

Facts About Motherhood

The experience of Motherhood is a thing one to most women and marks a distinct epoch in their lives. Not a 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 the same indifference as when the strain is over. Following this comes the nervous strain of caring for the child, and a distinct change in the mother's results. There is nothing more charming than a happy and healthy mother of children. And indeed child-birth under right conditions is no more hazardous than a healthy mother. The unexplained 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 is 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.

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.

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High Grade Finishing. Mail orders given special attention. Prices reasonable. Service prompt. Send for Price List. LEONARD'S ART STORE, CHICAGO, ILL.

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 75 churches, with a membership of over 812,000 communicants of twenty denominations, and from 208 cities and towns in 12 states in various parts of the country, out of nearly 700 deaths in 1910, over 700 or 10 per cent, were caused by tuberculosis. The means 2.24 deaths for every thousand members or communicants.

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 were flapping and the sky and earth were darkened by the landscape. Mr. Herford gazed at them thoughtfully and then gently murmured: "The short and simple flannels of the poor."

A WIDOW'S LUCK

But 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 neuritis; 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 neuritis 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.

Always read the above letters! 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.—I. 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 HUMBLED

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. 505 to B. C. 475; (Hastings) B. C. 801 to 749. Uzziah may have become a leper about B. C. 749, Jotham being the recent from that time.

PLACE—The Temple in Jerusalem.

KINGS—In Israel, Jeroboam II. In Assyria, Shalmanezar 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 Israelitic 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 suspect 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.

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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. Mattland, Jasper, Ontario, May 27, 1910.

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"I was cleanin' to 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 partic'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."

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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 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 Rheumicide. Tested in hundreds of cases, it has effected marvelous cures. Rheumicide 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. Get At The Joints From The Inside.

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Important to Mothers

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Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

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Many people suffer from weak hearts. They may experience shortness of breath on exertion, pain over the heart, or dizzy feelings, oppressed breathing after meals or their eyes become blurred, their heart is not sufficiently strong to pump blood to the extremities, and they have cold hands and feet, or poor appetite because of weakened blood supply to the stomach. A heart tonic and alterative should be taken which has no bad after-effect. Such is Dr. Pierce's Golden Medical Discovery, which contains no dangerous narcotics nor alcohol.

The ingredients, as attested under oath, are Stone Root (Collinsonia Canadensis), Bloodroot (Sanguinaria Canadensis), Golden Seal Root (Hydrastis Canadensis), Queen's root (Stellaria Syriaca), Black Cherry-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 fever; 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 will do you half as much good.



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Many people suffer from weak hearts. They may experience shortness of breath on exertion, pain over the heart, or dizzy feelings, oppressed breathing after meals or their eyes become blurred, their heart is not sufficiently strong to pump blood to the extremities, and they have cold hands and feet, or poor appetite because of weakened blood supply to the stomach. A heart tonic and alterative should be taken which has no bad after-effect. Such is Dr. Pierce's Golden Medical Discovery, which contains no dangerous narcotics nor alcohol.

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Can be handled very easily. The skin is cured, and all other things in the same stable, no matter how "exposed," kept from having the disease, by using **SPORN'S LIQUID DISTEMPER CURE**. Give on the tongue, or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for man or foal. One bottle guaranteed to cure one case. 50c per bottle; \$5 and 10 dozens of druggists and local dealers, or sent express paid by manufacturer. Cut shows how to poison throat. Cut free. Booklet gives everything. Local agents wanted. Largest selling horse remedy in existence—twelve years.

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