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And, if not too
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Ask your druggist for one

**Dr. Ayer's
Cherry Pectoral
Plaster.**
It will aid the action of the
Cherry Pectoral.
If you have any complaint whate
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advice you can possibly obtain,
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value to you. Address,
DR. J. C. AYER, Lowell, Mass.

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Ayer's Pectoral
The Canadian Remedy for all
THROAT AND LUNG AFFECTIONS.
Large Bottles, 25 cents.
J. C. LAWRENCE CO., Limited,
Proprietors, 200 St. James St.,
Montreal.

Are You Weak?
It is a Remedy that will make you
strong; give you vitality and energy;
revitalize the heart; enrich the
blood; make the pale
cheek rosy.
Milburn's Heart and Nerve Pills.

Mehlenbacher, who lives at 29 Ann
Berlin, Ont., made the following
statement: "I have suffered from nervous
debility and general debility for the
past years, often despairing of a cure.
One day I have taken Milburn's Heart
and Nerve Pills, however, the future
bright to me. I have taken four
of them and the benefit I derived is
great. They have made my nerves
strong, restored their elasticity and given
physical strength to a greater degree
than I could have anticipated. Beyond
these they are the best restorative for
debility, weakness, debility, etc., in
man, and I heartily recommend them
to all who suffer as I did."
Milburn's Heart and Nerve Pills cure
debility and Throbbing, Dizziness,
Headache, Sleeplessness, Loss of
Appetite, Pale and Sallow Complexion,
General Debility, General Weakness or
debility arising from a Weak Heart,
Nervous or Impoverished Blood.
Sold by druggists at 50c. a box.

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The Exploded Devil.

Men don't believe in a devil now, as their
fathers used to do.
They have opened the doors of the wildest
creed to let his Majesty through,
And there isn't a print of his cloven foot,
nor a fiery dart from his low,
To be found in earth or air to-day; for the
world has voted it so.

But who is mixing the terrible draught
that palsies heart and brain?
Who loads the bier of each passing year
with ten hundred thousand slain?
Who blights the bloom of the earth to-day
with the fiery breath of hell?
If the devil isn't and never was, won't some-
body rise to tell?

Who dogs the steps of the toiling saint?
Who digs the pits for his feet?
Who sows the tares in the fields of Time
wherever God sows the wheat?
The devil is voted not to be, and of course
the thing is true;
But who is doing the terrible work which
the devil alone should do?

We're told that he does not go about like a
roaring lion now;
But whom shall we hold responsible for the
everlasting row
To be heard in Church and State to-day,
to earth's remotest bound,
If the devil, by unanimous vote, is nowhere
to be found?

Won't somebody step to the front forth-
with, and make his brow and show
How the frauds and crimes of a single day
spring up, We'd like to know.
The devil is voted not to be, and of course
the devil's gone,
But simple people would like to know who
carries his business on.
—New York Tribune.

The Sabbath-School

INTERNATIONAL LESSON.

First Quarter, Lesson 13, March 26, 1899

REVIEW.

Golden Text.—My sheep hear my
voice, and I know them, and they
follow me.—JOHN 10: 27.

THE SUBJECT OF THE QUARTER IS, THE
SAVIOUR GOD HAS SENT US.

In these chapters "Jesus reveal-
ed himself to the Jews in every
aspect that was likely to win faith."
Note the qualities discovered in
these ten chapters which belong to
our Saviour and which show him to
be the Saviour we need, the Saviour
adapted to save the world and
change its nations into the kingdom
of heaven. Tell the circumstances
by which these qualities became
known, and how they were mani-
fested in Jesus.

REVIEW, SECOND, by means of the
following diagram. Only Vol. 1,
chaps. 1 to 10, will be found here.
The first object is to have some
characteristic name for each chapter
by means of which the contents of
the chapter can be recalled. By a
little study the "Gospel of John"
will be fixed in the memory a ways
ready for use.

It is better that each one should
select for himself the titles which
seem to him to best express the con-
tents of the chapters.

Chaps. JOHN

- 1 The Incarnation.
- 2 Cana, the Miracle in the Home.
- 3 The New Heart. Nicodemus.
- 4 The Water of Life.
- 5 The Bethse-da-Cure.
- 6 The Bread of Life.
- 7 The Feast of Tabernacles.
- 8 Freedom by the Truth.
- 9 Christ the Light of the World.
- 10 Christ the Good Shepherd.

(The Open Door—and the Closed.)

A PLEA FOR MISSIONS—TWO SCENES.
Pro. Edward B. Pollard.

I see an open door.
The nations stir in restless mo-
tions. Passing to and fro are the
mighty people of the earth. The
great highways of land and sea are
teeming with abounding life, and
bearing back and forth the wares,
the thoughts, the customs of the
world. Old sores are being healed,
old feuds forgot. Men are seeking
everywhere the better things that
make their sister peoples great.
H-rant nations, no longer living to
themselves alone, are mingling with
the West, and sitting at her feet,
are learning of her wondrous ways.
Flowery Kingdoms seek the Rise
of Sharon. Celestial Empires find
themselves quite prone upon the
earth, and not exalted to the skies
as once they thought; and like the
mighty giant, arising from his age-
long sleep, ask for a torch to guide
them to the sun. The Dark Con-
tinent turns towards the light, and
along her new-built highways,
as though iron arteries is now to flow
the blessed message of the Saviour's
Blood. Cuba, Hawaii and all our
lands of the eastern sea invite us,
as if to cross some Jordan to a land of
promise. All the world stands ready
—calling. Open wider, creak the
rusty hinges of the past, the door
flies wide, and all the pagan world
peers out invincibly; saying as once

to Paul at Troas: Over into this
world wide Macedonia, come and
help us!

II.

I see a fastened door. Behind
are mind signs of life and leth-
argy. The people are within;
some with thoughts on selfish
interests, faulty vision, seeing
naught but home; some nation's
glory and its arms; some a mad
with methods—doing naught, and
others drowsey.... eyes all closed
....and fast asleep!

I see one moving gently towards
the door without. His step is stately,
but his brow is knit with care. His
children need arousing still. He
knocks, as years ago John saw on
Patmos, when to the erring churches
Jesus came and said: Behold, I
stand at the door and knock, if any
man will hear my voice and open
the door, I will come in to him, and
sup with him and he with me. He
that overcometh will I give to him
to sit down with me in my throne,
as I also overcame and sat down
with my father. He that hath an
ear let him hear what the Spirit
saith unto the churches! Unto the
churches! Not to sinners, here, as
many saints suppose, but to the
churches!

Sad, sad, too sad the constant
knocking and the ever fastened
door! Eyes set and dim of seeing,
hearts cold and uninviting, ears
dull and slow to hear. Wake, O
Christians, open wide the door at
which He is knocking, for if now
your door be open, He will lead
through many opening doors.
Washington, D. C.

What to Remember.

Remember that happiness, when
it comes at all, usually comes to
those who do not go in search of it.
Remember that in the struggle of
life it is always possible to turn one
kind of defeat into another kind of
victory. Try it and see.

Remember that if you cannot
realize the ends of your being in
one way, you can in another. Realize
something!

Remember that there is nothing
noble in being superior to some
other man. The true nobility is in
being superior to your previous self.

Remember that, as you grow
older, nature's tendencies are laying
their grip upon you. Nature may
be on your side when you are
young, but against you later on.

Remember that you can get the
better of tendencies if you fight
hard enough, although you can
never get the better of nature's
laws.

Remember not to talk too much
about yourself.

Remember that having fine senti-
ments is a poor substitute for being
a man. Thoughts are gifts; but
your life and your acts speak for
you.

Remember to judge people by
what they do, not by their senti-
ments—especially yourself.

Remember that you may have
your best friends amongst those
who disagree with you. Men can
disagree with their heads and agree
in their hearts.

Remember that the easiest person
in the world to deceive is yourself.
You can make yourself believe
almost anything about yourself if
you try it.

Remember that the self of the
selves is never deceived. It keeps
a record of what you are, and it
puts down everything. An act can
never be undone. It has to stay.

Remember that the true way to
conquer prejudice is to live it down.
Do not talk about it with others;
do not talk about it to yourself.

Remember that prejudice hurts
the one who cherishes it much more
than the one against whom it is
aimed.

Remember that to give up the
struggle when it is in part over,
because you cannot get the chance
you want, and may show that you
deserve no chance at all. Take
what chance you can get, and fight
it through.

**The Place of the Superin-
tendent.**

The place occupied by the super-
intendent is a most exalted one for
various reasons.

1. He is the teachers' ideal. They
placed him in his position, and, if
he is to make the school a success,
he must strive to realize their opin-
ion of him. As a Bible student, a
Christlike spirit, and an executive
head, it is not so much what he says,
but the way he says it. A great
revival in Dundee, Scot. and under
McCheyne, came not because of his
preaching, but because of the sera-
phic look on his face and the heav-
enly atmosphere of his presence, and
one man at least was converted by
hearing him say, "Thou knowest
that we love thee."

2. In his position he is the scholars
example. In New Testament times
they brought sick people that the
shadow of the man of God might
fall upon them, and they be healed.
And no superintendent is perfectly

true to his position if he does not
preach Christ to his scholars in the
way he walks the streets, conducts
his business and sits in the house
of God, as well as when he stands
upon the platform and speaks or
prays. Every superintendent ought
to lead his scholars nearer to Christ
by his own consistent life.

3. He is the pastor's helper. No
one should stand nearer to the leader
of the church work than the super-
intendent of the Sunday school. He
is in touch with the home life of the
church as even the pastor is not.
He knows the needs of the scholars
as no one else. He is, by virtue of
his position, the leading lay worker
of the parish, and he ought to make
his life tell for the help of the pastor
and the glory of God. No Sunday-
school superintendent can fill his
position well if there is lack of sym-
pathy between him and the pastor
of the church.—Dr. J. Wilbur Chap-
man, in Sunday-School Times.

God Cares.

Two young girls were engaged in
stitching flannel dresses for the poor
of the parish. Now we have com-
pleted our garments our work is
finished for this season at least, said
one of the two girls, with a sigh of
relief. No, no; wait a moment—
just a few moments more, replied
the other; and, going into an inner
room, she returned with some skeins
of crimson silk and a few knots of
ribbon and lace. Why what are
you doing? asked her companion,
with surprise, as the deft fingers
swiftly fashioned a dainty edging
of crimson silk, frilled in the soft
lace at neck and sleeves, and fast-
ened on the bright ribbons here and
there. These extra stitches take
just a moment, was the answer
given with a blush, and I want to
make the dress pretty for some
mother's baby. As the great pile
of dresses was distributed to the
deedy that cold winter, one hard-
visaged woman burst into tears and
hid her face in the folds of a little
dress trimmed with lace and ribbons.
Oh, to think of some one's doing
this for my poor baby! I didn't
think anybody cared, she sobbed.

God cares for you and your baby,
said the reverent voice of the pastor,
who had long sought an opportunity
to reach this hardened heart. And
for the first time the woman was
willing to listen to the sweet old
story.

Does this not teach us that there
is something more for us to perform
beyond the rigid calls of simple
duty? The extra stitches are sure
y the threads of gold that beautify
and enrich the dull, dark fabric of
our too often careless and indiffer-
ent charity.—New York Observer.

**On the Manner of an Introduc-
tion.**

It is mortifying to note how
many persons pay little or no heed
to what may be styled the etiquette
of introductions. To the lover of
good form there is something that
sets one's teeth on edge on hearing
an introduction so worded that a
woman is presented to a man, or an
elderly woman to a young one. The
rules with regard to introductions
are so simple and sensible that it
would seem that the wayfarer man
or woman, though a fool, could
scarcely err therein. A man is
always introduced to a woman, and
it may be well in passing to add
that a lady's permission should be
asked before such a presentation is
made. It is a simple matter to
say, Miss Smith, may I present to
you Mr. Jones? before uttering the
formal, Miss Smith, allow me to
introduce Mr. Jones.

The man is, of course, always
brought to the woman he is to meet;
the woman should never be led to
the man.

These rules might seem super-
fluous were it not that one so often
observes their infraction among
people who should know better. At
a tea a matron who years before
had arrived at the dignity of a
grandmother was piloted by her
hostess to a young girl of twenty,
and they were made known to each
other in the well meant words;
Mrs. Knight, I want to present you
to my dear little friend, Mabel Day.

Mabel, dear, this is Mr. Knight,
of whom you have so often heard
me speak.

If the ladies were so well versed in
that knowledge of good form in
which their hostess was lacking,
that they showed no conscious-
ness of her error.

God is Against the Lazy.

Gladstone, one of the greatest of
modern men, spent much time in
the words with his axe. It is well
known that several of our Presidents
were always ready to tell of the
times they toiled with their hands.
Lincoln was a rail splitter. Tolstoy,
the greatest of the Russians, though
very rich, works in his fields with
his hired men.

Above all these let us not forget
that the Son of God was a carpenter.

Old traditions tell us that he made
plow- and ox yokes. God the Father
works. He tends the fires of blazing
stars, and looks after the tides, and
the changings of the seasons. He
is every moment making live things
grow, and burning up the dead
things with what we call rust and
decay. The chemists call them both
fire as truly as the flames in our
fireplaces. Nobody ought to be
ashamed to work. "Our daily
tasks," says Carlyle, "are our life-
preserver." The Bible says that
those who will not work should not
be allowed to eat. When we help
to carry on the world's work, help
to make men better and wiser and
happier, when we clean up the dirt
of earth and plant and water and
train vines and trees, we work with
God, we become his coworkers. God
has no use for lazy people in the
world and no place for them in
heaven.

You Will Never be Sorry

For living a white life.
For doing your level best.
For your faith in humanity.
For being kind to the poor.
For looking before leaping.
For hearing before judging.
For being candid and frank.
For thinking before speaking.
For harboring clean thoughts.
For discounting the tale bearer.
For being loyal to the preacher.
For standing by your principles.
For stopping your ears to gossip.
For asking pardon when in error.
For the influence of high motives.
For being as courteous as a duke.
For bridling a slanderous tongue.
For being generous with an enemy.
For being square in business
deals.

For sympathizing with the op-
pressed.
For giving an unfortunate fellow
a lift.

For being patient with cranky
neighbors.
For promptness in keeping your
promises.

For the money you have given
to missions.
For putting the best possible
construction upon the doings of
others.—The Church Advocate.

**Doing More Important Than
Knowing.**

Doing a thing is more important
than knowing how to do a thing.
Yet many a person fails to do, or
to attempt to do, because he does
not know how to do. Doing is the
main thing, knowing how to do is
merely incidental. Scripture and
common sense agree as to this. Solo-
mon says (Prov. 5: 7, marg.), The
beginning of wisdom is, Get wisdom.
When a palsied man was unable to
move his hand, or to know how to
move it, Jesus told him to move it.
The man obeyed, and afterwards he
knew how to obey. When our Ameri-
can statesmen did not know how to
resume specie payments after our
Civil War, Horace Greeley said,
The only way to resume is to resume.
The nation resumed successfully
without waiting for knowledge as
to the way of resuming. It is true
in every sphere. One may not
know to get wisdom, yet getting
wisdom is a duty that is to be done,
—knowing how, or not knowing
how. Doing duty is our first duty;
knowing how to do duty is not to
be thought of in comparison.

Sentence Sermons.

The direst poverty is poverty of
soul.
The only way to have a friend is
to be one.

The Sabbath is the savings bank
of life.

He that would have the fruit
must climb the tree.

It is better to be remembered in
a good man's prayers than in a rich
man's will.

That is not the best sermon that
make the hearers go away talking
to one another and praising the
preacher, but that which makes
them go away thoughtful and seri-
ous, and hastening to be alone.—
The Watchman.

A CURE FOR COSTIVENESS.—Costive-
ness comes from the refusal of the
excretory organs to perform their
duties regularly from contributing
causes usually disordered digestion
Parnelle's Vegetable Pills, prepared
on scientific principles, are so com-
pounded that certain ingredients in
them pass through the stomach and act
upon the bowels so as to remove their
torpor and a cause them to proper
action. Many thousands are prepared
to bear testimony to their power in
this respect.

No Need to Suffer

The agony of Rheumatism, Sciatica,
Lumbago or Neuralgia. Milburn's
Rheumatic Pills cure you effectively—
ure after other remedies fail. Price
50c., all dealers.

Mrs. Joseph Langtry, Brockville,
Ont. says: "I have used Dr. Lee's
Worm Syrup and I can say that it has
done my children good. I never fails
to act promptly." Price 25c.

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will refund the money. All must
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GOD LIVER OIL

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HYPOPHOSPHITES

The Best for Lung Diseases.

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RUN DOWN

GATES'

LIFE OF MAN BITTERS

BUILT ME UP.

Waterford, Digby Co., Nov. 1895

C. GATES, SON & CO.

GENTLEMEN.—Two years ago I was
run down, I lost my appetite and be-
came so weak that I could not work.
Tried many medicines without receiv-
ing any benefit. I then got your

Life of Man Bitters and Syrup

which built me up so that I have re-
mained well ever since.

Very respectfully,

DELANEY H. GRAHAM

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JAMES R. HOWIE

PRACTICAL TAILOR.

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that I have just opened out a very
large and well-selected stock of NEW
SPRING CLOTHS, consisting of English
Scotch and Canadian Tweed Suitings, Fine
Corduroy and Diagonal Suitings, Light
and Dark Spring Overcoatings, 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 Sum-
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satisfaction.

PRICES MODERATE.

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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 Styles
for Spring Wear. White and Resista-
shirts, Linen Collars, Silk Handkerchiefs,
Braces, Merino Underwear, Hosiery and
well selected assortment of Fancy Ties and
Scarves, in all the latest patterns of English
and American designs.

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