

THROAT REST



You can cough yourself into bronchitis, pneumonia, and consumption. Bandaging and bundling your throat will do no good. You must give your throat and lungs rest and allow the cough wounds to heal. There is nothing so bad for a cough as coughing. Stop it by using

Wheeler's Cherry Pectoral

Even the cough of early consumption is cured. And, later on, when the disease is firmly fixed, you can bring rest and comfort in every case. A 25 cent bottle will cure new coughs and colds; the 50 cent size is better for settled coughs of bronchitis and weak lungs; the one dollar size is more economical for chronic cases and consumption. It's the size you should keep on hand.

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John G. Adams

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White Watery Pimples.

Five years ago my body broke out in white watery pimples, which grew so bad that the suffering was almost unbearable. I took doctors' medicine and various remedies for two years but they were of little benefit. Whenever I got warmed up or sweat the pimples would come out again. A neighbor advised Burdock Blood Bitters, and I am glad I followed his advice, for four bottles completely cured me. That was three years ago and there has never been a spot or pimple on me since.

James Lashouse, Brechin P.O., Ont.

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Largest Foundry on Earth making BELL METAL

WEST-TROY, N.Y.

The Sabbath School.

INTERNATIONAL LESSON.

Fourth Quarter Lesson 8 Nov. 25, 1900

SOBER LIVING—Titus 2: 1-15

(WORLD'S TEMPERANCE SUNDAY)

Read Isaiah 28.

Commit Verses 11-14.

GOLDEN TEXT.—We should live soberly, righteously, and godly in this present world.—Titus 2: 12

THE EPISTLE TO TITUS was written by Paul about A. D. 66, after Paul's release from his first imprisonment and near the close of his life, to Titus in Crete.

TO WHOM ADDRESSED.—Vs 2-4, 6, 7, 9. Six classes are especially addressed by name in this chapter,—aged men, aged women, young women, young men, servants, and the preacher himself. They were members of the church in Crete, who had inherited evil tendencies from a long line of heathen ancestors, and were dwelling in an atmosphere of vice, surrounded by all forms of evil which were popular. They were faithless and wolves.

THE VIRTUES INCULCATED.—Vs. 1-11. Let us first note the number and the nature of the virtues which the church in Crete were to practise and to preach. Sober. Abstaining from wine. Grave. In all propriety of demeanour. Temperate. Curbing one's desires and impulses. A man is full of passions and impulses. All sin is the breaking away of some of these forces from the control of conscience, and reason, and God as the source of both. The good man is one who is self controlled; all his powers are submissive to God, and guided by reason and conscience. Sound in faith. Sound means healthful, wholesome. In charity. Love, the sum of all virtues. In patience. Which requires great self control over the spirit, as temperance does over the body. These—faith, love, patience—a recognition of essentials of Christian character. (Reverent) in behaviour. In demeanour, implying a certain dignity and decorum. Not false accusers. Slanderers, railing the man they may hear about others. Not given to much wine. For wine enslaves its devotees. Teachers of good. By both precepts and example. Be sober-minded. Exercise self control (a) to curb one's passions, (b) to think soberly of one's self, not to be conceited. A pattern (example, type, model) of good works. In doctrine (teaching) showing uncorruptness. Without error, or lower motive, or wanting zeal. Sound speeches. Speaking the truth in love with good sense. Obedient (well pleasing, r. v.) The gospel had given spiritual freedom to the slaves, and a new consciousness of manhood and righteousness. But the best use of it was not to insist on their rights contrary to civil law, but to give freely and cheerfully what the law might enforce against their will. The opposite of answering again, resisting. Obedience to authority, to law, to parents, to God, is a Christian virtue. Not purloining. All tricks of trade, and dishonesty are covered by this word. Showing all good fidelity. Faithfulness in all relations, in thought and speech. Adorn the doctrine. Make it appear as beautiful and attractive as it really is. Salvation, which the grace (loving favor) of God has brought to all the graces, as well as the principles of heaven.

In chap. 1, we find eight other virtues referred to in addition to those named in the present chapter. The atmosphere of virtue. The Christian church is to teach and practise all these virtues so as to make a healthful, moral atmosphere; a place in this sinful world where men can breathe in moral health; as one is invigorated by the pure air of the sea and the mountains. No one virtue flourishes best alone. Each one is better, purer, more powerful when associated with all other virtues.

THE TEMPERANCE VIRTUES.—V. 12. Four of the virtues are virtues of temperance, directly inculcating that virtue.

All the other virtues flourish best in the temperate. And all are injured or destroyed by intemperance.

V. 12 is a summary of the virtues noted in the previous verses. Or rather, it furnishes the foundation of them all; or to change the figure, the garden soil in which they best grow.

This verse expresses the underlying principle of temperance. Denying ungodliness and worldly lusts. Renouncing, refusing to be controlled by freshly desires, putting them under our feet. This victory gained, the evil being conquered, we should live soberly. The temperate of v. 2. Righteously. Toward men, as expressed in the virtues enumerated. And godly. Piously, religiously.

Each self-denial, each victory over any one of the lusts of the flesh, makes easier the victory over

others. Hence total abstinence from all that can intoxicate helps us to overcome all other evil passions; and each victory over any one of the passions strengthens us in control of the appetite for strong drink.

TEMPERANCE ILLUSTRATIONS.

Satan's Kiss and the Serpents. According to the Eastern fable, a certain king once permitted the devil to kiss him on the shoulder. Instantly two serpents grew out from the spots, which, furious with hunger, attacked his head and attempted to get at his brain. The king pulled them away, tore them with his nails, fought them desperately, but soon saw, with indecribable horror, that they had become parts of himself, and that in wounding them he was lacerating his own flesh. Appetite and lusts are such serpents. In a little time they become their slaves; and does not the sight of temptation inflame these appetites.

A Double Waste. Diogenes, being presented at a feast with a large goblet of wine, threw it on the ground. When blamed for wasting so much good liquor, he said: 'Had I drunk it, there would have been double waste. I as well as the wine would have been lost.'

Intemperance and Industrial Progress. 'The U. S. National Bureau of labor sent out inquiries to seven thousand employers, asking whether or not they discriminated against employees who use intoxicating liquors. Of the number, forty-four hundred replied in the affirmative, two thousand saying that they forbade their employees to use liquor at all. Of the replies received from officers of transportation companies, ninety-seven per cent. declared against drinking employees. 'It is well known that the majority of the leading railroad companies of this city have strict rules against the use of liquor by their trainmen. In this respect the process of invention is rendering valuable assistance to temperance workers. Boys who learn to drink are not on the path of success in the search for employment.'

MOTIVES TO VIRTUE AND TEMPERANCE.—Vs 11-15. The grace of God. Grace is well defined as love imparting itself and producing its own image and likeness. Grace is the loving kindness of God toward his creatures, expressing his 'good-will to men' and willingness to forgive and save. Teaching us. Rather than putting us under discipline, in order that, etc. Looking for that blessed hope. This hope was the glorious appearing of the great God and our Saviour Jesus Christ, when he shall come in his kingdom. For his kingdom shall come and all the world shall be his. There is a great incentive to war against sin, for the victory is assured to those who fight this great warfare, and they shall reap the rewards of those who overcome. Who gives himself for us. Thus showing his great love to us and also how great was the redemption he brought to us. Nothing can so show the dreadful evil of sin, and the glorious blessedness of being redeemed from all iniquity.

A Talk To Sunday-School Teachers.

I have sometimes thought I would like to change the name Sunday or Sabbath school to Sunday Bible school, or simply, Bible school. The Sunday-school should be distinctively a Bible school. Why not make the school a memorial of the book? The Sunday school teacher should be a Bible teacher. A teacher we first need a correct conception of what the Bible is, and what its purposes are.

The Bible deals quite largely with historical incidents, and yet no man who has come into vital contact with the truth and spirit of the Bible declares it to be an historical work. The historical statements are collateral and incidental to the main purpose of the book.

The Bible has much to say about the physical and political geography of the rulers and governments, and about the heavenly bodies; and yet no man, whose soul has responded to the whispers of Divine love, will ever think of the book as a treatise on geography, political science, and astronomy. Much of the Bible is written in the grand language and style of the times and countries in which it was produced, and many portions are models of thought and expression; and yet it is not a work on rhetoric, logic, or literature. All of the different characteristics which I have named are used to bring out, illustrate, and enforce the all important fact that man is a sinner and needs a Saviour, and that God has exhausted the resources of his love for the highest good of the race.

The Bible aims at a wonderful transformation in individual character and relations. It is the duty and the privilege of the Sunday-school teacher to so teach that this transformation will take place in the individual lives of his pupils.

who uses the Bible as a handbook of history, geography, astronomy, political science, or as a model of literary conception and execution will fall far short of accomplishing the work the Bible proposes to do.

As teachers we need preparation. It is not necessary to have a classical education, it is not necessary to be able to read Scriptures in original languages, it is necessary to be acquainted with the philosophy of men in relation to the origin of the earth, or of the species, or of life, or of death, as much as we may appreciate such education and training, but since we have the Scriptures in the English language we ought to be able to read that language understandingly. I cannot believe that if we could read the Scriptures in the original languages that we could translate them any more perfectly than they are now translated, or that we could teach, on the whole, with any greater success. In the main, I believe our translators have done their work faithfully and well and that practically we have the Scriptures in their purity.

We teach in relation to material things from personal knowledge and experience with such things. We judge of intellectual accomplishments by intellectual standards known to us. Those who teach spiritual things must have spiritual knowledge that comes from a personal experience with spiritual things.

The Bible has to do with the hearts and souls of men. How can a man who only knows languages teach mathematics? or a man who only knows mathematics teach languages? How can a man who only knows material things teach spiritual things? Or how can a man who only has head knowledge teach heart knowledge? It is absurd for a man to claim that because he has had a profound soul experience he is qualified to teach the arts and sciences. But it is no more absurd than it is for a man who has only earthly knowledge to claim that he can teach heavenly knowledge, or for a man who only has head culture to claim that he can teach soul culture.

The valuable and vital parts of the Bible is the spirit and petitions to the spirit and can only be interpreted and understood by those who have soul culture acquired, not from books, neither from men, but from the great spiritual teacher, the Holy Spirit.

This, then, is the preparation we need; ability to read the English language correctly, if that is the language in which we are to teach, a familiarity with the Scriptures, and a soul enlightened by companionship with Him who teaches as a man cannot teach, the Divine One.—Morning Star.

Has No Use for a Husband.

Don't know whether it's new or not. I heard it down in J— said the man who recently returned from that town.

There is a rich widow living just outside the place, he confided, and after several elderly gentlemen had vainly endeavored to lure her into matrimony again report gained circulation that she was a regular man hater. Finally a wealthy widower, carrying with him the evidence of good living and the heartiness that seeks congenial companionship, visited the town, and was soon a caller upon the intractable widow.

After he thought sufficient advancement had been made to justify a proposal, he proceeded to feel his way.

Beautiful home you have here.

Yes, I enjoy it.

Fine outlook, fine trees, very fine all around. But there is one thing lacking.

Yes!

It is an Adam's Eden, don't you know? You are so good in everything else that I should think that you would be glad to share these blessings with a husband.

Are you proposing, sir?

In a tentative way. If you can be convinced that you should have a husband, I should like to be the man.

Husband? I have a gardener that smokes and drinks, I have a parrot that swears like a pirate, and I have a cat that stays out all night. What in creation do I want with a husband—Washington Evening Star.

That There Scar.

General Gordon, of Confederate Army fame, was a candidate for the United States Senate from Georgia. A member of the Legislature had been elected on purpose to vote against him. Here is the result as related in the New York Commercial:

He stormed and raged against his old commander at all times and places, and when it came to voting he marched resolutely up the aisle with an anti-Gordon ballot in his hand. There on the platform met the old General, the scars of

battle still disfiguring a face that had once been handsome.

As the Barnesville veteran approached the ballot-box his heart began to fail him when he caught sight of Gordon. His frame shook with emotion, but he tried to nerve himself for the ordeal. Then suddenly turning and facing the caucus he cried out, as the tears streamed down his bronzed cheeks:

It's no use, boys! I can't do it! Here goes my vote for John B. Gordon. It was all up with me, boys, when I seen that there scar. Forgive me Genera.

When I read that I thought of Jesus sitting on the throne as a Lamb that had been slain, with the scars of thorns, the nails and the spear. And I thought if all the sinners for whom he died, and who are now pressing him, could see those marks would they not feel as that repentant legislator did? Would they not be compelled to give their hearts to him who gave his life for them? Would they not say, The love of Christ constraineth me!

Sunday-School Preparatory.

The Sunday school is a branch of the Church, and it should therefore work in the interests of the Church. The Sunday school should not be regarded as something apart from the Church, but as a part of the Church. This is the theory which has always been held by the most successful and devoted Sunday-school workers. But here and there is a school which does not emphasize the Church. It is the only religious service which most of its members attend during the week. The Sunday school is a preparatory school in which children and youth are prepared for Church membership. That in the majority of cases the Sunday school is answering this end is evidenced by statistical reports of most Protestant churches. By far the larger part of accessions to these churches are reported as conversions of Sunday school scholars.

SOME ONE sent me a paper a number of years ago containing an article that was marked. Its title was: Are all the children in? An old wife lay dying. She was nearly a hundred years of age, and the husband who had taken the journey with her, sat by her side. She was just breathing faintly, but suddenly she revived, opened her eyes, and said: 'Why! it is dark. Yes Janet, it is dark. Is it night? Oh, yes! it is midnight. Are all the children in?' There was that one old mother living life over again. Her youngest child had been in the grave twenty years, but she was traveling back into the old days, and she fell asleep in Christ, asking:

Are all the children in? Dear friend, are they all in? Put the question to yourself now. Is John in? Is James in? Or is he immersed in business and pleasure? Is he living a double and dishonest life? Say! where is your boy, mother? Where is your son, your daughter? Is it well with your children? Can you say it is?—Christian Budget.

THE BEST business manual of which we have knowledge is the Book of Proverbs. We are always glad when its study is commended to young men just starting out in life. Robert C. Ogden, of John Wanamaker's establishment, addressing a number of young men recently in the Calvary Baptist Church of this city, on Suggestions from Business Experience, remarked: I would say to a young man if you want a good guide just take the Book of Proverbs and study it. I don't mean strictly in the religious sense, but more than that for its excellent business precepts. It fits humanity at every point. There is not a practical, spiritual or ethical question that can be asked that we do not get an answer to in that book. Mr. Ogden laid great stress upon honesty in business. As business qualifications, he mentioned good manners, a good knowledge of English, and good penmanship.

To bear pain for the sake of bearing it, has no moral quality at all; but to bear it rather than surrender or in order to save another, is positive enjoyment as well as ennobling to the soul.—Charles Kingsley.

CRUETS, COUGHS COLDS are all quickly cured by Pny-Balsam. It lessens the cough almost instantly, and cures readily the most obstinate cold. Manufactured by the proprietors of Perry Davis' Pain-Killer.

DYSPEPSIA AND INDIGESTION.—C. W. Snow & Co., Syracuse, N. Y., writes: 'Please send us ten gross of Pills. We are selling more of Parmelee's Pills than any other Pills we keep. They have a great reputation for the cure of Dyspepsia and Liver Complaint.' Dr. Chas. A. Smith, Lindsay, writes: 'Parmelee's Pills are an excellent medicine. My sister has been troubled with severe headache, but these Pills have cured her.'

My stock of Men's Furnishing Goods cannot be excelled. It consists of HATS 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, Marine Underwear, Hosiery well selected assortment of Fancy Ties, Scarfs, in all the latest patterns of European and American designs. Rubber Clothing a specialty.

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Anything the matter with your eyes? Can't see as well as you used to? If so call at

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An Open Letter from a Prominent Clergyman.

C. GATES, SON & CO., Middleton, N. S.

Dear Sirs,—Please pardon my delay in answering yours of weeks ago. Yes I have no hesitation in recommending your

Invigorating Syrup

During the fall and winter of '96 and '97 I was greatly distressed with indigestion. I tried several remedies each of which gave me no relief. I was advised to try your Invigorating Syrup, which I readily did, and have felt grateful ever since to the one who gave such good advice. The very first dose helped me, and before half of the first bottle was used I was completely cured. Have not been troubled with the disease since. I have taken occasion to recommend your medicine publicly upon several occasions, and heartily do so now. You are at liberty to use this in any way you please.

Yours truly,
(REV.) F. M. YOUNG
Pastor Baptist Church, Bridgetown, N. S.

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PRACTICAL TAILOR.

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 and Dark Spring Overcoatings, and the latest designs and patterns in Trouserings from which I can prepare to make up in First Class Style, according to the latest New York Spring and Summer Fashions, and guarantee to give a satisfaction.

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