

Stop Coughing

Every cough makes your throat more raw and irritable. Every cough congests the lining membrane of your lungs. Cease tearing your throat and lungs in this way. Put the parts at rest and give them a chance to heal. You will need some help to do this, and you will find it in

Ayer's Cherry Pectoral

From the first dose the quiet and rest begin: the tickling in the throat ceases; the spasm weakens; the cough disappears. Do not wait for pneumonia and consumption but cut short your cold without delay.

Dr. Ayer's Cherry Pectoral should be over the lungs of every person troubled with a cough. Write to the Doctor.

Unusual opportunities and long experience eminently qualify us for giving you medical advice. Write freely all the particulars in your case. Tell us what your experience has been with our Cherry Pectoral. You will receive a prompt reply, without cost.

Address, DR. J. C. AYER, Lowell, Mass.

Sunday School Normal Notes.

I. The Sunday School's Origin. God's elect in the old dispensation were commanded to study God's Word, Deut. 31:12, 13; Neh. 8:8; Deut. 6:7. Yet to speak of a Sunday School prior to Calvary is a misnomer.

Sunday School predicted, Isa. 54:13; Isa. 2:3; Micah 4:2. By Christ commanded, Matt. 28:19. Practised by apostles, 2 Tim. 1:13; 2 Tim. 2:2; and that on the Lord's day the first Baptist church was organized, Acts 2:14; Acts 2:42; Acts 2:47.

Yet the present organization, fraught with divine authority and Holy Ghost power most potent for winning souls to Christ and making their lives useful in Christ, dates, Robert Raikes, Gloucester, Eng., July, 1781.

II. The Sunday School's Object.

(a) "The Sunday School is a department of the church of Christ, (b) in which the Word of Christ is taught for the purpose (c) of bringing souls to Christ and (d) of building up souls in Christ." Dr. J. H. Vincent.

III. The Sunday School's Organization.

A. Officers. (a) Superintendent. (b) Assistant Superintendent. (c) Secretary. (d) Treasurer. (e) Librarian. (f) Executive Committee, and (g) such other officers as the School may need for Home Department, Normal Work, etc.

B. Their election, qualification and duties: (a) Superintendent should be one whose character is above reproach, of good report of those without, one of few words, an able executive, of strong personal magnetism, loyal to the church, a prompt, fearless, faithful Christian.

(b) Assistant Superintendent should be a kindred spirit, 1 Cor. 3:10-13; Romans 12:8; 1 Tim. 3:3-7; Romans 14:16-18.

(c) Secretary shall keep a faithful record of the membership, attendance, and business transacted, report to the School weekly, monthly, or quarterly as required, to the church with which the School is connected, and also to the Provincial Sunday School Convention. 1 Cor. 14:40.

(d) Treasurer shall receive, keep ac-

count of, and pay out, when ordered by the Executive Committee, all monies belonging to the School. Rom. 12:17.

(e) Librarian shall have charge of all Sunday school literature, endeavor to have it distributed according to the adaptability of pupils, and when knowing the library to contain any novel nothing, love lie, or false doctrine, immediately call the executive's attention to the same, and assist in consigning such works to eternal oblivion. 2 Tim. 2:15.

(f) Executive Committee shall consist of Supt. and four others which shall be members of both the Sunday school and the church. They shall annually, in careful, prayerful, consideration with the Sunday school, prepare, and at a regular business meeting of the church, present a list of all officers and teachers which they desire to hold office for the ensuing year. Prov. 11:14; 24:16. No Supt. in a Baptist Sunday school should be recognized as eligible to office unless elected by the church. Also, we recommend a special installation service to be held the second Sunday in May, (the classes having been previously graded.) Pastor and Supt. then bring before each officer and teacher, the solemn trust reposed in them by Christ and his church, with the respective duties of their several offices.

C. The Teacher. The Sunday School Teacher is one who imparts instruction concerning Christ and his Kingdom. To do this the teacher must be a member of his Kingdom. John 3:33; 1 John 2:27; 1 Cor. 2:12-16. Also a church member, 2 Cor. 8:23; Eph. 4:3-5; Rev. 2:18-20; one who has firm faith in God's word, 1 John 5:10; one who recognizes the divine authority of Christ, never talks of his commands as non-essential, but evinces his love for Christ and souls as 1 John 5:3; 2 John 1:6; 1 Tim. 4:16; Rom. 2:19; 23; Titus 3:9; Matt. 18:20; Prov. 11:30; appropriating 1 Cor. 15:58; Isa. 55:8-13.

D. Grades and Grading. Grades: (a) Primary, (b) Intermediate, (c) Advanced and (d) Senior.

Grading: From 3 to 9 primary; from 9 to 12 intermediate; from 12 to 17 advanced; from 17 to 70 senior. After that Prov. 16:31. All grading shall also take into consideration the physical and mental development of the pupils.

R. M. BYRON.

We hope to be able to give a lesson every week on the course as given in last issue, aiming to get over it in about three months. To those desirous to take the course we would say now is the time to begin your study. Send in your names that we may know how many are taking the course. S. H. CORNWALL.

St. Martins, N. B.

The new Baptist church at Nictaux will be opened for divine service on Sunday, November 19. Dedication sermon by Rev. J. C. Morse, D. D., of Digby Neck, at 10.30 a. m. Afternoon sermon by Rev. D. H. Simpson, of Berwick. There will also be an evening service conducted by a neighboring pastor. All are cordially invited to these services.

W. A. MORSE, in behalf of Com.

HALIFAX, Oct. 5th, 1899.

To Pastors Superintendents, Teachers, B. Y. P. Unions, and other friends:

The Baptist Book and Tract Society, Halifax, having recently sold to me the stock of Hymnals, Libraries, Bibles, etc., etc., also good will of the business, I beg to state that it is my intention to carry on business at the old stand, 120 Granville Street, Halifax, and to make such changes in the stock as will prove helpful to all my patrons.

The present stock is now offered at slaughter prices, to clear out and make room for new lines.

In Reward cards the variety is the largest in the Maritime Provinces. As the Christmas season is so near at hand I have decided to open all my lines of Xmas cards and booklets, and can make up lots to suit all classes.

The Toy and board covered books for children's presents are all new and bright, and will be sold off low.

The orders for lesson helps and papers will be renewed through this house as usual, and upon the same terms as heretofore, viz., "Cash with Order." Please renew your order for 1900 early.

For the information of our patrons it is fair to state, that the prices upon the American Baptist Publication Society's goods of all kinds will be the same as those quoted by them, and will be sent direct unless otherwise ordered; the duty, if any, being borne by the purchaser; special arrangements having been made with the Society.

Having served the Book Room for seventeen years, I now solicit a share of your kind patronage, and rest assured that you will be well served.

The business conducted in future at the Book Room, will be of a purely miscellaneous character, i. e., will include all kinds of goods belonging to the book and stationery business, so that all goods ordered will be promptly forwarded.

Yours sincerely,

Geo. A. McDONALD,

Miserable Women

HOW WOMEN LOSE INTEREST IN THEIR HOUSEHOLDS.

The Ills to Which Women are Heir Cause Much Suffering—The Experience of a Lady, who has Found a Speedy Cure.

Mrs. Isaac T. Comeau, who resides at 83 1/2 Arago street, St. Roch, Quebec, is a teacher of French, English and music. For many years Mrs. Comeau has suffered greatly from internal troubles, peculiar to her sex, and also from continuous weakness the result of headaches, neuralgia and nervous prostration. Her trouble became so bad that she was forced to give up teaching and go to an hospital, but the treatment there did not materially benefit her and ultimately she left the hospital still a great sufferer. Meantime her husband having heard of the great value of Dr. Williams' Pink Pills for Pale People, purchased a few boxes and prevailed upon his wife to try them. When interviewed as to the merits of the pills Mrs. Comeau gave her story to the reporter as follows:—

"My trouble came on after the birth of my child, and up to the time I began to use Dr. Williams' Pink Pills I could find nothing to cure me. I suffered much agony, was very weak, had frequent severe headaches, and little or no appetite. It was not long after I began the use of the pills that I found they were helping me very much and after taking them for a couple of months I was as well as ever I had been. My appetite improved, the pains left me, and I gained considerably in flesh and am again able to attend to the lessons of my pupils and superintend my household work. Since using the pills myself I have recommended them to others and have heard nothing but praise in their favor wherever used."

No discovery of modern times has proved such a boon to women as Dr. Williams' Pink Pills for Pale People. Acting directly on the blood and nerves, invigorating the body, regulating the functions they restore health and strength to exhausted women, and make them feel that life is again worth living.

Sold by all dealers in medicine or sent post paid at 50c. a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont. Refuse all substitutes.

Geo. A. McDONALD

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SPECIAL NOTE—All orders for Lesson Helps and Papers for 1900 may be ordered through me. Terms as usual. Samples of papers, etc., free on application. CASH WITH ORDER.

Geo. A. McDONALD, Successor to Baptist Book and Tract Society, Halifax, N. S.

Nov 22

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PALE PEOPLE

Have their blood enriched, their heart strengthened and their cheeks rosy by using Milburn's Heart and Nerve Pills.

Insufficient quantity or poor quality of the blood is one of the evil results that usually follow any derangement of the heart.

If the heart becomes weakened in any way it cannot pump the blood to the lungs as it should, there to be purified and impregnated with the life-giving oxygen.

As a result the blood deteriorates. It loses its nourishing, vitalizing, health-giving qualities. The face becomes pale, thin and waxen, the lips bloodless, the hands and feet cold.

There is weakness, tiredness, shortness of breath and palpitation. When those suffering from thin or watery blood start taking Milburn's Heart and Nerve Pills they are assured of a cure. Every dose acts on the heart itself, causing it to beat strong, steady and regular.

Every dose, too, introduces into the blood those vital elements necessary to make it rich and red.

Soon the pale cheek takes on the rosy hue of health, there is strength instead of weakness, energy and activity take the place of tiredness and lassitude.

Miss M. Skullion, 50 Turner Street, Ottawa, Ont., says: "I was greatly troubled with my heart, together with extreme nervousness for many years. These complaints brought about great weakness and feeling of tiredness. My blood was of poor quality, so much so that I became pale and languid. Milburn's Heart and Nerve Pills cured me after all else failed. They built up my system, enriched my blood, strengthened my nerves and restored me to health."

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