

That Tired Feeling

Hood's Sarsaparilla Gives the Desired Health and Strength.

You often hear people complain of weakness and a tired, run down feeling. The cause of the trouble is impure or impoverished blood, and when in this condition it cannot carry health to the organs and tissues of the body. Purify, vitalize and enrich the blood with Hood's Sarsaparilla and these disagreeable feelings will disappear, because the blood will then carry health and vigor to every organ of the body.



"C. I. Hood & Co., Lowell, Mass.:"

"Gentlemen:—As a tonic and blood purifier I believe Hood's Sarsaparilla is the very best. My whole system was entirely run down, and it appeared to me that there was but little blood in my veins. I was so weak I

Could Scarcely Get Around to do my work. I finally began to take Hood's Sarsaparilla, and after using five bottles I found that my strength had returned and my appetite was very much better. In fact, I now feel as strong as ever." Mrs. KELLEY, 9 Wellington Ave., Toronto, Ontario.

Tired All Over—Could Not Sleep.

"It affords me much pleasure to testify to the merits of Hood's Sarsaparilla. My whole system was run down. I felt tired all over my body and could not sleep at night and my appetite was very poor. I tried several physicians but with poor success. I heard Hood's Sarsaparilla spoken of so highly I determined to try it, which I did with great results. That tired feeling is gone, my appetite is good and I feel like a new woman." Mrs. EATHERLEY, 132 Elizabeth St., Toronto.

Hood's Sarsaparilla

Is the Only

True Blood Purifier

Prominently before the public eye today. And it is therefore the ideal building-up medicine. Be sure to get Hood's.

Hood's Pills the after-dinner pill and family cathartic. 25c.

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—BY—

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Introduction By Rev. Lyman Abbott.

A Christian woman's thrilling story of years of rescue work in New York City. Most splendidly illustrated. 800,000 copies in press. Bishops, Ministers, etc., say "God speed it." Eminent women endorse it. It sells at sight, and pays Agents from \$50. to \$100. a month. 17c per copy. Write for terms and catalogue to our Canadian agents.

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When Christmas Comes.

When Christmas comes, The baby girl who scarce can speak, The youth with bronzed and bearded cheek, The aged bent with weight of years, The sorrow-stricken spent with tears, The poor, the rich, the grave, the gay, Who fare along life's rugged way, Are glad of heart when, in the sky, The wondrous seraph wings sweep by, When Christmas comes.

When Christmas comes, The sailor on the seas afloat, The traveller in lands remote, The warrior by the camp-fire's light, The courtier in the palace bright, The student by the midnight lamp, The miner deep in dust and damp, Alike uplift, through riven skies, The wondering look of glad surprise, When Christmas comes.

When Christmas comes, In field and street, in mart and farm The world takes on a lovelier charm; Sweet-scented boughs of pine and fir Are brought, like frankincense and myrrh, To make our hallowed places meet For hands that clasp and tones that greet, While hearts, worth more than gold or gem, Go forth to find their Bethlehem, When Christmas comes.

The Sabbath-School.

INTERNATIONAL LESSON.

First Quarter-Lesson 1.—Jan. 5.

THE FORERUNNER OF CHRIST.—Luke 1:5-17.

Study Connections Luke 1:1-80.

GOLDEN TEXT.—Thou shalt go before the face of the Lord to prepare his way.—Luke 1:76.

The author, Luke,—Greek, Lucas, shortened from Lucanus,—was probably of Greek ancestry, a physician, an educated man, and a companion of Paul.

The date of writing was probably about A. D. 58 to 60.

THE HISTORICAL SURROUNDINGS. Augustus Caesar was emperor of Rome. Herod the Great was king of Judea, but Judea was a province of the Roman Empire.

The Roman Empire held sway over 120 millions of people, nearly the whole known world; but half of these were slaves.

There was a general decline of belief in religion, and a great increase of crime and every form of immorality.

Palestine had a population of about six million, while Jerusalem was a city of great magnificence, the metropolis of the Jewish world.

THE FIRST SIGN OF THE DAWN.—The preparation of the world for the advent of Christ. The fullness of time had come. (1) There were many lands, but nearly all the world was subject to the one government at Rome, so that the preachers of the gospel could travel in safety, and be protected in their work. (2) The world was at peace, for almost the only time, so that the gospel could have free course. (3) The Greek language, the most perfect medium of speech, was spoken everywhere with the native languages, so that the gospel could be heard and read by all. (4) The Bible of the Jews had been translated into the Greek language in the third century before Christ. This version is called the Septuagint. (5) The Jews had been dispersed through all lands, carrying the Old Testament, which bore witness to one God, and held the prophecies of the Messiah. And they had established synagogues in almost every town, so that there was a place to preach the gospel and a people who could easily be reached. (6) It was a time of great intellectual activity. (7) It was a time when the nations were awakening to their need of a truer religion, a clearer light, a powerful Redeemer from sin.

THE SECOND SIGN OF THE DAWN.—A Holy Family and Other Persons Watching and Praying for the Coming of the Redeemer.—Vs. 5, 7. A group of holy persons is given by Luke,—Anna, Simeon, Joseph, Mary, besides Zacharias and Elizabeth, whose hearts were ready to receive the light. There was in the days of Herod, Herod the Great, the founder of the Herodian family and the father of most of the Herods mentioned in the New Testament after the infancy of Jesus. A certain priest named Zacharias. The Greek form of the Hebrew Zachariah. And his wife was of the daughters of Aaron, and therefore in the line of the priesthood. Both John's parents were of priestly rank. And they were both righteous before God. Not in appearance only, but in the inmost depths of their hearts. Walking in a Hebrew metaphor for living, in the various relations of men to each other and to God. Commandments. The moral law. Ordinances. The outward religious duties and rules of living. They were blameless toward God and man. And they had no child. To the Jew, childlessness was the worst of all bereavements. To the Hebrew heart the message, Unto you a son is born, was music. This disappointment in their lives led them to prayer and communion with God.

THE THIRD SIGN OF THE DAWN.—The Heavenly Messenger Bringing the Answer to Prayer.—Vs. 8.

13. This was a special sign because it was the renewal of direct communications from God. There had been no prophet since Malachi, 400 years before, but now a new and great prophet was to appear. In the order of his course. His course that of Abia, was the eighth. His lot was, etc. The meaning is that after he and his brother priests had entered that morning into the temple of the Lord, they drew lots to determine which part of the service each one should take, and the lot fell to him to burn incense. This was the only time in his life when he did this, for there are said to have been 20,000 priests in Christ's time, so that no priest would ever offer incense more than once. Temple. The central building, the sanctuary, divided into the Holy Place, and the Holy of Holies. Whole multitude of the people were praying without the sanctuary, but within the courts. The incense was a symbol of prayer, and was designed to aid the people in sincere praying. Zacharias was himself praying within, in his own personal desires, doubtless, lost in desire for the salvation of his nation. At the time of incense. The hour of morning (nine o'clock) or evening (3 o'clock) sacrifices. An angel of the Lord, one of ministering spirits spoken of in Hebrews 1:14. Zacharias... was troubled, agitated, disturbed. And fear fell upon him. Not so much alarm or dread of danger as holy awe. Thy prayer is heard. The prayer he had been urging for many years, and the wider prayer for the redemption of his people, and the coming of the Messiah. Both were answered in the forerunner of John. Call his name John. The gracious gift of Jehovah. Joy and gladness. The word means exultant joy. Many shall rejoice. This is the answer to the wider prayer for the good of all the people.

THE FOURTH SIGN OF THE DAWN.—Seen in the Prophetic Vision of what the Forerunner Was to Be and Do. Vs. 15-17. He shall be great. No small or weak man could do the work given him to do. In the sight of the Lord. He was great in goodness, great in character, great as the servant of God. He was great in his mission, great in his work for the kingdom of God. He shall drink neither wine nor strong drink; i. e., he would be a Nazirite (Num. 6:1-5), one separated from others for a particular mission; an example of holiness, of consecration, of self-control. Filled with the Holy Ghost. To be filled with the Holy Spirit is to be illuminated, sanctified and guided by its influence. No one is fitted for God's work without the baptism of the Holy Spirit. Even from his mother's womb. Overcoming his natural bias toward evil. The better the parents, the better for the child. From the earliest hours the divine power can be upon man. Shall he turn to the Lord, where they belong. He shall go before him, before the Lord, to herald his advent and to prepare the way for his coming. In the spirit and power of Elias. Greek for Elijah. He was not to be Elijah restored to life, but one in Elijah's spirit, doing the same kind of work that Elijah did, and with a similar power. To turn the hearts of (the) fathers to (the) children. The reformation was to be felt first in the home, binding all together in love and peace. The hope of the world is in the Christian family. The disobedient, the great mass of the people who have turned away from God. To the wisdom of the just. Being good is the only real wisdom. Disobedience and sin are always folly. To make ready for the Lord a people prepared for him. By his call to repentance, by his denunciation of sin, he was to make ready people who would be wise enough to receive the Saviour.

THE FIFTH SIGN OF THE DAWN.—The Birth of John the Baptist. Summer of B. C. 5. The promised answer to Zacharias' prayer was so astonishing that he could scarcely believe it.

SIXTH SIGN OF THE DAWN.—A Burst of Song. It is quite noticeable that the great spiritual revivals of religion have been accompanied by a revival of song.

W. C. T. Union.

OUR MOTTO.—If God be for us who can be against us.

The Next Thing.

BY EVA K. MILLER.

At present the work of the temperance reform in many places seems to be progressing on a dead level of determination rather than up the joyous heights of inspiration. The whirlwind of the Crusade was succeeded by a wonderful enthusiasm for organization, which was in turn succeeded by the war-cry of prohibition by means of a party. Now, this last great onward wave of the reform seems to have spent itself on the sands of everydayness and become hopelessly mingled with the general current of the yet-to-be-accomplished reforms.

What next? Is the question being asked by many workers who have

gone up and down with the three last waves, and yet are obliged to look out over their country and see saloons flourishing, hearts broken, homes despoiled, husbands and sons lured on to ruin, and the terrible liquor traffic more strongly entrenched than ever behind the protection of government license and party rule.

What next? Why not try systematic house to house visitation? The evolution of business and political methods have long ago reached this way of working.

Time was when great corporations equipped themselves for work, got everything in order for business, then engaged men to stand behind counters or sit in offices and attend to the custom which came to them. Now, they send out after the custom lest some other rival corporation get it away from them.

There was a time when political parties depended on stump speeches and public barangues to win new converts and keep the old adherents in line. Now, these means are found inadequate, so cities are divided into wards, and wards into precincts, and every precinct thoroughly canvassed, each voter interviewed and if one is found doubtful every possible argument or inducement is offered to keep him in line. This personal work is again followed up with systematic and careful distribution of campaign documents.

Why should not the Christian and the gospel temperance worker adopt these same well-tried methods? Suppose in every city, town and country district a federation of all temperance societies and workers was formed, and the country districted in such a way that every worker, from leaders and lecturers down to the humblest layman, be given five or more families to visit and look after for a year.

It is said that Gladstone, when occupying the position of Premier of England, found time to visit among the poor at least two hours of each week. Phillips Brooks, another busy man, did as much. Think you there is any Christian temperance worker among us that can be any busier than these?

Suppose the first family called upon consists of a drunken father, a slatternly mother, and four or five wild unkempt children. The first work of the visitor should be to get the children washed and clothed and attending school and Sunday-school. The next work, to induce the mother to attend a mother's meeting, held somewhere in the neighborhood, and the man, perhaps, to attend a gospel temperance meeting, while tracts and papers suitable to their needs are left with them. All this work could not be accomplished in one visit, it would require infinite tact, patience and Christian love. Then, if the family move just as the visitor has begun to see some improvement, it should be reported to the society that has charge of the district to which the strangers move, that the work well begun may be continued, until all, or part of the family are won over to work in the interests of the cause.

Perhaps the next family called upon consists of a purse proud man and wife who are devoted to the world, forgetting all obligation to God and their fellowmen. A formal but friendly call, accompanied, if best, by the gift of a book or leaflet, with a prayer to God that the word may be blessed to them, is all that can be done at first, but by faith, prayer and continuous effort the way would gradually open to interest them in the work of the kingdom.

Woman's Christian Temperance Union Employment Bureau.

The W. C. T. U. of Fredericton has opened an Employment Bureau in their Coffee Rooms.

Young women from the country desiring domestic service would do well to call at these rooms where they may be assured of a kindly interest in their welfare by the presiding matron of this department.

Be sure and call at the W. C. T. U., Coffee Rooms, York street, Fredericton.

There are so many cough medicines in the market, that it is sometimes difficult to tell which to buy; but if we had a cough, a cold, or any affliction of the throat or lungs, we would try Bickle's Anti-Consumptive Syrup. Those who have used it think it is far ahead of all other preparations recommended for such complaints. The little folks like it as it is as pleasant as syrup.

PLAIN FACTS.

Burdock Blood Bitters purifies, renovates and regulates the entire system, thus curing Dyspepsia, Constipation, Sick Headache, Biliousness, Rheumatism, Dropsy, and all diseases of the stomach, liver, kidneys and bowels. It also removes all impurities from the system, from a common pimply to the worst scrofulous sore.

IN THE FAMILY.

Mothers, Fathers and Children all speak of Hagyard's Pectoral Balsam as the best cure for coughs, colds, asthmas, bronchitis, sore throat, whooping and all throat troubles. Price 25c.

My Baby

was a living skeleton; the doctor said he was dying of Marasmus and Indigestion. At 13 months he weighed only seven pounds. Nothing strengthened or fattened him. I began using Scott's Emulsion of Cod-liver Oil with Hypophosphites, feeding it to him and rubbing it into his body. He began to fatten and is now a beautiful dimpled boy. The Emulsion seemed to supply the one thing needed.

Mrs. KENYON WILLIAMS, May 21, 1894. Cave Springs, Ga.

Similar letters from other mothers.

Don't be persuaded to accept a substitute! Scott & Bowne, Belleville. 50c. and \$1.

INTERCOLONIAL RAILWAY.

1895 SUMMER ARRANGEMENT. 1895

ON and after Monday the 7th October 1895, the trains of this Railway will run daily (Sunday excepted), as follows:—

TRAINS WILL LEAVE ST. JOHN.

Express for Campbellton, Pugwash, Pictou and Halifax.....7.00

Express for Halifax.....18.10

Express for Quebec and Montreal.....16.30

Express for Sussex.....16.40

Passengers from St. John for Quebec and Montreal take through sleeping car at Moncton at 10.30 o'clock.

TRAINS WILL ARRIVE AT ST. JOHN.

Express from Sussex.....8.30

Express from Montreal and Quebec (Monday excepted).....10.30

Express from Moncton (daily).....10.30

Express from Halifax.....15.50

Express from Halifax, Campbellton and Pictou.....18.30

Accommodation from Moncton.....24.30

The trains of the Intercolonial Railway are heated by steam from the locomotive, and these between Halifax and Montreal, via Lewis, are lighted by electricity.

All trains are run by Eastern Standard time.

D. POTTINGER, General Manager.

Railway Office, Moncton, N. B.

1895.

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At Prices that will suit

EVERYBODY.

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At Prices that will suit

BLOW'S WORM SYRUP

DESTROYS AND REMOVES WORMS OF ALL KINDS IN CHILDREN OR ADULTS SWEET AS SYRUP AND CANNOT HARM THE MOST DELICATE CHILD.

New Goods.

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PRACTICAL TAILOR.

I BEG to inform my numerous patrons that I have just opened out a very large and well selected stock of NEW SPRING CLOTHING, consisting of English Scotch and Canadian Tweed Suits, Fine Cords and Diagonal Suits, Light and Dark Spring Overcoats, and all the latest designs 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.

PRICES MODERATE.

MEN'S FURNISHING DEPARTMENT

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

Rubber Clothing a specialty

Jas. R. Howie

192 Queen St., Fredericton.

June 20.

WORMS

and pleasant, requiring no other medicine. Price, 25 cents per box.

SCOTCH FIRE BRICK AND CLAY.

Just received from Glasgow, two car loads square, side arch and end arch Fire Brick, also Fire Clay.

JAMES S. NEILL

The finest quality of Bell's for coughs, colds, etc. Write for Catalogue and Prices. BUCKEY BELL POUNDER, THE YAR QUEEN & 117 ST. JOHN.

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Coffins and Caskets,

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First Class Work at low

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Special rates for country orders

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WANTED.

A good man in your district to represent the "Fonthill Nurseries of Canada"—over 700 acres. The largest in the Dominion. Position permanent. Salary or Commission to right man.

With the increasing demand for fruit, a position with us as salesman will pay you better than engaging in farm-work. Send us your application and we will show you how to earn good money.

School Teachers! It's just the thing for you during the summer. Write for particulars.

STONE & WELLINGTON, W. BEALL, Manager. Montreal 3-mos.

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NICKLE CASES

—FROM—

\$200 to \$1.50 each

Best Value in the City!

REMEMBER THE PLACE

JAMES D. FOWLER,

Opposite Post Office, Fredericton, N. B.

Fredericton, Dec. 19, 1895.

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REFERENCE BOOKS?

No, thank you, we do not need them. They went out with the birch stick and backwood's teacher. Normal schools were too much for them. And yet we hear of three business colleges in Canada trying to teach by means of them. One, however, has repented; the others will probably follow when they have learned to walk without crutches.

Our recent increase of business is a gratifying proof that the results obtained by adherence to sound principles are appreciated by the public. Which short-hand? Isaac Pitman's, of course.

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