your mirror today. Take

a last look at your gray hair. It surely may be the last if you want you needn'tkeep your gray

hair a week longer than ou wish. There's no guesswork about this; 's sure every time.

or three weeks notice how much younger you appear, ten years younger Ayer's Hair Vigor also

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School

cures dandruff, prevents falling of the hair, makes hair grow, and is a splendid hair dressing. It cannot help but do

these things, for it's a hair-food. When the hair is well fed, it cannot help It makes the scalp

healthy and this cures the disease that causes dandruff.

\$1.00 a bottle. All druggists. "My hair was coming out badly, but Ayer's Hair Vigor stopped the falling and has made my hair very thick and much darker than before. Ithink there is nothing like it for the hair."

CORA M. LEA,
April 25, 1899.

Yarrow, I. T.

Write the Doctor. ou do not obtain all the benefits esire from the use of the Vigor, the doctor about it. Address, Dr. J. C. AYER, Lowell, Mass.

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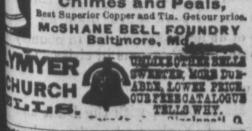
VICTORIA, B.C., March 8, 1901. Milburn Co., Limited, Toronto, Ont.



badly run down, so hearing your Heart and Nerve time she had used them she 91 lbs. is weight and is now is

Yours truly, Mrs. P. H. CURTIS.

CHURCH BELLS Chimes and Peals,



The Sabbath School

INTERNATIONAL LESSON.

REVIEW.

Read the Scripture Lessons of the Quarter.

GOLDEN TEXT .- The mercy of the Lord is from everlasting to everlast ing upon them that fear him -Psa. 103: 17.

SUBJECT : THE BEGINNINGS CF HIS | Work. TORY AND WHAT THEY TEACH US

The history may be taught in three methods according to the guiding principle we choose.

I. By the Historical Method. Noting the great events which mark the progress by epochs It is not worth while to learn by heart all the details; but the great events. which are like milestones, denoting the stages of progress in the onward march of human history, should be committed to memory. The teacher should drill the scholar in them.

God, Creation, Man, Paradise, The Fall, The Progress of Wickedness, The Deluge, The Call of Abraham, The Great Covenant.

The exact dates no one knows. But it is well to keep in mind the dates in the margins of our Bibles, so that we may realize the time element, and the relation of the events to one another. Read the first thirty-five chapters

of Genesis.

II. By the Biographical Method. This is the basis of the selections of the International Committee for the present scheme of six years.

Let us, therefore, make Character Sketches of the men we have been studying, giving first a brief bithat make them attractive, the faults to be avoided.

Adam, Eve, Cain, Abel, Enoch, Rebekah, Jacob, Esau, Laban.

III. By the Travel Method. The different places, and the journeys! between them, are the connecting or draw an outline, and have the scholars locate the places and trace the journeys.

Ur, Chaldea, Haran, Canaan, Shechem, Bethel, Hebron, Beersheba, Oaks of Mamre, Cave of Machpelah, Gerar, Egypt, Padanaram, Peniel, The Brook Jabbok.

The Bible is Goa's word to you. If you would know God's thought towards you, read the Bible. Read it constantly, honestly, prayerfully. How to Read the Bible. (1 Read it regularly. (2) Read it prayerfully. (3) Read it studiously. (4) Read it consecutively. (5) Read lit sympathically. (6) Read it, noting its perspectives (observing dates and relative distances of events) (7) Read it topically. (8) Read it in a spirit of obedience. (9) Read it in faith.

Charlie's Prayer.

Caarlie's grandmother went often to the Old Ladies' Home to visit the inmates and cheer their hearts with little gifts of flowers or fruits, a sympathetic word or a whispered

Charlie had fallen in the way of going with her, until at last every week saw him helping grandma up the front steps of the Home. To be sure, the top of his head only came to grandma's elbow, but he felt very large and strong.

The dear old ladies in the Home grew very fond of their little visitor, and watched for his coming eagerly. His bright face was like sunshine to them in their quiet, uneventful

One day old Mrs. Adkins fell sick, and she lay in her little room a long time. Because she suffered very much and grew no better, she found it hard to be patient, so grandma went often to see her.

One week grandma wasn't well, Sirs, -Sometime ago my daughter, so Charlie went alone to see their till he came to No. 19, where Mrs. treat him like a child, to be watched stop you. He was then slowly cut She was tired sympathy as he stood beside her and trusted. and listless most and saw the tears in her eyes.

Hersystem got me when her head aches. No, thank you, dearie. Your them for you? spoken of I procured a box, pain. No one but God can cure it. patient. something, so remembering grand and in the knowledge of God.

just as he heard her say it.

be very glad, dear. his chubby hands were clasped and grievance. his blue eyes reverently as he said: You will notice that these rules he supposed that it was his last all bilious matter, but they open the Dear Jesus, she is very sick, and are to govern the moment on earth, but for some excretory vessels, causing them to pour she's suffering worse than if she had the boy; and is not that the secret reason he was spared, though he was the howels after which the corrupted a bad headache. If she's too sick of success? Mother, do you want afterwards bound tightly and severe- mass is thrown out by the natural to be cured, please let her go to to keep your boy? Then control ly thrashed, and his beard pulled passage of the body. They are used sleep and wake up in heaven. yourself. Not the fashionable at- off. Strange to say he was subse- as a general family medicine with the

put her arm about him as she said, hand. tenderly, I think Jesus has helped Fashion would tie the mettlesome bath Reading. me already, and I just want to tell steed fast. Control harnesses him

you I'd rather God would answer to life and lets Unrist hold the that prayer than any other you reins. could have thought of. I have so | This mother's boy made many a many dear ones waiting for me in | blunder; he had his days of wayheaven, and no one here any more. wardness and times of unreason-Good bye little comfort.

gone to sleep a few days before, and

What Will You Make of it.

What are you making? asked a lounger in a blacksmith's shop, of the new apprentice, who was hammering away vigorously upon a piece of iron.

I don's know, replied the embryo Vulcan, but I reckon if I keep working on it, it will make something.

So he put the bit of iron again into the fire, and blew the beliows until the ruddy glowing light reached every corner of the little diagy shop, and a bright shower of sparks fell around. Then when it was redhot he put it again upon the anvil, and hammered it this way and that, expending a great deal of time and muscular energy. At length, he threw it aside, exclaiming: There!

I didn't make anything, after all. time, health, and talents, of which that nothing has been made, after ing to society.

aim in life, some noble end to be striven for, in the strength of the ation of opportunity. Lord, something precious and beautithe end for which it was created .-Church Messenger.

Keeping Hold of the Boys.

years one was taken into the Shep- Good Housekeeping. herd's arms.

The two boys and their mother had always knelt together for the bed time prayer, and each had offered a simple petition. The first intimate.

needed entertaining.

give me the first chance to help you, wrapped in cotton soaked with oil. dear, she would say, and he did. One of the preachers was tortured. heart found glad sympathy in her. eyes gouged out, he was asked, D

This mother's boy was just as marvelously. Could I hold your head? he asked active and self-willed as you often A Bible woman in Yung-ling was anxiously. Mamma likes to have find. But, she had a few rules that heard singing a hymn when the helped wonderfully. Shall I copy sword came down upon her neck.

tongue. Even in her pain the old lady 4. I will try never to scold and Jesus. Will you worship Buddha smiled, but she only said, I should never to reprove or punish in anger now? he was asked. I will worship

tempt at Stoicism that says it is quently liberated and was full o' best results.

Much relieved, he stood and not good form to display emotion, praises to God for his deliverance.

ableness, but never a time when he Toe next time Charlie and grand- was not sure that his mother was ma visited the Home the little room | ready to listen, advise, and help was empty, for Mrs. Adkins had There were times when his impul siveness made him sore trouble, but wakened in heaven. - Christian the first place he turned for help was to tender, loyal mother friend, and he was sure of comfort.

reads in the papers the theories on | chance ? How to get hold of the boys, she of your boy. Are you true to your trust ?-Christian Work.

Teach the Children to be Useful

Why is it that our schools are almost swampe in an avalanche of new demands—demands for manual training, sewing, cooking, jackknife work, and a thousand other things? It is simply because the idea of the I have often thought that many useful child has lost ground in people are living like the young so many homes. The useful blacksmith. They have materials, child learns dexterity as a matter of course, but it learns so much something noble and useful should more! The child learns that be made, but they just live along no one lives for self alone; that joy without any aim at anything in and order and beauty are all bound particular, and with no idea of what | up in faithful service; that life is they will be or do. And so, before indeed more than meat. It is the they are aware, the close of life patient training in small duties ography, and the traits which make comes upon them, and they find which develops a keen sense of duty, them influential, the characteristics they have not made anything, after a high standard of personal reliability all. There are some who have an ity, and even something of that oldobject in view, but it is a low one, fashioned quality, reverence. It is unworthy the toil of immortal the antidote to that nervous rest-Noah, Abraham, Sarah, Lot, Isaac, beings. It may be the heaping to- lessness and irresponsibility in the gether of riches, sensuous plea- young which are the source of so sure, or the gratification of some | many of the evils of which we comlaudable ambition. But if it is pur- plain. Indeed, the habit of practisued without taking our duty to cal usefulness, early formed by good, thread of the history. Use the map, God and our fellow-creatures into thorough work, will go far to overaccount, and gained, it will prove come the gross tendency to materiso poor, so unsatisfying in the end, alism and the tyranny of the senses that the same regret will be felt and the appetites, now so threaten-

Oh, yes, you say, but they must But those who have a high, pure devote their strength to their school work. The two duties will not accomplished for the benefit of our | conflict. Their school will gain fellow-creatures and the advance- immensely and just where it needs ment of the Redeemer's Kingdom, strengthening, in the morale-the if such an object is labored and sense of high obligation and appreci

Even a very small child is much ful in the sight of God and the happier to have its small occupaangels will be formed, a full and tions, little tasks which recur at completely rounded life answering regular times. These may naturally begin with learning the care of its own person and the orderly arrangement of toys, clothing, and implements. A child that demands incessant amusement and expects every want to be met as soon as it is felt, There were once two boys in a by others, is not laying a good home I know, and after a few happy | foundation for future happiness.—

Martyrs in Manchuria.

The United Free Church, of Scotnight there were only two to kneel, land, is receiving most interesting the sobbing voice of the lonely tidings from its missionaries and brother uttered but one sentence, the native Christians in Manchucia, Dear Lord, keep mother and me where a most blessed work had been accomplished prior to the disasters Said the mother, years after, I of a year ago. In the Missionary consecrated my life to answer that Record a statement is given by Dr. Christie, of Moukden, that in that Did she have to give up anything? district probably about 250 Protest-Yes; receptions and calls were second- ants had been killed and 600 Roman ary matters when the boy's friends | Catholics. Adjoining districts suffered similarly.

Embroidered doilies and hand The stories of the sufferings of painted screens were of no account | the native Christians are most heartwhatever beside the cultivation of rending. The majority of those intimacy with her boy, and the who were killed were beheaded, answering of his prayer. Always while some were burned after being Whatever was dear to his boyish After his ears were cut off and his Perhaps mothers do not always you still believe in Jesus Y Yes, I aged 19 years, friends. He went about from room realize how soon a boy begins to believe in Jesus, he replied. Then to room, making a little call in each think towards manhood, and so they his lips were cut, saying that will Adkins lay. His heart ached with and scolded, instead of being helped to pieces. Others were tortured in similar ways, while some escaped

An old bookseller, named Wang, soft little hand could not reach my | 1. I shall pray and work to be I was brought to a temple where many Roman Catholics had been Charlie felt that he must do 2. I will strive to grow in grace killed. There were 200 Boxers there, their swords covered with ma's habit he asked quarmely, Shall 3. No matter what happens, I blood. He was made to kneel, and we have a little word of prayer? will try to hold my temper and my was asked Do you follow the foreigners? No, he said, but I follow 5. I will listen patiently and the true Buddha. I believe in one sword was placed on his neck and

reached for his cap. Mrs. Adkins but the real holding of one's self in Many other instances are given of stearfastne-s in the faith. -S.b-

Just How Much?

I would do anything to get an education, said Joe, savagely trumping the down sofa pillow till a fine, fluffy dust flew from the seams and

Just how much would you do, Joe? said practical Uncle Phil, interestedly. As much as Elihu Barritt?

How much did he do? inquired Digon think it paid? When she Joe. Was he a boy without any

No, indeed, said Uncle Phil, who thanks God she has never lost never sympathized with whining her hold on hers. And in the an- Joe's way of looking at things. As swering of the boyish prayer the many chances as you have or any mother has not only grown more other hoy with brains and ten finand more intimate with him, but gers. Had to work at the forge both have grown intimate with ten or twelve hours a day, but that Christ. Mother, you have no charge didn't hinder him from working to keep alf so sacred as the heart away in his mind while his hands were busy. Used to do hard sums in arithmetic while he was blowing the bellows.

> Whew! said Joe, as if he, too, saw a pair of bellows at hand. How old was he? Older than I am, wasn't he?

About 16 when his father died. By and by he began to study other hings. Before he died he knew eighteen languages, and nearly twice that number of dialects. All this time he kept hard at work blacksmithing.

I don't have to work as hard as that, said Joe after a while with a shame-ficed look that rejoiced his uncle's heart.

Joe was a farmer's son, and in busy times there was a good deal for a boy of his age to do. So far he had not been spared to go away to any preparatory school to 'fit' for | First class line of Spectaeles and college. So he had faint heartedly Eye Glasses to select from. and sulkily given up the thought of going there. Somehow Uncle Pail's words had put things in a new light - Christian Uplook.

True Mother Love.

J. R. Miller calls our attention to a touching story of the sick-room ministration which Mr. Gladstone gave in Parliament, when announcing the death of the Princess Alice. Her little boy was ill with diphtheria, and the mother had been cautioned not to inhale the poisoned breath. The child was tossing in the delirium of fever. The princess stood beside him, and laid her hand on his brow to caress him. The touch cooled the fevered brain, and brought back the wandering soul from its wild delirium. He nested a moment in his mother's lap; then, throwing his arms around her neck, he whispered, Mamma, kiss me. The instinct of mother love was stronger than all the injunctions of physicians, and she pressed her lips to the child's The result was death.

You say she was foolish. Yet where is the mother who would not have done the same? There may be peril in the sick-room for those who minister there for Christ, but love stops at no peril, no sacrifice. -Ram's Horn.

Then I Won't Do It.

Mr. Macfarlane, many years a missionary in the South Sea Islands, tells of the cannibal warriors who, when converted, have said, We are now soldiers of Jesus Christ. Tell us what he would like us to do.

like them to go to a place, and they say, Then, I won't go; that he would not like to hear them using certain language, and the reply is, Then, I won't say that any more; that he would not like to see them doing so and so, Then, I won't do it, is the quick response.—Selected.

We must lend an attentive ear, for God's voice is soft and still, and is only heard of those who hear nothing else. Ah, how rare it is to find a soul still enough to hear God speak !- Fenelon.

If you take a Laxa Liver Pill to-night before retiring, it will work while you sleep without a gripe or pain, curing biliousness, constipation, dyspepsia, and sick headache, and make you feel better in the morning.

Passed 15 Worms. I gave Dr. Low's Worm Syrup to my little girl two and half years old; the result was that she passed 15 round worms in five days. Mrs. B. Roy, Kilmanagh, Ont.

Fever and Ague and Bilious Derangements are positively cured by the use Down went Charlie on his knees; tenderly to my boy's side of a true God, was his answer. The of Parmelee's Pills. They not only cleanse the stomach and bowels from

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Anything the matter with your

Can't see as well as you used to? If so call at

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No charge for consultation

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Summer Comp'aints.

Baysile, June 21st, 1901. DR. A. B. GATES,

Middleton, N. S.

DEAR SIR:

I received your kind letter some time ago but was unable to answer it until now. I am selling quite a lot of your m dicines and consider them wonderful remedies for sickness.

About two years ago I was very RUN DOWN

and in poor health generally. I began under your Bitters and Syrup and at once noticed a marked improvement in my health and soon was as well as ever. My son and daughter have both used your

CERTAIN CHECK

with the most wonderful results, and in the case of the case of the latter I believe it was the means of saving her have been soldiers of the devil. We life after everything else had failed. One gentleman, a doctor of Halifax, bught a bottle of your Certain Check Tell them that Christ would not | for his little daughter, who was suffering from Dysentery, and it made a speedy cure. These and numerous other instances show what wonderful medicines yours are. Trusting that you may be spared many years to relieve the sick and afflicted, I am,

Yours very truly,

MRS. NOAH FADER For sale everywhere. Manufactured

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