

THE SUNDAY SCHOOL.

SEPTEMBER 3.

LOVE TO GOD AND MAN.— Mark xii. 28-34.

This question had been much debated amongst the Jewish Rabbis. "They had come to the sapient conclusion that there were 248 affirmative precepts, being as many as the members in the human body, and 365 negative precepts, being as many as the arteries and veins, or the days of the year; the total being 613, which was also the number of letters in the Deuteronomic Law. In opposition to all this learned trifling, reduces the whole moral law to the two precepts which He quotes from their own Scriptures (Deut. vi. 4, 5; Lev. xix. 18.)

The first commandment.—Jesus quotes the preface to it, which is also the foundation of it. The arrangement of the words in the Revised Version makes this point more distinct: "The Lord our God, the Lord is one." And in the terms of the commandment, the one Lord is brought into personal relation with every individual to whom the law is given. "Thou shalt love the Lord thy God." What is it to love God? It is to delight in Him, and to desire His glory. If we love God we shall delight to think of Him in all His perfections and relations to us; we shall glorify in His Majesty and greatness, and we shall be content to be His creatures, and to obey His will. Our love to Him will thus be the root and spring of all our obedience. And it will lead us to rejoice when His name is glorified, and to grieve when it is dishonoured. The terms of the commandment show us not only the nature, but the degree of the love which we are required to render to our Heavenly Father. It must be all of which we are capable, influencing and controlling every power of our moral and spiritual being. "With all thy heart, and with all thy soul, and with all thy mind, and with all thy strength." A strong love will lead to acts of self-denial, devotion, and heroism, otherwise impossible. According to the strength of our love to God, will be the measure of our devotedness and the faithfulness of our service.

The second commandment.—The word neighbor must be understood as co-extensive with fellow-man. Every man in the world is our neighbor in the sense of this commandment, though there are only some men in regard to whom we have opportunity of fulfilling it. As *thyself* implies that self-love is not wrong in principle, but only when selfishly cherished, when inordinate, when it interferes with love to God, or when so cherished as to make us regardless of the interests of our fellow-men. In what respects is it right that we love ourselves? The answer is, so as to be careful of our own welfare, and of our reputation, of our families, and of our property; and in spiritual things, so as to secure the salvation of our souls. In all these respects we are to love our neighbour as ourselves.

This scribe was evidently a better man than those who came to Jesus with their questions. Thus Jesus pronounced him "not far from the kingdom." His is a position which is occupied by a great number of people in the present day. They have so many good qualities, such clear views of the truth, and are so open to conviction and susceptible to good impressions that every one would be ready to pronounce them near the kingdom of God. But still they are outside; and, unfortunately, as the time passes on, they do not seem to get any nearer.

David's Son and David's Lord.—Having submitted to be questioned by His adversaries Jesus now asks them a question in return. According to St. Matthew, He first asked them: "What think ye of Christ, whose Son is He?" And they replied, "The Son of David (Matt. xxii. 42)." They were all agreed that the Messiah must be a descendant of David, but then He reminded them that David, speaking by the Holy Ghost, calls the Messiah Lord (Psalm cx. 1), so they were met with the perplexing problem—How could David's Lord be David's Son? They had not learned, as we have done, the "mystery of godliness, God was manifest in the flesh." He who was Son of David, son of Mary, son of Man, was also Son of God.

And the common people heard Him gladly. The truths taught were within their reach—not beyond their understanding. They were so clear and simple as to make it evident that they were intended to be applicable to the humblest, the poorest, and the most ignorant. This is a characteristic of the Gospel of Jesus Christ, always and everywhere—it meets the wants of the common people.

The Scribes denounced (verses 38-40).—The scribes were the learned class in Jewish society. But they seemed to have in general used their knowledge of letters for purposes that were far from being noble. They were puffed up with conceit, and turned their intellectual advantages into an instrument for feeding an insatiable appetite for selfishness.

POOR SLEEPERS.

Poor sleepers will find it advantageous often to raise the head of the bed a foot higher than the foot, and then to sleep on a tolerably thick hair pillow, so as to bring the head a little higher than the shoulders. The object is to make the work of the heart in throwing blood to the brain harder, so it will not throw so much. A level bed, with the head almost as low as the feet, causes an easy flow of blood to the brain and prevents sleep.

Persons who find themselves restless and unable to sleep at night, would do well to place the head of the bed toward the north, as it is undoubtedly a great conducive to health.

A hot mustard foot-bath, taken at bed-time, is beneficial in drawing the blood from the head, and thus inducing sleep.

Sponge the entire length of the spine with hot water for ten or fifteen minutes before retiring. This will often insure a good night's sleep.

A hearty meal, a seat near a warm fire after a long walk in a cold wind, will induce deep sleep in the majority of persons, no matter how lightly they ordinarily slumber.

Active outdoor exercise, and avoidance of excessive and long continued mental exertion, are necessary in all cases of sleeplessness.

Where these means fail, such remedies as are known to diminish the amount of blood in the head should be resorted to—of course, under the direction of a competent physician. Opium, chloral, etc., increase the quantity of blood in the head, and are highly injurious. Their use should never be resorted to.—L. H. Washington, M.D., in *Phrenological Journal*.

USEFUL HINTS.

A hedge should be broadest at the bottom and come to a line at the top, so as to give exposure to sun and air and so as not to be broken by snow.

From statistics gathered in India it appears that cholera is far more deadly in open than in wooded districts.

Nearly all kinds of fruit do well on a mixture of superphosphate and wood ashes. Lime is not suitable for strawberries, but excellent around apple, peach and pear trees.

Two or three-year-old cattle will add one-third of a pound more per day to their weight upon prepared hay and roots than upon the same materials unprepared.

If water contains over forty grains of solid matter to the gallon, it is generally injurious to health. Such an amount is always suspicious, and demands investigation to ascertain if the matter is organic or inorganic.

Much of the distaste for farming which fatally attacks many a boy is the result of the mismanagement which makes work oppressive and hateful, by causing needless exposure to strains of exertion or extremes of weather.

Enamelled cloth makes a neat and useful covering for the wide-lough or shelf in the pantry where bread and cake are cut. It is useful also, and looks well on the kitchen table, and can be kept absolutely clean with little trouble.

A dish to be served with cake and berries is made by grating a fresh coconut, beating the whites of five eggs to a stiff froth, adding two large spoonfuls of sugar and a pint of thick sweet cream, and beating this also till it is very light.

Hugh McCann, a laboring man of Albany, has been in the habit of sleeping with his right arm under his chin. Tuesday morning he awoke and discovered that the arm was paralyzed, and the surgeon tells him that it is doubtful if he ever regains the use of it.

A new horror has been added to the cigarette in California. "Lip-rosy," says a San Francisco physician, is "revealing itself about the lips and tongues of boys who smoke cigarettes made by the Chinese. The disease, though fatal, is slow in giving tokens of its first approach." No less than 107 cases of infection by cigarette smoking had come under the physician's notice.

The expert swimmer is subjected to one danger which novices usually escape—that of being left to drown when attacked by cramps. The case of Mr. Letroble, brother of the Mayor of Baltimore, furnishes an illustration. He was famous for swimming long distances under water, and therefore, when he went out of sight near the shore, his friends thought nothing of it until his lifeless body floated.

For Tomato Catsup.—Skin one peck of ripe tomatoes; put into a kettle and boil them. Then strain through a sieve. Return to the kettle, take off the scum that rises, then add one tea-cup of brown sugar, one-third of a tea-cupful of salt, a dessert spoonful of cloves, the same of cayenne pepper, and cook till quite thick, then add one and a half pints of vinegar. Keep well stirred toward the last.

CANNED GOODS.

Few people are aware of the growth and extent of the trade in canned goods, which covers almost everything eatable, and is steadily increasing. It began, like many other industries, in a small and simple way. A Baltimorean tried to send oysters westward, and oysters were probably the first thing successfully canned. About 1840 the process of hermetically sealing goods was begun, and since then the business has grown and spread into nearly every State in the Union. Now not only fruits, fish, milk, meats, and vegetables are canned, but whole roast turkeys with oyster-dressing, chickens, soups, and plum-pudding are cooked and preserved, and in many cases sold cheaper than housekeepers can prepare them themselves. Anybody can keep house now without a cook, and probably there will be more independent households in consequence, a state of things greatly to be desired. Our exports of canned goods reached as high as \$11,000,000 in 1880. England, France, Germany, and Australia are our great markets. Japan took \$18,000 worth of condensed milk in one year. The packages are sometimes of glass, but generally of tin, and soldered only on the outside. Doubtless other improvements in packing are in store, so that can goods will be preferred by city housekeepers to all others, because they are neat, cheap, and exempt of all waste.—*Springfield Republican*.

INFORMATION.

It is a dangerous thing to allow the diarrhea or dysentery to go unchecked and there is no need of it. A small bottle of *Johnson's Asiatic Balm* will cure the most stubborn cases that can be produced.

Fever and ague, malarious fever, bilious and typhoid fevers all originate in one producing cause and may all be easily prevented by *Parson's Purgative Pills*. These pills act directly and powerfully upon the blood.

THE FIRES THAT RAGE in the bowels of the earth are like the impurities that rankle in the blood, the former break out in volcanoes, like Aëna and Vesuvius, the latter in Boils, Carbuncles, Erysipelas and Scrofulitic sores. Purify the blood and all these disappear. Hanington's Quinine Wine and Iron, and Tonic Dinner Pills, cleanse and enrich the blood, and may always be relied upon to cure all eruptive diseases. Beware of imitations. See that you get Hanington's, the original and genuine. For sale by all druggists and general dealers in Canada. July 18 1882

MOTHERS! MOTHERS!! MOTHERS!!!

Are you disturbed at night and broken of your rest by a sick child suffering and crying with the excruciating pain of cutting teeth? If so, go at once and get a bottle of *Mrs. Winslow's Soothing Syrup*. It will relieve the poor little sufferer immediately—depend upon it, there is no mistake about it. There is not a mother on earth who has ever used it, who will not tell you at once that it will regulate the bowels, and give rest to the mother, and relief and health to the child, operating like magic. It is perfectly safe to use in all cases, and pleasant to the taste, and is the prescription of one of the oldest and best female physicians and nurses in the United States. Sold everywhere. 25 cents a bottle, feebly.

REST AND COMFORT TO THE SUFFERING.—*Brown's Household Panacea* has no equal for relieving pain, both internal and external. It cures Pain in the Side, Back or Bowels, Sore Throat, Rheumatism, Toothache, Lumbago and any kind of a Pain or Ache. "It will most surely quicken the Blood and Heal, as its acting power is wonderful." "Brown's Household Panacea," being acknowledged as the great Pain Reliever, and of double the strength of any other Elixir or Liniment in the world, should be in every family handy for use when wanted, "as it really is the best remedy in the world for Cramps in the Stomach, and Pains and Aches of all kinds," and is for sale by all Druggists at 25 cents a bottle feebly.

BEFORE THE DOCTOR COMES.—Under the above heading Harper's Bazar published some time ago, a series of articles describing the proper course to pursue in cases of accidents &c., before medical aid arrives. In directing your attention to them we would add a few words; In all cases of Wounds, Bruises, Sprains, Burns, Sals, etc., use, *Grubb's Pain Eductor* promptly and a physicians services except in very severe cases, will not be needed. Bear this in mind and much pain and expense will be saved. 2c.

TO BE DYSPYPTIC is to be miserable. Dyspepsia is a disease in which a thousand ills seem to be combined yet its origin in very many instances may be traced to nothing more than an improper assimilation of the food. To remedy this is to cure the disease.—By the use of Hanington's Quinine Wine and Iron, and Tonic Dinner Pills, the organs of Digestion are strengthened, the food is assimilated readily, and the disease is eradicated. Many who have suffered the indescribable torments of Dyspepsia for years owe the restoration of their health and strength to the use of these medicines. Beware of imitations. See that you get Hanington's, the original and genuine. For sale by all druggists and general dealers in Canada.

Remember This.

If you are sick, GOLDEN ELIXIR will surely relieve you in making you well again, WHEN ALL ELSE FAILS.

If you are comparatively well, but feel the need of a stimulant and support, never rest easy till you are made new being by the use of GOLDEN ELIXIR.

If you are COSTIVE or DYSPYPTIC, or are suffering from any other of the numerous diseases of the stomach or bowels, try your own health if you remain so, for GOLDEN ELIXIR is a sovereign remedy in all such complaints.

If you are wasting away with any form of kidney or urinary disease, STOP REMITTING. DEATH is imminent, and turn for a cure to GOLDEN ELIXIR.

If you are sick with that terrible sickness, Nervousness, you will find a "Balm in Gilead" in the use of GOLDEN ELIXIR.

If you are a sufferer or a resident of a malarial or malarious district, procure a bottle of GOLDEN ELIXIR, and use it as a preventive against the malarial fever, yellow fever, typhoid, and all the numerous diseases which are spread by the use of GOLDEN ELIXIR.

If you have rough, pimply, or scaly skin, or are troubled with itching humors, or if you have a general itching of the skin, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a cold, cough, or any other of the numerous diseases of the throat, chest, and lungs, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a headache, neuralgia, or any other of the numerous diseases of the head, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a rheumatism, or any other of the numerous diseases of the joints, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general debility, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general weakness, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general listlessness, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general depression, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general prostration, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general exhaustion, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general collapse, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general dissolution, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general annihilation, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

If you are suffering from a general obliteration, or any other of the numerous diseases of the system, you will find relief in the use of GOLDEN ELIXIR.

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WELLAND CANAL ENLARGEMENT. NOTICE TO CONTRACTORS. SEALED TENDERS addressed to the undersigned, and endorsed, "Tender for Welland Canal," will be received at this Office until the arrival of the Eastern and Western Mail on FRIDAY, the 1st day of SEPTEMBER next, for the deepening and completion of that part of the Welland Canal, between Roney's Bend and Post Colborne, known as Section No. 34, embracing the greater part of what is called the "Rock Cut". Plans showing the position of the work, and specifications for what remains to be done, can be seen at this Office, and at the Resident Engineer's Office, Welland, on and after Friday the 15th day of August next, where printed forms of tender can be obtained. Contractors are requested to bear in mind that tenders will not be considered unless made strictly in accordance with the printed forms, and, in the case of firms, except these are attached the actual signatures, the nature of the occupation, and place of residence of each member of the firm, and further, an accepted bank cheque for the sum of five thousand dollars must accompany the respective tenders, which sums shall be forfeited if the party tendering declines entering into contract for the work, at the rates stated in the offer submitted. The cheque or money thus sent in will be returned to the respective contractors whose tenders are not accepted. This Department does not, however, bind itself to accept the lowest or any tender. By order, A. P. BRADLEY, Secretary, Department of Railways and Canals, Ottawa, 16th July, 1882.

JOHN M. GELBERT, Jr., LL.B. Attorney-at-Law, Notary Public, Commissioner Supreme Court, &c. &c. Has resumed practice on his own account, No. 42 BEDFORD ROW. Money collected, and all the branches of real business carefully attended to. REMOVED TO 139 HOLLIS ST. (2 DOORS NORTH OF SACKVILLE ST.) M. A. DAVIDSON, CUSTOM TAILOR. Has removed to 139 HOLLIS STREET, and is showing a full line of carefully selected goods suitable for the season. The Cutting is executed by Mr. A. MCKAY, former partner of M. Macfarlane & Co., whose name is a guarantee of a good fit and entire satisfaction.

TRENT NAVIGATION. NOTICE TO CONTRACTORS. The letting of the work for the FENNELTON FALLS, BURKHOVEN and BURLINGHAM CANALS, advertised to take place on the 11th day of August next, is unconditionally further postponed to the following dates:—Tenders will be received on THURSDAY, THE TWENTY-SECOND DAY OF AUGUST NEXT. Plans, Specifications, &c., will be ready for examination for the purpose previously mentioned on THURSDAY, THE TENTH DAY OF AUGUST NEXT. By order, A. P. BRADLEY, Secretary, Department of Railways and Canals, Ottawa, 16th July, 1882.

CORNER GRANVILLE & SACKVILLE STREETS. NOVA SCOTIA MACHINE PAPER BAG MANUFACTORY THE CHEAPEST IN THE MARK SEND FOR PRICE LIST ALSO BOOK BINDING IN ALL ITS BRANCHES. G. & T. PHILLIPS