

### ONE CHILD IN FORTY

All children need the elements of fat in their food because it is of first importance in proper nourishment. Doctors say one child in forty is properly fed — the other thirty-nine don't get a right amount of fat in their food at the right time.

If more children were given Scott's Emulsion it wouldn't take long before more than one in forty was properly fed. There is in Scott's Emulsion something that seems to take hold of children who do not get enough and proper nourishment from their every-day food.

First there is that important element of fat, this is contained in the cod liver oil in the very best and most desirable form. Then there are the hypophosphites of lime and soda which tone the blood and strengthen and nourish the bones. The perfect combination of these food principles in Scott's Emulsion makes this preparation of great value to all children.

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### THE LONGING OF THE WORLD IS FOR REST.

Rev. A. P. Atterbury D. D. Tells How To Obtain It.

TEXT: MATTH EW XI: 28.

"Come Unto Me All Ye that Labor and Are Heavy Laden and I Will Give You Rest."

Come unto me, all ye that labor and are heavy laden, and I will give you rest. The great longing of the world is for rest. The great Teacher of the world tells us how to get it.

All ye that labor and are heavy laden, there are many of us. There are the toilers with the body, even a day's work of eight hours makes us tired. There are the toilers of the mind, the hardest workers of all. The toilers in the field, in the mine, in the manufactory, in the office, the women toilers in the home; they all labor and are heavy laden indeed. The world is going so fast now that it takes hard work for us to keep up. See the rich man, toiling through hours of night as well as day to make and keep his millions. See the poor man, struggling painfully to earn each day or week that which shall keep him from privation for the next day or week. See the woman of fashion striving to keep up with her friends, and the woman of family endeavoring to make fitting place for her children. Worst of all are those who are heavy laden because they cannot find the chance to labor. There were many heavily burdened ones in the mining districts a few days ago. Thank God, that part of life's burden is now removed. The competition, and even the co-operation, of modern society make life heavy for men now. The nerves are giving way; the statistics of insanity and suicide prove the pressure and the need.

But underneath this toil of body and mind is a something deeper by far—the spiritual burden of mankind is the heaviest to bear. When the heart is heavy with grief, musing with anxiety chilled with fear, crushed by disappointment, blighted by failure, tormented by doubt, the labor of life becomes incalculably heavier.

What makes all this unnecessary burden-bearing for man now? Is it that our special system is at fault? Undoubtedly this is true to a considerable extent, though the panacea of socialism will not cure the trouble for the masses lies deeper: It lies in the mind and heart of man. Men think and want more now than ever before, hence the burden of life is heavier in our day than at any time in the history of the race. The imagination of man is active, now, arousing desire and resulting in a sense of dissatisfaction that makes life hard. When these desires are low and selfish—that is, sinful—the full paths and terror of the picture, are presented. Men labor and are heavy laden now, not so much from the necessity or hardship of work, but because these selfish desires drive them restlessly onward and lead them into inharmony with God's great order of good. It is at bottom the dis-

cord of human will with divine law that is the motif of the deep-toned oratorio of human woe. Can rest come to such burdened men? Mere relief from work will not bring rest. Hear Goethe:—

Rest is not quitting  
The busy career;  
Rest is the fitting  
Or self to its sphere.

There is needed this fitting of the desire and effort of man to his environment. God's plan and providence for the world, God's will for each man in it, is the sphere to which a man must be fitted; and only by fitting the self to this can real rest be found. It is thus that Christ's prescription for rest reads, as we see in the explanatory words that follow our text:—"Take my yoke upon you . . . and ye shall find rest unto your souls." At first it seems strange to seek rest by submitting to a yoke, but soon we see the deep reason. When Christ says "my yoke" He means the yoke that He Himself was wearing, and what that was is told to us in the Bible: "Lo, I come to do thy will, O God." The Master Himself said:—"I do always the things that please Him." And in the supreme test of His life He revealed the spirit that controlled Him as in the darkness he prayed:—"If this cup may not pass away from me, except I drink it, thy will be done." That was Christ's yoke, the Father's will. Obedience to God is the yoke; by submission to which the fitting of self to its sphere. Obedience to God is the step into that great harmony through which alone the sense of a man's "Oneness" comes to the soul, the curbing of ambition and discontent, the burdens of life. Obedience to God is the key to the sweet chamber of rest.

Thus Christ gives the rest. By His words, by His life, by His death, through the yoke that He Himself wore—obedience. Into the soul of a man thus submitting to this yoke there steals blessedly the sense of forgiveness, of trust, of contentment, of harmony, of peace with God through our Lord Jesus Christ, who stand before His throne.

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Don't continue to exist in a state of misery and weakness any longer. Ferrozone will make you strong and well just as it has done for thousands before you. A druggist's recommendation will serve you. Get a box to try from your druggist, or J. B. McDonald & Co., Kingston, Ontario.

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