

Drinking of Water

(BY V. M. PIERCE, M. D.)
The general conclusions of the latest Medical Scientists proves that drinking plenty of pure water both between meals and with one's meals is beneficial to health. It has now been proven by means of the X-rays and actual tests upon many healthy young men that the drinking of large amounts of water with meals is often beneficial. Therefore if you want to keep healthy drink plenty of pure water (not ice water) both with your meals and between meals. If you ever suffer from backache, lumbago, rheumatism, or any of the symptoms of kidney trouble—such as deep colored urine, sediment in urine getting out of bed at night frequently and other troublesome effects, take a little Anuric before meals. These Anuric Tablets can be obtained at almost any drug store.

NORTH CAROLINA FOLKS

Raeford, N. Car.—"It is with great pleasure that I endorse most unreservedly Dr. Pierce's Anuric Tablets. I suffered with kidney trouble for about ten years. After taking the first box of Anuric I was so much improved that I would not want to be without them. I shall highly recommend them to my friends, for they are truly grand."—MRS. A. D. LEACH.
Lenoir, N. C.—"Dr. Pierce's Golden Medical Discovery is a great medicine for me in building me up when I feel run-down in health. It gives me strength and flesh. I have been using it at different times for thirty years or more. I began its use for catarrh, with a liquid preparation that Dr. Pierce prepared for me, for use in the nose, and it greatly relieved me. I can heartily recommend the 'Discovery' as a blood medicine."—MRS. LUCY BEACH, No. 1.
Send Dr. V. M. Pierce, Buffalo, N. Y., 10c. for trial package of tablets.—Adv.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course, Moody Bible Institute, Chicago.)
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LESSON FOR NOVEMBER 19 FROM MELITA TO ROME.

LESSON TEXT—Acts 28:11-31.
GOLDEN TEXT—I am not ashamed of the gospel; for it is the power of God unto salvation to everyone that believeth.—Rom. 1:16.

In this lesson we see somewhat of the human side of Paul's character. No man appreciated fellowship more than he. Look up Acts 17:15; 18:5; I Cor. 7:6; I Thess. 3:1, 2; II Tim. 4:21.
I. The Sea Journey (vv. 11-14). Paul left Melita (Malta) probably February, A. D. 60. From there to Syracuse was a distance of between 80 and 100 miles. From the island of Syracuse (now a part of Italy) to Rhegium was one day's sail. From Rhegium to Puteoli was 180 miles. Puteoli (modern Pozzuoli) is in the Bay of Naples, eight miles from the modern city of Naples. Paul and his band who had done so much for the Maltese were specially honored with many honors. (v. 10.)

In these verses we have a picture of Paul seeking out his brethren wherever he went, thanking God and taking courage as they came to meet with him and converse with him. It is a picture upon which we ought to ponder deeply and be grateful that it reveals to us a side of Paul little known and appreciated.

II. The Land Journey (vv. 14, 15). At Puteoli, Paul and his companions began their march to 140 miles to the city of Rome. After a march of 60 miles they reached the famous Appii Forum, i. e., "The market of Appius." Here Paul is met by the first delegation from the church at Rome, who were waiting to welcome him and Luke and escort them to the capital city. A second delegation met them at the Three Taverns, or "The Three Shops," as we would call stores in the modern sense. These Christians had come at no small cost, as they had to walk 46 miles to the Appii Forum and 33 to the Three Taverns, and then walk the same distance back to the city. Thus it was that the sight of these friends cheered Paul and he thanked God. We can well imagine the joy of those souls, the communion enjoyed by those pilgrims as they journeyed toward the imperial city.

We can see in the letters which Paul wrote from Rome plain signs of his longing for sympathetic friends and can imagine how he must have felt upon being thus greeted on his journey. We can also imagine something of the blessing and inspiration which must have come to those Christians who met this famous soldier of the cross and had the privilege of escorting him to the city.

III. In Rome (vv. 16-29). Having entered into the city the centurion Julius, who had become a friend of Paul, delivered the prisoners to the captain of the guard. This officer we are told was a liberal-minded man, one of the few good people in the corrupt life of the city. Paul was probably first taken to the forum, which was the center of imperial power and magnificence and near which was the "house of Caesar." (Phil. 4:22.) Paul was not sent to prison for it was against the law to put a Roman into prison without a trial, but he was permitted to dwell by himself in "his own hired house." Of course, there was a soldier who guarded him. This was the city where Paul had so long desired to preach the Gospel. (Rom. 1:14-16.) As in other places, he first turned to the Jews, for he loved his own people no matter how much he had suffered at their hands. He got them together that he might preach unto them Jesus and sought to conciliate them.

In Paul's preaching he always emphasized that a Messiah was risen from the dead as a guaranty of all other resurrections. In his day, as in this present one, there were those who spoke against this, and yet that resurrection was to conquer the world and to save it from moral ruin. Those present had had no word out of Judea. (v. 21.) At a later and a public meeting (v. 23) there came unto him, that is, into his lodgings, great numbers to whom Paul sounded the Gospel of the kingdom and gave his personal testimony. He proved out of the law of Moses and out of the prophets, common ground for them all, that the Messiah had truly come, the prophecies of the kingdom of God had been fulfilled, and that Jesus by his life and death and teaching had shown the Jews how perfectly the latter were fulfilled. This Paul did from morning till evening, following the same line as in his speech before Agrippa and in other places where he had been testifying. All of his explanations and testimonials centered in Jesus. It was no abstract mental theory for an improved order of society but a definite reign of a definite person, Jesus of Nazareth. Paul is a great example for any Bible student to follow.
As on so many other occasions, Paul's preaching caused a division. (v. 26.)
And again he turns to the Gentiles. (v. 28.)
Paul told them plainly what lay at the root of their unbelief (v. 27), and though they refused the salvation it was none the less of God.

SWAMP-ROOT FOR KIDNEY

There is only one medicine stands out pre-eminent as diseases of the kidneys, liver, Dr. Kilmer's Swamp-Root. It is the highest for the reason that it is to be just the remedy needed upon thousands of even the most serious cases. Swamp-Root, a prescription for special diseases, quickly because its mild and effect is soon realized in most a gentle, healing vegetable. Start treatment at once. Sold in bottles of two sizes and one dollar.
However, if you wish first great preparation send ten sample bottles. When writing mention this paper.—Adv.

Hard to Explain

"Mother, how do they ask Wallace."
"I don't know, dear, and tell you if I did know. Do thoughts run on such awful things."
"But, mother, the boy Sheriff Jackson does it, any nice man. I was going to get me see him do it some."
"Oh, these terrible men said mother, as she put her ear to her ears."

Important to Mothers

Examine carefully ever CASTORIA, that famous for infants and children, and bears the Signature of Dr. J. C. Williams. In Use for Over 30 Years. Children Cry for Fletcher's

All Settled.

"Papa," said the sweetly, "you wouldn't let me away and leave you, would you?"
"Indeed I would not, my dear," said the wealthy father, "I'm so glad, my child, that I'll marry Mr. Poorchap."

To Drive Out Malaria

Take the Old Standard TASTELESS chill TONIC, what you are taking, as the printed on every label, it Quinine and Iron in a tasteless Quinine drives out malaria builds up the system. 50c.

A woman never falls to intuition every time she guesses.

MAKES YOU SICK, UGH! MERCURY AND SALIVATES

Lose a Day's Work! Clean Your Sluggish Wels With "Dodson's Liver Tone."

Are you sick. Take a dose of Dodson's Liver Tone. You will feel fine and vigorous by morning. I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.
I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.—Adv.

DR. SMITH'S TONIC

Sold for 47 years. For Malaria, Chills & Fever. Also a Fine General Strengthening Tonic. 60c and \$1.00 at all Drug Stores.

Outclassed His Owner.
Vice President Marshall says that for subtle humor he believes the funniest story he knows is the one about Mark Twain meeting the man who owned a dachshund.
As a matter of fact, the man was extremely proud of the dog because it was a bit of an oddity in appearance, besides being intelligent and highborn. Twain, however, studiously avoided looking at it.
Somebody asked him why he acted as if he didn't see the dog.
"Because," replied Twain, "I was afraid the owner might be sensitive about having it."
Not Knocking, of Course.
Jinks—What is the limit in this club?
Binks—The food.—Judge.
Sore Eyes, Blood-Shot Eyes, Watery Eyes, Itchy Eyes, all healed promptly with nightly applications of Roman Eye Balm. Adv.
Two-thirds of the so-called society "400" are eiphers.

W. L. DOUGLAS

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Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.
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The quality of W. L. Douglas shoes is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.
Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.
LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.
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FRESH-CRISP-WHOLESOME-DELICIOUS
THE SANITARY METHODS APPLIED IN THE MAKING OF THESE BISCUITS MAKE THEM THE STANDARD OF EXCELLENCE.
Your Dealer has them, or if not he should. Ask him or write us giving his name.
CHATTANOOGA BAKERY, CHATTANOOGA, TENN.

TOO KEEN ON THEIR SPORT

Anglers Would Have Done Better to Have Read the Other Side of the Notice Board.

The disciples of Izak Walton had found a perfect stream for the exercise of their art, and they settled themselves for a day's fishing, undeterred by a notice board. The board, which had been painted by an amateur, read "Notice—These grounds is private, and yer can't fish here. These fish ain't the kind to be tempted by worms, and there—"

Here space ran out, and the injunction was left uncompleted. For two hours the anglers sat by the stream, tempting the trout, not with worms, but with the very latest and most expensive bait.

But nothing happened. Then suddenly appeared the owner of the grounds and the author of the notice board.

"Hi, you two! 'Ave yer read that board?"
"Well, yes, we did. But—er—we thought you wouldn't mind, and we couldn't find your house, or we would have—"

"Oh, it don't matter! I on'y thought, seein' yer afshin' there, that you 'adn't read both sides of the board. If you 'ave, of course, go on ambin' yourselves!"

A hasty glance at the other side of the board showed that it continued the exhortation begun on the front, as follows:
"—ain't no fish."—London Answers.

How It Is Done.

A man, engaged in buying a necktie for himself, turned the pile over and over and at last put aside two as not worthy of further consideration. The salesman placed the rejected ties in a separate box. The man asked whether they had been placed by mistake with those he had been examining.

"Oh, no," was the polite response; "but we have orders when five or six men turn down a tie to take it out and put it aside."

"What becomes of them?"
"We sell them to women who come in here to buy ties for men."

Ordinarily a young man takes a girl's hand before asking for it.

Think of It—

People cut out tea or coffee before retiring when these beverages interfere with sleep. In the morning they drink freely of them, strangely overlooking the fact that at whatever time of day the cup is drunk the drug, caffeine, in tea and coffee is irritating to the nerves.

More and more people are turning to

Instant Postum

the drug-free, nourishing, comforting cereal drink.

"There's a Reason"

One mistake many in buying

You know how hard it is to get a coffee which satisfies you. You know how seldom you can get coffee which has the same fine taste and strength every morning! It can be done. You can do it when you buy coffee, you are careful not to make the mistakes so many women make. Read the experiences below—you yourself have undoubtedly made one or both of them.

Beware of loose coffee

Are you buying coffee which you get loose, coffee which hasn't been protected by a sealed package?
Are you afraid that it isn't clear? Has it lost its aroma?
Are you often disappointed in its strength?
It isn't the grocer's fault. With loose coffee he can't be sure that it is the same kind he got before. You always run the risk of getting different coffee every time you buy.
And even if the coffee itself were the same, it can't keep "loose" without losing its strength and flavor.

In packages—protected!

You can do away with every one of these disappointments by ordering the coffee which over one million other families of Arbuckles' Coffee is such good coffee that way back in the sixties, when all other coffees on the market were unprotected, Arbuckle Bros. protected theirs in sealed packages. This sealed package keeps the coffee's strength and guards it from moisture and store odors. Most important of all, it makes it easy for you to be sure that you are getting the same good coffee every time you buy.

The second mistake women make

Old coffee with new names

Are you continually being offered the same old coffee under new names? Under all sorts of new blends?
Did you ever stop to think of the hundreds of coffees which come and go on the market? And that all of these have tried to turn women away from Arbuckles' Coffee?
Arbuckles' is the coffee which has gone right out, always under its own name, never disguised, and held its users simple on the wonderful value it gave. You know what good value a coffee must be to do this against the competition of all the other coffees in America!

Used in a million homes

Settle, for all time, your coffee problem, by giving your family the only coffee which over a million families have proved to have the real coffee taste they want.
When you get Arbuckles' Coffee you get an entirely different coffee. No other coffee goes through the same process—in no other coffee can you get the same good flavor. The result of the care Arbuckle Brothers take in selecting, roasting and in packaging it, gives you an entirely different coffee from any other on the market.
Order it from your grocer today. He has it, in either the Whole Bean or the new Ground. Try it. See why it is by far the most popular coffee in America. Arbuckle Brothers 11- Ch? Water St., New York.