

Stop Coughing

Every cough makes your throat more raw and irritable. Every cough congests the lining membrane of your lungs. Coughing tears your throat and lungs in this way. But the parts at rest and give them a chance to heal. You will need some help to do this, and you will find it in

Ayer's Cherry Pectoral

From the first dose the coughing in the throat ceases; the spasm weakens; the cough disappears. Do not wait for pneumonia and consumption but cut short your cold without delay.

Dr. Ayer's Cherry Pectoral Plaster should be over the lungs of every person troubled with a cough.

Write to the Doctor.

Annual opportunities and long experience enable us to give you the best medical advice. Write to us for particulars in your case. We will send you our Cherry Pectoral, and you will receive a prompt reply, without cost.

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GEO. TRAILL

Known Lady of Thornhill, Man.

Most Instant Relief From Heart Trouble by the Use of Milburn's Heart and Nerve Pills.

Simply wonderful the number of women who are coming forward to praise the curative powers of Milburn's Heart and Nerve Pills.

One lady is Mrs. Geo. Traill, a highly respected lady of Thornhill, Man., who has written the following words the history of her trouble:

Obtained from Mr. J. A. Hobbs, drug store, Man., a box of Milburn's Heart and Nerve Pills, as I was very bad and in trouble at the time.

I took the one box and got almost instant relief. I then bought another box, and had to use a few of the pills, as I had been troubled with palpitation of the heart.

I am very thankful that I got the pills, as they will be of any use to others who are in trouble as I did. I would like to publish it in the

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The Sabbath School.

INTERNATIONAL LESSON.

First Quarter, Lesson 10, Mar. 11, 1900.

THE PARALYTIC HEALED.
—Mark 2: 1-12.

Read Matthew 4: 23-25; Mark 1: 35-45.

Commit Verses 9-12.

GOLDEN TEXT.—The Son of man hath power on earth to forgive sins.
—Mark 2: 10.

HISTORICAL SETTING.

Time.—Summer of A. D. 28.

Place.—Capernaum, which Jesus made the central point of his labors.

THE CONNECTION.—Mark 1: 35-45. After the Sabbath of teaching and healing described in last lesson, Jesus spent the early hours of the next morning in prayer. Then he made a tour of Galilee, preaching the gospel and healing the sick, and incidentally training the twelve.

JESUS PREACHES IN A PRIVATE HOUSE IN CAPERNAUM.—Vs. 1, 2. At the close of his first tour in Galilee. After some days. Some days after the healing of the leper (Mark 1: 40-45) and when the excitement concerning that miracle had quieted down. It was noised. Rumored. That he was in the house. Either the house which he occupied with his mother and his brethren or possibly that of St. Peter. Many were gathered together, including Pharisees and doctors of the law from all parts of Galilee, Judea, and Jerusalem. These were the most influential and learned of the Jews. The young teacher was creating a wide excitement. And he preached the word. The good news of salvation.

The Arrangement of the House. To understand what follows it is necessary to have a clear idea of the arrangement of an Oriental house. They are usually of one story with a flat roof and outside stairs to the roof, for during the heat of the summer the family always sleep there. The roofs are made of branches of trees covered with earth.

A MAN SICK OF THE PALSY INTERRUPTS THE SERVICE.—Vs. 3. And they come, while Jesus is preaching. Bringing one sick of the palsy. He was full grown, for it took four to carry him. He was young, for Jesus calls him "son." Borne of four. Each one carrying a corner of the bed.

OBSTACLES OVERCOME.—V. 4. And when they could not come nigh unto him for the press. Or crowd, which filled not only the room, but the court and the narrow street. They uncovered the roof where he was. Over the house, or over the veranda. They let down the bed. A rude pallet, merely a thickly padded quilt or mat, held at the corners. They could easily reach the roof by the steps on the outside, as the roof is low.

JESUS FIRST GIVES HIM HEALING OF THE SOUL.—V. 5. Jesus was interrupted in the midst of a solemn and earnest address, affecting the eternal salvation of men, by a man who wanted merely bodily healing. Jesus turned the interruption into a help to his work. This may be one reason why Jesus took the course that he did. He showed (1) that redemption from sin was worth more than redemption from disease; (2) that only by being saved from sin could the bodily cure be permanent or most valuable; (3) he held up before them an object lesson of faith, so that they could see what faith was, how it saved and how it was manifested. When Jesus saw their faith. The faith of the sick man and of the friends who brought him. Faith was shown (1) by their coming to Jesus; (2) by their perseverance; (3) by their ingenuity. Faith in Jesus, even for earthly blessings has its influence on the spirit and the character. It was founded on facts. They knew what Jesus had done. They knew his character. Son, expressing sympathy. Thy sins be (are) forgiven thee. The past is washed away. This forgiveness was doubtless the very boon which above all others the young man needed and desired. His affliction had been blessed to him. It had led him first to thoughtfulness; then to repentance; and now to the Saviour of sinners, who assured him of the forgiveness of his sins.

JESUS PROVES HIS POWER TO FORGIVE BY HIS POWER TO HEAL.—Vs. 6-12. But there were certain of the scribes. The scribes, or rabbis, were the leaders of the nation, the theologians, the legislators, the politicians of Israel. Reasoning, the meaning literally is that they held a dialogue with themselves. In their hearts. Not speaking it openly. This man thus speak blasphemies. To blaspheme is to speak evil, impiously, of God. In this case it was arrogating to himself what belonged only to God. Who can forgive sins? but God only? Sins are against God, and therefore only God can forgive them. Why reason ye. Why do you put an evil construc-

tion on my words? Whether is it easier to say, e. c. "In our Lord's argument it must be carefully noted that he does not ask which is easier, to forgive sins or to raise a sick man; for it could not be affirmed that that of forgiving is easier than this of healing; but which is easier to claim, this power or that; to say, Thy sins be forgiven thee, or to say, Arise and walk? Saying, "Thy sins be forgiven thee" could not be put to the proof. But the saying, "Arise and walk," could be tested on the spot. Both were divine acts. He that could do one divine act proved that he had authority and power to do the other. Ye may know that the Son of man. The Messiah, the Son of God manifested in the flesh. Hath power. Both right and might. The miracle was the signature of God to his nature and mission. Arise. Which would be impossible without a miracle. Take up thy bed. This would show the completeness of the cure on the spot. He arose, took up the bed, and went forth before them all. A living witness to Jesus, making the cure a visible illustration of the work which Jesus came to do. Inasmuch that they were all amazed. The miracle awakened a religious awe in their minds. Here was one who had unlimited power; what might he not do to them? But they also saw the goodness of God; his readiness to help the sinful and helpless. And glorified God. The good deeds of God's children honor God, and lead the souls of men toward him.

A PARABLE OF SIN AND REDEMPTION.

Illustration. Archbishop Leighton, returning home one morning, was asked by his sister, "Have you been hearing a sermon?" "I've met a sermon," was the answer. So in this story those who were listening to Jesus met a sermon, saw an illustration of how to be saved.

The Palsy as a Type of Sin. Sin in the soul takes all the forms which paralysis does in the body. Sometimes it takes away or dulls the sense of feeling. Its victims are insensible to the goodness of God, the appeals of reason, the truths of religion. It weakens the will so that even when men would do good, evil would be present with them. They put off duty; they know, but will not come to a decision.

The Paralytic Desired to be Cured. He had heard of the marvelous cures of the young teacher, and of his gospel of grace and salvation.

There were Great Obstacles in the Way. He could not cure himself. He could not even go himself to the Good Physician. There were great crowds around the house, so that it seemed impossible to reach the only one who could help. Many of them were prominent people from all over the country, who would dislike an interruption.

He used human help to overcome these obstacles. His friends brought him to Christ and gave him the aid he needed to overcome the difficulties.

Bringing Others to Christ. It took four men to bring one man to Christ; but if four men are needed to help one man to the Saviour, let four men take hold and do it. When these men could not bring their friend to Jesus in the ordinary way, they found an extraordinary way. The means which succeed in bringing people to Jesus are the means to be used, whether regular or irregular.

The Higher Blessing First. Jesus gave much more than was asked. The desire for bodily healing led to the desire for spiritual healing.

The Forgiveness of Sins. The first great need of each human being is the forgiveness of sins. A religion that can't assure us of God's forgiveness is a vain religion.

CARRIER-PIGEONS IN WAR.

The pigeon post established at Ladysmith and Durban for carrying war messages has been such a success that special appropriations for increasing the service will be recommended by the war office. A good deal of this success of the pigeon service is due to the skill and energy of Colonel Hazzard, of the Royal Engineers, who has spent years in pigeon culture for just this sort of an emergency, and he has demonstrated the fitness of the birds for war purposes. Col. Hazzard, who was stationed at the Cape before hostilities broke out, systematically trained his pigeons for carrying messages across the rough, mountainous land and his various pigeon posts were of the greatest value in keeping the home office apprised of the exact condition of the army.

Nearly every civilized government now has carrier-pigeons connected with both their war and navy departments. France has entered into pigeon culture more extensively than any other European power; and it is roughly estimated that there are two hundred and fifty thousand pigeons in the country trained for war emergencies.

The main pigeon loft or training station is at Chalons, where several thousand birds are kept all the time. Every frontier post and fortress has smaller lofts, and three times a week regular communication is kept up between these places by means of the pigeons. This pigeon post in constant practice in times of peace would be of immediate service in times of war. The state projects the carriers, and any one caught shooting a pigeon of any kind in France is heavily fined. The pigeon service has been established in France since 1870.

The German war department owns about ten thousand pigeons, but they have a system of reserves which they can call into service in times of war. The owners of private lofts have to register their carrier pigeons, and the war department knows exactly how many of the birds it can obtain at a moment's notice.

The Austrian government also relies largely upon private owners' pigeons for service in times of war. Every bird in the country has to be registered, and not one can be sold or sent out of the country without permission. Since 1875 a few thousand pigeons have been in regular service at the fortress and frontier posts. Russia has a military pigeon system, which is maintained by the officers in the corps of engineers. Little is known about her system, except that lofts are scattered throughout the empire, including bleak Siberia. The intense cold of the winter months in the latter place seriously interferes with the success of the pigeon post and partly neutralizes the good effect of it. Italy's pigeon post was established in 1872, and Spain and Portugal inaugurated similar systems a few years later.

There are one thousand homing pigeons on the books of the British navy, and several times this number on the books of the army. In the past ten years the United States army and navy departments, have been interested in the carrier-pigeons, and we have posts established at different points throughout the country. Their services have been useful chiefly in the navy, and experiments are being made constantly in communicating by this means between the shore and the ships. There is no system of registering homing pigeons to private lofts, and in an emergency the government in need of more pigeons would have to depend upon the patriotism of the private owners for increasing its supply. That there would be plenty of volunteers no one doubts a moment.—Collier's Weekly.

TIME AFTER TIME.

Two boys stood close beside a number of workmen busily engaged in constructing a building. That seems like nice work, said one to the other, observingly, as he watched a mechanic, driving, with well-aimed force, nail after nail into place.

Yes, I should like to be a carpenter, but I could never have the patience to hit the same nail so many times, answered the other boy.

The workman paused, his hammer lifted midway, and smiled. You would never do for a mechanic, then, he said, since it is only repeated effort that brings good results.

This is true along any line of work you may pursue. The art of accomplishing a task skillfully is not learned in a day, but often represents years of steadfast toil. This not to discourage us, however, but rather to increase our desire to succeed. It is true that no great thing was ever lightly won.

A boy who early in life sets about his work, whatever it might be, in earnest, is likely to accomplish wonderful results. That son of yours is a torn farmer, remarked one man approvingly to another as he noted the energetic manner in which the lad performed his task. John says does his level best at everything, was the reply.

That is really the secret of the whole matter, our level best, and stopping at nothing short of it. Lately a man who had distinguished himself in war was being entertained in a home where a bright-eyed lad sat at his feet eagerly listening to the conversation. Well, my boy, said the gentleman, of what are you thinking? Sir, was the answer, I mean to be a great soldier like you. Oh, he said, as he laid bare a hidden scar, are you willing to pay the cost? Time after time are we to perform the duties assigned us. Our work may not be marked by human eye, and it may seem of minor importance even to us, but if in it is thrown the energy of heart, of will and mind, some day it will count and the one talent will have been multiplied as the great Giver intended.—Chris Intelligencer.

Pain in the bowels, diarrhoea and dysentery are cured more quickly and effectually by Dr. Fowler's Extract of Wild Strawberry than any other remedy. Beware of substitutes.

GETTING ON IN THE WORLD.

A short time ago Mr. Andrew Carnegie, the millionaire philanthropist, delivered an address to an audience of young men in this city, in which he uttered the following precepts, exhortations and counsels:

I am going to give you a few points in my own life, and I feel at home in talking to you young men, because my grandfather, too, was a Baptist, a preacher. As a young man I had the best education in the world with which to begin life, for I was born to the blessed heritage of poverty. I hope the burden of riches has not fallen on the young men here. When this burden is laid on a young man he has temptation at every step of which the poor man knows nothing, and if he acts his part well he deserves double credit. He is surely the salt of the earth.

You hear a great deal about poverty, but it will be the saddest day of civilization when poverty is no longer with us. It is from the soil of poverty that all the virtues spring. Without poverty where will your inventor, your artist, philanthropist come from? God does not call His great men from the palaces of the rich.

Fortunately, being poor, I was not compelled to make a choice of my career. It was not what I wanted, but what I could get. I have scribbled with the pen and have been a journalist, although I hope not of the yellow press. I was made a man at thirteen when I brought one dollar and twenty cents, which I had made with my own hands.

To succeed a young man must be honest, moral, and sober. You cannot trust a drinking man, and I would as soon trust the man who gambles at Monte Carlo as the man who gambles in Wall Street. The successful business man must be a good, all-round man, and must not do anything to excess. Business is affected by the small things in life. Events in far-off climes affect the business status in this and every other country. The terrible war, the awful massacre now going on in the Transvaal, the effort to strangle a republic, is having its effect upon our business.

The real advantages of wealth are what it will enable you to do for others. But of every thousand dollars given to charity nine hundred and fifty might as well be thrown in the sea. Help the aspiring. It is of no use to boost a man up a ladder unless he is willing to climb himself.

Good Manners in School.

The Waterloo High School, of Indiana, has adopted the following code of rules for deportment, which commends itself as eminently judicious.

1. We will not communicate, nor ask to communicate while in the school building.

2. We shall keep refined positions in our schools at all times.

3. We will cultivate a light step.

4. We will not ask for individual favors.

5. We will prepare all writing material in the morning.

6. We will make this schoolroom a place of quietude.

These rules on general manners also have been signed.

1. We will not allow others to be more polite to us than we are to them.

2. We will not make ourselves odious in the use of tobacco.

And here are some street manners:

1. We will, on passing people on the street, give them half of the walk.

2. We will not jeer at any one on the street or off the street.

3. We, gentlemen, will tip our hats to the ladies.

4. We will avoid being boisterous wherever we may be.

We hope our young readers will study these rules and carefully reduce them to practice.

Oh, my dear daughter! (to a little girl of six) you should not be frightened and run from the goat. Don't you know you are a Christian Scientist? But, mamma (excitedly), the billy goat doesn't know it.

PLUM PUDDINGS AND MINCE PIES often have bad effects upon the small boy who over indulges in them. Pain-Killer as a household medicine for all such ills is unequalled. Avoid substitutes there is but one Pain-Killer, Perry Davis' 25c. and 50c.

PREVENT DISORDER.—As the first symptoms of internal disorder, Parmentier's Vegetable Pills, should be resorted to immediately. Two or three of these salutary pellets, taken before going to bed, followed by doses of one or two pills for two or three nights in succession, will serve as a preventive of attacks of dyspepsia and all the discomforts which follow in the train of that fatal disorder. The means are simple when the way is known.

Sciatica 2 Years.

Mr. Fred Platt, 12 Flankish Ave., Toronto, says that he suffered over two years with Sciatica. Three boxes of Milburn's Rheumatic Pills removed every trace of the pain and made him as limber as a boy.

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The Best for Lung Diseases.

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Run Down GATES' Invigorating Syrup Built Me Up.

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Gentlemen—Two years ago I was run down, lost my appetite and became so weak that I could not work. Tried many medicines without receiving any benefit. I then got your LIFE OF MAN BITTERS and SYRUP which soon built me up and I have remained well ever since.

Yours respectfully,
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BEG to inform my numerous patrons that I have just opened out a very large and well-selected stock of NEW SPRING CLOTHES, consisting of English, Scotch and Canadian Tweed Suitings, Flannel, Cords, and Diagonal Suitings, Hats and Dark Spring Overcoatings, and all the latest fashions and patterns in Fancy Trousers, from which I am prepared to make up in First Class Style, according to the latest New York Spring and Summer Fashions, and guarantee to give entire satisfaction.

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My stock of Men's Furnishing Goods cannot be excelled. It consists of Hand and Soft Hats of English and American make, in all the novelties and Staple Styles for Spring Wear. White and Regatta shirts, Linen Collars, Silk Handkerchiefs, Braces, Merino Underwear, Hosiery of well selected assortment of Fancy Ties and Scarfs, in all the latest patterns of English and American designs.

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