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Effect was splendid when she tried this Fruit Medicine

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 years, I was a dreadful sufferer from Constipation and Headaches, was miserable in every way. In the way of medicines I tried to help me and I was almost cured. I tried "Fruit-a-tives" and the effect was splendid; and after one box, I can safely say I feel like a new person in my way and I am deeply thankful for the relief from those sickening headaches".



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 "Fruit-a-tives" will always relieve Headaches due to Constipation because it acts directly on the liver and causes the bowels to move regularly and easily. This rids the system of impurities and keeps the blood pure and healthy. "Fruit-a-tives" are made of fruit juices combined with tonics, and are apt to take and mild and gentle in action, 10c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent by FRUIT-A-TIVES LIMITED, OTTAWA, ONT. London, Eng. Ogdensburg, N.Y. Christchurch, N.Z.

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CANADIAN GOVERNMENT MERCHANT MARINE, LIMITED FOR SALE B TENDER

Sealed tenders will be received by the undersigned at 230 St. James Street, Montreal, Canada, until noon August 1st, 1923, for the purchase of the following steamers; tenders to be based on acceptance of the respective vessels in their present condition and where now located. Any price or bunker coal that may be on board excluded.

Ascertained dead weight capacity. Tons.	Built.
"Canadian Miner".....2778	1920
"Canadian Sealer".....2777	1919
"Canadian Trader".....2341	1919
"Canadian Adventurer".....3408	1919
"Canadian Sailor".....3406	1919
"Canadian Sower".....3406	1919
"Canadian Pathfinder".....3640	1921
"Canadian Engineer".....3679	1921
"Canadian Signaller".....3975	1919
"Canadian Gunner".....3973	1919
"Canadian Warrior".....3995	1919
"Canadian Beaver".....3973	1920
"Canadian Farmer".....3964	1920
"Canadian Observer".....3982	1920
"Canadian Rover".....3920	1920
"Canadian Coaster".....3939	1921
"Canadian Harvester".....4000	1921
"Canadian Logger".....3839	1921
"Canadian Aviator".....5166	1919
"Canadian Sailer".....5181	1920
"Canadian Settler".....4918	1919
"Canadian Rancher".....4892	1920
"Canadian Trapper".....5054	1920
"Canadian Hunter".....5021	1920
"Thos. J. Drummond".....3507	1910
"Sheba".....3400	1912
"J. A. McKee".....3575	1908

CONDITIONS:
 Tenders may be submitted for one or more or the entire twenty-one vessels. Tenders must be accompanied by cheque for five per cent. (5%) of the amount of tender, cheque to be made payable to the order of the Canadian Government Merchant Marine, Limited, and deposited by a Canadian chartered bank. The highest or any tender necessarily accepted. Plans and specifications of steamers can be seen and particulars of delivery ascertained on application to the undersigned. Name of vessel must be changed before the transfer is completed.

R. B. TEAKLE, General Manager. CANADIAN GOVERNMENT MERCHANT MARINE, LIMITED. The unauthorized insertion of this advertisement in any paper will be paid for. 20-23-27-30



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Great Faith Makes Great Lives

THOUGHTS FOR THINKERS FOR SUNDAY JUNE 24 (Quarterly Review)

Abraham, Joseph, Moses, Ruth, Samuel, David, Elijah, Isaiah, Jeremiah, Nehemiah, Esther, what other ancient people could show such a galaxy of great lives as these names represent, and yet they are not all the great names that might be selected from the records of the Israelites. There was Joshua, for instance, and Elisha, and Ezekiel, and Daniel. There have been very many splendid characters among the disciples of Christ in all countries in which the religion of Christ has obtained a solid footing, but these servants of God whose lives we have been studying lived before the coming of Christ and did not possess the full revelation of the thoughts and ways of God, and of His incomprehensible love, which Christ brought to earth. We cannot put ourselves in the position of those who lived before Christ, because the truths which He taught and His own life and death have become so much a part of our consciousness that we are quite unable to realize how greatly His coming changed the whole aspect of life. The world in which we live, began to be in the year 1 of our era.

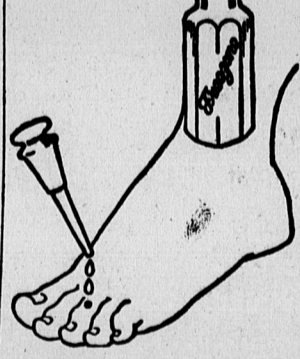
But the reason why many of the descendants of Abraham were able to live on a higher plane than the peoples about them was that they had inherited a knowledge of and belief in the true God, while the other nations knew only the gods which they had manufactured for themselves. The God of Abraham, of Isaac, and of Jacob is a holy God, a God who hates all sin, and yet loves sinful men and seeks to save them from their sins. The mere knowledge of God's character is a rebuke to wickedness and an inspiration to goodness, whereas the heathen gods were as base as the men who invented them, and even the worship of them was usually degrading. It was by faith, then, in a faithful God, than holy men and women of old gained victories over themselves and over their enemies and it was by faith that they endured hardship and persecutions patiently, looking forward with confidence to the time when God will fulfill all His gracious promises (See Heb. 11:13-16 and 32-40).

We only read of three men who deserve special credit for faith before the time of Abraham. Of the first, Abel, we only know that he offered to God an acceptable sacrifice. Of the second, Enoch, we only know that he was a prophet, and that he did not die, but was taken to his eternal home, while yet a comparatively young man. (Gen. 5: 23, 24; Heb. 11:5; Jude 14, 15.) Of the third, Noah, we know that he was a preacher of righteousness when wickedness was rampant in the world, and that his faith in God was strong enough to keep him at work building a boat on dry land for 120 years, in spite of the jeers which his unbelieving neighbors would of course throw at him. (2 Peter 2:5; Heb. 11:7; Gen. 6: 3, 12, 13, 1 Peter 3:20)

In trying to understand why God thought so much of Abraham and honored him so highly, it seems not unreasonable to suppose

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that he had, as it were, picked himself out as the one man to whom God could entrust a great enterprise by maintaining an attitude of faith in God and loyalty to God when the people about him were worshipping idols. We know at least that Abraham's nephew Laban and his family were idolaters. (Gen. 31:30-34.) If Abraham's relations and neighbors in his early home were idolaters it is easy to understand why God told him to get out of his country and away from his kindred and from his father's house (Gen. 12: 1.) for it would be easier for Abraham to serve God among strangers, even if they also were idolaters, and he would be able to exercise a greater influence for God in a strange land: (See Mat. 13:57.)

The strength of Abraham's faith was shown by his ready obedience to the commands of God, and every act of obedience strengthened his faith. It required great faith to believe God's promise that he would have a very numerous posterity when he had no son, and was a very old man. Abraham's persistent prayer for Sodom, as so showed great faith, and so did his pursuit of the conquering host of Chedorlaomer with a very small body of followers. But the supreme test of Abraham's faith came when God commanded him to offer in sacrifice his beloved son Isaac, the son through whom God had promised to give him a great posterity. His faith was strong enough to convince him that God could even bring Isaac to life again (See Heb. 11:8-19).

No wonder God trusted Abraham and honored him by making him the founder of a family which was especially favored by God in spite of persistent rebelliousness. And no wonder Abraham is called the "father of all them that believe." (Rom. 4:11-13; Gal. 3:6, 7.) Abraham stands out as a colossal figure among the men of these ancient days. His crushing defeat of the most powerful king of his time, which was merely a passing incident in his great life, is a good illustration of his transcendent greatness.

Next we have Moses, the liberator of the nation-builder, the lawgiver, the man who was made a mouth-piece for God; Moses the meekest of men, who yet could show a very fiery indignation when the people whom he had delivered from bondage began worshipping an idol while God was keeping Moses on the mountain. (See Ex. 4:12; Num. 12:1, 3; Ex. 32: 19-27.)

God talking with Abraham and with Moses "face to face." He treated these great men as friends. Joseph was a beautiful character. He is one of the very few good men whose lives are recorded in the Bible who is not charged with any sin. But we do not see in Joseph the ruggedness and surpassing greatness that are visible in Abraham and in Moses.

After the Israelites had gone from bad to worse during the days of the judges, and when they were reduced to the condition of a subject people as a result of their wars with the Philistines, God raised up Samuel to call them back to their allegiance and to deliver them from the Philistines. And Samuel discharged faithfully the great mission entrusted to him. He was the last of the judges, and was God's instrument in the selection of the first two kings.

Then we come to David, the first of the great saints who was also a great sinner. David had a very passionate nature, which was not always able to control. But David loved God with all the intensity of his passionate nature, and if he sinned greatly, he repented bitterly. He was like Peter, who though he was the only one of the apostles who denied his Lord, nevertheless became the leader of the band in active service.

What was the keynote of David's life? It was the habit of looking up, instead of looking down, or merely looking about him. As he guarded his sheep on the hills near Bethlehem, he watched the sun, moon, and stars, and they talked to him of the greatness and wisdom of the Creator. Read the 8th Psalm and the 19th.

"What I consider Thy heavens. The work of Thy fingers. The moon and the stars which Thou hast ordained. What is man, that Thou art mindful of him? And the son of man, that Thou visitest him?"

The heavens declare the glory of God, And the firmament (the sky) showeth His handiwork. Day unto day uttereth speech And night unto night showeth knowledge. There is no speech nor language, Their voice is not heard, (Yet) their line is gone out through all the earth And their words to the end of the world. In them hath He set a tabernacle for the sun.

David knew very little about the sun or moon or stars, but he could see that these bodies, whatever they are, are governed by fixed laws, and his mind became saturated with the thought of the wisdom and power of God. He was convinced that God controls the sun and moon and stars, and he felt that he could safely trust the Creator of heaven and earth. And his own character was strengthened by his belief that God is present and that He can protect those who put their trust in Him.

Elijah comes next on our list. Like Samuel he appeared on the scene when things were about at their worst. Under Ahab and Jezebel the worship of the true God had been almost abolished in the northern Kingdom of Israel. Only 7000 worshippers of God were left, and evidently they had to worship in secret, for Elijah knew nothing of them. (1 Kings 19:14-18.)

Elijah prayed that the people might be punished for their persistent idolatry by a prolonged drought. Of course, this prayer was offered under the guidance of the Holy Spirit, or it would not have been granted. Having been assured that his prayer was granted, Elijah boldly faced the wicked king with the announcement that there would not be either rain or dew till he gave the word. He himself was miraculously provided for during the consequent famine which lasted for more than three years, and then God told him to show himself to Ahab again because it was time to end the drought, but, even so, the rain did not come till Elijah prayed for it. Before doing so he commanded the king to gather the people on Mount Carmel, and there he gave them a very palpable proof that Jehovah, and not Baal, is the true God. Then he prayed for rain, and it came. (1 Kings 18:25-39; James 5:17, 18.)

Of the remarkable history of Isaiah and Jezebel, who come next on our list, we know very little. Esther performed a very dangerous duty courageously and successfully. Nehemiah was a great patriot because he was an earnestly religious man. He trusted God, and God helped him, but he had to put all his own manhood into the effort to build the city of God.

The comment of the writer of Hebrews upon the lives of the early saints is very instructive. He says: "There all having had witness borne to them through their faith received not the promise, God having provided (literally, foreseen) some better thing for us, that we should not be made perfect." Literally translated the word provided means foreseen and that is what the Greek word here means. The teaching is that in His promises to these Old Testament saints and in His direction of their lives God was looking forward to the fulfillment of His promises long afterwards, and also to the difference which the promises and the lives of the men to whom they were given would have on those who would see the promises fulfilled.

The point made is that our lives are in God's thought a continuation of the lives of these men and women of long ago and that we are reaping the harvest of their faith and faithfulness. Therefore we are under a ten-fold obligation to live so that our lives also shall bear witness to the truth about us and to future generations of the goodness and faithfulness of God. Our Golden Text enforces this obligation.

Golden Text: Let us also, seeing we are compassed about with so great a cloud of witnesses, lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Heb. 12:1.

SCRIPTURE READINGS
 Monday, June 25.—Gen. 12:1-5; Tuesday—Gen. 45:3-11; Wednesday—Ex. 3:1-10; Tuesday—Ruth 1:14-22; Friday—Isa. 6:1-8; Saturday—Psalm 23; Sunday Psalm 99.

Child Welfare

Articles on Child Welfare, Published by the Canadian Red Cross Society, Will Appear Weekly in This Column, Furnished by the

KEEP BABY'S MILK PURE

By Mrs. Max West, Late of United States Children's Bureau

Some wise person once remarked that the most important thing that goes into the baby's bottle, is the good sense of the mother. The milk may be of the purest when it leaves the dairy, but if it stands on a sunny doorstep for an hour or two, or waits in a hot kitchen while the mother goes to market, or is left in an open dish for flies to fall into it, it will not be fit to give the baby. (Milk is an extremely delicate article, and is the favorite food of certain little cells that are capable of making great trouble for the baby once they get inside him. They love milk of a mild temperature and when they find it, they grow and multiply with amazing rapidity. On the other hand, they are greatly discouraged either by cold or heat. Therefore, the first law of the care of the milk should be "keep it very cold." It should be chilled before it leaves the dairy. Then it should be chilled until it is delivered at the house.

After that the mother must play her part. The milk should be taken in the moment it is delivered, and put at once on the ice. If there is no ice, it should be put in running water or under folds of cheese cloth, the ends of which are in a pan of water which stands in an open window.

Every mother who has to do without ice in the summer, should have an iceless refrigerator. These are readily made at home, if someone is clever with a hammer and a saw and they cost so little that certainly at least every family in which there is a baby should have one.

Properly made and used, this convenience will keep milk quite cold enough for safety even in very hot weather, and will save a world of anxiety about sour or bad milk. Write to the U. S. Department of Agriculture, Washington, D. C., for directions for making. Failing any of these, the milk should be boiled. This is always the counsel of prudence in the hottest weather. The baby is not likely to suffer from any possible bad effect of boiled milk for a few days, and will be probably much better off, than he will be if fed upon contaminated milk of any sort. In still other cases, it may be best to resort to dried milk, if the quality of the fresh supply available is dubious. Dried milk, under various trade names may be had in drug stores.

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By George McManus

