-though she is five up a custom which m her birth, because r to try to be good. maybe Mrs. _____, little girl to grow up and if the love of can keep, by God's nds, lips and heart all continue the cusid enough to under. that are too hard for

re tearful when Mrs. ased, and I envied tiful young mother's id I think it a foolish ed!-But the truest, the world-keeping good for mamma's nd that is why Sally paid off in her own g is. This was why de no angry reply. too precious a thing one moment of evillittle Amy!-Wide

S AT HOME.

lite to his father and he polite to everyone ng politeness to his the semblance of , but is never truly d is in danger as he of betraying his real We are all in danger ch for the outside ession which we make g the good opinions in a sense a part of continue to sustain n us, notwithstanding eportment and charevery bey and to the habit of courtesy home—in the sitting. as well as in the vill be sure in other ourself in a becoming nner. When one has and a graceful de-isfaction to know that t on but that they cter, and are manifest der all circumstances.

E SUCCEED ?

ess if he does not bear ood. If the fondness er or mother has kept ork : if another always t the end of the row g his turn at pitching way all the time in as light fell on him, avy, to some one else: rmitted to shirk, until come a habit, unless a wrought, his life will he blame will not be as that of his weak

hand, if the boy has to do his part, never his responsibility, or whether or not it made soiled his hands, until has become a matter by end of the wood his they bid him goods their fear. The eleare his, and at some e way, the world will city.

HE HARD POINTS

to ask you how you r would make out who country he was trying whenever he found a e left it alone. Don't nemy would buzz wild h he was well in the intry, don't you fancy m out and harrass him

t you to remember, will you skip over the hard ssons, and leave them have left an enemy in will not fail to harrass fy you times without

ust a little of my Latin said a vexed student to as just there the pro-Il upon me at examinare just two or three exassed over, and one of ted to do on the black

who is not thorough is is ease. He can never ped problems, and the his deficiencies makes

d anxious. at the slow plodding ne will surely come when e turned. It takes time but it more than pays. ou take up a new study, through it like a sucror, taking very strong ccurate scholar's difficulhis school life, it might a matter for his future e has claimed for bimself ill be like an iron ball at rest of his life. Whatill be lacking somewhere. to shirk what is hard will grow with years.

SUNDAY SCHOOL LESSON.

LESSON III.-JULY 18, 1880.

CAIN AND ABEL.-Gen. 4: 3-15.

TIME-About B. C. 3875, 125 or 130

years after our last lesson. PLACE-Somewhere in Eden, outside of

CAIN AND ABEL-Probably the first believed this was the promised "seed," the deliverer. ABEL means breath, a name expressive of her disappointment of her maternal hopes, or of her sense of her fallen condition. Perhaps it was prophetic of the shortness of his life. EARLY POPULATION .- There are two

prevalent notions connected with the era of Abel, both of which are doubtless wrong. One is, that Cain and Abel were both young men, some 20 or 30 years of age. But they were not less than 125 years of age when that dreadful event took place; but it is yet true that they were young. The other is, that, besides their parents, Cain and Abel were the only persons in the world, or, at most, that there were besides merely their wives and perhaps a few young children of theirs. But the fact that so many years had passed would alone render improbable what might have seemed likely under the notion that but a few years had elapsed. We have seen a calculation in Saurin's Dissertations, which makes it out that at Roaming about unsettled, and flying from the time of the death of Abel (A. M. 128), there might have been 32,768 persons descended from eight children of Cain and Abel, born before A. M. 25,-or over 400,-000 men (not counting women) in all. There is an old tradition that Cain and Abel had respectively twin sisters, and that the twin of Cain became the bride of Abel, and the twin of Abel the bride of

INTRODUCTION.

We now come to some of the consequences of Adam's sin, a development of the great world-long conflict between the good and evil. Sin was bringing forth its evil fruit, and faith in God was also being strengthened by the conflict.

EXPLANATORY. In process of time. Literally, at the end of the days. It is doubted whether this refers to the end of the week or of the year,—to the sabbath, or to the time of ingathering. More likely this phrase denotes the sabbath, the end of the week-days. And, since its formal institution by God in Pardise, it was doubtless kept holy by such appointments of worship as would distinguish the day. Cais. See Introduction. Fruit of the ground, an offering. Fruits, grain; the word "offering" (Lev. 11 1) or "thank-offering," expressing gratitude, but not any sense of and the need of foreigness. sm, and the need of forgiveness. The

worse men are, except in some special trouble, the less do they feel a sense of sinfulness, and need of forgiveness. It is also not said that he offers the best, as did Abel. Firstlings of his flock, and of the fat thereof. That is, the choicest [and fattest] of the first-born lambs or kids. What strikes us first is the remarkable fact of the existence of sacrifice at this early period, so soon after the fall. This plies further communications of God's will to man than we have as yet been distinctly acquainted with. The usage of sacrifice-the idea that the life-blood of an animal could be an acceptable offering to God-could hardly have arisen in this early and unbloody age without a special intimation of some kind from heaven. The Lord had respect unto Abel, and to his offering. That is, kindly and favorably regarded, had complacency in. Chal.,

He accepted with good will Abel and his gifts." As the apostle (Heb. 11:4) informs us that God testified his approbation of Abel's offering, it is reasonable to suppose that this was done by the visible token of fire from heaven consuming it upon the altar. Unto Cain ... he had not respect. Why was there this difference? 1. The apos-

tle (Heb. 11: 4) tells us, that "by faith Abel offered up unto God a more excel. lent sacrifice than Cain," or, as Wickliff's translation with more literal exactness renders it, "a much more sacrifice," i. e., a more full or complete sacrifice. Here, by declaring the offering of Abel to have been made by faith, the writer teaches by necessary implication that Cain's offering was not made by faith; and hence undoubtedly it is, that the sacrifice of Abel is said to have been more full, complete, and excellent than Cain's. His countenance fell. He scowled, and hung his head, as

men do in displeasure. If thou doest well, &c. If thou doest well (or, "if thou offerest aught" LXX.), is there not an elevation of the countenance (i. e., "cheerfulness, happiness") but, if thou doest not well, there is a sinking of the countenance. Unto thee shall be (is) his desire. Either Abel's to his brother, as the elder, and holding the birthright, so that the promise is that Cain should hold his natural position in the family if he did well; or, as above, the desire of sin is toward him, but Cain shall

rule over it. And Cain talked with Abel his brother. Heb., "And Cain said unto Abel his brother;" after which there is in many of the Hebrew copies, a blank space left, as if something had been omitted. The meaning probably is that Cain dissembled his hatred, conversing freely and familiarly with his brother, till an opportunity occurred of executing his murderous purpose. And slew him. It is uncertain whether the words "Cain talked with Abel" imply a treacherous snare, or a quarrel which led on to the fatal deed. In any rate, Cain's rage at his brother's be-

ing preferred to him was its true cause. I know not. The current of Moslem tradition is founded on a Jewish one, which states that " Cain was not aware of the Lord's knowledge of hidden things: he therefore busied Atel, and met the inquiry, 'Where is Abel thy brother?' by the bold question, 'Am I my brother's keeper?" Am I my brother's keeper ? Only Cain-like men can ask Cain's ques-

tion. We all are our brothers' keepers. God has made the circles of family, friendship, acquaintance, race, humanity, so that each of us has an influence in them, and we are responsible for that influence. No one lives or dies to himself. And God gives us wealth, position, intellect, not for ourselves alone, but that we

may be better keepers of our brother. The noice of thy brother's blood crteth. Murder is a crime which cries to heaven two children of Adam and Eve. CAIN for vengeance; and, though the blood means possession; and Eve seems to have may be hidden, the voice cannot be

the curse shall come from the land, by its barrenness; or (2) Cursed away from this district (land), i. e., driven forth by the curse; or (3) Cursed more than the earth was for Adam's sin. Opened her mouth, &c. It is because the earth has been compelled to drink innocent blood, therefore t opposes itself to the murderer, and refuses to yield his fruits to his cultivation. The ground ... not yield ... her strength. Upon Cain the curse is, that though he should till the ground, yet, in a kind of revenge, it would refuse to yield to him her strength, and so he should roam from from place, all along reminded in his daily living, and by his fruitless labors, of his dreadful crime. Meanwhile he should carry about with him the materials of his own tortune in a guilty conscience, such as a murderer alone can know. A fngi. tive. Heb., a wanderer and a fugitive.

flee even when no man pursued. means sin. It may mean (1) my punishment is unendurable, or (2) my sin is too great to be forgiven.

the face of man. The very ground turned

against him, he would be homeless; and,

his conscience condemning him, he would

From the face of the earth. The land, the home of his childhood and his fathers. From thy face shall I be hid. That is, from the place of God's special presence, from the seat of his worship, from the habitation of his shechinah, from the society of his father and family, and consequently from the only church which God then had upon earth. It was therefore a virtual excommunication from the highest religious privileges which could then be enjoyed. Every one that findeth me shall slay me. There may have been already many people in the world, and would be many more before Cain died. To the lawless, vindictive Cain, nothing would be more natural than the thought that somewhere in the unknown waste there might be beings like himself, and who might be as malignant to him as he had been to his slain brother.

Vengeance on him sevenfold. He shall be far more severely punished than Cain himself. The Lord also set a mark upon Cais. Or. Heb., "The Lord appointed a sign to Cain." The original word here employed often signifies a sign, token, or memorial by which same hing is confirmed or brought to remembrance. The sign here said to be appointed to Cain is undoubtedly to be understood in the same manner. It was some kind of notification to him, perhaps by a sensible miracle, of the truth of the promise respecting his personal safety. As to its being a visible mark, brand, or stigma affixed to his per- have invariably stood the test, and son, there is no ground whatever for such an opinion. He was suffered to live in order to be a warning to others of the direful effects of giving way to malignant passions, and as a living monument of the power of a guilty conscienc. God is not obliged to send a sinner to the place of the damned in order to punish him.

FALSE MOTIONS.

It is not always those who seem most busy who accomplish the most work. This was illustrated the other day in a very forcible manner.

The foreman of one of our large newspaper offices was showing a gentleman, who knew nothing about the printing business, over the establishment. In the composing-room he watched with wonder and admiration the thousands of little bits of metal passing with a steady click, click, like the noise of a piece of machinery, into the polished sticks which the compositors held in their hands. The foreman asked him to point out the man whom he considered the fastest composi

said the visitor; "his hands do not move nearly so fast as those of his neighbor. It cannot be possible that he sets more

'It is true," replid the foreman. "The secret is, that he picks up a type every time he goes for it. The other man makes what we call 'false motions,' his hand goes twice to the case for a type, and though he seems to be doing a great deal of work, his stick fills slowly in compari- Ground Allspice, son with that of his deliberate neighbour, who never hurries, uses just the amount of action sufficient to accomplish his purpose, and does not set one muscle in motion unnecessarily .- Exchange.

RHEUMATISM.

I had for some years been very much troubled with Rheumatic pain, and weakness in my knees, so that it was with great difficulty that I could walk about : and from the failure of every thing I had tried, I had despaired of ever finding any thing that could care me: but, by the advice of a friend, I gave GRAHAM'S PAIN ERADICATOR a trial, one bottle of which have completely cured me, as I have not felt any return of that complaint since using this medicine, more than seventeen

GURLAND COX. J P Canning, N. S., Dec. 6, 1879.

PURE SPICES

BROWN & WEBB

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Cursed from the earth. Either (1) My curse shall smite thee from the land, i. e., the curse shall some from the land, i. e.,

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Invite the attention of readers of the WESLEYAN to the

UNRIVALLED EXCELLENCE

of the Spices ground and sold by them. For more than Twenty-Five years our House has made

A Specialty,

Having been Pioneers in introducing and advocating their use in place of the My punishment is greater than I can bear. The word for punishment also monly sold in these Provinces as Ground Spices. We were the FIRST, and for many years the ONLY packers of really with little or no advertising Avery, Brown & Co's

> Unadulterated Ground Spices have come to be recognized in most parts of Nova Scotia as THE BEST.

The result has been the gradual creation of a demand for better Spices, and other packers and dealers have been forced to meet this growing improvement in popular taste by furnishing better goods than formerly.

supply Pure Spices, they also offer several inferior grades, thus admitting that they practice adulteration. The recent reports of the analysis of Spices and Foods, by the Inspectors appointed by the Dominion Government, have thrown fresh light upon the enormous extent of the adulteration practiced upon Spices. Reference to these reports will show that

BROWN & WEBB'S SPICES

been reported

Absolutely Pure Spice.

The only excuse for the adulteration of Spices is that the price is thus reduced; but this really only benefits the dealer at the expense of the consumer In reality as the value of Spice depends only on its Strength and Flavor

The Best is always the Cheapest

Our sale of Pure Spices has increased to a very gratifying extent, and as we purchase the whole Spices in large quantities in the best markets of the world, we are enabled to offer our Genuine Spices at little, if anything, higher prices than are demanded for inferior goods of other brands. Be it understood, however, that we will never

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SEE WHAT PHYSICIANS AND THE PEOPLE SAY ABOUT IT.

Messrs. Scott & Bowne: 66 West Thirty-sixth street, New York, Sept. 2, 1876. GENTS-I have frequently prescribed Scott's Emulsion of Cod Liver Oil with Hypophosphitse during the past year and legard it as a valuable preparation in scrofulous and consumptive cases platable and efficacious.

C. C. LOCKWOOD M.D.

MESSES. SCOTT & BOWNE—Gentlemen—Within the last year I have used in my own family, and in my private practice prescribed very extensively Scott's Emulsion of Cod Liver Oil. with Ht-pophosphites and found it a most valuable preparation, especiaelly in diseases of children. It is agreable to the most delicate stomach; which renders it a very reliable agent as a nutritive remedy in consumptive and scrofulous cases. A H SAXTON, M.D. Baltimore

Messes. Scott & Bowne—Gentlemen—Within the last two months I have fairly tried Scott's EMULSION OF COD LIVER OIL with HYPOPHOSPHITES, and I candidly declare that it is the finest preparation of the kind that has ever been brought to my notice; in affections of the lungs and other was ing diseases, we consider it our most reliable agent, in a perfectly elegant and agreeable form.

December 10th, 1878.

Very truly J. SIMONAUD, M. D. New Orleans, La.

MESSES SCOTT& BOWNE :- Gentlemen: -- In September 1877, my health began to fail and my phy The gentleman answered: "That is easily done; that tall young fellow over the tall young fellow over the seems to set twice as much as any one else in the room. His hands go about so fast that I can scarcely follow his motions."

"Wrong," said the foreman. "Your fastest compositor is that quiet-looking young man by the side of the one you have pointed out."

Our Spices are ground by Steam Power, on our own premises, packed in tinfoil packets of 2 ounce and quarter said the visitor; "his hands do not move seasily done; that tall young fellow over the twice as much as any one else in the room. His hands go about to the rage for CHEAPNESS, but will always maintain the standard of purity which has given our brand of Ground Spice the preference wherever it is known.

MESSES SCOTT& Bowne:—In September 1 got some relief from pain, but my event in the winter, I begut a violent bleeding which brought the winter, I begut the winter, I b swer Scott's EMCLSION OF COD LIVER OIL, &C. I have a first who has not spectral and the largest and spectral part of the spectral form of the first and described by the spectral form of the superist of the

About the 25th of last April I got a bottle of your EMULSION, and at that time I was so prostrated We request the favor of a TRIAL of that no one who saw me thought I could live but a few days at most. I could retain nothing on my stomach and was literary starving. I commenced the use of the EMULSION in small doses; it was the first thing that would stay on my stomach; I continued its use, gradually increasing the dose; and first thing that would stay on my stomach; I continued its use, gradually increasing the dose; and from that hour I commenced mending, and now am able to ride and walk and am gaining flesh and strength rapidly. I have advised other parties to try it, and some two or three have already ried it. I am sure I shall entirely recover.

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