MESSENGER AND VISITOR

A The Sunday School A

BIBLE LESSON. Abridged from Peloubet's Notes First Quarter, 1905. JANUARY TO MARCH.

esson VI.-February 5.-Jesus at Jacob's Well,-John 4 : 5-14.

GOLDEN TEXT.

Whosoever will, let him take the water of life freely .-- Rev. 22 : 17.

EXPLANATORY.

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Thirsts of the soul. 14. WHOSORVER DRINKETH OF THE WATER THAT I SHALL GIVE HIM Emphasize "give." The living water is a gift, and all that is asked of the people is that they will be will-ing to receive. The best things of God can never be bought. Sin has wages, its re-wards can be bought, but elemal life is God's "gift." SHALL WYERE THIRST. This does not con-WHOSOEVER DRINKETH OF THE WATER

Wards can be pought, but eternal hie is God's "gift." SHALL NEVER THIRST. This does not con-tradict the Beatitudes "Blessed are those that hunger and thirst alter rightcounces." but it declares there is an unfailing supply always at hand for the thirst. Life is made up of a succession of thirsts and their satis-faction. There is no enjoyment unless there is a thirst, and unless the thirst be satisfied. This satisfaction is what is promised in this verse. The reason follows. The water that satisfies is not from without, an external supply, that may fail or be far away, but SHALL DE IN HIM A WELL (a fountain, a spring) OF WATER SPRING UP INTO (unfo) EVERATING LIPE (compare John 7: 38, 30.)

The American people are eating less meat and more vegetable food than a half century ago. In 1880 they consumed 920 dozen eggs for each 100 persons In 1903 the comsump tion was 1,700 dozen. That is, the per capita consumption is 17 dozen. In 1850 they ate 4.30 bushels of wheat a piece. Now it is 6 23 bushels. Most of the increase probably is in breakfast foods. The consump oats in various forms has increased fourfold in forty years. Meanwhile the consump-tion of meat has fallen off 36 per cent.

FREE TO LVERYONE.

Priceless Book Sent Free for the Asking,

"There be books and books;" some edifying, others entertaining, and s ill others instruct-

tors, and points the way to a cure so simple and inexpensive, that anyone can understand and apply. All affections of the rectum are treated in simple plain language, so that all may inderstand, and learn how the cause may be removed. Many people suffer from piles be-cause after tyng the numerous lotions, on iments and solves that are on the market, without relief, they come to the conclusion that a surgical operation is the only thing fail to try, and rather than submit to the shock and risk to he of an operation, prifer to suffer on. This fills book t is how this may be ander and a cure be effected without psin, inconvenience of detention from business. Write your name and address plainly on a postal curd, mail to the "ysamid Drug Co., Marshall, Mich., and you will receive the book promptly.

book promptly.

A CHEER FOR YOUTH. BY OLIVER WENDELL HOLMES.

Why linger round the sunken wrecks Where old Armadas found their graves?

Why slumber on the sleepy decks While foam and clash the angry waves? Upl when the storm blast rends the clouds, And winged with ruin sweeps the gale, Young feet must climb the quivering shrouds

Young hands must reef the bursting sail 1 Leave us to fight the tyrant creeds Who felt their shackles feel their scars-

The cheerful sunlight little heeds The brutes that prowl beneath the stars;

The dawn is here, the day star shows The spoils of many a battle won, But sin and sorrow still are foes

That face us in the morning sun. Who sleeps beneath yon bannered mound The proud y sorrowing mourner seeks,

The garland-bearing crowd surrounds? A light haired boy with beardless cheeks!

'Tis time this "fallen world" should rise; Let youth the sacred work begin! What nobler task, what fairer prize Than earth to save and Heaven to win!

-The Independent.

We may win fulness of life by being inter-We may win tuines of life by being inter-ested in all human experience, by kreeping in fouch with all sides of human life. We win fulness of life by knowing nothing of fear except fear of wrong, by being sincere in our thinking, sincere in our speaking, sincere with others, and sincere with ourselves.--Eliner Gordon.

He knows it all-how tired I grew When pressing duties that I knew When mine, I left in part undone, And how I grieved at set of sun,

And could not rest till his sweet tone

Of calming love had gently shown Me that he did not blame-be knew That I had tried my best to do."



NTERCOLONIAL

On and after MONDAY, November 21st, 904, trains will run daily (Sunday excepted)

TRAINS LEAVE ST. JOHN.

 TRAINS LEAVE ST. JOHN.
 6.30

 2--Exp. for Point du Cheme, Halifax, Sydney and Campbellton
 7.00

 26--Express for Point du Chene, Hali-tax and Pictou
 12 15

 4--Mixed for Mencton and Point du Chene.
 13.15

 8-Express for Sussex
 17.10

 134--Express for Quebec and Mont real
 18.00

 10--Express for Halifax and Sydney
 23.25

TRAINS ARRIVE AT ST. JOHN.

Express from Halifax and Sydney 6 20 9.00

9-Express from Halifax and Sydney 7-Express from Sussex 133-Express from Montreal and Quebec 5-Mixed from Moncton 3-Express from Moncton and Point du Chene 25-Express from Halifax, Pictou and Campbellton 1-Express from Halifax 81-Express from Moncton (Sunday nly) 13.50 15.20

16 50

17-40

nly) All trains run by Atlantic Standard Time too o'clock is midnight. D.POTTINGER, General Man.

Railway Office, Moncton, N. B., Nov. 18th, 1904.

CITY TICKET OFFICE, 7 KING STREET, ST. JOHN, N. B. Telephone, 1053 GEO. CARVILL, C. T. A.



THE CANADIAN NORTH-WEST.

Homestead Regulations

Homestead Regulations. 0310 66.

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A fee of \$13.00 is sharped for a hemendania entry. **HOMENTRAD** SOTYTEM. A sottler who has been prepared as entry for a homestead is required by the pre-visions of the Deenhise Lands Act and the measurement thereis to perform the conditions consocial themevits under edge of the following plane: (1) At least six muchter remidence upon and cellivation of the land in each past outing the further (or mediance the further is decised) of any person who is of riberia to the mean and a strategies in the material of the land in each past of the full the further (or mediance the rescale) of any person who is of riberia to the state in the state of the source of the land is and the relation of the land is to reduce the one branching patient may be mediance of the source resulting with the further on the source and the source of the mediant of the land is the reduced of the source resulting with the further of mediants of the land is the further of the source resulting with the further of mediants.

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