life demands also sufficiency, motive as well as mechanism. Schools and daily experience give us the training in efficiency, but from within must arise the dynamic forces, the motives, passions, aspirations, and real powers of the personality.

The sun of our motives makes the purposes of our lives and this determines the course we go, the work we do, the character we have, and the destiny that is ours. The deepest need of every life is a passionate purpose in living, an end and goal that calls forth all the possibilities and enlists all the powers.

Life's purpose depends on its philosophy; that is, your aim and goal will depend on your interpretation of the meaning of life, on the answer which you make to life's significance. What is the meaning of it all to you? Is it but accident or chance? Then you will drift without purpose. Is it a bloody fight? Then you will wage war for yourself and against all others. Are there yet higher purposes running through all? Then you will seek them.

In a most important sense this answer which a man makes to the enigma of living constitutes his religion and religion becomes the dominating motive in life. For religion surely for us all, as for all people and in all time, is our conception of that which, for us, is highest and best, that which, because it seems to us to give meaning to existence, furnishes the motives for whatever we may be and do in the world.

This has been at the root of all high endeavor; this spirit accounts for all great and worthy work the world has seen. Because they have believed that existence has meaning only as it contributes to progress, only as it finds fruitage in larger, nobler being, they have rejoiced to lay down life if need be that the race might find larger life.

Faith in the future, hope for our fellows, love of that which is highest and best fuse together and make a sufficient motive for living and toiling. And life is a tedious business, without such motives. A man becomes merely a part of the bread winning machine, a slave bound to the wheel, unless he has some sense of his own life as being worth while for the contribution it makes to all life.

Youth abounds with high motives normally; the years often blast them with the curse of cynicism. We despoil our own hearts and steal our own happiness whenever we allow the embittering experiences of daily living to take from us the faith that it is possible to do good, to increase the world's store of joy and strength and hope, and to make our lives worth something to our times.

When all has been said and all other ways tried we find that the only motives that give perennial satisfaction and constantly strengthen the heart are the unselfish ones. One gets weary of gaining, but never of giving. Ambition falters on its wings. But the aspiration to serve, to help, to bless, to cheer, to love never dies down.

You may measure any man's religion by the extent to which it acts as a constant motive in his life, whether it gives him a vision of the life that awakens an enthusiasm for living, of a world that is worth living in and dying for and a race that has such promise in itself as to call for the investment of all that is worthy in us.

In Christ Our Hope.
Prayer is not the most effective thing in the Christian's life. Jesus Christ is better and more effective than the best prayer ever offered. In him, and not in prayer, lies our whole hope. One who dated the beginning of his richest Christian life and experience from a time of prayer when he had asked everything and received everything, was reminded of this as he prayed later, in gratitude for his new blessings: "Not because it was an effective prayer, but because thou art an effective Christ, was my prayer so gloriously answered." Those who are called "mighty in prayer" think least about prayer as such, and most about Christ. Yet the more we think about Christ and the better we come to know him, the greater will be the place that we give to prayer in our lives.

All of a Christian's power is imparted power.

KING UZZIAH HUMBLD

Sunday School Lesson for May 7, 1911
Specially Arranged for This Paper
LESSON TEXT—2 Chronicles 26. Memory Verses 19, 20.
GOLDEN TEXT—"Pride goeth before destruction, and an haughty spirit before a fall."—Prov. 16:18.
TIME—Uzziah's reign extended (Beecher) from B. C. 801 to B. C. 752; (Hastings) B. C. 801 to 742. Uzziah may have become a leper about B. C. 765, Jotham being the regent from that time.
PLACE—The Temple in Jerusalem.
KINGS—In Israel, Jeroboam II. In Assyria, Salmanneser III.
PROPHETS—Amos, Hosea, Isaiah, the Zechariah of our lesson.

On the murder of King Joash he was succeeded by his eldest son, Amaziah, a man of piety and force, who slew the murderers of his father, sparing their sons, and then turned upon the enemies of his country, the Edomites south of the Dead Sea, who had been ravaging southern Judah.

He hired thousands of mercenaries from the Northern Kingdom, to aid him in the war. When a prophet rebuked him for thus involving himself with an idolatrous nation he dismissed the mercenaries, who, on their way home, plundered the cities of Judah. Amaziah went on, however, and with his own troops conquered the Edomites in the Valley of Salt south of the Dead Sea, and thoroughly subdued the cruel nation.

He brought home with him some of the Edomite idols and worshipped them, thus dishonoring Jehovah, who had so signally helped him, in favor of gods who had proved their own powerlessness! A courageous prophet rebuked him, but we are told what the effect was.

In his pride of success, and perhaps to avenge the towns which the Israelitish mercenaries had plundered, he sent a boastful message to Joash king of Israel, challenging him to fight. Joash promptly accepted the challenge, completely worsted Amaziah, captured Jerusalem, and went away with all the treasure of the Temple and royal palace, and with many of the citizens as hostages. Amaziah continued to reign for fifteen years, but his subjects never were contented, and at last they rose in revolt and murdered him.

The son of Amaziah, Uzziah, a lad of sixteen, was chosen by the people. He continued his father's conquest of the Edomites by fortifying Elath, an important city at the head of the eastern branch of the Red Sea, thus putting Judah in a position to renew the rich commerce with India which Solomon had established.

Uzziah's was a religious life. He did that which was right in the sight of the Lord. He followed Amaziah in the better part of his life, and not in his idolatry. There is no better preparation for the eyes of the world than to be conscious ever of God's eyes upon us.

The period of Uzziah and Jeroboam was the golden age of Israel. As a result of conquest and of commercial enterprise the accumulation of wealth was greater than had ever been known before. The rich lived in palaces of hewn stone and of ivory. While the nobles flourished, the poor grew constantly poorer. The peasant proprietors were crowded out, and all the land came into the hands of a few great nobles. The free-born Israelites sank to the position of serfs. Prosperity has more perils than adversity, and pride is one of them. Dressed, according to Josephus, in priestly attire, and perhaps on the celebration of some high national feast, Uzziah presumed to enter the Holy Place, which it was death for any but a priest to enter, and to offer incense upon the sacred altar. Uzziah appears to have desired to become supreme pontiff as well as king, and to exercise the same dual functions as the Egyptian Pharaohs were wont to do. He had to disregard the direct command of Jehovah that the priests alone should burn incense on his altar; he had to despise the history of his people, to defy the holy name by which he himself was called. Thus a reign of fifty-two years was spoiled in an hour.

What terrible punishment came to Uzziah? The infliction of that most loathsome, incurable disease, leprosy. Thus Miriam had been punished, and Gehazi. According to Josephus, it was at this very moment that the famous earthquake of Uzziah's reign occurred. For the rest of his life he lived in a separate house. It was perhaps some place in the country to which the king confined himself. We are not told whether he repented of the sin that he had committed; but we may perhaps assume that he did so.

The story of Ahaz reinforces the warning that comes to us from the story of Uzziah. The pride of Ahaz was pride of opinion; that of Uzziah was pride in accomplishment. Pride may spring from good looks, fine clothes, plenty of money, a keen intellect, distinguished social position. A boy may be vain of his ball-playing and a girl of her white hands. Whatever may be the source of it, pride is always a terrible danger.

Pride is indeed like a leprosy. I makes us hideous to look upon, though all the while we think we are beautiful. It causes our spiritual body to decay and portions of it to drop off, though all the while we think we are increasing. It isolates us from human companionship, though all the while we think that others are not good enough to associate with us. Oh, let us be on our guard against this leprous sin of Uzziah's! And if we suggest that we are harboring pride, let us remember that there is One who can cure it, and One only. It is He who bade the leper be clean.

New Farming Opportunity

SPUR FARM LANDS ARE FERTILE FARM LANDS
We are cutting up the great Spur Ranch into farms and are selling direct as owners (no selling commission loads the price) in quarter sections and upwards to actual home-seekers only—no speculative purchasers desired. The developing farmer adds to the value of the lands while the speculator takes profit without contributing to it. Nowhere in the farming world is there an equal opportunity to secure a fine farming home in a wonderful new country at low prices and easy terms—\$12.00 to \$18.00 per acre, one-fifth down. No boll weevil; no hog cholera; fine, invigorating, healthy climate. The man who now rents or wants to farm more acres has here the chance of a lifetime.

The Wichita Valley Railroad runs to the heart of our holdings of 673 square miles.
For full particulars with free illustrated pamphlet address
CHAS. A. JONES,
Mgr. for S. M. Swenson & Sons,
Spur, Dickens County, Texas.

DIDN'T CARE TO BE DONE.



Howell—He does everything in his power.
Powell—Then I'm glad that I'm not in his power.

SCRATCHED TILL BLOOD RAN

"When my boy was about three months old his head broke out with a rash which was very itchy and ran a watery fluid. We tried everything we could but he got worse all the time, till it spread to his arms, legs and then to his entire body. He got so bad that he came near dying. The rash would itch so that he would scratch till the blood ran, and a thin yellowish stuff would be all over his pillow in the morning. I had to put mittens on his hands to prevent him tearing his skin. He was so weak and run down that he took fainting spells as if he were dying. He was almost a skeleton and his little hands were thin like claws."
"He was bad about eight months when we tried Cuticura Remedies. I had not laid him down in his cradle in the daytime for a long while. I washed him with Cuticura Soap and put on one application of Cuticura Ointment and he was so soothed that he could sleep. You don't know how glad I was he felt better. It took one box of Cuticura Ointment and pretty near one cake of Cuticura Soap to cure him. I think our boy would have died but for the Cuticura Remedies and I shall always remain a firm friend of them. There has been no return of the trouble. I shall be glad to have you publish this true statement of his cure." (Signed) Mrs. M. C. Maitland, Jasper, Ontario, May 27, 1910.

Subject to Restrictions.

"I was cleanin' up a new lady las' week an' de dirt in her kitchen was a sight, po' thing," said Rose, Mrs. Frazer's dark-skinned charwoman.
"But why did she let it get like that?" asked the lady.
"I dunno, ma'am. Guess she never seen it. Some cooks, you know, is mighty partie'lar 'bout 'lowin' de madam in de kitchen. Dey 'jes take dere orders from her upstairs an' she don't have no call to go into de kitchen at all."

CURE THAT CATARRH

Our climate with its sudden changes is conducive to catarrh—which is a chronic inflammation of the mucous membrane surface of head—nose or throat.
One month's local treatment with Paxtine Toilet Antiseptic will convince the most skeptical that Paxtine is not a palliative but a specific for all catarrhal conditions.
Paxtine is a perfectly harmless antiseptic and germicide in powder form which contains all of the antiseptic qualities of liquid antiseptics, but with other valuable cleansing, germicidal, and healing ingredients added.
Just a little in a glass of water as needed—used as a spray and gargle, will not only remove the accumulated secretions, but heals the inflammation, destroys the germs of disease, and dispels the disagreeable odor caused by chronic catarrh.
For sale at all druggists, 25c and 50c a box, or postpaid upon receipt of free. The Paxton Toilet Company, Boston, Mass. Send for a free sample.

Little wits are often great talkers.—De la Roche.

HOW TO CURE RHEUMATISM.

The cause of rheumatism is excess uric acid in the blood. To cure rheumatism this acid must be expelled from the system. Rheumatism is an internal disease and requires an internal remedy. Rubbing with oils and liniments may ease the pain, but they will do no more cure rheumatism than paint will change the fiber of rotten wood.
Cures Rheumatism To Stay Cured.
Science has discovered a perfect and complete cure called Rheumacide. Tested in hundreds of cases, it has effected marvelous cures. Rheumacide removes the cause, gets at the joints from the inside, sweeps the poisons out of the system, tones up the stomach, regulates the bowels and kidneys. Sold by druggists at 50c and \$1; in the tablet form at 25c and 50c, by mail. Booklet free. Bobbitt Chemical Co., Baltimore, Md. Gets At The Joints From The Inside.
No Girls.
"You didn't stay long at Wombat's country place."
"No, he promised to show me the beauties of the neighborhood and then tried to point out a lot of scenery."

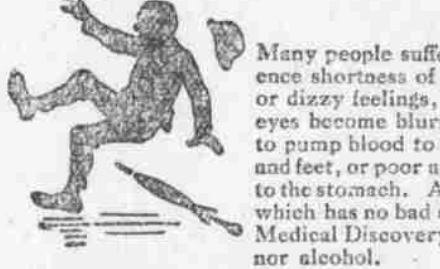
Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcherson* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

The alleviation of suffering is one of the means by which the advancement of our race is secured.—Sir James Crichton-Browne.

For HEADACHE—Sticks' CAPTURES
Whether from Stomach, Head, Stomach, or Nervous Troubles, Capsule will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c, 25c, and 50c cents at drug stores.

All married men are heroes, but they can't always prove it.
Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

A man is seldom arrested for striking an attitude.



The ingredients, as attested under oath, are Golden Root (*Collinsonia Canadensis*), Bloodroot (*Sanguinaria Canadensis*), Stone Root (*Hydrastis Canadensis*), Queen's Root (*Stillingia Syriatica*), Black Chert-bark (*Prunus Virginiana*), Mandrake root (*Podophyllum Peltatum*), with triple refined glycerine, prepared in a scientific laboratory in a way that no druggist could imitate.

This tonic contains no alcohol to shrink up the red blood corpuscles; but, on the other hand, it increases their number and they become round and healthy. It helps the human system in the constant manufacture of rich, red blood. It helps the stomach to assimilate or take up the proper elements from the food, thereby helping digestion and curing dyspepsia, heart-burn and many uncomfortable symptoms, stops excessive tissue waste in convalescence from fevers; for the run-down, anemic, thin-blooded people, the "Discovery" is refreshing and vitalizing. Stick to this safe and sane remedy, and refuse all "just as good" medicines offered by the druggist who is looking for a larger profit. Nothing but Dr. Pierce's Golden Medical Discovery, which contains no dangerous narcotic nor alcohol.

COLT DISTEMPER

Can be handled very easily. The sticks are coated, and all others in use cause trouble, no matter how exposed, by getting in the hair, the skin, or the lungs, or by being blown into the eyes, nose, or throat. Give on the tongue, or in food. Acts on the blood and expels poisons of all kinds of distemper. Best remedy ever known for manes in horses. One bottle guaranteed to cure one case. Shows "It a bottle, and Billions of druggists and horse dealers, or mail express paid by manufacturer. Cut shows how to position sticks. Our free booklet gives everything. Local agents wanted. Largest mailing list in the business—write now.

SPORN MEDICAL CO., Chemists and Electrolytists, Cochen, Ind., U. S. A.

A Country School for Girls in New York City

Best Features of Country and City Life
Out-of-door Sports on School Park of 35 acres near the Hudson River. Full Academic Course from Primary Class to Graduation. Upper Class for Advanced Special Students, Music and Art. Certificate admits to College. School of Cooks, Meats, Day Pupils. Miss Bangs and Miss Whitton, Riverdale Ave., near 252d St., West

W. L. DOUGLAS

EST. 1876 \$2.50 \$3 \$3.50 & \$4 SHOES FOR MEN & WOMEN
W. L. Douglas Spring Styles include more Snappy and Up-to-Date Shapes in Oxfords and High Cuts than ever before produced. W. L. Douglas warrants every pair of his shoes to hold their shape, look and fit better and wear longer than any other make, giving you better value for the money than you can obtain elsewhere.
BEWARE OF SUBSTITUTES.
The genuine have W. L. Douglas name and the retail price stamped on the bottom, which guarantees full value and protects the wearer against high prices and inferior shoes. If your dealer cannot supply you with the genuine W. L. Douglas shoes, write for Mail Order Catalog. Shoes sent direct from factory to wearer, all charges prepaid. W. L. Douglas, 145 Spark St., Brockton, Mass. \$2.00, \$2.50 & \$3.00

Constipation

is at the bottom of most common family complaints, such as headache, biliousness, pimples, sick stomach, indigestion, colic, etc. Treatment of these symptoms only, is not enough to bring about a permanent cure. What is needed is a remedy that actually relieves constipation, the cause of the trouble, and cleanses the blood from the poisons which the system has failed to throw off in the proper manner. If you suffer from any of these distressing symptoms, use

Theford's Black-Draught

the favorite remedy wherever it is known, for all the common ailments of stomach, liver and bowels. Mrs. Hattie Armstrong, of Blackwells, Ga., says: "During the past ten years, I have used Theford's Black-Draught in my family, and would not be without it in my house. I give it to the children for colds and it cures them. I used to suffer with constipation very bad, and nothing did me any good until I used your remedy. It is worth its weight in gold." The true value and merit of this reliable remedy, is attested by its immense popularity, for more than 70 years. Try it. Price 25c. Be sure to insist on Theford's.

CCA 1